

1200 Calorie Menus

Breakfast



Choose one of the following menu choices for breakfast.
Each menu provides about 40-45 grams of carbohydrate.

	<u>Exchanges</u>	<u>Carb (grams)*</u>
Day 1		
1 buckwheat pancake (4-inch)	1 starch	15
-1 tsp. soft margarine	1 fat	0
-2 Tbsp. sugar-free syrup	Free	†
½ cup orange juice	1 fruit	15
1 cup skim milk	1 milk	12
Day 2		
½ cup oatmeal	1 starch	15
-1 small sliced banana (4 oz.)	1 fruit	15
-1 Tbsp. slivered almonds	1 fat	0
1 cup skim milk	1 milk	12
Day 3		
½ cup grits	1 starch	15
1 egg, scrambled	1 med-fat meat	0
1 orange	1 fruit	15
1 cup skim milk	1 milk	12
Day 4		
Strawberry yogurt parfait		
-1¼ cup whole strawberries	1 fruit	15
-¼ cup low-fat granola	1 starch	15
-⅔ cup (6 oz) fat-free plain yogurt	1 milk	12

<i>Breakfast</i>	<u>Exchanges</u>	<u>Carb (grams)*</u>
Day 5		
1 slice whole grain toast	1 starch	15
-1 tsp. soft margarine	1 fat	0
½ large grapefruit	1 fruit	15
1 cup skim milk	1 milk	12
Day 6		
1 slice Whole Grain French Toast**	1 starch	15
-2 Tbsp. sugar-free syrup	Free	0
-1 Tbsp. soft margarine	1 fat	0
½ cup cooked apples	1 fruit	15
1 cup skim milk	1 milk	12
Day 7		
½ whole wheat English muffin	1 starch	15
-1 tsp. soft margarine	1 fat	0
-2 tsp. light jelly	Free	†
½ cup orange juice	1 fruit	15
1 cup skim milk	1 milk	12
Day 8		
Banana almond yogurt parfait		
-⅔ cup (6 oz.) fat-free vanilla yogurt, nonnutritive sweetener	1 milk	12
-¼ cup Grape-Nuts®	1 starch	15
-1Tbsp. slivered almonds	1 fat	0
-1 small sliced banana (4 oz.)	1 fruit	15
Day 9		
½ cup bran flakes cereal	1 starch	15
-¾ cup blueberries	1 fruit	15
-1 cup skim milk	1 milk	12

1200 calorie

* Average grams of carbohydrate based on exchange lists. ** Recipe included

† Insignificant amount VL=very lean meat

Day 10

Breakfast tortilla

- 1 flour tortilla, soft (6-inch)	1 starch	15
- 1 egg, scrambled	1 med-fat meat	0
- ½ cup black beans	1 starch	15
- 2 Tbsp. salsa	Free	†
1 kiwi fruit	1 fruit	15

Day 11

1 reduced-fat waffle (4-inch)	1 starch	15
-1 tsp. reduced-fat soft margarine	Free	0
-1 Tbsp. sugar-free syrup	Free	†
⅓ small cantaloupe	1 fruit	15
1 cup skim milk	1 milk	12

Day 12

½ cup cooked oatmeal	1 starch	15
-2 Tbsp. raisins	1 fruit	15
-4 pecan halves	1 fat	0
1 cup skim milk	1 milk	12

Day 13

1 slice whole wheat toast	1 starch	15
-2 tsp. reduced-sugar jam	Free	†
-1 tsp. soft margarine	1 fat	0
½ cup orange juice	1 fruit	15
1 cup skim milk	1 milk	12

Day 14

½ cup raisin bran flakes	1 starch	15
1 small banana (4-inch)	1 fruit	15
1 cup skim milk	1 milk	12

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Lunch



Choose one of the following menu choices for lunch.
Each menu has about 50-55 grams of carbohydrate.

	<u>Exchanges</u>	<u>Carb (grams)*</u>
Day 1		
Veggie burger		
- 3 oz. soy-based burger	2 VL meat	
	1/2 starch	8
- 1 whole wheat bun	2 starches	30
- 2 tsp. Dijon mustard	Free	0
- tomato and lettuce	Free	0
3/4 cup fresh pineapple	1 fruit	15
Day 2		
Chicken caesar salad		
- 1 1/2 ounces grilled chicken strips	1 1/2 VL meat	0
- 2 cups endive	1 vegetable	5
- 1 Tbsp. grated Parmesan cheese	1/2 lean meat	0
- 2 Tbsp. reduced-fat Caesar dressing	1 fat	†
1 Summer Fruit Parfait**	1 starch, 1 fruit, 1/2 fat	31
1 small whole wheat roll	1 starch	15
Day 3		
Grilled cheese & tomato sandwich		
-2 oz. reduced-fat cheddar cheese	2 med-fat meat	0
-2 tomato slices	Free	0
-2 slices whole wheat bread	2 starches	30
-1 tsp. soft margarine	1 fat	0
1/2 cup green beans	1 vegetable	5
1/2 cup fresh sliced peaches	1 fruit	15

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Lunch	<u>Exchanges</u>	<u>Carb (grams)*</u>
Day 4		
1 cup bean soup	1 VL meat, 1 starch	15
- 1 oz. <i>chopped ham</i>	1 lean meat	0
1 cup cucumbers, tomatoes, & onions	1 vegetable	5
1 (2-inch) cube cornbread (2 oz.)	1 starch, 1 fat	15
½ cup unsweetened applesauce	1 fruit	15
Day 5		
Vegetable pizza		
-2 <i>slices thin-crust cheese pizza</i> (1 slice = 1/8 medium pizza)	2½ starch	45
-2 Tbsp. <i>mushrooms</i>	1 vegetable	5
-2 Tbsp. <i>onions</i>	-	
-¼ cup <i>chopped fresh spinach</i>	-	
2 cups mixed green salad	1 vegetable	5
-2 Tbsp. <i>fat-free balsamic vinaigrette</i>	Free	0
Day 6		
Peanut butter & jelly sandwich		
-2 Tbsp. <i>peanut butter</i>	2 high-fat meat	0
-2 tsp. <i>light jelly</i>	Free	†
-2 <i>slices whole wheat bread</i>	2 starches	30
8 baby carrots	1 vegetable	5
½ cup strawberries, kiwi, and banana	1 fruit	15
Day 7		
Chicken salad sandwich		
-1 <i>whole wheat pita (6-inch)</i>	2 starches	30
-2 oz. <i>chopped chicken breast</i>	2 lean meat	0
-1 Tbsp. <i>fat-free mayonnaise</i>	Free	0
-1 Tbsp. <i>sliced almonds</i>	1 fat	0
-2 <i>tomato slices</i>	Free	†
1 cup mixed green salad	1 vegetable	5
-1 Tbsp. <i>fat-free raspberry vinaigrette</i>	Free	†
17 grapes	1 fruit	15

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<i>Lunch</i>	<u>Exchanges</u>	<u>Carb (grams)*</u>
Day 8		
Tuna pasta salad		
-2 oz. <i>water-packed tuna</i>	2 VL meat	0
-1 cup <i>bow-tie pasta, cooked</i>	2 starches	30
-1 cup <i>cherry tomatoes, broccoli, and carrots</i>	1 vegetable	5
-1 Tbsp. <i>Italian dressing</i>	1 fat	0
1 orange	1 fruit	15
Day 9		
Roast beef sandwich		
-2 oz. <i>lean roast beef</i>	2 lean meat	0
-1/4 cup <i>sauteed mushrooms</i>	1 vegetable	5
-2 slices <i>tomato & lettuce</i>	Free	
-1 whole grain bun	2 starches	30
-1 tsp. <i>mustard</i>	Free	0
1/2 cup Apple, Walnut, Raisin Salad **	1 fruit, 1/2 fat	15
Day 10		
Grilled shrimp spinach salad		
-2 oz. <i>grilled shrimp</i>	2 VL meat	0
-2 cups <i>fresh baby spinach</i>	1 vegetable	5
-1 cup <i>mandarin oranges and strawberries</i>	1 fruit	15
-1 Tbsp. <i>chopped red onion</i>	Free	†
-4 <i>walnut halves, roasted</i>	1 fat	0
-1 Tbsp. <i>fat-free raspberry vinaigrette</i>	Free	†
1 cup barley soup	1 starch	15
5 fat-free whole wheat crackers	1 starch	15
Day 11		
Grilled salmon sandwich		
-2 oz. <i>grilled salmon</i>	2 lean meat	0
-1 whole grain bun	2 starch	30
-Lettuce and tomato slices	Free	0
1 cup Broccoli Slaw **	1 vegetable, 1 fat	5
17 small grapes	1 fruit	15

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<i>Lunch</i>	<u>Exchanges</u>	<u>Carb (grams)*</u>
Day 12		
Chicken tacos		
-2 soft whole wheat flour tortillas (6-inch)	2 starch	30
-1 oz. grilled chicken strips	1 lean meat	0
-2 Tbsp. shredded lettuce	Free	†
-1 Tbsp. chopped tomato	Free	†
-1 oz. reduced-fat cheddar or Monterey Jack cheese	1 MF meat	0
-2 Tbsp. salsa	Free	†
8 baby carrots	1 vegetable	5
½ large pear	1 fruit	15
Day 13		
California turkey sandwich		
-2 oz. turkey breast	2 VL meat	0
-2 slices whole wheat bread	2 starches	30
-2 Tbsp. avocado	1 fat	0
1 cup artichokes, and carrots, and tomatoes	1 vegetable	5
1 kiwi	1 fruit	15
Day 14		
Barbeque sandwich		
-2 oz. roast pork	2 lean meat	0
-1 whole wheat bun	2 starch	30
-1 Tbsp. barbeque sauce	Free	†
½ cup Carrot Raisin Salad**	1 vegetable, ½ fruit	15
½ apple	½ fruit	8

1200 calorie

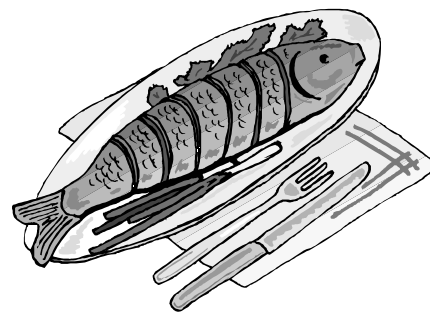
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Dinner

Choose one of the following menu choices for dinner.
Each menu has about 55-60 grams of carbohydrate.



	<u>Exchanges</u>	<u>Carb (grams)*</u>
Day 1		
2 ounces grilled beef filet	2 lean meats	0
½ large baked potato (6 oz)	2 starch	30
-3 Tbsp. reduced-fat sour cream	1 fat	†
1 cup broccoli and cauliflower	2 vegetable	10
½ cup juice-packed fruit cocktail	1 fruit	15
Day 2		
2 ounces grilled chicken breast	2 lean meats	0
⅓ cup wild rice with	1 starch	15
-½ cup sliced mushrooms	1 vegetable	5
½ cup asparagus	1 vegetable	5
1 slice whole grain bread	1 starch	15
-1 tsp. soft margarine	1 fat	0
⅓ small cantaloupe	1 fruit	15
Day 3		
2 ounces baked ham	2 lean meats	0
½ cup baked sweet potato	1 starch	15
-1 tsp. soft margarine	1 fat	0
1 2-inch square cornbread	1 starch, 1 fat	15
1 cup stewed tomatoes and okra	2 vegetable	10
1 medium peach	1 fruit	15

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Dinner

Exchanges

Carb (grams)*

Day 4

Shrimp stir-fry

-2 ounces sauteed shrimp	2 VL meat	0
-1 cup pea pods & sliced mushrooms	2 vegetables	10
-1 Tbsp. low-sodium teriyaki sauce	Free	†
2/3 cup brown rice	2 starch	30
1/2 cup mango, papaya, and grapes	1 fruit	15

Day 5

2 Spinach-Ricotta Manicotti**	2 starch, 1 veg 2 VL meat	36
2 cups romaine lettuce	1 vegetable	5
-1 Tbsp. fat-free vinaigrette	Free	0
1 1/4 cup watermelon cubes	1 fruit	15

Day 6

2 oz. Marinated Flank Steak**	2 lean meats	0
1/2 large corn on cob	1 starch	15
-butter flavored spray	Free	0
1 cup steamed asparagus	2 vegetables	10
1/2 cup low-fat ice-cream	1 starch, 1 fat	15
-1 1/4 cups whole strawberries	1 fruit	15

Day 7

2 oz. broiled scallops	2 VL meats	0
1/3 cup long grain and wild rice	1 starch	15
1 cup steamed broccoli	2 vegetables	10
1 whole wheat roll	1 starch	15
-1 tsp. soft margarine	1 fat	0
1 nectarine	1 fruit	15

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Dinner

Exchanges

Carb (grams)*

Day 8

2 oz. grilled pork chop	2 lean meats	0
1 cup acorn squash	1 starch	15
1 cup green beans	2 vegetables	10
1 whole wheat roll	1 starch	15
-1 tsp. soft margarine	1 fat	0
½ cup unsweetened applesauce	1 fruit	15

Day 9

Chicken pasta		
-2 oz. grilled chicken breast strips	2 lean meats	0
-1 cup bow-tie pasta	2 starch	30
-1 tsp. olive oil	1 fat	0
-2 tsp. grated Parmesan cheese	Free	0
½ cup broccoli	1 vegetable	5
2 cups fresh baby spinach	1 vegetable	5
-1 Tbsp. fat-free raspberry vinaigrette	Free	†
2 small plums	1 fruit	15

Day 10

2 oz. baked salmon	2 lean meats	0
½ cup baked sweet potato	1 starch	15
-butter flavored spray	Free	0
½ cup sauteed garlic spinach	1 vegetable	5
2 cups mixed green salad	1 vegetable	5
-1 Tbsp. balsamic vinaigrette	1 fat	0
1 whole rye roll	1 starch	15
1 cup blueberries, raspberries and strawberries	1 fruit	15

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Dinner

Exchanges

Carb (grams)*

Day 11

2 oz. roasted turkey	2 lean meat	0
½ cup Rice and Barley Pilaf**	1½ starch, ½ fat	24
½ cup green beans	1 vegetable	5
1 whole wheat roll	1 starch	15
-1 tsp. soft margarine	1 fat	0
1 poached pear	1 fruit	15

Day 12

2 oz. grilled pork tenderloin	2 lean meats	0
½ cup black-eyed peas	1 starch	15
1 cup stewed tomatoes and okra	2 vegetables	10
1 slice whole grain bread	1 starch	15
-1 tsp. soft margarine	1 fat	0
1 baked apple with cinnamon and Splenda®	1 fruit	15

Day 13

Spaghetti and meat sauce		
-1 cup spaghetti	2 starch	30
-2 oz. ground turkey	2 lean meats	0
-½ cup tomato sauce	1 starch	15
-2 tsp. grated Parmesan cheese	Free	0
½ cup sauteed spinach	1 vegetable	5
2 cups mixed green salad	1 vegetable	5
-1 Tbsp. fat-free Italian dressing	Free	0

Day 14

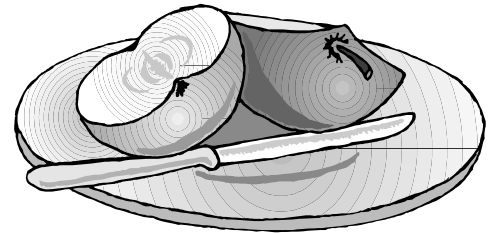
2 oz. baked trout	2 VL lean meats	0
1 (2-inch) square cornbread (2 oz.)	1 starch, 1 fat	15
½ cup pinto beans	1 starch	15
1 cup turnip greens	2 vegetables	10
-1 tsp. olive oil or margarine	1 fat	0
1 cup honeydew and cantaloupe cubes	1 fruit	15

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Snacks

*Choose **one** of the following snack choices for your evening snack (or at the time specified on your meal plan). Each choice provides 12-15 grams of carbohydrate.*



5 low-fat whole wheat crackers

3 graham cracker squares

½ cup whole grain cereal

¼ cup low-fat granola

1 slice whole wheat toast with 2 tsp. light jelly

1 small apple or orange

¾ cup fresh blueberries

17 small grapes

1 cup cantaloupe and honeydew melon cubes

½ cup mixed fresh fruit

½ cup canned, unsweetened fruit

6 oz. fat-free flavored yogurt sweetened with nonnutritive sweetener

1 cup skim milk

Recipes



Apple, Walnut, Raisin Salad

2 red apples, cored and chopped	1/3 cup raisins
1 green apple, cored and chopped	1/4 cup chopped walnuts
3/4 cup celery, sliced	6 oz. light, fat-free vanilla yogurt

Combine all ingredients and stir together. Makes about 8 1/2-cup servings. Each serving = 1 fruit + 1/2 fat exchange and 15 grams carbohydrate.

Broccoli Slaw

1/2 cup light mayonnaise	1 package Equal sweetener
1 Tbsp. nonfat milk	1 (12 oz.) package broccoli slaw mix
1 Tbsp. balsamic vinegar	2 Tbsp. raisins

Mix first four ingredients together in a large bowl with a whisk. Toss together with broccoli slaw mix. Stir in raisins. Refrigerate. Makes 8 servings (approximately 1/2 cup). Exchanges = 1 vegetable, 1 fat and 5 grams carbohydrate.

Carrot Raisin Salad

2 cups shredded carrots	1/2 cup plain yogurt
1/2 cup seedless raisins	Nonnutritive sweetener as desired
2 tsp. lemon juice	(such as Splenda or Equal)

Combine all ingredients. Cover and chill at least 2 hours. Serves 6. Each serving (about 1/2 cup)=1 vegetable, 1/2 fruit exchange and 15 grams carbohydrate.

Marinated Flank Steak

1/3 cup "Lite" teriyaki sauce	1 tsp. minced garlic
1/3 cup olive oil	1 Tbsp. minced shallots
2 Tbsp. honey	1 tsp. chopped fresh ginger
1 Tbsp. red wine vinegar	1 lb. flank steak

Combine ingredients for marinade and put in large ziplock bag. Add flank steak; place bag on plate and refrigerate for 12-24 hours. Remove flank steak from marinade and drain. Place on medium heat on outdoor grill for about 8 minutes on each side or until desired doneness. Serves 4. Each serving = 3 medium-fat meat exchanges.

Rice and Barley Pilaf

2 cups low-sodium chicken broth	1/2 cup chopped carrots
3/4 cup brown rice	6 oz. fresh, sliced shitake mushrooms
1/4 cup pearl barley	1 tsp. olive oil
1 clove garlic	Salt and pepper to taste (optional)

Heat chicken broth in large saucepan on high heat just until boiling. Add brown rice, barley, and garlic. Cover, reduce temperature and simmer. Set timer for 45 minutes. Meanwhile, saute mushrooms in olive oil in large skillet on medium high until lightly browned. Add carrots and mushrooms to rice/barley mixture for remaining 20 minutes. Serves 6. Each serving (about 1/2 cup) = 1 1/2 starch, 1/2 fat and 24 grams carbohydrate.

Spinach Ricotta Manicotti

1 (10-oz.) package frozen chopped spinach, thawed, drained, and squeezed dry	1/2 cup grated Parmesan cheese
1 egg, slightly beaten	1/8 tsp. grated nutmeg
1 (15-oz.) container fat-free ricotta cheese	1 26-oz. jar tomato-basil pasta sauce
1/2 cup shredded Mozzarella cheese	1 8-oz. package Manicotti
	Cooking spray
	1 cup water

Preheat oven to 375°. Mix together spinach, egg, cheeses, and nutmeg in a medium sized bowl. Coat a 9x13 inch baking dish with cooking spray. Spread 1/2 jar of pasta sauce in bottom of dish. Fill each of 14 uncooked Manicotti with spinach-cheese mixture. Arrange in a single layer over sauce and cover with remaining 1/2 jar of sauce. Pour 1 cup water into dish. Cover tightly with foil.

Bake for 1 hour. Let stand 10 minutes before serving. Each serving (2 Manicotti) = 2 starch, 1 vegetable, and 2 very lean meat exchanges and 36 grams carbohydrate.

Summer Fruit Parfait

2 cups sliced strawberries	1/2 cup low-fat granola
1 cup blueberries	2 Tbsp. chopped pecans
12 oz. "lite" vanilla yogurt.	

Mix berries together in a medium-sized bowl. Spoon 1/4 of yogurt into each of 4 parfait glasses. Top each with 1/3 cup fruit. Repeat. Top each with 2 Tbsp. granola and 1 1/2 tsp. pecans. Serves 4. 1 Serving = 1 starch, 1 fruit, 1/2 fat exchange and 31 grams carbohydrate.

Whole Grain French Toast

4 slices whole bread	1 tsp. Splenda® granular
1 egg white	Dash of vanilla extract
1/4 cup egg substitute (or 1 egg)	Non-stick cooking spray
1/3 cup nonfat milk	Powdered sugar
1/2 tsp. cinnamon	

In a large bowl, lightly beat egg white and egg substitute. Stir in milk, cinnamon, sugar, or Splenda, and vanilla. Dip both sides of each slice of bread into batter. Lightly spray non-stick griddle pan with cooking spray. Add several bread slices and cook over medium heat until lightly browned; turn each and brown other side. Dust lightly with powdered sugar. Garnish with a few blueberries. Serves 4. One slice = 1 starch exchange or 18 grams carbohydrate.

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Committed to a Diverse Work Force**