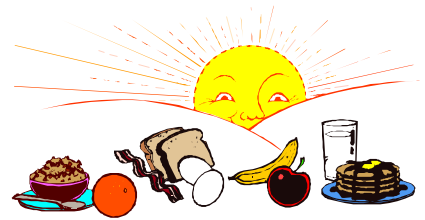


1800 Calorie Menus - Breakfast



Choose one of these menus for breakfast:

- | | | |
|----|-------------------------------|-----------------|
| 1. | ½ cup unsweetened pineapple | 1 fruit |
| | 1 English muffin | 2 starches |
| | 2 teaspoons low-sugar jelly | Free |
| | 1 teaspoon margarine | 1 fat |
| | 1 cup skim milk | 1 milk |
| | Coffee or tea | Free |
| 2. | 1 kiwi fruit | 1 fruit |
| | 1 small biscuit | 1 starch, 1 fat |
| | ½ cup cooked cereal | 1 starch |
| | 2 teaspoons low-sugar jam | Free |
| | 1 cup skim milk | 1 milk |
| | Coffee or tea | Free |
| 3. | 1 orange | 1 fruit |
| | ½ cup grits | 1 starch |
| | 1 slice whole grain toast | 1 starch |
| | 1 teaspoon margarine | 1 fat |
| | 1 cup skim milk | 1 milk |
| | Coffee or tea | Free |
| 4. | ½ banana | 1 fruit |
| | ½ cup cooked oatmeal | 1 starch |
| | 1 slice whole grain toast | 1 starch |
| | 1 teaspoon margarine | 1 fat |
| | 2 teaspoons reduced-sugar jam | Free |
| | 1 cup skim milk | 1 milk |
| | Coffee or tea | Free |
| 5. | ½ grapefruit | 1 fruit |
| | 1 bagel | 2 starches |
| | 1 tablespoon cream cheese | 1 fat |
| | 2 teaspoons low-sugar jelly | Free |
| | 1 cup skim milk | 1 milk |

	Coffee or tea	Free
6.	<ul style="list-style-type: none"> ½ cup unsweetened applesauce 2 slices French toast 2 tablespoons sugar free syrup 1 teaspoon margarine 1 cup skim milk Coffee or tea 	<ul style="list-style-type: none"> 1 fruit 2 starches Free 1 fat 1 milk Free
7.	<ul style="list-style-type: none"> ½ cup unsweetened fruit cocktail 2 slices whole wheat toast 1 teaspoon margarine 2 teaspoons low-sugar jam 1 cup skim milk Coffee or tea 	<ul style="list-style-type: none"> 1 fruit 2 starches 1 fat Free 1 milk Free
8.	<ul style="list-style-type: none"> 1 ¼ cup strawberries ¼ cup fat-free granola ½ English muffin 2 teaspoons reduced-sugar jelly 1 teaspoon margarine 1 cup non-fat plain yogurt Coffee or tea 	<ul style="list-style-type: none"> 1 fruit 1 starch 1 starch Free 1 fat 1 milk Free
9.	<ul style="list-style-type: none"> 1 orange ¾ cup dry, unsweetened cereal ½ bagel 1 cup skim milk 1 teaspoon margarine 2 teaspoons reduced-sugar jam Coffee or tea 	<ul style="list-style-type: none"> 1 fruit 1 starch 1 starch 1 milk 1 fat Free Free
10.	<ul style="list-style-type: none"> ½ cup pineapple juice 2 slices raisin toast, unfrosted 1 teaspoon margarine 1 cup skim milk Coffee or tea 	<ul style="list-style-type: none"> 1 fruit 2 starches 1 fat 1 milk Free
11.	<ul style="list-style-type: none"> ½ cup cooked apples 2-4 ½ inch waffles 	<ul style="list-style-type: none"> 1 fruit 2 starches

	1 teaspoon margarine	1 fat
	2 tablespoons sugar-free syrup	Free
	1 cup skim milk	1 milk
	Coffee or tea	Free
12.	1 tangerine	1 fruit
	1 small muffin	1 starch, 1 fat
	$\frac{3}{4}$ cup dry unsweetened cereal	1 starch
	1 cup skim milk	1 milk
	Coffee or tea	Free
13.	$\frac{1}{2}$ cup orange juice	1 fruit
	$\frac{1}{2}$ cup grits	1 starch
	1 biscuit	1 starch, 1 fat
	2 teaspoons reduced-sugar jam	Free
	1 cup skim milk	1 milk
	Coffee or tea	Free
14.	$\frac{3}{4}$ cup blueberries	1 fruit
	2-4 inch pancakes	1 starch, 1 fat
	$\frac{1}{4}$ cup fat-free granola	1 starch
	2 tablespoons sugar-free syrup	Free
	1 cup skim milk	1 milk
	Coffee or tea	Free

Note: 1 tablespoon reduced-fat margarine can be substituted for 1 teaspoon regular margarine. Low-fat buttermilk can be substituted for skim milk. Use part of the skim milk in the coffee if needed. Artificial sweetener can be used as desired.

1800 Calorie Menus - Lunch

Choose one of the following for lunch:



- | | | |
|----|---|--|
| 1. | 2 ounces low-fat lunch meat
Wheat bun
12 fat-free potato chips
1 tablespoon reduced-fat mayonnaise
1 teaspoon margarine
1 cup cooked carrots
½ banana
Sugar-free drink | 2 meats
2 starches
1 starch
1 fat
1 fat
2 vegetables
1 fruit
Free |
| 2. | 2 fat-free hot dogs
2 slices whole grain bread
½ cup baked beans
1 cup cole slaw
1¼ cup watermelon
Sugar-free drink | 2 meats
2 starches
1 starch
2 vegetables, 2 fats
1 fruit
Free |
| 3. | ½ cup tuna salad
4 rye crisps
1 bun
1 cup cut-up raw vegetables
1 tomato, sliced
1 orange
Sugar-free drink | 2 meats, 2 fats
1 starch
2 starches
1 vegetable
1 vegetable
1 fruit
Free |
| 4. | 2 ounces turkey breast
2 slices whole wheat bread
1 small baked potato
½ cup cooked cauliflower
½ cup cooked broccoli
1 teaspoon margarine
1 tablespoon reduced-fat mayonnaise
1 apple
Sugar-free drink | 2 meats
2 starches
1 starch
1 vegetable
1 vegetable
1 fat
1 fat
1 fruit
Free |

- | | | |
|----|---|--|
| 5. | 2 ounces canned salmon
1 tablespoon reduced-fat mayonnaise
1 pita bread
½ cup corn
1 cup cooked zucchini
1 teaspoon margarine
½ cup fruit salad
Sugar-free drink | 2 meats
1 fat
2 starches
1 starch
2 vegetables
1 fat
1 fruit
Free |
| 6. | 4 tablespoons peanut butter
2 slices whole grain bread
1 cup vegetable soup
2 cups cut-up raw vegetables
½ banana
Sugar-free drink | 2 meats, 2 fats
2 starches
1 starch
2 vegetables
1 fruit
Free |
| 7. | 2 ounces reduced-fat cheese
1 wheat bun
15 fat-free tortilla chips
1 cup oriental-style mixed vegetables
1 tablespoon reduced-fat mayonnaise
1 teaspoon margarine
1 peach
Sugar-free drink | 2 meats
2 starches
1 starch
2 vegetables
1 fat
1 fat
1 fruit
Free |
| 8. | ½ cup low-fat cottage cheese
12 unsalted crackers
1 cup salad greens
1 cup cut-up raw vegetables
4 tablespoons reduced fat dressing
½ cup pineapple in own juice
Sugar-free drink | 2 meats
2 starches
1 vegetable
1 vegetable
2 fats
1 fruit
Free |
| 9. | ½ cup shrimp salad
1 English muffin
3 unsalted crackers | 2 meats, 2 fats
2 starches
1 starch |

	½ cup okra and tomatoes	1 vegetable
	½ cup cooked greens	1 vegetable
	1 nectarine	1 fruit
	Sugar-free drink	Free
10.	2 ounces sliced roast beef	2 meats
	1 bun	2 starches
	1 small baked potato	1 starch
	1 teaspoon mustard	Free
	1 tablespoon reduced-fat mayonnaise	1 fat
	1 teaspoon margarine	1 fat
	½ cup cooked beets	1 vegetable
	½ cup cooked brussels sprouts	1 vegetable
	1¼ cup strawberries	1 fruit
	Sugar-free drink	Free
11.	2 chicken legs	2 meats
	1 small baked potato	1 starch
	2 small dinner rolls	2 starches
	½ cup asparagus	1 vegetable
	½ cup yellow squash	1 vegetable
	2 teaspoons margarine	2 fats
	17 grapes	1 fruit
	Sugar-free drink	Free
12.	½ cup egg salad	2 meat, 2 fats
	6 saltine crackers	1 starch
	2 slices whole grain bread	2 starches
	1 cup salad greens	1 vegetable
	1 cup cut up raw vegetables	1 vegetable
	2 tablespoons fat-free Italian dressing	Free
	¼ cantaloupe	1 fruit
	Sugar-free drink	Free
13.	1 cup bean soup	1 meat, 1 starch
	1 ounce chopped ham	1 meat
	1 cup salad greens	1 vegetable
	1 cup cut-up raw vegetables	1 vegetable
	1 2-inch square cornbread	1 starch, 1 fat

1 teaspoon margarine
½ cup unsweetened applesauce
Sugar-free drink

1 fat
1 fruit
Free

14. ½ cup spaghetti sauce with meat
2 tablespoons Parmesan cheese
1 cup spaghetti
1 slice garlic bread
½ cup Italian green beans
1 teaspoon margarine
½ cup canned pears in light syrup
Sugar-free drink

1 meat, 1 vegetable
1 meat
2 starches
1 starch, 1 fat
1 vegetable
1 fat
1 fruit
Free

1800 Calorie Menus - Supper

Choose one of the following for supper:



- | | | |
|----|--|--|
| 1. | 3 ounces sirloin steak
1 baked potato
2 dinner rolls
½ cup broccoli
½ cup cooked carrots
3 tablespoons reduced-fat sour cream
1 teaspoon margarine
1 teaspoon reduced-sugar jelly
½ cup unsweetened fruit cocktail
Sugar-free drink | 3 meats
1 starch
2 starches
1 vegetable
1 vegetable
1 fat
1 fat
Free
1 fruit
Free |
| 2. | 3 ounces chicken breast
½ cup brown rice with
½ cup cooked mushrooms
½ cup collard greens
1 slice whole grain bread
2 teaspoons margarine
½ cantaloupe
Sugar-free drink | 3 meats
2 starches
1 vegetable
1 vegetable
1 starch
2 fats
1 fruit
Free |
| 3. | 2 ounces ham
½ cup lima beans
½ cup corn
1 2-inch square cornbread
½ cup stewed tomatoes
½ cup okra
1 teaspoon margarine
1 peach
Sugar-free drink | 2 meats
1 starch, 1 meat
1 starch
1 starch, 1 fat
1 vegetable
1 vegetable
1 fat
1 fruit
Free |
| 4. | 3 ounces roast beef
1 cup mashed potatoes
1 cup green beans
1 dinner roll
2 teaspoons margarine
17 grapes | 3 meats
2 starches
2 vegetables
1 starch
2 fat
1 fruit |

	Sugar-free drink	Free
5.	3 ounces boiled shrimp 1/2 cup rice 1 cup yellow squash and zucchini 1 biscuit 1 teaspoon margarine 2 teaspoons reduced-sugar jam 1/2 cup fruit salad Sugar-free drink	3 meats 2 starches 2 vegetables 1 starch, 1 fat 1 fat Free 1 fruit Free
6.	3 ounces oven fried chicken 1 medium baked sweet potato 1/2 cup mixed vegetables with corn and peas 1 cup greens 1 teaspoon margarine 1 1/4 cup watermelon Sugar-free drink	3 meats, 1 fat 2 starches 1 starch 2 vegetables 1 fat 1 fruit Free
7.	3 ounces broiled scallops 1/2 cup rice 1 2-inch square cornbread 1 cup broccoli 1 teaspoon margarine 1 nectarine Sugar-free drink	3 meats 2 starches 1 starch, 1 fat 2 vegetables 1 fat 1 fruit Free
8.	3 ounces baked pork chop 1 cup corn 1 slice whole grain bread 1 cup cabbage 2 teaspoons margarine 1/2 cup unsweetened applesauce Sugar-free drink	3 meats 2 starches 1 starch 2 vegetables 2 fats 1 fruit Free
9.	3 ounces broiled fish 1 2-inch square cornbread	3 meats 1 starch, 1 fat

	<ul style="list-style-type: none"> ½ cup baked beans 1 cup greens 1 teaspoon margarine 1 cup honeydew melon Sugar-free drink 	<ul style="list-style-type: none"> 2 starches 2 vegetables 1 fat 1 fruit Free
10.	<ul style="list-style-type: none"> 3 ounces broiled ground beef patty 16 oven fried fries 1 hamburger bun ½ cup cole slaw 1 sliced tomato 1 tablespoon reduced-fat mayonnaise 2 small plums Sugar-free drink 	<ul style="list-style-type: none"> 3 meats 1 starch 2 starches 1 vegetable, 1 fat 1 vegetable 1 fat 1 fruit Free
11.	<ul style="list-style-type: none"> 3 ounces flank steak ½ cup green peas 1 medium baked potato ½ cup spinach ½ cup cauliflower 1 teaspoon margarine 2 tablespoons sour cream 1 pear Sugar-free drink 	<ul style="list-style-type: none"> 3 meats 1 starch 2 starches 1 vegetable 1 vegetable 1 fat 1 fat 1 fruit Free
12.	<ul style="list-style-type: none"> 2 ounces lean pork roast ½ cup black-eyed peas ½ cup rice 1 cup stewed tomatoes and okra 2 teaspoons margarine 1 tangerine Sugar-free drink 	<ul style="list-style-type: none"> 2 meats 1 starch, 1 meat 2 starches 2 vegetables 2 fats 1 fruit Free
13.	<ul style="list-style-type: none"> 3 ounces turkey 1 cup acorn squash 	<ul style="list-style-type: none"> 3 meats 1 starch

½ cup cooked beets	1 vegetable
½ cup zucchini	1 vegetable
2 dinner rolls	2 starches
2 teaspoons margarine	2 fats
Sugar-free drink	Free

- | | |
|------------------------------------|-------------|
| 14. 3 ounces grilled chicken | 3 meats |
| 1 medium cob of corn | 1 starch |
| ½ cup baked beans | 1 starch |
| 1 dinner roll | 1 starch |
| 1 cup tossed salad | 1 vegetable |
| 2 tablespoons reduced-fat dressing | 1 fat |
| 1 teaspoon margarine | 1 fat |
| 1 orange | 1 fruit |
| Sugar-free drink | Free |

SNACKS

NOTE: Pattern allows for evening snack of 1 milk and 2 starches.

SNACK OPTIONS:

Starch Options

- | | |
|---------------------------|----------|
| 1. 2-inch graham crackers | 3 |
| 2. unsweetened dry cereal | 3/4 cup |
| 3. Melba toast | 4 slices |
| 4. reduced-fat crackers | 6 |
| 5. bread | 1 slice |
| 6. animal crackers | 8 |
| 7. air-popped popcorn | 3 cups |
| 8. rice cakes | 2 |

Milk Options

- | | |
|---|--------|
| 1. skim, 1% or ½% milk | 1 cup |
| 2. low-fat buttermilk | 1 cup |
| 3. plain, non-fat yogurt | 1 cup |
| 4. fruit-flavored, non-fat yogurt
artificially sweetened | 1 cup |
| 5. sugar-free hot chocolate | 2 cups |