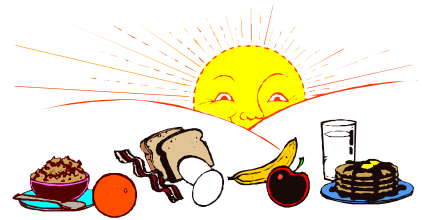


2200 Calorie Menus - Breakfast



Choose one of these menus for breakfast:

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

	2 teaspoons low-sugar jelly	Free
	1 cup skim milk	1 milk
	Coffee or tea	Free
6.	½ cup unsweetened applesauce	1 fruit
	2 slices french toast	2 starches
	¼ cup fat-free granola	1 starch
	2 tablespoons sugar-free syrup	Free
	2 teaspoons margarine	2 fats
	1 cup skim milk	1 milk
	Coffee or tea	Free
7.	½ cup unsweetened fruit cocktail	1 fruit
	2 slices whole wheat toast	2 starches
	¾ cup dry unsweetened cereal	1 starch
	2 teaspoons margarine	2 fats
	2 teaspoons low-sugar jam	Free
	1 cup skim milk	1 milk
	Coffee or tea	Free
8.	1¼ cup strawberries	1 fruit
	¼ cup fat-free granola	1 starch
	1 English muffin	2 starches
	2 teaspoons margarine	2 fats
	2 teaspoons reduced-sugar jelly	Free
	1 cup non-fat plain yogurt	1 milk
	Coffee or tea	Free
9.	1 orange	1 fruit
	1 cup cooked cereal	2 starches
	½ small bagel	1 starch
	1 cup skim milk	1 milk
	2 teaspoons margarine	2 fats
	2 teaspoons reduced--sugar jam	Free
	Coffee or tea	Free
10.	½ cup pineapple juice	1 fruit
	2 slices raisin toast, unfrosted	2 starches
	½ cup cooked oatmeal	1 starch
	2 teaspoons margarine	2 fats

	1 cup skim milk	1 milk
	Coffee or tea	Free
11.	½ cup cooked apples	1 fruit
	2 4½-inch fat-free waffles	2 starches
	¼ cup fat-free granola	1 starch
	2 teaspoons margarine	2 fats
	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
	1 cup cooked cereal	2 starches
	1 teaspoon margarine	1 fat
	1 cup skim milk	1 milk
	Coffee or tea	Free
13.	½ cup orange juice	1 fruit
	1 cup grits	2 starches
	1 biscuit	1 starch, 1 fat
	1 teaspoon margarine	1 fat
	2 teaspoons reduced-sugar jam	Free
	1 cup skim milk	1 milk
	Coffee or tea	Free
14.	¾ cup blueberries	1 fruit
	4 4-inch pancakes	2 starches, 2 fats
	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.

2200 Calorie Menus - Lunch

Choose one of the following for lunch:



- | | | |
|----|--|--|
| 1. | 3 ounces low-fat lunch meat
1 Wheat bun
24 fat-free potato chips
1 tablespoon reduced-fat mayonnaise
1 teaspoon margarine
1 cup cooked carrots
½ banana
Sugar-free drink | 3 meats
2 starches
2 starches
1 fat
1 fat
2 vegetables
1 fruit
Free |
| 2. | 2 fat-free hot dogs
1 ounce reduced-fat cheese
2 hot dog buns
1 cup cole slaw
1¼ cup watermelon
Sugar-free drink | 2 meats
1 meat
4 starches
2 vegetables, 2 fats
1 fruit
Free |
| 3. | ½ cup tuna salad
¼ cup low-fat cottage cheese
8 rye crisps
1 bun
1 tomato, sliced
1 cup tossed salad
1 tablespoon fat-free dressing
1 orange
Sugar-free drink | 2 meats, 2 fats
1 meat
2 starches
2 starches
1 vegetable
1 vegetable
Free
1 fruit
Free |
| 4. | 3 ounces turkey breast
2 slices whole wheat bread
1 medium baked potato
1 cup cooked broccoli
1 teaspoon margarine
1 tablespoon reduced-fat mayonnaise
1 apple
Sugar-free drink | 3 meats
2 starches
2 starches
2 vegetables
1 fat
1 fat
1 fruit
Free |

- | | | |
|----|---------------------------------------|--------------|
| 5. | 3 ounces canned salmon | 3 meats |
| | 2 tablespoons reduced-fat mayonnaise | 2 fats |
| | 1 pita bread | 2 starches |
| | 1 cup corn | 2 starches |
| | 1 cup cooked zucchini | 2 vegetables |
| | ½ cup fruit salad | 1 fruit |
| | Sugar-free drink | Free |
| | | |
| 6. | 3 ounces grilled chicken breast | 3 meats |
| | 1 bun | 2 starches |
| | 1 cup vegetable soup | 1 starch |
| | 6 saltines | 1 starch |
| | 1 cup cut-up raw vegetables | 1 vegetable |
| | 1 cup salad greens | 1 vegetable |
| | 4 tablespoons reduced-fat dressing | 2 fats |
| | ½ banana | 1 fruit |
| | Sugar-free drink | Free |
| | | |
| 7. | 2 ounces ham | 2 meats |
| | 1 ounce reduced-fat cheese | 1 meat |
| | 1 wheat bun | 2 starches |
| | 30 fat-free tortilla chips | 2 starches |
| | 1 cup oriental-style mixed vegetables | 2 vegetables |
| | 1 tablespoon reduced-fat mayonnaise | 1 fat |
| | 1 teaspoon margarine | 1 fat |
| | 1 peach | 1 fruit |
| | Sugar-free drink | Free |
| | | |
| 8. | ¾ cup low-fat cottage cheese | 3 meats |
| | 12 unsalted crackers | 2 starches |
| | 1 cup tossed salad | 1 vegetable |
| | 1 cup cut-up raw vegetables | 1 vegetable |
| | 2 cups chicken noodle soup | 2 starches |
| | 2 tablespoons reduced-fat dressing | 1 fat |
| | 1 teaspoon margarine | 1 fat |
| | ½ cup pineapple, packed in juice | 1 fruit |
| | Sugar-free drink | Free |

- | | | |
|-----|--|--|
| 9. | <ul style="list-style-type: none"> ½ cup shrimp salad ¼ cup low-fat cottage cheese 1 English muffin 6 unsalted crackers 1 cup cooked asparagus 1 nectarine Sugar-free drink | <ul style="list-style-type: none"> 2 meats, 2 fats 1 meat 2 starches 2 starches 2 vegetables 1 fruit Free |
| 10. | <ul style="list-style-type: none"> 3 ounces sliced roast beef 1 bun 1 medium baked potato 1 teaspoon mustard 1 tablespoon reduced-fat mayonnaise 1 teaspoon margarine 1 cup cooked brussels sprouts 1¼ cup strawberries Sugar-free drink | <ul style="list-style-type: none"> 3 meats 2 starches 2 starches Free 1 fat 1 fat 2 vegetables 1 fruit Free |
| 11. | <ul style="list-style-type: none"> 1 chicken thigh 1 medium baked potato 2 small dinner rolls 1 cup yellow squash 2 teaspoons margarine 17 grapes Sugar-free drink | <ul style="list-style-type: none"> 3 meats 2 starches 2 starches 2 vegetables 2 fats 1 fruit Free |
| 12. | <ul style="list-style-type: none"> ½ cup egg salad ¼ cup cottage cheese 12 saltine crackers 2 slices whole grain bread 1 cup salad greens 1 cup cut-up raw vegetables 2 tablespoons fat-free Italian dressing 1 cantaloupe Sugar-free drink | <ul style="list-style-type: none"> 2 meat, 2 fat 1 meat 2 starches 2 starches 1 vegetable 1 vegetable Free 1 fruit Free |
| 13. | <ul style="list-style-type: none"> 2 cups bean soup 1 ounce chopped ham 1 cup salad greens 1 cup cut-up raw vegetables | <ul style="list-style-type: none"> 2 meats, 2 starches 1 meat 1 vegetable 1 vegetable |

1 tablespoon fat-free dressing
4-inch square cornbread
½ cup unsweetened applesauce
Sugar-free drink

Free
2 starch, 2 fats
1 fruit
Free

14. 1 cup spaghetti sauce with meat
2 tablespoons Parmesan cheese
1 cup spaghetti
2 slices garlic bread
½ cup canned pears in light syrup
Sugar-free drink

2 meats, 2 vegetables
1 meat
2 starches
2 starches, 2 fats
1 fruit
Free

2200 Calorie Menus - Supper



Choose one of the following for supper:

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

2 teaspoons margarine 2 fats
17 grapes 1 fruit
Sugar-free drink Free

5. 3 ounces boiled shrimp 3 meats
1 cup rice 3 starches
1 cup yellow squash and zucchini 2 vegetables
½ cup asparagus 1 vegetable
1 biscuit 1 starch, 1 fat
1 teaspoon margarine 1 fat
2 teaspoons reduced-sugar jam Free
½ cup fruit salad 1 fruit
Sugar-free drink Free

6. 3 ounces oven fried chicken 3 meats, 1 fat
1 medium baked sweet potato 2 starches
1 cup mixed vegetables 2 starches
with corn and peas
1 cup greens 2 vegetables
½ cup cauliflower 1 vegetable
1 teaspoons margarine 1 fat
1 1/4 cup watermelon 1 fruit
Sugar-free drink Free

7. 3 ounces broiled scallops 3 meats
1 cup rice 2 starches
4-inch square cornbread 2 starches, 2 fats
1 cup broccoli 2 vegetables
1 sliced tomato 1 vegetable
1 nectarine 1 fruit
Sugar-free drink Free

8. 3 ounce baked pork chop 3 meats
1 cup corn 2 starches
2 slices whole grain bread 2 starches
1 cup cabbage 2 vegetables
½ cup green beans 1 vegetable
2 teaspoons margarine 2 fats

	½ cup unsweetened applesauce	1 fruit
	Sugar-free drink	Free
9.	3 ounces broiled fish	3 meats
	1 2-inch square cornbread	1 starch, 1 fat
	½ cup baked beans	2 starches
	1 cup greens	2 vegetables
	1 cup tossed salad	1 vegetable
	2 tablespoons fat-free Italian dressing	Free
	1 teaspoon margarine	1 fat
	1 cup honeydew melon	1 fruit
	Sugar-free drink	Free
10.	3 ounces broiled ground beef patty	3 meats
	1 hamburger bun	2 starches
	3/2 oven fries	2 starches
	1 cup cole slaw	2 vegetables, 2 fats
	1 sliced tomato	1 vegetable
	2 small plums	1 fruit
	Sugar-free drink	Free
11.	3 ounces flank steak	3 meats
	1 cup green peas	2 starches
	1 medium baked potato	2 starches
	1 cup spinach	2 vegetables
	½ cup cauliflower	1 vegetable
	1 teaspoon margarine	1 fat
	3 tablespoons reduced-fat sour cream	1 fat
	1 pear	1 fruit
	Sugar-free drink	Free
12.	2 ounces lean pork roast	2 meats
	½ cup black-eyed peas	1 starch, 1 meat
	1 cup rice	3 starches
	1 cup stewed tomatoes and okra	2 vegetables
	½ cup cooked cabbage	½ cup vegetable
	2 teaspoons margarine	2 fats
	1 tangerine	1 fruit
	Sugar-free drink	Free

- | | | |
|-----|--------------------------|----------------------|
| 13. | 3 ounces turkey | 3 meats |
| | ½ cup mashed potatoes | 1 starch |
| | 1 cup acorn squash | 1 starch |
| | ½ cup cooked beets | 1 vegetable |
| | 1 cup green beans | 2 vegetables |
| | 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 | 2 starches |
| | 1 dinner roll | 1 starch |
| | 1 cup cole slaw | 2 vegetables, 2 fats |
| | 1 sliced tomato | 1 vegetable |
| | 1 orange | 1 fruit |
| | Sugar-free drink | Free |

SNACKS

NOTE: Pattern allows for evening snack of 1 milk, 1 fruit 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 |

Fruit Options

- | | |
|----------------------------------|-----------------|
| 1. banana | 1/2 |
| 2. fresh apple, peach, or orange | 1 small piece |
| 3. canned fruit in own juice | 1/2 cup |
| 4. raisins | 2 tablespoons |
| 6. grapes | 17 |
| 7. watermelon | 1 1/4 cup cubes |

8. cantaloupe

1/3 melon

9. strawberries

1 1/4 cup whole berries

Milk Options

1. skim, 1% or 1/2% 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

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