

2,400 Calorie Meal Plan



	Day 1 • 10 Grain, 8 Protein, 5 Fruit, 6 Vegetable, 4 Milk, 6 Fat	Day 2 • 10 Grain, 8 Protein, 5 Fruit, 6 Vegetable, 4 Milk, 6 Fat	Day 3 • 10 Grain, 8 Protein, 5 Fruit, 6 Vegetable, 4 Milk, 6 Fat	Day 4 • 10 Grain, 8 Protein, 5 Fruit, 6 Vegetable, 4 Milk, 6 Fat
Breakfast	1 cup cooked oatmeal 2 Tbsp. raisins 4 walnuts halves, crushed 1 cup fat-free milk 1 cup orange juice Coffee <i>2G, 3Fr, 1M, 1F</i>	1½ cups Cheerios® 1 banana 1 cup fat-free milk 1 boiled egg 1 slice whole grain toast 1 tsp. margarine 2 tsp. jam or jelly – no sugar added <i>3G, 1P, 2Fr, 1M, 1F</i>	2 -Bran muffin – see recipe #8 ½ cup orange juice 1 cup fat-free milk <i>4G, 1Fr, 1M, 2F</i>	2 slices whole grain toast 1½ tsp. peanut butter 2 tsp. fruit preserves – no sugar added Egg Vegetable Scramble – see recipe # 13 ½ cup orange juice 1 cup fat-free milk <i>2G, 2P, 1Fr, 1V, 1M, 1F</i>
Mid-morning snack	6 oz. nonfat yogurt (~100 calories) 6 almonds <i>1M, 1F</i>	1 granola bar (~80 to 100 calories) 6 oz. nonfat yogurt (~100 calories) <i>1G, 1M</i>	6 oz. low-fat strawberry banana yogurt (~100 calories) ½ banana 1 cup cucumber slices 1Tbsp. low-fat salad dressing <i>1Fr, 1V, 1M</i>	Yogurt Parfait – see recipe # 14 <i>1G, 1Fr, 1M, 2F</i>
Lunch	Tuna Sandwich –see recipe #1 (use 3 oz. tuna) 15 baby carrots Pasta Salad – see recipe #3 ½ cup edamame <i>4G, 4P, 3V, 2F</i>	Turkey Sandwich – 3 oz. turkey, 2 slices regular bread, lettuce, tomato, mustard 2 cups Vegetable Salad – see recipe #4 1 small nectarine <i>2G, 3P, 1Fr, 2V, 1F</i>	1 Chicken or Turkey Pocket – see recipe #9 6 oz. low-fat vanilla yogurt ½ cup canned peaches (no sugar added) 15 baby carrots <i>1G, 2P, 1Fr, 2V, 1M</i>	Bean Burrito – see recipe #15 1 small apple 6 oz. nonfat yogurt (~100 calories) <i>3G, 2P, 1Fr, 2V, 1M</i>
Afternoon snack	1 small apple <i>1Fr</i>	6 oz low-fat mixed berry yogurt (~100 calories) 1 cup raspberries <i>1Fr, 1M</i>	3 graham crackers 1Tbsp. peanut butter 1 cup fat-free milk <i>1G, 1P, 1M</i>	2 cups Vegetable Salad – see recipe #4 8 animal crackers <i>1G, 2V, 1F</i>
Dinner	Chicken and Vegetable Stir Fry – see recipe #2 1 cup brown rice 1 cup fat-milk 3 halves graham crackers 2 cups lettuce salad with 2 Tbsp. low calorie dressing <i>4G, 4P, 3V, 1M, 2F</i>	Fish in Foil – see recipe #5 or Broiled Fish – see recipe #6 1½ cups potatoes -see recipe #7 1½ cups steamed broccoli 2 cups tossed salad with 2 Tbsp. reduced-fat salad dressing 1 cup fat-free milk 1 small dinner roll with 1 tsp. margarine <i>4G, 4P, 4V, 1M, 2F</i>	1 serving Turkey Chili – see recipe #10 1 cup steamed broccoli with lemon pepper 1 serving Oriental Salad – see recipe #11 ½ cup canned pineapple 1 small dinner roll with 1 tsp. margarine <i>3G, 4P, 1Fr, 3V, 3F</i>	4oz. Baked Salmon – see recipe #16 1 cup butternut squash ½ cup cooked mixed vegetables (broccoli, cauliflower, carrots) 1 cup wild rice with 1 tsp. margarine 1 cup fat-free milk <i>3G, 4P, 1V, 1M, 1F</i>
Evening Snack	6 oz. low-fat mixed berry yogurt (~100 calories) ¾ cup blueberries <i>1Fr, 1M</i>	17 grapes 20 peanuts <i>1Fr, 2F</i>	1 Baked Apple – see recipe #12 8 animal crackers <i>1G, 1Fr</i>	1¼ cups strawberries 1 sliced kiwi 2 Tbsp. slivered almonds 2 Tbsp. light whipped topping <i>2Fr, 1F</i>

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