

Sample Menu for 1800 calorie healthy eating plan

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Mon	1c bran flakes 8oz skim milk 1 small banana	1 sl wheat bread 1oz arm roast 1 tsp mayo	1c. lettuce with 1 tbsp salad dressing, 2oz. Chicken 1 small dinner roll 1c sweet potato 1tsp margarine 1/2c green beans 8oz skim milk	1 large apple 1 Tbsp peanut butter	3 oz. pork loin chop 1c. broccoli 6oz baked potato 1 tsp tub margarine	6 oz nonfat yogurt 1/4c. granola
Tue	2 slices wheat toast 2 Tbsp. Peanut butter 1 1/4c fresh strawberries	3 graham cracker squares 8 oz skim milk	2 eggs, scrambled with 1/2c fresh mushrooms, peppers and onions in 2 tsp canola oil 2 6-inch tortillas 1c. tropical fruit	1/3c pasta 1 Tbsp reduced-fat mayo 2 tsp plain nonfat yogurt 1/2c cabbage slaw	3 oz. chicken breast 2/3 c. brown rice with 6 almonds, 1/2c. water chestnuts, 1/2c shredded carrot 1 c. sliced tomato 8oz skim milk	8oz. skim milk 2/3c Wheaties
Wed	2 4-in. pancake 1 Tbsp. peanut butter 2 tsp light jelly 1/2 c. apricots 4oz orange juice	8oz milk 1/2 Lenders wheat bagel with 1 T fat-free cream cheese	Roast beef sandwich made with 2 oz meat, 2 slices bread Ketchup/mustard 1c. asparagus 1tsp margarine	9 tortilla chips (without hydrogenated oil) 1/4c salsa	3oz. round steak 1/2 c boiled potato 1 tsp margarine 1 c. cooked carrots 8oz skim milk 1 kiwi	3c. popcorn popped in 2 tsp. canola oil 8 oz. skim milk
Thur	1 c. oatmeal 8oz. skim/soy milk 1 small orange	6 saltines 2 Tbsp peanut butter	2 tacos, each with 1/2 oz grd beef, 1/2 oz cheddar cheese, lettuce, tomato, green pepper, salsa 1/3 c. rice 1/2c pears	6 oz. nonfat yogurt	Spaghetti; 1 c. pasta 1/2c red sauce 3 meatballs (golf ball size) 1 c. carrot/broc blend 8oz skim milk	Trail mix: 10 peanuts 4 pecan halves 2 Tbsp raisins 3/4c Cheerios
Fri	2 slices cinnamon toast-with total 2 tsp margarine 1c cantaloupe 8 oz. skim milk	1 sl wheat bread 2 tsp honey	1c beef and bean chili 4-in square corn bread 1c. carrots/ celery 2 Tbsp peanut butter 8oz skim milk	17 grapes	3oz. fish 6oz. baked potato 1tsp margarine 1c green beans 1/2c coleslaw	1 small nectarine 8 oz skim/soy milk
Sat	2 slice French toast 8 pecan halves 2 Tbsp sugar-free syrup 8oz skim/soy milk	1/2 English muffin 1 T peanut butter 4oz skim milk	Shish kabob-baste in 1 t oil-2 oz cubed chicken, 1 1/2c. grilled pepper, onion, mushroom, 1/2c grilled pineapple, 1 c. brown and wild rice	3 graham cracker squares 4oz. skim/soy milk	3oz ground beef patty whole wheat bun 1 1/4c watermelon 1c lettuce, radishes, peppers 2 Tbsp salad dressing 8oz skim milk	1/4c cottage cheese 1/2c peaches
Sun	2 scrambled egg 1c. hash browns 2 tsp canola oil(for frying) 1/2 c. orange juice	1 slice raisin bread 1 T fat-free cream cheese	Taco salad - 1 1/2c lettuce, 1/2c tomato, 1/2 c peppers, 1/2 c black beans, 1/2 c corn, 1/4 c salsa, 1oz cheddar cheese, 14 tortilla chips	Sugar-free gelatin with 1/2c banana	3oz turkey tender 1/2c sweet potato 1/2c green beans 3/4c blueberries 8oz. skim/soy milk	8oz skim/soy milk 1 cookie (made with canola oil)