Menus for an 1800 Calorie Intake

Day 1

	Number/Type of Servings	Calories
Breakfast		
½ cup orange juice	1 fruit	60 calories
2 frozen waffles	2 starch	160 calories
2 slices Canadian bacon	2 meat	150 calories
1 tbsp. light margarine	1 fat	45 calories
2 tbsp. sugar free syrup	free food	0 calories
1/2 cup low-fat yogurt	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**515 calories**
Lunch		
3 oz. baked fish	3 meat	225 calories
2 tsp. tartar sauce	1 fat	45 calories
1 cup baby carrots	1 vegetable	25 calories
2 small dinner rolls	2 starch	160 calories
1 apple	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**615 calories**
Dinner		
1 cup spaghetti noodles	2 starch	160 calories
½ cup spaghetti meat sauce	1 starch	80 calories
	1 meat	75 calories
1 cup green beans	2 vegetable	50 calories
1 cup tossed lettuce salad	1 vegetable	25 calories
2 tbsp. reduced-fat ranch dressing	1 fat	45 calories
½ cup fruit cocktail in natural juices or lite syrup	1 fruit	60 calories
Calorie free beverage of choice	free food	0 calories
Total:		**495 calories**

Snack		
3 graham cracker squares	1 starch	80 calories
15 grapes	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**240 calories**

Day 2

	Number/Type of Servings	Calories
Breakfast		
1 banana (small)	1 fruit	60 calories
½ cup cooked oatmeal	1 starch	80 calories
1 slice whole-wheat toast	1 starch	80 calories
1 tbsp. light margarine	1 fat	45 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Water	free food	0 calories
Total:		**365 calories**
Lunch		
1 regular hamburger bun	2 starch	160 calories
3 oz. hamburger	3 meat	225 calories
1 slice cheddar cheese	1 milk	110 calories
2 slices of tomato & 1 leaf of lettuce	1 vegetable	25 calories
1 tbsp. ketchup/mustard	free food	0 calories
1 orange	1 fruit	60 calories
Calorie free beverage of choice	free food	0 calories
Total:		**570 calories**
Dinner		
3 oz. baked chicken breast (skinless)	3 meat	225 calories
1 baked potato	2 starch	160 calories
1 tbsp. light margarine	1 fat	45 calories
1 cup broccoli	2 vegetable	50 calories
1 cup mixed greens	1 vegetable	25 calories
2 tbsp. reduced-fat French dressing	1 fat	45 calories
½ cup canned pears in natural juices or lite syrup	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**710 calories**
Snack		
16 animal crackers, plain	2 starch	160 calories
½ cup canned pears in natural juices or lite syrup	1 fruit	60 calories
Calorie free beverage of choice	free food	0 calories
Total:		**220 calories**

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Day 3

	Number/Type of Servings	Calories
Breakfast		
½ cup tomato juice	1 vegetable	25 calories
1 cup corn flakes	2 starch	160 calories
2 tbsp. raisins	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**345 calories**
Lunch		
1 cup tomato soup	1 starch	80 calories
2 slices white bread	2 starch	160 calories
2 slices American cheese	2 meat	150 calories
2 tbsp. light margarine	1 fat	45 calories
1 slice watermelon	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**595 calories**
Dinner		
3 oz. pork chop	3 meat	225 calories
1 cup mashed potatoes	2 starch	160 calories
1 cup spinach	2 vegetable	50 calories
1 tbsp. light margarine	1 fat	45 calories
1 cup applesauce	2 fruit	120 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**700 calories**
Snack		
6 saltine crackers	1 starch	80 calories
1 cup celery spears	1 vegetable	25 calories
1 tbsp. peanut butter	1 meat	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**205 calories**

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Day 4

	Number/Type of Servings	Calories
Breakfast		
15 grapes	1 fruit	60 calories
1 scrambled egg	1 meat	75 calories
1 bagel	2 starch	160 calories
2 tbsp. reduced-fat cream cheese	1 fat	45 calories
1/2 cup low-fat cherry yogurt	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**440 calories**
Lunch		
2 oz. baked ham	2 meat	150 calories
½ cup potato salad	1 starch	80 calories
1 cup sliced cooked beets	1 vegetable	25 calories
8 thin twist pretzels	1 starch	180 calories
1 apple	1 fruit	160 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**495 calories**
Dinner		
3 oz. sirloin steak	3 meat	225 calories
2/3 cup white rice	2 starch	160 calories
1 cup cooked onions and green peppers	2 vegetable	150 calories
1 tbsp. light margarine	1 fat	45 calories
1 cup mixed greens salad	1 vegetable	25 calories
2 tbsp. low-fat Italian dressing	1 fat	45 calories
½ cup canned apricots in natural juices or lite syrup	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**710 calories**
Snack		
9 whole-wheat crackers (Triscuits™)	2 starch	160 calories
1 nectarine	1 fruit	60 calories
Calorie free beverage of choice	free food	0 calories
Total:		**220 calories**

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Day 5

	Number/Type of Servings	Calories
Breakfast		
1 cup shredded wheat	2 starch	160 calories
1 medium apple, sliced	1 fruit	60 calories
1 tbsp. peanut butter	1 meat	100 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**420 calories**
Lunch		
1 Pita bread	2 starch	160 calories
2 oz. tuna canned in water	2 meat	150 calories
2 slices of tomato, 1 leaf of lettuce & 2 onion rings	1 vegetable	25 calories
1 tbsp. reduced-fat mayonnaise	1 fat	45 calories
1 peach	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**540 calories**
Dinner		
3 oz. baked turkey breast	3 meat	225 calories
2/3 cup stuffing	2 starch	160 calories
1 cup 1% or non-fat milk	1 milk	100 calories
½ cup asparagus spears	1 vegetable	25 calories
1 cup salad greens	1 vegetable	25 calories
2 tbsp. raspberry vinaigrette dressing	1 fat	45 calories
1 cup apple cider	2 fruit	120 calories
Calorie free beverage of choice	free food	0 calories
Total:		**700 calories**
Snack		
12 saltine crackers	2 starch	160 calories
1 cup cauliflower florets, raw	1 vegetable	25 calories
2 tbsp. low-fat vegetable dip	1 fat	45 calories
Calorie free beverage of choice	free food	0 calories
Total:		**230 calories**

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Day 6

	Number/Type of Servings	Calories
Breakfast		
1/2 cup orange juice	1 fruit	60 calories
4-4 inch pancakes	2 starch	160 calories
	1 fat	45 calories
1 sausage link	1 meat	75 calories
2 tbsp. sugar free syrup	free food	0 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**440 calories**
Lunch		
3 oz. meatloaf	3 meat	225 calories
1 cup wax beans	2 vegetable	50 calories
2 slices whole wheat bread	2 starch	160 calories
1 tbsp. light margarine	1 fat	45 calories
1 cup fruit salad	2 fruit	120 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**700 calories**
Dinner		
1-4 inch square lasagna (1 cup noodles	2 starch	160 calories
with 1 cup spaghetti meat sauce)	1 starch	80 calories
	1 fat	45 calories
	2 meat	150 calories
1 cup Brussels sprouts	2 vegetable	50 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**585 calories**
Snack		
8 thin twist pretzels	1 starch	80 calories
½ cup canned pineapples in natural juices or lite syrup	1 fruit	60 calories
Calorie free beverage of choice	free food	0 calories
Total:		**140 calories**

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Day 7

	Number/Type of Servings	Calories
Breakfast		
1 cup reduced-calorie cranberry juice	1 fruit	60 calories
1 English muffin	2 starch	160 calories
1 tbsp. light margarine	1 fat	45 calories
1/2 cup cream of wheat	1 starch	80 calories
1/2 cup low-fat raspberry yogurt	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**445 calories**
Lunch		
1 chef salad (2 cups assorted vegetables with 3 oz. sliced ham and turkey)	2 vegetable	50 calories
	3 meat	225 calories
2 tbsp. low-fat ranch dressing	1 fat	45 calories
6 whole wheat crackers	2 starch	160 calories
1 cup cantaloupe cubes	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
Calorie free beverage of choice	free food	0 calories
Total:		**640 calories**
Dinner		
3 oz. sliced roast beef	3 meat	225 calories
1 cup boiled cubed potatoes	2 starch	160 calories
1 honeydew slice	1 fruit	60 calories
1 cup 1% or non-fat milk	1 milk	100 calories
1 cup cooked carrots	2 vegetable	50 calories
Calorie free beverage of choice	free food	0 calories
Total:		**595 calories**
Snack		
3 cups air-popped popcorn	1 starch	80 calories
1 tbsp. light margarine (for popcorn)	1 fat	45 calories
1 small orange	1 fruit	60 calories
Calorie free beverage of choice	free food	0 calories
Total:		**185 calories**

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