

Sample Menu: 1500 Calories w/ 150 Calorie Snack

| Breakfast | | |
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| Food Group: | Serving Size: | |
| Carbohydrates | (3 total = 45 g. carbohydrates) | |
| Starch | 1 | 1 Slice 100% whole grain toast |
| Fruit | 1 | 1 small orange |
| Milk | 1 | 1 cup non-fat or 1% low-fat milk |
| Meat/Protein | 1 | 1 poached egg or ¼ cup egg substitute |
| Fat | 1 | 1 Tablespoon Lite tub margarine |
| Free Food | 1 | 1 cup coffee |

| Lunch | | |
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| Food Group: | Serving Size: | |
| Carbohydrates | (4 total = 60 g. carbohydrates) | |
| Starch | 3 | 6" submarine sandwich on 100% whole wheat bread 1 cup vegetable soup |
| Fruit | 1 | 1 small pear |
| Meat/Protein | 2 | (1 oz.) Turkey & (1 oz.) low-fat cheese (on sandwich) |
| Vegetables | 1 | Lettuce, tomato, onion, pepper, etc. |
| Fat | 1 | 1 Tbsp. light mayonnaise |
| Free Food | 1 | Diet soft drink, mustard, dill pickle |

| Dinner | | |
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| Food Group: | Serving Size: | |
| Carbohydrates | (4 total = 60 g. carbohydrates) | |
| Starch | 2 | 2/3 cup cooked wild rice |
| Fruit | 1 | 1 cup mixed fresh fruit |
| Meat/Protein | 3 | 3 oz. broiled lemon pepper white fish |
| Vegetables | 1 | 1 cup green salad and 1 cup steamed zucchini |
| Fat | 1 | 1 Tbsp. salad dressing |
| Free Food | | Crystal Light beverage |

| Evening Snack | | |
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| Food Group: | Serving Size: | |
| Carbohydrates | (1-2 total = 15 to 30 g. carbohydrates) | |
| Starch or fruit or milk | 1 | 3 cups lite popcorn or 1 cup berries or 1 cup non-fat milk |
| Protein or fat | 1 | ¼ cup low-fat cottage cheese or 6 almonds |