

Sample 7-Day Meal Plan (1500 Calories)



SNACK	DINNER	LUNCH	BREAKFAST
			SUNDAY
			MONDAY
			TUESDAY
			WEDNESDAY
			THURSDAY
			FRIDAY
			SATURDAY

2/3 cup nonfat plain or artificially sweetened yogurt (1 milk)
 1/2 (1 1/2 oz) grapefruit (1 fruit)
 2 toasted English muffin halves (2 starches)
 1 tbsp reduced-fat cream cheese (1 fat)

8 oz (1 cup) nonfat or 1% milk (1 milk)
 1 medium orange (1 fruit)
 1/2 cup bran-flakes cereal (1 starch)
 1 slice toasted whole-wheat bread (1 starch)
 1 tsp diet margarine (1 fat)

2/3 cup nonfat plain or artificially sweetened yogurt (1 milk)
 2 reduced-fat waffles, 4 1/2" square (2 starches)
 2 tsp sugar-free syrup (free)
 3/4 cup blueberries (1 fruit)
 1 tsp diet margarine (1 fat)

8 oz (1 cup) nonfat or 1% milk (1 milk)
 1 (4 oz) small banana (1 fruit)
 1/2 cup cooked oatmeal (1 starch)
 1 slice toasted whole-wheat bread (1 starch)
 1 tsp diet margarine (free)

2/3 cup nonfat plain or artificially sweetened yogurt (1 milk)
 2 toasted English muffin halves (2 starches)
 2 tsp reduced-fat cream cheese (1 fat)
 2 tsp jam or jelly, light, low-sugar type (free)
 1 (6 1/2 oz) medium orange (1 fruit)

8 oz (1 cup) nonfat or 1% milk (1 milk)
 1 1/4 cups whole strawberries (1 fruit)
 1/2 cup Grape-Nuts® cereal (2 starches)
 1 tbsp slivered almonds (1 fat)

2/3 cup nonfat plain or artificially sweetened yogurt (1 milk)
 3/4 cup blueberries (1 fruit)
 1/2 cup cooked oatmeal (1 starch)
 1 slice toasted whole-wheat bread (1 starch)
 1 tsp diet margarine (1 fat)

Luncheon Salad with Diced Chicken Breast:
 - 1 cup salad greens, 1/2 cup water-packed artichoke hearts, 1/4 cup sliced mushrooms, 1/2 cup sliced red bell pepper, 1/4 cup shredded carrots (3 vegetables)
 - 4 oz diced cooked chicken breast (4 very lean meats)
 - 1/4 cup sliced celery and shaved red onion slices (free)
 - 1/2 cup croutons (1/2 starch and 1/2 fat)
 - 5 sliced stuffed green olives (1/2 fat)
 - 2 tsp reduced-fat salad dressing (1 fat)
 - 1 tbsp slivered almonds (1 fat)
 - 3 bread sticks (1 1/2 starches)
 - 1 small nectarine (1 fruit)

Avocado and Turkey Sandwich:
 - 4 oz sliced turkey (4 very lean meats)
 - 2 slices whole-wheat bread (2 starches)
 - 1/8 (1 oz) sliced avocado (1 fat)
 - 1 tsp reduced-fat mayonnaise (1 fat)
 - 2 tomato slices and 1 large lettuce leaf (1 vegetable)
 - 1/2 cup cucumber strips, 1/2 cup carrot sticks, and 1/2 cup celery sticks (2 vegetables)
 - 2 tsp reduced-fat ranch salad dressing (1 fat) for dipping
 - 1/7 (3 oz) grapes (1 fruit)

Tuna-filled Pita Pockets:
 - 6" pita bread, sliced in half (2 starches)
 - 1/4 cup low-fat cottage cheese (1 very lean meat)
 - 3 oz water-packed tuna (3 very lean meats)
 - 2 tsp reduced-fat mayonnaise (2 fats)
 - 1/2 cup water-packed artichoke hearts, 1 sliced tomato, 1 cup salad greens, and 1 sliced green onion (3 vegetables)
 - 2 tsp reduced-fat salad dressing (1 fat) for dipping
 - 1/2 cup canned peaches (1 fruit)

Chipped Beef on Rye Sandwich:
 - 2 slices rye bread (2 starches)
 - 1 tsp reduced-fat mayonnaise (1 fat)
 - 1 slice (1 oz) Swiss cheese (1 high-fat meat)
 - 3 oz sliced chipped beef lunch meat (3 very lean meats)
 - 2 tomato slices and 1 large lettuce leaf (1 vegetable)
 - 1 sliced large dill pickle (free)
 - 1 cup celery sticks (1 vegetable) filled with 2 tsp reduced-fat cream cheese (1 fat)
 - 1 cup carrot sticks (1 vegetable)
 - 8 large black pitted olives (1 fat)
 - 1 small nectarine (1 fruit)

Spinach Salad with Diced Chicken Breast:
 - 4 oz diced cooked chicken breast (4 very lean meats)
 - 2 cups spinach leaves, 1/4 cup sliced cucumber, 1/4 cup sliced mushrooms, 1/4 cup shredded carrots, 1/4 cup sliced celery (3 vegetables)
 - 2 sliced radishes and shaved red onion slices (free)
 - 4 large pitted black olives, sliced (1/2 fat)
 - 1/2 cup croutons (1/2 starch and 1/2 fat)
 - 2 tsp reduced-fat salad dressing (2 fats)
 - 3 bread sticks, crisp 4" long x 1/2" (2/3 oz) (1 1/2 starches)
 - 1 small apple (1 fruit)

Tuna-Topped Tomato with Whole-Wheat Crackers:
 - 4 oz water-packed tuna (4 very lean meats)
 - 2 tsp reduced-fat mayonnaise (2 fats)
 - 1 sliced green onion, 1 dill pickle, and 3 radishes (free)
 - 1 medium tomato sliced in half, 1 cup salad greens, 1/2 cup carrot sticks, and 1/2 cup celery sticks (3 vegetables)
 - 1/8 (1 oz) avocado, sliced (1 fat)
 - 8 whole-wheat crackers, no added fat (2 starches)
 - 1 (3 1/2 oz) kiwi fruit (1 fruit)

Chicken Sandwich with Cucumber Salad:
 - 2 slices of whole-wheat bread (2 starches)
 - 4 oz sliced white chicken deli meat (4 very lean meats)
 - 1 tsp reduced-fat mayonnaise (1 fat)
 - 1 chopped medium tomato and 2 large lettuce leaves (1 vegetable)
 - 1 1/2 cups chopped cucumber, 1/4 cup chopped celery, and 1/4 cup water-packed artichoke hearts (2 vegetables)
 - 8 large pitted black olives (1 fat)
 - 2 tsp reduced-fat ranch salad dressing (1 fat)
 - 1 tsp nonfat sour cream (free)
 - 1 medium pear (1 fruit)

Pork Chops with Artichoke and Vegetable Rice
 (2 3/4 starches, 3 vegetables, 1 lean meat, and 1 medium-fat meat)
 Small dinner salad (1 vegetable) with 1 tsp fat-free Italian salad dressing (free)
 1/2-cup steamed asparagus (1 vegetable)

Dijon Chicken Breast with Rice Pilaf
 (2 3/4 starches, 3 vegetables, 1 lean meat, and 1 medium-fat meat)
 Small dinner salad (1 vegetable) with 1/2 medium tomato sliced (1/2 vegetable) and 1 tsp fat-free Italian salad dressing (free)
 1/2 cup steamed broccoli (1 vegetable)

Szechuan Shrimp with Rice
 (3 1/2 starches, 2 vegetables, 4 very lean meats, and 1 fat)

Broiled Salmon with Lemon-Dill Butter
 (2 3/4 starches, 3 vegetables, 1 lean meat, and 1 medium-fat meat)
 Small dinner salad (1 vegetable) with 1 tsp fat-free Italian salad dressing (free)
 1/2 cup steamed carrots (1 vegetable)

Ginger Shrimp Stir-Fry
 (3 1/3 starches, 2 vegetables, and 5 very lean meats)

Salmon Vegetable Chowder
 (2 3/4 starches, 3 vegetables, 1 lean meat, and 1 medium-fat meat)
 Small dinner salad (1 vegetable) with 1 tsp fat-free Italian salad dressing (free)
 Small dinner roll (1 starch) with 1 tsp diet margarine (1 fat)

Southwest Vegetable Chili
 (4 starches, 1 1/2 vegetables, 1 very lean meat, and 2 fats)

1 small apple (1 fruit)

1 medium pear (1 fruit)

2 (5 oz) plums (1 fruit)

4 apricots (1 fruit)

1 1/2 cups fresh or frozen strawberries (1 fruit)

1/2 cup canned pears (1 fruit)

1/7 (3 oz) grapes (1 fruit)