

Tips for Using the Menus in this Guide:

You can follow the menus exactly or make changes as needed. It is okay to:

- Switch out foods from one meal to another (e.g. have the lunch menu for dinner and vice versa).
- If you are still hungry, especially if you are very active, eat a little more from one or more of the foods suggested for that day.
- Add more spices and low-sodium flavorings to dishes.
- Use 1 teaspoon of canola or olive oil with added herbs and spices instead of the salad dressing listed in the menu.
- Use the same menu several days in a row. This can be easier if you are only preparing food for one or two people. This can also help save money and trips to the grocery store.
- Swap a vegetable or a fruit that is listed for one that is seasonal or available in your area or for what you prefer to eat. For example, you can swap broccoli for asparagus or a pear for an apple.

Reminder:

If you eat more than recommended on a given day, get back on track the next day. Avoid restricting food to “make up” for what you ate yesterday. Your whole eating pattern over time and self-compassion for your body is more important.

Menus

	Menu #1	PLAN A	PLAN B	PLAN C
Breakfast	Fresh orange Whole grain ready-to-eat cereal Nonfat milk (regular or soy) Hard-boiled egg	1 1 cup 1 cup ----	1 1 cup 1 cup ----	1 2 cups 1 cup 1
Lunch	Chili, meatless with beans Small Greek salad: Lettuce greens, onion, etc. Tomato chopped Feta cheese Olive oil Pita bread (6-inch) Fresh fruit chunks	1 cup 1 cup ½ cup 1 ounce 2 tsp. 1 1 cup	1 cup 1 cup ½ cup 1 ounce 2 tsp. 1 1 cup	1 cup 1 cup ½ cup 1 ounce 2 tsp. ½ 1 cup
Dinner	Tossed salad Roast turkey breast Asparagus Baked potato Bread stuffing Cranberry sauce Soft-tub margarine Low-fat Italian dressing Nonfat milk (regular or soy)	---- 3 ounces 1 cup 1 small ¼ cup 2 Tbsp. 1 tsp. ---- 1 cup	1 cup 3 ounces 1 cup 1 small ¼ cup 3 Tbsp. 1 tsp. 2 Tbsp. 1 cup	1 cup 4 ounces 1 cup 1 small ½ cup 3 Tbsp. 1 tsp. 2 Tbsp. 1 cup
Snack	Plain nonfat yogurt + 1 tsp honey Low-sodium popcorn	½ cup ----	½ cup ----	½ cup 3 cups

Menu #2	PLAN A	PLAN B	PLAN C	
Apple Oatmeal Brown sugar Nonfat milk (regular or soy)	1 small 1 cup 1 tsp. 1 cup	1 small 1 cup 1 tsp. 1 cup	1 small 1 cup 1 tsp. 1 cup	Breakfast
Tomato juice Turkey sandwich: Turkey Low-fat cheese slice Whole wheat bread Tomato slices, lettuce Low-fat mayonnaise Grapes, seedless	1 cup 1 ounce 1 slice 2 slices ½ cup 1 Tbsp. 16	1 cup 2 ounces 1 slice 2 slices ½ cup 1 Tbsp. 32	1 cup 2 ounces 1 slice 2 slices ½ cup 1 Tbsp. 32	Lunch
Pork loin chop Herb Vegetable Red skin potato Soft-tub margarine Nonfat milk (regular or soy)	3 ounces 1 ½ cups 1 small 1 tsp. 1 cup	3 ounces 1 ½ cups 1 small 1 tsp. 1 cup	3 ounces 1 ½ cups 2 small 1 tsp. 1 cup	Dinner
Low-fat cheese stick Whole grain crackers	1 stick -----	1 stick 5	1 stick 10	Snack

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	Menu #3	PLAN A	PLAN B	PLAN C
Breakfast	Blueberries (fresh or frozen) Plain, nonfat yogurt French toast: Bread Egg Vegetable cooking spray Cinnamon 100% maple syrup	$\frac{3}{4}$ cup 1 cup 2 slices 1 As needed As desired 1 Tbsp.	$\frac{3}{4}$ cup 1 cup 2 slices 1 As needed As desired 1 Tbsp.	$\frac{3}{4}$ cup 1 cup 2 slices 1 As needed As desired 1 Tbsp.
Lunch	Bean soup Whole grain crackers Chef salad: Salad greens Raw vegetables Turkey Low-fat cheese Low-fat Italian dressing Watermelon chunks	1 cup ----- 1 cup 1 cup 1 ounce 1 ounce 2 Tbsp. 1 cup	1 cup 5 1 cup 1 cup 1 ounce 1 ounce 2 Tbsp. 1 cup	1 cup 10 1 cup 1 cup 2 ounces 1 ounce 2 Tbsp. 1 cup
Dinner	Turkey Italiano (1 serving = 1 $\frac{1}{4}$ cup pasta mixture) Green beans Olive oil Nonfat milk (regular or soy)	1 serving 1 cup 1 tsp. 1 cup	1 serving 1 cup 1 tsp. 1 cup	1 serving 1 cup 1 tsp. 1 cup
Snack	Vanilla ice cream Fresh fruit	$\frac{1}{2}$ cup $\frac{1}{4}$ cup	$\frac{1}{2}$ cup $\frac{1}{4}$ cup	$\frac{1}{2}$ cup $\frac{1}{4}$ cup

Menu #4	PLAN A	PLAN B	PLAN C
Whole fruit shake 1 cup fresh or frozen fruit 1 cup nonfat milk (regular or soy) Bran muffin	2 cups 1 small	2 cups 1 small	2 cups 1 small
Fast food: Side salad Low-fat Italian dressing Hamburger	1 cup 2 Tbsp. Single patty with bun	2 cups 2 Tbsp. Single patty with bun	2 cups 2 Tbsp. Single patty with bun
Microwaved Stuffed Peppers (1 serving = 3 ounces protein & 1/2 cup vegetables) Carrots Olive oil Brown rice Nonfat milk (regular or soy)	1 serving 1 cup 1 tsp. ½ cup ½ cup	1 serving 1 cup 1 tsp. 1 cup 1 cup	1 serving 1 cup 1 tsp. 1 cup 1 cup
Fresh, cut-up fruit Nonfat, low-sugar yogurt Low-sodium popcorn	½ cup 1 cup -----	1 cup 1 cup -----	1 cup 1 cup 3 cups

Breakfast

Lunch

Dinner

Snack

Menus

	Menu #5	PLAN A	PLAN B	PLAN C
Breakfast	Grapefruit Scrambled egg Whole wheat toast Soft-tub margarine Nonfat milk (regular or soy)	½ medium 1 1 slice 1 tsp. 1 cup	½ medium 1 2 slices 2 tsp. 1 cup	½ medium 1 2 slices 2 tsp. 1 cup
Lunch	Frozen low-calorie meal Fresh or frozen berries Frozen green beans Whole grain crackers	1 ½ cup ½ cup -----	1 1 cup ½ cup -----	1 1 cup ½ cup 5
Dinner	Raw veggies (of your choice) Enchilada Casserole (1 serving = 4" x 4" piece) Avocado Mock Sour Cream Dip Nonfat milk (regular or soy) Low-fat frozen yogurt	1 cup 1 serving ¼ ¼ cup 1 cup ½ cup	2 cups 1 serving ¼ ¼ cup 1 cup ½ cup	2 cups 1 serving ¼ ¼ cup 1 cup ½ cup
Snack	Dried apricots Sunflower seeds Raw veggies	2 1 Tbsp. -----	2 2 Tbsp. -----	2 3 Tbsp. 1 cup

Menu #6	PLAN A	PLAN B	PLAN C	
Oatmeal Raisins Nonfat milk (regular or soy)	$\frac{3}{4}$ cup 2 Tbsp. 1 cup	1 cup 2 Tbsp. 1 cup	1 $\frac{1}{2}$ cups 2 Tbsp. 1 cup	Breakfast
Large tossed salad (1 cup greens & 1 cup raw veggies) Low-fat salad dressing/olive oil Thin crust pizza with ham and pineapple	1 serving 2 Tbsp./1 tsp. 1 slice	1 serving 2 Tbsp./1 tsp. 1 slice	1 serving 2 Tbsp./1 tsp. 2 slices	Lunch
Broiled Sesame Fish Broccoli Pasta Olive oil Nonfat milk (regular or soy)	1 serving 1 cup 1 cup 1 tsp. 1 cup	2 servings 1 cup 1 cup 2 tsp. 1 cup	2 servings 1 cup 1 cup 2 tsp. 1 cup	Dinner
Small apple Peanut butter Low-fat, low-sugar yogurt Dried cranberries	1 1 Tbsp. $\frac{1}{2}$ cup -----	1 1 Tbsp. $\frac{1}{2}$ cup $\frac{1}{4}$ cup	1 1 Tbsp. $\frac{1}{2}$ cup $\frac{1}{4}$ cup	Snack

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	Menu #7	PLAN A	PLAN B	PLAN C
Breakfast	Blueberries English muffin Soft-tub margarine Nonfat, plain yogurt	$\frac{3}{4}$ cup 1 1 tsp. 1 cup	1 cup 1 1 tsp. 1 cup	1 cup 1 1 tsp. 1 cup
Lunch	Vegetable juice Tuna fish sandwich: Tuna fish Celery, green onion Light mayonnaise Whole wheat pita pocket (4") Fresh pear Sunflower seeds	1 cup 2 ounces As desired 1 Tbsp. $\frac{1}{2}$ 1 small 1 Tbsp.	1 cup 2 ounces As desired 1 Tbsp. 1 1 small 1 Tbsp.	1 cup 2 ounces As desired 1 Tbsp. 1 1 small 2 Tbsp.
Dinner	Fast food dinner (e.g., Arby's) Garden salad Light Italian salad dressing Roast beef sandwich Low-fat chocolate milk	 1 cup 1 1 slider 1 cup	 1 cup 1 1 slider 1 cup	 1 cup 1 1 slider 1 cup
Snack	Carrot sticks Low-fat cheese stick Whole grain crackers	$\frac{1}{2}$ cup 1 -----	1 cup 1 -----	1 cup 1 5

Menu #8	PLAN A	PLAN B	PLAN C	
Orange or grapefruit juice Bagel Peanut butter	$\frac{3}{4}$ cup 2 mini bagels 1 Tbsp.	$\frac{3}{4}$ cup 2 mini bagels 1 Tbsp.	$\frac{3}{4}$ cup 2 mini bagels 1 Tbsp.	Breakfast
Low-fat cottage cheese Sandwich: Whole wheat tortilla Hummus Broccoli, carrots, tomatoes, etc. Clementine oranges Avocado	$\frac{1}{2}$ cup 1 small (6") 2 Tbsp. $\frac{1}{2}$ cup 2 -----	$\frac{1}{2}$ cup 1 medium (8") 2 Tbsp. 1 cup 2 $\frac{1}{4}$	$\frac{1}{2}$ cup 1 medium (8") 3 Tbsp. 1 cup 2 $\frac{1}{4}$	Lunch
Tossed salad Low-fat Italian dressing/olive oil Ham steak Vegetable Medley Mashed potato Corn bread (2" square) Soft-tub margarine Nonfat milk (regular or soy) Low-fat frozen yogurt	1 cup 2 Tbsp./1 tsp. 3 ounces $\frac{3}{4}$ cup $\frac{3}{4}$ cup 1 1 tsp. 1 cup $\frac{1}{2}$ cup	1 cup 2 Tbsp./1 tsp. 4 ounces $\frac{3}{4}$ cup $\frac{3}{4}$ cup 1 1 tsp. 1 cup $\frac{1}{2}$ cup	1 cup 2 Tbsp./1 tsp. 4 ounces $\frac{3}{4}$ cup 1 cup 1 1 tsp. 1 cup $\frac{1}{2}$ cup	Dinner
Nonfat plain yogurt Honey Berries	1 cup 1 tsp. $\frac{1}{4}$ cup	1 cup 1 tsp. $\frac{1}{4}$ cup	1 cup 1 tsp. $\frac{1}{4}$ cup	Snack

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	Menu #9	PLAN A	PLAN B	PLAN C
Breakfast	Berries (fresh or frozen) Bran flakes cereal Nonfat milk (regular or soy)	½ cup 1 cup 1 cup	½ cup 1 cup 1 cup	½ cup 1 cup 1 cup
Lunch	Broccoli Soup Whole grain crackers Ham sandwich: Bread Ham Lettuce, tomato Mustard Pineapple	1 cup 5 1 slice 2 ounces As desired 1 tsp. ½ cup	1 cup ----- 2 slices 2 ounces As desired 1 tsp. 1 cup	½ cup 5 2 slices 2 ounces As desired 1 tsp. 1 cup
Dinner	Fresh vegetable salad Low-fat Italian dressing Quick Chili Oyster crackers Nonfat milk (regular or soy) Nonfat frozen yogurt or soy based frozen dessert	2 cups 2 Tbsp. ¾ cup 8 1 cup ½ cup	2 cups 2 Tbsp. 1 ½ cups 8 1 cup ½ cup	2 cups 2 Tbsp. 1 ½ cups 16 1 cup ½ cup
Snack	Almonds Hard-boiled egg Large plum Carrot sticks	½ ounce (12) 1 1 -----	½ ounce (12) 1 1 ½ cup	½ ounce (12) 2 1 -----

Menu #10	PLAN A	PLAN B	PLAN C	
Apple Whole wheat English muffin Peanut butter Nonfat milk (regular or soy)	1 small 1 1 Tbsp. 1 cup	1 small 1 1 Tbsp. 1 cup	1 small 1 1 Tbsp. 1 cup	Breakfast
Salad with celery, carrots, tomatoes, radishes and greens Quick Chili* Whole wheat tortilla (6-inch) Low-fat shredded cheese Watermelon	2 cups ¾ cup 1 2 Tbsp. 1 cup	2 cups ¾ cup 1 2 Tbsp. 1 cup	2 cups 1 ½ cups 1 2 Tbsp. 1 cup	Lunch
Cole slaw Grilled chicken breast Dinner roll Soft-tub margarine Baked beans Nonfat milk (regular or soy)	1 cup 3 ounces ----- ----- ¼ cup 1 cup	1 cup 3 ounces ----- ----- ½ cup 1 cup	1 cup 4 ounces 1 small 1 tsp. ½ cup 1 cup	Dinner
Mixed nuts Low-fat cottage cheese	----- ½ cup	½ ounce (2 Tbsp.) ½ cup	----- ½ cup	Snack

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	Menu #11	PLAN A	PLAN B	PLAN C
Breakfast	Raisins Cooked oat bran cereal Nonfat milk (regular or soy)	¼ cup ¾ cup 1 cup	¼ cup ¾ cup 1 cup	¼ cup 1 ½ cups 1 cup
Lunch	Tossed greens Tuna pasta salad: Tuna fish, drained Rotini pasta, cooked Low-fat mayonnaise Celery, green onion, tomato Nonfat milk (regular or soy) Plums	1 cup 2 ounces 1 cup 1 Tbsp. ½ cup 1 cup 2 medium	1 cup 2 ounces 1 cup 1 Tbsp. ½ cup 1 cup 2 medium	1 cup 2 ounces 1 cup 1 Tbsp. ½ cup 1 cup 2 medium
Dinner	Stir fry: Oil (canola or olive) Lean pork Red & yellow bell pepper strips Pea pods Sliced mushrooms Liquid (e.g., reduced sodium broth) Brown rice, cooked Nonfat plain yogurt with honey and cinnamon	2 tsp. 2 ounces ½ cup ½ cup ½ cup 1 cup ¾ cup + 2 tsp. honey	1 Tbsp. 3 ounces ½ cup ½ cup ½ cup 1 cup ¾ cup + 2 tsp. honey	1 Tbsp. 4 ounces ½ cup ½ cup ½ cup 1 ½ cups ¾ cup + 2 tsp. honey
Snack	Walnut halves Dried apricots Low-sodium popcorn	½ ounce ----- -----	½ ounce 2 medium 1 ½ cups	1 ounce 2 medium 3 cups

Menu #12	PLAN A	PLAN B	PLAN C	
Small banana Bran flakes Nonfat milk (regular or soy)	1 1 cup 1 cup	1 1 cup 1 cup	1 1 cup 1 cup	Breakfast
Taco salad: Salad greens Green onion, carrot slivers Whole wheat flour tortilla (6-inch) Sodium-reduced black or pinto beans Low-fat Italian dressing Low-fat shredded cheese Avocado, diced Fresh peach	1 ½ cups ½ cup 1 ½ cup 2 Tbsp. ⅓ cup ¼ medium 1 small	1 ½ cups ½ cup 2 ½ cup 2 Tbsp. ⅓ cup ¼ medium 1 large	1 ½ cups ½ cup 2 ½ cup 2 Tbsp. ⅓ cup ¼ medium 1 large	Lunch
Sliced cucumbers Turkey (or Chicken) Piccata Broccoli Brown rice Biscuit Soft-tub margarine Nonfat milk (regular or soy)	¼ cup 3 ounces 1 cup ½ cup 1 small 1 tsp. 1 cup	¼ cup 3 ounces 1 cup 1 cup 1 small 2 tsp. 1 cup	¼ cup 4 ounces 1 cup 1 ½ cups 1 small 2 tsp. 1 cup	Dinner
Low-sodium popcorn Whole wheat crackers Low-fat frozen yogurt	3 cups ----- ½ cup	----- ----- ½ cup	3 cups 5 ½ cup	Snack

	Menu #13	PLAN A	PLAN B	PLAN C
Breakfast	Strawberries Nonfat plain yogurt (regular or soy) with cinnamon Whole grain muffin	1 cup 1 cup 1 small	1 cup 1 cup 1 medium	1 cup 1 cup 1 medium
Lunch	Chicken Salad Pecan or walnut halves Rye crisp bread Carrot sticks Cantaloupe cubes Nonfat milk (regular or soy)	$\frac{3}{4}$ cup 6 halves 2 $\frac{1}{2}$ cup 1 cup 1 cup	$\frac{3}{4}$ cup 6 halves 2 $\frac{1}{2}$ cup 1 cup 1 cup	$\frac{3}{4}$ cup 6 halves 4 $\frac{1}{2}$ cup 1 cup 1 cup
Dinner	Cole slaw with low-calorie dressing Beef stew Dinner roll Low-fat pudding (with nonfat regular or soy milk)	1 cup 1 $\frac{1}{2}$ cups 1 small $\frac{1}{2}$ cup	1 cup 2 cups 1 small $\frac{1}{2}$ cup	1 cup 2 cups 1 small $\frac{1}{2}$ cup
Snack	Whole grain crackers Low-fat cheese stick ($\frac{3}{4}$ ounce)	5 1	----- 1	10 1

Menu #14	PLAN A	PLAN B	PLAN C	
Orange juice Pancake(s) 100% maple syrup Soft-tub margarine Nonfat milk (regular or soy)	$\frac{3}{4}$ cup 1 (4" diameter) 1 Tbsp. 1 tsp. 1 cup	$\frac{3}{4}$ cup 2 (4" diameter) 2 Tbsp. 1 tsp. 1 cup	$\frac{3}{4}$ cup 2 (4" diameter) 2 Tbsp. 1 tsp. 1 cup	Breakfast
Mandarin Chicken Salad: Fresh spinach, green onion Cooked chicken, diced Mandarin oranges, drained Bamboo shoots & pea pods Low-fat raspberry vinaigrette Roasted walnuts Sesame seed bread sticks (4 inches)	1 cup 2 ounces $\frac{3}{4}$ cup $\frac{1}{2}$ cup 2 Tbsp. 7 halves 2	1 cup 2 ounces $\frac{3}{4}$ cup $\frac{1}{2}$ cup 2 Tbsp. 7 halves 2	1 cup 3 ounces $\frac{3}{4}$ cup $\frac{1}{2}$ cup 2 Tbsp. 7 halves 4	Lunch
Salad: Salad greens Low-fat mozzarella cheese Chopped tomatoes Vinaigrette Salad Dressing Chicken & Spanish Rice Small dinner roll Soft-tub margarine Nonfat, frozen yogurt	1 cup $\frac{1}{3}$ cup $\frac{1}{2}$ cup 3 Tbsp. 1 $\frac{1}{2}$ cups ----- ----- $\frac{1}{2}$ cup	2 cups $\frac{1}{3}$ cup $\frac{1}{2}$ cup 3 Tbsp. 1 $\frac{1}{2}$ cups ----- ----- $\frac{1}{2}$ cup	2 cups $\frac{1}{3}$ cup $\frac{1}{2}$ cup 3 Tbsp. 1 $\frac{1}{2}$ cups 1 1 tsp. $\frac{1}{2}$ cup	Dinner
Low-fat cottage cheese Berries	$\frac{1}{2}$ cup -----	$\frac{1}{2}$ cup $\frac{1}{4}$ cup	$\frac{1}{2}$ cup $\frac{1}{4}$ cup	Snack

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	Menu #15	PLAN A	PLAN B	PLAN C
 Breakfast	Cereal bar (e.g. granola bar) Banana Nonfat milk (regular or soy)	1 1 medium 1 cup	1 1 medium 1 cup	2 1 medium 1 cup
 Lunch	Salad greens Raw vegetables Avocado Low-fat Italian salad dressing New Orleans Red Beans Melon cubes Small whole wheat tortilla (6" diameter)	1 cup ½ cup ¼ 2 Tbsp. ¾ cup 1 cup 1	1 cup ½ cup ¼ 2 Tbsp. ¾ cup 1 cup 1	1 cup ½ cup ¼ 2 Tbsp. ¾ cup 1 cup 1
 Dinner	Turkey Meatloaf Baked potato Cooked carrots Sautéed spinach Biscuit Low-fat sour cream Nonfat milk (regular or soy)	1 slice 1 medium ½ cup ½ cup 1 2 Tbsp. 1 cup	1 slice 1 medium 1 cup ½ cup 1 2 Tbsp. 1 cup	1 slice 1 medium 1 cup ½ cup 1 2 Tbsp. 1 cup
 Snack	Low-fat frozen yogurt Low-sodium popcorn Sunflower seeds	½ cup ----- -----	½ cup 3 cups 2 Tbsp.	½ cup 3 cups 2 Tbsp.

Menu #16	PLAN A	PLAN B	PLAN C	
Berries Oatmeal Milk (regular or soy)	½ cup ¾ cup 1 cup	½ cup 1 cup 1 cup	½ cup 1 ½ cups 1 cup	Breakfast
Sandwich: Corned beef Swiss cheese Sauerkraut Rye bread Mustard Small apple	1 ounce 1 slice ½ cup 2 slices 2 tsp. 1	1 ounce 1 slice ½ cup 2 slices 2 tsp. 1	2 ounces 1 slice ½ cup 2 slices 2 tsp. 1	Lunch
Tossed salad greens Low-fat Italian dressing/olive oil Grilled salmon Cooked brown rice Cooked broccoli and cauliflower Nonfat milk (regular or soy)	1 cup 2 Tbsp./1 tsp. 3 ounces ¾ cup 1 cup 1 cup	1 cup 2 Tbsp./1 tsp. 4 ounces 1 cup 1 ½ cups 1 cup	1 cup 2 Tbsp./1 tsp. 4 ounces 1 cup 1 ½ cups 1 cup	Dinner
Almonds Dried cranberries Thin pretzel sticks Low-fat cheese stick	12 ---- ---- 1	12 ¼ cup ---- 1	12 ¼ cup 24 1	Snack

	Menu #17	PLAN A	PLAN B	PLAN C
Breakfast	Nectarine Whole grain toast Peanut butter Nonfat milk (regular or soy)	1 medium 2 slices 1 Tbsp. 1 cup	1 medium 2 slices 1 Tbsp. 1 cup	1 medium 2 slices 1 Tbsp. 1 cup
Lunch	Gazpacho Egg salad sandwich: Hard-boiled egg Low-fat cheese Rye bread “Light” mayonnaise Grapes	1 ¼ cup 1 1 slice 1 slice 1 Tbsp. 8 seedless	1 ¼ cup 1 1 slice 2 slices 1 Tbsp. 16 seedless	1 ¼ cup 1 1 slice 2 slices 1 Tbsp. 16 seedless
Dinner	Pork tenderloin Pasta/noodles Vegetables with Lemon Applesauce, unsweetened Nonfat milk (regular or soy)	3 ounces 1 cup 1 cup ¼ cup 1 cup	4 ounces 1 cup 1 ½ cups ½ cup 1 cup	4 ounces 1 ½ cups 1 ½ cups ½ cup 1 cup
Snack	Nonfat, low-sugar yogurt (regular or soy) Low-sodium popcorn Carrot sticks	½ cup ----- ½ cup	½ cup ----- ½ cup	½ cup 3 cups ½ cup

Menu #18	PLAN A	PLAN B	PLAN C	
Nectarine Grits Soft-tub margarine Ham Nonfat milk (regular or soy)	1 medium $\frac{3}{4}$ cup 1 tsp. 1 slice 1 cup	1 medium 1 cup 1 tsp. 1 slice 1 cup	1 medium 1 cup 1 tsp. 1 slice 1 cup	Breakfast
Salad wrap: Mixed salad greens Hard-boiled egg Low-fat cheese, shredded Tomato, cucumber, etc. Low-fat Italian dressing Tortilla wrap Plum Granola bar	1 cup 1 2 Tbsp. $\frac{1}{2}$ cup 2 Tbsp. 1 medium 1 -----	1 cup 1 2 Tbsp. $\frac{1}{2}$ cup 2 Tbsp. 2 small 1 medium -----	1 cup 1 2 Tbsp. $\frac{1}{2}$ cup 2 Tbsp. 2 small 2 medium 1	Lunch
Gazpacho Spicy Baked Fish French fries Collard greens, cooked Nonfat milk (regular or soy)	1 $\frac{1}{4}$ cups 3 ounces 10 $\frac{1}{2}$ cup 1 cup	1 $\frac{1}{4}$ cups 3 ounces 20 $\frac{1}{2}$ cup 1 cup	1 $\frac{1}{4}$ cups 4 ounces 20 $\frac{1}{2}$ cup 1 cup	Dinner
Low-sodium popcorn Low-fat frozen yogurt	3 cups $\frac{1}{2}$ cup	----- $\frac{1}{2}$ cup	3 cups $\frac{1}{2}$ cup	Snack

	Menu #19	PLAN A	PLAN B	PLAN C
Breakfast	Small banana Whole grain English muffin Peanut butter Jam Nonfat milk (regular or soy)	1 1 1 Tbsp. 1 tsp. 1 cup	1 1 1 Tbsp. 1 tsp. 1 cup	1 1 1 Tbsp. 1 tsp. 1 cup
Lunch	Large salad with lettuce, cucumbers, cauliflower, tomatoes, etc. Chick peas Low-fat Italian dressing Whole-wheat tortilla wrap Fresh orange Low-fat chocolate milk	2 cups ½ cup 2 Tbsp. 1 medium 8” 1 1 cup	2 cups ½ cup 1 Tbsp. 1 medium 8” 1 1 cup	2 cups ½ cup 1 Tbsp. 2 small (6”) 1 1 cup
Dinner	Raw veggies (carrot sticks, cherry tomatoes, etc.) Burrito with beans & cheese Guacamole Tortilla chips Nonfat, low-sugar yogurt (regular or soy)	1 cup 1 medium ¼ cup ----- ½ cup	1 ½ cups 1 medium ¼ cup 5 ½ cup	1 ½ cups 1 medium ¼ cup 10 ½ cup
Snack	Nuts	-----	-----	2 Tbsp.

Menu #20	PLAN A	PLAN B	PLAN C	
Berries Oatmeal 100% maple syrup Nonfat milk (regular or soy)	½ cup ¾ cup 1 tsp. 1 cup	½ cup ¾ cup 2 tsp. 1 cup	½ cup 1 cup 2 tsp. 1 cup	Breakfast
Hummus-veggie wrap: Hummus Salad greens, diced veggies Whole wheat tortilla wrap (8") Small banana Granola bar Hard-boiled egg	¼ cup 1 cup 1 1 ----- 1	¼ cup 1 ½ cups 1 ----- ----- 1	¼ cup 1 ½ cups 1 1 1 2	Lunch
Cole slaw: Fresh cabbage, shredded Green onion Low-fat mayonnaise Veggie burger on a whole grain hamburger bun Cooked broccoli, cauliflower, & carrot blend Nonfat milk (regular or soy)	1 cup ½ - 1 stalk 1 Tbsp. 1 1 cup 1 cup	1 cup ½ - 1 stalk 1 Tbsp. 1 1 cup 1 cup	1 cup ½ - 1 stalk 1 Tbsp. 1 1 cup 1 cup	Dinner
Nonfat plain yogurt with cinnamon and 2 tsp. honey Berries Almonds	1 cup ----- 12	1 cup ½ cup 12	1 cup ½ cup 12	Snack

	Menu #21	PLAN A	PLAN B	PLAN C
Breakfast	Pear (fresh or canned, unsweetened) Whole wheat toast Soft-tub margarine Whole wheat squares cereal Nonfat milk (regular or soy)	1 1 slice 1 tsp. $\frac{3}{4}$ cup 1 cup	1 1 slice 1 tsp. 1 cup 1 cup	1 1 slice 1 tsp. 1 cup 1 cup
Lunch	Pasta salad: Cooked chicken, turkey, or tuna Celery, greens, tomato Low-fat mayonnaise Lemon juice Cooked pasta Seedless grapes	2 ounces $\frac{1}{2}$ cup 1 Tbsp. 1 Tbsp. $\frac{3}{4}$ cup 16	2 ounces 1 cup 1 Tbsp. 1 Tbsp. 1 cup 16	2 ounces 1 cup 1 Tbsp. 1 Tbsp. 1 $\frac{1}{2}$ cups 16
Dinner	Chicken fajitas: Chicken strips Whole wheat tortillas (6") Grilled vegetables Fresh Salsa Avocado Nonfat milk (regular or nonfat)	3 ounces 2 1 cup $\frac{1}{2}$ cup $\frac{1}{4}$ 1 cup	4 ounces 2 1 cup $\frac{1}{2}$ cup $\frac{1}{2}$ cup 1 cup	4 ounces 3 1 cup $\frac{1}{2}$ cup $\frac{1}{2}$ cup 1 cup
Snack	Nonfat, low-sugar yogurt (regular or soy) Berries	$\frac{1}{2}$ cup -----	$\frac{1}{2}$ cup $\frac{1}{2}$ cup	$\frac{1}{2}$ cup $\frac{1}{2}$ cup

Menu #22	PLAN A	PLAN B	PLAN C	
Strawberries Frozen, whole grain waffle(s) (4") Soft-tub margarine 100% maple syrup Plain, nonfat yogurt (regular or soy) Scrambled egg	1 cup 1 1 tsp. 1 Tbsp. 1 cup -----	1 cup 2 1 tsp. 2 Tbsp. 1 cup -----	1 cup 2 1 tsp. 2 Tbsp. 1 cup 1	Breakfast
Waldorf salad: Apple, cubed Walnuts Celery, chopped Low-fat mayonnaise Lentil soup Low-fat cheese stick Whole wheat crackers	1 small 7 halves ½ cup 1 Tbsp. ½ cup 1 8-10	1 small 7 halves ½ cup 1 Tbsp. 1 cup 1 8-10	1 small 7 halves ½ cup 1 Tbsp. 1 cup 1 8-10	Lunch
Dilled Fish Fillet Brown rice Carrots Green beans Soft-tub margarine Nonfat milk (regular or soy)	3 ounces 1 cup ½ cup 1 cup 1 tsp. 1 cup	3 ounces 1 cup 1 cup 1 cup 1 tsp. 1 cup	4 ounces 1 ½ cups 1 cup 1 cup 1 tsp. 1 cup	Dinner
Frozen nonfat yogurt (regular or soy) Almonds Low-sodium popcorn	½ cup ----- -----	½ cup ----- -----	½ cup 12 3 cups	Snack

	Menu #23	PLAN A	PLAN B	PLAN C
Breakfast	Raisins Oatmeal Nonfat milk	¼ cup ¾ cup 1 cup	¼ cup 1 cup 1 cup	¼ cup 1 ½ cups 1 cup
Lunch	Submarine sandwich: 6" whole grain sub bun Turkey breast Low-fat cheese slice Lettuce, tomato, peppers Mustard Low-fat mayonnaise/olive oil Apple Nonfat milk (regular or soy)	1 2 ounces 1 slice ½ cup 1 tsp. 1 Tbsp./1 tsp. 1 small 1 cup	1 2 ounces 1 slice ½ cup 1 tsp. 1 Tbsp./1 tsp. 1 small 1 cup	1 2 ounces 1 slice ½ cup 1 tsp. 1 Tbsp./1 tsp. 1 small 1 cup
Dinner	Eat Out: Salad bar: Lettuce, spinach, cucumbers, tomatoes, etc. Low-fat Italian dressing Grilled chicken or fish (small order) Pasta side dish (tomato sauce or with olive oil) Broccoli Sorbet	1 ½ cups 2 Tbsp. 3 ounces 1 cup 1 cup ½ cup	1 ½ cups 2 Tbsp. 4 ounces 1 cup 1 cup ½ cup	1 ½ cups 2 Tbsp. 4 ounces 1 ½ cups 1 cup ½ cup
Snack	Dried apricots Sunflower seeds	----- -----	2 -----	2 2 Tbsp.

Menu #24	PLAN A	PLAN B	PLAN C	
Banana Raisin bran muffin Nonfat milk (regular or soy)	1 small 1 medium 1 cup	1 small 1 medium 1 cup	1 small 1 medium 1 cup	Breakfast
Roast beef sandwich: Tomato slices Lean roast beef Mustard Whole wheat hamburger bun Strawberries	½ cup 2 ounces 2 tsp. 1 1 cup	½ cup 2 ounces 2 tsp. 1 1 cup	½ cup 2 ounces 2 tsp. 1 1 cup	Lunch
Tossed salad greens Low-fat Italian dressing or olive oil Turkey-Cabbage Casserole Frozen corn kernels Green beans Nonfat milk (regular or soy)	1 ½ cups 2 Tbsp./1 tsp. 1 cup ----- ½ cup 1 cup	2 cups 2 Tbsp./1 tsp. 1 ½ cups ----- ½ cup 1 cup	2 cups 2 Tbsp./1 tsp. 2 cups ½ cup ½ cup 1 cup	Dinner
Nonfat, low-sugar yogurt Almonds	1 cup 12	1 cup 12	1 cup 12	Snack

	Menu #25	PLAN A	PLAN B	PLAN C
Breakfast	Banana Whole grain English muffin Peanut butter Nonfat milk (regular or soy)	1 small 1 1 Tbsp. 1 cup	1 small 1 1 Tbsp. 1 cup	1 small 1 1 Tbsp. 1 cup
Lunch	Pasta-vegetable salad: Cooked whole wheat pasta Tuna or salmon Broccoli Low-fat Italian dressing Low-fat cottage cheese Applesauce (unsweetened)	1 cup 2 ounces 1 cup 2 Tbsp. ½ cup ½ cup	1 cup 2 ounces 1 ½ cups 2 Tbsp. ½ cup ½ cup	1 ½ cups 2 ounces 1 ½ cups 2 Tbsp. ½ cup ½ cup
Dinner	Omelet: Eggs Ham or salmon Onion, green pepper, mushrooms, tomatoes Low-fat shredded cheese Whole wheat toast Soft-tub margarine	2 eggs ---- 1 cup 2 Tbsp. 1 slice 1 tsp.	2 eggs ---- 1 cup 2 Tbsp. 2 slices 2 tsp.	2 eggs 1 ounce 1 cup 2 Tbsp. 2 slices 2 tsp.
Snack	Granola cereal Nonfat, plain yogurt (regular or soy) with 1 tsp. honey and cinnamon Berries	---- 1 cup ----	---- 1 cup ½ cup	2 Tbsp. 1 cup ½ cup

Menu #26	PLAN A	PLAN B	PLAN C	
Orange Oatmeal with cinnamon Brown sugar Nonfat milk (regular or soy)	1 ¾ cup 1 tsp. 1 cup	1 1 cup 1 tsp. 1 cup	1 1 cup 1 tsp. 1 cup	Breakfast
Eating On the Run: Raw vegetables (any) Meal Replacement Bar Apple Nonfat chocolate milk (regular or soy)	1 cup 1 bar 1 1 cup	1 cup 1 bar 1 1 cup	1 cup 1 bar 1 1 cup	Lunch
Mixed greens Low-fat Italian dressing Chick peas Thin crust pizza with ham, onions, green pepper, mushrooms, low-fat cheese Nonfat, frozen yogurt	2 cups 2 Tbsp. ¼ cup 2 medium slices ½ cup	2 cups 2 Tbsp. ¼ cup 2 medium slices ½ cup	2 cups 2 Tbsp. ¼ cup 2 large slices ½ cup	Dinner
Almonds Carrot sticks	12 -----	12 ½ cup	12 ½ cup	Snack

	Menu #27	PLAN A	PLAN B	PLAN C
Breakfast	Yogurt smoothie: Nonfat, plain yogurt (regular or soy) Fresh or frozen fruit Mini-sized oat bran muffins	1 cup ½ cup 2	1 cup 1 cup 3	1 cup ½ cup 3
Lunch	Red pepper slices Stuffed baked potato: Baked potato Low-fat cheese Broccoli florets Low-fat sour cream Sunflower seeds Cantaloupe chunks	½ cup 1 medium 2 Tbsp. ½ cup 2 Tbsp. 2 Tbsp. 1 cup	½ cup 1 medium 2 Tbsp. ½ cup 2 Tbsp. 2 Tbsp. 1 cup	½ cup 1 large 2 Tbsp. ½ cup 2 Tbsp. 2 Tbsp. 1 cup
Dinner	Stir-fry: Canola oil Skinless chicken breast Soy sauce (low-sodium) Carrots, sliced Green beans or snow peas Mushrooms, sliced Brown rice Nonfat milk (regular or soy)	2 tsp. 3 ounces 1 Tbsp. ½ cup ½ cup ¼ cup ¾ cup 1 cup	1 Tbsp. 4 ounces 1 Tbsp. 1 cup ½ cup ¼ cup 1 cup 1 cup	1 Tbsp. 4 ounces 1 Tbsp. 1 cup ½ cup ¼ cup 1 ½ cups 1 cup
Snack	Nonfat, low-sugar yogurt (regular or soy) Crunchy roasted chick peas	½ cup ¼ cup	½ cup ¼ cup	½ cup ½ cup

Menu #28	PLAN A	PLAN B	PLAN C	
Grapefruit Whole wheat toast Soft-tub margarine Nonfat milk (regular or soy)	1 medium 2 slices 1 tsp. 1 cup	1 medium 2 slices 2 tsp. 1 cup	1 medium 2 slices 2 tsp. 1 cup	Breakfast
Frozen low-calorie entrée Frozen vegetable (any) Kiwi fruit	1 ----- 1 medium	1 ½ cup 2 medium	1 ½ cup 2 medium	Lunch
Eat Out: Garden salad Low-fat Italian dressing Beef tenderloin Baked potato Steamed broccoli Bread Butter Low-fat sour cream and chives	1 cup 2 Tbsp. 4 ounces 1 medium 1 cup ----- ----- 2 Tbsp.	1 cup 2 Tbsp. 5 ounces 1 medium 1 cup 1 small slice 1 tsp. 2 Tbsp.	1 cup 2 Tbsp. 6 ounces 1 large 1 cup 1 small slice 1 tsp. 2 Tbsp.	Dinner
Frozen nonfat yogurt	1 cup	1 cup	1 cup	Snack