

1,800 Calories Daily Meal Plan

Food Groups	Recommended Daily Servings
Starch/Breads/Cereals/Pasta	8
Meat/Fish/Poultry (1 oz per serving)	6
Vegetables	4
Fruits	5
Fats	4
Dairy/Milk	2

Breakfast	Sample Menu	Sample Menu
2 Starch/Breads	1 whole English muffin	½ cup oatmeal 1 slice whole wheat toast
2 Fruits	4 oz orange juice ½ small banana	4 oz orange juice 2 tbs raisins
1 Milk	8 oz skim or 1% milk	8 oz skim or 1% milk
1 Fat	1 tsp margarine	2 tsp peanut butter

Lunch		
2 Starch/Breads	2 slices rye bread	1 small pita pocket
3 Meat (lean)	3 oz lean corned beef	3 oz tuna fish (water packed)
2 Vegetables	Carrot sticks ½ cup sauerkraut	Alfalfa sprouts, tomatoes Celery sticks
1 Fruit	1 apple	1 kiwi fruit
1 Fat	1 tbs thousand island dressing	1 tbs mayonnaise-type salad dressing

Dinner		
3 Starch/Breads	1 small dinner roll 1 cup pasta	1 small dinner roll 2/3 cup rice
3 Meat (lean)	3 oz salmon	3 oz pork chops
2 Vegetables	1 cup cooked broccoli	1 cup Brussels sprouts
1 Fruit	½ cup fruit cocktail (water packed)	1 small nectarine
2 Fats	1 tbs salad dressing 1 tsp margarine	1 tbs salad dressing 1 tsp margarine
1 Free food	Green salad	Green salad

Evening Snack		
1 Starch/Bread	¼ cup Grape Nuts	½ cup cold cereal
1 Milk	8 oz nonfat artificially sweetened yogurt	8 oz skim or 1% milk
1 Fruit	2 tbs raisins	½ banana

****For 2,000 calories, add 1 starch and 1 fat serving per day.**