

2000 Calorie Menus – Breakfast

Choose one of these menus for breakfast:



	Food	Calories	Carbohydrate	Fat	
1.	½ c. unsweetened pineapple	60	15 g.	0	1 fruit
	1 English muffin	120	30 g.	1 g	2 starches
	¾ c. unsweetened dry cereal	80	15 g.	1 g.	1 starch
	2 tsp. low-sugar jelly	16	4 g.	0	free
	1 tsp. margarine	45	0	5 g.	1 fat
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or Tea	0	0	0	free
2.	1 kiwi fruit	46	15 g.	0 g	1 fruit
	1 small biscuit	80	15 g.	5 g.	1 starch, 1 fat
	1 c. cooked cereal	160	30 g.	2 g.	2 starches
	2 tsp. low-sugar jam	20	5 g.	0	free
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free
	3.	1 orange	45	11 g.	0 g.
1 c. grits		142	32 g.	0 g.	2 starches
1 slice whole grain toast		85	16 g.	0 g.	1 starch
1 tsp. margarine		45	0	5 g	1 fat
1 c. non-fat milk		91	12 g.	0.5 g.	1 milk
Coffee or Tea		0	0	0	free
4.		½ banana	72	18.5 g.	0 g.
	1 c. cooked oatmeal	208	36 g.	3 g.	2 starches
	1 slice whole grain toast	85	16 g.	1 g.	1 starch
	1 tsp. margarine	45	0	5 g.	1 fat
	2 tsp. reduced-sugar jam	20	5 g.	0 g.	free
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free

2000 Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:



	Food	Calories	Carbohydrate	Fat	
5.	½ grapefruit	64	16 g,	0 g.	1 fruit
	1 bagel, small	186	37 g.	1 g.	2 starches
	¾ c. unsweetened dry cereal	80	15 g.	1 g.	1 starch
	1 Tbsp. cream cheese	38	0.5 g.	4 g.	1 fat
	2 tsp. low-sugar jelly	16	4 g.	0 g.	free
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or Tea	0	0	0	free
6.	½ c. unsweetened applesauce	51	14 g.	0 g.	1 fruit
	2 slices French toast	162	36 g.	2 g.	2 starches
	¼ c. fat free granola	90	14.5 g.	0.5 g.	1 starch
	2 Tbsp. sugar-free syrup	12	3 g.	0 g.	free
	1 tsp. margarine	45	0	5 g.	1 fat
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free
7.	½ c. unsweetened fruit cocktail	40	11 g.	0 g.	1 fruit
	2 slices whole wheat toast	120	30 g.	2 g.	2 starches
	¾ c. dry unsweetened cereal	80	15 g.	1 g.	1 starch
	1 tsp. margarine	45	0	5 g.	1 fat
	2 tsp. low-sugar jam	20	5 g.	0	free
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free

2000 Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:



	Food	Calories	Carbohydrate	Fat	
8.	1 ¼ c. strawberries	57	14 g.	0 g.	1 fruit
	¼ c. fat-free granola	90	14.5 g.	.5 g.	1 starch
	1 English muffin	140	27 g.	1 g.	2 starches
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	2 tsp. reduced-sugar jelly	16	4 g.	0 g.	free
	1 c. non-fat plain yogurt	66	12.5 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free
9.	1 orange	45	11 g.	0 g.	1 fruit
	1 c. cooked cereal	208	36 g.	3 g.	2 starches
	½ small bagel	72	13 g.	0.5 g.	1 starch
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	2 tsp. reduced-sugar jam	20	5 g.	0 g.	free
	Coffee or tea	0	0	0	free
10.	½ c. pineapple juice	66	16 g.	0 g.	1 fruit
	2 slices raisin toast, unfrosted	142	28 g.	2 g.	2 starches
	1 tsp. margarine	45	0	5 g.	1 fat
	½ c. oatmeal	104	18 g.	1.5 g.	1 starch
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free

2000 Calorie Menus – Continue Breakfast



Choose one of these menus for breakfast:

	Food	Calories	Carbohydrate	Fat	
11.	½ c. cooked apples	60	15 g.	0 g.	1 fruit
	2 4-½ in fat free waffles	120	30 g.	2 g.	2 starches
	¼ c. fat-free granola	90	14.5	0.5 g.	1 starch
	1 tsp. margarine	45	0	5 g.	1 fat
	2 Tbsp. sugar-free syrup	12	3 g.	0 g.	free
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free
12.	1 tangerine	40	10 g.	0 g.	1 fruit
	1 small muffin	125	16 g.	6 g.	1 starch, 1 fat
	1 c. cooked oatmeal	208	36 g.	3 g.	2 starches
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free
13.	½ c. orange juice	53	12 g.	0 g.	1 fruit
	½ c. grits	71	16 g.	0 g.	1 starch
	1 biscuit	80	15 g.	5 g.	1 starch, 1 fat
	2 tsp. reduced sugar jam	20	5 g.	0 g.	free
	1 c. non-fat milk	91	12 g.	.5 g.	1 milk
	Coffee or tea	0	0	0	free
14.	¾ c. blueberries	63	11 g.	0 g.	1 fruit
	2 4-inch pancakes	148	28 g.	1 g.	2 starches
	¼ c. fat-free granola	90	14.5 g.	0.5 g.	1 starch
	2 Tbsp. sugar-free syrup	12	3 g.	0 g.	free
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free

2000 Calorie Menus – Lunch

Choose one of these menus for lunch:



	Food	Calories	Carbohydrate	Fat	
1.	2 oz. low-fat lunch meat	94	2 g.	4 g.	2 meats
	1 Wheat bun	120	30 g.	2 g.	2 starches
	30 fat-free potato chips	180	34 g.	3 g.	2 starches
	1 Tbsp. reduced fat mayo	48	1 g.	5 g.	1 fat
	½ c. cooked carrots	27	6 g.	0 g.	1 vegetable
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	½ banana	72	18.5 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
2.	2 fat-free hot dogs	90	6 g.	10 g.	2 meats
	2 hot dog buns	220	42 g.	3 g.	3 starches
	15 fat-free potato chips	90	17 g.	1.5 g.	1 starch
	½ c. cole slaw	98	9 g.	7 g.	1 vegetable, 1 fat
	1 Tbsp. reduced mayo	48	1 g.	5 g.	1 fat
	1 ¼ c. watermelon	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
	3.	½ c. cup tuna salad	196	6 g.	10 g.
15 fat free potato chips		90	17 g.	1.5 g.	1 starch
8 rye crisps		148	33 g.	0.5 g.	2 starches
1 tomato, sliced		22	5 g.	0 g.	1 vegetable
1 orange		45	11 g.	0 g.	1 fruit
Sugar-free drink		0	0	0	free
4.		2 oz. turkey breast	77	0 g.	0 g.
	1 whole grain dinner roll	84	14 g.	2 g.	1 starch
	1 medium baked potato	114	26 g.	0 g.	2 starches
	1/2 c. cooked broccoli	29	6 g.	0 g.	1 vegetable
	1 tsp. margarine	90	0 g.	10 g.	2 fats
	1 apple	63	17 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free



2000 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:

	Food	Calories	Carbohydrate	Fat	
5.	2 oz. canned salmon	78	0 g.	4 g.	2 meats
	1 Tbsp. reduced-fat mayo	48	1 g.	5 g.	1 fat
	1 pita bread	170	35 g.	2 g.	2 starches
	1 c. corn	118	28 g.	0 g.	2 starches
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	½ c. zucchini, cooked	28	7 g.	0 g.	1 vegetable
	½ c. fruit salad	60	17 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

6.	2 Tbsp. peanut butter	188	6 g.	16 g.	1 meat, 2 fats
	1 hard cooked egg	77	1 g.	5 g.	1 meat
	2 slices whole grain bread	120	30 g.	2 g.	2 starches
	1 c. vegetable soup	84	15 g.	1 g.	1 starch
	6 saltines	80	15 g.	0 g.	1 starch
	1 c. cut up raw vegetables	25	5 g.	0 g.	1 vegetable
	½ banana	52	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

7.	2 oz. reduced-fat cheese	158	2 g.	10 g.	2 meats
	1 wheat bun	120	30 g.	3 g.	2 starches
	1 Tbs. reduced fat mayo	48	1 g.	5 g.	1 fat
	30 fat-free tortilla chips	180	32 g.	2 g.	2 starches
	½ c. oriental-style mixed vegetables	40	8g.	0 g.	1 vegetable
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	1 peach	61	16 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

8.	½ c. low fat cottage cheese	100	10 g.	5 g.	2 meats
	12 unsalted crackers	120	30 g.	3 g.	2 starches
	2 c. chicken noodle soup	220	28 g.	4 g.	2 starches
	1 c. cut up raw vegetables	25	5 g.	0 g.	1 vegetable
	2 Tbs. reduced fat dressing	66	5 g.	5 g.	1 fat
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	½ c. pineapple in own juice	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

2000 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:



	Food	Calories	Carbohydrates	Fat	
9.	½ c. shrimp salad	192	10 g.	10 g.	2 meats, 2 fats
	12 low fat wheat crackers	206	36 g.	5 g.	2 starches, 1 fat
	1 English muffin	120	30 g.	1 g.	2 starches
	½ cup cooked okra and tomatoes	30	7 g.	0 g.	1 vegetable
	1 nectarine	57	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
10.	2 oz. sliced roast beef	70	0 g.	2 g.	2 meats
	1 bun	120	28 g.	2 g.	2 starches
	1 medium baked potato	114	26 g.	0 g.	2 starches
	1 tsp. mustard	3	0.5 g.	0 g.	free
	1 Tbsp. reduced-fat mayo	48	1 g.	5 g.	1 fat
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	½ c. cooked Brussels sprouts	28	6 g.	0 g.	1 vegetable
	1 ¼ c. strawberries	57	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
11.	2 chicken legs	218	0 g.	10 g.	2 meats
	1 medium baked potato	114	26 g.	0 g.	2 starches
	2 small dinner rolls	168	28 g.	4 g.	2 starches
	½ c. asparagus	20 g.	4 g.	0 g.	1 vegetable
	2 tsp. margarine	90	0	10 g.	2 fats
	17 grapes	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
12.	½ c. egg salad	230	3 g.	16 g.	2 meats, 2 fats
	12 saltine crackers	180	30 g.	3 g.	2 starches
	2 slices whole grain bread	120	30 g.	2 g.	2 starches
	1 c. tossed salad with 1 c. raw cut-up vegetables	8	1 g.	0 g.	free
		25	5 g.	0 g.	1 vegetable
	2 Tbsp. fat-free Italian dressing	7	1 g.	0 g.	free
	1/3 cantaloupe	60	15 g.	0 g.	1 fruit
Sugar-free drink	0	0	0	free	

2000 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:

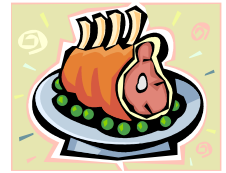


	Food	Calories	Carbohydrates	Fat	
13.	1 c. bean soup with 1 oz. chopped ham	291	27 g.	10 g.	2 meats, 2 starches
	1 c. tossed salad with 1 c. raw cut-up vegetables	8 25	1 g. 5 g.	0 g. 0 g.	free 1 vegetable
	2 Tbsp. fat-free Italian dressing	7	1 g.	0 g.	free
	2 (2-inch) squares of cornbread	250	30 g.	10 g.	2 starches, 2 fats
	½ c. unsweetened applesauce	51	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

14.	½ c. spaghetti sauce with meat	145	10 g.	7.5 g.	1 meat, 1/2 fat 2 vegetables
	2 Tbsp. Parmesan cheese	44	0.5 g.	3 g.	1 meat
	2/3 cup spaghetti	146	28 g.	1 g.	2 starches
	2 slices garlic bread	250	30 g.	10 g.	2 starches, 2 fats
	1 c. salad greens	8	1 g.	0 g.	free
	2 Tbs. fat free Italian dressing	7	1 g.	0 g.	free
	Sugar-free drink	0	0	0	free

2000 Calorie Menus – Supper

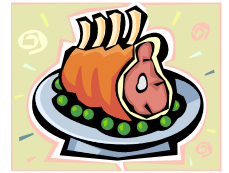
Choose one of these menus for Supper:



	Food	Calories	Carbohydrate	Fat	
1.	3 oz. sirloin steak	212	0 g.	7.5 g.	3 meats
	1 medium baked potato	114	26 g.	0 g.	2 starches
	2 dinner rolls	168	28 g.	4 g.	2 starches
	½ c. broccoli	27	6 g.	0 g.	1 vegetable
	½ c. cooked carrots	27	6 g.	0 g.	1 vegetable
	3 Tbsp. reduced-fat sour cream	67	3 g.	5 g.	1 fat
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	½ c. juice-packed fruit cocktail	40	11 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
2.	3 oz. chicken breast	138	0 g.	4.5 g.	3 meats
	1 c. brown rice with ½ c cooked mushrooms	216	45 g.	0 g.	3 starches
	½ c. collard greens	42	6 g.	1 g.	1 vegetable
	½ c. collard greens	24	4 g.	0 g.	1 vegetable
	1 slice whole grain bread	60	15 g.	1 g.	1 starch
	2 tsp. margarine	90	0	10 g.	2 fats
	1/3 cantaloupe	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
3.	2 oz. ham	94	0 g.	4 g.	2 meats
	½ c. lima beans	88	17 g.	0 g.	1 starch, 1 meat
	1 c. corn	118	28 g.	0 g.	2 starches
	1 2-inch square cornbread	125	15 g.	5 g.	1 starch, 1 fat
	1 c. stewed okra and tomatoes	60	7 g.	7 g.	2 vegetables, 1 fat
	1 peach	61	16 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

2000 Calorie Menus – Supper

Choose one of these menus for Supper:



	Food	Calories	Carbohydrates	Fat	
4.	3 oz. roast beef	138	0 g.	3.5 g.	3 meats
	1 c. mashed potatoes	180	30 g.	6 g.	2 starches, 1 fat
	1 c. green beans	44	10 g.	0 g.	2 vegetables
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	2 dinner rolls	168	28 g.	4 g.	2 starches
	2 tsp. reduced sugar jelly	16	4 g.	0 g.	free
	17 grapes	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

5.	3 oz. boiled shrimp	100	0	1.5 g.	3 meats
	1 c. rice	216	45 g.	0 g.	3 starches
	1 c. summer squash	29	7 g.	0 g.	2 vegetables
	1 biscuit, small	80	15 g.	5 g.	1 starch, 1 fat
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	2 tsp. reduced sugar jam	20	5 g.	0 g.	free
	½ c. fruit salad	60	17 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

6.	3 oz. oven fried chicken	152	14 g.	6 g.	3 meats, 1 starch, 1 fat
	1 medium baked sweet potato	108	25 g.	0 g.	2 starches
	½ c. mixed vegetables with corn and peas	80	15 g.	0 g.	1 starch
	1 c. cooked greens	11	2 g.	0 g.	2 vegetables
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	1 ¼ c. watermelon cubes	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

7.	3 oz. broiled scallops	95	0 g.	1 g.	3 meats
	1 c. rice	216	45 g.	0 g.	3 starches
	1 c. broccoli	54	12.5 g.	0 g.	2 vegetables
	1 2-inch square cornbread	125	15 g.	5 g.	1 starch, 1 fat
	1 tsp. margarine	45	0	5 g.	1 fat
	1 nectarine	57	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

2000 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



Food	Calories	Carbohydrates	Fat	
8. 3 oz. baked pork chop	197	0	11 g.	3 meats
1 c. corn	118	28 g.	0 g.	2 starches
2 slices whole grain bread	120	30 g.	2 g.	2 starches
1 c. cooked cabbage	28	7 g.	0 g.	2 vegetables
2 tsp. margarine	90	0 g.	10 g.	2 fats
½ c. unsweetened applesauce	51	14 g.	0 g.	1 fruit
Sugar-free drink	0	0	0	free

9. 3 oz. broiled fish	90	0 g.	1 g.	3 meats
1-4 inch square cornbread	250	30 g.	5 g.	2 starches, 2 fats
2/3 c. baked beans	160	28 g.	0 g.	2 starches
1 c. greens	11 g.	2 g.	0 g.	2 vegetables
1 c. honeydew melon	61	15 g.	0 g.	1 fruit
Sugar-free drink	0	0	0	free

10. 3 oz. broiled ground beef patty	319	0 g.	22 g.	3 meats
24 oven fries	180	28 g.	4 g.	2 starches, 1 fat
1 hamburger bun	120	30 g.	3 g.	2 starches
½ cup cole slaw	98	9 g.	7 g.	1 vegetable, 1 fat
1 sliced tomato	22	5 g.	0 g.	1 vegetable
2 small plums	60	15 g.	0 g.	1 fruit
Sugar-free drink	0	0	0	free

2000 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



	Food	Calories	Carbohydrate	Fat	
11.	3 oz. flank steak	180	0 g.	9 g.	3 meats
	1 c. green peas	124	23 g.	0 g.	2 starches
	½ c. spinach	21	3 g.	0 g.	1 vegetable
	1 medium baked potato	114	36 g.	0 g.	2 starches
	½ c. cauliflower	29	6 g.	0 g.	1 vegetable
	1 tsp. margarine	45	0	5 g.	1 fat
	3 Tbs. reduced fat sour cream	67	3 g.	7 g.	1 fat
	1 pear	81	21 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
12.	2 oz. lean pork roast	185	0 g.	5.5 g.	2 meats
	½ c. black-eyes peas	90	16 g.	1 g.	1 starch, 1 meat
	1 c. rice	216	45 g.	0 g.	3 starches
	1 c. stewed tomatoes and okra	48	8 g.	3.5 g.	2 vegetables ½ fat
	2 tsp. margarine	90	0 g.	10 g.	2 fats
	1 tangerine	40	10 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
13.	3 oz. turkey	115	0 g.	1 g.	3 meats
	1 c. acorn squash	56	15 g.	0 g.	1 starch
	½ c. mashed potatoes	90	15 g.	3 g.	1 starch
	½ c. cooked beets	37	8.5 g.	0 g.	1 vegetable
	½ c. zucchini	28	7 g.	0 g.	1 vegetable
	2 dinner rolls	168	28 g.	4 g.	2 starches
	2 tsp. margarine	90	0	10 g.	2 fats
	1 apple	63	17 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

2000 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



Food	Calories	Carbohydrate	Fat	
14. 3 oz. grilled chicken	123	0 g.	4 g.	3 meats
1 medium cob of corn	59	14 g.	0 g.	1 starch
1 cup tossed salad	17	3 g.	0 g.	1 vegetable
2/3 cup baked beans	160	28 g.	0 g.	2 starches
1 dinner roll	84	14 g.	2 g.	1 starch
2 Tbsp. reduced fat dressing	66	5 g.	5 g.	1 fat
1 tsp. margarine	45	0 g.	5 g.	1 fat
1 orange	45	11 g.	0 g.	1 fruit
Sugar-free drink	0	0	0	free

Snacks

Note: Pattern allows for 3 choices from this list either before bedtime or at a time specified by a health care professional.

	Food	Calories	Carbohydrate	Fat	
1.	3 (2-inch) graham crackers	80	15 g.	1 g.	1 Starch
2.	1 small apple or orange	63 45	17 g. 11 g.	1 g. 0 g.	1 Fruit
3.	$\frac{3}{4}$ c. blueberries	63	11 g.	0 g.	1 Fruit
4.	5 reduced fat crackers	80	15 g.	3 g.	1 Starch
5.	1 slice whole wheat toast with 2 tsp. light jelly	60	15 g.	1 g.	1 Starch
6.	3 ginger snaps	90	17 g.	2 g.	1 Starch
7.	3 c. air popped popcorn	93	18 g.	0 g.	1 Starch
8.	$\frac{1}{2}$ c. canned fruit in light syrup or juice	67	17 g.	0 g.	1 Fruit
9.	1 c. non-fat milk	91	12 g.	0.5 g.	1 Milk
10.	1 c. low fat buttermilk	86	11 g.	3.5 g.	1 Milk
11.	6 oz. lite, non-fat fruit yogurt	80	16 g.	0.5 g.	1 Milk
12.	1 c. sugar-free hot chocolate	107	18 g.	0 g.	1 Milk