

1800-CALORIE SAMPLE MENUS

DAY 1

BREAKFAST

1 cup pineapple
1 oz. slice diet cheese
1 whole bagel
1 teaspoon margarine
4 oz. skim milk

EXCHANGES

2 fruits
1 meat
2 breads
1 fat
½ milk

LUNCH

1 apple
2 oz. lean roast beef
½ cup mashed potatoes
½ cup corn
2 teaspoons margarine
1 cup steamed broccoli
4 oz. skim milk

1 fruit
2 meats
1 bread
1 bread
2 fats
2 vegetables
½ milk

DINNER

12 large, fresh cherries
3 oz. tuna cake
½ cup peas
1 slice bread
2 teaspoons margarine
1 cup asparagus
4 oz. skim milk
coffee/tea

1 fruit
3 meats
1 bread
1 bread
2 fats
2 vegetables
½ milk
free

SNACK

⅓ cup grape juice
1 orange
1 oz. skim milk cheese
4 oz. skim milk
Melba Toast – 5 slices

1 fruit
1 fruit
1 meat
½ milk
1 bread

1800 CALORIE SAMPLE MENUS

DAY 2

BREAKFAST

1 cup orange juice
¼ cup egg substitute
2 slices whole wheat toast
1 teaspoon margarine
4 oz. skim milk

EXCHANGES

2 fruits
1 meat
2 breads
1 fat
½ milk

LUNCH

1 small fresh pear
sandwich: 2 slices bread
 1 slice 95% fat free lunch meat
 1 oz. cheddar cheese
 1 tablespoon diet salad dressing (mayonnaise type)
 1 large tomato, sliced
 lettuce
½ cup carrot sticks
4 oz. skim milk
coffee/tea/diet soda

1 fruit
2 breads
1 meat
1 meat and 1 fat
1 fat
1 vegetable
free
1 vegetable
½ milk
free

DINNER

4 oz. shrimp
lettuce salad:
 1 oz. diet cheese
 ½ large tomato, ¼ cup green pepper
 ¼ cup broccoli, ¼ cup cauliflower
 1 cup low-fat croutons
 2 tablespoons reduced calorie dressing
1 small plain bread roll/ 1 teaspoon margarine
4 oz. skim milk yogurt
⅓ cup pineapple
club soda/sugar free iced tea

2 meats
1 meat
1 vegetable
1 vegetable
1 bread
1 fat
1 bread, 1 fat
½ milk
1 fruit
free

SNACK

½ cup grapefruit juice
½ banana
1 oz. skim milk
4 oz. skim milk
Rye Wafers – 4 slices

1 fruit
1 fruit
1 meat
½ milk
1 bread

1800-CALORIE SAMPLE MENUS

DAY 3

BREAKFAST

1 whole grapefruit
2 T. sugar-free pancake syrup
2 slices French toast
 (2 oz. skim milk, 1 egg)
2 oz. skim milk
2 teaspoons margarine
coffee/tea

EXCHANGES

2 fruits
free
2 breads
¼ milk, 1 meat
¼ milk
2 fats
free

LUNCH

1 whole pita pocket - cut in half
 2 oz. cubed turkey
 1 T. reduced calorie salad dressing (mayonnaise type)
 ½ large tomato, ¼ cup bean sprouts
 shredded lettuce, cubed cucumber, fresh mushrooms
½ cup tomato juice
½ cup skim milk yogurt with:
½ cup fruit

1 fruit
2 meats
1 fat
1 vegetable
free
1 vegetable
½ milk
1 fruit

DINNER

3 oz. pork tenderloin
1 medium baked potato
2 T. sour cream or 1 T. diet margarine
1 cup green beans
½ cup fruit cocktail
1 teaspoon margarine
4 oz. skim milk

3 meats
2 breads
1 fat
2 vegetables
1 fruit
1 fat
½ milk

SNACK

½ cup orange juice
½ cup fresh strawberries (whole)
sandwich with:
 1 slice bread
 1 oz. sliced turkey
4 oz. skim milk

1 fruit
1 fruit

1 bread
1 meat
½ milk

1800-CALORIE SAMPLE MENUS

DAY 4

BREAKFAST

1 whole banana
1 oz. slice Canadian bacon
1 whole English muffin
1 teaspoon margarine
4 oz. skim milk

EXCHANGES

2 fruits
1 meat
2 breads
1 fat
½ milk

LUNCH

½ cup cottage cheese
½ cup canned apricots
5 pieces Melba toast
lettuce salad:
 ¼ cup beets, ¼ cup cauliflower
 ¼ cup broccoli, ¼ cup carrots
 5 black olives
 radishes, vinegar dressing
sugar-free pudding (made with skim milk)
4 oz. skim milk
1 teaspoon margarine

2 meat
1 fruit
1 bread

1 vegetable
1 vegetable
1 fat
free
1 bread
½ milk
1 fat

DINNER

3 oz. baked chicken
⅔ cup cooked rice:
 ½ cup pea pods
 ½ cup cooked carrots
 1 teaspoon margarine
 1 teaspoon soy sauce
½ cup pineapple juice
4 oz. skim milk
coffee/tea

3 meats
2 breads
1 vegetable
1 vegetable
1 fat
free
1 fruit
½ milk
free

SNACK

½ cup apple juice
1 T. peanut butter
¾ cup blueberries
4 oz. skim milk
6 saltines

1 fruit
1 meat, 1 fat
1 fruit
½ milk
1 bread

1800-CALORIE SAMPLE MENUS

DAY 5

BREAKFAST

$\frac{2}{3}$ cup prune juice
1 cup shredded wheat
4 oz. skim milk
1 oz. cheddar cheese
coffee/tea

EXCHANGES

2 fruits
2 breads
 $\frac{1}{2}$ milk
1 meat, 1 fat
free

LUNCH

tuna salad sandwich:

$\frac{1}{2}$ cup tuna (packed in water, drained)
1 T. reduced calorie salad dressing (mayonnaise type)
 $\frac{1}{2}$ large tomato, $\frac{1}{4}$ cup onion
leaf lettuce
2 slices whole wheat bread
1 cup carrot-celery sticks
2 tangerines (2 $\frac{1}{2}$ " each)
4 oz. skim milk

2 meats
1 fat
1 vegetable
free
2 breads
1 vegetable
1 fruit
 $\frac{1}{2}$ milk

DINNER

3 oz. baked haddock
1 small, plain muffin
 $\frac{1}{2}$ cup steamed brussel sprouts
 $\frac{1}{2}$ cup steamed cauliflower
 $\frac{1}{2}$ cup corn
15 small grapes
4 oz. skim milk
1 teaspoon margarine

3 meats
1 bread, 1 fat
1 vegetable
1 vegetable
1 bread
1 fruit
 $\frac{1}{2}$ milk
1 fat

SNACK

$\frac{3}{4}$ cup mandarin oranges
 $\frac{1}{2}$ cup cottage cheese
3 – 2 $\frac{1}{2}$ " graham crackers
4 oz. skim milk
 $\frac{1}{2}$ cup pineapple juice
1 teaspoon margarine

1 fruit
1 meat
1 bread
 $\frac{1}{2}$ milk
1 fruit
1 fat

1800-CALORIE SAMPLE MENUS

DAY 6

BREAKFAST

1½ cup puffed cereal
4 oz. skim milk
¾ cup blackberries
½ cup cottage cheese
1 slice toast
1 teaspoon margarine
½ cup grapefruit juice
coffee/tea

EXCHANGES

1 bread
½ milk
1 fruit
1 meat
1 bread
1 fat
1 fruit
free

LUNCH

2 oz. skim milk mozzarella cheese
6 saltines
1 cup broth vegetable soup
1 cup carrot sticks
2 T. reduced calorie dressing
4 oz. tomato juice
14 red grapes
4 oz. skim milk

2 meat, 1 fat
1 bread
1 bread
1 vegetable
1 fat
1 vegetable
1 fruit
½ milk

DINNER

1 2 oz.. meatball
2 T. grated Parmesan cheese
⅔ cup spaghetti sauce
⅓ cup fresh mushrooms
1 cup spaghetti
½ mango
4 oz. milk

2 meats, 1 fat
1 meat
2 vegetables
free
2 bread
1 fruit
½ milk

SNACK

1 whole banana
½ sandwich with:
 1 slice bread
 1 T. peanut butter
4 oz. skim milk

2 fruits

1 bread
1 meat, 1 fat
½ milk

1800-CALORIE SAMPLE MENUS

DAY 7

BREAKFAST

2 – 4” pancakes
1 slice toast
1 oz. diet cheese
1 cup apple juice
4 oz. skim milk
coffee/tea

EXCHANGES

1 bread, 1 fat
1 bread
1 meat
2 fruits
½ milk
free

LUNCH

1 cup sauerkraut
½ cup mashed potatoes
1 small, plain roll
2 teaspoons margarine
2 oz. Canadian bacon
1 nectarine
4 oz. skim milk

2 vegetables
1 bread
1 bread
2 fats
2 meats
1 fruit
½ milk

DINNER

3 oz. veal chop
½ cup stuffing
½ cup rice
½ cup spinach
½ cup tomato juice
1 plain baked apple
4 oz. skim milk

3 meats
1 bread, 1 fat
1 bread
1 vegetable
1 vegetable
1 fruit
½ milk

SNACK

½ sandwich with:
 1 slice bread
 1 oz. low fat luncheon meat
⅓ cantaloupe
4 oz. skim milk
½ cup orange juice

1 bread
1 meat
1 fruit
½ milk
1 fruit