

BREAKFAST MENUS

Each breakfast menu below contains **200-300 calories**. Choose one breakfast menu for each day. Make your food choices from the Breakfast Choices list on the next two pages.

Menu 1

- Cold or hot cereal (1 serving)
- Milk (4 ounces)
- Fruit juice (4 ounces) or fruit (1 serving)

Menu 2

- Bread (2 servings)
- Jam, jelly, fat-free cream cheese, or diet margarine (2 servings)
- Fruit juice (4 ounces) or fruit (1 serving)

Menu 3

- Egg substitute (1 serving)
- Bread (1 serving)
- Jam, jelly, fat-free cream cheese, or diet margarine (1 serving)
- Fruit juice (4 ounces) or fruit (1 serving)

Menu 4

- Nonfat fruit yogurt (any brand with 100-120 calories and 1 gram of fat/serving)
- Bread (1 serving)
- Jam, jelly, fat-free cream cheese, or diet margarine (2 servings)
- Fruit juice (4 ounces) or fruit (1 serving)

BREAKFAST CHOICES

Foods	Amount	Calories	Fat grams
Cereal			
*Bran Flakes	¾ cup	100	0
*Cheerios® (plain)	1 cup	110	0
Corn Flakes®	1 cup	100	0
*Oatmeal, cooked, no fat added, unsweetened	½ cup cooked or 1 package instant (plain)	100	2
*Raisin Bran®	½ cup	95	1
*Shredded Wheat®, Spoon Size	½ cup	85	1
Special K®	1 cup	110	0
Milk, yogurt			
Skim milk	4 oz	43	0
1% milk	4 oz	51	2
Nonfat fruit yogurt (any brand with 100-120 calories and 0 grams fat per serving)	6-8 oz	100-120	0
Bread			
*Whole wheat toast	1 slice	70	1
White toast	1 slice	70	1
English muffin	½	67	1
Bagel (any flavor) (Note: This is half of a standard size bagel. Some bagels have up to 160 calories per half.)	½	80	1
Diet bread	2 slices	80	0
Egg substitute			
Fleischmann's Egg Beaters®	½ cup	38	0
Egg whites	3 large	42	0

Foods	Amount	Calories	Fat grams
Fruit juice			
Orange juice, unsweetened	4 oz	56	0
Grapefruit juice, unsweetened	4 oz	47	0
Apple juice, unsweetened	4 oz	58	0
Fruit			
*Banana, 8" long	½ fruit	48	0
*Orange, fresh, 2½" diameter	1 each	62	0
*Grapefruit, 4" diameter	½ fruit	47	0
*Strawberries, fresh	1 cup	46	0
*Raisins, dried	2 Tbsp	58	0
*Grapes, all kinds	½ cup	57	0
*Pear, fresh, 2½" diameter	½ fruit	49	1
Jam, jelly, fat-free cream cheese, reduced-fat margarine			
Jam or jelly, regular (any flavor)	2 tsp	32	0
Jam or jelly, diet (any flavor)	2 tsp	27	0
Cream cheese, fat-free	2 Tbsp	30	0
Margarine, diet	2 tsp	34	4

* Foods marked with an asterisk (*) are good sources of fiber.

LUNCH MENUS

Each lunch menu below contains **300-400 calories**.
Choose one lunch menu for each day. Make your food choices from the Lunch Choices list on the next two pages.

Menu 1

- Chicken, turkey, salmon, tuna, or ham (1 serving)
- Bread (2 servings)
- Condiment (1 serving)
- Fruit (1 serving)

Menu 2

- Chicken, turkey, salmon, tuna, or ham (1 serving)
- Salad (see Free Food list)
- Condiment or fat-free or reduced-fat salad dressing (1 serving)
- Bread (1 serving)
- Fruit (1 serving)

Menu 3 (Vegetarian option)

- Beans, cottage cheese, tofu, or hummus (1 serving)
- Bread (1 serving)
- Fruit (1 serving)

Menu 4

- Low-calorie frozen entrée (less than or equal to 300 calories and less than or equal to 10 grams fat)
- Salad (see Free Foods list)
- Reduced-fat or fat-free salad dressing (1 serving)
- Fruit (1 serving)

* Foods marked with an asterisk (*) are good sources of fiber.

LUNCH CHOICES

Foods	Amount	Calories	Fat grams
Chicken, turkey, salmon, tuna, or ham			
Tuna, canned in water, drained	3 oz	99	1
Salmon, canned in water, drained	3 oz	118	5
Turkey breast, processed luncheon meat, oven-roasted	3 oz	90	3
Chicken breast, processed luncheon meat, oven-roasted	3 oz	90	3
Ham, processed luncheon meat, sliced or chipped	3 oz	90	5
Vegetarian meat alternative			
Cottage cheese, 1% milk fat	½ cup	82	1
*Hummus (chickpea dip), plain	2 Tbsp	79	4
Tofu, regular, no fat added	½ cup	94	6
*Beans and peas, canned or dried, no fat added	½ cup cooked	129	1
*Chickpeas (garbanzos)	½ cup cooked	134	2
Bread			
Pita or pocket bread, white or *whole wheat, 7" diam	½ pita	96	1
Bagel (any flavor) (Note: This is half of a standard size bagel. Some bagels have up to 160 calories per half.)	½	80	1
*Whole wheat bread	1 slice	70	1
Crackers, reduced-fat or fat-free (check label)	6	100	0-3
Bread stick, 5" long	1	64	1
Rice, white,*wild, or *brown	½ cup cooked	105	1
Fruit			
*Apple, 2¾" diameter	1 each	81	0
*Orange, fresh, 2⅝" diameter	1 each	62	0
*Peach, fresh, 2½" diameter, or canned in water	1 each	37	0
*Pear, fresh, 2½" diameter, or canned in water	½ fruit	49	1
*Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0

LUNCH CHOICES, continued

Foods	Amount	Calories	Fat grams
Condiment, salad dressing			
Mayonnaise, low-calorie	1 Tbsp	49	5
Mayonnaise, fat-free	1 Tbsp	12	0
Salad dressing, fat-free (check label)	1 Tbsp	16	0
Salad dressing, low-calorie	1 Tbsp	43	1-3
Mustard (check the label of honey mustard for fat grams)	2 Tbsp	24	1

Frozen entrees or dinners, low-calorie

Choose any with less than or equal to 300 calories and less than or equal to 10 grams of fat.

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DINNER MENUS

Each dinner menu below contains **500-600 calories**.

Choose one dinner menu for each day. Make your food choices from the Dinner Choices list on the next two pages.

Menu 1

- Fish or poultry, baked or broiled (1 serving)
- Pasta, potato, or rice (1 serving)
- Vegetable (1 serving)
- Margarine, diet (1 serving)
- Fruit (1 serving)

Menu 2

- Low-calorie frozen entrée (less than or equal to 300 calories, less than or equal to 10 grams of fat)
- Vegetable (1 serving)
- Margarine, diet (1 serving)
- Salad (see Free Foods list)
- Salad dressing, low-calorie or fat-free (1 serving)
- Fruit (1 serving)

Menu 3 (Vegetarian)

- Beans, cottage cheese, tofu, or hummus (1 serving)
- Rice (2 servings) or 1 serving of pasta or potato
- Vegetable (1 serving)
- Margarine, diet (1 serving)
- Fruit (1 serving)

DINNER CHOICES

Foods	Amount	Calories	Fat grams
Fish or poultry, baked or broiled			
Fish, fresh or frozen, no fat or breading	3 oz	90	1
Turkey, ground, lean (breast only)	3 oz	160	8
Turkey, light meat, skin removed	3 oz	140	3
Chicken, white meat, skin removed	3 oz	141	3
Vegetarian meat alternatives			
Cottage cheese, 1% milk fat	½ cup	82	1
*Hummus (chickpea dip), plain	2 Tbsp	79	4
Tofu, regular, no fat added	½ cup	94	6
*Beans and peas, dried, no fat added	½ cup cooked	129	1
*Chickpeas (garbanzos)	½ cup cooked	134	2
Pasta, potato, rice, or roll			
Pasta, white or *whole wheat, plain	1 cup cooked	197	1
Rice, white, *wild, or *brown	½ cup cooked	105	1
Potato, mashed, made with skim milk and no fat added	1 cup	156	0
*Potato, baked in skin	Medium	220	0
Potato, boiled without skin	Medium	120	0
*Sweet potato or yam, baked in skin	½ cup	131	0
Roll, white, 2½" x 2½" x 1", plain	1 each	108	3
Vegetables			
*Broccoli, cooked	1 cup cooked	52	0
*Brussels sprouts, cooked	1 cup cooked	66	0
*Cabbage, red or green, cooked	1 cup cooked	32	0
*Carrots, cooked	1 cup cooked	70	0
*Cauliflower, cooked	1 cup cooked	34	0
*Corn, whole kernel, cooked	½ cup cooked	66	0

Foods	Amount	Calories	Fat grams
*Green beans, cooked	1 cup cooked	38	0
*Peas, green, cooked	½ cup cooked	62	0
*Peas, snow, cooked	1 cup cooked	70	0
*Peppers, bell, cooked	1 cup cooked (chopped)	38	0
*Spinach, cooked	1 cup cooked	54	0
*Squash, summer, cooked	1 cup cooked	44	0

Marinara sauce, jarred (any with less than or equal to 100 calories and less than or equal to 2 grams of fat per cup)

½ cup 50 1

Fruit

*Apple, 2¾" diam	1 each	81	0
*Orange, fresh, 2⅝" diameter	1 each	62	0
*Peach, fresh, 2½" diameter, or canned in water	1 each	37	0
*Pear, fresh, 2½" diameter, or canned in water	½ fruit	49	1
*Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0

Condiment or salad dressing, diet, reduced-fat or fat-free

Salad dressing, fat-free	1 Tbsp	16	0
Salad dressing, low-calorie	1 Tbsp	43	1-3
Margarine, diet	2 tsp	34	4

Frozen entrees or dinners, low-calorie

Choose any with less than or equal to 300 calories and less than or equal to 10 grams of fat.

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FREE FOODS

The following foods are very low in calories and fat. You may eat them or add them to foods on your Weight Loss Meal Plan menus at any time.

Salad greens and raw vegetables

- Cabbage
- Carrots
- Celery
- Endive
- Lettuce
- Mushrooms
- Onion
- Peppers
- Radishes
- Romaine lettuce
- Spinach
- Sprouts
- Summer squash
- Tomato
- Zucchini

Drinks

- Broth without fat (low sodium)
- Bouillon without fat (low sodium)
- Carbonated drinks (sugar free)
- Carbonated water (sugar free)
- Coffee, tea (sugar free and fat free)
- (Use only low-fat or nonfat creamers, skim milk, or 1% milk in coffee or tea. Adjust milk or yogurt servings to subtract out what you use in coffee and tea.)
- Drink mixes (sugar free)
- Tonic water (sugar free)

Condiments

- Artificial butter flavorings
- Ketchup (1 Tablespoon)
- Horseradish
- Hot sauce
- Mustard (check label)
- Picante sauce
- Pickles (dill, unsweetened)
- Taco sauce
- Vinegar

Sweet substitutes

- Candy, hard, sugar free
- Gelatin, sugar free
- Gum, sugar free
- Artificial sweeteners

Miscellaneous

- Herbs and spices
- Lemon juice
- Nonstick pan spray
- Soy sauce
- Worcestershire sauce

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SNACKS

The snacks below contain **50-200 calories**. Make one or two choices each day that keep you under your total daily calorie and fat gram goals.

Foods	Amount	Calories	Fat grams
Fruit			
*Apple, 2¾" diam	1 each	81	0
*Orange, fresh, 2⅝" diam	1 each	62	0
*Peach, fresh, 2½" diam, or canned in water	1 each	37	0
*Pear, fresh, 2½" diam, or canned in water	½ fruit	49	1
*Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0
Milk and dairy products			
Cottage cheese, 1% milk fat	½ cup	82	1
Skim milk	4 oz	43	0
1% milk	4 oz	51	2
Nonfat yogurt, artificially sweetened (any brand with 100-200 calories and 0 grams of fat per serving)	6-8 oz	100-120	0
Fruit juice			
Orange juice, unsweetened	4 oz	56	0
Grapefruit juice, unsweetened	4 oz	47	0
Apple juice, unsweetened	4 oz	58	0
Pineapple juice, unsweetened	4 oz	70	0
Snack Foods			
*Popcorn, air-popped, plain	2 cups, popped	61	0
*Popcorn, microwave, light or fat-free, popped from package, plain (check label)	2 cups, popped	51	0-5
Pretzels, hard type	1 oz	108	1
Rice cake, standard size (check label)	2	100-120	0

SNACKS, continued

Foods	Amount	Calories	Fat grams
Granola bar, low-fat	1	110	2
Crackers, reduced-fat or fat-free (check label)	6	100	0-3
Cookies, reduced-fat or fat-free (check label)	2-4	150-200	0-1

Hot Chocolate

Sugar-free hot cocoa	1 envelope	50	0-1
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