



Breakfast Choices



List A: 200 calorie / 30 gm carb

1/2 cup cooked oatmeal (made with 1/4 cup cooked oats and 4 oz. skim milk) 1 Tb. Raisins or brown sugar	1 low fat waffle (1oz) 2 T. sugar free syrup 1 cup strawberries 1 tsp. low fat margarine	1 All Bran Brown Sugar and Cinnamon Bar 3/4 cup blueberries	1 slice multigrain toast 4 oz. juice 1/2 cup low fat cottage cheese (1% milkfat)
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List C: 300 calorie / 45 gm carb

1 cup cooked oatmeal (made with 1/2 cup cooked oats and 8 oz. skim milk) 1 Tb. Raisins or brown sugar	2 low fat waffles (~1 oz each) 2 Tb. sugar free syrup 3/4 cup strawberries 2 tsp. low fat margarine	1 pkg. no sugar added Carnation Instant Breakfast mixed with 8 oz. skim milk 1 large orange (~3" diameter)	2 slices multigrain toast (1 oz each) 4 oz. of juice 1 egg 2 tsp. low fat margarine
1 english muffin 1/2 banana 1 Tb peanut butter	1 1/2 cups cheerios 8 oz skim milk 1/4 cup blueberries	1 small bagel (~2 ounces) 1/2 large grapefruit 2 Tb. low fat cream cheese	1 slice multigrain toast (1 oz) 1 cup light yogurt 1/4 cantaloupe 2 tsp. low fat marg.

List E: 400 calorie / 60 gm carb (breakfast choices)

Blender Breakfast: 3/4 cup skim milk 1/2 cup plain yogurt 1 banana 2 Tb. wheat germ 1 Tb peanut butter	1 cup cooked oatmeal (made with 1/2 cup cooked oats and 1% milk) Add 1 Tb. Raisins and 1 tsp. tub margarine. 1 fruit cup	1 pkg. no sugar added Carnation Instant Breakfast mixed with 8 oz. 1% milk and 1 tsp peanut butter 1 fruit cup (~1/2 cup)	2 slices whole grain bread, (1.5 oz each) toasted with 2 tsp. soft margarine 4 oz. of orange juice Omelet with 1/2 cup of egg substitute, grilled vegetables, 1/2 oz reduced fat cheddar cheese.
3 pancakes (4" diameter) 3 Tb. sugar free syrup 1 medium orange 1 Tb. low fat marg.	1 1/2 cups cheerios 8 oz. 1% milk 1/2 banana	1 medium bagel (~4 ounces) 1 Tb. low fat cream cheese 1/4 cup egg beaters	2 slices whole grain bread 1 cup light yogurt 1 medium tangerine 1 Tb. low fat margarine



Lunch / Dinner Choices



List D: 400 calorie / 45 gm carb

2 starch servings 1 fruit or milk serving 2-4 oz lean protein 1-2 healthy fat serving Non-starchy Vegetables	2 slices whole grain bread, (1 oz each), lettuce, tomato 1 medium apple 4 oz. of extra lean ham 2 tsp. Dijon mustard	1 cup French onion soup 2 slices whole grain bread, (1 oz each), lettuce, tomato 3 oz. tuna (water pack) 1 Tb. mayonnaise	2 cups Greener salad mix ½ cup croutons 2 oz. grilled chicken 1 Tb. Caesar dressing ½ cup frozen yogurt
1 – 4oz sweet potato 1 cup green beans 4 oz broiled Haddock ½ cup applesauce 2 tsp. low fat marg.	½ cup mashed potato ½ cup corn 1 cup carrots 3 oz. turkey 4 Tb. Turkey gravy	1 cup pasta 1/3 cup tomato sauce 1-2 cups salad mix 3 Tb. parm. cheese 2 Tb. light dressing	2 slices whole grain bread, (1 oz each), lettuce, tomato 1 medium pear 2 oz. of turkey breast 1 Tb. mayonnaise
1 cup chicken noodle soup 6 saltines 15 grapes 3 slices low fat American cheese	1 low fat frozen entrée such as Smart Ones, Lean Cuisine or Healthy Choice (keep carbohydrates ~45) 1-2 cups salad mix 2 Tb. light dressing	2/3 cup brown rice 1 cup stir-fry veggies fried in 1 tsp of peanut oil 4 oz light tofu 1 Tb. Lt. soy sauce ½ cup light ice cream	2 cups salad mix ¼ cup chick peas 2 oz. tuna, waterpack small pita (1 oz) fruit cup (1/2 cup size) 2 Tb. light dressing
2/3 cup cooked brown rice 1 cup broccoli 3 oz baked chicken breast 2 tsp. low fat margarine	1 slices hand tossed Domino's cheese pizza 2 cups salad mix 2 Tb low fat dressing 1 chicken wing	Small Slice Vegetable Lasagna (~10 oz.) 2 cups salad mix 2 Tb light dressing	Small Slice Vegetable Lasagna (~10 oz.) 2 cups salad mix 2 Tb light dressing



Lunch / Dinner Choices



List F:500 calorie / 60 gm carb (lunch/dinner)

3 starch servings 1 fruit or milk serving 3-5 oz lean protein 1-2 healthy fat serving Non-starchy Vegetables	1 low fat frozen entrée such as Smart Ones, Lean Cuisine or Healthy Choice (keep carbohydrates ~45) 1-2 cups salad mix 2 Tb. oil dressing 1 medium apple	2 slices whole grain bread, (1 oz each), lettuce, tomato 1 medium pear 8 oz. skim milk 3 oz. of turkey breast 1 Tb. mayonnaise	2 cups salad mix ½ cup chick peas 1 oz. reduced fat cheddar cheese 2 oz. tuna, waterpack small pita (1 oz) fruit cup (1/2 c. size) 2 Tb. light dressing
1 "wrap" sandwich made with one 8" tortilla, 2 ounces grilled chicken, 2/3 vegetables and 2 Tb. of light dressing. 1 cup light yogurt	1 slices hand tossed Domino's cheese pizza 2 cups salad mix 2 Tb low fat dressing 1 chicken wing ½ cup mandarin oranges	1 cup pasta topped with 1 cup Italian mixed vegetables ½ cup tomato sauce 1-2 cups salad mix 3 Tb. parm. cheese 2 Tb. oil based dressing	2 Tortillas ½ cup salsa Vegetables grilled in 2 tsp of olive oil 2 Tb light sour cream 1 oz. 50% reduced fat cheddar cheese
2 cups chicken noodle soup 6 saltines 20 grapes 3 slices low fat American cheese	2 slices whole grain bread, (1 oz each), lettuce, tomato 1 medium apple 4 oz. of extra lean ham 1 T. Dijon mustard 2 oreo cookies	1 hamburger bun 2 oz. lean hamburger patty broiled/ lettuce & tomato 10 baked French fries ½ cup pineapple	1 – 6oz sweet potato 1 cup green beans 5 oz broiled fish 8 oz skim milk 1 cup applesauce 2 Tb. low fat margarine
1 cup mashed potato ½ cup corn ½ cup carrots 3 oz. turkey 2 Tb. Gravy	1 cup brown rice 1 cup stir-fry veggies fried in 1 tsp of peanut oil 4 oz light tofu 1 Tb. soy sauce ½ cup lightt ice cream	¾ cup cooked brown rice 1 cup broccoli 4 oz. baked chicken 1 medium apple 1 Tb. low fat margarine	1 1/2 cups vegetable soup 2 slices oat bran bread 4 oz. tuna, veggies 1 Tb. light mayo ½ cup chocolate pudding
1 Wendy's junior hamburger Small Chili (8 oz.)	Small Slice Vegetable Lasagna (~14 oz.) 2 cups salad mix 2 Tb light dressing	My Favorite Meal	My Favorite Meal