

DESIGN YOUR DAILY MEALS

From the following food list, highlight or put a check by the foods you like and cross off the foods you would not eat. Write in some of your favorites. Calories will vary from various food products and choices. The calories listed are on an average. This is your shopping list.

Grains (200 calories)

- 1-1/4 C Go-Lean Cereal
- Pocket pita (1)
- Whole wheat bread (2)
- Whole grain cereal (1c)
- 1-1/2 c oatmeal
- med. baked potato
- _ c yam or sweet potato
- 1 c rice
- 1 c pasta
- 1c corn or peas

Fruit (1c, 80 calories)

- Apple
- Banana
- Strawberries
- Grapefruit
- Cherries
- Grapes
- Kiwifruit
- Melons
- Pears
- Peaches
- Oranges
- Pineapple
- Raisins

Vegetables (1c raw, _ c cooked= 50 calories)

- Asparagus
- Broccoli
- Green Beans
- Boc Choy
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumbers
- Eggplant
- Greens (leafy)
- Mushrooms
- Onions
- Peppers
- Spinach
- Squash
- Tomatoes
- Turnips

Protein (21g, 150 calories)

- 3 oz. chicken breast
- 3 oz. turkey breast
- 3 oz. extra lean beef
- 3 oz. shellfish
- 3 oz. tuna
- 8 oz. nonfat yogurt
- 1 c skim milk
- 1 c nonfat cottage cheese
- 3 oz. low-fat soy burger (Boca)
- 3 oz. low-fat vegetable burger
- 6 egg whites
- _ c egg substitute
- _ c beans or legumes
- _ c lite tofu
- 3 oz. fish
- 5 Tbls. protein powder
- 3 oz salmon

Seasonings

- Teriyaki sauce
- salsa
- rice vinegar
- soy sauce
- pepper
- Mrs. Dash
- Molly McButter
- garlic
- Herbs & spices

Limit

- Alcohol
- Added Fat
- Added sugars

Your Favorites

(portion size=200 calories)

Next set up your menu from this basic outline. The following foods are put in to provide a healthy structure; fine tune the outline with foods chosen from above. Adjust total calories by adding or removing foods and quantities to meet individual needs. Keep in mind, women need at least 1200 calories per day, and men need about 1800 calories per day.

Breakfast- Meal #1

- Apple
- _____ 15 g Protein
- _____ Grains
- 20 oz. Water

Snack- Meal #4

- 1 serving dairy
- 20 oz. Water

Snack- Meal #2

- 1 serving dairy
- 20 oz. Water

Dinner- Meal #5

- Apple
- _____ 21 g Protein
- _____ Your favorite or Grains
- 2 servings vegetables
- 20 oz. Water

Lunch- Meal #3

- Apple
- _____ 21 g Protein
- _____ 1-2 servings Grains
- 20 oz. Water

Meal #6 Snack (optional)

- Fruit, Vegetable or dairy
- 20 oz. Water

Total Calories	1338
Protein	119 g (35%)
Carbohydrates	188 g (55%)
Fat	15 g (10%)
Fiber	28 g