

1000 Calorie Traditional Meal Plan

Breakfast <ul style="list-style-type: none"> • 1 egg • 1 slice whole wheat bread • 6 oz. plain low-fat yogurt • ½ c. fresh or frozen berries • 4 oz. 1% milk 	78 81 107 31 52	5 1.2 2.6 0 1.2	58 13 22 0 21	<ul style="list-style-type: none"> • ¼ c. egg substitute, 2 egg whites, or 1 oz. ham • ½ English muffin, ½ c. oatmeal, or ¾ c. cereal • ¼ c. no salt added cottage cheese • ½ small fruit • ½ oz. low-fat cheese
Breakfast Totals	349	10	26	
Lunch Turkey Sandwich: <ul style="list-style-type: none"> • 2 slices whole wheat bread • 2 oz. low-sodium sliced turkey • 1 slice low-fat cheese • 1 slice lettuce and 2 medium slices tomato • 1 tsp. light mayo and 1 tsp. mustard • 1 c. water 	162 60 45 5 19 0	2.5 1 2 0 1.6 0	14 15 40 0 76 0	Grilled Chicken Salad: <ul style="list-style-type: none"> • 10 whole wheat crackers • 2 oz. grilled boneless, skinless chicken breast • 1 Tbsp. grated parmesan cheese • 1 c. romaine lettuce • 1 Tbsp. lemon juice • 1 c. unsweetened iced tea
Lunch Totals	291	7.1	22	
Dinner <ul style="list-style-type: none"> • 3 oz. boneless, skinless chicken breast • ½ c. cooked whole wheat pasta • 1 c. green salad • 1 Tbsp. light salad dressing • 15 small grapes • 1 c. water 	102 105 5 61 24 0	3 1.5 0 5.6 0 0	26 13 0 83 0 0	<ul style="list-style-type: none"> • 3 oz. broiled or baked fish, turkey, or lean beef • ½ c. corn or 1 small baked potato • ½ c. steamed vegetables • 1 tsp. unsalted butter • 1 small fruit or 1 c. diced melon • 1 c. unsweetened iced tea
Dinner Totals	297	10.1	31	
Snack <ul style="list-style-type: none"> • 10 baby carrots with 1 Tbsp. hummus 	87	2.25	23	<ul style="list-style-type: none"> • ½ c. melon and 4 oz. no salt added cottage cheese • 1 c. air popped popcorn and 1 oz. low-fat cheese • 1 stalk celery and ½ Tbsp. reduced fat peanut butter
Snack Totals	87	2.25	23	
Total	1024	29.45 grams	26%	

1000 Calorie Mexican American Meal Plan

	Calories	Fat (grams)	% Fat	Exchange for:
Breakfast				
<ul style="list-style-type: none"> • 1 egg • 1 6" whole wheat tortilla • 6 oz. plain low-fat yogurt • ½ c. fresh or frozen berries • 4 oz. 1% milk 	78	5	58	<ul style="list-style-type: none"> • ¼ c. egg substitute, 2 egg whites, or 1 oz. ham • 1 slice whole wheat toast, ½ c. oatmeal, or ¾ c. cereal • ¼ c. no salt added cottage cheese • ½ small fruit • ½ oz. low-fat cheese
	90	1.75	18	
	107	2.6	22	
	31	0	0	
	52	1.2	21	
Breakfast Totals	358	10.6	27	
Lunch				
<ul style="list-style-type: none"> • ¼ c. low sodium black beans 	57	.5	8	<ul style="list-style-type: none"> • ¼ c. low sodium pinto beans Beef Taco: <ul style="list-style-type: none"> • 1 6" whole wheat tortilla • 2 oz. lean (97% lean, 3% fat) ground beef • ¼ c. low-fat cheddar cheese, shredded • ¼ c. shredded lettuce and ½ medium tomato, diced • 1 c. unsweetened iced tea
Chicken Taco:				
<ul style="list-style-type: none"> • 2 6" corn tortillas 	120	2	15	
<ul style="list-style-type: none"> • 2 oz. chicken breast, shredded 	68	2	26	
<ul style="list-style-type: none"> • ¼ c. low-fat cheddar cheese, shredded 	49	2	37	
<ul style="list-style-type: none"> • ¼ c. shredded lettuce and ½ medium tomato, diced 	5	0	0	
<ul style="list-style-type: none"> • 1 c. water 	0	0	0	
Lunch Totals	299	6.5	20	
Dinner				
<ul style="list-style-type: none"> • 3 oz. boneless, skinless chicken breast 	102	3	26	<ul style="list-style-type: none"> • 3 oz. broiled or baked fish, turkey, or lean beef • ½ c. corn or 1 small baked potato • ½ c. steamed vegetables • 1 tsp. unsalted butter • 1 c. unsweetened iced tea
<ul style="list-style-type: none"> • ½ c. Spanish rice 	124	2.5	18	
<ul style="list-style-type: none"> • 1 c. green salad 	5	0	0	
<ul style="list-style-type: none"> • 1 Tbsp. light salad dressing 	61	5.6	83	
<ul style="list-style-type: none"> • 1 c. water 	0	0	0	
Dinner Totals	292	11.1	34	
Snack				
<ul style="list-style-type: none"> • 10 baby carrots with 2 Tbsp. bean dip 	85	2	21	<ul style="list-style-type: none"> • ½ c. melon and 4 oz. no salt added cottage cheese • 1 c. air popped popcorn and 1 oz. low-fat cheese • 1 stalk celery and ½ Tbsp. reduced fat peanut butter
Snack Totals	85	2	21	
Total	1034	30.2 grams	26%	