

1800 Calorie Traditional Meal Plan

	Calories	Fat (grams)	% Fat	Exchange for:
Breakfast				
• 2 eggs	156	10	58	<ul style="list-style-type: none"> • ½ c. egg substitute, 4 egg whites, or 2 oz. ham • ½ English muffin, ½ c. oatmeal, or ¾ c. cereal • ¼ c. no salt added cottage cheese • 1 small fruit or 4 oz. fruit juice • 2 oz. low fat-cheese
• 1 slice whole wheat bread	81	1.2	13	
• 6 oz. plain low-fat yogurt	107	2.6	22	
• 1 c. fresh or frozen berries	62	0	0	
• 12 oz. 1% milk	158	3.6	21	
Breakfast Totals	564	17.4	28	
Lunch				
• 1 small fruit	62	0	0	<ul style="list-style-type: none"> • ½ grapefruit • 1 oz. whole wheat pretzels Grilled Chicken Caesar 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. light Caesar dressing • 1 c. unsweetened iced tea
• 1 oz. whole wheat pita chips	110	2	16	
Turkey Sandwich:				
• 2 slices whole wheat bread	162	2.5	14	
• 2 oz. low sodium sliced turkey	60	1	15	
• 1 slice low-fat cheese	45	2	40	
• 1 slice lettuce and 2 medium slices tomato	5	0	0	
• 1 Tbsp. light mayo and 1 tsp. mustard	50	4.5	81	
• 1 c. water	0	0	0	
Lunch Totals	494	12	22	
Dinner				
• 4 oz. boneless, skinless chicken breast	136	3.9	26	<ul style="list-style-type: none"> • 4 oz. broiled or baked fish, turkey, or lean beef • 1 c. corn or 1 medium baked potato with 1 tsp. unsalted butter • ½ c. steamed vegetables • 1 tsp. unsalted butter • 1 small whole fruit or 1 c. diced melon • 1 c. unsweetened iced tea
• 1 c. cooked whole wheat pasta with 1 tsp. olive oil	240	7	26	
• 1 c. green salad	5	0	0	
• 1 Tbsp. light salad dressing	61	5.6	83	
• 15 small grapes	24	0	0	
• 1 c. water	0	0	0	
Dinner Totals	466	16.5	31	
Snacks (Choose 2 per day)				
• 10 baby carrots with 2 Tbsp. hummus	122	4.5	33	<ul style="list-style-type: none"> • 1 oz. light string cheese and 6 whole grain crackers • 2 oz. lean meat and 1 slice whole wheat bread • 1 stalk celery and 1 Tbsp. reduced fat peanut butter
• ¼ c. no salt added cottage cheese with 1 small banana	197	3.5	16	
Snack Totals	319	8	23	
Total	1843	53.9 grams	26%	

1800 Calorie Mexican American Meal Plan

	Calories	Fat (grams)	% Fat	Exchange for:
Breakfast				
• 2 eggs	156	10	58	<ul style="list-style-type: none"> • ½ c. egg substitute, 4 egg whites, or 2 oz. ham • 1 slice whole wheat toast, ½ c. oatmeal, or ¾ c. cereal • ¼ c. no salt added cottage cheese • 1 small fruit or 4 oz. fruit juice • 1 oz. low fat-cheese
• 1 6" whole wheat tortilla	90	1.75	18	
• 6 oz. plain low-fat yogurt	107	2.6	22	
• 1 c. fresh or frozen berries	62	0	0	
• 12 oz. 1% milk	158	3.6	21	
Breakfast Totals	573	17.95	28	
Lunch				
• ¼ c. low sodium black beans	57	.5	8	<ul style="list-style-type: none"> • ¼ c. low sodium pinto beans • ½ c. brown rice 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 • 2 Tbsp. guacamole • ¼ c. shredded lettuce and ½ medium tomato, diced • 1 c. unsweetened iced tea
• ½ c. quinoa with cilantro and lime	109	1	8	
Chicken Taco:				
• 2 6" corn tortillas	120	2	15	
• 2 oz. chicken breast, shredded	68	2	26	
• ¼ c. low-fat cheddar cheese, shredded	49	2	37	
• 2 Tbsp. guacamole	60	5	75	
• ¼ c. shredded lettuce and ½ medium tomato, diced	5	0	0	
• 1 c. water	0	0	0	
Lunch Totals	468	12.5	24	
Dinner				
• 4 oz. boneless, skinless chicken breast	136	3.9	26	<ul style="list-style-type: none"> • 4 oz. broiled or baked fish, turkey, or lean beef • 1 c. corn or 1 medium baked potato • ½ c. steamed vegetables • 1 tsp. unsalted butter • 1 small whole fruit or 1 c. diced melon • 1 c. unsweetened iced tea
• 1 c. Spanish rice	248	5	18	
• 1 c. green salad	5	0	0	
• 1 Tbsp. light salad dressing	61	5.6	83	
• 15 small grapes	24	0	0	
• 1 c. water	0	0	0	
Dinner Totals	474	14.5	28	
Snacks (Choose 2 per day)				
• 10 baby carrots with ¼ c. bean dip	122	4.5	33	<ul style="list-style-type: none"> • 1 oz. light string cheese and 6 whole grain crackers • ¼ c. no salt added cottage cheese with 1 small banana • 1 stalk celery and 1 Tbsp. reduced fat peanut butter
• 10 whole grain tortilla chips and ½ c. salsa	197	3.5	16	
Snack Totals	319	8	23	
Total	1834	52.95 grams	26%	