

Here is a sample menu to show you how to incorporate the food groups into your diet:

<u>1200 kcal</u>	<u>1600 kcal</u>	<u>2000 kcal</u>
<p>Breakfast 1 cup low-fat milk ½ cup cooked oatmeal 1 tsp honey ½ cup blueberries 6 almonds</p> <p>Lunch 2 slices whole grain bread 1 oz lean sandwich meat 2 tsp mustard 1 cup raw lettuce, tomato, peppers, cucumbers, etc 1 medium apple 1 cup low-fat yogurt</p> <p>Dinner 2 oz grilled tuna 1 cup oven fried sweet potatoes 1 cup steamed vegetables 1 tsp olive oil ½ cup applesauce</p>	<p>Breakfast 1 cup low-fat milk 1 cup cooked oatmeal 2 tsp honey ½ cup blueberries 6 almonds</p> <p>Snack Low-fat yogurt with 1 cup pineapple or orange slices</p> <p>Lunch 2 slices whole grain bread 1 oz lean sandwich meat 2 tsp mustard 1 cup raw veggies 1 medium apple</p> <p>Snack 3 cups low butter popcorn 1 cup carrots, celery, broccoli florets</p> <p>Dinner 3 oz grilled tuna 1 cup oven fried sweet potatoes 1.5 cups steamed vegetables 1 tsp olive oil 1 cup low-fat milk ½ cup applesauce</p>	<p>Breakfast 1 cup low-fat milk 1 cup cooked oatmeal 2 tsp honey 1 cup blueberries 6 almonds</p> <p>Snack Low-fat yogurt with 1 cup pineapple or orange slices</p> <p>Lunch 2 slices whole grain bread 2 oz lean sandwich meat 2 tsp mustard 1 tsp mayo 1 cup raw veggies 1 medium apple</p> <p>Snack 3 cups low butter popcorn 1 cup carrots, celery, broccoli florets</p> <p>Dinner 4 oz grilled tuna 1 ½ cup oven fried sweet potatoes 1 small whole wheat roll w/ 1 tsp butter 2.5 cups steamed vegetables 2 tsp olive oil 1 cup low-fat milk ¾ cup applesauce</p>

Here are a few more sample menus for more calorie allotments:

<u>1400 kcal</u>	<u>1800 kcal</u>	<u>2200 kcal</u>
<p>Breakfast 1 cup cooked oatmeal ½ cup Blueberries 6 Almonds 1 tsp honey 1 cup low-fat milk</p> <p>Lunch 2 slices whole grain bread 2 tsp mustard 1 oz lean sandwich meat 1 cup raw tomatoes, lettuce, peppers, cucumbers, etc. 1 cup low-fat yogurt 1 medium apple</p> <p>Snack ½ cup pineapple or orange slices 1 cup carrots, celery, broccoli florets</p> <p>Dinner 1 cup low-fat milk 2 oz Grilled tuna 1 cup Oven fried sweet potatoes 1 cup Steamed veggies 1 tsp Olive oil ½ cup applesauce</p>	<p>Breakfast 1 cup low-fat milk 1 cup cooked oatmeal 1 tsp honey 1 cup blueberries 6 almonds</p> <p>Snack 1 cup low-fat yogurt with 1 cup pineapple or orange slices and ¼ cup granola</p> <p>Lunch 2 slices whole grain bread 1 oz lean sandwich meat 2 tsp mustard 1 cup raw veggies 1 medium apple</p> <p>Snack 3 cups low butter popcorn 1 cup carrots, celery, broccoli florets</p> <p>Dinner 3 oz grilled tuna 1 cup oven fried sweet potatoes 1.5 cups steamed vegetables 2 tsp olive oil 1 cup low-fat milk ½ cup applesauce</p>	<p>Breakfast 1 ½ cup cooked oatmeal 1 cup Blueberries 6 Almonds 2 tsp honey 1 cup low-fat milk</p> <p>Snack 1 cup low-fat yogurt with 1 cup pineapple or orange slices and ½ cup granola</p> <p>Lunch 2 slices whole grain bread 2 tsp mustard 3 oz lean sandwich meat 1 ½ raw veggies 1 cup low-fat yogurt 1 medium apple</p> <p>Snack 3 cups low butter popcorn 1 ½ raw veggies</p> <p>Dinner 4 oz grilled tuna 1 ½ cup oven fried sweet potatoes 2 cups steamed veggies 2 tsp olive oil 1 cup applesauce</p>