

APPENDIX A - Sample Menus and Snacks: 2,000 Calories

Breakfast

Blender Drink
Banana, 1..... 100
Milk, 1 cup 2%..... 120
Peanut Butter, 1t..... 95
Toast, 1 slice..... 70
Jam, 1t..... 15
Calories..... 400

Lunch

Hamburger on Bun
Bun..... 120
Grnd. Beef, 2 oz..... 120
Catsup, 1T..... 20
French Fries..... 220
Milk, 1 cup 2%..... 120
Oatmeal Raisin Cookies(2)
(2 1/2" diameter)..... 120
Calories..... 760

Dinner

Roast Pork, 3 oz..... 220
Baked Potato..... 100
Broccoli, 1 stalk 20
Margarine, 2t..... 70
Bread, 1 slice..... 70
Sliced peaches, 1 cup..... 130
Milk, 1 cup 2%..... 120
Calories..... 730

Snack

Lo-cal Pudding, 1 cup..... 130
Total Calories..... 2020

Breakfast

Grapefruit Juice, 6 oz..... 75
Unsweetened Cereal,
1 cup..... 110
Banana, 1 medium..... 100
Milk, 1 cup 2%..... 120
Toast, 1 slice..... 70
Margarine, 1t..... 35
Jam, 1t..... 15
Calories..... 525

Lunch

Chicken Salad Sandwich

Bread, 2 slices..... 140
Chicken Breast, 2 oz..... 120
Lo Cal Dressing, 1T..... 30
Milk, 1 cup 2%..... 120
Apple, 1 medium..... 80
Calories..... 490

Dinner

Chili, 2 cups..... 600
Saltine Crackers, 12..... 160
Milk, 1 cup 2%..... 120
Carrot and Celery Sticks..... 10
Calories..... 890

Snack

Orange, 1 medium..... 80
Total Calories..... 2025

Breakfast

Apple Juice, 6 oz..... 90
Oatmeal, 1 cup..... 145
Raisins, 1T..... 30
Milk, 1 cup 2%..... 120
Toast, 1 slice..... 70
Margarine..... 35
Calories..... 490

Lunch

"Sloppy Joe"

Hamburger Filling, 2 oz..... 200
Bun..... 140
Carrot and Celery Sticks..... 10
Milk, 1 cup 2%..... 120
Chocolate Chip Cookie
1 small..... 50
Calories..... 520

Dinner

Turkey Tacos

Taco Shells, 3..... 210
Picante Sauce, 2 oz..... 30
American Cheese,
4 oz. shredded..... 220
Ground Turkey, 4 oz..... 310
Lettuce, Onion,
Tomato, etc..... 10
Milk, 1 cup 2%..... 120
Calories..... 900

Snack

Orange, 1 medium..... 80
Total Calories..... 1990

Breakfast

Orange Juice 6 oz.80
English Muffin140
Peanut Butter, 1T..... 90
Banana, 1 medium..... 100
Milk, 1 cup 2%120
Calories530

Lunch

Cheese Pizza, 2 slices..... 400
Milk, 1 cup 2%..... 120
Apple, 1 medium..... 80
Calories600

Dinner

Chicken and Noodles,
1 cup..... 300
Cooked Carrots, 1/2 cup..... 25
Lettuce Salad..... 10
Dressing, 1T..... 60
Milk, 1 cup 2%..... 120
Calories..... 515

Snack

Milk, 1 cup 2%..... 120
Fig Bars, 5..... 250
Calories370

Total Calories..... 2015

Breakfast

French Toast,
2 slices..... 300
Syrup, 2 oz..... 200
Strawberries, 4 oz.,
unsweetened..... 25
Milk, 1 cup 2%.....120
Calories..... 645

Lunch

Turkey Sandwich
Bread, 2 slices..... 140
Turkey Breast, 3 oz..... 105
Lettuce, Tomato Slices..... 5
Lo-cal Mayonnaise, 1T..... 30
Milk, 1 cup 2%..... 120
Calories..... 400

Dinner

Beef Stew, 2 cups..... 400
Dinner Roll, 1..... 70
Margarine, 1t..... 35
Applesauce, 4 oz..... 55

Milk, 1 cup 2%..... 120
Lo-cal Pudding, 1 cup..... 130
Vanilla Wafers, 6..... 100
Calories..... 910

Snack

Popcorn, 2 cups, no butter..... 60
Diet Soda, 12 oz..... 0
Calories..... 60
Total Calories..... 2015

Breakfast

Cantaloupe, 1/4.....60
Egg, poached.....75
Toast, 2 slices..... 140
Margarine, 1t..... 35
Jam, 2t..... 30
Milk, 1 cup 2%..... 120
Calories460

Lunch

Tuna Pocket
Pita Bread, 1..... 120
Tuna, 3 oz..... 100
Lo-cal Mayonnaise, 2T.. 60
Lettuce, tomato slices... 5
Pretzels, 1 oz..... 110
Milk, 1 cup 2%..... 120
Calories..... 515

Dinner

Broiled Turkey Breast,
3 oz..... 130
Wild Rice Pilaf, 1 cup..... 270
Spinach Salad..... 15
Dressing, 1T..... 60
Angel Food Cake, 1 slice..... 125
Chocolate Syrup, 2T..... 75
Milk, 1 cup 2%..... 120
Calories..... 795

Snack

Pineapple, 1 cup..... 150
Graham Crackers, 3 squares..... 80
Calories..... 23
TotalCalories 2000