



UNIVERSITY OF  
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

## Healthy Meal Plans<sup>1</sup>

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### What Is a Meal Plan?

A meal plan is a guide to help you plan daily meals and snacks. It allows you to eat foods that you enjoy and that provide a good balance of nutrients for your health. Meal plans can be used by anyone interested in healthy eating. They are very helpful for people who want to manage their weight.

### How Do Meal Plans Work?

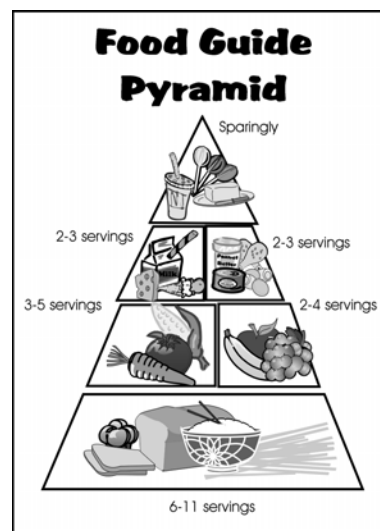
Each meal plan gives an example of one day's food intake using the **food exchange system**. The meal plans provide the recommended number of servings from the five food groups in the **Food Guide Pyramid**. Using one of the meal plans as a guide, you can select foods from the food exchange lists to plan healthful and tasty meals and snacks.

### How Does the Food Exchange System Work?

In the food exchange system, foods are grouped into food lists according to their carbohydrate, protein, and fat content. Foods within each list contain similar amounts of total calories,

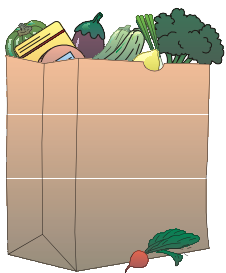
carbohydrate, protein, and fat. The food exchange lists are:

- Starch
- Fruit
- Milk
- Other Carbohydrates
- Vegetable
- Meat and Meat Substitutes
- Fat
- Free Foods
- Combination Foods
- Fast Foods



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We recommend that you select a variety of foods that are "nutrient-dense." These foods provide plenty of vitamins and minerals along with calories (energy). Nutrient-dense foods are low in fat and added sugars.

You can check food labels to see the fat and sugar content of foods. Low nutrient-density foods provide mostly calories with few other nutrients. We suggest that you eat these foods less often.

Limit higher fat foods to stay at your target calorie level. Ounce for ounce, fat provides more than twice as many calories as carbohydrate or protein. Foods that are high in fat also tend to be high in calories. But check the food label since some lowfat foods are high in calories too!



**Hint:** Be sure to choose foods that you enjoy! It will help you stick with your eating plan.

What about high calorie foods that you like to eat? Don't worry! You can eat these foods and still stay within your calorie goal. Think of foods like candy, cakes, cookies, and salted chips as "sometimes" foods. Have them once in a while and eat small portions.

## Setting up Your Meal Plan

First, decide your daily calorie goal. This may be to maintain your weight or to lose weight. If you want to lose weight, select your calorie goal to lose no more than one-half to one pound per week. For most people, slow weight loss is best. For help in deciding your calorie goal, contact your county Extension family and consumer

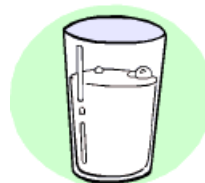
sciences agent, a registered dietitian (RD), or a public health nutritionist.

**My Calorie goal to maintain my weight:  
1,500 Calories per day**

Next, look at the meal plan closest to your calorie level and then plan menus for one week. You can use the sample menu as a guide. Choose foods that are available and that you enjoy eating. Plan meals that will work for your lifestyle.

Include healthful snacks in your meal plan. They will help keep you from getting too hungry

during the day. And be sure to drink at least six glasses of water every day. This will help to keep you "regular" and prevent problems as you eat more high-fiber foods.



As you begin selecting foods based on these meal plans, think of it as beginning a new way of life. Be sure to enjoy your meals, and invite your family and friends to share your new way of eating.

Finally, include physical activity in your healthier lifestyle. Being active will help you maintain a healthy body weight and keep you feeling healthy and strong. It also reduces health risks. If you have not been active for a long time, check with your doctor before you start an exercise program.



## Using Food Exchange Lists

Complete food exchange lists are available in the publication *Exchange Lists for Weight Management* (see last page for ordering information). The following lists will get you started.

### Starch List

#### 1 exchange provides:

15 grams carbohydrate  
3 grams protein  
0-1 gram fat  
80 calories



Starch exchanges include bread, cereals, starchy vegetables, crackers and snacks, and dried beans, peas, and lentils. Most of these foods are found at the bottom of the Food Guide Pyramid. That means that we need the most servings of food from this group. These foods provide a variety of vitamins and minerals. One starch exchange is:

- ½ cup of cereal, pasta, or starchy vegetable
- 1 ounce of bread
- ¾ to 1 ounce of most snack foods

#### A few examples of one starch exchange are:

Bread	1 slice
Bagel	½
Cereals	½ cup
Pasta	½ cup, cooked
Baked beans	⅓ cup
Rice	⅓ cup, cooked
Corn	½ cup
Potato, baked or boiled	1 small
Popcorn (no fat added)	3 cups
Snack chips, fat-free	15-20 (¾ oz)
Beans and peas (dried)	½ cup, cooked

Some starchy foods are prepared with fat so they count as **1 starch and 1 fat exchange**:

Corn bread, 2-in. cube	1 piece
French fried potatoes	16-25 (3 oz)
Taco shell, 6 in.	2
Waffle, 4½ in. square	1

### Fruit List

1 exchange provides:  
15 grams carbohydrate  
60 calories



Fruit exchanges include fresh, frozen, and canned fruits. When choosing canned fruit, select fruit canned in juice or extra light syrup. Include at least one fruit high in vitamin C (oranges, grapefruits, berries, and melons) every day. One fruit exchange is:

- 1 small to medium fresh fruit
- ½ cup of canned or fresh fruit
- ½ cup of fruit juice

#### A few specific examples are:

Banana	1 small
Blueberries	¾ cup
Cantaloupe	1 cup cubes
Grapes, small	17
Pear, large	½
Plums, small	2
Prunes, dried	3
Strawberries	1¼ cup
Orange juice	½ cup

### Milk List

1 exchange provides:  
12 grams carbohydrate  
8 grams protein



Milk and yogurt are excellent sources of calcium and protein as well as several vitamins. Select fat free or lowfat choices. One milk exchange is:

- 1 cup of fat free or 1% milk (see chart)
- ¾ cup of plain fat free yogurt

Type of milk or yogurt	Fat (grams)	Calories
Fat Free	0	80
Lowfat (1%)	2	100
Reduced Fat (2%)	5	120
Whole	8	150

Higher fat milk or yogurt (2% and whole) counts as a milk exchange and 1 to 1½ fat exchanges.

### Other Carbohydrates List

#### 1 exchange provides:

15 grams carbohydrate or  
1 starch, or 1 fruit, or 1 milk

Foods on this list include foods that contain added fat or sugar. You may substitute foods on this list for a starch, fruit, or milk serving. Keep in mind that these foods generally are less nutrient-dense than foods on the other lists. A few examples follow.

#### Count as 1 carbohydrate:

Cookie, fat-free                    2 small  
Fruit juice bar, frozen        1 bar  
Salad dressing, fat-free       ¼ cup

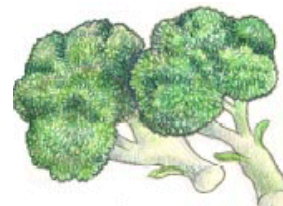
#### Count as 1 carbohydrate and 1 fat:

Brownie, small, unfrosted    2 in. square  
Granola bar                        1 bar  
Ice cream, light                  ½ cup

### Vegetable List

#### 1 exchange provides:

5 grams carbohydrate  
2 grams protein  
25 calories



Vegetables include fresh, frozen, or canned vegetables. Canned vegetables often contain added salt; you can rinse and drain them to remove some salt. Deep green and orange vegetables provide vitamin A and other nutrients. Several vegetables, including peppers, broccoli, and tomatoes, are rich sources of vitamin C.

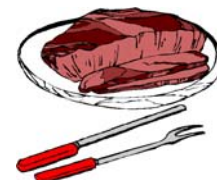
Starchy vegetables like corn, peas, and potatoes are not included here; they are on the starch list. One vegetable exchange is:

- ½ cup of cooked vegetables
- ½ cup of vegetable juice
- 1 cup of raw vegetables

### Meat and Meat Alternates List

#### 1 exchange provides:

7 grams protein  
0-8 grams fat  
35-100 calories



Meat and meat alternates are divided into four lists, depending on their fat content. Select very lean or lean meats and alternates most of the time. Use low-fat cooking methods like broiling, baking, and grilling to limit added fat. One meat exchange is:

- 1 oz meat, fish, poultry, or cheese
- ½ cup dried beans (cooked)
- 1 egg

A typical portion of meat often includes three or more exchanges since an exchange is only a one-ounce serving.

**Very lean** meat and substitutes include white meat chicken or turkey, lean fish, fat-free cheese, egg whites and egg substitutes. Dried beans, peas, and lentils count as one very lean meat and one starch exchange.

**Lean** meat and substitutes include lean cuts of beef, pork, and other meats, dark meat chicken or turkey, high-fat fish, and cheeses with 1 to 3 grams of fat per ounce.

**Medium-fat** meat and substitutes include ground beef, ribs, poultry with skin, fried fish, eggs, and tofu.

**High-fat** meat and substitutes are high in fat, saturated fat, and cholesterol. This includes regular cheeses like cheddar, Swiss, and American. Also included are spare ribs, processed sandwich meats, and peanut butter.

## Fat List

### 1 exchange provides:

5 grams fat  
45 calories

The Dietary Guidelines recommend that less than 30 percent of our calories come from fat. The meal plans included in this publication provide about 20 to 25 percent of calories from fat.

All fats are concentrated in calories whether they are in solid, whipped, or liquid form. For this reason they need to be measured carefully. One tablespoon of margarine, butter, or mayonnaise contains 100 calories.

Also, it's important to limit saturated fat. Solid fats, like butter and lard, are high in saturated fat. Instead, use oils like olive, canola, and peanut oils.



One fat exchange is:

- 1 teaspoon of margarine, butter, or oil
- 1 tablespoon of regular salad dressing

### A few examples of one fat exchange are:

Avocado, medium	1/8
Almonds or cashews	6 nuts
Peanut butter	2 tsp
Cream cheese	1 Tbsp
Bacon, cooked	1 slice



## Free Foods List

Foods on this list contain less than 20 calories or less than 5 grams of carbohydrate per serving. When no serving size is given, you can eat the food as often as you desire. However, eat bouillon, pickles, and other high-sodium foods in moderation.

### Free foods are divided into 5 groups:

- Fat free and reduced fat foods:
 

Cream cheese, fat free	1 Tbsp
Salad dressing, fat free	1 Tbsp
Margarine, reduced-fat	1 tsp
- Sugar free or low sugar foods:
 

Candy, sugar free	1 pc
Gum, sugar free	
Jam or jelly, low sugar	2 tsp
- Drinks: Bouillon, Coffee, Tea

- Condiments:
  - Catsup                      1 Tbsp
  - Lemon juice
  - Mustard
- Seasonings:
  - Herbs
  - Spices

## The Meal Plans

We developed two sets of healthy meal plans to help you plan your daily food intake. The **Traditional Meal Plans** include foods from all food groups. The **Vegetarian Meal Plans** omit meat, poultry, and fish. These meal plans include meat substitutes and dairy products, so they are appropriate for lacto-ovo vegetarians (those who eat milk products and eggs).

The meal plans range from approximately 1,200 to 2,500 calories. Dietitians recommend that you eat at least 1,200 calories each day and men at least 1,600 calories per day, even when trying to lose weight.

The number of calories you actually eat will depend upon several things:

- the exact foods you choose (for example, the cut of meat or type of bread)
- how you prepare the foods
- the exact amount of each food that you eat

Within each set of meal plans, higher calorie menus build on the foods in the 1,200 calorie meal plan. This way you can see which foods were added to increase the calorie level. When added foods first appear, they are marked with an asterisk (\*). When the serving size of a food increases, it is marked with an asterisk too.

Work with your county Extension family and consumer sciences educator, a registered dietitian, or public health nutritionist to find the meal plan that will work for you.

## For More Information

American Diabetes Association, Inc. and The American Dietetic Association. *Exchange Lists for Weight Management*. Revised - 1995. [To order, call the American Diabetes Association at (800) 232-3472.]

Contact your local county Extension office for information and resources. The Family and Consumer Sciences agent may offer classes in nutrition and other topics of interest. The Extension office is listed in the blue pages of your telephone book under county government.

Check out the following reliable websites:

[Http://www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)  
[Http://www.nutrition.gov](http://www.nutrition.gov)  
[Http://fyics.ifas.ufl.edu](http://fyics.ifas.ufl.edu)  
[Http://www.diabetes.org](http://www.diabetes.org)

## Traditional Meal Plans

### 1200 Calorie Meal Plan

7 Starch Exchanges	3 Vegetable Exchanges
2 Fruit Exchanges	3 Meat Exchanges
2 Milk Exchanges	4 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	2 Starch	1 small whole wheat bagel (or ½ large)
	1 Fat	1 Tbsp regular cream cheese
	½ Milk	½ cup fat free milk
	1 Fruit	1 small orange
	Free Food	coffee or tea
Noon	2 Starch	2 slices whole wheat bread
	1 Fat	1 teaspoon tub margarine
	1 Vegetable	1 cup mixed salad greens
	Free Food	2 Tbsp fat free Italian salad dressing
	Free Food	iced tea, unsweetened
Afternoon	1 Milk	1 cup fat free plain yogurt
	1 Fruit	½ large banana
	Free Food	sugar substitute and vanilla extract, if desired
Evening	3 Meat	3 ounces broiled fish
	2 Starch	⅔ cup cooked white rice
	1 Vegetable	½ cup cooked greens (no added fat)
	1 Vegetable	½ cup cooked summer squash
	Free Food	2 Tbsp fat free French salad dressing
	1 Fat	1 teaspoon tub margarine
Late Night	1 Starch	1 slice rye bread
	1 Fat	1 teaspoon tub margarine
	½ Milk	½ cup fat-free milk

## Traditional Meal Plans

### 1400 Calorie Meal Plan

8 Starch Exchanges	4 Vegetable Exchanges
3 Fruit Exchanges	3 Meat Exchanges
2 Milk Exchanges	4 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	2 Starch	1 small whole wheat bagel (or ½ large)
	1 Fat	1 Tbsp regular cream cheese
	½ Milk	½ cup fat-free milk
	1 Fruit	1 small orange
	Free Food	coffee or tea
Midmorning	1 Starch	5 whole wheat crackers*
	1 Fruit	½ cup apple juice*
Noon	2 Starch	2 slices whole wheat bread
	1 Fat	1 teaspoon tub margarine
	1 Vegetable	1 cup mixed salad greens
	1 Vegetable	1 cup cut-up raw vegetables*
	Free Food	2 Tbsp fat-free Italian salad dressing
Afternoon	Free Food	iced tea, unsweetened
	1 Milk	1 cup fat-free plain yogurt
	1 Fruit	½ large banana
Evening	Free Food	sugar substitute and vanilla extract, if desired
	3 Meat	3 ounces broiled fish
	2 Starch	⅔ cup cooked white rice
	1 Vegetable	½ cup cooked greens (no added fat)
	1 Vegetable	½ cup cooked summer squash
	Free Food	2 Tbsp fat-free French salad dressing
Late Night	1 Fat	1 teaspoon tub margarine
	1 Starch	1 slice rye bread
	1 Fat	1 teaspoon tub margarine
	½ Milk	½ cup fat-free milk

\*added food items or increased amounts from previous meal plan.



## Traditional Meal Plans

### 1600 Calorie Meal Plan

9 Starch Exchanges	5 Vegetable Exchanges
4 Fruit Exchanges	4 Meat Exchanges
2 Milk Exchanges	5 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	2 Starch	1 small whole wheat bagel (or ½ large)
	1 Fat	1 Tbsp regular cream cheese
	½ Milk	½ cup fat-free milk
	1 Fruit	1 small orange
	Free Food	coffee or tea
Midmorning	2 Starch	10 whole wheat crackers *
	1 Meat and 1 Fat	1 ounce cheddar cheese*
	1 Fruit	½ cup apple juice
Noon	2 Starch	2 slices whole wheat bread
	1 Fat	1 teaspoon tub margarine
	1 Vegetable	1 cup mixed salad greens
	1 Vegetable	1 cup cut-up raw vegetables
	Free Food	2 Tbsp fat-free Italian salad dressing
	Free Food	iced tea, unsweetened
Afternoon	1 Milk	1 cup fat-free plain yogurt
	2 Fruit	1 large banana*
	Free Food	sugar substitute and vanilla extract, if desired
Evening	3 Meat	3 ounces broiled fish
	2 Starch	⅔ cup cooked white rice
	1 Vegetable	½ cup cooked greens (no added fat)
	2 Vegetable	1 cup cooked summer squash*
	Free Food	2 Tbsp fat-free French salad dressing
	1 Fat	1 teaspoon tub margarine
Late Night	1 Starch	1 slice rye bread
	1 Fat	1 teaspoon tub margarine
	½ Milk	½ cup fat-free milk

*\*added food items or increased amounts from previous meal plan*

## Traditional Meal Plans

### 1800 Calorie Meal Plan

10 Starch Exchanges	6 Vegetable Exchanges
4 Fruit Exchanges	5 Meat Exchanges
2 Milk Exchanges	6 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	2 Starch	1 small whole wheat bagel (or ½ large)
	1 Starch	½ cup dry cereal*
	1 Fat	1 Tbsp regular cream cheese
	½ Milk	½ cup fat-free milk
	1 Fruit	1 small orange
	Free Food	coffee or tea
Midmorning	2 Starch	10 whole wheat crackers
	1 Meat and 1 Fat	1 ounce cheddar cheese
	1 Fruit	½ cup apple juice
Noon	2 Starch	2 slices whole wheat bread
	1 Fat	1 teaspoon tub margarine
	1 Vegetable	1 cup mixed salad greens
	1 Vegetable	1 cup cut-up raw vegetables
	Free Food	2 Tbsp fat-free Italian salad dressing
	Free Food	iced tea, unsweetened
Afternoon	1 Milk and 1 Fat	1 cup lowfat plain yogurt*
	2 Fruit	1 large banana
	Free Food	sugar substitute and vanilla extract, if desired
Evening	4 Meat	4 ounces broiled fish*
	2 Starch	⅔ cup cooked white rice
	2 Vegetable	1 cup cooked greens (no added fat)*
	2 Vegetable	1 cup cooked summer squash
	Free Food	2 Tbsp fat-free French salad dressing
	1 Fat	1 teaspoon tub margarine
Late Night	1 Starch	1 slice rye bread
	1 Fat	1 teaspoon tub margarine
	½ Milk	½ cup fat-free milk

\*added food items or increased amounts from previous meal plan

## Traditional Meal Plans

### 2000 Calorie Meal Plan

11 Starch Exchanges	6 Vegetable Exchanges
4 Fruit Exchanges	5 Meat Exchanges
3 Milk Exchanges	7 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	2 Starch	1 small whole wheat bagel (or ½ large)
	2 Starch	1 cup dry cereal*
	1 Fat	1 Tbsp regular cream cheese
	1 Milk	1 cup fat-free milk*
	1 Fruit	1 small orange
	Free Food	coffee or tea
Midmorning	2 Starch	10 whole wheat crackers
	1 Meat and 1 Fat	1 ounce cheddar cheese
	1 Fruit	½ cup apple juice
Noon	2 Starch	2 slices whole wheat bread
	1 Fat	1 teaspoon tub margarine
	1 Vegetable	1 cup mixed salad greens
	1 Vegetable	1 cup cut-up raw vegetables
	Free Food	2 Tbsp fat-free Italian salad dressing
	Free Food	iced tea, unsweetened
Afternoon	1 Milk and 1 Fat	1 cup lowfat plain yogurt
	2 Fruit	1 large banana
	Free Food	sugar substitute and vanilla extract, if desired
Evening	4 Meat	4 ounces broiled fish
	2 Starch	⅔ cup cooked white rice
	2 Vegetable	1 cup cooked greens (no added fat)
	2 Vegetable	1 cup cooked summer squash
	1 Fat	2 Tbsp light ranch salad dressing*
	1 Fat	1 teaspoon tub margarine
Late Night	1 Starch	1 slice rye bread
	1 Fat	1 teaspoon tub margarine
	1 Milk	1 cup fat-free milk*

\*added food items or increased amounts from previous meal plan

## Traditional Meal Plans

### 2500 Calorie Meal Plan

14 Starch Exchanges	7 Vegetable Exchanges
5 Fruit Exchanges	7 Meat Exchanges
3 Milk Exchanges	8 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	2 Starch	1 small whole wheat bagel (or ½ large)
	2 Starch	1 cup dry cereal
	1 Fat	1 Tbsp regular cream cheese
	1 Milk	1 cup fat-free milk
	1 Fruit	1 small orange
	Free Food	coffee or tea
Midmorning	2 Starch	10 whole wheat crackers
	1 Meat and 1 Fat	1 ounce cheddar cheese
	2 Fruit	1 cup apple juice*
Noon	2 Starch	2 slices wheat bread
	1 Fat	1 teaspoon tub margarine
	2 Vegetable	2 cups mixed salad greens
	2 Starch	1 cup cooked pasta*
	1 Fat	2 Tbsp lite ranch salad dressing*
Free Food	iced tea, unsweetened	
Afternoon	1 Milk and 1 Fat	1 cup lowfat plain yogurt
	2 Fruit	1 large banana
	1 Vegetable	1 carrot*
	Free Food	sugar substitute and vanilla extract, if desired
Evening	6 Meat	6 ounces broiled fish*
	3 Starch	1 cup cooked white rice*
	2 Vegetable	1 cup cooked greens (no added fat)
	2 Vegetable	1 cup cooked summer squash
	1 Fat	2 Tbsp light ranch salad dressing
	1 Fat	1 teaspoon tub margarine
Late Night	1 Starch	1 slice rye bread
	1 Fat	1 teaspoon tub margarine
	1 Milk	1 cup fat-free milk

\*added food items or increased amounts from previous meal plan

## Vegetarian Meal Plans

### 1200 Calorie Meal Plan

6 Starch Exchanges	4 Vegetable Exchanges
3 Fruit Exchanges	3 Meat Exchanges
2 Milk Exchanges	4 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	1 Starch	½ cup bran cereal
	1 Milk	1 cup 1% low-fat milk
	1 Fruit	1 medium orange
	1 Vegetable	½ cup tomato juice
	Free Food	coffee or tea
Noon	1 Meat Substitute and 2 Fat	2 tablespoons peanut butter
	Free Food	2 teaspoons low-sugar jam
	2 Starch	2 slices wheat bread
	1 Fruit	½ cup apple juice
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
	Free Food	iced tea, unsweetened
Afternoon	1 Milk and ½ Fat	¾ cup low-fat plain yogurt
	1 Fruit	1¼ cup whole strawberries, sliced
	Free Food	sugar substitute and vanilla extract, if desired
Evening	2 Meat Substitute and 2 Starch	1 cup black beans
	1 Starch	⅓ cup cooked white rice
	1 Fat	1 teaspoon olive oil
	1 Vegetable	½ cup cooked broccoli
	½ Fat	½ teaspoon margarine
Late Night	1 Vegetable	1 cup baby carrots, raw

## Vegetarian Meal Plans

### 1400 Calorie Meal Plan

7 Starch Exchanges	5 Vegetable Exchanges
4 Fruit Exchanges	3 Meat Exchanges
2 Milk Exchanges	5 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	1 Starch	½ cup bran cereal
	1 Milk	1 cup 1% low-fat milk
	1 Fruit	1 medium orange
	1 Starch	1 slice rye toast*
	1 Fat	1 teaspoon margarine*
	1 Vegetable	½ cup tomato juice
	Free Food	coffee or tea
Noon	1 Meat Substitute and 2 Fat	2 tablespoons peanut butter
	Free Food	2 teaspoons low-sugar jam
	2 Starch	2 slices wheat bread
	2 Fruit	1 cup apple juice*
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
Afternoon	1 Milk and ½ Fat	¾ cup low-fat plain yogurt
	1 Fruit	1¼ cup whole strawberries, sliced
	Free Food	sugar substitute and vanilla extract, if desired
Evening	2 Meat Substitutes and 2 Starch	1 cup black beans
	1 Starch	⅓ cup cooked white rice
	1 Fat	1 teaspoon olive oil
	1 Vegetable	½ cup cooked broccoli
	½ Fat	½ teaspoon margarine
	1 Vegetable	1 cup tossed green salad*
	Free Food	2 Tbsp fat-free salad dressing*
Late Night	1 Vegetable	1 cup baby carrots, raw

\*added food items or increased amounts from previous meal plan

## Vegetarian Meal Plans

### 1600 Calorie Meal Plan

9 Starch Exchanges	5 Vegetable Exchanges
4 Fruit Exchanges	4 Meat Exchanges
2 Milk Exchanges	5 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	1 Starch	½ cup bran cereal
	1 Milk	1 cup 1% low-fat milk
	1 Fruit	1 medium orange
	1 Meat Substitute	2 egg whites or ¼ cup egg substitute, scrambled*
	1 Starch	1 slice rye toast
	1 Fat	1 teaspoon margarine
	1 Vegetable	½ cup tomato juice
	Free Food	coffee or tea
Noon	1 Meat Substitute and 2 Fat	2 tablespoons peanut butter
	Free Food	2 teaspoons low-sugar jam
	2 Starch	2 slices wheat bread
	2 Fruit	1 cup apple juice
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
Afternoon	1 Milk and ½ Fat	¾ cup low-fat plain yogurt
	1 Fruit	1¼ cup whole strawberries, sliced
	Free Food	sugar substitute and vanilla extract, if desired
Evening	2 Meat Substitutes and 2 Starch	1 cup black beans
	1 Starch	⅓ cup cooked white rice
	1 Fat	1 teaspoon olive oil
	1 Vegetable	½ cup cooked broccoli
	½ Fat	½ teaspoon margarine
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
Late Night	1 Vegetable	1 cup baby carrots, raw
	2 Starch	1 small bagel*
	Free Food	2 teaspoons low-sugar jam*

*\*added food items or increased amounts from previous meal plan*

## Vegetarian Meal Plans

### 1800 Calorie Meal Plan

9 Starch Exchanges	5 Vegetable Exchanges
5 Fruit Exchanges	4 Meat Exchanges
3 Milk Exchanges	6 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	1 Starch	½ cup bran cereal
	1 Milk	1 cup 1% low-fat milk
	1 Fruit	1 medium orange
	1 Meat Substitute	2 egg whites or ¼ cup egg substitute, scrambled
	1 Starch	1 slice rye toast
	1 Fat	1 teaspoon margarine
	1 Vegetable	½ cup tomato juice
	Free Food	coffee or tea
Noon	1 Meat Substitute and 2 Fat	2 tablespoons peanut butter
	Free Food	2 teaspoons low sugar jam
	2 Starch	2 slices wheat bread
	2 Fruit	1 cup apple juice
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
Afternoon	1 Milk and ½ Fat	¾ cup low-fat plain yogurt
	1 Fruit	1¼ cup whole strawberries, sliced
	Free Food	sugar substitute and vanilla extract, if desired
Evening	2 Meat Substitutes and 2 Starch	1 cup black beans
	1 Starch	⅓ cup cooked white rice
	1 Fat	1 teaspoon olive oil
	1 Vegetable	½ cup cooked broccoli
	½ Fat	½ teaspoon margarine
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
	1 Fruit	½ cup cranberry juice cocktail*
Late Night	1 Vegetable	1 cup baby carrots, raw
	2 Starch	1 small bagel
	1 Fat	2 Tbsp reduced fat cream cheese*
	1 Milk	1 cup 1% low-fat milk*

\*added food items or increased amounts from previous meal plan



## Vegetarian Meal Plans

### 2000 Calorie Meal Plan

10 Starch Exchanges	5 Vegetable Exchanges
5 Fruit Exchanges	5 Meat Exchanges
3 Milk Exchanges	7 Fat Exchanges

Meal	Meal Plan	Sample Menu for One Day
Morning	2 Starch	1 cup bran cereal*
	1 Milk	1 cup 1% low-fat milk
	1 Fruit	1 medium orange
	1 Meat Substitute	2 egg whites or ¼ cup egg substitute, scrambled
	1 Starch	1 slice rye toast
	1 Fat	1 teaspoon margarine
	1 Vegetable	½ cup tomato juice
	Free Food	coffee or tea
Noon	1 Meat Substitute and 2 Fat	2 tablespoons peanut butter
	Free Food	2 teaspoons low sugar jam
	2 Starch	2 slices wheat bread
	2 Fruit	1 cup apple juice
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
Afternoon	1 Milk and ½ Fat	¾ cup low-fat plain yogurt
	1 Fruit	1¼ cup whole strawberries, sliced
	Free Food	sugar substitute and vanilla extract, if desired
	1 Meat Substitute and 1 Fat	1 ounce hard cheese (like cheddar)*
Evening	2 Meat Substitute and 2 Starch	1 cup black beans
	1 Starch	⅓ cup cooked white rice
	1 Fat	1 teaspoon olive oil
	1 Vegetable	½ cup cooked broccoli
	½ Fat	½ teaspoon margarine
	1 Vegetable	1 cup tossed green salad
	Free Food	2 Tbsp fat-free salad dressing
	1 Fruit	½ cup cranberry juice cocktail
Late Night	1 Vegetable	1 cup baby carrots, raw
	2 Starch	1 small bagel
	1 Fat	2 Tbsp reduced fat cream cheese
	1 Milk	1 cup 1% low-fat milk

\*added food items or increased amounts from previous meal plan