

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

1,300 Calorie Sample Meal Plan

Meal	Pattern	Food
Breakfast	1P	1 egg or ¼ cup egg substitute ¹
	3C	1 slice regular bread ² , toasted (1C) 6 oz light yogurt ³ or 1 cup fat-free milk (1C) 1 orange (1C)
	1F	1 teaspoon soft tub margarine ⁶
Lunch	2P	2 oz deli sliced lean turkey or 1 oz turkey and 1 oz low-fat cheese
	3C	2 slices bread (2C) 1 pear (1C)
	V	lettuce, tomatoes, raw broccoli ⁴
	1F	1 teaspoon mayonnaise or 2 teaspoons whipped salad dressing ⁵
Dinner	3P	3 oz baked boneless skinless chicken breast
	2C	1 cup cooked pasta (2C)
	V	Mushrooms, zucchini, green peppers ⁴
	2F	2 tablespoons salad dressing or 4 tablespoons low-fat salad dressing
Snack	2 C	1 cup fat-free or 1% milk (1C) 3 squares graham crackers (1 ½ of the 2-part pieces is 1C serving)

¹ Scramble without fat, boil, or grill with cooking spray. Or, you may use the margarine to cook the egg and eat the toast dry or with sugar free jam or jelly.

² Low calorie bread has about 40 Calories per slice; substitute 2 slices for 1 slice regular bread.

³ Choose sugar-free, fat-free yogurt with less than 100 Calories per serving.

⁴ Eat non-starchy vegetables without added fat as desired.

⁵ Use mustard (free food) instead of mayo and save the fat for dinner.

⁶ Soft tub margarines are lower in saturated and *trans* fats than butter or stick margarine.

Notes: