

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

1,800 Calorie Sample Meal Plan

Meal	Pattern	Food
Breakfast	1P	1 egg or ¼ cup egg substitute ¹
	3C	1 slices toast (1C) 6 oz light yogurt ² (1C) 1 orange (1C)
	1F	1 teaspoon margarine ⁵
Lunch	3P	2 oz deli sliced lean beef, chicken, ham, or turkey (2P) 1 oz low-fat cheese (1P)
	4C	2 slices bread (2C) 1 pear (1C) ¾ oz light chips (1C)
	V	lettuce, tomatoes, raw broccoli and carrots ³
	2F	2 teaspoons mayonnaise or 4 teaspoons whipped salad dressing ⁴
Dinner	4P	4 oz baked boneless skinless chicken breast
	4C	1 cup cooked pasta (2C) 1 oz roll or 1 slice bread (1C) ½ cup juice packed peaches, drained (1C)
	V	Mushrooms, zucchini, green peppers ³
	2F	2 tablespoons low-fat salad dressing or 1 tablespoon regular salad dressing (1F) 1 teaspoon margarine (1F) ⁵
Snacks	3C	1 cup fat-free or 1% milk (1C) 3 squares graham crackers (1 ½ of the 2-part pieces = 1C) ½ cup unsweetened applesauce (1C)

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 mayonnaise and save the fat for dinner.

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

Notes: