

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

1,900 Calorie Sample Meal Plan

Meal	Pattern	Food
Breakfast	1P	1 egg or ¼ cup egg substitute ¹
	4C	2 slices toast (2C) 6 oz light yogurt ² (1C) 1 orange (1C)
	2F	2 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 c cooked pasta (2C) 1oz 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 c 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: