

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

2,000 Calorie Sample Meal Plan

Meal	Pattern	Food
Breakfast	1P	1 eggs or ¼ cup egg substitute ¹
	4C	2 slices toast (2C) 6 oz light yogurt ² (1C) 1 orange (1C)
	2F	2 tsp 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 tsp mayonnaise or 4 tsp whipped salad dressing ⁴
Dinner	4P	4 oz baked boneless skinless chicken breast
	4C	1 c cooked pasta (2C) 1 oz roll or 1 slices bread (1C) ½ cup juice packed peaches, drained (1C)
	V	Mushrooms, zucchini, green peppers ³
	2F	2 Tbs low fat salad dressing or 1 Tbs regular salad dressing 1 tsp margarine ⁵
Snacks	4C	1 c skim or 1% milk (1C) 3 squares graham crackers (1 ½ of the 2-part pieces = 1C) Large apple or 1 cup unsweetened applesauce (2C)

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: