

Sample Menus for Breakfast

2 Servings of Carbohydrates (30 GM)

No fruit or fruit juice until noon

½ whole-grain English muffin
1 tsp butter
1 cup 1% milk
1 oz. slice of low-fat cheese

¾ cup unsweetened cereal (Corn Flakes, Cheerios, Rice Krispies)
1 cup skim milk
1 scrambled egg
1 tsp margarine

1 slice whole-wheat toast
1 TBSP peanut butter
6 oz. non-fat yogurt

1 small whole-grain bagel
1 TBSP cream cheese
½ cup cottage cheese

2 small (4") pancakes
2 TBSP sugar-free syrup
1 scrambled egg

½ cup oatmeal with cinnamon
1 cup 1% milk
6-10 nuts

½ small multi-grain bagel
1 tsp butter
1 cup light yogurt
1 hard-boiled egg

½ English muffin
Omelet (2 egg whites and 1 yolk)
1 tsp butter
2 tsp sugar-free jelly
1 cup skim milk

1 (2") biscuit
1 oz. slice low-fat cheese
1 oz. Canadian bacon
1 cup non-fat yogurt

1 (6") tortilla wrap
2 scrambled eggs (2 egg whites and 1 yolk)
1 oz. low-fat mozzarella cheese
Lettuce, tomato, peppers
¼ cup salsa
1 cup skim milk

Sample Menus for Snacks

1 Serving of Carbohydrates (15 GM)

3 (2") graham cracker squares with 1 TBSP peanut butter

6 oz. light yogurt with $\frac{1}{4}$ cup blueberries and 6-10 nuts

5 whole-grain crackers and 1 slice low-fat cheese

5 vanilla wafers and 1 TBSP peanut butter

1 small apple and 6-10 nuts

3 cups low-fat popcorn with 1 TBSP Parmesan cheese

$\frac{1}{2}$ sandwich (egg salad, ham, peanut butter, tuna fish, turkey, etc.)

2 small cookies and 6-10 nuts

$\frac{1}{2}$ cup pineapple with $\frac{1}{2}$ cup cottage cheese

12 small pretzel twists with 1 stick low-fat string cheese

9 baked tortilla chips and 2 TBSP guacamole

1 oz. trail mix

2 rice cakes with 1 TBSP peanut butter

$\frac{1}{2}$ English muffin with one egg

9 pita chips with 2 TBSP hummus

Sample Menus for Lunch & Dinner

3 Servings of Carbohydrates (45 GM)

Chicken

3 oz. grilled chicken breast
½ cup mashed potatoes
1 cup steamed broccoli
1 tsp butter
1 (2") dinner roll
1 ¼ cup strawberries

Fish

3 oz. baked salmon
½ cup wild rice
1 cup zucchini, peppers, and mushrooms sautéed in olive oil
1 small slice garlic bread
½ cup fruit cocktail (drained)

Grilled Cheese Sandwich

2 slices multi-grain bread
1 tsp butter
2 slices American cheese made with 2% milk
1 cup tomato soup
5 carrots and celery sticks
2 TBSP light ranch dressing

Hamburger

1 whole-wheat hamburger bun
3 oz. lean burger patty
Lettuce and tomato
1 TBSP ketchup
1 cup salad
2 TBSP light dressing
1 cup cubed melon

Macaroni & Cheese

2/3 cup macaroni & cheese
½ cup green beans
17 grapes

Pasta Salad

1/3 cup cooked pasta
1 cup raw vegetables
2 TBSP light Italian dressing
1 oz. Parmesan cheese
¼ cup canned all-white chicken meat
1 cup light yogurt
17 grapes

Peanut Butter Sandwich

1 slice whole-grain bread
2 TBSP peanut butter
2 tsp sugar-free jelly
1 cup vegetable soup
½ banana

Pizza

1/8 slice from a 12" pie
1 cup tossed salad
2 TBSP light dressing
1 cup fruit salad
1 cup skim milk

Pork

3 oz. grilled pork loin
2 tsp. BBQ sauce
1/3 cup baked beans
1 (2") slice corn bread
1 cup cooked collard greens
1 cup light peach yogurt

Sample Menus for Lunch & Dinner Continued

Chicken Salad

3 cups raw vegetables (lettuce, tomato, mushrooms, cucumbers, etc.)
3 oz. grilled chicken, chopped
½ cup croutons
2 TBSP light dressing
1 (2") dinner roll
1 TBSP light butter

Soft Tacos

2 (6") tortillas (corn or flour)
2 oz. lean ground beef
1 oz. low-fat cheese
Lettuce and tomato
½ cup refried beans
¼ cup salsa
3 TBSP light sour cream

Spaghetti

1/3 cup whole-wheat pasta noodles
½ cup pasta sauce with ground meat
1 cup steamed broccoli
1 TBSP light butter
½ cup light canned fruit in diet Jell-O

Steak

3 oz. tenderloin
1 small baked potato
1 tsp margarine
2 TBSP sour cream
½ cup corn
1 cup tossed salad
2 TBSP light dressing
½ cup ice cream

Stir Fry

3 oz. chicken
1 cup cooked peppers and onions
1 tsp olive oil
1 TBSP sesame seeds
1 TBSP low-salt soy sauce
2/3 cup rice
¼ cup orange sherbet

Tuna Sandwich

1 (4") pita bread
½ cup water-packed tuna
Lettuce, tomato and onion
1 tsp mayonnaise
12 small pretzel twists
1 small apple

Turkey Sandwich

1 (6") whole-grain tortilla wrap
2 oz. sliced turkey (steamed if lunch meat)
1 oz. Sliced Swiss Cheese
Lettuce and tomato
1 TBSP light Mayonnaise
1 TBSP mustard
1 cup tossed salad
2 TBSP light dressing
1 cup vegetable soup
½ cup fruit cocktail (drained)