

2200 TO 2400 CALORIE FOOD PLANS

MEAL PLAN

FOOD GROUPS

BREAKFAST

1/2 FRUIT
 VEGETABLE
3 BREAD/STARCH
1oz. MEAT
1 FAT
4oz. MILK lowfat or non-fat
SUPPLEMENT

EXAMPLE

600 mg. calcium

10:00 A.M. SNACK

1/2 FRUIT
 VEGETABLE
 BREAD/STARCH
 MEAT
 FAT
4oz. MILK low or non-fat

EXAMPLE

yogurt no sugar

LUNCH

1 FRUIT
2 VEGETABLE
2 BREAD/STARCH
3.5-5oz. MEAT
1 FAT
0 MILK

EXAMPLE

3:00 P.M. SNACK

 FRUIT
 VEGETABLE
 BREAD/STARCH
 MEAT
 FAT
 MILK

EXAMPLE

Protein Drink - before workout

See Recipe

DINNER

1/2 FRUIT
2 VEGETABLE
3 BREAD/STARCH
4oz. MEAT
1 FAT
0 MILK
SUPPLEMENT

EXAMPLE

600 mg. calcium

8:00 P.M. SNACK

1/2 FRUIT
 VEGETABLE
 BREAD/STARCH
 MEAT
 FAT
 MILK

EXAMPLE

MEAL PLAN

FOOD GROUPS

BREAKFAST

1/2 FRUIT
VEGETABLE
3 BREAD/STARCH
1 oz. MEAT
1 FAT
8oz. MILK non-fat
SUPPLEMENT

EXAMPLE

5 strawberries

1 1/2 cup of All Bran cereal
6 egg whites
1 tsp. margarine or butter
8 oz. nonfat milk
600 mg. calcium

10:00 A.M. SNACK

1 FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
MILK

EXAMPLE

1/2 orange, 1/4 slice papaya

LUNCH

1 FRUIT
2 VEGETABLES

1 BREAD/STARCH

5 oz MEAT
1 FAT

0 MILK

EXAMPLE

1/4 slice of Cantaloupe
Salad – 1 cup of spinach, 1 cup Romaine lettuce
chopped carrots, celery, broccoli, cauliflower & 1/4
green apple. 2 T. raisons, red onion, 5 almonds
chopped. Use uncooked veggies.
1 slice of Ezekial bread toasted cut into triangles –
Placed around the salad on plate.
5oz. tuna on top of salad
Dressing - 1 T. of olive oil, lemon, balsamic vinegar,
ground pepper.

3:00 P.M. SNACK

FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
MILK

EXAMPLE

No Protein Drink

DINNER

1 FRUIT
2 VEGETABLES
3 BREAD/STARCH
4oz. MEAT
1 FAT

0 MILK
SUPPLEMENT

EXAMPLE

1 cup watermelon
1 cup of carrots & 1 cup of asparagus steamed
1 1/2 cup of whole wheat pasta
4 oz. Tri Tip
1 T. of olive oil – put veggies on top of pasta and
mix with olive oil.

600 mg. calcium

MEAL PLAN

FOOD GROUPS

BREAKFAST

1/2 FRUIT
VEGETABLE
3 BREAD/STARCH
1 oz. MEAT
1 FAT
4oz. MILK low or non-fat
SUPPLEMENT

EXAMPLE

5 Strawberries

1 1/2 cups of oatmeal
3 egg whites
1 tsp. margarine
4 oz. low or nonfat milk
600 mg. calcium

10:00 A.M. SNACK

1/2 FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
4oz. MILK low or non-fat yogurt

EXAMPLE

1/2 Granny Smith Apple
sliced thin – sprinkled with
cinnamon & Equal

4oz. non-fat yogurt – no added sugar

LUNCH

1 FRUIT
2 VEGETABLES
2 BREAD/STARCH
3.5-5 oz MEAT
1 FAT
0 MILK

EXAMPLE

Orange
1 cup of carrots & 1 cup of broccoli
Build a Sandwich - 2 slices of whole wheat bread
3.5-5oz. lean turkey – lettuce, tomato, sprouts
1 tsp. of mayo/mustard
Optional 1/4 cup plain non-fat yogurt dip
(See recipe)

3:00 P.M. SNACK

FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
MILK

EXAMPLE

Protein Drink – before workout

(See Recipe)

DINNER

1/2 FRUIT
2 VEGETABLES
3 BREAD/STARCH
4oz. MEAT
1 FAT
0 MILK
SUPPLEMENT

EXAMPLE

1/4 cup of blueberries
1 cup of cauliflower & 1 cup of asparagus
1 cup of whole wheat rice
4 oz. of boneless, skinless chicken breast
1 tsp. of margarine

600 mg. calcium

8:00 P.M. SNACK

1/2 FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
MILK

EXAMPLE

8oz. of warm water
Juice of 1 whole lemon

MEAL PLAN

FOOD GROUPS

BREAKFAST

1/2 FRUIT
VEGETABLE
3 BREAD/STARCH
1 oz. MEAT
1 FAT
4oz. MILK low or non-fat
Life Pack SUPPLEMENT

EXAMPLE

Mango

1 cup of cereal of choice, 1 slice of Ezekial bread
3 egg whites cooked and placed on top of bread
1 tsp. margarine or butter
4 oz. low or nonfat milk
600 mg. calcium

10:00 A.M. SNACK

1/2 FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
4oz. MILK low or non-fat yogurt

EXAMPLE

1/2 Granny Smith Apple
sliced thin – sprinkled with
cinnamon & Equal

4oz. non-fat yogurt – no added sugar

LUNCH

1 FRUIT
2 VEGETABLES
2 BREAD/STARCH
5 oz. MEAT
1 FAT
0 MILK

EXAMPLE

Honeydew
1 cup of carrots & 1 cup of broccoli
2/3 cups whole wheat rice
5oz. boneless skinless chicken breast
1 tsp. of margarine

3:00 P.M. SNACK

FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
MILK

EXAMPLE

Protein Drink – before workout

(See Recipe)

DINNER

1/2 FRUIT
2 VEGETABLES
3 BREAD/STARCH
4oz. MEAT/or 5oz. fish
1 FAT
0 MILK
Life Pack SUPPLEMENT

EXAMPLE

5 strawberries
1 cup of cauliflower & 1 cup of asparagus
1 sweet potato, 1 small whole wheat roll
5 oz. of Orange Roughy
1 tsp. of margarine

600 mg. calcium

8:00 P.M. SNACK

1/2 FRUIT
VEGETABLE
BREAD/STARCH
MEAT
FAT
MILK

EXAMPLE

8oz. of warm water
Juice of 1 whole lemon