



## 2,200 calorie meal plan

### Easy meal planning

Trying to lose weight or trying to eat healthier, but don't know what to eat? This meal plan provides many healthy options for breakfast, lunch, dinner and snacks. Select one item from each food list starting on page 2 to make a balanced meal or snack. Pay close attention to the portion sizes to help you stick to your calorie limit. Enjoy!

### Healthy day example:

#### Breakfast

- 2 eggs, scrambled cooked with 1 teaspoon vegetable oil
- 1½ cups oatmeal, cooked with 2 teaspoons natural peanut butter
- 1 small banana, sliced



#### Snack #1

- ¼ cup unsalted almonds
- 1 medium apple



#### Lunch

- **Salad:** bed of spinach, ¼ cup tomatoes, ¼ cup chopped cucumbers, ¼ cup shredded carrots, ¼ cup mushrooms, ½ cup cooked quinoa, 4 ounces grilled chicken, 2 tablespoons regular salad dressing
- 1 whole-wheat pita (6" across)
- 1 cup strawberries



#### Snack #2

- 1 string cheese
- 5-6 whole-grain crackers



#### Dinner

- 5 ounces baked chicken breast cooked with 2 teaspoons olive oil
- 1 cup mashed sweet potatoes with 1 tablespoon light butter spread
- 2 cups steamed broccoli
- 1 cup blueberries



#### Snack #3

- ½ cup hummus
- 1 cup raw veggies (cucumbers, bell peppers)



# Breakfast



## PROTEIN

Choose 2 servings  
(ex: 2 large eggs)

### 1 serving equals:

- 1 whole egg
- ¼ cup egg beaters
- 2 egg whites
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 ounce cheese
- 1 ounce turkey sausage



## GRAIN

Choose 3 servings  
(ex: 1½ cups of oatmeal, cooked)

### 1 serving equals:

- 1 packet low-sugar instant oatmeal
- ½ cup rolled or steel-cut oats, cooked
- 1 serving of dry whole-grain cereal (¾ cup bran flakes, shredded wheat)
- 1 whole-wheat waffle
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- ½ whole-wheat small bagel or English muffin



## FRUIT

Choose 1 serving

### 1 serving equals:

- ½ cup 100% juice (orange, apple)
- 1 medium fruit (orange, apple, peach, nectarine, pear)
- ½ grapefruit
- 1 cup berries/grapes (strawberries, blueberries, raspberries)
- 1 small banana
- 2 tablespoons of unsweetened dried fruit (raisins)
- ½ cup canned fruit in natural juice (not syrup)
- 1 cup melon (cantaloupe, honeydew, watermelon)



## FAT

Choose 2 servings

### 1 serving equals:

- 1 teaspoon olive oil/vegetable oil
- 1 teaspoon butter
- 2 teaspoons natural peanut butter
- 1 tablespoon light butter spread
- 2 tablespoons light cream cheese
- 2 tablespoons nuts (almond, walnuts)



# Lunch



## PROTEIN

Choose 4 servings  
(ex: 4 ounces chicken)

### 1 serving equals:

- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese
- ¼ cup cottage cheese
- 1 ounce tuna, canned in water
- ⅓ cup hummus
- ½ cup beans or lentils, cooked
- ½ cup tofu



## GRAIN

Choose 3 servings  
(ex: ½ cup of quinoa, cooked + 1 whole-wheat pita)

### 1 serving equals:

- ½ cup potatoes or ½ small potato (sweet or white potato)
- ½ cup brown rice, barley, quinoa or other whole grain, cooked
- ½ cup whole-wheat pasta or noodles, cooked
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- 1 low-carb whole-wheat sandwich thin
- 1 whole-wheat tortilla (6" across)
- ½ whole-wheat pita (6" across)



## VEGETABLES

Choose 2 or more servings  
(ex: 2 cups salad)

### 1 serving equals:

- 1 cup mixed greens salad
- ½ cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)



## FRUIT

Choose 1 serving

### 1 serving equals:

- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 2 tablespoons of unsweetened dried fruit (raisins)
- 1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)
- 1 small banana



## FAT

Choose 2 servings

### 1 serving equals:

- 1 tablespoon regular salad dressing
- 2 tablespoons light salad dressing
- 1 teaspoon olive oil/vegetable oil
- 1 tablespoon light butter spread
- 2 tablespoons light mayo
- 2 tablespoons hummus
- 2 teaspoons mayo
- ⅓ slice avocado
- 2 tablespoons nuts (almonds, walnuts)



# Dinner



## PROTEIN

Choose 5 servings  
(ex: 5 ounces chicken)

### 1 serving equals:

- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese
- ¼ cup cottage cheese
- 1 ounce tuna, canned in water
- ½ cup hummus
- ½ cup beans or lentils, cooked
- ½ cup tofu



## GRAIN

Choose 2 servings  
(ex: 1 cup of pasta, cooked)

### 1 serving equals:

- ½ cup potatoes or ½ small potato (sweet or white potato)
- ½ cup brown rice, barley, quinoa or other whole grain, cooked
- ½ cup whole-wheat pasta or noodles, cooked
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- 1 low-carb whole-wheat sandwich thin
- 1 whole-wheat tortilla (6" across)
- ½ whole-wheat pita (6" across)



## VEGETABLES

Choose 2 or more servings  
(ex: 2 cups salad)

### 1 serving equals:

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## FRUIT

Choose 1 serving

### 1 serving equals:

- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 2 tablespoons of unsweetened dried fruit (raisins)
- 1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)
- 1 small banana



## FAT

Choose 3 servings

### 1 serving equals:

- 1 tablespoon regular salad dressing
- 2 tablespoons light salad dressing
- 1 teaspoon olive oil/vegetable oil
- 1 tablespoon light butter spread
- 2 tablespoons light mayo
- 2 tablespoons hummus
- 2 teaspoons mayo
- ½ slice avocado
- 2 tablespoons nuts (almonds, walnuts)



# Snacks

(choose 1 snack between each meal – up to 3 snacks per day)

Include 1 protein and 1 carbohydrate to keep you feeling full, longer.



## PROTEIN

Choose 1 serving

### 1 serving equals:

- 1 ounce cheese
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 string cheese
- 1 large hard-boiled egg
- ½ cup hummus
- ¼ cup unsalted nuts (almonds, walnuts, pecans)
- 47 unsalted pistachios (1 ounce)
- 2 tablespoons natural nut butter



## CARBOHYDRATE

Choose 1 serving

### 1 serving equals:

- Fruit (see serving sizes above): aim for no more than 3 to 4 fruits per day
- Whole-wheat crackers (refer to serving size on package)
- ½ whole-wheat English muffin
- 1 slice of whole-wheat bread or 2 slices of light whole-wheat bread
- Whole-grain tortilla chips (refer to serving size on package)
- 3 cups of air-popped popcorn



## OTHER GREAT SNACK IDEAS

### 1 serving equals:

- 2 tablespoons guacamole and 1 cup raw veggies (peppers, cucumbers)
- 3 ounces cooked shrimp and 1 tablespoon cocktail sauce
- 1 sliced tomato, 1 ounce mozzarella and balsamic vinegar
- ½ cup sliced peaches and 1 ounce prosciutto
- 100-calorie whole-grain snack pack
- Whole-grain granola bar (look for 3 or more grams of fiber per bar; 8 or less grams of sugar per bar)
- 1 ounce 70% dark chocolate squares
- ½ peanut butter sandwich on whole-grain bread
- Homemade smoothie (½ cup yogurt, 1 cup milk and 1 cup frozen fruit blended together)
- 1 cup plain Greek yogurt with ½ cup fruit and 1 teaspoon of chopped nuts

