

## 1800 Calorie Fall/Winter Menus

DAY 1 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 2 Food	Size	Cal.	Carb g	Fat g	Sod. mg
<b>Breakfast</b>						<b>Breakfast</b>					
Oatmeal	1.5C	249	42	5	14	Apple Bran Muffin*	1	144	24	5	128
Raisins	2T	54	14	0	2	Margarine	1 t	33	0	4	32
1% Milk	1 C	102	12	2	107	1% Milk	1 C	102	12	2	107
						Apricots, dried halves	7	59	15	0	2
<b>Lunch</b>						<b>Lunch</b>					
Curry Chicken Salad*	1 svg	303	23	7	124	Thai Chicken Wrap*	1 svg	363	30	13	385
Raisin Bread	2 sl.	142	27	2	203	Light Yogurt	6 oz.	100	19	0	85
Light Yogurt	6 oz.	100	19	0	85	Banana	1	105	27	0	1
<b>Dinner</b>						<b>Dinner</b>					
Stir-Fry Chicken w/Broccoli Slaw*	1 svg	258	15	8	551	Baby Bello Mushroom Frittata*	1 ½ svg	241	18	10	481
Brown Rice	1 C	216	45	2	10	Bulgur with parsley	1 C	152	34	0	11
Pineapple	½ C	39	10	0	1	Salad Greens	1 C	5	1	0	10
Kiwi	½	23	6	0	1	Red Onion	1 sl	6	1	0	0
<b>Snacks</b>						<b>Snacks</b>					
Unsalted Almonds	25 each	192	6	17	0	Sliced Beets	¼ C	13	3	0	82
1% Milk	1 C	102	12	2	107	Red Wine Vinegar	1 T	3	0	0	1
						Olive Oil	2 t	80	0	9	0
						Grapes	½ C	52	14	0	2
						<b>Snacks</b>					
						Walnuts	¼ C	191	4	19	1
						1% Milk	1 C	102	12	2	107
Total for the Day		1780	231	45	1205			1751	214	64	1435

DAY 3 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 4 Food	Size	Cal.	Carb g	Fat g	Sod. Mg
<b>Breakfast</b>						<b>Breakfast</b>					
Pita Stuffed with Eggs*	1 svg	253	32	6	551	French Toast with Berries*	1 svg	289	54	3	321
1% Milk	1½C	154	18	4	161	Breakfast Patties*	2	84	5	3	109
Grapefruit	½	52	13	0	0	1% Milk	1 C	102	12	2	107
<b>Lunch</b>						<b>Lunch</b>					
Spinach Salad with Warm Lentils*	1 svg	327	45	12	97	Chicken Pita Pockets*	1 svg	398	38	14	427
Unsalted Almonds	15 each	115	4	10	0	Plain Greek Style Yogurt	6 oz	140	9	0	95
Vanilla Greek Style Yogurt	6 oz	120	13	0	65	Orange	1	62	15	0	0

Pineapple	½ C	39	10	0	1						
<b>Dinner</b>						<b>Dinner</b>					
Curry Salmon Cakes*	1 svg	260	12	12	462	Pork Chops w/Mustard-Glazed Apples*	1 svg	375	27	15	142
Yogurt Sauce*	1 svg	33	5	0	43	Cabbage (steamed)	1 C	35	8	0	12
Brown Rice	1C	216	45	2	10	Small Sweet Potato	1	103	24	0	41
Brussels Sprouts	1 C	38	8	0	22	Margarine	2 t	67	0	7	63
Margarine	2 t	67	0	7	63	<b>Snacks</b>					
<b>Snack</b>						Unsalted Almonds	15 each	115	4	10	0
Dried Figs	5	105	27	0	4						
Total for the Day		1779	232	53	1479			1770	196	54	1317

## 1800 Calorie Spring/Summer Menus

DAY 1 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 2 Food	Size	Cal.	Carb g	Fat g	Sod. mg
<b>Breakfast</b>						<b>Breakfast</b>					
Kashi GOLEAN Crunch Cereal	1C	190	36	3	95	Banana Nut Muffin*	2	387	51	16	310
Strawberries	1½C	69	17	1	2	Margarine	1t	33	0	4	32
Walnuts	2T	97	2	9	0	1% Milk	1 C	102	12	2	107
1% Milk	1 C	102	12	2	107	<b>Lunch</b>					
<b>Lunch</b>						Navy Bean Salad*	1 svg	188	32	6	458
Chicken Pita Pockets*	1 svg	398	38	14	427	Salad Greens	2C	20	5	0	40
Cantaloupe	1 C	54	13	0	26	Peach	1	59	14	0	0
Light Yogurt	6 oz.	100	19	0	85	Greek Van. Yogurt	6 oz	120	13	0	65
<b>Dinner</b>						Walnuts	¼ C	191	4	19	1
Thai Chicken & Mango Salad*	1 svg	365	35	13	162	<b>Dinner</b>					
Dinner Roll	1	76	15	1	135	Halibut & Spring Vegetable Packet*	1 svg	179	11	3	180
Margarine	1 t	33	0	4	32	Baked Potato Small	1	161	37	0	17
Gingersnap Cookies	4	116	22	3	183	Margarine	2 t	67	0	7	63
<b>Snacks</b>						Light Sour Cream	2T	32	2	3	17
Light Yogurt	6oz.	100	19	0	85	Plum	1	69	17	0	0
Broccoli Raw	½ C	15	3	0	15	<b>Snacks</b>					
Hummus	¼ C	109	12	5	149	Honeydew Melon	1C	64	16	0	32
						Milk 1%	1C	102	12	2	107
Total for the Day		1824	243	55	1503			1774	226	62	1429

<b>DAY 3</b>	Size	Cal.	Carb	Fat	Sod.	<b>DAY 4</b>	Size	Cal.	Carb	Fat	Sod.
Food			g	g	mg	Food			g	g	mg
<b>Breakfast</b>						<b>Breakfast</b>					
Honey Nut Cheerios	1½C	220	44	3	380	Bell Pepper & Corn Omelet*	1 svg	295	16	17	374
Plum	1	69	17	0	0	W.W. Toast	1 sl	128	24	2	160
Pecans	2 T	94	2	10	0	Jam	2 t	37	9	0	4
1% Milk	1 C	102	12	2	107	1% Milk	1 C	102	12	2	107
<b>Lunch</b>						<b>Lunch</b>					
Egg(less) Salad Sandwich*	1 svg	348	51	10	386	Mediterranean Couscous Salad*	1 svg	431	62	12	488
Tomato & Cucumber Salad*	1 svg	72	7	5	103	Cherries	½ C	49	12	0	0
Light Yogurt	6 oz	100	19	0	85						
<b>Dinner</b>						<b>Dinner</b>					
Colorful Bell Pepper & Chicken Stir-fry*	1 svg	175	10	5	363	Broiled Fish*(salmon)	1 svg	306	2	22	76
Brown Rice	1C	216	45	2	10	Broiled Tomato*	1 svg	87	8	6	48
Raw Spinach	1½C	20	3	0	65	Dinner Roll	1	76	15	1	135
Red Onion	2 t	2	0	0	0	Margarine	1 t	33	0	4	32
Strawberries	½ C	23	6	0	1	Broccoli	1C	55	11	1	64
Walnuts	2 T	97	2	9	0	Peach	1	59	14	0	0
Raspberry Light Salad Dressing	2 T	70	7	5	120	<b>Snacks</b>					
<b>Snack</b>						1% Milk	1½C	154	18	4	161
Lemon Yogurt Popsicle*	1 svg	95	19	0	90						
Vanilla Wafers	5	89	13	4	75						
<b>Total for the Day</b>		1791	257	55	1785			1812	203	71	1649

\* Indicates recipe is found in the cookbook *Healthy Palate: Delicious & Simple Recipes to Enhance Meals with Fruits & Vegetables*.

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