

2200 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
Breakfast						Breakfast					
Oatmeal	1.5C	249	42	5	14	Apple Bran Muffin*	2	287	47	10	256
Raisins	2 T	54	14	0	2	Margarine	2 t	67	0	7	63
1% Milk	1 ½ C	154	18	4	161	Walnuts	¼ C	191	4	19	1
						1% Milk	1 ½ C	154	18	4	161
Lunch						Lunch					
Curry Chicken Salad*	1 ½ svg	455	35	10	186	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
Mint Spinach Soup*	1 svg	167	27	1	318	Banana	1	105	27	0	1
Light Yogurt	6 oz.	100	19	0	85	Vanilla Wafers	8	140	21	6	120
Dinner						Dinner					
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 1/3 C	288	59	2	12	Bulgur with parsley	1 C	152	34	0	13
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
Banana	½	53	13	0	1	Sliced Beets	¼ C	13	3	0	82
Snacks						Snacks					
Almonds, unsalted	15	115	4	10	0	Red Wine Vinegar	1 T	3	0	0	1
1% Milk	1 C	102	12	2	107	Olive Oil	2 t	80	0	9	0
						Grapes	1 C	104	27	0	3
						Snacks					
						Apricot, halves	4	34	9	0	1
						1% Milk	1 ½ C	154	18	4	161
Total for the Day		2199	301	44	1642			2199	277	82	1824

DAY 3 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 4 Food	Size	Cal.	Carb g	Fat g	Sod. mg
Breakfast						Breakfast					
Pita Stuffed with Eggs*	1 svg	253	32	6	551	French Toast with Berries*	1 ½	434	80	4	481
1% Milk	1½C	154	18	4	161	Breakfast Patties*	2	84	5	3	109
Grapefruit	½	52	13	0	0	1% Milk	1½C	154	18	4	161
Lunch						Lunch					
Spinach Salad with Warm Lentils*	1 svg	327	45	12	97	Chicken Pita Pockets*	1 svg	398	38	14	427
Pineapple	1 C	78	20	0	2	Orange	1	62	15	0	0
Unsalted Almonds	15	115	4	10	0	Plain Greek Style Yogurt	6 oz	140	9	0	95

Vanilla Greek Style Yogurt	6 oz	120	13	0	65						
Dinner						Dinner					
Curry Salmon Cakes*	2 svg	519	24	23	925	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	Medium Sweet Potato	1	162	37	0	65
Brussels Sprouts	1 C	38	8	0	22	Margarine	2 t	67	0	7	63
Margarine	2 t	67	0	7	63	Snacks					
Snack						Walnuts	¼ C	191	4	19	1
Pear	1	96	26	0	2	Banana	1	105	27	0	1
Figs, Dried	5	105	27	0	4						
Total for the Day		2173	280	64	1945			2207	268	66	1557

2200 Calorie Spring/Summer Menus

DAY 1	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 2	Size	Cal.	Carb g	Fat g	Sod. mg
Food						Food					
Breakfast						Breakfast					
Kashi GOLEAN Crunch Cereal	1½C	285	54	5	143	Banana Nut Muffin*	2	387	51	16	310
Strawberries	1½C	69	17	1	2	Margarine	2 t	67	0	7	63
1% Milk	1½C	154	18	4	161	Peach	1	59	14	0	0
						1% Milk	1½C	154	18	4	161
Lunch						Lunch					
Chicken Pita Pockets*	1 svg	398	38	14	427	Navy Bean Salad*	1 svg	188	32	6	458
Cantaloupe	1 C	54	13	0	26	Salad Greens	1C	10	3	0	20
Light Yogurt	6 oz	100	19	0	85	String Cheese	1	80	1	6	240
Gingersnaps	5	146	27	3	229	Greek Van. Yogurt	6 oz	120	13	0	65
Dinner						W.W. Bread	1 sl	128	24	2	159
Thai Chicken & Mango Salad*	1½ svg	548	53	19	243	Honeydew Melon	2C	127	32	0	64
Dinner Roll	1	76	15	1	135	Dinner					
Margarine	1 t	33	0	4	32	Halibut & Spring Vegetable Packet* (↑ fish to 6oz)	1 svg	241	11	4	211
Light Vanilla Ice Cream	½ C	110	17	3	48	Baked Potato (medium)	1	211	48	0	23
Snacks						Margarine	2 t	67	0	7	63
Light Yogurt	6oz	100	19	0	85	Light Sour Cream	2T	32	2	3	17
Broccoli Raw	½ C	15	3	0	15	Plum	1	69	17	0	0

Hummus	¼ C	109	12	5	149	Snacks					
						1% Milk	1½C	154	18	4	161
						Unsalted Almonds	15	115	4	10	0
Total for the Day		2197	305	59	1780			2209	288	69	2015

DAY 3 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 4 Food	Size	Cal.	Carb g	Fat g	Sod. mg
Breakfast						Breakfast					
Honey Nut Cheerios	1½C	220	44	3	380	Bell Pepper & Corn Omelet*	1 svg	295	16	17	374
Banana	1	105	27	0	1	W.W. Toast	2 sl	256	47	5	320
Pecans	3 T	141	3	15	0	Jam	1 T	56	14	0	6
1% Milk	1½C	154	18	4	161	1% Milk	1 C	102	12	2	107
Lunch						Lunch					
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	1 C	97	25	0	0
Light Yogurt	6 oz	100	19	0	85	Unsalted Almonds	15	115	4	10	0
Vanilla Wafers	5	88	13	4	75						
Dinner						Dinner					
Colorful Bell Pepper & Chicken Stir-fry*	1½ svg	262	15	7	543	Broiled Fish* (salmon)	1 svg	306	2	22	76
Brown Rice	1½C	325	67	3	15	Broiled Tomato*	1 svg	87	8	6	48
Raw Spinach	1.5C	20	3	0	65	Dinner Roll	2	151	29	3	272
Red Onion	2 t	2	0	0	0	Margarine	1 t	33	0	4	32
Strawberries	1 C	46	11	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	Snacks					
Snack						1% Milk	1½C	154	18	4	161
Lemon Yogurt Popsicle*	1 svg	95	19	0	90						
Plum	1	69	17	0	0						
Total for the Day		2214	323	65	2025			2197	262	86	1948

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

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