

Eating Plan with Meal Replacements

	Breakfast	Lunch	Snack	Dinner	Snack
1,100 – 1,300 Calories	<ul style="list-style-type: none"> 1 complex carb 1 healthy fat 1 Meal Replacement <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 1 fruit 	<ul style="list-style-type: none"> 4 oz. protein 1 complex carb 1 cup vegetables 1 healthy fat 	<ul style="list-style-type: none"> 1 milk/ milk alternative 1 fruit <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 1 healthy fat 	<ul style="list-style-type: none"> 4 oz. protein 2 cups salad 2 cups cooked vegetables 1 healthy fat 	<ul style="list-style-type: none"> 1 Meal Replacement <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 1 fruit
1,300 – 1,600 Calories	<ul style="list-style-type: none"> 2 complex carbs 1 healthy fat 1 Meal Replacement <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 1 fruit 	<ul style="list-style-type: none"> 4 oz. protein 1 complex carb 1 cup vegetables 1 healthy fat 	<ul style="list-style-type: none"> 1 milk/ milk alternative 1 fruit <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 1 healthy fat 	<ul style="list-style-type: none"> 4 oz. protein 2 cups salad 2 cups cooked vegetables 1 healthy fat 	<ul style="list-style-type: none"> 1 Meal Replacement <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 1 fruit
1,600 – 2,000 Calories	<ul style="list-style-type: none"> 2 complex carbs 1 milk/ milk alternative 1 healthy fat 1 Meal Replacement <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 1 fruit 	<ul style="list-style-type: none"> 4 oz. protein 1 complex carb 2 cup vegetables 1 healthy fat <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 2 extra oz protein 1 extra complex carb and 1 extra cup vegetables 	<ul style="list-style-type: none"> 1 milk/milk alternative 1 fruit 1 healthy fat 	<ul style="list-style-type: none"> 4 oz. protein 1 complex carb 2 cups salad 2 cups cooked vegetables 1 healthy fat <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 2 extra oz protein and 1 extra complex carb 	<ul style="list-style-type: none"> 1 Meal Replacement 1 fruit <p>For Higher Calories Add</p> <ul style="list-style-type: none"> 2 healthy fats

Eating Plan with Meal Replacements

Foods and Servings Per Day

Product/Food	Servings
Meal Replacements	2
Proteins	4-8
Vegetables	4+
Green Leafy Salad	2 cups lettuce + 1/2 c raw veggie + 20 cal. Dressing
Complex Carbs	2
Fruits	3
Healthy Fats	4
Milk/ Milk Alternative	1

Sample Daily Menu

Breakfast



Lunch



Snack



Dinner



Snack



Calories	1,300	
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Food Selections

Proteins	Vegetables	Complex Carbs	Fruits	Healthy Fats	Milk/Milk Alternative
45 Calories Per Serving Beef – Sirloin, Flank or Round, 1 oz. Chicken Breast, 1 oz. Cottage Cheese, ¼ c. Egg, 1 Egg Whites, 3 = 1 oz. Fish, Wild, 1 oz. Pork Loin, 1 oz. Turkey Breast, 1 oz. <div> Proteins with Carbs </div> 80 Calories Per Serving Beans — <i>black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans</i> , ⅓ c. cooked Lentils, ⅓ c. cooked Nutritional Yeast, 3 Tbsp. Quinoa, ⅓ c. cooked Seitan, ¼ cup Soybeans, ⅓ cup Split Peas, ⅓ c. Tempeh, ¼ cup Tofu, ½ cup	1 serving = ½ cooked or 1 cup raw 25 Calories Per Serving Artichoke Asparagus Beans (wax, green) Beets Broccoli Brussels Sprouts Carrot Cauliflower Celery Cucumber Eggplant Greens — <i>bok choy, collards, kale, spinach, etc.</i> Jicama Leeks Lettuce, — <i>leaf, romaine, watercress etc.</i> Mushrooms Onions Pea Pods Peppers, all kinds Radishes Spinach Summer Squash — <i>yellow, zucchini</i> Tomatoes	80 Calories Per Serving Barley, ½ c. cooked *Cereal, ½ c. Corn, ½ c. cooked Grits, ⅓ c. cooked *Oats, cooked, ½ c. Oat Milk, 1 cup *Pasta, ½ c. cooked *Pita, ½ of 6-inch round Polenta, ½ c. cooked Popcorn, air pop, 3 c. Potato, ½ c. cooked *Rice, ⅓ c. cooked *Rye bread, 1 slice Squash, winter (acorn, butternut), ½ c. cooked *Tortillas, 1, 6-inch Wild rice, ⅓ c. Yam, ½ c. cooked *Whole wheat bread, 1 slice * Choose whole wheat or whole grain. Strive to get around 80 calories and 5 g fiber per serving. Read labels for accuracy.	60 Calories Per Serving Apple, 1 small (tennis ball size) Apricots, 3 Banana, 1 small (4-6 in) Berries, 1 c. Grapefruit, ½ Grapes, 15 Kiwi, 3 Melon — <i>watermelon, cantaloupe, etc.</i> , 1 c. Orange, 1 medium Nectarine, 1 medium Peach, 1 medium Pear, 1 medium Pineapple, 1 c. Plums, 2	45 Calories Per Serving Avocado, ⅓ whole Hemp Milk, 1 cup Nuts — <i>almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts</i> , .25 oz. Nut/Seed Milks and Yogurts — <i>almond milk, cashew milk, flax seed walnut milk</i> , ½ c. Oil, <i>avocado oil, olive oil</i> , 1 tsp. Olives, 8 to 10 small Seeds — <i>chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds</i> , 1 Tbsp.	90 Calories Per Serving Milk, 1 cup Soymilk, 1 cup **Yogurt, 6-8 oz. **less than 10 g. sugar per serving

- Condiments – fresh or dried herbs, broth, spices, lemon or lime juice, hot sauces, mustard, salsa, relish, and/or vinegar.
- For specific foods not listed, ask your counselor.