

EAT SMART. PLAY HARD.™ HEALTHY LIFESTYLE—WEEK 1

MENU PLANNER

One week of menus for 1 person for a 2,000 calorie diet developed to meet recommendations from MyPyramid and the Dietary Guidelines for Americans.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						
Oatmeal (1 cup) <i>with Raisins (2 Tbsp.)</i> Orange Juice (1 cup) Low-fat Milk (½ cup)	Bran Flake Cereal (1 cup) <i>with Low-fat Milk (1 cup)</i> Whole Wheat Toast (1 slice) Banana (1 small) Grapefruit Juice (1 cup)	Puffed Wheat Cereal (1¼ cup) <i>with Raisins (2 Tbsp.)</i> <i>with Low-fat Milk (1 cup)</i> Whole Wheat Toast (1 slice) Banana (1 small)	Whole Wheat English Muffin (1 each) <i>with Soft Margarine, unsalted (1 tsp.)</i> Grapefruit (1 medium) Low-fat Milk (1 cup)	Whole Wheat Toast (2 slices) <i>with Peanut Butter (2Tbsp.)</i> Banana Slices (1 cup) Low-fat Milk (1 cup)	Scrambled Egg (1 egg) Hashed Brown Potatoes (½ cup) Whole Wheat Toast (1 slice) <i>with Soft Margarine (1 tsp.)</i> Orange Juice (1 cup) Low-fat Milk (1 cup)	Fantastic French Toast* (2 slices) <i>with Maple Syrup (2 Tbsp.)</i> Kiwi Fruit (½ cup) Honeydew Melon (¾ cup) Low-fat Milk (1 cup)
LUNCH						
Southwestern Salad* (2 cups) Corn Tortilla (1-6" round) Cantaloupe (½ cup) Lemon Iced Tea (1 cup)	Potato Soup* (1 cup) Wheat Crackers (1 oz.) Carrot Sticks (6 each) Low-fat Milk (½ cup)	Ham Sandwich: Ham slices (2 oz.) American Cheese (1 oz.) Lettuce (¼ cup) Tomato (2 slices) Mayonnaise (1 Tbsp.) Whole Wheat Bread (2 slices) Baked Beans* (¾ cup) Apple (1 medium) Low-fat Milk (½ cup)	Tuna Pasta Salad* (1½ cups) Rye Bread (1 slice) Celery (½ cup) Mandarin Oranges, canned (½ cup) Low-fat Fruit Yogurt (1 cup)	Grilled Cheese Sandwich: American Cheese (2 oz.) Tomato (2 slices) Whole Wheat Bread (2 slices) Ranch Beans* (1 cup) Celery (½ cup) Fruit cocktail (½ cup) Low-fat Milk (½ cup)	Baked Chicken Nuggets* (3 oz.) Macaroni Salad* (1½ cup) Peas (¾ cup) <i>with Soft Margarine (¼ tsp.)</i> Pears, canned (½ cup) Low-fat Milk (1 cup)	Baked Cod with Cheese* (3 oz.) Black Beans (1 cup) <i>with Green Pepper (¼ cup)</i> <i>with Onion (¼ cup)</i> Broccoli (¾ cup) <i>with Soft Margarine (1 tsp.)</i> Whole Wheat Dinner Roll (1 small)
DINNER						
Turkey Stir Fry* (¾ cup) Brown Rice (1 cup) Whole Wheat Dinner Roll (1 small) Peach Apple Crisp* (½ cup) Low-fat Milk (½ cup)	Beef Pot Roast* (3 oz.) Egg Noodles (1 cup) <i>with Soft Margarine (1/2 tsp.)</i> Green Beans (1 cup) Rice Pudding* (½ cup) Apple (1 medium) Low-fat Milk (1 cup)	Baked Spicy Fish* (3 oz.) Brown Rice (1 cup) Sweet Potatoes, baked <i>with cinnamon (1 tsp.)</i> Turnip Greens (½ cup) Oatmeal Cookies* (2 each) Low-fat Milk (½ cup)	Chicken & Vegetables* (1¼ cup) Scalloped Potatoes* (1 cup) Grapes (½ cup) Whole Wheat Bread (1 slice) Low-fat Milk (1 cup)	Oven Baked Chicken (3 oz.) Sweet Potatoes (1 cup) <i>with cinnamon (1 tsp.)</i> Broccoli (½ cup) <i>with Soft Margarine (1 tsp.)</i> Whole Wheat Dinner Roll (1 small) Peaches, canned (½ cup) Low-fat Milk (1 cup)	Pizza Meat Loaf * (2 oz.) Yellow Sweet Corn (¾ cup) Spinach (¾ cup) Pineapple (½ cup) Whole Wheat Dinner Roll (1 small) Fat-free Frozen Yogurt (½ cup) Low-fat Milk (½ cup)	Spaghetti with Meatballs Spaghetti Noodles (¾ cup) Tomato Sauce (½ cup) Baked Meatballs* French Bread (1 slice) Spinach Salad (1 cup) <i>with Vinaigrette dressing, fat-free (3 tsp.)</i> Low-fat Milk (1 cup)
SNACK						
Pears, canned (½ cup) Orange Gelatin Salad* (½ cup)	Popcorn, plain (3 cups) Water (1 cup)	Applesauce (½ cup) Low-fat Yogurt, plain (8 oz.)	Baked Crispy Potatoes* (½ cup) Apple Juice (1 cup)	Chickpea Dip* (3 Tbsp.) Pita Bread (1 piece)	Chilli Bean Dip* (2 Tbsp.) Pita Bread (½ cup)	Apple (1 medium) Low-fat Plain Yogurt (1 cup)

* Menu Item has corresponding recipe. Get the recipes at <http://www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/QuickandEasy/makeitquickandeasy.htm>

Notes: Iced Tea prepared with no added sugar. Choose fat-free or low-fat milk and milk products.