

2200 Calorie Sample Meal Plan

Client Name _____

Date _____

Dietitian/Dietetic Technician _____

Phone _____

Email _____

<i>Meal</i>	<i>Pattern</i>	<i>Food</i>
Breakfast		<i>Egg and Toast</i>
	1P	1 egg or ¼ cup egg substitute ¹
	4C	2 slices toast (2C) 6 oz light yogurt ² (1C) 1 orange (1C)
	2F	2 tsp margarine ⁵

Lunch		<i>Ham Sandwich</i>
	3P	2 oz deli sliced lean ham (2P) 1 oz low fat cheese (1P)
	4C	2 slices bread (2C) 1 pear (1C) ¾ oz light chips (1C)
	V	lettuce, tomatoes, raw broccoli and carrots ³
	2F	2 tsp mayonnaise or 4 tsp whipped salad dressing ⁴

Dinner		<i>Chicken with Pasta and Vegetables</i>
	5P	5 oz baked boneless skinless chicken breast
	4C	1 c cooked pasta (2C) 1 oz roll or 1 slice bread (1C) ½ cup juice packed pears, drained
	V	Mushrooms, zucchini, green peppers ³
	2F	2 Tbs low fat salad dressing or 1 Tbs regular salad dressing 1 tsp margarine ⁵

Snacks	Morning	Large apple or 1 c unsweetened applesauce (2C)
	Afternoon	
	n	3 c lite popcorn (100 Calorie pack = 1C, 1F)
	Evening	3 squares graham crackers and 1 c skim or 1% fat milk (2 C)

Notes:

¹ Scramble without fat, boil, or grill with cooking spray. Or, you may use the margarine to cook the egg and eat the toast dry or with sugar free jam or jelly

² Choose sugar free, fat free yogurt with less than 100 Calories per serving

³ Eat non starchy vegetables without added fat as desired

⁴ Use mustard (free) instead of mayo and save the fat for dinner

⁵ Soft tub margarines are lower in saturated and trans fats than butter or stick margarine

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