2,000 calorie meal plan

Easy meal planning

Trying to lose weight or trying to eat healthier, but don't know what to eat? This meal plan provides many healthy options for breakfast, lunch, dinner and snacks. Select one item from each food list starting on page 2 to make a balanced meal or snack. Pay close attention to the portion sizes to help you stick to your calorie limit. Enjoy!

Healthy day example:

**Breakfast**
- 2 eggs, scrambled cooked with 1 teaspoon vegetable oil
- 1 cup oatmeal, cooked with 2 teaspoons natural peanut butter
- 1 small banana, sliced

**Snack #1**
- ¼ cup unsalted almonds
- 1 medium orange

**Lunch**
- Salad: bed of spinach, ¼ cup tomatoes, ¼ cup chopped cucumbers, ¼ cup shredded carrots, ¼ cup mushrooms, ½ cup cooked quinoa, 4 ounces grilled chicken, 2 tablespoons regular salad dressing
- ½ whole-wheat pita (6" across)
- 1 cup strawberries

**Snack #2**
- 1 string cheese
- 5-6 whole-grain crackers

**Dinner**
- 4 ounces baked chicken breast cooked with 2 teaspoons olive oil
- 1 cup mashed sweet potatoes with 1 tablespoon light butter spread
- 2 cups steamed broccoli
- 1 cup blueberries

**Snack #3**
- ½ cup hummus
- 1 cup raw veggies (cucumbers, bell peppers)
# Breakfast

## PROTEIN

Choose 2 servings (ex: 2 large eggs)

1 serving equals:
- 1 whole egg
- ¼ cup egg beaters
- 2 egg whites
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 ounce cheese
- 1 ounce turkey sausage

## GRAIN

Choose 2 servings (ex: 1 cup of oatmeal, cooked)

1 serving equals:
- 1 packet low-sugar instant oatmeal
- ½ cup rolled or steel-cut oats, cooked
- 1 serving of dry whole-grain cereal (¾ cup bran flakes, shredded wheat)
- 1 whole-wheat waffle
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- ½ whole-wheat small bagel or English muffin

## FRUIT

Choose 1 serving

1 serving equals:
- ½ cup 100% juice (orange, apple)
- 1 medium fruit (orange, apple, peach, nectarine, pear)
- ½ grapefruit
- 1 cup berries/grapes (strawberries, blueberries, raspberries)
- 1 small banana
- 2 tablespoons of unsweetened dried fruit (raisins)
- ½ cup canned fruit in natural juice (not syrup)
- 1 cup melon (cantaloupe, honeydew, watermelon)

## FAT

Choose 2 servings

1 serving equals:
- 1 teaspoon olive oil/vegetable oil
- 1 teaspoon butter
- 2 teaspoons natural peanut butter
- 1 tablespoon light butter spread
- 2 tablespoons light cream cheese
- 2 tablespoons nuts (almond, walnuts)
### Lunch

#### PROTEIN

**Choose 4 servings (ex: 4 ounces chicken)**

- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese
- ¼ cup cottage cheese
- 1 ounce tuna, canned in water
- ½ cup hummus
- ½ cup beans or lentils, cooked
- ½ cup tofu

**1 serving equals:**

- Choose 4 servings

#### GRAIN

**Choose 2 servings (ex: 1 cup of pasta, cooked)**

- ½ cup potatoes or ½ small potato (sweet or white potato)
- ½ cup brown rice, barley, quinoa or other whole grain, cooked
- ½ cup whole-wheat pasta or noodles, cooked
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- 1 low-carb whole-wheat sandwich thin
- 1 whole-wheat tortilla (6" across)
- ½ whole-wheat pita (6" across)

**1 serving equals:**

- Choose 2 servings

#### VEGETABLES

**Choose 2 or more servings (ex: 2 cups salad)**

- 1 cup mixed greens salad
- ½ cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)

**1 serving equals:**

- Choose 2 or more servings

#### FRUIT

**Choose 1 serving**

- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 2 tablespoons of unsweetened dried fruit (raisins)
- 1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)
- 1 small banana

**1 serving equals:**

- Choose 1 serving

#### FAT

**Choose 2 servings**

- 1 tablespoon regular salad dressing
- 2 tablespoons light salad dressing
- 1 teaspoon olive oil/vegetable oil
- 1 tablespoon light butter spread
- 2 tablespoons light mayo
- 2 tablespoons hummus
- 2 teaspoons mayo
- ½ slice avocado
- 2 tablespoons nuts (almonds, walnuts)

**1 serving equals:**

- Choose 2 servings
## Dinner

### Protein

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 4 servings (ex: 4 ounces chicken)</th>
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<tbody>
<tr>
<td>• 1 ounce skinless chicken or turkey</td>
<td>• 1 ounce cheese</td>
</tr>
<tr>
<td>• 1 ounce fish (cod, flounder, haddock, salmon)</td>
<td>• 1/4 cup cottage cheese</td>
</tr>
<tr>
<td>• 1 ounce lean beef or pork (&lt;93% lean)</td>
<td>• 1 ounce tuna, canned in water</td>
</tr>
<tr>
<td>• 1 ounce cheese</td>
<td>• 1/4 cup hummus</td>
</tr>
<tr>
<td>• 1/4 cup cottage cheese</td>
<td>• 1/4 cup beans or lentils, cooked</td>
</tr>
<tr>
<td>• 1 ounce cheese</td>
<td>• 1/2 cup tofu</td>
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</table>

### Grain

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 2 servings (ex: 1 cup of pasta, cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1/2 cup potatoes or 1/2 small potato (sweet or white potato)</td>
<td>• 1 slice whole-grain bread</td>
</tr>
<tr>
<td>• 1/2 cup brown rice, barley, quinoa or other whole grain, cooked</td>
<td>• 2 slices light whole-wheat bread</td>
</tr>
<tr>
<td>• 1/2 cup whole-wheat pasta or noodles, cooked</td>
<td>• 1 low-carb whole-wheat sandwich thin</td>
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<tr>
<td>• 1/2 cup potatoes or 1/2 small potato (sweet or white potato)</td>
<td>• 1 whole-wheat tortilla (6” across)</td>
</tr>
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<td>• 1/2 cup potatoes or 1/2 small potato (sweet or white potato)</td>
<td>• 1/2 whole-wheat tortilla (6” across)</td>
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### Vegetables

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 2 or more servings (ex: 2 cups salad)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 cup mixed greens salad</td>
<td>• 1 medium fruit (orange, apple, peach, nectarine, pear)</td>
</tr>
<tr>
<td>• 1/2 cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)</td>
<td>• 1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)</td>
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### Fruit

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<tr>
<td>• 1 medium fruit (orange, apple, peach, nectarine, pear)</td>
<td>• 1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)</td>
</tr>
<tr>
<td>• 2 tablespoons of unsweetened dried fruit (raisins)</td>
<td>• 1 small banana</td>
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</table>

### Fat

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 2 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 tablespoon regular salad dressing</td>
<td>• 2 tablespoons light mayo</td>
</tr>
<tr>
<td>• 2 tablespoons light salad dressing</td>
<td>• 2 tablespoons hummus</td>
</tr>
<tr>
<td>• 1 teaspoon olive oil/vegetable oil</td>
<td>• 2 teaspoons mayo</td>
</tr>
<tr>
<td>• 1 tablespoon light butter spread</td>
<td>• 1/4 slice avocado</td>
</tr>
<tr>
<td>• 1 tablespoon light butter spread</td>
<td>• 2 tablespoons nuts (almonds, walnuts)</td>
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</table>
Snacks

*(choose 1 snack between each meal — up to 3 snacks per day)*

Include 1 protein and 1 carbohydrate to keep you feeling full, longer.

### PROTEIN

<table>
<thead>
<tr>
<th>1 serving equals:</th>
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<tbody>
<tr>
<td>1 ounce cheese</td>
<td>• ½ cup hummus</td>
</tr>
<tr>
<td>1 cup milk or unsweetened soy milk</td>
<td>• ¼ cup unsalted nuts (almonds, walnuts, pecans)</td>
</tr>
<tr>
<td>1 cup yogurt, plain</td>
<td>• 47 unsalted pistachios (1 ounce)</td>
</tr>
<tr>
<td>1 string cheese</td>
<td>• 2 tablespoons natural nut butter</td>
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<tr>
<td>1 large hard-boiled egg</td>
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### CARBOHYDRATE

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 1 serving</th>
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</thead>
<tbody>
<tr>
<td>Fruit (see serving sizes above): aim for no more than 3 to 4 fruits per day</td>
<td>• 1 slice of whole-wheat bread or 2 slices of light whole-wheat bread</td>
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<tr>
<td>Whole-wheat crackers (refer to serving size on package)</td>
<td>• Whole-grain tortilla chips (refer to serving size on package)</td>
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<tr>
<td>½ whole-wheat English muffin</td>
<td>• 3 cups of air-popped popcorn</td>
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</tbody>
</table>

### OTHER GREAT SNACK IDEAS

<table>
<thead>
<tr>
<th>1 serving equals:</th>
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<tbody>
<tr>
<td>2 tablespoons guacamole and 1 cup raw veggies (peppers, cucumbers)</td>
<td>• Whole-grain granola bar (look for 3 or more grams of fiber per bar; 8 or less grams of sugar per bar)</td>
</tr>
<tr>
<td>3 ounces cooked shrimp and 1 tablespoon cocktail sauce</td>
<td>• 1 ounce 70% dark chocolate squares</td>
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<tr>
<td>1 sliced tomato, 1 ounce mozzarella and balsamic vinegar</td>
<td>• ½ peanut butter sandwich on whole-grain bread</td>
</tr>
<tr>
<td>½ cup sliced peaches and 1 ounce prosciutto</td>
<td>• Homemade smoothie (¼ cup yogurt, 1 cup milk and 1 cup frozen fruit blended together)</td>
</tr>
<tr>
<td>100-calorie whole-grain snack pack</td>
<td>• 1 cup plain Greek yogurt with ½ cup fruit and 1 teaspoon of chopped nuts</td>
</tr>
</tbody>
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