2,400 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**
- 3 eggs, scrambled cooked with 2 teaspoons vegetable oil
- 1½ cups 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, 2 tablespoons sunflower seeds, 4 ounces grilled chicken, 2 tablespoons regular salad dressing
- 1 whole-wheat pita
- 1 cup strawberries

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

**Dinner**
- 5 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

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 3 servings (ex: 3 large eggs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 whole egg</td>
<td>• 1 cup yogurt, plain</td>
</tr>
<tr>
<td>• ¼ cup egg beaters</td>
<td>• 1 ounce cheese</td>
</tr>
<tr>
<td>• 2 egg whites</td>
<td>• 1 ounce turkey sausage</td>
</tr>
<tr>
<td>• 1 cup milk or unsweetened soy milk</td>
<td></td>
</tr>
</tbody>
</table>

## Grain

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 3 servings (ex: 1½ cups of oatmeal, cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 packet low-sugar instant oatmeal</td>
<td>• 1 whole-wheat waffle</td>
</tr>
<tr>
<td>• ½ cup rolled or steel-cut oats, cooked</td>
<td>• 1 slice whole-grain bread</td>
</tr>
<tr>
<td>• 1 serving of dry whole-grain cereal (¾ cup bran flakes, shredded wheat)</td>
<td>• 2 slices light whole-wheat bread</td>
</tr>
<tr>
<td></td>
<td>• ½ whole-wheat small bagel or English muffin</td>
</tr>
</tbody>
</table>

## Fruit

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 1 serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ½ cup 100% juice (orange, apple)</td>
<td>• 1 small banana</td>
</tr>
<tr>
<td>• 1 medium fruit (orange, apple, peach, nectarine, pear)</td>
<td>• 2 tablespoons of unsweetened dried fruit (raisins)</td>
</tr>
<tr>
<td>• ½ grapefruit</td>
<td>• ½ cup canned fruit in natural juice (not syrup)</td>
</tr>
<tr>
<td>• 1 cup berries/grapes (strawberries, blueberries, raspberries)</td>
<td>• 1 cup melon (cantaloupe, honeydew, watermelon)</td>
</tr>
</tbody>
</table>

## Fat

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 3 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 teaspoon olive oil/vegetable oil</td>
<td>• 1 tablespoon light butter spread</td>
</tr>
<tr>
<td>• 1 teaspoon butter</td>
<td>• 2 tablespoons light cream cheese</td>
</tr>
<tr>
<td>• 2 teaspoons natural peanut butter</td>
<td>• 2 tablespoons nuts (almond, walnuts)</td>
</tr>
</tbody>
</table>
## Lunch

### PROTEIN

1 serving equals:
- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese

Choose 4 servings (ex: 4 ounces chicken)

| ¼ cup cottage cheese | 1 ounce tuna, canned in water | ½ cup hummus | ½ cup beans or lentils, cooked | ½ cup tofu |

### GRAIN

1 serving equals:
- 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

Choose 3 servings (ex: ½ cup of quinoa, cooked + 1 whole-wheat pita)

| 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) |

### VEGETABLES

1 serving equals:
- 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)

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

### FRUIT

1 serving equals:
- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 2 tablespoons of unsweetened dried fruit (raisins)

Choose 1 serving

| 1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon) | 1 small banana |

### FAT

1 serving equals:
- 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

Choose 3 servings

| 2 tablespoons hummus | 2 teaspoons mayo | ½ slice avocado | 2 tablespoons nuts (almonds, walnuts) |
Dinner

### PROTEIN

Choose 5 servings (ex: 5 ounces chicken)

1 serving equals:
- 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

### GRAIN

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

1 serving equals:
- 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)

### VEGETABLES

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

1 serving equals:
- 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)

### FRUIT

Choose 1 serving

1 serving equals:
- 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

### FAT

Choose 3 servings

1 serving equals:
- 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
- ¼ slice avocado
- 2 tablespoons nuts (almonds, walnuts)
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
Choose 1 serving

1 serving equals:
- 1 ounce cheese
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 string cheese
- 1 large hard-boiled egg
- ¼ cup unsalted nuts (almonds, walnuts, pecans)
- 47 unsalted pistachios (1 ounce)
- 2 tablespoons natural nut butter

### CARBOHYDRATE
Choose 1 serving

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

### OTHER GREAT SNACK IDEAS

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