

Sample ~ 2000 Calorie, Low fat Meal Plan

Breakfast

1 cup oatmeal made with water
1 scrambled egg
1 slice Canadian bacon
1 slices toast
2 teaspoons **diet** butter/margarine
2 oz fat free milk

Morning Snack

½ bagel
1 tablespoon almond or peanut butter

Lunch

2 oz turkey or chicken breast, lean pork, shellfish, or other lean meat/fish.
2 slices bread/toast
1 tablespoon diet mayonnaise, butter or margarine
½ cup unsweetened fruit
1-2 ounce bag pretzels

Afternoon Snack

6 saltines/ or 6 Ak-mak crackers (see below)
1 oz hard cheese

Dinner

4 oz grilled chicken, pork chop, white fish/shellfish, or other lean meat
1 medium baked potato, or 1 cups rice or pasta
½ cup green beans, carrots, etc.
2 dinner rolls
1 tablespoon **diet** butter/margarine

Evening snack

Sandwich:

- 1 slices toast
- 2 ounces lean meat
- 1 tablespoon diet mayonnaise, butter or margarine

8 Stauffer's animal crackers or 2 graham cracker squares