

Week 1 Menu Planner

This is a sample meal plan for a week based on 2,000 calories each day. Recipes for a number of the dishes are included. Averaged over a week, this plan meets the recommended amounts based on the Dietary Guidelines for Americans. Adjust the plan based on your needs.

Day 1 - Monday	Day 2 - Tuesday	Day 3 - Wednesday	Day 4 - Thursday	Day 5 - Friday	Day 6 - Saturday	Day 7 - Sunday
Breakfast						
1/2 cup oatmeal 1/4 cup raisins 1/2 cup orange juice 1 cup lowfat milk	1 cup whole grain cereal 1 cup lowfat milk 1 slice whole wheat toast with 2 tsp. margarine 1/2 large banana	1/2 cup oatmeal 1 cup lowfat milk 1 slice whole wheat toast with 1 Tbsp. peanut butter 1/2 large banana	2 slices whole wheat toast with 4 tsp. margarine 1/2 cup orange juice 1 cup lowfat milk	2 slices whole wheat toast with 4 tsp. margarine 1/2 large banana 1/2 cup orange juice 1 cup lowfat milk	1 cup whole grain cereal 1 egg, scrambled 1/2 cup orange juice 1 cup lowfat milk	2 eggs, scrambled with 1/2 cup vegetable of choice 2 slices whole wheat toast with 4 tsp. margarine 1/2 cup orange juice 1 cup lowfat milk
Lunch						
Tuna Salad Wrap 1 small whole wheat tortilla/wrap, 2.5 oz. tuna, 1 Tbsp. lowfat mayonnaise 1/2 cup Picnic Potato Salad* (make the Picnic Potato Salad, use it for lunch today and for lunch on day 4) 1/2 cup mandarin oranges 1 cup lowfat milk	1 cup recipe and 1 cup rice Caribbean Black Beans and Rice* (make the Caribbean Black Beans and Rice, use it for lunch today and for lunch on day 3) 1 cup tossed salad with 2 Tbsp. lowfat dressing 1/2 cup sliced tomatoes (about 1/2 small tomato) 1 cup lowfat milk 1/2 cup fruit cocktail	Caribbean Black Beans and Rice (leftover from Day 2 Lunch) in 1 whole wheat tortilla/wrap; with 2 Tbsp. salsa 1/2 cup carrot sticks (about 1 carrot) 1 small fresh apple 1 cup lowfat milk	Turkey Sandwich with 2 slices whole wheat bread, 2 oz. turkey, 1 tomato slice, 3 lettuce leaves, 2 tsp. lowfat mayonnaise 1/2 cup Picnic Potato Salad (leftover from Day 1 Lunch) 1/2 cup applesauce 1 cup lowfat milk	1 cup Italian Bean and Pasta Salad* 2 slices tomato 1/2 cup fruit cocktail 1 cup lowfat milk	English Muffin Turkey Burgers with 1 English muffin and 2 oz. turkey patty 1/4 cup Carrot Raisin Salad* 1/2 cup pears, canned 1 cup lowfat milk	1 cup Italian Bean and Pasta Salad (leftover from Day 5 Lunch) 1/2 cup peaches, canned 1 cup lowfat milk
Dinner						
2 cups Chicken Stir Fry* 1/2 cup rice 1 slice whole wheat bread with 2 tsp. margarine 1 cup lowfat milk	1 1/2 cups Skillet Noodles and Beef* 1 cup green beans with 2 tsp. margarine 1 cup lowfat milk	4 ounces Baked Spicy Fish* 1/2 large baked sweet potato 1 cup corn 1 slice whole wheat bread with 2 tsp. margarine 1 cup lowfat milk	1 Pork chop 1/2 cup Oven Fries* 1 cup peas 1/2 cup grapes 1 slice whole wheat bread with 2 tsp. margarine 1 cup lowfat milk	4 ounces Crispy Oven Chicken* 1 cup broccoli with 2 tsp. margarine 1 slice whole wheat bread with 2 tsp. margarine 1/2 cup peaches, canned 1 cup lowfat milk	1 1/2 cups Mix 'N Match Pasta* 1 cup tossed salad with 2 Tbsp. lowfat dressing 1 slice of whole wheat bread with 2 tsp. margarine 1 cup lowfat milk	2 small pizzas English Muffin Pizza* 1 cup tossed salad with 2 Tbsp. lowfat dressing 1 cup lowfat milk
Snack						
1/2 cup pears, canned 2 graham crackers	3 cups plain popcorn 1 small fresh apple	1/2 cup applesauce 2 graham crackers	1/2 cup pears, canned 5-7 whole wheat crackers	1/2 cup carrot sticks (about 1 medium) 1/2 cup celery sticks (about 1 stalk) 2 Tbsp. lowfat dressing	1 small fresh apple, sliced 1 Tbsp. peanut butter	2 graham crackers 1 Tbsp. peanut butter

*Menu item has corresponding recipe. Get the recipes at - http://extension.unh.edu/FoodNutr/smart_choices/Day1Recipes.htm