

EAT SMART. PLAY HARD.™ HEALTHY LIFESTYLE—WEEK 2

MENU PLANNER

One week of menus for 1 person for a 2,000 calorie diet developed to meet recommendations from MyPyramid and the Dietary Guidelines for Americans.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						
Breakfast Egg Burrito* (1) Cantaloupe (½ cup) Orange Juice (1 cup) Low-fat Milk (1 cup)	Egg Muffin Sandwich: Scrambled Egg (1) American Cheese (1 oz.) Whole Wheat English Muffin (1 muffin) Orange Juice (1 cup)	Shredded Wheat Cereal (1 cup) <i>with</i> Low-fat Milk (1 cup) Banana (1 small) Orange Juice (1 cup)	Whole Wheat Toast (2 slices) <i>with</i> Peanut Butter (1½ Tbsp.) Cantaloupe (½ cup) Low-fat Milk (1 cup)	Oatmeal (1 cup) <i>with</i> Raisins (¼ cup) Tropical Morning Treat* (1 cup)	Pumpkin Muffin* (1 small) <i>with</i> Soft Margarine (1 tsp.) Banana (1 large) Low-fat Milk (1 cup)	Raisin Bran Cereal (1 cup) <i>with</i> Low-fat Milk (1 cup) Apple (½ small) Orange Juice (1 cup)
LUNCH						
Lentil Stew* (1½ cups) Mixed Green Salad (2 cups) <i>with</i> Reduced Calorie Dressing (2 Tbsp.) Corn Bread* (1 medium piece) Lemon Iced Tea (1 cup)	Broccoli & Cheese Potato: Baked Potato (medium) Broccoli (1 cup) Cheese (.75 oz.) Apple (½ small) Lemon Iced Tea (1 cup)	Bean & Cheese Enchiladas* Mixed Green Salad (2 cups) <i>with</i> Reduced Calorie Dressing (2 Tbsp.) Grapes (½ cup) Lemon Iced Tea (1 cup)	Spinach Salad* (2 cups) Garlic Toast* (1 slice) Mandarin Oranges (½ cup) Low-fat Milk (1 cup)	Turkey Sandwich: Turkey slices (2.5 oz.) Lettuce (¼ cup) Tomato (¼ cup) Mayonnaise (2 Tbsp.) Whole Wheat Bread (2 slices) Apple Coleslaw* (1 cup) Low-fat Milk (1 cup)	Chicken Salad Sandwich: Chicken Salad* (½ cup) Lettuce (¼ cup) Tomato (¼ cup) Whole Wheat Bread (2 slices) Carrot Raisin Salad* (½ cup) Baked Beans (½ cup) Low-fat Milk (1 cup)	Vegetarian Chili* (1½ cup) Whole Wheat Garlic Toast* (2 slices) Corn (1 cup) Low-fat Milk (1 cup)
DINNER						
Pork Chops & Peppers* (3 oz.) Roasted Sweet Potatoes (1 cup) Green Peas (½ cup) Applesauce (½ cup) Dinner Roll (1 small) <i>with</i> Soft Margarine (1 tsp.) Low-fat Milk (1 cup)	Baked Fish* (3 oz.) Cuban Beans* (½ cup) Brown Rice (1 cup) Sliced Tomato (½ cup) Dinner Rolls (2 small) <i>with</i> Soft Margarine (2 tsp.) Low-fat Milk (1 cup)	Beef Stir Fry* (1½ cup) White Rice (1 cup) Low-fat Yogurt (1 cup) Low-fat Milk (1 cup)	Baked Chicken* (3 oz.) Egg Noodles (1 cup) <i>with</i> Soft Margarine (2 tsp.) Green Beans (½ cup) Low-fat Yogurt (1 cup) Lemon Iced Tea (1 cup)	Salmon Shepherd's Pie* (3 oz.) Delicious Greens* (½ cup) Corn-on-the-Cob (1 small ear) Dinner Roll (1 small) <i>with</i> Soft Margarine (2 tsp.) Peach, sliced (1 small) Low-fat Milk (1 cup)	Make-Your-Own Pizza* (2 oz.) Mixed Green Salad (2 cups) <i>with</i> Reduced Calorie Dressing (2 Tbsp.) Applesauce (1 cup) Banana Pudding* (½ cup) Low-fat Milk (½ cup)	Turkey Patty* (3 oz.) Broccoli (½ cup) Mashed Potatoes (1 cup) <i>with</i> Soft Margarine (2 tsp.) Fat-free Frozen Yogurt (½ cup) <i>with</i> Pineapple, Crushed (½ cup) Low-fat Milk (½ cup)
SNACK						
Oatmeal Raisin Cookies* (2 cookies) Low-fat Milk (1 cup)	Low-fat Yogurt (1 cup) Raisins (¼ cup)	Baby Carrots (1 cup) Saltine Crackers, Low Sodium (7 crackers)	Apple (1 small) Graham Crackers (2 crackers)	Saltine Crackers, Low Sodium (7 crackers) Low-fat Yogurt (1 cup)	5-Layer Bean Dip* (½ cup) Corn Tortilla (1-6" round)	Whole Wheat Crackers, Low Sodium (5 crackers) Peanut Butter (2 Tbsp.)

* Menu Item has corresponding recipe. Get the recipes at www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/QuickandEasy/Menus/Week2_samplemenu1.htm

Notes: Iced Tea prepared with no added sugar. Choose fat-free or low-fat milk and milk products.