

Calorie Meal Plans (Daily)	1,200	1,500	1,800	2,000	2,500
Starch	5	7	8	9	11
Fruit	3	3	4	4	6
Milk	2	2	3	3	3
Vegetables	2	2	3	4	5
Meat & Meat Substitutes	4	4	6	6	8
Fat	3	4	4	5	6

1,200 Calories	1,200 Sample Menu	1,500 Calories	1,800 Calories	2,000 Calories	2,500 Calories
Breakfast 1 Starch 1 Fruit 1 Milk	English Muffin ½ Banana (medium) ½ Hot cocoa mix 1 envelope	Add 1 Starch	Add 1 Starch	Add 1 Starch 1 Fat	Add 1 Starch 1 Fat 1 Fruit
Lunch 1 Starch 2 Meat 1 Vegetable 1 Fruit 1 Fat	Tortilla (6") 1 oz Chicken 1 oz Cheese 1 oz Beans Apple (raw – 2") Salad dressing 2 Tbsp	1 Starch	1 Starch 1 Meat 1 Milk	1 Starch 1 Milk 1 Fat 1 Vegetable	1 Starch 1 Meat 1 Vegetable 1 Fat 1 Milk
Snack Nothing				1 Starch	1 Starch 1 Meat 1 Fruit
Dinner 2 Starches 2 Meat 1 Vegetable 1 Fruit 2 Fat	Rice 1/3 cup Corn chips 1 oz Chicken 2 oz Onions Butter 1 tsp Oil 1 tsp Canned fruit ½ cup	1 Fat	1 Starch 1 Meat 1 Vegetable 1 Fat	1 Starch 2 Meat 1 Vegetable	2 Starch 2 Meat 2 Vegetable 1 Fat
Snack 1 Starch 1 Milk	Whole milk 8 oz Popcorn 3 cups		1 Fruit	1 Fruit	1 Fruit