



live life well.



TIP OF THE WEEK

Sample Menu for a 2000 Calorie Food Pattern

Day 1	Day 2	Day 3	Day 4
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast burrito 1 flour tortilla (7" diameter) 1 scrambled egg (in 1 tsp soft margarine) 1/3 cup black beans* 2 tbsp salsa 1 cup orange juice 1 cup fat-free milk	Hot cereal 1/2 cup cooked oatmeal 2 tbsp raisins 1 tsp soft margarine 1/2 cup fat-free milk 1 cup orange juice	Cold cereal 1 cup bran flakes 1 cup fat-free milk 1 small banana 1 slice whole wheat toast 1 tsp soft margarine 1 cup prune juice	1 whole wheat English muffin 2 tsp soft margarine 1 tbsp jam or preserves 1 medium grapefruit 1 hard-cooked egg 1 unsweetened beverage
LUNCH	LUNCH	LUNCH	LUNCH
Roast beef sandwich 1 whole grain sandwich bun 3 ounces lean roast beef 2 slices tomato 1/4 cup shredded romaine lettuce 1/8 cup sauteed mushrooms (in 1 tsp oil) 1 1/2 ounce part-skim mozzarella cheese 1 tsp yellow mustard 3/4 cup baked potato wedges* 1 tbsp ketchup 1 unsweetened beverage	Taco salad 2 ounces tortilla chips 2 ounces ground turkey, sauteed in 2 tsp sunflower oil 1/2 cup black beans* 1/2 cup iceberg lettuce 2 slices tomato 1 ounce low-fat cheddar cheese 2 tbsp salsa 1/2 cup avocado 1 tsp lime juice 1 unsweetened beverage	Tuna fish sandwich 2 slices rye bread 3 ounces tuna (packed in water, drained) 2 tsp mayonnaise 1 tbsp diced celery 1/4 cup shredded romaine lettuce 2 slices tomato 1 medium pear 1 cup fat-free milk	White bean-vegetable soup 1 1/4 cup chunky vegetable soup 1/2 cup white beans* 2 ounce breadstick 8 baby carrots 1 cup fat-free milk
DINNER	DINNER	DINNER	DINNER
Stuffed broiled salmon 5 ounce salmon filet 1 ounce bread stuffing mix 1 tsp chopped onions 1 tsp diced celery 2 tsp canola oil 1/2 cup saffron (white) rice 1 ounce slivered almonds 1/2 cup steamed broccoli 1 tsp soft margarine 1 cup fat-free milk	Spinach lasagna 1 cup lasagna noodles, cooked (2 oz dry) 2/3 cup cooked spinach 1/2 cup ricotta cheese 1/2 cup tomato sauce tomato bits* 1 ounce part-skim mozzarella cheese 1 ounce whole wheat dinner roll 1 cup fat-free milk	Roasted chicken breast 3 ounces boneless skinless chicken breast* 1 large baked sweetpotato 1/2 cup peas and onions 1 tsp soft margarine 1 ounce whole wheat dinner roll 1 tsp soft margarine 1 cup leafy greens salad 3 tsp sunflower oil and vinegar dressing	Rigatoni with meat sauce 1 cup rigatoni pasta (2 ounces dry) 1/2 cup tomato sauce tomato bits* 2 ounces extra lean cooked ground beef (sauteed in 2 tsp vegetable oil) 3 tsp grated Parmesan cheese Spinach salad 1 cup baby spinach leaves 1/2 cup tangerine slices 1/2 ounce chopped walnuts 3 tsp sunflower oil and vinegar dressing 1 cup fat-free milk
SNACKS	SNACKS	SNACKS	SNACKS
1 cup cantaloupe	1/2 ounce dry-roasted almonds* 1/4 cup pineapple 2 tbsp raisins	1/4 cup dried apricots 1 cup low-fat fruited yogurt	1 cup low-fat fruited yogurt

For complete Sample Menu at 2000 Calorie Level from Centers for Disease Control and Prevention, please visit: www.mypyramid.gov/downloads/sample_menu.pdf