

Prepared for MARILEO

Balanced Diet ► 1200 Calories



Lean Protein

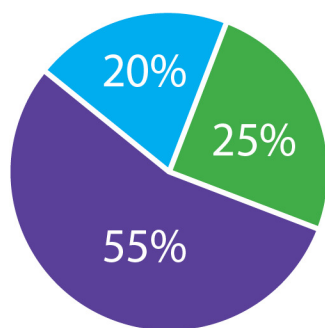
20%

Healthy Fat

25%

Complex Carbohydrates

55%



How to Eat?

Strive to eat a balance of lean proteins, healthy fats and low-glycemic, high fiber vegetables, fruits, grains and legumes at each meal versus reducing or eliminating fats or carbohydrates from your diet.

Table of Contents

General Guidelines	2
Diet Overview	3
Nutrient Breakdown	4-5
Snack Exchange	6
Meal Plan Ideas	7-12

Balanced Diet ► 1200 Calories

General Guidelines

- Choose organic, seasonal and locally-grown foods whenever possible.
- Choose vegetables from a rainbow of colors.
- Complex Carbohydrates – focus on whole foods that have been minimally processed.
- When choosing fruit, limit to 1-2 servings per day and focus on low-glycemic choices (like berries).
- Avoid trans fats, hydrogenated oils and fatty cuts of meat high in saturated fat.
- Animal protein guidelines – select lean cuts of meat (loin vs. rib), organic poultry, wild-caught vs. farm-raised cold-water fish and seafood, wild game, and pasture eggs.
- Drink 8 glasses of water per day – limit fluids to 4-8 oz during meals.
- Enjoy the process of eating! Always put your food on a plate, take time to savor each bite, chew your food thoroughly and avoid eating while watching television or working at your desk.
- Healthy snack guidelines: If you include snacks, be sure to lower your protein, fat, starch, and/or fruit servings during meals to account for the additional snack calories.
 - o If you have the snacking gene, you may benefit from dividing overall calories to include 3 meals and 1-2 daily snacks.

Balanced Diet ► 1200 Calories

Diet Overview

Lean Protein

20%

240 Calories Per Day

5 Protein Servings/Day

Healthy Fat

25%

300 Calories Per Day

6 Fat Servings/Day

Complex Carbohydrates

55%

660 Calories Per Day

6-7 Starch Servings/Day

1-2 Fruit Servings/Day

Non-Starchy Vegetables

5+ Eat as many servings as you want!
At least 5 servings per day

Snack Exchange

0-2 Snacks per day
See snack exchange sheet for more detail

Balanced Diet ► 1200 Calories

Nutrient Breakdown

Serving Sizes (relatively based on the American Dietetic and Diabetes Association's guidelines)

Lean Protein: 5 Servings/Day

1 protein serving = about 7g of protein or 50kcal:

- | | | | |
|--|----------------------|-------------------------------|-----------------|
| ■ Chicken | ■ Cottage cheese | ■ Lean red meats (beef, lamb) | ■ Pork and more |
| ■ Cold water fish (salmon, halibut, tuna, trout, etc.) | ■ Eggs | ■ Wild game | |
| | ■ Greek-style yogurt | ■ Turkey | |

- 1 oz cooked animal protein (poultry, meat and fish)
- 1 oz cheese or ¼ cup shredded cheese or 1 oz string cheese
- 1 egg or 2 egg whites
- 3 oz low-fat plain Greek-style yogurt
- ¼ cup low-fat cottage cheese
- ½ cup low-fat (1%) milk
- 1 scoop protein powder that contains about 7g protein, 0-5g carbohydrate, and 0-3g fat

Healthy Fat: 6 Servings/Day

1 fat serving = about 5g of fat or 50kcal:

- | | | |
|--------------------------------|---------------|------------|
| ■ Avocado | ■ Nut butters | ■ Raw nuts |
| ■ Coconut milk | ■ Olive oil | ■ Seeds |
| ■ Freshly ground flaxseed meal | ■ Olives | ■ and more |

- 6 almonds, cashews or mixed nuts, 4 pecans or walnuts, 1 Tbsp pine nuts
- 1½ tsp nut butters
- 1 Tbsp seeds
- 2 Tbsp avocado
- 1 tsp olive, canola, or flaxseed oil
- 5 large or 10 very small olives
- 2 Tbsp ground flaxseed meal
- 1 Tbsp regular dressing or 2 Tbsp light dressing (vinaigrette recommended)
- 1½ Tbsp coconut milk
- 2 Tbsp hummus

MUFAs (monounsaturated fatty acids) are healthy dietary fats found in avocados, olives, olive oil and nuts. If your report shows an "increased benefit" from MUFAs, you should focus on eating these foods for your fat choices.

PUFAs (polyunsaturated fatty acids) are fats that have proven to be beneficial, especially for heart and brain function. If your report shows an "increased benefit" from PUFAs, you should focus more on consuming omega-3 rich foods including cold-water fish like salmon and halibut, walnuts, and seeds like flax and hemp.

Balanced Diet ► 1200 Calories

Nutrient Breakdown

Serving Sizes (relatively based on the American Dietetic and Diabetes Association's guidelines)

Complex Carbohydrates / Healthy Starches: 6-7 Servings/Day

1 starch serving = about 15g of carbohydrate or 80kcal:

- | | | | | |
|-----------------------|------------------|--------------------|----------------------|------------------------|
| ■ Barley | ■ Cooked carrots | ■ Lentils | ■ Rye | ■ Turnips |
| ■ Beets | ■ Ginger root | ■ Millet | ■ Sweet potato, yams | ■ Whole-wheat products |
| ■ Brown rice products | ■ Legumes | ■ Peas, split peas | ■ Squash | ■ and more |
| ■ Bulgur | ■ Jicama | ■ Quinoa | ■ Steel cut oats | |

- ½ cup cooked beans, lentils, grains, winter squash, or starchy and/or root vegetables (potatoes including: sweet potatoes and yam potatoes)
- 1 slice whole-wheat bread
- 1 small high fiber/low-carb tortilla
- ¾ cup unsweetened, high fiber dry cereal
- ½ cup cooked oatmeal or ¼ cup cooked steel cut oats
- ⅓ cup cooked whole-wheat pasta, brown rice, couscous, quinoa, millet or barley
- 2-5 whole-wheat crackers
- 3 cups popped popcorn

Complex Carbohydrates / Fruit: 1-2 Servings/Day

1 fruit serving = about 15g of carbohydrate or 60kcal:

- | | | | | |
|------------|---|--------------|--------------|--------------|
| ■ Apples | ■ Berries: black, blue, straw, elder, logan, rasp and goose | ■ Cherries | ■ Mango | ■ Plums |
| ■ Apricots | <i>Choose these most often</i> | ■ All citrus | ■ Nectarines | ■ Watermelon |
| ■ Banana | | ■ Grapes | ■ Papaya | ■ and more |
| | | ■ Kiwi | ■ Peaches | |
| | | ■ Melons | ■ Pineapple | |

- 1 small piece fruit (apple, peach, orange)
- 2 Tbsp unsweetened dried fruit (in moderation)
- ½ large banana
- ¾ cup blueberries or blackberries, 1 cup raspberries, 1¼ cups strawberries
- 1 cup cantaloupe, watermelon or honeydew melon

Non-Starchy Vegetables: At least 5 Servings/Day

1 non-starchy vegetable serving = ½ cup cooked or 1 cup raw

- | | | | | |
|---------------|-----------|----------------|-------------|------------|
| ■ Broccoli | ■ Celery | ■ Cabbage | ■ Tomatoes | ■ Onions |
| ■ Cauliflower | ■ Spinach | ■ Salad greens | ■ Peppers | ■ Zucchini |
| ■ Carrots | ■ Kale | ■ Cucumbers | ■ Asparagus | ■ and more |

Balanced Diet ► 1200 Calories

Snack Exchange

0-2 Snacks per day

Snack Exchanges:

- Use protein, fat, starch, and fruit servings from the meal formulas to add a snack to your meal plan
- Example: 1 small sliced apple (1 fruit serving) with 1½ tsp almond or peanut butter (1 fat serving)
Subtract 1 fruit serving and 1 fat serving from the meal formula for the next meal of the day

Sample: 1200-Calorie Balanced Diet Lunch Formula

- 2 protein servings
- 2 fat servings (becomes 1 fat serving for lunch)
- 2 starch servings
- 1 fruit serving (becomes 0 fruit servings for lunch)
- 2-3 vegetable servings

Healthy Snack Ideas:

- Baby carrots (FREE) and celery (FREE) with 2 Tbsp hummus (1 fat serving)
- Green lettuce leaf (FREE) rolled up with 2 oz sliced turkey (2 protein servings) and 2 Tbsp avocado (1 fat serving)
- Brown rice cake (½ starch serving) topped with ¼ cup tuna salad (2 protein servings)
- Celery (FREE) stuffed with 2 Tbsp guacamole (1 fat serving), 1½ tsp almond butter (1 fat serving), or ⅛ cup tuna salad (1 protein serving)
- 1¼ cups strawberries (1 fruit serving) topped with 4 chopped walnuts (1 fat serving) and cinnamon (FREE)
- 1 cup blueberries (1 fruit serving) and 3 oz unsweetened, Greek-style yogurt (1 protein serving)
- 1 hardboiled egg (1 protein serving) with 3 large, whole-wheat crackers (1 starch serving)
- ¼ cup cottage cheese (1 protein serving) with 1 cup fruit (1 fruit serving)
- 6 almonds or 4 walnuts (1 fat serving)
- 1 oz string cheese (1 protein serving)
- ½ banana (1 fruit serving) and 1½ tsp organic, natural peanut butter (1 fat serving)
- 1 oz cheese (1 protein serving) with 3 large, whole-wheat crackers (1 starch serving)
- Red pepper slices (FREE) with cucumber coins (FREE) and 3 oz plain, Greek-style yogurt dip (1 protein serving)
- Celery sticks (FREE) with egg salad made with 1 egg (1 protein serving) and 2 Tbsp light ranch dressing (1 fat serving)

Balanced Diet ► 1200 Calories

Meal Plan Ideas

Breakfast Ideas:

**1200-Calorie
Balanced Diet
Breakfast Formula:**

1 protein serving
2 fat servings
2 starch servings
1 fruit serving

- Be sure to use the Serving Sizes table for your specific caloric guidelines and remember that you don't have to eat traditional breakfast foods for breakfast! Leftover chicken breast, salmon, and turkey burgers all qualify as acceptable breakfast protein options.

■ 2 scrambled egg whites or ¼ cup egg substitute On 2 slices rye toast Drizzled with 1 tsp extra-virgin olive oil ¾ cup blueberries Topped with 4 chopped walnuts	1 protein serving 2 starch servings 1 fat serving 1 fruit serving 1 fat serving
---	---

■ 1 large whole-grain tortilla Rolled up with 1 oz turkey 4 Tbsp avocado and Chopped lettuce 1 cup cantaloupe	2 starch servings 1 protein serving 2 fat servings FREE 1 fruit serving
---	---

■ Egg white omelet: 2 egg whites Cooked with chopped tomatoes, onions, zucchini, and mushrooms With 1 tsp extra-virgin olive oil 1 toasted whole-wheat English muffin Topped with 2 Tbsp mashed avocado ½ large banana	1 protein serving FREE 1 fat serving 2 starch servings 1 fat serving 1 fruit serving
--	---

■ 3 oz flavored Greek-style yogurt Topped with 1 cup chopped raspberries 1 slice whole-wheat toast With 1 Tbsp almond butter Sprinkle of cinnamon	1 protein serving 1 fruit serving 1 starch serving 2 fat servings FREE
---	--

■ ½ cup cooked steel-cut oats or 1 cup cooked oatmeal Topped with ¾ cup blueberries Cinnamon and 8 chopped walnuts 1 oz cheese	2 starch servings 1 fruit serving FREE 2 fat servings 1 protein serving
---	---



Balanced Diet ► 1200 Calories

Meal Plan Ideas

Breakfast Ideas, Continued:

**1200-Calorie
Balanced Diet
Breakfast Formula:**

1 protein serving
2 fat servings
2 starch servings
1 fruit serving

■ 1/4 cup low-fat cottage cheese With 1 1/4 cups strawberries 2 slices whole-wheat toast With 1 Tbsp peanut butter	1 protein serving 1 fruit serving 2 starch servings 2 fat servings
■ Breakfast smoothie: 1 scoop protein powder 3/4 cup water 1 cup frozen berries 1/2 banana 2 Tbsp flaxseed meal 1 1/2 Tbsp coconut milk with as much ice as needed	1 protein serving FREE 1 fruit serving 1 starch/fruit serving 1 fat serving 1 fat serving

Balanced Diet ► 1200 Calories

Meal Plan Ideas

Lunch Ideas:

**1200-Calorie
Balanced Diet
Lunch Formula:**

2 protein servings
2 fat servings
2 starch servings
1 fruit serving
2-3 vegetable servings

■ 2-3 cups green salad 1 cup chopped non-starchy veggies 1 cup black beans 2 oz chopped chicken or turkey Drizzle with 2 Tbsp dressing 1 small, chopped pear	FREE FREE 2 starch servings 2 protein servings 2 fat servings 1 fruit serving
■ Grilled 2 oz veggie burger On small whole-grain bun Topped with mustard, lettuce, tomato, onion And 2 Tbsp avocado With ¾ oz pretzels Side of coleslaw: 1 cup cabbage With 1 Tbsp slaw dressing 1 small apple	2 protein servings 1 starch serving FREE 1 fat serving 1 starch serving FREE 1 fat serving 1 fruit serving
■ Turkey sandwich: 2 oz turkey With 2 slices whole-wheat bread Mustard, lettuce, tomato, and onion With side salad of lettuce and non-starchy vegetables With 2 Tbsp dressing 1 small orange	2 protein servings 2 starch servings FREE FREE 2 fat servings 1 fruit serving
■ Tofu and Vegetable Stir Fry: ⅔ cup tofu With 2 cups Chinese vegetables Cooked in 2 tsp sesame oil ⅔ cup brown rice 1¼ cups strawberries	2 protein servings FREE 2 fat servings 2 starch servings 1 fruit serving
■ 2 oz tuna With 2 tsp extra-virgin olive oil mixed with Green onions and garlic powder On bed of 2-3 cups lettuce 5 large whole-wheat crackers or 10 brown rice crackers With ½ cup white bean soup 1 nectarine	2 protein servings 2 fat servings FREE FREE 1 starch serving 1 starch serving 1 fruit serving

Balanced Diet ► 1200 Calories

Meal Plan Ideas

Lunch Ideas, Continued:

**1200-Calorie
Balanced Diet
Lunch Formula:**

2 protein servings
2 fat servings
2 starch servings
1 fruit serving
2-3 vegetable servings

■ 2 low-carb tortillas	2 starch servings
Spread with 1½ Tbsp reduced-fat cream cheese	1 fat serving
1 tsp pesto split between the 2 tortillas	1 fat serving
Topped with 2 oz roast beef	2 protein servings
Red onion, spinach leaves, tomatoes, and cucumbers	FREE
Served with small apple	1 fruit serving
Red pepper slices	FREE
■ ½ cup cottage cheese	2 protein servings
1 cup diced peaches	1 fruit serving
Served with ½, 6" pita bread round	1 starch serving
Filled with 4 Tbsp hummus	2 fat servings
Lettuce, cucumbers, peppers, tomatoes, and onions	FREE
3 cups popped popcorn	1 starch serving

Balanced Diet ► 1200 Calories

Meal Plan Ideas

Dinner Ideas:

**1200-Calorie
Balanced Diet
Dinner Formula:**
2 protein servings
2 fat servings
2-3 starch servings
2-3 vegetable servings

■ 2 oz halibut Sautéed in 1 tsp extra-virgin olive oil Diced tomatoes, garlic, and thyme With 1 large baked potato (about 1½ cups) 1 cup steamed broccoli 1 cup green salad 1 Tbsp dressing	2 protein servings 1 fat serving FREE 3 starch servings FREE FREE 1 fat serving
■ 2 oz grilled chicken 2-3 cups fresh spinach Sautéed in 1 tsp extra-virgin olive oil 2 Tbsp golden raisins 1 Tbsp pine nuts 1 very small clove garlic, minced, with sprinkle of balsamic vinegar, salt and Parmesan cheese Served with a small whole-wheat dinner roll	2 protein servings FREE 1 fat serving 1 starch/fruit serving 1 fat serving FREE 1 starch serving
■ 2 oz turkey meatballs With 1 cup cooked whole-wheat pasta Topped with ½ cup diced tomatoes, ¼ cup onion, and 1 clove garlic Cooked with 1 tsp extra-virgin olive oil Side of romaine lettuce and non-starchy vegetable salad With 2 Tbsp reduced-fat dressing	2 protein servings 3 starch servings FREE 1 fat serving FREE 1 fat serving
■ Chef Salad: 2 cups salad greens, green onions, mushrooms, cucumbers, peppers, and tomatoes 1 hard-boiled egg, chopped 1 oz shredded cheese ½ cup garbanzo beans 2 Tbsp reduced-fat dressing 2 Tbsp avocado 1 large whole-wheat roll	FREE 1 protein serving 1 protein serving 1 starch serving 1 fat serving 1 fat serving 2 starch servings
■ Fish tacos: 2 oz grilled fish 2 small corn tortillas ¼ cup corn ¼ cup refried beans 2 Tbsp reduced-fat sour cream 2 Tbsp avocado Shredded cabbage, roasted peppers, and onions	2 protein servings 2 starch servings ½ starch serving ½ starch serving 1 fat serving 1 fat serving FREE

Balanced Diet ► 1200 Calories

Meal Plan Ideas

Dinner Ideas, Continued:

**1200-Calorie
Balanced Diet
Dinner Formula:**
2 protein servings
2 fat servings
2-3 starch servings
2-3 vegetable servings

■ 2 oz pork tenderloin Sprinkled with salt and pepper Brushed with 1 Tbsp low-sugar apricot preserves Served with 2-3 cups arugula 5 large olives Tossed with a dressing of 1 Tbsp low-sugar apricot preserves ½ Tbsp white-wine vinegar, ½ Tbsp shallots And 1 tsp extra-virgin olive oil With a side of ⅔ cup quinoa	2 protein servings FREE ½ starch/fruit serving FREE 1 fat serving ½ starch/fruit serving FREE 1 fat serving 2 starch servings
■ 2 oz lean beef (loin cut) Broiled and topped with ½ cup sliced mushrooms and ¼ cup onions Sautéed in 1 tsp olive oil With a side of green salad With 2 Tbsp reduced-fat vinaigrette dressing Large sweet potato (about 1½ cups)	2 protein servings FREE 1 fat serving FREE 1 fat serving 3 starch servings

Balanced Diet ► 1500 Calories



Lean Protein

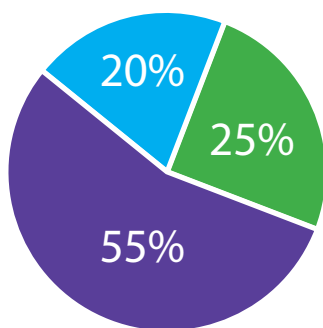
20%

Healthy Fat

25%

Complex Carbohydrates

55%



How to Eat?

Strive to eat a balance of lean proteins, healthy fats and low-glycemic, high fiber vegetables, fruits, grains and legumes at each meal versus reducing or eliminating fats or carbohydrates from your diet.

Table of Contents

General Guidelines	14
Diet Overview	15
Nutrient Breakdown	16-17
Snack Exchange	18
Meal Plan Ideas	21-24

Balanced Diet ► 1500 Calories

General Guidelines

- Choose organic, seasonal and locally-grown foods whenever possible.
- Choose vegetables from a rainbow of colors.
- Complex Carbohydrates – focus on whole foods that have been minimally processed.
- When choosing fruit, limit to 1-2 servings per day and focus on low-glycemic choices (like berries).
- Avoid trans fats, hydrogenated oils and fatty cuts of meat high in saturated fat.
- Animal protein guidelines – select lean cuts of meat (loin vs. rib), organic poultry, wild-caught vs. farm-raised cold-water fish and seafood, wild game, and pasture eggs.
- Drink 8 glasses of water per day – limit fluids to 4-8 oz during meals.
- Enjoy the process of eating! Always put your food on a plate, take time to savor each bite, chew your food thoroughly and avoid eating while watching television or working at your desk.
- Healthy snack guidelines: If you include snacks, be sure to lower your protein, fat, starch, and/or fruit servings during meals to account for the additional snack calories.
 - o If you have the snacking gene, you may benefit from dividing overall calories to include 3 meals and 1-2 daily snacks.

Balanced Diet ► 1500 Calories

Diet Overview

Lean Protein

20%

300 Calories Per Day

6 Protein Servings/Day

Healthy Fat

25%

375 Calories Per Day

7 Fat Servings/Day

Complex Carbohydrates

55%

825 Calories Per Day

8-9 Starch Servings/Day

1-2 Fruit Servings/Day

Non-Starchy Vegetables

5+ Eat as many servings as you want!
At least 5 servings per day

Snack Exchange

0-2 Snacks per day
See snack exchange sheet for more detail

Balanced Diet ► 1500 Calories

Nutrient Breakdown

Serving Sizes (relatively based on the American Dietetic and Diabetes Association's guidelines)

Lean Protein: 6 Servings/Day

1 protein serving = about 7g of protein or 50kcal:

- | | | | |
|--|----------------------|-------------------------------|-----------------|
| ■ Chicken | ■ Cottage cheese | ■ Lean red meats (beef, lamb) | ■ Pork and more |
| ■ Cold water fish (salmon, halibut, tuna, trout, etc.) | ■ Eggs | ■ Wild game | |
| | ■ Greek-style yogurt | ■ Turkey | |

- 1 oz cooked animal protein (poultry, meat and fish)
- 1 oz cheese or ¼ cup shredded cheese or 1 oz string cheese
- 1 egg or 2 egg whites
- 3 oz low-fat plain Greek-style yogurt
- ¼ cup low-fat cottage cheese
- ½ cup low-fat (1%) milk
- 1 scoop protein powder that contains about 7g protein, 0-5g carbohydrate, and 0-3g fat

Healthy Fat: 7 Servings/Day

1 fat serving = about 5g of fat or 50kcal:

- | | | |
|--------------------------------|---------------|------------|
| ■ Avocado | ■ Nut butters | ■ Raw nuts |
| ■ Coconut milk | ■ Olive oil | ■ Seeds |
| ■ Freshly ground flaxseed meal | ■ Olives | ■ and more |

- 6 almonds, cashews or mixed nuts, 4 pecans or walnuts, 1 Tbsp pine nuts
- 1½ tsp nut butters
- 1 Tbsp seeds
- 2 Tbsp avocado
- 1 tsp olive, canola, or flaxseed oil
- 5 large or 10 very small olives
- 2 Tbsp ground flaxseed meal
- 1 Tbsp regular dressing or 2 Tbsp light dressing (vinaigrette recommended)
- 1½ Tbsp coconut milk
- 2 Tbsp hummus

MUFAs (monounsaturated fatty acids) are healthy dietary fats found in avocados, olives, olive oil and nuts. If your report shows an "increased benefit" from MUFAs, you should focus on eating these foods for your fat choices.

PUFAs (polyunsaturated fatty acids) are fats that have proven to be beneficial, especially for heart and brain function. If your report shows an "increased benefit" from PUFAs, you should focus more on consuming omega-3 rich foods including cold-water fish like salmon and halibut, walnuts, and seeds like flax and hemp.

Balanced Diet ► 1500 Calories

Nutrient Breakdown

Serving Sizes (relatively based on the American Dietetic and Diabetes Association's guidelines)

Complex Carbohydrates / Healthy Starches: 8-9 Servings/Day

1 starch serving = about 15g of carbohydrate or 80kcal:

- | | | | | |
|-----------------------|------------------|--------------------|----------------------|------------------------|
| ■ Barley | ■ Cooked carrots | ■ Lentils | ■ Rye | ■ Turnips |
| ■ Beets | ■ Ginger root | ■ Millet | ■ Sweet potato, yams | ■ Whole-wheat products |
| ■ Brown rice products | ■ Legumes | ■ Peas, split peas | ■ Squash | ■ and more |
| ■ Bulgur | ■ Jicama | ■ Quinoa | ■ Steel cut oats | |

- ½ cup cooked beans, lentils, grains, winter squash, or starchy and/or root vegetables (potatoes including: sweet potatoes and yam potatoes)
- 1 slice whole-wheat bread
- 1 small high fiber/low-carb tortilla
- ¾ cup unsweetened, high fiber dry cereal
- ½ cup cooked oatmeal or ¼ cup cooked steel cut oats
- ⅓ cup cooked whole-wheat pasta, brown rice, couscous, quinoa, millet or barley
- 2-5 whole-wheat crackers
- 3 cups popped popcorn

Complex Carbohydrates / Fruit: 1-2 Servings/Day

1 fruit serving = about 15g of carbohydrate or 60kcal:

- | | | | | |
|------------|---|--------------|--------------|--------------|
| ■ Apples | ■ Berries: black, blue, straw, elder, logan, rasp and goose | ■ Cherries | ■ Mango | ■ Plums |
| ■ Apricots | <i>Choose these most often</i> | ■ All citrus | ■ Nectarines | ■ Watermelon |
| ■ Banana | | ■ Grapes | ■ Papaya | ■ and more |
| | | ■ Kiwi | ■ Peaches | |
| | | ■ Melons | ■ Pineapple | |

- 1 small piece fruit (apple, peach, orange)
- 2 Tbsp unsweetened dried fruit (in moderation)
- ½ large banana
- ¾ cup blueberries or blackberries, 1 cup raspberries, 1¼ cups strawberries
- 1 cup cantaloupe, watermelon or honeydew melon

Non-Starchy Vegetables: At least 5 Servings/Day

1 non-starchy vegetable serving = ½ cup cooked or 1 cup raw

- | | | | | |
|---------------|-----------|----------------|-------------|------------|
| ■ Broccoli | ■ Celery | ■ Cabbage | ■ Tomatoes | ■ Onions |
| ■ Cauliflower | ■ Spinach | ■ Salad greens | ■ Peppers | ■ Zucchini |
| ■ Carrots | ■ Kale | ■ Cucumbers | ■ Asparagus | ■ and more |

Balanced Diet ► 1500 Calories

Snack Exchange

0-2 Snacks per day

Snack Exchanges:

- Use protein, fat, starch, and fruit servings from the meal formulas to add a snack to your meal plan
- Example: 1 small sliced apple (1 fruit serving) with 1½ tsp almond or peanut butter (1 fat serving)
Subtract 1 fruit serving and 1 fat serving from the meal formula for the next meal of the day

Sample: 1500-Calorie Balanced Diet Lunch Formula

- 2 protein servings
- 2 fat servings (becomes 1 fat serving for lunch)
- 3 starch servings
- 1 fruit serving (becomes 0 fruit servings for lunch)
- 2-3 vegetable servings

Healthy Snack Ideas:

- Baby carrots (FREE) and celery (FREE) with 2 Tbsp hummus (1 fat serving)
- Green lettuce leaf (FREE) rolled up with 2 oz sliced turkey (2 protein servings) and 2 Tbsp avocado (1 fat serving)
- Brown rice cake (¾ starch serving) topped with ¼ cup tuna salad (2 protein servings)
- Celery (FREE) stuffed with 2 Tbsp guacamole (1 fat serving), 1½ tsp almond butter (1 fat serving), or ⅛ cup tuna salad (1 protein serving)
- 1¼ cups strawberries (1 fruit serving) topped with 4 chopped walnuts (1 fat serving) and cinnamon (FREE)
- 1 cup blueberries (1 fruit serving) and 3 oz unsweetened, Greek-style yogurt (1 protein serving)
- 1 hardboiled egg (1 protein serving) with 3 large, whole-wheat crackers (1 starch serving)
- ¼ cup cottage cheese (1 protein serving) with 1 cup fruit (1 fruit serving)
- 6 almonds or 4 walnuts (1 fat serving)
- 1 oz string cheese (1 protein serving)
- ½ banana (1 fruit serving) and 1½ tsp organic, natural peanut butter (1 fat serving)
- 1 oz cheese (1 protein serving) with 3 large, whole-wheat crackers (1 starch serving)
- Red pepper slices (FREE) with cucumber coins (FREE) and 3 oz plain, Greek-style yogurt dip (1 protein serving)
- Celery sticks (FREE) with egg salad made with 1 egg (1 protein serving) and 2 Tbsp light ranch dressing (1 fat serving)

Balanced Diet ► 1500 Calories

Meal Plan Ideas

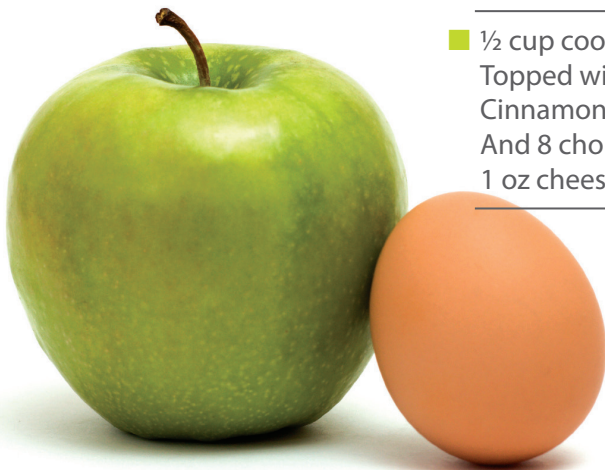
Breakfast Ideas:

**1500-Calorie
Balanced Diet
Breakfast Formula:**

2 protein servings
2 fat servings
2 starch servings
1 fruit serving

- Be sure to use the Serving Sizes table for your specific caloric guidelines and remember that you don't have to eat traditional breakfast foods for breakfast! Leftover chicken breast, salmon, and turkey burgers all qualify as acceptable breakfast protein options.

■ 2 scrambled egg whites or ¼ cup egg substitute With 1 oz shredded cheese On 2 slices rye toast Drizzled with 1 tsp extra-virgin olive oil With ¾ cup blueberries Topped with 4 chopped walnuts	1 protein serving 1 protein serving 2 starch servings 1 fat serving 1 fruit serving 1 fat serving
■ 1 large whole-grain tortilla Rolled up with 2 oz turkey 4 Tbsp avocado And chopped lettuce 1 cup cantaloupe	2 starch servings 2 protein servings 2 fat servings FREE 1 fruit serving
■ Egg white omelet: 2 egg whites Cooked with chopped tomatoes, onions, zucchini, and mushrooms With 1 tsp extra-virgin olive oil Topped with 1 oz shredded cheese 1 toasted whole-wheat English muffin Topped with 2 Tbsp mashed avocado ½ large banana	1 protein serving FREE 1 fat serving 1 protein serving 2 starch servings 1 fat serving 1 fruit serving
■ 6 oz flavored Greek-style yogurt Topped with 1 cup chopped raspberries ½ whole-wheat bagel thin With 1 Tbsp almond butter And sprinkle of cinnamon	2 protein servings 1 fruit serving 1 starch serving 2 fat servings FREE
■ ½ cup cooked steel-cut oats or 1 cup cooked oatmeal Topped with ¾ cup blueberries Cinnamon And 8 chopped walnuts 1 oz cheese	2 starch servings 1 fruit serving FREE 2 fat servings 1 protein serving



Balanced Diet ► 1500 Calories

Meal Plan Ideas

Breakfast Ideas, Continued:

**1500-Calorie
Balanced Diet
Breakfast Formula:**

2 protein servings
2 fat servings
2 starch servings
1 fruit serving

■ ½ cup low-fat cottage cheese With 1¼ cups strawberries 2 slices whole-wheat toast With 1 Tbsp peanut butter	2 protein servings 1 fruit serving 2 starch servings 2 fat servings
■ Breakfast smoothie: 2 scoops protein powder 1½ cups water 1 cup frozen berries ½ banana 2 Tbsp flaxseed meal 1½ Tbsp coconut milk with as much ice as needed	2 protein servings FREE 1 fruit serving 1 starch/fruit serving 1 fat serving 1 fat serving

Balanced Diet ► 1500 Calories

Meal Plan Ideas

Lunch Ideas:

**1500-Calorie
Balanced Diet
Lunch Formula:**

2 protein servings
2 fat servings
3 starch servings
1 fruit serving
2-3 vegetable servings

■ 2-3 cups green salad tossed with Chopped non-starchy vegetables ½ cup black beans ½ cup corn 2 oz chopped chicken or turkey Drizzle with 2 Tbsp dressing 1 small, chopped pear 1 small whole-wheat roll	FREE FREE 1 starch serving 1 starch serving 2 protein servings 2 fat servings 1 fruit serving 1 starch serving
■ Grilled 2 oz veggie burger On large whole-grain bun Topped with mustard, lettuce, tomato, onion And 2 Tbsp avocado With ¾ oz pretzels Side of coleslaw: 1 cup cabbage With 1 Tbsp slaw dressing 1 small apple	2 protein servings 2 starch servings FREE 1 fat serving 1 starch serving FREE 1 fat serving 1 fruit serving
■ Turkey sandwich: 2 oz turkey With 2 slices whole-wheat bread Mustard, lettuce, tomato and onion With side salad of lettuce and non-starchy vegetables With 2 Tbsp dressing 1 small orange ½ cup split pea soup	2 protein servings 2 starch servings FREE FREE 2 fat servings 1 fruit serving 1 starch serving
■ Tofu and Vegetable Stir Fry: ⅔ cup tofu With 2-3 cups Chinese vegetables Cooked in 2 tsp sesame oil 1 cup brown rice 1¼ cups strawberries	2 protein servings FREE 2 fat servings 3 starch servings 1 fruit serving
■ 2 oz tuna With 2 tsp extra-virgin olive oil mixed with Green onions and garlic powder On bed of 2-3 cups lettuce 5 large whole-wheat crackers or 10 brown rice crackers With 1 cup white bean soup 1 small nectarine	2 protein servings 2 fat servings FREE FREE 1 starch serving 2 starch servings 1 fruit serving

Balanced Diet ► 1500 Calories

Meal Plan Ideas

Lunch Ideas, Continued:

**1500-Calorie
Balanced Diet
Lunch Formula:**

2 protein servings
2 fat servings
3 starch servings
1 fruit serving
2-3 vegetable servings

■ 2 low-carb tortillas	2 starch servings
Spread with 1½ Tbsp reduced-fat cream cheese	1 fat serving
1 tsp pesto split between the 2 tortillas	1 fat serving
Topped with 2 oz roast beef	2 protein servings
Red onion, spinach leaves, tomatoes, and cucumbers	FREE
Served with small apple	1 fruit serving
5 large whole-wheat crackers	1 starch serving
Red pepper slices	FREE
■ ½ cup cottage cheese	2 protein servings
1 cup diced peaches	1 fruit serving
Served with 1, 6" pita bread round	2 starch servings
Filled with 4 Tbsp hummus	2 fat servings
Lettuce, cucumbers, peppers, tomatoes, and onions	FREE
3 cups popped popcorn	1 starch serving

Balanced Diet ► 1500 Calories

Meal Plan Ideas

Dinner Ideas:

**1500-Calorie
Balanced Diet
Dinner Formula:**
2 protein servings
3 fat servings
3 starch servings
2-3 vegetable servings

■ 2 oz halibut Sautéed in 1 tsp extra-virgin olive oil Diced tomatoes, garlic, and thyme With 1 large baked potato (about 1½ cups) 1 cup steamed broccoli 1½ Tbsp coconut milk 1 cup green salad 1 Tbsp dressing	2 protein servings 1 fat serving FREE 3 starch servings FREE 1 fat serving FREE 1 fat serving
■ 2 oz grilled chicken 2-3 cups fresh spinach Sautéed in 1 tsp extra-virgin olive oil 2 Tbsp golden raisins 2 Tbsp pine nuts 1 very small clove garlic, minced, with sprinkle of balsamic vinegar, salt and Parmesan cheese Served with a large whole-wheat dinner roll	2 protein servings FREE 1 fat serving 1 starch/fruit serving 2 fat servings FREE 2 starch servings
■ 2 oz turkey meatballs With 1 cup cooked whole-wheat pasta Topped with ½ cup diced tomatoes, ¼ cup onion, and 1 clove garlic Cooked with 1 tsp extra-virgin olive oil Side of romaine lettuce and non-starchy vegetable salad With 2 Tbsp regular dressing	2 protein servings 3 starch servings FREE 1 fat serving FREE 2 fat servings
■ Chef Salad: 2 cups salad greens, green onions, mushrooms, cucumbers, peppers, and tomatoes 1 oz diced chicken breast 1 hard-boiled egg, chopped ½ cup garbanzo beans 2 Tbsp regular dressing 2 Tbsp avocado 1 large whole-wheat roll	FREE 1 protein serving 1 protein serving 1 starch serving 2 fat servings 1 fat serving 2 starch servings
■ Fish tacos: 2 oz grilled fish 2 small corn tortillas ½ cup corn ½ cup refried beans 2 Tbsp reduced-fat sour cream 4 Tbsp avocado Shredded cabbage, roasted peppers, and onions	2 protein servings 2 starch servings 1 starch serving 1 starch serving 1 fat serving 2 fat servings FREE

Balanced Diet ► 1500 Calories

Meal Plan Ideas

Dinner Ideas, Continued:

**1500-Calorie
Balanced Diet
Dinner Formula:**

2 protein servings
3 fat servings
3 starch servings
2-3 vegetable servings

■ 2 oz pork tenderloin Sprinkled with salt and pepper Brushed with 1 Tbsp low-sugar apricot preserves Served with 2-3 cups arugula 10 large olives Tossed with a dressing of 1 Tbsp low-sugar apricot preserves ½ Tbsp white-wine vinegar, ½ Tbsp shallots And 1 tsp extra-virgin olive oil With a side of ⅔ cup quinoa	2 protein servings FREE ½ starch/fruit serving FREE 2 fat servings ½ starch/fruit serving FREE 1 fat serving 2 starch servings
■ 2 oz lean beef (loin cut) Broiled and topped with ½ cup sliced mushrooms and ¼ cup onions Sautéed in 1 tsp olive oil With a side of green salad With 2 Tbsp regular dressing Large sweet potato (about 1½ cups)	2 protein servings FREE 1 fat serving FREE 2 fat servings 3 starch servings

Balanced Diet ► 2000 Calories



Lean Protein

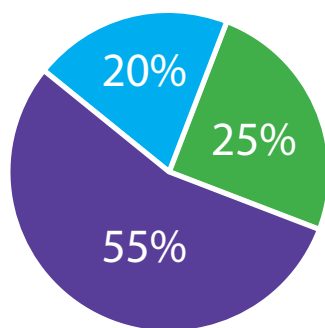
20%

Healthy Fat

25%

Complex Carbohydrates

55%



How to Eat?

Strive to eat a balance of lean proteins, healthy fats and low-glycemic, high fiber vegetables, fruits, grains and legumes at each meal versus reducing or eliminating fats or carbohydrates from your diet.

Table of Contents

General Guidelines	26
Diet Overview	27
Nutrient Breakdown	28-29
Snack Exchange	30
Meal Plan Ideas	31-36

Balanced Diet ► 2000 Calories

General Guidelines

- Choose organic, seasonal and locally-grown foods whenever possible.
- Choose vegetables from a rainbow of colors.
- Complex Carbohydrates – focus on whole foods that have been minimally processed.
- When choosing fruit, limit to 1-2 servings per day and focus on low-glycemic choices (like berries).
- Avoid trans fats, hydrogenated oils and fatty cuts of meat high in saturated fat.
- Animal protein guidelines – select lean cuts of meat (loin vs. rib), organic poultry, wild-caught vs. farm-raised cold-water fish and seafood, wild game, and pasture eggs.
- Drink 8 glasses of water per day – limit fluids to 4-8 oz during meals.
- Enjoy the process of eating! Always put your food on a plate, take time to savor each bite, chew your food thoroughly and avoid eating while watching television or working at your desk.
- Healthy snack guidelines: If you include snacks, be sure to lower your protein, fat, starch, and/or fruit servings during meals to account for the additional snack calories.
 - o If you have the snacking gene, you may benefit from dividing overall calories to include 3 meals and 1-2 daily snacks.

Balanced Diet ► 2000 Calories

Diet Overview

Lean Protein

20%

400 Calories Per Day

8 Protein Servings/Day

Healthy Fat

25%

500 Calories Per Day

10 Fat Servings/Day

Complex Carbohydrates

55%

1100 Calories Per Day

11-12 Starch Servings/Day

1-3 Fruit Servings/Day

Non-Starchy Vegetables

5+ Eat as many servings as you want!
At least 5 servings per day

Snack Exchange

0-2 Snacks per day
See snack exchange sheet for more detail

Balanced Diet ► 2000 Calories

Nutrient Breakdown

Serving Sizes (relatively based on the American Dietetic and Diabetes Association's guidelines)

Lean Protein: 8 Servings/Day

1 protein serving = about 7g of protein or 50kcal:

- | | | | |
|--|----------------------|-------------------------------|-----------------|
| ■ Chicken | ■ Cottage cheese | ■ Lean red meats (beef, lamb) | ■ Pork and more |
| ■ Cold water fish (salmon, halibut, tuna, trout, etc.) | ■ Eggs | ■ Wild game | |
| | ■ Greek-style yogurt | ■ Turkey | |

- 1 oz cooked animal protein (poultry, meat and fish)
- 1 oz cheese or ¼ cup shredded cheese or 1 oz string cheese
- 1 egg or 2 egg whites
- 3 oz low-fat plain Greek-style yogurt
- ¼ cup low-fat cottage cheese
- ½ cup low-fat (1%) milk
- 1 scoop protein powder that contains about 7g protein, 0-5g carbohydrate, and 0-3g fat

Healthy Fat: 10 Servings/Day

1 fat serving = about 5g of fat or 50kcal:

- | | | |
|--------------------------------|---------------|------------|
| ■ Avocado | ■ Nut butters | ■ Raw nuts |
| ■ Coconut milk | ■ Olive oil | ■ Seeds |
| ■ Freshly ground flaxseed meal | ■ Olives | ■ and more |

- 6 almonds, cashews or mixed nuts, 4 pecans or walnuts, 1 Tbsp pine nuts
- 1½ tsp nut butters
- 1 Tbsp seeds
- 2 Tbsp avocado
- 1 tsp olive, canola, or flaxseed oil
- 5 large or 10 very small olives
- 2 Tbsp ground flaxseed meal
- 1 Tbsp regular dressing or 2 Tbsp light dressing (vinaigrette recommended)
- 1½ Tbsp coconut milk
- 2 Tbsp hummus

MUFAs (monounsaturated fatty acids) are healthy dietary fats found in avocados, olives, olive oil and nuts. If your report shows an "increased benefit" from MUFAs, you should focus on eating these foods for your fat choices.

PUFAs (polyunsaturated fatty acids) are fats that have proven to be beneficial, especially for heart and brain function. If your report shows an "increased benefit" from PUFAs, you should focus more on consuming omega-3 rich foods including cold-water fish like salmon and halibut, walnuts, and seeds like flax and hemp.

Balanced Diet ► 2000 Calories

Nutrient Breakdown

Serving Sizes (relatively based on the American Dietetic and Diabetes Association's guidelines)

Complex Carbohydrates / Healthy Starches: 11-12 Servings/Day

1 starch serving = about 15g of carbohydrate or 80kcal:

- | | | | | |
|-----------------------|------------------|--------------------|----------------------|------------------------|
| ■ Barley | ■ Cooked carrots | ■ Lentils | ■ Rye | ■ Turnips |
| ■ Beets | ■ Ginger root | ■ Millet | ■ Sweet potato, yams | ■ Whole-wheat products |
| ■ Brown rice products | ■ Legumes | ■ Peas, split peas | ■ Squash | ■ and more |
| ■ Bulgur | ■ Jicama | ■ Quinoa | ■ Steel cut oats | |

- ½ cup cooked beans, lentils, grains, winter squash, or starchy and/or root vegetables (potatoes including: sweet potatoes and yam potatoes)
- 1 slice whole-wheat bread
- 1 small high fiber/low-carb tortilla
- ¾ cup unsweetened, high fiber dry cereal
- ½ cup cooked oatmeal or ¼ cup cooked steel cut oats
- ⅓ cup cooked whole-wheat pasta, brown rice, couscous, quinoa, millet or barley
- 2-5 whole-wheat crackers
- 3 cups popped popcorn

Complex Carbohydrates / Fruit: 2-3 Servings/Day

1 fruit serving = about 15g of carbohydrate or 60kcal:

- | | | | | |
|------------|---|--------------|--------------|--------------|
| ■ Apples | ■ Berries: black, blue, straw, elder, logan, rasp and goose | ■ Cherries | ■ Mango | ■ Plums |
| ■ Apricots | <i>Choose these most often</i> | ■ All citrus | ■ Nectarines | ■ Watermelon |
| ■ Banana | | ■ Grapes | ■ Papaya | ■ and more |
| | | ■ Kiwi | ■ Peaches | |
| | | ■ Melons | ■ Pineapple | |

- 1 small piece fruit (apple, peach, orange)
- 2 Tbsp unsweetened dried fruit (in moderation)
- ½ large banana
- ¾ cup blueberries or blackberries, 1 cup raspberries, 1¼ cups strawberries
- 1 cup cantaloupe, watermelon or honeydew melon

Non-Starchy Vegetables: At least 5 Servings/Day

1 non-starchy vegetable serving = ½ cup cooked or 1 cup raw

- | | | | | |
|---------------|-----------|----------------|-------------|------------|
| ■ Broccoli | ■ Celery | ■ Cabbage | ■ Tomatoes | ■ Onions |
| ■ Cauliflower | ■ Spinach | ■ Salad greens | ■ Peppers | ■ Zucchini |
| ■ Carrots | ■ Kale | ■ Cucumbers | ■ Asparagus | ■ and more |

Balanced Diet ► 2000 Calories

Snack Exchange

0-2 Snacks per day

Snack Exchanges:

- Use protein, fat, starch, and fruit servings from the meal formulas to add a snack to your meal plan
- Example: 1 small sliced apple (1 fruit serving) with 1½ tsp almond or peanut butter (1 fat serving)
Subtract 1 fruit serving and 1 fat serving from the meal formula for the next meal of the day

Sample: 2000-Calorie Balanced Diet Lunch Formula

- 3 protein servings
- 3 fat servings (becomes 2 fat servings for lunch)
- 4 starch servings
- 1 fruit serving (becomes 0 fruit servings for lunch)
- 2-3 vegetable servings

Healthy Snack Ideas:

- Baby carrots (FREE) and celery (FREE) with 2 Tbsp hummus (1 fat serving)
- Green lettuce leaf (FREE) rolled up with 2 oz sliced turkey (2 protein servings) and 2 Tbsp avocado (1 fat serving)
- Brown rice cake (¾ starch serving) topped with ¼ cup tuna salad (2 protein servings)
- Celery (FREE) stuffed with 2 Tbsp guacamole (1 fat serving), 1½ tsp almond butter (1 fat serving), or ⅛ cup tuna salad (1 protein serving)
- 1¼ cups strawberries (1 fruit serving) topped with 4 chopped walnuts (1 fat serving) and cinnamon (FREE)
- 1 cup blueberries (1 fruit serving) and 3 oz unsweetened, Greek-style yogurt (1 protein serving)
- 1 hardboiled egg (1 protein serving) with 3 large, whole-wheat crackers (1 starch serving)
- ¼ cup cottage cheese (1 protein serving) with 1 cup fruit (1 fruit serving)
- 6 almonds or 4 walnuts (1 fat serving)
- 1 oz string cheese (1 protein serving)
- ½ banana (1 fruit serving) and 1½ tsp organic, natural peanut butter (1 fat serving)
- 1 oz cheese (1 protein serving) with 3 large, whole-wheat crackers (1 starch serving)
- Red pepper slices (FREE) with cucumber coins (FREE) and 3 oz plain, Greek-style yogurt dip (1 protein serving)
- Celery sticks (FREE) with egg salad made with 1 egg (1 protein serving) and 2 Tbsp light ranch dressing (1 fat serving)

Balanced Diet ► 2000 Calories

Meal Plan Ideas

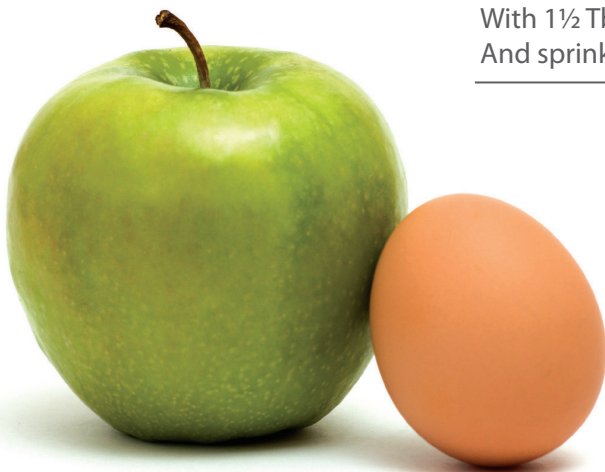
Breakfast Ideas:

**2000-Calorie
Balanced Diet
Breakfast Formula:**

2 protein servings
3 fat servings
3 starch servings
1 fruit serving

- Be sure to use the Serving Sizes table for your specific caloric guidelines and remember that you don't have to eat traditional breakfast foods for breakfast! Leftover chicken breast, salmon, and turkey burgers all qualify as acceptable breakfast protein options.

■ 2 scrambled egg whites or ¼ cup egg substitute With 1 oz shredded cheese ½ cup black beans On 2 slices rye toast Drizzled with 1 tsp extra-virgin olive oil With ¾ cup blueberries Topped with 8 chopped walnuts	1 protein serving 1 protein serving 1 starch serving 2 starch servings 1 fat serving 1 fruit serving 2 fat servings
■ 1 large whole-grain tortilla Rolled up with 2 oz turkey 4 Tbsp avocado 1 tsp pesto And chopped lettuce 1 cup cantaloupe	2 starch servings 2 protein servings 2 fat servings 1 fat serving FREE 1 fruit serving
■ Egg white omelet: 2 egg whites Cooked with chopped tomatoes, onions, zucchini, and mushrooms With 1 tsp extra-virgin olive oil Topped with 1 oz shredded cheese 1 toasted medium-size whole-wheat bagel Topped with 4 Tbsp mashed avocado ½ large banana	1 protein serving FREE 1 fat serving 1 protein serving 3 starch servings 2 fat servings 1 fruit serving
■ 6 oz flavored Greek-style yogurt Topped with 1 cup chopped raspberries 1 whole-wheat bagel thin With 1½ Tbsp almond butter And sprinkle of cinnamon	2 protein servings 1 fruit serving 2 starch servings 3 fat servings FREE



Balanced Diet ► 2000 Calories

Meal Plan Ideas

Breakfast Ideas, Continued:

**2000-Calorie
Balanced Diet
Breakfast Formula:**

2 protein servings
3 fat servings
3 starch servings
1 fruit serving

■ $\frac{3}{4}$ cup cooked steel-cut oats or $1\frac{1}{2}$ cups cooked oatmeal 1 scoop protein powder Topped with $\frac{3}{4}$ cup blueberries Cinnamon And 12 chopped walnuts 1 oz cheese	3 starch servings 1 protein serving 1 fruit serving FREE 3 fat servings 1 protein serving
■ $\frac{1}{2}$ cup low-fat cottage cheese With $1\frac{1}{4}$ cups strawberries 2 slices whole-wheat toast With $1\frac{1}{2}$ Tbsp peanut butter	2 protein servings 1 fruit serving 2 starch servings 3 fat servings
■ Breakfast smoothie: 2 scoops protein powder $1\frac{1}{2}$ cups water 1 cup frozen berries $\frac{1}{2}$ banana 2 Tbsp flaxseed meal 3 Tbsp coconut milk with as much ice as needed 1 cup cooked oatmeal	2 protein servings FREE 1 fruit serving 1 starch/fruit serving 1 fat serving 2 fat servings 2 starch servings

Balanced Diet ► 2000 Calories

Meal Plan Ideas

Lunch Ideas:

**2000-Calorie
Balanced Diet
Lunch Formula:**

3 protein servings
3 fat servings
4 starch servings
1 fruit serving
2-3 vegetable servings

■ 2-3 cups green salad tossed with Chopped non-starchy vegetables 1 cup black beans ½ cup corn 3 oz chopped chicken or turkey 4 crushed walnuts Drizzle with 2 Tbsp dressing 1 small, chopped pear 1 small whole-wheat roll	FREE FREE 2 starch servings 1 starch serving 3 protein servings 1 fat serving 2 fat servings 1 fruit serving 1 starch serving
■ Grilled 3 oz veggie burger On large whole-grain bun Topped with mustard, lettuce, tomato, onion And 2 Tbsp avocado 2 Tbsp hummus With 1½ oz pretzels Side of coleslaw: 1 cup cabbage With 1 Tbsp slaw dressing 1 small apple	3 protein servings 2 starch servings FREE 1 fat serving 1 fat serving 2 starch servings FREE 1 fat serving 1 fruit serving
■ Turkey sandwich: 3 oz turkey With 2 slices whole-wheat bread Drizzled with 1 tsp extra-virgin olive oil Mustard, lettuce, tomato and onion With side salad of lettuce and non-starchy vegetables With 2 Tbsp dressing 1 small orange 1 cup split pea soup	3 protein servings 2 starch servings 1 fat serving FREE FREE 2 fat servings 1 fruit serving 2 starch servings
■ Tofu and Vegetable Stir Fry: 1 cup tofu With 2-3 cups Chinese vegetables Cooked in 1 Tbsp sesame oil 1 cup brown rice 1¼ cups strawberries	3 protein servings FREE 3 fat servings 3 starch servings 1 fruit serving
■ 3 oz tuna With 2 tsp extra-virgin olive oil mixed with Green onions and garlic powder On bed of 2-3 cups lettuce Topped with 1 Tbsp vinaigrette dressing 10 large whole-wheat crackers or 20 brown rice crackers With 1 cup white bean soup 1 small nectarine	3 protein servings 2 fat servings FREE FREE 1 fat serving 2 starch servings 2 starch servings 1 fruit serving

Balanced Diet ► 2000 Calories

Meal Plan Ideas

Lunch Ideas, Continued:

**2000-Calorie
Balanced Diet
Lunch Formula:**

3 protein servings
3 fat servings
4 starch servings
1 fruit serving
2-3 vegetable servings

■ 2 low-carb tortillas	2 starch servings
Spread with 3 Tbsp reduced-fat cream cheese	2 fat servings
1 tsp pesto split between the 2 tortillas	1 fat serving
Topped with 3 oz roast beef	3 protein servings
Red onion, spinach leaves, tomatoes, and cucumbers	FREE
Served with small apple	1 fruit serving
10 large whole-wheat crackers	2 starch servings
Red pepper slices	FREE
■ 3/4 cup cottage cheese	3 protein servings
1 cup diced peaches	1 fruit serving
Served with 1, 6" pita bread round	2 starch servings
Filled with 4 Tbsp hummus	2 fat servings
Lettuce, cucumbers, peppers, tomatoes, and onions	FREE
6 cups popped popcorn	2 starch servings
With drizzle of 1 tsp extra-virgin olive oil	1 fat serving

Balanced Diet ► 2000 Calories

Meal Plan Ideas

Dinner Ideas:

**2000-Calorie
Balanced Diet
Dinner Formula:**

3 protein servings
4 fat servings
4 starch servings
0-1 fruit serving
2-3 vegetable servings

■ 3 oz halibut Sautéed in 1 tsp extra-virgin olive oil 1 tsp pesto Diced tomatoes, garlic, and thyme With 1 large baked potato (about 1½ cups) Drizzled with 1 tsp extra-virgin olive oil 1 cup steamed broccoli 2 cups green salad 1 Tbsp dressing 1¼ cups strawberries	3 protein servings 1 fat serving 1 fat serving FREE 3 starch servings 1 fat serving FREE FREE 1 fat serving 1 fruit serving
■ 3 oz grilled chicken 2-3 cups fresh spinach Sautéed in 1 tsp extra-virgin olive oil 2 Tbsp golden raisins 2 Tbsp pine nuts 1 very small clove garlic, minced, with sprinkle of balsamic vinegar, salt and Parmesan cheese Served with a small whole-wheat dinner roll With 1 tsp olive oil based butter 1 cup brown rice	3 protein servings FREE 1 fat serving 1 starch/fruit serving 2 fat servings FREE 1 starch serving 1 fat serving 3 starch servings
■ 3 oz turkey meatballs With 1⅓ cup cooked whole-wheat pasta Topped with ½ cup diced tomatoes, ¼ cup onion, 1 clove garlic Cooked with 1 tsp extra-virgin olive oil Side of romaine lettuce and non-starchy vegetable salad With 2 Tbsp vinaigrette dressing	3 protein servings 4 starch servings FREE 1 fat serving FREE 2 fat servings
■ Chef Salad: 2 cups salad greens, green onions, mushrooms, cucumbers, peppers, and tomatoes 1 oz grilled chicken 1 hard-boiled egg, chopped 1 oz shredded cheese 1 cup garbanzo beans 2 Tbsp ranch dressing 2 Tbsp avocado 5 large black olives 1 small whole-wheat roll ¾ cup blueberries	FREE 1 protein serving 1 protein serving 1 protein serving 2 starch servings 2 fat servings 1 fat serving 1 fat serving 1 starch serving 1 fruit serving

Balanced Diet ► 2000 Calories

Meal Plan Ideas

Dinner Ideas, Continued:

**2000-Calorie
Balanced Diet
Dinner Formula:**

3 protein servings
4 fat servings
4 starch servings
0-1 fruit serving
2-3 vegetable servings

■ Fish tacos: 3 oz grilled fish 2 small corn tortillas ½ cup corn ½ cup refried beans 2 Tbsp reduced-fat sour cream 4 Tbsp avocado Salsa, shredded cabbage, roasted peppers, and onions	3 protein servings 2 starch servings 1 starch serving 1 starch serving 1 fat serving 2 fat servings FREE
■ 3 oz pork tenderloin Sprinkled with salt and pepper and brushed With 1 Tbsp low-sugar apricot preserves Served with 2-3 cups arugula 5 large olives Tossed with a dressing of 1 Tbsp low-sugar apricot preserves ½ Tbsp white-wine vinegar, ½ Tbsp shallots And 1 tsp extra-virgin olive oil With a side of 1 cup quinoa	3 protein servings ½ starch/fruit serving FREE 1 fat serving ½ starch/fruit serving FREE 1 fat serving 3 starch servings
■ 3 oz lean beef (loin cut) Broiled and topped with ½ cup sliced mushrooms and ¼ cup onions Sautéed in 2 tsp olive oil With a side of green salad With 2 Tbsp vinaigrette dressing 2 Tbsp dried cranberries Large sweet potato (about 1½ cups)	3 protein servings FREE 2 fat servings FREE 2 fat servings 1 fruit serving 3 starch servings