

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

1,800 Calorie Sample 5-Day Menus

The menus in this handout provide about 1,800 calories per day. Each daily menu has:

- **8 servings of protein** (lean meat, fish, poultry, beans, reduced-fat cheese or egg). Weight for meat is after cooking. Protein foods are marked (P). A 3-oz. portion would count as 3 servings.
- **14 servings of carbohydrate** (skim or 1% milk or “lite” yogurt with less than 100 Calories, fruit, bread, grains, starchy vegetables or other carbohydrates). Measure cooked hot cereals and pasta. Carbohydrate foods are marked (C). Substitute 2 slices reduced calorie (40 Calories/slice) bread for 1 slice regular bread.
- **3 or more servings nonstarchy vegetables** (lettuce, broccoli, cabbage, carrots, cauliflower, green beans, tomatoes, etc.) Nonstarchy vegetables are marked (V).
- **5 servings of fat** (margarine, salad dressing, mayonnaise, nuts, olives, etc.) Fat servings are marked (F). Substitute 1 Tbs. reduced fat margarine for 1 tsp regular.
- **“Free” foods** (foods with very few calories and little fat or carbohydrate). Free foods are marked with an asterisk (*).

Day 1

Meal	Menu	Pattern
Breakfast	1 egg or ¼ cup egg substitute (P) 1 slice toast (C) with 1 tsp margarine (F) 6 oz “lite” yogurt (C) Orange (C)	1 P 3 C 1 F
Lunch	Ham sandwich: 2 oz ham (2P), 1 slice low fat cheese (P), 2 slices bread (2C), lettuce and tomato (V), 2 tsp mayonnaise (2F), mustard (*) Raw broccoli (V) Small pear (C) 15 fat free or baked snack chips (C)	3 P 4 C V 2 F *
Evening Meal	4 oz boneless, skinless chicken breast (4P), 1 cup cooked pasta (2C) with mushrooms, zucchini, pepper (V), 1 tsp olive oil (F) Green salad (V) with 2 tablespoons low-fat salad dressing (F) 1 oz roll or 1 slice bread (C) 17 small grapes (C)	4 P 4 C V 2 F *
Snack	3 graham cracker (2 ½ inch) squares (C) and 1 cup fat-free milk (C) 3 cups “lite” popcorn (100 Calorie package) (C)	3 C

Day 2

Meal	Menu	Pattern
Breakfast	1 oz ham or 1 egg or ¼ cup egg substitute (P) 4 inch square waffle (C, F) with 2 Tbs sugar free syrup (*) 1 cup fresh or frozen (sugar free) berries (C) 1 cup fat free or 1% milk (C)	1 P 3 C 1 F
Lunch	Bean salad with ¼ cup grated low-fat cheese (P), 1 cup beans (2P, 2C), tomato, onion, carrots, lettuce, cucumbers (V), 2 Tbs salad dressing (2F) and salsa (*) 15 fat free or baked snack chips (C) Small banana (C)	3 P 4 C V 2 F *
Evening Meal	4 oz roast beef (4P) 1 cup potatoes (2C) 1 oz roll (C) with 1 tsp margarine (F) Steamed carrots and cauliflower (V) Tossed salad (V) with 2 Tbs reduced fat salad dressing (F) 1 cup melon cubes (C)	4 P 4 C V 2 F *
Snack	6 saltine crackers (C) and 1 cup fat free or 1% milk (C) Small apple (C)	3 C

Day 3

Meal	Menu	Pattern
Breakfast	1 oz lean ham (P) ½ cup oatmeal (C) with 1 tsp margarine (F) and sugar substitute (*) 1 cup fat free or 1% milk (C) ½ grapefruit (C)	1 P 3 C 1 F
Lunch	Grilled chicken Caesar salad: romaine lettuce (V), 3 oz boneless skinless chicken breast (3P), mushrooms, peppers (V), 2 Tbs Caesar dressing (2F), ½ cup croutons (C), 1 Tbs grated parmesan cheese (*) 1 cup chicken noodle soup (C) with 6 saltine or 24 oyster crackers (C) Small pear (C)	3 P 4 C V 2 F *
Evening Meal	Cheeseburger: 3 oz lean ground beef (3P), 1 slice low fat cheese (P), hamburger bun (2C), onion, lettuce, tomato (V), 1 tsp mayonnaise or 2 tsp whipped salad dressing (F), mustard (*) Green beans (V) seasoned with 1 tsp margarine (F) Large kiwi fruit (C) 15 fat free or baked snack chips (C)	4 P 4 C V 2 F *
Snack	¾ cup wheat flakes cereal (C) and 1 cup fat-free or 1% milk (C) Small banana (C)	3 C

Day 4

Meal	Menu	Pattern
Breakfast	1 slice low fat cheese (P) 1 English muffin (2C) with 1 tsp margarine (F) and sugar-free jam (*) ½ cup unsweetened applesauce (C)	1 P 3 C 1 F
Lunch	Roast beef sandwich: 3 oz roast beef (3P), 2 slices bread (2C), lettuce and tomato (V), 1 tsp mayonnaise or 2 tsp whipped salad dressing (F) Raw celery (V) with 2 Tbs reduced fat ranch dressing (F) Small banana (C) and sugar-free gelatin dessert (*) 8 animal crackers (C)	3 P 4 C V 2 F *
Evening Meal	4 oz broiled fish (4P) 8 inch corn on cob or 1 cup whole kernel corn (2C) Steamed broccoli (V) 1 tsp margarine or 1 Tbs reduced calorie margarine (F) Tossed salad (V) with 2 Tbs reduced calorie salad dressing (F) Nectarine (C) and 1 cup fat free or 1 milk (C)	4 P 4 C V 2 F *
Snack	2 rice cakes (C) and 1 cup fat free or 1% milk (C) ½ cup pears canned in juice (C)	3 C

Day 5

Meal	Menu	Pattern
Breakfast	Vegetable omelet: 1 egg or ¼ cup egg substitute (1P), onion, mushroom, pepper (V), nonfat cooking spray (*) 1 slice toast (C) with 1 tsp margarine (F) 1 cup fat free or 1% milk (C) Orange (C)	1 P 3 C 1 F
Lunch	Tuna salad: 3 oz tuna in water (3P), celery, onions (V), dill pickle (*), 2 tsp mayonnaise or 4 tsp whipped salad dressing (2F) Baby carrots and romaine lettuce (V) 12 saltine crackers or 2 slices bread (2C) Small apple (C) ½ cup sugar-free, fat-free pudding (C)	3 P 4 C V 2 F *
Evening Meal	Chicken fajitas: 4 oz boneless, skinless chicken breast (4P), 2 six-inch low-fat tortillas (2C), grilled onions, peppers and tomatoes (V), 2 Tbs sour cream (F), salsa (*) 2/3 cup rice (2C) Green salad (V) with 1 Tbs reduced fat salad dressing (F)	4 P 4 C V 2 F *
Snack	8 animal crackers (C) and 1 cup fat free or 1% milk (C) Medium peach or ½ cup peach slices canned in juice (C)	3 C