

1800 Calorie Meal Plan: Sample Day

<p>Breakfast (Eat within one hour of waking up, Drink water at breakfast)</p> <p>*Can add skim milk or 1 Tbsp fat free creamer to coffee or tea</p>	<p>2 pieces whole wheat bread (140) 2 Tbsp peanut butter (190) Medium banana (100) 8 ounces skim, 1%, or soy milk (100) Coffee or tea*</p>
Total Calories	530
<p>Lunch (Drink at least 8 ounces of water at lunch)</p>	<p>Chicken salad: 4 ounces or ½ cup diced white meat Chicken (140) ¼ cup diced celery (5) 1 Tbsp Light mayo (45) 10 large grapes (60) 1 Pita (160) 1 cup sliced bell pepper (25) 1 ounce baked chips (120)</p>
Total Calories	555
<p>Dinner (Drink least 8 ounces of water at dinner)</p>	<p>4 ounces lean (1/2 cup) ground beef (220) 2 taco shells (130) lettuce, tomato, green onions (10) ¼ cup 2% milk shredded cheese (90) 2 Tbsp fat free sour cream (30)</p>
Total Calories	480
<p>Snack</p>	<p>One 230 calorie snack <u>OR</u> Two 110 to 120 calorie snacks (choose from snack list)</p>