



Sample Menus for a 2000 Calorie Food Pattern

Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group.
(Italicized foods are part of the dish or food that precedes it.)

Day 1	Day 2	Day 3	Day 4
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	BREAKFAST Hot cereal 1/2 cup cooked oatmeal 2 tbsp raisins 1 tsp soft margarine 1/2 cup fat-free milk 1 cup orange juice	BREAKFAST 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	BREAKFAST 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 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	LUNCH 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	LUNCH 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	LUNCH 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 Stuffed broiled salmon 5 ounce salmon filet 1 ounce bread stuffing mix 1 tbsp chopped onions 1 tbsp 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	DINNER 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	DINNER 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	DINNER 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 tbsp 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 1 cup cantaloupe	SNACKS 1/2 ounce dry-roasted almonds* 1/4 cup pineapple 2 tbsp raisins	SNACKS 1/4 cup dried apricots 1 cup low-fat fruited yogurt	SNACKS 1 cup low-fat fruited yogurt



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Day 5	Day 6	Day 7
BREAKFAST Cold cereal 1 cup shredded wheat cereal 1 tbsp raisins 1 cup fat-free milk 1 small banana 1 slice whole wheat toast 1 tsp soft margarine 1 tsp jelly LUNCH Smoked turkey sandwich 2 ounces whole wheat pita bread 1/4 cup romaine lettuce 2 slices tomato 3 ounces sliced smoked turkey breast* 1 tbsp mayo-type salad dressing 1 tsp yellow mustard 1/2 cup apple slices 1 cup tomato juice* DINNER Grilled top loin steak 5 ounces grilled top loin steak 3/4 cup mashed potatoes 2 tsp soft margarine 1/2 cup steamed carrots 1 tsp honey 2 ounces whole wheat dinner roll 1 tsp soft margarine 1 cup fat-free milk SNACKS 1 cup low-fat fruited yogurt	BREAKFAST French toast 2 slices whole wheat French toast 2 tsp soft margarine 2 tbsp maple syrup 1/2 medium grapefruit 1 cup fat-free milk LUNCH Vegetarian chili on baked potato 1 cup kidney beans* 1/2 cup tomato sauce w/ tomato tidbits* 3 tbsp chopped onions 1 ounce lowfat cheddar cheese 1 tsp vegetable oil 1 medium baked potato 1/2 cup cantaloupe 3/4 cup lemonade DINNER Hawaiian pizza 2 slices cheese pizza 1 ounce canadian bacon 1/4 cup pineapple 2 tbsp mushrooms 2 tbsp chopped onions Green salad 1 cup leafy greens 3 tsp sunflower oil and vinegar dressing 1 cup fat-free milk SNACKS 5 whole wheat crackers* 1/8 cup hummus 1/2 cup fruit cocktail (in water or juice)	BREAKFAST Pancakes 3 buckwheat pancakes 2 tsp soft margarine 3 tbsp maple syrup 1/2 cup strawberries 3/4 cup honeydew melon 1/2 cup fat-free milk LUNCH Manhattan clam chowder 3 ounces canned clams (drained) 3/4 cup mixed vegetables 1 cup canned tomatoes* 10 whole wheat crackers* 1 medium orange 1 cup fat-free milk DINNER Vegetable stir-fry 4 ounces tofu (firm) 1/4 cup green and red bell peppers 1/2 cup bok choy 2 tbsp vegetable oil 1 cup brown rice 1 cup lemon-flavored iced tea SNACKS 1 ounce sunflower seeds* 1 large banana 1 cup low-fat fruited yogurt

* Starred items are foods that are labeled as no-salt-added, low-sodium, or low-salt versions of the foods. They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no-salt-added in cooking or at the table