



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 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