

Diet #3

Date: 11/14/2014

RDN: Kim Seely

DAILY CHOICES

Carbohydrate 17 (choices) 208 (grams)
 Total Calories 1800
 Protein 5 (choices) 84 (grams)
 Fat 11 (choices) 75 (grams)

	Starch	Fruits	Milk and Milk Substitutes	Nonstarchy Vegetables	Total Carbohydrate (Choices)	Total Carbohydrate (Grams)	Protein	Fats	Menu Ideas
BREAKFAST Time: 8:30	2	1	1		4	57			1 ½ cups dry cereal with 1 cup milk and ¼ cup blueberries, or 2 slices toast with 1 cup milk and ½ cup orange juice, or 1 cup granola with 2/3 cup yogurt and 1 ¼ cup strawberries.
SNACK Time:									
LUNCH Time: 12:00	2	1	1	1	5	64	2	3	2 oz tuna on 2 slices bread, 2 tbsp avocado, ½ cup cooked asparagus with 1 tsp butter, ¾ cup blackberries, 1 cup milk or milk substitute.
SNACK Time:									
DINNER Time: 4:30	3			3	6	60	3	7	2/3 cup cooked pasta with 2 tsp veg oil, small breadstick with 2 tsp butter, and 2 oz chicken, ½ cup cooked carrots, 1 cup lettuce with 1 cup tomatoes and 3 Tbsp ranch.
SNACK Time: 7:00		1	1		2	27		1	6 almonds with 2/3 cup yogurt and 1 banana, or 1 ½ tsp peanut butter with 1 cup milk and 1 whole apple
DAILY TOTALS	7	3	3	4	17	208	5	11	

Diet #5

Date: 11/14/2014

RDN: Kim Seely

DAILY CHOICES

Carbohydrate 26 (choices) 340 (grams)

Total Calories 3000

Protein 8 (choices) 140 (grams)

Fat 17 (choices) 120 (grams)

	Starch	Fruits	Milk and Milk Substitutes	Nonstarchy Vegetables	Total Carbohydrate (Choices)	Total Carbohydrate (Grams)	Protein	Fats	Menu Ideas
BREAKFAST Time: 8:00	3	1	1		5	72	2	3	2 scrambled eggs, 2 small pancakes with 3 tsp butter and ½ cup peaches, 3 oz hash browns, 1 cup milk
SNACK Time: 10:30	2	1			3	45		2	1 ½ oz pretzels and 1 pear with 6 macadamia nuts
LUNCH Time: 12:30	3	1	1	1	6	77	3	5	Turkey wrap: 1 tortilla, 1/3 cup rice, ½ cup corn, 2 oz turkey, 1 slice cheese, 12 chopped cashews, ½ cup lettuce, ½ cup tomatoes, 3 tsp mayonnaise, with 1 cup milk and 1 orange
SNACK Time: 3:00	2		1		3	42		1	2/3 cup yogurt with 1 cup macaroni and cheese
DINNER Time: 6:00	3		1	3	7	72	3	5	Hamburger with 3 oz ground beef, 2 oz avocado, ½ cup sweet potato with 2 tsp butter, 8 olives, ½ cup cooked peppers, ½ cup lettuce, ½ cup onions, ½ cup tomatoes, with 1 cup milk
SNACK Time: 8:00	2	1			3	45		1	1 cup oatmeal with 2 Tbsp raisins and 10 peanuts
DAILY TOTALS	15	4	4	4	27	353	8	17	

Diet #6

Date: 11/14/2014

RDN: Kim Seely

DAILY CHOICES

Carbohydrate 18 (choices) 221 (grams)

Total Calories 2000

Protein 7 (choices) 89 (grams)

Fat 12 (choices) 84 (grams)

	Starch	Fruits	Milk and Milk Substitutes	Nonstarchy Vegetables	Total Carbohydrate (Choices)	Total Carbohydrate (Grams)	Protein	Fats	Menu Ideas
BREAKFAST Time: 8:30	3	1			4	60		2	1/2 cup oatmeal, 1 English muffin, 2 tsp plant spread, 1 small grapefruit.
SNACK Time:									
LUNCH Time: 11:30	3	1		3	7	76	3	4	1 tortilla, 1 cup black beans, 1/2 cup cooked peas, 1/2 cup cooked beets, 1 cup fresh tomatoes, 1/2 cup cooked mushrooms, 4 Tbsp avocado, 2 Tbsp sunflower seeds, 1 banana.
SNACK Time: 3:00	1	1			2	30	1	2	1 slice bread with 1 Tbsp peanut butter, 1 cup almond milk, 1/4 cup fresh pineapple.
DINNER Time: 6:00	3			2	5	55	3	4	2 Tbsp shredded coconut, 1 cup tofu with 2 tsp vegetable oil, 1/3 cup hummus with 1 cup carrots, 1/2 cup cooked brussel sprouts, 1 small potato, 1 cup cooked rice.
SNACK Time:									
DAILY TOTALS	10	3		5	18	221	7	12	