



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

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

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

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

SNACKS

1 cup cantaloupe

Day 2

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

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

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

SNACKS

1/2 ounce dry-roasted almonds*
1/4 cup pineapple
2 tbsp raisins

Day 3

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

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

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

SNACKS

1/4 cup dried apricots
1 cup low-fat fruited yogurt

Day 4

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

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

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 low-fat fruited yogurt



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Day 5

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

Day 6

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)

Day 7

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



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Food Group	Daily Average Over One Week
GRAINS	Total Grains (oz eq) 6.0 Whole Grains 3.4 Refined Grains 2.6
VEGETABLES *	Total Veg* (cups) 2.6
FRUITS	Fruits (cups) 2.1
MILK	Milk (cups) 3.1
MEAT & BEANS	Meat/ Beans (oz eq) 5.6
OILS	Oils (tsp/grams) 7.2 tsp/32.4 g

*Vegetable subgroups (weekly totals)

Dk-Green Veg (cups)	3.3
Orange Veg (cups)	2.3
Beans/ Peas (cups)	3.0
Starchy Veg (cups)	3.4
Other Veg (cups)	6.6

Nutrient	Daily Average Over One Week
Calories	1994
Protein, g	98
Protein, % kcal	20
Carbohydrate, g	264
Carbohydrate, % kcal	53
Total fat, g	67
Total fat, % kcal	30
Saturated fat, g	16
Saturated fat, % kcal	7.0
Monounsaturated fat, g	23
Polyunsaturated fat, g	23
Linoleic Acid, g	21
Alpha-linolenic Acid, g	1.1
Cholesterol, mg	207
Total dietary fiber, g	31
Potassium, mg	4715
Sodium, mg*	1948
Calcium, mg	1389
Magnesium, mg	432
Copper, mg	1.9
Iron, mg	21
Phosphorus, mg	1830
Zinc, mg	14
Thiamin, mg	1.9
Riboflavin, mg	2.5
Niacin Equivalents, mg	24
Vitamin B6, mg	2.9
Vitamin B12, mcg	18.4
Vitamin C, mg	190
Vitamin E, mg (AT)	18.9
Vitamin A, mcg (RAE)	1430
Dietary Folate Equivalents, mcg	558

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