

Supportive Menu Chart

Meals Typically consist of a Lean Protein, Whole Grain/Wheat Carb and Fibrous/Starchy Carb

Food Group	"WW" = Whole Wheat	"FF" = Fat Free	"PB" = Peanut
Breakfast			
Starch	Cereal - Cheerios, Raisin Bran, Shredded Wheat, Fiber One, All Bran, Grape Nuts, Kashi, Special K, Total, Oatmeal WW Toast, WW English Muffin, WW Bagel, WW Tortilla, WW Waffle		
Fruits	Banana, Unsweetened Applesauce, Grapes, Melon, Berries <hr/> Pear, Plum, Orange, Tangerine, Grapefruit		
Protein	Egg Substitute, Whole Egg, Egg White		
Beverage	Milk - 1% or Skim	Herbal Tea	Low Sugar Juice _____
Condiments	100% Fruit Jam, Low Fat or FF Cream Cheese, Low Fat Cheese, PB, Salsa		
Other			
Lunch			
Starch	WW Bread, WW Bagel, WW Tortilla, WW Pita, WW Crackers, Potato, Sweet Potato, Brown Rice		
Vegetables	Spinach, Romaine, Tomatoes, Carrots, Broccoli, Cauliflower, Celery, Bell Peppers		
Fruits	Apple, Orange, Grapes, Banana, Melon, Nectarine, Plum, Peach, Pineapple		
Dairy	Low Fat Cheese, Low Fat Cottage Cheese, Milk		
Protein	Turkey, Ham, Tuna, Grilled Salmon, Black Beans, Hummus, PB		
Beverages	Water, Crystal Light, Herbal Tea		
Condiments	Low Fat or FF Mayo, Ranch Dressing, Mustard, Salsa, Pickles, 100% Fruit Jam		

Other
Suggestions

Soup – (broth based) Minestrone, Chicken, Vegetable

Describe your Salad: Include Dark Leafy Greens and colorful veggies

Dinner

Starch

WW Bread, WW Bagel, WW Tortilla, WW Pita, WW Pasta, Brown Rice, Wild Rice, Couscous, Potato, Sweet Potato

Vegetables

Asparagus, Broccoli, Carrots, Cauliflower, Cucumber, Peppers (green, red, or yellow) Snow Peas, String Beans, Tomato slices or grape or cherry tomatoes, Yellow Summer Squash slices, Zucchini slices
Pasta Sauce

Fruits

Apple, Orange, Grapes, Banana, Melon, Nectarine, Plum, Peach, Pineapple, Berries _____

Dairy

Low Fat Cheese, Parmesan Cheese, Milk

Protein

Chicken Breast, Turkey Breast, Salmon, Tilapia, Lean Ground Turkey/Beef
Beans: Black, Pinto, Kidney, Lima, Northern

Beverages

Water, Crystal Light, Herbal Tea

Other
Suggestions

Snack combinations OR Create your

Apple and PB

Celery and PB

WW Crackers and Cheese

WW Pretzels and Cheese

WW Pretzels and Fruit

WW Cracker and PB

WW Crackers and Fruit

WW Cracker and Veggies

Fruit and Cheese

Guacamole, Veggies and WW Pita

Fruit and Nuts

_____ and _____
_____ and _____

Crackers:

Triscuits, Wheat Thins, Rye Crisps, WW Ritz

OTHER SNACK COMBOS:

WW Bagel, Almond Butter, Fresh Fruit

Trail Mix – Nuts, Cereal and Dried Fruit

Hummus and WW Pita

Low Fat Cottage Cheese and Fruit

Low Fat Cottage Cheese and Veggies

Cereal and Fruit

Dried Fruit and WW Crackers/Pretzels

Baby Carrots and Light Ranch

Broccoli/Cauliflower and Light Ranch

Yoplait Light Yogurt and Grape Nuts/All Bran

Yoplait Light Yogurt and Nuts

Yoplait Light and Graham Crackers

Cheese:

String Cheese, American, Colby Jack, Cheddar, Mozzarella, Swiss

Nuts: (dry roasted, unsalted)

Almonds, Peanuts, Cashews, Walnuts, Sunflower

WW Bread, Salmon, Honey Dijon Mustard

WW Waffle, PB and Fresh Fruit

Quick and Easy Meal Planning

Can't think of anything to eat? Here are some nutritious, well-balanced ideas! Each line has a complete meal. Select one and try it tonight!

Quality Protein	Starchy Carb	Fibrous Carb
Hard-cooked egg white or tuna mixed with fat free miracle whip	mix into whole grain macaroni	Add fresh/ frozen vegetables
Heat brown beans, kidney, or navy beans Grated low-fat cheese	put in a whole wheat tortilla	serve with salsa and side of sliced fruit
Add tofu or cooked chicken cubes	to whole wheat noodles in low sodium	stir in frozen vegetables
2-3 Scrambled egg whites to one whole egg	on whole wheat toast	side of fresh fruit
Canned tuna with fat free mayonnaise	on a whole wheat bun or bagel	side of fresh fruit
Mix an egg white into lean ground beef and form into burgers, pan fry	and serve on a whole wheat bun	add lettuce and tomato to burger side of fresh fruit
1-2 TBSP Natural Peanut	on whole wheat toast	serve fruit for dessert
Brown ground beef or veggie ground round in a fry pan Add fat free cream soup as sauce	add to cooked brown rice	and frozen vegetables
Brown ground beef or veggie ground round in a fry pan	add cooked whole wheat pasta	add frozen vegetables and
Stir fry sliced beef, pork, chicken or tofu with an oriental sauce	serve with cooked brown rice or whole wheat noodles	add fresh or frozen veggies to meat while cooking
Coat chicken breast with Shake 'n Bake	serve with cooked brown rice or whole wheat noodles	add cooked frozen vegetables
Scramble 3 egg whites to one whole eggs, top with cheese	serve with whole wheat toast	add vegetables to eggs and cook together