

Low-Fat Meal Plan (2800 +/- kcal.)

*When selecting a low fat meal, make sure you are consuming a balanced and complete diet.

Nutritional and Low Fat meal guidelines:

1. Commit to consuming 3 main meals with two snack times. Mid-morning and mid-afternoon
2. To succeed, you must plan ahead by preparing your food before the week starts.
3. Keep it simple. Don't get caught-up in fad diets. Start by simply counting calories.
4. Eat your foods slower than normal.
5. Make healthier food choices like-vegetables, fruit, whole grain wheat breads and cereals, beans, low-fat or non-fat dairy, low fat meats, cold water fish, and skin less chicken.
6. Avoid foods that are high in fat and calories.
7. Avoid foods that are high in refined sugars such as pastries, candy bars, pies, and candy.
8. Use vegetables and fruits as snack food. Start by trying to eat 3 to 5 servings of each per day.

Remember that one measuring cup is a serving.

BREAKFAST

Amount	Item	Protein	Carbs	Fat	Calories
12 ounces	coffee	0.40	1.40	0.00	8.00
1.5 cup	cottage cheese-1%	42.0	9.0	3.0	246.0
1 tbsps	cream, fluid-half & half	0.44	0.65	1.73	19.55
½ cup	fruit cocktail	0.51	29.76	0.09	114.5
2 each	Orange-med.	2.20	34.80	0.00	138.0
1 medium	Peach	0.60	9.70	0.10	37.0
1 tsp	Sugar=pure cane	0.0	4.0	0.0	15.0

AM SNACK

1 each	Banana-med.	1.2	26.7	0.60	105.0
3 tbsps	Peanut Butter-low fat	12.0	10.5	24.45	285.0

LUNCH

1 each	Apple-med. with peel	0.30	21.10	0.0	81.0
3 each	Bread-whole wheat slice	9.0	36.0	3.0	210.0
1 ounce	Cheddar-shredded	8.0	1.0	5.0	80.0
0.1 cup	Lettuce-iceberg	0.06	0.11	0.01	0.66
1 tsp	Sugar-pure cane	0.0	4.0	0.0	15.0
12 fluid ounces	Green Tea	0.0	0.0	0.0	0.00
2 ounces	Turkey breast-white	17.0	0.00	0.40	76.50
0.15 cup	Miracle whip	0.32	8.42	11.77	137.37

Amount Item Protein Carbs Fat Calories

PM SNACK

2 each	Bread-slice-rye 7 grain	10.0	72.0	4.0	180.0
1 tbsps	Miracle Whip	0.00	3.00	0.00	8.00
0.5 cup	Tuna-spring water	30.0	0.00	2.0	140.0

DINNER

1each	Banana-med.	1.20	26.70	0.60	105.0
3 each	Bread-whole wheat slice	9.0	36.0	3.0	210.0
4 tsp	Jelly-strawberry-low sugar	0.00	16.0	0.00	72.0
2 cup	Milk-1%	16.0	24.0	0.00	160.0
4 tbsps	Peanut Butter-low fat	16.0	14.0	32.60	328.0

GRAND TOTAL 176.22 389.84 92.35 2827.0

GROCERY LIST

FOOD	QUANTITY
Apple- medium with peel	7 each
Banana - medium 8 inch	14 each
Bread- slice- rye 7 grain	14 each
Bread- whole wheat, slice	42 each
Cheddar -mild shredded	7 ounces
Cottage Cheese - 1% fat	10.5 cups
Cream-fluid- half & half	7 tablespoons
Fruit Cocktail	3.5 cups
Jelly- strawberry	28 teaspoons
Lettuce- Iceberg, raw	0.7 cup
Tuna - solid white in spring water	3.5 ounces
Miracle Whip	1 cup plus 7 tablespoons
Milk- 1% low fat	14 cups
Orange- medium	14 each
Peach - medium (4oz.)	7 each
Peanut Butter - low fat	49 tablespoons
Green Tea	84 ounces
Sugar - pure cane	14 teaspoons
Turkey Breast - white	14 ounces