

2200 Calorie Meal Plan

wellcoaches

2200 CALORIE MEAL PLAN

Prepared by Julie Schwartz, R.D.

FOOD GROUP	EXCHANGE
CARBOHYDRATES:	
GRAINS – 80 kcals	8
FRUIT – 60 kcals	4
DAIRY – 90-120 kcals	3
VEGETABLE – 25 kcals	5
MEAT/PROTEIN – 55-75 kcals	7 oz
OTHER – 50 kcals	8

*Choose only lean protein sources

*Choose 1% or skim dairy products

SAMPLE DAILY MENU

BREAKFAST	2 GRAINS 2 FRUIT 1 DAIRY _ MEAT/PROTEIN 2 OTHER	$\frac{3}{4}$ c cereal & 1 slice toast 6 oz juice & $\frac{1}{2}$ banana 8 oz milk 2 eggs
SNACK	2 OTHER	$\frac{3}{4}$ c cottage cheese & 1 c fresh pineapple
LUNCH	2 GRAINS 1 FRUIT 1 MILK 2 VEGETABLE 3 MEAT/PROTEIN 2 OTHER	2 slices bread 1 small apple 8 oz milk 1 c lettuce & tomato & $\frac{1}{2}$ c baby carrots 3 oz Turkey breast 1 Tbsp low fat mayo & 1 c cucumber slices
SNACK	1 GRAINS 1 DAIRY 1 FRUIT	2 vanilla wafers 1 snack carton fat free pudding 1 c berries
DINNER	3 GRAINS _ FRUIT 3 VEGETABLE 4 MEAT/PROTEIN 2 OTHER	1 c pasta & 1 roll 2 c salad & $\frac{1}{2}$ c green beans 3 oz lean ground beef & 1 oz parmesan cheese 1 Tbsp low fat dressing & 1 Tbsp low fat margarine