

SAMPLE DAILY MENU

4,500-Calories Menu

Food	Amount	Calories	CHO(g)	Protein(g)	Fat(g)	Saturated fat (g)
Breakfast						
Low fat fruit yogurt	8oz	243	46	10	3	1.8
Whole grain bagel	1 each	195	38	7	1	
Small banana	1 each	105	27	1		
Apple juice	8 oz	112	28			
Peanut butter	1 T	94	3	4	8	1.5
		749	154(82%)	22(12%)	12(14%)	3.3(4%)
Snack						
Chocolate power bar	1 each	230	45	10	2	.5
Gatorade	20 oz	158	38			
Raisins	½ cup	244	64	2		
		632	147(93%)	12(8%)	2(3%)	.5(1%)
Lunch						
Omelet						
Eggs	3 each	222		18	15	4.7
American cheese	1 oz	106		6	9	5.6
Chopped veggies (mushrooms, peppers, onions)	½ cup	25	5	2		
Whole wheat toast	2 each	256	48	8	4	.7
Jelly	2 T	100	26			
Cantaloupe	1 cup	54	14	1		
		763	93(49%)	35(18%)	28(33%)	11(13%)
Snack						
Whole wheat bread	1 each	128	24	4	2	.4
Deli turkey	2 slices	40		9	1	
Miracle whip	1 T	37	3		3	.5
Shake						
Whey protein or dry milk powder	1 scoop 1 cup	110 240	2 36	23 24	1 0	
Honey	2 T	128	34			
Small banana	1 each	105	27	1		
Frozen raspberries	½ cup	129	33	1		
Skim milk	1 cup	83	12	8		
		760	135(71%)	46(24%)	7(8%)	.9(1%)
Dinner						
Frozen salmon fillets	2 each (6 oz)	198	0	30	6	1.5
Romaine lettuce	2 cups	20	4	2		
Italian salad dressing	2 T	86	3		8	1.3
Whole wheat dinner roll	1 each	76	15	2	1	
Medium baked potato	1 each	222	51	5		
Butter	1 T	108			12	6.1
		710	73(41%)	39(22%)	27(34%)	8.9(12%)
Snack						
Frozen pepperoni pizza	2 slices	362	40	20	14	4.5
Oatmeal cookie	1 each	234	45	6	4	.7
Gatorade	20 oz	158	38			
		754	123(65%)	26(14%)	18(21%)	5.2(6%)
TOTALS						
		4,368	733(67%)	180(16%)	94(19%)	30(6%)

SAMPLE DAILY MENU

4,500 Calorie Menu

	Amount	Calories	CHO (g)	Protein (g)	Fat (g)	Saturated fat (g)
Breakfast						
Cinnamon toast crunch	1 ½ cups	254	47	3	6.6.	1
Skim milk	1 cup	83	12	8		
Whole wheat toast	2 each	256	48	8	4	.7
Butter	1 T	108			12	6.1
Jelly	2 T	100	26			
Orange juice	1 cup	112	26	2		
		838	159(76%)	21(10%)	22.6(24%)	7.8(8%)
Snack						
String cheese	1 each	71	1	7	4	2.8
Wheat thins	2 oz	284	38	6	6	1.6
Gatorade	20 oz	158	30			
		513	89(70%)	13(10%)	10(18%)	4.4(8%)
Lunch						
Subway club	12 in	588	80	44	10	3.0
Cream of broccoli soup	1 cup	164	15	6	4	.70
Fruit punch	16 oz	220	58			
		972	153(63%)	50(21%)	14(13%)	3.7(3%)
Snack						
Shake						
Whey protein	1 scoop	110	2	23		
Honey	1 T	64	17			
Banana	1 each	105	27	1		
Skim milk	1 cup	83	12	8		
Ice						
Frozen strawberries	1 cup	198	54	2		
		560	112(80%)	34(24%)		
Dinner						
Hamburger (5 oz.) on bun with vegetables and condiments	1 each	512	40	26	27	10.4
Macaroni and cheese	1 cup	393	40	15	19	8.2
Mashed potatoes, instant	½ cup	122	17	2	5	1.3
Carrots	½ cup	25	6	1		
Ranch dressing-light	2 T	62	2		6	1.1
		1,114	105(38%)	44(16%)	51(41%)	21(17%)
Snack						
Microwave popcorn- fat free	4 cups	124	24	4		
Open face turkey sandwich						
Turkey breast	2 slices	100	2	22		
Mayonnaise	1 T	99			11	1.64
Rye bread	1 slice	83	15	3	1	.2
		406	41(40%)	29(29%)	12(27%)	1.8(4%)
DAILY TOTALS						
		4,403	659(60%)	200(18%)	110(22%)	39(8%)