

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

1,800-Calorie 5-Day Menus

A healthy meal plan includes a variety of foods from multiple food groups. This 5-day meal plan provides ideas for selecting foods for breakfast, lunch, dinner, and snacks. You may use this meal plan as a starting point, and then tailor the foods and meals to your own tastes.

This meal plan follows MyPlate, the dietary guidance published by the US Department of Agriculture. Your registered dietitian nutritionist can provide you with information about MyPlate.

The menus in this handout provide about 1,800 calories per day and meet the MyPlate daily targets for most adults. The calorie level may change if you adjust the foods/ingredients, portion sizes, or cooking methods. The following amounts total about 1,800 calories:

- 1½ cups of fruits
- 2 ½ cups of vegetables
- 6 ounces of grains
- 5 ounces of protein
- 3 cups of dairy

1,800-Calorie Sample Meal Plan: Day 1

Meal	Menu
Breakfast	■ 1 egg, scrambled or fried in nonstick pan without oil or butter ■ 1 slice whole wheat toast ■ ½ avocado (mashed and spread on toast)
Morning Snack	■ 1 cup low-fat yogurt, plain or vanilla ■ 1 cup strawberries
Lunch	■ Tacos made with: 2 corn tortillas ■ 2 ounces lean ground beef, cooked ■ 1 teaspoon taco seasoning, for ground beef ■ 1 ounce low-fat shredded cheese ■ 1 cup shredded lettuce ■ ½ cup tomato, chopped ■ 2 tablespoons salsa ■ 1 medium orange
Afternoon Snack	■ 6 whole wheat crackers ■ 1½ ounces low-fat cheddar cheese
Dinner	■ 3 ounces tilapia, broiled ■ 2 tablespoons tartar sauce ■ 1 cup cooked brown rice ■ 1 cup green beans, cooked
Snack	■ 1 cup whole grain, ready-to-eat cereal ■ 1 cup 1% milk

1,800-Calorie Sample Meal Plan: Day 2

Meal	Menu
Breakfast	■ Smoothie made with: 1 cup 1% milk ■ 1 medium banana ■ ½ cup frozen strawberries ■ 1 slice whole wheat toast ■ 1 tablespoon peanut butter
Lunch	■ Turkey sandwich made with: 2 slices whole grain bread ■ 2 ounces turkey breast ■ 2 teaspoons mayonnaise ■ 2 slices tomato ■ 2 leaves lettuce ■ 2 slices onion ■ 2 slices pickle
Snack	■ 1 medium apple
Dinner	■ 3 ounces lean hamburger patty, cooked ■ 1 whole wheat hamburger bun ■ 1 slice low-fat cheddar cheese ■ 1 teaspoon ketchup ■ Salad made with: 2 cups lettuce ■ ½ cup cherry tomatoes ■ ½ avocado ■ 1 tablespoon olive oil and vinegar salad dressing
Snack	■ ¾ cup sugar-free pudding made with low-fat milk

1,800-Calorie Sample Meal Plan: Day 3

Meal	Menu
Breakfast	■ 1 cup cooked oatmeal ■ ½ cup blueberries ■ 1 tablespoon raisins ■ 1 tablespoon walnuts, chopped ■ 1 cup 1% milk
Snack	■ 1 tablespoon peanut butter ■ 1 medium apple
Lunch	■ Tuna pocket sandwich made with: 2 ounces tuna, canned in water, drained ■ 1 whole wheat pita bread pocket ■ 1 tablespoon mayonnaise ■ 2 leaves lettuce ■ ½ cup baby carrots
Snack	■ 1 ½ ounces Swiss cheese ■ 6 whole wheat crackers
Dinner	■ 4 ounces chicken breast, grilled ■ 1 medium sweet potato, baked and topped with: ■ 1 teaspoon margarine, soft, tub ■ ½ teaspoon cinnamon ■ 1 cup spinach, sauteed ■ 2 cups lettuce, for salad ■ 1 tablespoon olive oil and vinegar salad dressing
Snack	■ 1 cup low-fat, fruit-flavored yogurt, no sugar added

1,800-Calorie Sample Meal Plan: Day 4

Meal	Menu
Breakfast	■ Egg sandwich made with: 1 egg, scrambled ■ 1 English muffin ■ 1 ounce low-fat cheese ■ 1 medium banana
Snack	■ ¾ cup low-fat, fruit-flavored yogurt, no sugar added
Lunch	■ 1 ounce peanuts, dry-roasted, without salt ■ 2 pieces string cheese ■ 6 whole wheat crackers ■ 1 medium orange
Snack	■ ½ cup baby carrots ■ ¼ cup hummus
Dinner	■ 1 single-serve frozen entree, lasagna with meat and sauce ■ 1 cup green beans, cooked ■ Salad made with: 2 cups lettuce ■ ½ cup cherry tomatoes ■ ¼ cup shredded carrots ■ ¼ cup cucumber slices ■ 2 tablespoons olive oil and vinegar salad dressing
Snack	■ 1 cup 1% chocolate milk

1,800-Calorie Sample Meal Plan: Day 5

Meal	Menu
Breakfast	■ Breakfast burrito made with: 2 corn tortillas ■ 2 eggs, scrambled ■ ¼ cup onion, chopped ■ ½ cup green pepper, chopped ■ 2 tablespoons salsa ■ 1 cup 1% milk
Lunch	■ Stuffed baked potato: 1 large potato, baked ■ ½ cup chopped broccoli, cooked ■ 1 ounce low-fat cheese ■ 1 medium orange
Snack	■ 3 cups popcorn, air popped ■ 1 tablespoon margarine, soft, tub
Dinner	■ Vegetable stir-fry: 4 ounces tofu ■ 1 cup cooked brown rice ■ ½ cup broccoli, chopped ■ ½ cup green pepper, sliced ■ ¼ cup onions, chopped ■ ¼ cup mushrooms ■ 2 tablespoons olive oil ■ 1 tablespoon teriyaki sauce, low sodium
Snack	■ 1 cup low-fat yogurt, plain or vanilla ■ ½ cup blueberries

Sample Meal Plan

Use this form to create an individualized meal plan.

Meal

Menu

Breakfast

Lunch

Dinner

Snack

Notes: