



KAISER PERMANENTE.

Balanced Diet 1200 Calorie Menu

MONDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
$\frac{1}{2}$ c. oatmeal	1 carb/bread/starch	80
6 almonds	1 fat	45
4 oz. banana	1 fruit	60
8 oz. non-fat milk	1 dairy/milk	90
<u>Lunch:</u>		
2 oz. cheddar cheese sticks	2 protein/meat, 2 fat	200
10 wheat crackers	2 carb/bread/starch	160
1 c. vegetable soup	1 vegetable	25
1 orange	1 fruit	60
Water	free	0
<u>Snack:</u>		
1 c. cantaloupe cubes	1 fruit	60
Diet Jello	free	0
<u>Dinner:</u>		
2 oz. broiled chicken	2 protein/meat	110
1/3 c. steamed rice	1 carb/bread/starch	80
$\frac{1}{2}$ c. steamed broccoli	1 vegetable	25
$\frac{1}{2}$ c. fruit cocktail	1 fruit	60
2 tsp. margarine	2 fat	90
8 oz. non-fat milk	1 milk/dairy	90
TOTAL DAILY CALORIES		1235



KAISER PERMANENTE.

Balanced Diet 1200 Calorie Menu

TUESDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
1 toasted English Muffin	2 carb/bread/starch	160
1 tsp. margarine	1 fat	45
1 scrambled egg	1 protein/meat, $\frac{1}{2}$ fat	77
1 small apple	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 <u>Lunch:</u>		
Turkey Wrap		
(1) 6-inch flour tortilla	1 carb/bread/starch	80
1 oz. turkey	1 protein/meat	55
1 oz. shredded cheddar cheese	1 protein/meat, 1 fat	100
Lettuce and diced tomato	1 vegetable	25
1 Tbsp. 1000 Island dressing	1 fat	45
2 Tbsp. raisins	1 fruit	60
Diet Soda	free	0
 <u>Snack:</u>		
1 orange	1 Fruit	60
 <u>Dinner:</u>		
2 oz. broiled Steak	2 protein	110
1 small baked potato	1 carb/bread/starch	80
$\frac{1}{2}$ c. steamed green beans	1 vegetable	25
2 tsp. margarine	2 fat	90
$\frac{3}{4}$ c. fresh pineapple	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 TOTAL DAILY CALORIES		 1235



KAISER PERMANENTE.

Balanced Diet 1200 Calorie Menu

WEDNESDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
$\frac{3}{4}$ c. Cheerios	1 carb/bread/starch	80
4 oz. banana	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
<u>Lunch:</u>		
Chef Salad		
1 oz. lean ham, diced	1 protein/meat	55
1 oz. mozzarella cheese, diced	1 protein/meat	55
Lettuce, tomato, cucumber, carrots	1 vegetable	25
2 Tbsp. Ranch dressing	2 fat	90
1 small bread stick	1 carb/bread/starch	80
$\frac{1}{2}$ c. orange juice with $\frac{1}{2}$ c. soda water	1 fruit/free	60
<u>Snack:</u>		
3 oz. grapes	1 fruit	60
<u>Dinner:</u>		
1 c. spaghetti with meat sauce	2 pro/meat, 2 carb, 1 fat	315
$\frac{1}{2}$ c. steamed zucchini	1 vegetable	25
1 c. watermelon	1 fruit	60
Tossed salad	Free	0
1/8 avocado	1 fat	45
2 Tbsp. Reduced-fat salad dressing	1 fat	45
8 oz. non-fat milk	1 milk/dairy	90
TOTAL DAILY CALORIES		1235



KAISER PERMANENTE.

Balanced Diet 1200 Calorie Menu

THURSDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
1 whole grain waffle	1 carb/bread/starch	80
1 tsp. margarine	1 fat	45
4 oz. sliced banana	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 <u>Lunch:</u>		
<u>Sandwich</u>		
2 Tbsp. peanut butter	1 protein/meat, 1 fat	100
2 tsp. light jelly	free	0
2 slices of lite bread	1 carb/bread/starch	80
1 c. baby carrots	1 vegetable	25
Fat-free Ranch dressing	free	0
2 Tbsp. raisins	1 fruit	25
Water	free	0
 <u>Snack:</u>		
Low-fat granola bar	1 carb/bread/starch, 1 fat	125
4 oz. orange juice	1 fruit	60
 <u>Dinner:</u>		
2 oz. meatloaf	2 protein/meat, 2 fat	255
Ketchup	free	0
$\frac{1}{2}$ c. fat-free mashed potatoes	1 carb/bread/starch	80
$\frac{1}{2}$ c. steamed green beans	1 vegetable	25
1 c. cantaloupe, cubed	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 TOTAL DAILY CALORIES		 1175



KAISER PERMANENTE.

Balanced Diet 1200 Calorie Menu

FRIDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
8 oz. non-fat milk	1 milk/dairy	90
$\frac{3}{4}$ c. Apple Jacks	1 carb/bread/starch	80
4 oz. banana	1 fruit	60
6 cashews	1 fat	45
<u>Lunch:</u>		
Sandwich		
2 oz. light bologna	2 protein/meat	110
2 slices of wheat bread	2 carb/bread/starch	160
Lettuce, mustard	free	0
1 c. raw carrot sticks	1 vegetable	25
2 Tbsp. Ranch dressing	2 fat	90
1 apple	1 fruit	60
Water	free	0
<u>Snack:</u>		
1 orange	1 fruit	60
<u>Dinner:</u>		
Chicken Kabob		
2 oz. chicken	2 protein/meat	110
Assorted vegetables	1 vegetable	25
$\frac{1}{3}$ c. steamed rice	1 carb/bread/starch	80
Tossed salad	free	0
2 Tbsp. Italian dressing	2 fat	90
$\frac{1}{2}$ c. fresh fruit cup	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
TOTAL DAILY CALORIES		1235



KAISER PERMANENTE.

Balanced Diet 1200 Calorie Menu

SATURDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
1 scrambled egg	1 protein/meat, $\frac{1}{2}$ fat	77
1 slice toast	1 carb/bread/starch	80
1 strip bacon	1 fat	45
$\frac{1}{2}$ tsp. margarine	$\frac{1}{2}$ fat	22
1 c. melon wedges	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
<u>Lunch:</u>		
1 oz. turkey	1 protein/meat	55
6 whole wheat crackers	1 carb/bread/starch	80
8 cherry tomatoes, sliced cucumbers	1 vegetable	25
Diet Jello	free	0
4 oz. banana	1 fruit	60
Water	free	0
<u>Snack:</u>		
1 apple	1 fruit	60
<u>Dinner:</u>		
1 slice pepperoni pizza	2 pro/meat, 3 fat, 2 carb	295
Tossed salad	1 vegetable	25
Fat-free Ranch dressing	free	0
1 fruit juice bar	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
TOTAL DAILY CALORIES		1234



KAISER PERMANENTE.

Balanced Diet 1200 Calorie Menu

SUNDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
1 waffle	1 carb/bread/starch	80
1 tsp. margarine	1 fat	45
1 Tbsp. lite syrup	free	0
1 $\frac{1}{4}$ c. fresh strawberries	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 <u>Lunch:</u>		
<u>$\frac{1}{2}$ sandwich</u>		
1 slice bread	1 carb/bread/starch	80
2 Tbsp. peanut butter	1 protein/meat, 1 fat	77
Lite jelly	free	0
1 c. assorted raw vegetables	1 vegetable	25
1 Tbsp. Ranch dressing	1 fat	45
$\frac{1}{2}$ c. Teddy Grahams	1 carb/bread/starch	80
4 oz. apple juice	1 fruit	60
 <u>Snack:</u>		
1 oz. low-fat string cheese	1 protein/meat	55
1 c. cantaloupe cubes	1 fruit	60
 <u>Dinner:</u>		
2oz. pork chops	2 protein/meat	110
1 corn on the cob	1 carb/bread/starch	80
$\frac{1}{2}$ c. steamed broccoli	1 vegetable	25
2 tsp. margarine	2 fat	90
1 $\frac{1}{4}$ c. whole strawberries	1 fruit	60
1 Tbsp. Lite Cool Whip	free	0
8 oz. non-fat milk	1 milk/dairy	90
 TOTAL DAILY CALORIES		 1235