



## KAISER PERMANENTE.

### Balanced Diet 1500 Calorie Menu

#### MONDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
1 c. oatmeal	2 carb/bread/starch	160
6 almonds	1 fat	45
4 oz. banana	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	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
1 c. raw carrots	1 vegetable	25
Water	free	0
 <u>Snack:</u>		
1 c. cantaloupe cubes	1 fruit	60
Diet Jello	free	0
Water	free	0
 <u>Dinner:</u>		
3 oz. broiled chicken	3 protein/meat	165
2/3c. steamed rice	2 carb/bread/starch	160
1 c. steamed broccoli	2 vegetable	50
½ c. fruit cocktail	1 fruit	60
2 tsp. margarine	2 fat	90
8oz. non-fat milk	1 milk/dairy	90
 <b>TOTAL DAILY CALORIES</b>		 <b>1500</b>



**KAISER PERMANENTE.**

## Balanced Diet 1500 Calorie Menu

### **TUESDAY**

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<b>Breakfast:</b>		
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
 <b>Lunch:</b>		
<b>Turkey Wrap:</b>		
(1) 6 inch flour tortilla	1 carb/bread/starch	80
1 oz. turkey	1 protein/meat	55
1oz. 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
 <b>Snack:</b>		
1 orange	1 fruit	60
$\frac{1}{2}$ cup granola	2 carb/bread/starch	160
 <b>Dinner:</b>		
2 oz. broiled steak	2 protein/meat	110
1 small baked potato	1 carb/bread/starch	80
1 c. steamed green beans	2 vegetable	50
1 $\frac{1}{2}$ tsp. margarine	1 $\frac{1}{2}$ fat	68
Tossed salad w/ diet dressing	1 vegetable/free	25
$\frac{3}{4}$ c. fresh pineapple	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90

**TOTAL DAILY CALORIES**

**1500**



## KAISER PERMANENTE.

### Balanced Diet 1500 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
6 almonds	1 fat	45
8 oz. non-fat milk	1 milk/dairy	90
 <u>Lunch:</u>		
Chef's Salad:		
2 oz. lean ham, diced	2 protein/meat	110
1 oz. mozzarella cheese, diced	1 protein/meat	55
Lettuce, tomato, cucumber, and carrots	2 vegetable	50
2 tbsp. Ranch dressing	2 fat	90
4 small bread sticks	2 carb/bread/starch	160
$\frac{1}{2}$ c. orange juice w/ $\frac{1}{2}$ c. soda water	1 fruit/free	60
 <u>Snack:</u>		
1 granola bar	1 carb/bread/starch, 1 fat	125
3 oz. grapes	1 fruit	60
 <u>Dinner:</u>		
1 c. spaghetti with meat sauce	2 pro/meat, 2 carb, 1 fat	315
1 c. steamed zucchini	2 vegetable	50
1 c. watermelon	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 <b>TOTAL DAILY CALORIES</b>		 <b>1500</b>



## KAISER PERMANENTE.

### Balanced Diet 1500 Calorie Menu

#### THURSDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
2 whole grain waffles	2 carb/bread/starch	160
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>		
Sandwich		
2 tbsp. peanut butter	1 protein/meat, 1 fat	100
2 tsp. light jelly	free	0
2 slices bread	2 carb/bread/starch	160
1 c. baby carrots	1 vegetable	25
Fat-free Ranch dressing (dip for carrots)	free	0
2 tbsp. raisins	1 fruit	60
Water	free	0
 <u>Snack:</u>		
1 oz. cold sliced chicken	1 protein/meat	55
Dill pickle	free	0
4 oz. orange juice	1 fruit	60
 <u>Dinner:</u>		
3 oz. meat loaf	3 protein/meat, 2 fat	255
Ketchup	free	0
1 c. fat-free mashed potatoes	2 carb/bread/starch	160
2 tsp. gravy	1 fat	45
1 c. steamed green beans	2 vegetables	50
Tossed salad with diet dressing	1 vegetable/free	25
1 c. cantaloupe, cubed	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 <b>TOTAL DAILY CALORIES</b>		 <b>1500</b>



## KAISER PERMANENTE.

### Balanced Diet 1500 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
1 $\frac{1}{2}$ c. Apple Jacks	2 carb/bread/starch	160
4 oz. banana	1 fruit	60
6 cashews	1 fat	45
 <u>Lunch:</u>		
<u>Sandwich:</u>		
2 oz. light bologna	2 protein/meat	110
2 slices wheat bread	2 carb/bread/starch	160
Lettuce, mustard	free	0
1 c. raw carrots	1 vegetable	25
2 Tbsp. Ranch dressing	2 fat	90
1 apple	1 fruit	60
Water	free	0
 <u>Snack:</u>		
1 Go-GURT, (yogurt snack)	1 fruit	70
 <u>Dinner:</u>		
<u>Chicken Kabob:</u>		
3 oz. chicken	3 protein/meat	165
Assorted vegetables	1-2 vegetables	50
2/3 c. steamed rice	2 carb/bread/starch	160
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**

**1485**



## KAISER PERMANENTE.

### Balanced Diet 1500 Calorie Menu

#### SATURDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
1 scrambled egg, with veggies	1 protein/meat/ $\frac{1}{2}$ fat/ 1 veg	122
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>		
2 oz. turkey	2 protein/meat	110
12 whole wheat crackers	2 carb/bread/starch	160
8 cherry tomatoes, sliced cucumbers	1 vegetable	25
1 c. vegetable soup	1 vegetable	25
2 oz. banana	1 fruit	60
Water	free	0
 <u>Snack:</u>		
1 apple	1 fruit	60
1 Special K bar	1 carb/bread/starch	160
 <u>Dinner:</u>		
1 slice pepperoni pizza	2 pro/meat, 3 fat, 2 carb	295
Tossed salad	1 vegetable	25
Fat-free dressing	free	0
1 fruit juice bar	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
 <b>TOTAL DAILY CALORIES</b>		 <b>1489</b>



## KAISER PERMANENTE.

# Balanced Diet 1500 Calorie Menu

### SUNDAY

<u>Food Item</u>	<u>Food Exchanges</u>	<u>Calories</u>
<u>Breakfast:</u>		
2 waffle	2 carb/bread/starch	160
2 tsp. margarine	2 fat	90
1 tbsp. lite syrup	free	0
1 $\frac{1}{4}$ c. strawberries	1 fruit	60
8 oz. non-fat milk	1 milk/dairy	90
<u>Lunch:</u>		
1 sandwich		
2 slices bread	2 carb/bread/starch	160
2 tbsp. Peanut butter	1 protein/meat	55
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
Cherry tomatoes	1 vegetable	25
<u>Dinner:</u>		
3 oz. pork chops	3 protein/meat	165
1 corn on the cob	1 carb/bread/starch	80
1 c. steamed broccoli	2 vegetable	50
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**

**1500**