1800

American Fare 1800 Calories (30% Fat) Per Day Menus – One Week

Sunday Mor	nday Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Break 2 slices whole wheat toast 1 cup of 4 teaspoons natural peanut 1 cup of butter 1 cup of 1 banana 1 cup of 3 oz. 1% milk Black of cettuce, radish and cucumber /2 cup carrots 2 oz. tu 1 cup green pepper, diced 1/4 avo /2 cup green pepper, diced 1/2 cup /2 cup and fish, packed in 1/2 cup /2 saltine crackers 1 teasp 1 peach carroi //2 cup condeds pinach 1 apple //4 cup onions, cooked 1 -1/2 cup //4 cup mushrooms, cooked 1 -1/2 cup //2 cup cooked spinach 1 cup fi //2 cup beverage 2 ablespoon	IndexBreakfastoatmealjuit cocktail in juiceplain, low-fat yogurt3/4 cup blueberad with fruit1 cup plain, lowad with fruit2 tablespoonsswhole wheat bread1 cup string beurkey ham & 1 oz.3 oz. low-fat harfat cheese3 oz. low-fat harocado, sliced3 oz. low-fat hara sprouts2 tabge ponsp baby carrots2 farge lettuce lesing for dipping2 farge lettuce leots2 co. low-fat haror non-caloric2 co. low-fat harerage2 farge lettuce leerage2 co. low-fat haror non-caloric1 cup string beerage3 cunces floundthicken leg, no skin,2 kiwisgarlic to marinbeans the daygarlic to marinbeans the daygarlic to marinbeans the daygarlic to marinteaspoon olivdirette, 2 for chicken1 teaspoon olivdat with pasta1/2 cup onion1% milk1/2 cup spinactwith rice1 cup brown ricetrace1 cup brown ricetrace1 cup brown rice	Breakfast ow-fat waffles rries v-fat yogurt sour cream op on waffles in aloric Breakfast 2 slices whole wheat to 1 teaspoon butter 1/2 cup 2% cottage che 1 cup fruit cocktail can in juice 8 oz. 1% milk n meese ayonnaise leaves seese and son tortillas, nade string y before aloric der, baked ve oil, to aloric ve oil, to aloric Shade cok ve oil, to aloric </td <td>Breakfast asst 3 egg-white omelet with: 1 oz. low-fat cheese asst 1 oz. low-fat cheese ned 1/4 cup onion, chopped 1/2 tomato, diced 1 teaspoon canola oil, to sauté vegetables 2 slices whole wheat toast 8 oz. 1% milk eanut Lunch 2 slices light whole wheat bread 1/2 cup tuna fish, packed in water 1 teaspoon mayonnaise Mustard to mix with mayonnaise Lettuce 1 tomato, diced 1/2 cucumber sliced 1 tablespoon creamy low-fat dressing, for tomato-cucumber salad a orange Water or non-caloric beverage</td> <td>Fridaly Breakfast 1 cup low-fat, plain yogurt 1 cup canned fruit cocktail, in juice 6 tablespoons grapenuts 6 almonds, slivered Black coffee or tea with lemon Lunch 1 medium baked potato, 6 oz. 1 cup broccoli, steamed or microwaved 2 cloves garlic 2 teaspoons canola oil, to sauté garlic and toss with broccoli 3 oz. low-fat cheese to melt on potato and broccoli Salsa 1 peach Water or non-caloric beverage Dinner 6 oz. ground sirloin burger 1 hamburger bun Lettuce, for burger 1 tablespoon ketchup 1 tomato, 1/2 sliced for salad 1/2 cup asparagus Lettuce, cucumber and radish 2 tablespoons low-fat creamy salad dressing 1 corn on the cob Water or non-caloric beverage</td> <td>Saturcaly Saturcaly Breakfast 1-1/2 cups plain wheat flakes cereal 1 apple 4 teaspoons natural peanut butter, to spread on apple 8 oz. 1% milk Lunch Lettuce and cucumber for chef salad 1 oz. low-fat ham 1 oz. turkey 1 oz. low-fat cheese 1 cup zucchini, sliced 1 tomato, diced 1 tomato, diced 1 tablespoon low-fat ranch salad dressing 10 small green olives 4 4-inch bread sticks 1 kiwi Water or non-caloric beverage Dinner 5 oz. center loin pork chop, grilled 1 cup mashed potato, made with no fat 1/2 cup corn 2 tablespoons low-fat margarine, for potatoes and corn 1/2 cup unsweetened applesauce 1/2 cup beets 1 cup cauliflower Water or non-caloric beverage Snack 1 cup nonfat, light fruit yogurt 1/2 mango</td>	Breakfast asst 3 egg-white omelet with: 1 oz. low-fat cheese asst 1 oz. low-fat cheese ned 1/4 cup onion, chopped 1/2 tomato, diced 1 teaspoon canola oil, to sauté vegetables 2 slices whole wheat toast 8 oz. 1% milk eanut Lunch 2 slices light whole wheat bread 1/2 cup tuna fish, packed in water 1 teaspoon mayonnaise Mustard to mix with mayonnaise Lettuce 1 tomato, diced 1/2 cucumber sliced 1 tablespoon creamy low-fat dressing, for tomato-cucumber salad a orange Water or non-caloric beverage	Fridaly Breakfast 1 cup low-fat, plain yogurt 1 cup canned fruit cocktail, in juice 6 tablespoons grapenuts 6 almonds, slivered Black coffee or tea with lemon Lunch 1 medium baked potato, 6 oz. 1 cup broccoli, steamed or microwaved 2 cloves garlic 2 teaspoons canola oil, to sauté garlic and toss with broccoli 3 oz. low-fat cheese to melt on potato and broccoli Salsa 1 peach Water or non-caloric beverage Dinner 6 oz. ground sirloin burger 1 hamburger bun Lettuce, for burger 1 tablespoon ketchup 1 tomato, 1/2 sliced for salad 1/2 cup asparagus Lettuce, cucumber and radish 2 tablespoons low-fat creamy salad dressing 1 corn on the cob Water or non-caloric beverage	Saturcaly Saturcaly Breakfast 1-1/2 cups plain wheat flakes cereal 1 apple 4 teaspoons natural peanut butter, to spread on apple 8 oz. 1% milk Lunch Lettuce and cucumber for chef salad 1 oz. low-fat ham 1 oz. turkey 1 oz. low-fat cheese 1 cup zucchini, sliced 1 tomato, diced 1 tomato, diced 1 tablespoon low-fat ranch salad dressing 10 small green olives 4 4-inch bread sticks 1 kiwi Water or non-caloric beverage Dinner 5 oz. center loin pork chop, grilled 1 cup mashed potato, made with no fat 1/2 cup corn 2 tablespoons low-fat margarine, for potatoes and corn 1/2 cup unsweetened applesauce 1/2 cup beets 1 cup cauliflower Water or non-caloric beverage Snack 1 cup nonfat, light fruit yogurt 1/2 mango

Genentech A Member of the Roche Group **Tips:** If you are lactose intolerant try nonfat or 99% fat-free lactaid milk. One-percent-fat milk is also acceptable. If you choose not to use milk or yogurt, talk to your doctor about calcium supplements.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 4 4-inch frozen pancakes 1 teaspoon butter 2 tablespoons sugarfree pancake syrup 3/4 cup blueberries 8 oz. 1% milk Lunch 2 slices whole wheat bread 4 teaspoons natural peanut butter Sugar-free jelly 1/2 cup baby carrots 1 banana 8 oz. 1% milk Dinner 7 oz. chicken, skinless, cubed 2 scallions 2 teaspoons olive oil, to sauté scallions and chicken 1/2 cup canned pineapple in own juices, add to chicken after searing 1/2 cup water chestnuts, add to chicken after searing	Breakfast 2 slices whole wheat toast 1 teaspoon butter Sugar-free jelly 1/2 cup 2% cottage cheese 1 cup canned pineapple in own juice, to mix with cottage cheese 8 oz. 1% milk Lunch 1/2 6-inch whole wheat pita 3 oz. chicken, skinless, diced mixed with: 1 teaspoon mayonnaise 1 scallion and 1 tablespoon celery, diced 1 zucchini, sliced in spears 1 tablespoon low-fat creamy Italian salad dressing, to dip zucchini 1-1/4 cups watermelon, cubed Water or non-caloric beverage Dinner 4 oz. salmon, cubed 1/2 cup onions, sliced 1 teaspoon olive oil, to	Breakfast 1-1/2 cups puffed rice cereal 2 tablespoons raisins 1 banana 1 tablespoon sunflower seeds 6 almonds, slivered 8 oz. 1% milk Lunch 1 whole tomato, inside scooped out 3/4 cup tuna fish, packed in water 1 teaspoon mayonnaise 1 teaspoon mustard 1 scallion and 1 tablespoon celery, diced, to mix with tuna fish mustard and mayonnaise. Scoop inside tomato 1 green pepper, sliced in spears 2 tablespoons nonfat ranch dressing, to dip peppers 12 saltine-type crackers 8 oz. 1% milk Dinner 6 oz. sirloin steak	Breakfast 2 slices whole wheat bread for French toast 1 egg 4 oz. 1% milk to mix with egg and dip bread Cooking spray 1/2 tablespoon light margarine 2 tablespoons sugar-free syrup 4 oz. 1% milk Lunch 2 slices whole wheat bread 3 oz. roast beef 1 oz. low-fat cheese 2 teaspoons mayonnaise 1 banana Water or non-caloric beverage Dinner 4 oz. veal, sliced in strips 1 cup green pepper diced 1/2 cup onion 2 teaspoons canola oil to sauté peppers, veal and onion 1 cup brown rice	Breakfast 1 sunny-side up egg, cooking spray 2 slices whole wheat bread 1/2 tablespoon light margarine 1 orange 8 oz. 1% milk Lunch Lettuce, cucumber, radish, celery 1/2 cup carrots, sliced 1/2 cup 2% cottage cheese 1/2 cup tuna fish, packed in water 1/8 avocado, sliced Alfalfa sprouts 1 tablespoon low-fat ranch dressing 2 4-inch bread sticks 1/2 grapefruit Water or non-caloric beverage Dinner 1-1/2 cups whole wheat pasta 2/3 cup tomato sauce 4 oz. ground sirloin,	Breakfast 1 cup oatmeal 6 almonds, slivered 2 tablespoons raisins 1 tablespoon sunflower seeds 8 oz. 1% milk Lunch 1 English muffin toasted 1/3 cup tomato sauce, spread over 2 sides of muffin 3 oz. light mozzarella, spread over 2 sides of muffin 1/2 cup broccoli, steamed, topping mini-pizzas 2 cloves garlic 1 teaspoon olive oil, to sauté garlic and toss with broccoli 24 cherries Water or non-caloric beverage Dinner 6 oz. lamb, loin, broiled 1-1/2 cups mashed potato, no fat added	Breakfast 2 slices whole wheat bread 4 teaspoons natural peanul butter 1 banana, sliced over peanut butter 8 oz. 1% milk Lunch 1/2 6-inch whole wheat pita 2 eggs, hard boiled for egg salad 1 tablespoon low-fat mayonnaise 1 scallion, chopped for egg salad 1/2 cup string beans, steamed or microwaved 2 tangerines 8 oz. 1% milk Dinner 8 oz. shrimp 2 cloves garlic 2 teaspoons olive oil, to sauté garlic and shrimp 1 cup canned crushed tomatoes, add to garlic and shrimp for marinara
searing 6 almonds, slivered, to top chicken 1 cup snow peas 2/3 cup brown rice Water or non-caloric beverage Snack	1 teaspoon olive oil, to sauté onion and salmon 1/3 cup tomato sauce, diluted with 1/3 cup water. Add last few minutes of cooking 10 small green olives, add with tomato sauce 1-1/2 cups spaghetti	6 oz. sirloin steak 1 cup mashed potato, no fat added 1 cup frozen vegetable mix, broccoli, cauliflower, carrots 2 teaspoons butter, for potatoes and vegetables Water or non-caloric	1 cup brown rice 1 cup broccoli 1 apple Water or non-caloric beverage Snack 1 cup raspberries 8 oz. skim milk		no fat added 1cup mashed turnip, no fat added 1/2 cup cooked carrots 2 teaspoons butter, for potato and vegetables Water or non-caloric beverage	sauce 2 tablespoons grated parmesan cheese 1 cup cauliflower, steamed 1-1/2 cups linguini Water or non-caloric beverage Snack
6 saltine-type crackers 2 ounces fat-free cheese	1 cup cauliflower Water or non-caloric beverage Snack 1 cup nonfat, light fruit yogurt 1/2 cup fruit cocktail, canned in fruit juice 2 fat-free oatmeal cookies	beverage <u>Snack</u> 2/3 cup nonfat frozen yogurt 1-1/4 cups strawberries, sliced	Blend with ice to make a shake	Snack 8 animal crackers 8 oz. skim milk 1 banana	Snack 8 oz. skim milk 1 peach Blend with ice to make a shake	1/4 cup 1% cottage chees 1/2 cup canned fruit cocktail in juice 2 fat-free oatmeal cookies

Tips: The menus listed above give the basic ingredients for the meals. You will need to add herbs and spices to suite your taste buds. You can also add chicken or beef broth to add flavor when cooking. Low-sodium varieties are recommended.