

1,600-Calorie Sample Menus

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

The menus in this handout provide 1,600 calories per day. Each daily menu has:

- **8 servings of protein** (lean meat, fish, poultry, beans, reduced-fat cheese, or egg). Protein foods are marked “**P**.”
- **12 servings of carbohydrate** (milk, fruit, bread, grains, starchy vegetables, or other carbohydrates). Carbohydrate foods are marked “**C**.”
- **3 to 4 servings of nonstarchy vegetables** (lettuce, broccoli, carrots, green beans, etc.). Nonstarchy vegetables are marked “**V**.”
- **4 servings of fat** (margarine, salad dressing, mayonnaise, nuts, olives, etc.). Fat servings are marked “**F**.”
- “**Free**” foods (foods with very few calories and little fat or carbohydrate). Free foods are marked with an asterisk (*).

Day 1

Meal	Pattern
Breakfast 1 egg (P) 2 slices toast (2C) with 1 teaspoon margarine (F) 6 ounces light fruit yogurt (C) Orange (C)	1P 4C 1F
Lunch Ham sandwich: 3 ounces ham (3P), 2 slices bread (2C), lettuce and tomato (V), 2 teaspoons mayonnaise (F), mustard (*) Raw broccoli (V) Small pear (C)	3P 3C 2V 1F *
Evening Meal 4 ounces skinless chicken breast (4P) $\frac{2}{3}$ cup bowtie pasta (2C) with mushrooms, zucchini, and pepper (V), 1 teaspoon olive oil, and vinegar (*) Green salad (V) with 2 tablespoons low-fat salad dressing (F) 17 small grapes (C)	4P 3C 2V 2F *
Snack 3 graham cracker squares (C) and 1 cup fat-free milk (C)	2C



This handout may be duplicated for client education.

Day 2

Meal	Pattern
Breakfast 1 ounce ham or 1 egg (P) 1 waffle (C, F) with ½ cup sugar-free sliced peaches (C) and 1 tablespoon regular syrup (C) 1 cup fat-free milk (C)	1P 4C 1F
Lunch Bean salad: ¼ cup grated low-fat cheese (P), 1 cup beans (2P,2C), tomato, onion, carrots, lettuce, cucumbers (V), 2 tablespoons low-fat ranch dressing (F), salsa (*) 1 small apple (C)	3P 3C 1V 1F *
Evening Meal 4 ounces roast beef (4P) ½ cup potatoes (C) 1-ounce roll (C) with 1 teaspoon margarine (F) Carrots and cauliflower (V) Tossed salad (V) with 2 tablespoons low-fat salad dressing (F) 1 cup cantaloupe cubes (C)	4P 3C 2V 2F
Snack ¼ cup Grapenuts (C) and 6 ounces light fruit yogurt (C)	2C

Day 3

Meal	Pattern
Breakfast 1 ounce lean ham (P) ½ cup cooked oats (C) with 1 cup fat-free milk (C) ½ grapefruit (C) 1 slice toast (C) with 1 teaspoon margarine (F)	1P 4C 1F
Lunch Grilled chicken caesar: 3 ounces skinless chicken breast (3P), mushrooms, peppers, lettuce (V), 1 tablespoon caesar dressing (F), 2 tablespoons grated parmesan cheese (F) 1½ ounces pretzels (2C) Tangerine (C)	3P 3C 1V 2F
Evening Meal Hamburger: 3 ounces lean ground beef (3P), 1 slice low-fat cheese (P), 1 hamburger bun (2C), onion, lettuce, tomato (V), 1 teaspoon mayonnaise (F), mustard (*) Green beans (V) 1 kiwi (C)	4P 3C 2V 1F *
Snack ¾ cup Cheerios (C) and 1 cup fat-free milk (C)	2C

Day 4

Meal	Pattern
Breakfast 1 slice low-fat cheese (P) 1 English muffin (2C) with 1 teaspoon margarine (F) and sugar-free jam (*) 1 cup fat-free cup milk (C) ½ cup applesauce (C)	1P 4C 1F *
Lunch Roast beef sandwich: 3 ounces roast beef (3P), 2 slices bread (2C), lettuce and tomato (V), 1 teaspoon mayonnaise (F) Raw celery (V) 1 small banana (C) and sugar-free gelatin (*)	3P 3C 2V 1F *
Evening Meal 4 ounces broiled fish (4P) ½ ear corn on cob (C) 1-ounce roll (C) with 2 teaspoons margarine (2F) Broccoli (V) Tossed salad (V) with vinegar (*) 1 small nectarine (C)	4P 3C 2V 2F *
6 saltines and 1 cup fat-free milk (C)	2C

Day 5

Meal	Pattern
Breakfast Veggie omelet: 1 egg (P), onion, mushroom, pepper (V), nonfat cooking spray (*) 2 slices toast (2C) with 1 teaspoon margarine (F) 1 cup fat-free cup milk (C) Orange (C)	1P 4C 1F *
Lunch Tuna salad: 3 ounces tuna in water (3P) and 2 teaspoons mayonnaise (F) 6 saltines (C) Baby carrots and romaine lettuce (V) Dill pickle (*) 1 small apple (C) ½ cup sugar-free pudding (C)	3P 3C 1V 1F *
Evening Meal Chicken fajitas: 4 ounces skinless chicken breast (3P), 6-inch low-fat tortilla (C), grilled onion, peppers, tomatoes (V), 2 tablespoons sour cream (F), salsa (*) ⅔ cup rice (2C) Green salad (V) with 1 tablespoon salad dressing (F)	4P 3C 2V 2F *
Snack 8 animal crackers (C) and 1 cup fat-free milk (C)	2C