



Permian Internal Medicine Associates

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2000 Calorie Meal Plan

The following sample menu for a 300 calorie meal plan includes a total of 8 starch, 4 fruit, 4 dairy, 4 non-starchy vegetable, 7 protein, and 6 fat daily.

EXCHANGES

SAMPLE

Breakfast	1 starch 1 starch 1 milk 1 protein, high fat Free food 1 fruit	¾ cup unsweetened, ready to eat cereal 1 slice whole-grain toast 1 cup fat-free milk 2 tablespoons low-sugar jelly 1 small banana (4 ounces)
Snack	1 starch 1 milk	3 graham crackers, 2 ½ inch square 1 cup fat-free milk
Lunch	2 starch + 2 lean protein 1 free food 2 vegetable 2 fat 2 fruit	2 cups split pea soup 1 cup mixed salad greens 2 cups raw vegetables (ex. Carrots/celery) 4 tablespoons reduced-fat salad dressing 1 medium peach (6 ounces)
Snack	1 milk 1 fruit	2/3 cup (6 ounces) reduced-fat plain yogurt 1 cup raspberries
Dinner	1 starch 1 starch 3 protein, lean 2 vegetable 3 fat 1 fruit	1 cup baked acorn squash 1 small dinner roll 3 ounces baked salmon 1 cup cooked nonstarchy mixed vegetables 3 teaspoons butter or margarine 2 small tangerines
Snack	1 starch 1 protein, lean 1 fat 1 milk	1 slice whole-grain bread 1 ounce low-salt ham 1 tablespoon reduced-fat mayonnaise 1 cup fat-free milk

A healthy diet is essential for good health and nutrition. It can protect you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially produced trans-fats, are essential for healthy diet.

Source: <https://bit.ly/3KUI9X5>