



Permian Internal Medicine Associates

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2200 Calorie Meal Plan

The following sample menu for a 2200 calorie meal plan includes a total of 10 starch, 4 fruit, 4 dairy, 4 non-starchy vegetable, 7 protein, and 6 fat daily.

	EXCHANGES	SAMPLE
Breakfast	2 starch 1 protein, lean 1 fat 1 milk 1 fruit	1 multi-grain English muffin 1 ounce Canadian bacon 1 teaspoon butter or margarine 1 cup fat-free milk 1 cup cubed honeydew melon
Snack	1 milk 1 starch + 1 fat	2/3 cup (6 ounces) reduced-fat plain yogurt ¼ cup granola
Lunch	2 protein, lean 1 vegetable 2 fat 2 starch Free food 1 fruit	½ cup egg substitute, scrambled ½ cup sauteed vegetables (ex. Onions, peppers, mushrooms) 2 teaspoons oil or margarine 2 corn tortillas, 6 inches across ¼ cup salsa ½ small mango
Snack	1 milk 1 fruit 1 starch	2/3 cup (6 ounces) low-fat vanilla yogurt 1 ¼ cups frozen strawberries 3 tablespoons wheat germ Makes 1 fruit smoothie
Dinner	3 starch 3 protein, medium fat 2 vegetable 2 fat 1 vegetable 1 fruit	1 cup whole-wheat pasta, cooked 3 ounces lean beef proteinballs 1 cup sauteed broccoli 2 teaspoons olive oil 1 cup sliced tomato and cucumber ½ cup fresh pear
Snack	1 starch 1 protein, high fat 1 milk	2 – 5 (3/4 ounce) whole- wheat low fat crackers 1 ounce cheese 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>