

1,800-calorie Sample Meal Plans

for General Health, Heart Health and Pregnancy

Sample Day 1

Breakfast

- ½ whole-grain pita filled with:
 - 2 whole large eggs, scrambled
 - ¼ cup diced bell pepper (any color)
 - ¼ cup sliced mushrooms
- ½ cup chopped strawberries
- ¾ cup vanilla low-fat Greek yogurt
- 1 cup unsweetened coffee or tea

Lunch

- 3 ounces grilled chicken breast on 2 slices whole-grain bread
 - 1 tablespoon mayonnaise seasoned with ¼ teaspoon garlic powder and ¼ teaspoon dill weed
 - 2 slices tomato
 - 2 leaves romaine lettuce
- 15 baby carrots
- 3 stalks celery
- 2 tablespoons low-sodium salad dressing
- 1 medium plum
- 1 cup low-fat (1%) milk

Dinner

- 3 ounces baked salmon with 1 teaspoon extra-virgin olive oil and 2 teaspoons lemon juice (for flavor after baking)
- ½ cup steamed broccoli (fresh or frozen)

- ½ cup cooked brown rice
- ½ cup cubed cantaloupe
- 1 cup low-fat (1%) milk

Snacks

- 1 small apple with 4 teaspoons peanut butter
- 1 piece rye crispbread topped with 1 ½ tablespoons mozzarella cheese (melted) and ¼ cup diced tomato
- ½ cup sliced cucumber with 2 tablespoons hummus

Daily total: 1,808 calories, 202 grams (g) carbs (13 choices), 27g fiber, 60g total fat (13g saturated fat), 124g protein, 1,602 milligrams (mg) sodium

Sample Day 2

Breakfast

- 1 large hard-boiled egg
- 1 whole-grain mini bagel with 1 teaspoon butter
- ½ grapefruit
- ½ cup orange juice
- 1 cup unsweetened coffee or tea

Lunch

- 1 cup chopped romaine lettuce
 - 4 ounces grilled chicken breast
 - ½ cup fresh vegetable of your choice
 - 2 tablespoons shredded Parmesan cheese
 - 2 tablespoons low-sodium balsamic vinaigrette

(over)

- 6 whole-grain crackers
- 1 piece medium fruit of your choice

Dinner

- 2 hard taco shells filled with:
 - 3 ounces ground turkey seasoned with ¼ teaspoon low-sodium taco seasoning
 - ⅛ cup (2 tablespoons) 2% shredded cheddar cheese
 - 1 cup chopped romaine lettuce
 - 1 tablespoon sour cream
 - ¼ cup low-sodium salsa
 - ½ cup low-sodium black beans
- 1 cup grapes (any color)

Snacks

- 1 string cheese
- 1 medium banana with 1 tablespoon peanut butter and ½ cup fat-free milk
- 1 medium apple

Daily total: 1,840 calories, 250g carbs (6 ½ choices), 36g fiber, 59g total fat (22.5g saturated fat), 95g protein, 1,998mg sodium

Sample Day 3

Breakfast

- ½ cup dry quick-cooking oats prepared with ½ cup fat-free milk
 - ½ cup unsweetened applesauce
 - 1 ½ tablespoons peanut butter
- 1 medium orange
- 1 cup unsweetened coffee or tea

Lunch

- 1 cup chopped romaine lettuce
 - 2 ounces ground turkey seasoned with ¼ teaspoon low-sodium taco seasoning
 - ¼ cup frozen corn, thawed
 - ¼ cup low-sodium black beans

- ⅛ cup (2 tablespoons) 2% shredded cheddar cheese
- 1 tablespoon sour cream
- ¼ cup low-sodium salsa

- 1 cup cubed watermelon

- 1 cup low-fat (1%) milk

Dinner

- 1 cup fresh baby spinach
 - ½ cup diced bell pepper (any color)
 - 2 tablespoons low-sodium salad dressing
- 3 ounces roast beef
- ½ cup roasted potatoes
- ½ cup cooked carrots
- 1 cup low-fat (1%) milk

Snacks

- 1 ounce unsalted roasted almonds
- 1 medium pear
- ½ cup vanilla ice cream with 1 cup berries

Daily total: 1,810 calories, 216g carbs (14 choices), 38g fiber, 88g total fat (20.5g saturated fat), 94g protein, 1,574mg sodium

If You Are Pregnant or Breastfeeding

Fish is a good source of protein, contains fatty acids and is low in saturated fat. However, any fish (store-bought or fresh-caught) could contain contaminants such as mercury or polychlorinated biphenyl (PCBs) that can harm a developing or breastfed baby.

It is best to vary the kind of fish you eat and limit the amount of fish you eat to one to two meals a week.

The Minnesota Department of Health has guides to choosing and eating fish.

- For complete information, go to health.state.mn.us/fish.
- Click on Statewide Safe Eating Guidelines.