

2,800-calorie Sample Meal Plans

for General Health, Heart Health and Pregnancy

Sample Day 1

Breakfast

- 2 slices whole-grain toast with 2 tablespoons peanut butter and 2 teaspoons jam
- 1 ½ cups chopped strawberries
- 6 ounces vanilla low-fat Greek yogurt
- 1 cup low-fat (1%) milk

Lunch

- 4 ounces diced 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
- 12 baby carrots
- 1 medium piece fruit (any kind)
- 1 cup low-fat (1%) milk

Dinner

- 4 ounces baked salmon with 1 teaspoon extra-virgin olive oil and 2 teaspoons lemon juice (for flavor after baking)
- 1 cup steamed broccoli (fresh or frozen) with 1 teaspoon butter
- 1 cup cooked brown rice
- 1 whole-grain dinner roll with 1 teaspoon butter
- 1 cup cubed cantaloupe
- 1 cup low-fat (1%) milk

Snacks

- 1 small apple with 2 tablespoons peanut butter
- 3 pieces rye crispbread topped with ¼ cup mozzarella cheese (melted) and 1 cup cherry tomatoes
- 6 baby carrots and ½ cup sliced cucumber with ⅓ cup hummus

Daily total: 2,795 calories, 331 grams (g) carbs (22 choices), 50g fiber, 98g total fat (27g saturated fat), 167g protein, 2,250 milligrams (mg) sodium

Sample Day 2

Breakfast

- 2 scrambled eggs with 1 small tomato (diced) and 2 tablespoons feta cheese
- 2 slices whole-grain bread with 1 teaspoon butter
- 1 cup blueberries
- ½ cup orange juice
- 1 cup low-fat (1%) milk

Lunch

- 1 cup chopped romaine lettuce
 - 3 ounces grilled chicken breast
 - ¾ cup fresh vegetable of your choice
 - 2 tablespoons low-sodium balsamic vinaigrette
- 1 whole-grain pita
- 1 medium pear

(over)

Dinner

- 3 hard taco shells filled with:
 - 3 ounces ground turkey seasoned with ¼ teaspoon low-sodium taco seasoning
 - ¼ cup 2% shredded cheddar cheese
 - 1 cup chopped romaine lettuce
 - 1 tablespoon sour cream
 - 1 medium tomato, diced
- 1 cup grapes (any color)

Snacks

- 1 string cheese with 1 medium piece fruit (any kind)
- smoothie made with 1 frozen banana, 1 tablespoon peanut butter and 1 cup fat-free milk
- 1 ½ ounces unsalted almonds (about 32 almonds) with ⅓ cup raisins

Daily total: 2,797 calories, 346g carbs (23 choices), 45g fiber, 107g total fat (33g saturated fat), 142g protein, 2,124mg sodium

Sample Day 3

Breakfast

- ½ cup dry quick-cooking oats prepared with ½ cup low-fat (1%) milk
 - ½ cup unsweetened applesauce
 - 1 tablespoon brown sugar
 - 1 medium apple, diced
 - ¼ cup chopped walnuts
- 1 large hard-boiled egg

Lunch

- 1 cup chopped romaine lettuce
 - 3 ounces ground turkey seasoned with ¼ teaspoon low-sodium taco seasoning
 - ½ cup frozen corn, thawed
 - ⅓ cup low-sodium black beans
 - ¼ cup 2% shredded cheddar cheese

- 1 tablespoon sour cream
- 1 small tomato, diced
- 1 cup cubed watermelon
- 1 cup low-fat (1%) milk

Dinner

- 1 cup fresh baby spinach with ¾ cup diced bell pepper (any color) and 2 tablespoons low-sodium salad dressing
- 3 ounces roast beef
- 1 medium baked potato with 2 tablespoons low-fat Greek yogurt and seasoned with freshly ground black pepper
- ½ cup cooked carrots
- 1 cup low-fat (1%) milk

Snacks

- 1 ½ ounces unsalted roasted almonds (about 32 almonds) with ⅓ cup raisins
- 3 cups popped popcorn with 2 tablespoons finely grated parmesan cheese and 2 tablespoons dried cranberries
- ½ cup vanilla ice cream with 1 cup berries

Daily total: 2,810 calories, 342g carbs (23 choices), 51g fiber, 110g total fat (30g saturated fat), 141g protein, 1,689mg sodium

What About Beverages?

Drink plenty of liquids throughout the day. Water is best. Add ice or for a little extra flavor add fresh lemon or lime juice, freshly sliced fruit or cucumber, or a sprig of fresh mint.

If You Are Pregnant or Breastfeeding

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 to 1 to 2 meals a week.

Visit health.state.mn.us/fish and click on Statewide Safe Eating Guidelines for more information.