

2,200-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 cup chopped strawberries
- 1 cup vanilla low-fat Greek yogurt

Lunch

- 2 ounces diced chicken breast on 2 slices whole-grain bread
 - 1 tablespoon mayonnaise seasoned with $\frac{1}{4}$ teaspoon garlic powder and $\frac{1}{4}$ teaspoon dill weed
 - 2 slices tomato
 - 2 leaves romaine lettuce
- 6 baby carrots with 2 tablespoons low-fat Greek yogurt
- 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 cup cubed cantaloupe
- $\frac{3}{4}$ cup low-fat (1%) milk

Snacks

- 1 small apple with 2 tablespoons peanut butter
- 2 pieces rye crispbread topped with 3 tablespoons mozzarella cheese (melted) and $\frac{1}{4}$ cup diced tomato
- 8 whole-grain crackers, 6 baby carrots and $\frac{1}{2}$ cup sliced cucumber with $\frac{1}{4}$ cup hummus

Daily total: 2,223 calories, 253 grams (g) carbs (17 choices), 50g fiber, 84g total fat (20g saturated fat), 131g protein, 1,813 milligrams (mg) sodium

Sample Day 2

Breakfast

- 2 scrambled eggs with 1 small tomato (diced) and 1 tablespoon feta cheese
- 2 slices whole-grain bread with 1 teaspoon butter
- 1 cup blueberries
- $\frac{1}{2}$ cup orange juice

Lunch

- 1 cup chopped romaine lettuce
 - 2 ounces grilled chicken breast
 - $\frac{1}{2}$ cup fresh vegetable of your choice
 - 2 tablespoons low-sodium balsamic vinaigrette
- 10 whole-grain crackers
- 1 medium pear

(over)

Dinner

- 2 hard taco shells filled with:
 - 2 ounces ground turkey seasoned with ¼ teaspoon low-sodium taco seasoning
 - 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 with 1 medium piece fruit (any kind)
- smoothie made with 1 frozen banana, ½ tablespoon peanut butter and ½ cup fat-free milk
- ¾ ounce unsalted almonds (about 16 almonds) with ¼ cup raisins

Daily total: 2,200 calories, 294g carbs (20 choices), 37g fiber, 81g total fat (25g saturated fat), 96g protein, 2,400mg 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 peanut or almond butter
 - 1 medium apple, diced
 - 2 tablespoons chopped walnuts
- 1 slice whole-grain toast with ½ teaspoon butter

Lunch

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

- ½ cup low-sodium black beans
- 2 tablespoons 2% shredded cheddar cheese
- 1 tablespoon sour cream
- ¼ cup low-sodium salsa

- 1 cup cubed watermelon

Dinner

- 1 cup fresh baby spinach with ½ cup diced bell pepper (any color) and 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 (about 22 almonds) with 1 medium apple
- 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: 2,225 calories, 273g carbs (18 choices), 43g fiber, 88g total fat (25g saturated fat), 95g protein, 1,906mg 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.