




# Balance Your Plate On A Budget



Build balanced meals for a family of four that meet U.S. Dietary Guidelines for less than \$180 a week, about \$26 a day or less than \$2 per meal, per person.

Balance Your Plate meal plans and shopping lists take the guesswork out of meal planning, so you can enjoy the foods you love while helping you meet U.S. Dietary Guidelines. Our weekly meal plans ensure you get a variety of foods from all food groups and make balanced nutrition easy.







Food Groups	Daily MyPlate Goals for 2000 calorie diet
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces

✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

With our new On a Budget meal plans, it's easy to shop smarter. Use our 14 daily meal plans to build balanced meals for a family of four using your favorite frozen meals each day combined with fruits, vegetables, whole grains and dairy. And all for less than \$180 a week!

Our On a Budget meal plans are developed with your family in mind. Each member in a family has unique caloric needs and portion sizes may differ because of this.

Our meal plans have been developed with the following calorie levels in mind\*:

-  2,000 calories (“mom”),
-  2,200 calories (“dad”),
-  1,800 calories (child, age 9-11),
-  1,600 calories (child, age 6-8).



**2-WEEK**  
**SHOPPING LIST**  
**INSIDE**

\* Daily Nutrition Summary for all calorie levels available at [NestleUSA.com/BALANCE](http://NestleUSA.com/BALANCE)

# #1

BALANCE YOUR



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## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
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- ✓ Grains 6 ounces
  - ✓ Vegetables 2½ cups
  - ✓ Fruits 2 cups
  - ✓ Dairy 3 cups
  - ✓ Protein 5½ ounces
- ✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 2,010

 total calories

	Amount Per Day	% DV*
Total Fat:	71 g	109%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	265 mg	88%
Sodium:	2,020 mg	84%
Protein:	78 g	
Total Carb:	281 g	94%
Dietary Fiber:	39 g	156%
Vitamin A:	8,210 IU	160%
Vitamin C:	161 mg	270%
Calcium:	1,337 mg	130%
Iron:	11.1 mg	60%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



# Recipes

## Daily Plan

<b>Breakfast</b>	Whole grain English muffin with: <ul style="list-style-type: none"> <li>• Soft spread margarine</li> </ul> Scrambled egg <sup>1</sup> 1% milk Orange
<b>Lunch</b>	White bean-vegetable soup <sup>2</sup> Topped with chopped avocado String cheese Reduced-sodium whole grain crackers 100% apple juice
<b>Dinner</b>	<b>STOUFFER'S®</b> Chicken & Vegetable Rice Bake Broccoli tossed with olive oil <sup>3</sup> Applesauce 1% milk
<b>Snack</b>	Pear Almonds, unsalted

## 2,200 Calorie Daily Plan

1 muffin
2 tsp. spread ½ cup egg 1 cup milk 1 medium orange
1½ cups soup ¼ avocado
1 piece 6 crackers
1 cup juice
1½ cups rice bake
1 cup broccoli 1 cup applesauce 1 cup milk
1 medium pear 1 oz. almonds

## 2,000 Calorie Daily Plan

1 muffin
2 tsp. spread ½ cup egg 1 cup milk 1 medium orange
1½ cups soup ¼ avocado
1 piece 6 crackers
1 cup juice
1 cup rice bake
1 cup broccoli 1 cup applesauce 1 cup milk
1 medium pear 1 oz. almonds

## 1,800 Calorie Daily Plan

1 muffin
2 tsp. spread ½ cup egg 1 cup milk 1 medium orange
1½ cups soup 0
1 piece 6 crackers
¾ cup juice
1 cup rice bake
1 cup broccoli ¾ cup applesauce 1 cup milk
1 medium pear ½ oz. almonds

## 1,600 Calorie Daily Plan

1 muffin
2 tsp. spread ½ cup egg 1 cup milk 1 medium orange
1¼ cups soup 0
1 piece 6 crackers
¾ cup juice
½ cup rice bake
1 cup broccoli ½ cup applesauce 1 cup milk
1 medium pear ½ oz. almonds

Daily Menu Cost: \$25.17

Menu pricing is based on actual amounts of food used in the family meal plans.

### 1. Scrambled eggs

- 4 eggs
  - ¼ cup 1% milk
  - 2 tsp. soft spread margarine
- Beat eggs and milk until well blended. Heat margarine in non-stick pan on medium heat until melted. Pour in egg mixture and stir eggs gently toward center of pan with a spatula until cooked through.

### 2. White bean-vegetable soup

- 4 cups (2 15-oz. cans) reduced sodium minestrone soup with pasta
  - 1¼ cups (1 15-oz. can) white beans, unsalted
- Drain and rinse white beans. Cook soup and beans in medium saucepan on medium heat until heated through.

### 3. Broccoli tossed with olive oil

- 4 cups cooked broccoli (from frozen)
  - 1 Tbsp. olive oil
- Steam broccoli in microwave or on stovetop according to package directions. Drain excess water. Drizzle olive oil over cooked broccoli and stir gently.

# #2

BALANCE YOUR



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## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
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- ✓ Grains 6 ounces
- ✓ Vegetables 2½ cups
- ✓ Fruits 2 cups
- ✓ Dairy 3 cups
- ✓ Protein 5½ ounces
- ✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 2,000

 total calories

	Amount Per Day	% DV*
Total Fat:	55 g	85%
Saturated Fat:	16 g	80%
Trans Fat:	1 g	
Cholesterol:	100 mg	33%
Sodium:	1,910 mg	80%
Protein:	80 g	
Total Carb:	311 g	104%
Dietary Fiber:	30 g	120%
Vitamin A:	15,115 IU	300%
Vitamin C:	162 mg	270%
Calcium:	1,202 mg	120%
Iron:	12.9 mg	70%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



# Recipes

## Daily Plan

**Breakfast** Creamy oatmeal<sup>1</sup>  
Whole wheat toast  
100% fruit spread  
100% orange juice

**Lunch** Turkey & Swiss sandwich made with:

- Whole wheat bread
- Turkey breast
- Sliced Swiss cheese
- Mayonnaise
- Tomato slices / lettuce leaf

Banana  
Water

**Dinner** **STOUFFER'S®** Stuffed Green Peppers  
Roasted rosemary potatoes<sup>2</sup>  
Garden salad<sup>3</sup> topped with:

- Sliced almonds
- Balsamic vinaigrette dressing<sup>4</sup>

Water or 1% milk

**Snack** Low-fat fruit yogurt  
Granola

## 2,200 Calorie Daily Plan

1½ cups oatmeal  
1 slice toast  
1 Tbsp. fruit spread  
1 cup juice

2 slices bread  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 1 leaf

1 medium banana  
Water

1½ peppers

1 cup potatoes  
2 cups salad  
½ oz. almonds  
1 Tbsp. dressing

Water

1 cup yogurt  
1 oz. granola

## 2,000 Calorie Daily Plan

1 cup oatmeal  
1 slice toast  
1 Tbsp. fruit spread  
1 cup juice

2 slices bread  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 1 leaf

1 medium banana  
Water

1 pepper

1 cup potatoes  
2 cups salad  
½ oz. almonds  
1 Tbsp. dressing

Water

1 cup yogurt  
1 oz. granola

## 1,800 Calorie Daily Plan

¾ cup oatmeal  
1 slice toast  
1 Tbsp. fruit spread  
1 cup juice

2 slices bread  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 1 leaf

1 medium banana  
Water

1 pepper

½ cup potatoes  
2 cups salad  
½ oz. almonds  
1 Tbsp. dressing

¾ cup milk

1 cup yogurt  
1 oz. granola

## 1,600 Calorie Daily Plan

¾ cup oatmeal  
1 slice toast  
1 Tbsp. fruit spread  
¾ cup juice

2 slices bread  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 1 leaf

1 medium banana  
Water

½ pepper

½ cup potatoes  
1½ cups salad  
½ oz. almonds  
2 tsp. dressing

¾ cup milk

1 cup yogurt  
0

Daily Menu Cost: \$22.93

### 1. Creamy oatmeal

- 2 cups old-fashioned oats
- 3½ cups 1% milk
- ¼ cup brown sugar
- ¼ cup raisins

Heat milk in a large saucepan on medium heat until boiling. Add oats and stir gently. Reduce heat to low and simmer until thickened, about 5 minutes. Stir in brown sugar and raisins.

### 2. Roasted rosemary potatoes

- 2 large russet potatoes w/skin, cut into 1-inch pieces
  - 1 Tbsp. olive oil
  - 1 tsp. dried rosemary
- Preheat oven to 375 F. Place potato pieces in 13 x 9 inch pan. Drizzle olive oil over potatoes and sprinkle rosemary; toss gently. Bake 15-20 minutes or until tender and lightly browned.

### 3. Garden salad

- 6 cups chopped romaine
  - ¾ cup chopped cucumber
  - ¾ cup chopped tomatoes
- Combine salad ingredients in large bowl. Toss gently with dressing.

### 4. Balsamic vinaigrette

- 3 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- ¼ tsp mustard

Combine ingredients in a covered container and shake well.

# #3

BALANCE YOUR



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## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces

✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 1,980

total calories

	Amount Per Day	% DV*
Total Fat:	74 g	114%
Saturated Fat:	27 g	135%
Trans Fat:	1.5 g	
Cholesterol:	165 mg	55%
Sodium:	2,270 mg	95%
Protein:	87 g	
Total Carb:	265 g	85%
Dietary Fiber:	27 g	108%
Vitamin A:	17,323 IU	350%
Vitamin C:	104 mg	170%
Calcium:	1,850 mg	190%
Iron:	15.3 mg	80%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.





# Recipes

## Daily Plan

**Breakfast** **LEAN POCKETS®** Ham, Egg & Cheese  
Low-fat vanilla yogurt  
Sliced strawberries  
100% apple juice

**Lunch** Tomato-spinach soup<sup>1</sup>  
Grilled cheese sandwich,  
made with:  
• Whole wheat bread  
• Muenster cheese  
• Soft-spread margarine  
Apple  
Water

**Dinner** Sloppy Joe sandwich:  
• Sloppy Joe filling<sup>2</sup>  
• Hamburger bun  
Garden salad<sup>3</sup>  
Balsamic vinaigrette dressing<sup>4</sup>  
Water or 1% milk

**Snack** Cereal bar with fruit filling  
Unsalted peanuts

## 2,200 Calorie Daily Plan

1 sandwich  
1 cup yogurt  
½ cup strawberries  
1 cup juice

1½ cups soup

2 slices bread  
2 slices cheese  
2 tsp. spread  
1 medium apple  
Water

½ cup filling  
1 bun  
2 cups salad  
1 Tbsp. dressing  
Water

1 bar  
½ oz. peanuts

## 2,000 Calorie Daily Plan

1 sandwich  
1 cup yogurt  
½ cup strawberries  
1 cup juice

1 cup soup

2 slices bread  
2 slices cheese  
2 tsp. spread  
1 medium apple  
Water

½ cup filling  
1 bun  
2 cups salad  
1 Tbsp. dressing  
Water

1 bar  
½ oz. peanuts

## 1,800 Calorie Daily Plan

1 sandwich  
½ cup yogurt  
½ cup strawberries  
½ cup juice

¾ cup soup

2 slices bread  
2 slices cheese  
2 tsp. spread  
1 medium apple  
Water

½ cup filling  
1 bun  
2 cups salad  
1 Tbsp. dressing  
¾ cup milk

1 bar  
½ oz. peanuts

## 1,600 Calorie Daily Plan

1 sandwich  
½ cup yogurt  
½ cup strawberries  
½ cup juice

¾ cup soup

1 slice bread  
2 slices cheese  
1 tsp. spread  
1 medium apple  
Water

½ cup filling  
1 bun  
1 cup salad  
2 tsp. dressing  
¾ cup milk

1 bar  
½ oz. peanuts

Daily Menu Cost: \$27.52

### 1. Tomato spinach soup

- 2 10-oz. cans condensed tomato soup, reduced sodium
  - 2 cups 1% milk
  - 2 cups chopped fresh spinach
- Combine condensed soup and milk in a medium saucepan. Heat over medium-high heat until steaming hot. Stir in chopped spinach and serve.

### 2. Sloppy Joe filling

- 1 15-oz. can Sloppy Joe sauce
  - 1 lb 80% lean ground beef
  - 1 tsp. dried rosemary
- Cook ground beef in a non-stick skillet over medium-high heat, breaking up into small crumbles, until evenly browned. Drain drippings from the pan and stir in Sloppy Joe sauce and rosemary. Cook until heated through, about 5 minutes.

### 3. Garden salad

- 6 cups chopped romaine
  - ¾ cup chopped cucumber
  - ¾ cup chopped tomatoes
- Combine salad ingredients in large bowl. Toss gently with dressing.

### 4. Balsamic vinaigrette

- 3 Tbsp. olive oil
  - 1 Tbsp. balsamic vinegar
  - ¼ tsp. mustard
- Combine ingredients in a covered container and shake well.

# #4



## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces
✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels	

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

**1,980** total calories

	Amount Per Day	% DV*
Total Fat:	51 g	78%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	295 mg	98%
Sodium:	1,850 mg	77%
Protein:	89 g	
Total Carb:	302 g	101%
Dietary Fiber:	27 g	108%
Vitamin A:	12,735 IU	250%
Vitamin C:	133 mg	220%
Calcium:	1,379 mg	140%
Iron:	30.1 mg	170%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



# Recipes

## Daily Plan

**Breakfast** Frosted shredded wheat cereal  
1% milk  
Hard-cooked egg  
Banana  
100% apple juice

**Lunch** Tuna Salad Sandwich made with:  
• Whole wheat bread  
• Tuna Salad<sup>1</sup>  
• Tomato slices / lettuce leaf  
Carrot/celery sticks  
Pears, canned in juice  
Water

**Dinner** **TOMBSTONE®** Supreme Pizza  
Broccoli florets  
Red bell pepper strips  
Ranch dip  
1% milk

**Snack** Low-fat fruit yogurt  
**Nestle® Tollhouse** cookie

## 2,200 Calorie Daily Plan

1½ cups cereal  
  
1 cup milk  
1 egg  
1 medium banana  
1 cup juice

2 slices bread  
½ cup tuna  
2 slices / 1 leaf  
  
1 cup veggies  
1 cup pears  
Water

2 slices pizza  
  
½ cup broccoli  
½ cup pepper  
2 Tbsp. dip  
1 cup milk

1 cup yogurt  
1 cookie

## 2,000 Calorie Daily Plan

1½ cups cereal  
  
1 cup milk  
1 egg  
1 medium banana  
1 cup juice

2 slices bread  
½ cup tuna  
2 slices / 1 leaf  
  
1 cup veggies  
1 cup pears  
Water

1 slice pizza  
  
½ cup broccoli  
½ cup pepper  
2 Tbsp. dip  
1 cup milk

1 cup yogurt  
1 cookie

## 1,800 Calorie Daily Plan

1 cups cereal  
  
1 cup milk  
1 egg  
1 medium banana  
¾ cup juice

2 slices bread  
⅓ cup tuna  
2 slices / 1 leaf  
  
1 cup veggies  
½ cup pears  
Water

1 slice pizza  
  
½ cup broccoli  
½ cup pepper  
2 Tbsp. dip  
1 cup milk

¾ cup yogurt  
1 cookie

## 1,600 Calorie Daily Plan

1 cups cereal  
  
1 cup milk  
1 egg  
1 medium banana  
¾ cup juice

2 slices bread  
⅓ cup tuna  
2 slices / 1 leaf  
  
1 cup veggies  
½ cup pears  
Water

1 slice pizza  
  
½ cup broccoli  
½ cup pepper  
2 Tbsp. dip  
1 cup milk

¾ cup yogurt  
1 cookie

Daily Menu Cost: \$21.65

### 1. Tuna salad

- 12-oz. can light tuna, drained
  - 3 Tbsp. mayonnaise
- Stir together drained tuna and mayonnaise.

# #5

BALANCE YOUR



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## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces
✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels	

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

**1,970** total calories

	Amount Per Day	% DV*
Total Fat:	66 g	102%
Saturated Fat:	22 g	110%
Trans Fat:	1 g	
Cholesterol:	115 mg	38%
Sodium:	2,080 mg	87%
Protein:	78 g	
Total Carb:	282 g	94%
Dietary Fiber:	30 g	120%
Vitamin A:	20,183 IU	400%
Vitamin C:	209 mg	350%
Calcium:	1,617 mg	160%
Iron:	9.8 mg	50%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



## Daily Plan

**Breakfast** Frosted shredded wheat cereal  
1% milk  
Low-fat fruit yogurt  
Sliced strawberries

**Lunch** 1 Turkey hotdog + 1 bun, with:  
• Chopped tomatoes & onions  
• Mustard  
Baby carrots  
Ranch dip  
Orange  
100% apple juice

**Dinner** **STOUFFER'S®** Rigatoni with Chicken & Pesto  
Green beans almondine<sup>1</sup>  
1% milk

**Snack** Whole grain crackers  
String cheese  
Grapes

## 2,200 Calorie Daily Plan

1 cup cereal  
  
1 cup milk  
1 cup yogurt  
1 cup strawberries

1 hotdog / 1 bun  
½ cup veggies

2 tsp. mustard  
1 cup carrots  
2 Tbsp. dip  
1 medium orange  
1½ cups juice

1½ cups rigatoni

1 cup beans  
1 cup milk

6 crackers  
1 piece  
½ cup grapes

## 2,000 Calorie Daily Plan

1 cup cereal  
  
1 cup milk  
1 cup yogurt  
1 cup strawberries

1 hotdog / 1 bun  
½ cup veggies

2 tsp. mustard  
1 cup carrots  
2 Tbsp. dip  
1 medium orange  
1 cup juice

1 cup rigatoni

1 cup beans  
1 cup milk

6 crackers  
1 piece  
½ cup grapes

## 1,800 Calorie Daily Plan

1 cup cereal  
  
1 cup milk  
1 cup yogurt  
¾ cup strawberries

1 hotdog / 1 bun  
½ cup veggies

2 tsp. mustard  
1 cup carrots  
2 Tbsp. dip  
1 medium orange  
1 cup juice

1 cup rigatoni

1 cup beans  
1 cup milk

3 crackers  
1 piece  
½ cup grapes

## 1,600 Calorie Daily Plan

1 cup cereal  
  
1 cup milk  
1 cup yogurt  
½ cup strawberries

1 hotdog / 1 bun  
½ cup veggies

2 tsp. mustard  
½ cup carrots  
1 Tbsp. dip  
0  
1 cup juice

1 cup rigatoni

1 cup beans  
1 cup milk

0  
1 piece  
½ cup grapes

# Recipes

## 1. Green beans almondine

- 4 cups green beans, frozen
  - 2 tsp. olive oil
  - ¼ cup sliced almonds
- Steam or microwave green beans according to package directions until tender. Toss with olive oil. Top with sliced almonds and serve.

# # 6



## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces

✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

**1,980** total calories

	Amount Per Day	% DV*
Total Fat:	47 g	72%
Saturated Fat:	18 g	90%
Trans Fat:	1 g	
Cholesterol:	125 mg	42%
Sodium:	2,260 mg	94%
Protein:	90 g	
Total Carb:	317 g	106%
Dietary Fiber:	30 g	120%
Vitamin A:	4,548 IU	90%
Vitamin C:	197 mg	330%
Calcium:	1,285 mg	130%
Iron:	12.5 mg	70%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



# Recipes

## Daily Plan

**Breakfast** Whole grain English muffin  
100% fruit spread  
Peanut butter

Low-fat fruit yogurt  
Granola  
100% orange juice

**Lunch** Turkey & Swiss Sandwich, made with:

- Whole wheat bread
- Turkey breast
- Swiss cheese
- Mayonnaise
- Tomato slices / lettuce leaf

Banana  
Water

**Dinner** **STOUFFER'S®** Meat Loaf with Gravy  
Baked potato  
Soft spread margarine  
Sour cream  
Broccoli tossed with olive oil<sup>1</sup>  
Whole wheat dinner roll  
1% milk

**Snack** Air-popped popcorn  
Grapes

## 2,200 Calorie Daily Plan

1 muffin  
1 Tbsp. spread  
1 Tbsp. peanut butter

1 cup yogurt  
1 oz. granola  
1 cup juice

2 slices  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 2 leaves

1 medium banana  
Water

1 serving

1 medium potato  
2 tsp. spread  
1 Tbsp. sour cream  
1 cup broccoli  
1 oz. roll  
1 cup milk

3 cups popcorn  
1 cup grapes

## 2,000 Calorie Daily Plan

1 muffin  
1 Tbsp. spread  
0

1 cup yogurt  
1 oz. granola  
1 cup juice

2 slices  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 2 leaves

1 medium banana  
Water

1 serving

1 medium potato  
2 tsp. spread  
1 Tbsp. sour cream  
1 cup broccoli  
1 oz. roll  
1 cup milk

3 cups popcorn  
1 cup grapes

## 1,800 Calorie Daily Plan

1 muffin  
1 Tbsp. spread  
0

1 cup yogurt  
0  
1 cup juice

2 slices  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 2 leaves

1 medium banana  
Water

1 serving

1 small potato  
2 tsp. spread  
1 Tbsp. sour cream  
1 cup broccoli  
1 oz. roll  
1 cup milk

3 cups popcorn  
1 cup grapes

## 1,600 Calorie Daily Plan

½ muffin  
1 Tbsp. spread  
0

1 cup yogurt  
0  
½ cup juice

2 slices  
2 oz. turkey  
1 oz. slice  
1 Tbsp. mayonnaise  
2 slices / 2 leaves

1 medium banana  
Water

1 serving

1 small potato  
1 tsp. spread  
1 Tbsp. sour cream  
½ cup broccoli  
1 oz. roll  
1 cup milk

3 cups popcorn  
½ cup grapes

Daily Menu Cost: \$23.25

### 1. Broccoli tossed with olive oil

- 4 cups cooked broccoli (from frozen)
- 1 Tbsp. olive oil

Steam broccoli in microwave or on stovetop according to package directions. Drain excess water. Drizzle olive oil over cooked broccoli and stir gently.

# #7

BALANCE YOUR



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## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
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- ✓ Grains 6 ounces
  - ✓ Vegetables 2½ cups
  - ✓ Fruits 2 cups
  - ✓ Dairy 3 cups
  - ✓ Protein 5½ ounces
- ✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 1,990

 total calories

	Amount Per Day	% DV*
Total Fat:	74 g	114%
Saturated Fat:	27 g	135%
Trans Fat:	1.5 g	
Cholesterol:	165 mg	55%
Sodium:	2,270 mg	95%
Protein:	87 g	
Total Carb:	265 g	85%
Dietary Fiber:	27 g	108%
Vitamin A:	17,323 IU	350%
Vitamin C:	104 mg	170%
Calcium:	1,850 mg	190%
Iron:	15.3 mg	80%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.





## Daily Plan

**Breakfast** Creamy oatmeal<sup>1</sup>  
Banana  
Hard-cooked egg  
100% orange juice

**Lunch** **LEAN POCKETS**<sup>®</sup> Chicken,  
Broccoli & Cheddar  
Tortilla chips  
Salsa  
Bell pepper strips  
Pineapple, canned in juice  
Water

**Dinner** **STOUFFER'S**<sup>®</sup> Lasagna  
with Meat Sauce  
Garden salad<sup>2</sup>  
Balsamic vinaigrette<sup>3</sup>  
Whole wheat dinner roll  
Soft spread margarine  
1% milk

**Snack** Apple, sliced  
Peanut butter

## 2,200 Calorie Daily Plan

1½ cups oatmeal  
1 medium banana  
1 egg  
¾ cup juice

1 sandwich

1 oz. chips  
¼ cup salsa  
½ cup peppers  
½ cup pineapple  
Water

1½ servings

2 cups salad  
1 Tbsp. vinaigrette  
1 oz. roll  
1 tsp. spread  
1 cup milk

1 medium apple  
1 Tbsp. peanut  
butter

## 2,000 Calorie Daily Plan

1 cup oatmeal  
1 medium banana  
1 egg  
¾ cup juice

1 sandwich

1 oz. chips  
¼ cup salsa  
½ cup peppers  
½ cup pineapple  
Water

1 serving

2 cups salad  
1 Tbsp. vinaigrette  
1 oz. roll  
1 tsp. spread  
1 cup milk

1 medium apple  
1 Tbsp. peanut  
butter

## 1,800 Calorie Daily Plan

¾ cup oatmeal  
1 medium banana  
1 egg  
½ cup juice

1 sandwich

1 oz. chips  
¼ cup salsa  
½ cup peppers  
½ cup pineapple  
Water

1 serving

2 cups salad  
1 Tbsp. vinaigrette  
1 oz. roll  
1 tsp. spread  
1 cup milk

1 medium apple  
1 Tbsp. peanut  
butter

## 1,600 Calorie Daily Plan

¾ cup oatmeal  
1 medium banana  
1 egg  
½ cup juice

1 sandwich

½ oz. chips  
¼ cup salsa  
½ cup peppers  
½ cup pineapple  
Water

1 serving

1 cup salad  
2 tsp. vinaigrette  
1 oz. roll  
1 tsp. spread  
1 cup milk

1 medium apple  
1 Tbsp. peanut  
butter

# Recipes

### 1. Creamy oatmeal

- 2 cups old-fashioned oats
- 3½ cups 1% milk
- ¼ cup brown sugar
- ¼ cup raisins

Heat milk in a large saucepan on medium heat until boiling. Add oats and stir gently. Reduce heat to low and simmer until thickened, about 5 minutes. Stir in brown sugar and raisins.

### 2. Garden salad

- 6 cups chopped romaine
  - ¾ cup chopped cucumber
  - ¾ cup chopped tomatoes
- Combine salad ingredients in large bowl. Toss gently with dressing.

### 3. Balsamic vinaigrette

- 3 Tbsp. olive oil
  - 1 Tbsp. balsamic vinegar
  - ¼ tsp. mustard
- Combine ingredients in a covered container and shake well.

# #8

BALANCE YOUR



with Nestlé

## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
<input checked="" type="checkbox"/> Grains	6 ounces
<input checked="" type="checkbox"/> Vegetables	2½ cups
<input checked="" type="checkbox"/> Fruits	2 cups
<input checked="" type="checkbox"/> Dairy	3 cups
<input checked="" type="checkbox"/> Protein	5½ ounces
<input checked="" type="checkbox"/> Weekly meal plans meet or exceed MyPlate goals for all calorie levels	

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 1,990

 total calories

	Amount Per Day	% DV*
Total Fat:	67 g	103%
Saturated Fat:	25 g	125%
Trans Fat:	0.5 g	
Cholesterol:	350 mg	117%
Sodium:	2,320 mg	97%
Protein:	101 g	
Total Carb:	257 g	86%
Dietary Fiber:	26 g	104%
Vitamin A:	16,034 IU	320%
Vitamin C:	70 mg	120%
Calcium:	1,547 mg	150%
Iron:	24.3 mg	140%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



# Recipes

## Daily Plan

<b>Breakfast</b>	Frosted shredded wheat cereal 1% milk Whole wheat toast Peanut butter  Grapefruit
<b>Lunch</b>	Chef's Salad Nestle® Tollhouse cookie 100% apple juice
<b>Dinner</b>	<b>STOUFFER'S®</b> Macaroni & Cheese Grilled chicken breast <sup>2</sup> Mixed vegetables (cooked from frozen) Whole grain dinner roll Soft-spread margarine 1% milk
<b>Snack</b>	Low-fat fruit yogurt Banana

## 2,200 Calorie Daily Plan

1½ cups cereal
1 cup milk 1 slice toast 1 Tbsp. peanut butter ½ grapefruit
3 cups salad 1 cookie 1 cup juice
1 cup macaroni
3 oz. chicken 1 cup veggies
1 oz. roll 1 tsp. spread 1 cup milk
1 cup yogurt 1 medium banana

## 2,000 Calorie Daily Plan

1 cup cereal
1 cup milk 1 slice toast 1 Tbsp. peanut butter ½ grapefruit
3 cups salad 1 cookie 1 cup juice
1 cup macaroni
3 oz. chicken 1 cup veggies
1 oz. roll 1 tsp. spread 1 cup milk
1 cup yogurt 1 medium banana

## 1,800 Calorie Daily Plan

¾ cup cereal
1 cup milk 1 slice toast 1 Tbsp. peanut butter ½ grapefruit
2 cups salad 1 cookie ¾ cup juice
1 cup macaroni
3 oz. chicken ½ cup veggies
1 oz. roll 1 tsp. spread 1 cup milk
½ cup yogurt 1 medium banana

## 1,600 Calorie Daily Plan

¾ cup cereal
1 cup milk 1 slice toast 1 Tbsp. peanut butter ½ grapefruit
2 cups salad 1 cookie ¾ cup juice
½ cup macaroni
2 oz. chicken ½ cup veggies
1 oz. roll 1 tsp. spread 1 cup milk
½ cup yogurt 1 medium banana

Daily Menu Cost: \$25.05

### 1. Chef's salad

- 9 cups chopped romaine lettuce
  - 4 slices Swiss cheese, cut into strips
  - 4 oz. turkey breast, cut into strips
  - 4 hard-cooked eggs, chopped
  - 1 cup chopped tomatoes
  - ¼ cup Ranch dressing
- Layer lettuce, cheese, turkey, eggs, and tomatoes in large bowl. Pour dressing over and toss gently.

### 2. Grilled chicken breast

- 4 boneless, skinless chicken breasts
  - 2 tsp. olive oil
  - Salt-free seasoning
- Drizzle olive oil on chicken breasts and sprinkle with salt-free seasoning of choice. Grill or bake chicken breasts in a 350 degree oven until no longer pink in center and thermometer registers 165 degrees, about 20-30 minutes.

# # 9



## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



- | Food Groups  | Daily MyPlate Goals for 2000 calorie diet |
|--------------|---|
| ✓ Grains     | 6 ounces                                  |
| ✓ Vegetables | 2½ cups                                   |
| ✓ Fruits     | 2 cups                                    |
| ✓ Dairy      | 3 cups                                    |
| ✓ Protein    | 5½ ounces                                 |
- ✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 2,040

 total calories

	Amount Per Day	% DV*
Total Fat:	69 g	106%
Saturated Fat:	23 g	115%
Trans Fat:	1.5 g	
Cholesterol:	285 mg	95%
Sodium:	2,310 mg	96%
Protein:	76 g	
Total Carb:	292 g	97%
Dietary Fiber:	33 g	132%
Vitamin A:	32,944 IU	660%
Vitamin C:	264 mg	440%
Calcium:	1,384 mg	140%
Iron:	14.0 mg	80%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



## Daily Plan

<b>Breakfast</b>	French toast <sup>1</sup> Maple syrup Melon cubes 100% orange juice
<b>Lunch</b>	Bean, cheese, and vegetable burrito <sup>2</sup> Tortilla chips Salsa Avocado (sliced) Water
<b>Dinner</b>	<b>STOUFFER'S®</b> Salisbury Steak Mashed potatoes <sup>3</sup> Carrots (cooked from frozen) Whole grain dinner roll Soft-spread margarine 1% milk Low-fat frozen yogurt Sliced strawberries
<b>Snack</b>	Cereal bar

## 2,200 Calorie Daily Plan

2 slices 2 Tbsp. syrup 1 cup melon 1 cup juice
1 burrito
1 oz. chips ¼ cup salsa ¼ avocado Water
1 serving
1 cup potatoes 1 cup carrots 1 oz. roll 1 tsp. spread 1 cup milk 1 cup yogurt ½ cup strawberries
1 bar

## 2,000 Calorie Daily Plan

2 slices 2 Tbsp. syrup 1 cup melon 1 cup juice
1 burrito
1 oz. chips ¼ cup salsa ¼ avocado Water
1 serving
¾ cup potatoes 1 cup carrots 1 oz. roll 1 tsp. spread 1 cup milk ½ cup yogurt ½ cup strawberries
1 bar

## 1,800 Calorie Daily Plan

1 slice 1 Tbsp. syrup 1 cup melon ½ cup juice
1 burrito
1 oz. chips ¼ cup salsa ¼ avocado Water
1 serving
¾ cup potatoes ¾ cup carrots 1 oz. roll 1 tsp. spread 1 cup milk ½ cup yogurt ½ cup strawberries
1 bar

## 1,600 Calorie Daily Plan

1 slice 1 Tbsp. syrup 1 cup melon ½ cup juice
1 burrito
½ oz. chips 2 Tbsp. salsa ¼ avocado Water
1 serving
½ cup potatoes ½ cup carrots 1 oz. roll 1 tsp. spread 1 cup milk ½ cup yogurt ½ cup strawberries
1 bar

# Recipes

### 1. French toast

- 6 slices whole wheat bread
  - 3 eggs
  - ½ cup 1% milk
  - ½ tsp. cinnamon
  - Vegetable spray
- Beat eggs in a shallow bowl; add milk and cinnamon. Dip each slice of bread in egg mixture, allowing bread to soak up some of the mixture. Place in a hot skillet coated with vegetable spray. Cook over medium heat until lightly browned, about 1 minute, then flip to cook other side.

### 2. Bean, cheese, and vegetable burritos

- 4 8-inch flour tortillas
  - 1 can black beans, unsalted, drained and rinsed
  - 2 cups sliced bell peppers (approx 2 medium)
  - 1 cup sliced onion (approx 1 medium)
  - 1 tsp. vegetable oil
  - 4 oz. shredded cheddar cheese
- Heat vegetable oil in a large skillet over medium heat. Add peppers and onions and sauté until softened, about 3 minutes. Place ¼ of the cooked vegetables, about ⅓ cup of black beans, and about 2 Tbsp. cheddar cheese on each tortilla. Roll tortilla tightly around filling. Heat the burrito in the microwave on high for about 30 seconds, or wrapped in foil in the oven, until heated through and cheese is melted.

### 3. Mashed potatoes

- 3 medium potatoes, peeled and cubed
  - 3 Tbsp. soft-spread margarine
  - ½ cup 1% milk
- Cover potatoes with water in medium saucepan. Bring to a boil over high heat. Reduce heat to low and simmer uncovered 15 minutes or until potatoes are very tender; drain. Return cooked potatoes to saucepan and mash. Stir in milk and margarine.

# # 10



## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



- | Food Groups  | Daily MyPlate Goals for 2000 calorie diet |
|--------------|---|
| ✓ Grains     | 6 ounces                                  |
| ✓ Vegetables | 2½ cups                                   |
| ✓ Fruits     | 2 cups                                    |
| ✓ Dairy      | 3 cups                                    |
| ✓ Protein    | 5½ ounces                                 |
- ✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 1,990

total calories

	Amount Per Day	% DV*
Total Fat:	67 g	103%
Saturated Fat:	21 g	105%
Trans Fat:	0.5 g	
Cholesterol:	105 mg	35%
Sodium:	2,200 mg	92%
Protein:	94 g	
Total Carb:	270 g	90%
Dietary Fiber:	32 g	128%
Vitamin A:	12,203 IU	240%
Vitamin C:	162 mg	300%
Calcium:	1,287 mg	130%
Iron:	12.7 mg	70%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



## Daily Plan

**Breakfast** Creamy oatmeal<sup>1</sup>  
Topped with almonds  
Banana  
100% orange juice

**Lunch** Tuna Salad Sandwich, made with:  
• Whole-wheat bread  
• Tuna Salad<sup>2</sup>  
Tomato & Cucumber Salad<sup>3</sup>  
String cheese  
Orange  
Water or 1% milk

**Dinner** DIGIORNO® Rising Crust  
Pepperoni Pizza  
Baby carrots  
Hummus  
Canned peaches, in juice  
1% milk

**Snack** Celery sticks  
Whole grain crackers  
Peanut butter

## 2,200 Calorie Daily Plan

1½ cups oatmeal  
½ oz. almonds  
1 medium banana  
¾ cup juice

2 slices bread  
½ cup tuna  
1 cup salad  
1 piece  
1 orange  
Water

1 slice pizza  
½ cup carrots  
2 Tbsp. hummus  
1 cup peaches  
1 cup milk

½ cup celery  
6 crackers  
2 Tbsp. peanut butter

## 2,000 Calorie Daily Plan

1 cup oatmeal  
½ oz. almonds  
1 medium banana  
¾ cup juice

2 slices bread  
½ cup tuna  
1 cup salad  
1 piece  
1 orange  
Water

1 slice pizza  
½ cup carrots  
2 Tbsp. hummus  
1 cup peaches  
1 cup milk

½ cup celery  
3 crackers  
2 Tbsp. peanut butter

## 1,800 Calorie Daily Plan

¾ cup oatmeal  
¼ oz. almonds  
1 medium banana  
½ cup juice

2 slices bread  
½ cup tuna  
½ cup salad  
1 piece  
1 orange  
¾ cup milk

1 slice pizza  
½ cup carrots  
2 Tbsp. hummus  
1 cup peaches  
1 cup milk

½ cup celery  
3 crackers  
2 Tbsp. peanut butter

## 1,600 Calorie Daily Plan

¾ cup oatmeal  
¼ oz. almonds  
1 medium banana  
½ cup juice

2 slices bread  
¼ cup tuna  
½ cup salad  
1 piece  
1 orange  
¾ cup milk

1 slice pizza  
½ cup carrots  
2 Tbsp. hummus  
½ cup peaches  
1 cup milk

½ cup celery  
3 crackers  
1 Tbsp. peanut butter

# Recipes

### 1. Creamy oatmeal

- 2 cups old-fashioned oats
- 3½ cups 1% milk
- ¼ cup brown sugar
- ¼ cup raisins

Heat milk in a large saucepan over medium heat until boiling. Add oats and stir gently. Reduce heat to low and simmer until thickened, about 5 minutes. Stir in brown sugar and raisins.

### 2. Tuna salad

- 12-oz. can light tuna, canned in water, drained
  - 3 Tbsp. mayonnaise
- Stir together drained tuna and mayonnaise.

### 3. Tomato & cucumber salad

- ½ cups chopped tomatoes
  - ½ cups chopped cucumber
  - 1 Tbsp. olive oil
  - 2 tsp. balsamic vinegar
- Combine chopped tomatoes and cucumber. Mix together olive oil and balsamic vinegar. Pour over tomatoes and cucumbers and stir gently.

# # 11

BALANCE YOUR



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## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
<input checked="" type="checkbox"/> Grains	6 ounces
<input checked="" type="checkbox"/> Vegetables	2½ cups
<input checked="" type="checkbox"/> Fruits	2 cups
<input checked="" type="checkbox"/> Dairy	3 cups
<input checked="" type="checkbox"/> Protein	5½ ounces

= Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

**1,950** total calories

	Amount Per Day	% DV*
Total Fat:	60 g	92%
Saturated Fat:	19 g	95%
Trans Fat:	0 g	
Cholesterol:	115 mg	38%
Sodium:	1,960 mg	82%
Protein:	88 g	
Total Carb:	279 g	93%
Dietary Fiber:	23 g	92%
Vitamin A:	11,209 IU	220%
Vitamin C:	195 mg	330%
Calcium:	1,469 mg	150%
Iron:	11.5 mg	60%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.





# Recipes

## Daily Plan

**Breakfast** Whole grain English muffin  
Peanut butter

Low-fat fruit yogurt  
100% orange juice

**Lunch** **LEAN POCKETS**® Ham & Cheese (with whole grain crust)  
Hummus  
Baby carrots  
Broccoli florets  
1% milk

**Dinner** Beef fajitas<sup>1</sup>  
Spanish rice<sup>2</sup>  
Avocado  
Water

**Snack** String cheese  
Grapes

## 2,200 Calorie Daily Plan

1 muffin  
2 Tbsp. peanut butter  
1 cup yogurt  
1 cup juice

1 sandwich

¼ cup hummus  
½ cup carrots  
½ cup broccoli  
1 cup milk

2 fajitas  
1 cup rice  
¼ avocado  
Water

1 piece  
1 cup grapes

## 2,000 Calorie Daily Plan

1 muffin  
2 Tbsp. peanut butter  
1 cup yogurt  
1 cup juice

1 sandwich

¼ cup hummus  
½ cup carrots  
½ cup broccoli  
1 cup milk

1 fajita  
1 cup rice  
¼ avocado  
Water

1 piece  
1 cup grapes

## 1,800 Calorie Daily Plan

1 muffin  
2 Tbsp. peanut butter  
1 cup yogurt  
¾ cup juice

1 sandwich

¼ cup hummus  
½ cup carrots  
½ cup broccoli  
1 cup milk

1 fajita  
¾ cup rice  
¼ avocado  
Water

1 piece  
1 cup grapes

## 1,600 Calorie Daily Plan

½ muffin  
1 Tbsp. peanut butter  
1 cup yogurt  
¾ cup juice

1 sandwich

2 Tbsp. hummus  
¼ cup carrots  
¼ cup broccoli  
1 cup milk

1 fajita  
½ cup rice  
¼ avocado  
Water

1 piece  
1 cup grapes

Daily Menu Cost: \$25.77

### 1. Beef fajitas

- ¾ lb sirloin steak, cut into ½ inch strips
- 5 6-inch flour tortillas
- 2 cups bell pepper strips
- 1 cup sliced onion
- 1 Tbsp. vegetable oil
- 2 oz. (½ cup) shredded cheddar cheese

Heat 1 tsp. oil in large skillet over medium-high heat. Add peppers and onions and sauté until softened, about 3 minutes. Remove from pan and set aside. Add 2 tsp. of oil to the hot skillet and add beef strips. Sauté until no longer pink, about 4 minutes. Divide cooked beef strips and vegetables between the 5 tortillas and sprinkle each with 1 Tbsp. of shredded cheddar cheese. Serve with avocado slices.

### 2. Spanish rice

- 1 cup brown rice, dry
- ¾ cup salsa

Heat 2 cups of water in a large saucepan until boiling. Add brown rice and stir. Reduce heat to low, cover, and simmer until water is absorbed, about 30-40 minutes. Remove from heat and stir in salsa.

# # 12

BALANCE YOUR



with Nestlé

## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces
✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels	

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

**1,950** total calories

	Amount Per Day	% DV*
Total Fat:	60 g	92%
Saturated Fat:	19 g	95%
Trans Fat:	0 g	
Cholesterol:	115 mg	38%
Sodium:	1,960 mg	82%
Protein:	88 g	
Total Carb:	279 g	93%
Dietary Fiber:	23 g	92%
Vitamin A:	11,209 IU	220%
Vitamin C:	195 mg	330%
Calcium:	1,469 mg	150%
Iron:	11.5 mg	60%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



# Recipes

## Daily Plan

**Breakfast** Frosted shredded wheat cereal  
1% milk  
Melon cubes  
Hard-cooked egg

**Lunch** Turkey, Swiss & avocado wrap<sup>1</sup>  
Baked potato chips  
Grapes  
100% apple juice

**Dinner** **STOUFFER'S**<sup>®</sup> Baked Ziti  
Garden salad<sup>2</sup> topped with:  
Sliced almonds  
Balsamic vinaigrette<sup>3</sup>  
Italian bread  
Soft-spread margarine  
1% milk

**Snack** Strawberry-banana smoothie<sup>4</sup>

## 2,200 Calorie Daily Plan

1½ cups cereal  
  
1 cup milk  
1 cup melon  
1 egg

1 wrap  
  
½ oz. chips  
1 cup grapes  
1 cup juice

1 serving ziti  
2 cups salad  
½ oz. almonds  
1 Tbsp. vinaigrette  
1 slice  
1 tsp. spread  
1 cup milk

1 cup smoothie

## 2,000 Calorie Daily Plan

1 cup cereal  
  
1 cup milk  
1 cup melon  
1 egg

1 wrap  
  
½ oz. chips  
1 cup grapes  
1 cup juice

1 serving ziti  
2 cups salad  
½ oz. almonds  
1 Tbsp. vinaigrette  
1 slice  
1 tsp. spread  
1 cup milk

1 cup smoothie

## 1,800 Calorie Daily Plan

1 cup cereal  
  
1 cup milk  
1 cup melon  
1 egg

1 wrap  
  
½ oz. chips  
½ cup grapes  
¾ cup juice

1 serving ziti  
2 cups salad  
0  
1 Tbsp. vinaigrette  
1 slice  
1 tsp. spread  
1 cup milk

1 cup smoothie

## 1,600 Calorie Daily Plan

¾ cup cereal  
  
1 cup milk  
½ cup melon  
1 egg

1 wrap  
  
½ oz. chips  
½ cup grapes  
¾ cup juice

1 serving ziti  
1½ cups salad  
0  
2 tsp. vinaigrette  
1 slice  
1 tsp. spread  
1 cup milk

¾ cup smoothie

Daily Menu Cost: \$24.93

## 1. Turkey, Swiss & Avocado Wrap

- 4 8-inch flour tortillas
- 4 oz. turkey breast
- 4 slices Swiss cheese
- 1 avocado, sliced
- 1 cup chopped tomatoes
- 2 cups shredded lettuce

For each wrap, place 1 oz. of turkey, 1 slice of cheese, ¼ of the avocado, ¼ cup of tomatoes, and ½ cup of shredded lettuce on a tortilla. Roll tortilla tightly, folding in ends to keep ingredients wrapped.

## 2. Garden salad

- 6 cups chopped romaine
  - ¾ cup chopped cucumber
  - ¾ cup chopped tomatoes
- Combine salad ingredients in large bowl. Toss gently with dressing.

## 3. Balsamic vinaigrette

- 3 Tbsp. olive oil
  - 1 Tbsp. balsamic vinegar
  - ¼ tsp. mustard
- Combine ingredients in a covered container and shake well.

## 4. Strawberry-banana smoothie

- 3 cups low-fat vanilla yogurt
- 2 medium bananas
- 1 cup sliced strawberries
- ½ cup 100% orange juice
- Ice

Place ingredients in a blender with a cup of ice. Blend well until smooth.

# # 13

## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



Food Groups	Daily MyPlate Goals for 2000 calorie diet
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces
✓ = Weekly meal plans meet or exceed MyPlate goals for all calorie levels	

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

**2,010** total calories

	Amount Per Day	% DV*
Total Fat:	65 g	101%
Saturated Fat:	19 g	95%
Trans Fat:	0.5 g	
Cholesterol:	360 mg	120%
Sodium:	2,060 mg	86%
Protein:	106 g	
Total Carb:	251 g	84%
Dietary Fiber:	25 g	100%
Vitamin A:	16,584 IU	330%
Vitamin C:	217 mg	360%
Calcium:	1,726 mg	170%
Iron:	9.7 mg	50%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



## Daily Plan

**Breakfast** Scrambled eggs<sup>1</sup>  
Whole-wheat toast  
Peanut butter

Banana  
1% milk

**Lunch** DIGIORNO® Thin Crust  
Cheese Pizza  
Garden salad<sup>2</sup>  
Ranch dressing  
Orange  
Water

**Dinner** Teriyaki chicken stir-fry<sup>3</sup>  
Brown rice  
Pineapple, canned in juice  
Water

**Snack** Low-fat fruit yogurt  
Sliced almonds

## 2,200 Calorie Daily Plan



½ cup eggs  
1 slice toast  
1 Tbsp. peanut  
butter  
1 medium banana  
1 cup milk

2 slices pizza

2 cups salad  
1 Tbsp. dressing  
1 medium orange  
Water

1½ cups stir-fry  
1 cup rice  
½ cup pineapple  
Water

1 cup yogurt  
½ oz. almonds

## 2,000 Calorie Daily Plan



½ cup eggs  
1 slice toast  
1 Tbsp. peanut  
butter  
1 medium banana  
1 cup milk

1 slice pizza

2 cups salad  
1 Tbsp. dressing  
1 medium orange  
Water

1½ cups stir-fry  
1 cup rice  
½ cup pineapple  
Water

1 cup yogurt  
½ oz. almonds

## 1,800 Calorie Daily Plan



½ cup eggs  
1 slice toast  
1 Tbsp. peanut  
butter  
1 medium banana  
1 cup milk

1 slice pizza

2 cups salad  
1 Tbsp. dressing  
1 medium orange  
Water

1 cup stir-fry  
½ cup rice  
½ cup pineapple  
Water

1 cup yogurt  
½ oz. almonds

## 1,600 Calorie Daily Plan



½ cup eggs  
1 slice toast  
1 Tbsp. peanut  
butter  
1 medium banana  
1 cup milk

1 slice pizza

1½ cups salad  
2 tsp. dressing  
1 medium orange  
Water

¾ cup stir-fry  
½ cup rice  
½ cup pineapple  
Water

¾ cup yogurt  
½ oz. almonds

# Recipes

## 1. Scrambled eggs

- 4 eggs
  - ¼ cup 1% milk
  - 2 tsp. soft spread margarine
- Beat eggs and milk until well blended. Heat margarine in non-stick pan on medium heat until melted. Pour in egg mixture and stir eggs gently toward center of pan with a spatula until cooked through.

## 2. Garden salad

- 6 cups chopped romaine
  - ¾ cup chopped cucumber
  - ¾ cup chopped tomatoes
- Combine salad ingredients in large bowl. Toss gently with dressing.

## 3. Teriyaki chicken stir-fry

- 1 lb boneless, skinless chicken breast, cut into ½ inch strips
  - 2 cups broccoli florets
  - 1 cup bell pepper strips
  - 1 cup sliced mushrooms
  - 1 cup sliced onions
  - 2 Tbsp. vegetable oil
  - ¼ cup teriyaki sauce, reduced sodium
- Heat 1 Tbsp. vegetable oil in a large skillet over medium heat. Stir-fry chicken strips until no longer pink, about 5 minutes. Remove from heat; keep warm. Add remaining 1 Tbsp. vegetable oil to pan and stir-fry vegetables until softened. Add chicken back to pan and toss together with vegetables and teriyaki sauce.

# # 14



## Daily Meal Plan

Use this meal plan as a reference to help you meet the U.S. Dietary Guidelines.



- | Food Groups                                    | Daily MyPlate Goals for 2000 calorie diet |
|--|---|
| <input checked="" type="checkbox"/> Grains     | 6 ounces                                  |
| <input checked="" type="checkbox"/> Vegetables | 2½ cups                                   |
| <input checked="" type="checkbox"/> Fruits     | 2 cups                                    |
| <input checked="" type="checkbox"/> Dairy      | 3 cups                                    |
| <input checked="" type="checkbox"/> Protein    | 5½ ounces                                 |
- = Weekly meal plans meet or exceed MyPlate goals for all calorie levels

## Daily Nutrition Summary for 2,000 Calorie Meal Plan

# 2,040

 total calories

	Amount Per Day	% DV*
Total Fat:	65 g	100%
Saturated Fat:	20 g	100%
Trans Fat:	0 g	
Cholesterol:	85 mg	28%
Sodium:	2,110 mg	85%
Protein:	94 g	
Total Carb:	303 g	101%
Dietary Fiber:	31 g	124%
Vitamin A:	3,933 IU	80%
Vitamin C:	103 mg	170%
Calcium:	1,542 mg	150%
Iron:	10.9 mg	60%

\*Percent Daily Value (DV) are based on a 2,000 calorie diet.



## Daily Plan

**Breakfast** Yogurt parfait, made with:

- Vanilla yogurt
- Granola
- Sliced strawberries

Whole-wheat toast with:  
100% fruit spread  
100% apple juice

**Lunch** **HOT POCKETS®** Pepperoni  
Pizza  
Apple  
Peanut butter  
  
1% milk

**Dinner** **STOUFFER'S®** Chicken  
Enchiladas with Rice  
Chunky "refried" beans<sup>1</sup>  
Spinach salad<sup>2</sup>  
Orange dressing<sup>3</sup>  
Water

**Snack** Banana  
Almonds, unsalted  
Chocolate low-fat milk

## 2,200 Calorie Daily Plan



1 cup yogurt  
½ cup granola  
½ cup strawberries  
1 slice toast  
1 Tbsp. spread  
1 cup juice

1 sandwich

1 medium apple  
1 Tbsp. peanut  
butter  
1 cup milk

1 serving enchilada

½ cup beans  
3 cups salad  
2 Tbsp. dressing  
Water

1 medium banana  
1 oz. almonds  
½ cup milk

## 2,000 Calorie Daily Plan



1 cup yogurt  
¼ cup granola  
½ cup strawberries  
1 slice toast  
1 Tbsp. spread  
1 cup juice

1 sandwich

1 medium apple  
0  
1 cup milk

1 serving enchilada

½ cup beans  
3 cups salad  
2 Tbsp. dressing  
Water

1 medium banana  
1 oz. almonds  
½ cup milk

## 1,800 Calorie Daily Plan



1 cup yogurt  
¼ cup granola  
½ cup strawberries  
1 slice toast  
1 Tbsp. spread  
½ cup juice

1 sandwich

1 medium apple  
0  
1 cup milk

1 serving enchilada

¼ cup beans  
2 cups salad  
1½ Tbsp. dressing  
Water

½ medium banana  
½ oz. almonds  
½ cup milk

## 1,600 Calorie Daily Plan



1 cup yogurt  
¼ cup granola  
½ cup strawberries  
0  
0  
½ cup juice

1 sandwich

1 medium apple  
0  
1 cup milk

1 serving enchilada

¼ cup beans  
2 cups salad  
1½ Tbsp. dressing  
Water

½ medium banana  
½ oz. almonds  
½ cup milk

# Recipes

### 1. Chunky "refried" beans

- 1¼ cups (15-oz. can) pinto beans, unsalted, drained and rinsed
  - ¼ cup shredded cheddar cheese
- Pour drained and rinsed beans into a microwave-safe bowl. Mash bean with a fork until chunky. Top with shredded cheese. Cook in microwave for 1-2 minutes on high, or until cheese is melted and beans are heated through.

### 2. Spinach salad

- 8 cups baby spinach
  - 1 15-oz. can mandarin oranges, drained
  - 1 cup sliced mushrooms
  - ½ cup unsalted sunflower seeds
- Layer ingredients in a large bowl. Pour dressing over and toss gently.

### 3. Orange dressing

- 3 Tbsp. olive oil
  - 3 Tbsp. orange juice
- Combine oil and juice in a covered container and shake well.

# NUTRITIOUS EATING ON A BUDGET

## 8 TIPS TO SHOP SMARTER WITHOUT STRETCHING YOUR WALLET

### PLAN AHEAD

Planning your meals in advance helps streamline your purchases and ensures that the food and beverages you buy don't go to waste.

### WRITE IT DOWN!

Translate your weekly meal plan into a shopping list and don't stray from it. This will help you stay on budget.

### REUSE ingredients through the week

Select recipes that make use of similar ingredients to help reduce the size of your shopping list and eliminate waste from half-used ingredients.

### BUY IN BULK when it makes sense

Purchasing bulk quantities of foods you buy often and choosing family-sized servings of favorite frozen prepared meals can save you valuable dollars.

### BUY IN SEASON

When balancing your plate with fresh produce, choose what's in season. Seasonal produce is fresher and usually less expensive.

### STOCK UP on frozen produce

Frozen fruits and vegetables are picked at the peak of freshness to lock in flavor and nutrients. New research shows that some frozen fruits and vegetables may have higher levels of certain vitamins and antioxidants compared to their fresh counterparts.

### Be SMART with LEFTOVERS

Take leftovers for lunch. It's easiest to pack lunches after dinner for the next day, so you're ready to go in the morning.

### SAVE YOUR DOUGH Chop yourself!

Every dollar counts when you're on a budget, so grab your chef's knife and cutting board and avoid the upcharges you can spend for pre-cut produce.

### Add Nutrition & Flavor with Pumpkin!

Canned pumpkin is a good source of fiber and an excellent source of Vitamin A per serving, and can be added to a variety of recipes to contribute extra flavor, while cutting down on fat and sodium. All for minimal cost!

A few simple ways you can power up on pumpkin below:

- Pasta sauce + pumpkin
- Mashed potatoes + pumpkin
- Hummus + pumpkin
- Brown rice + pumpkin

Get more ideas at [verybestbaking.com/Libbys](http://verybestbaking.com/Libbys)





# TIPS TO AVOID WASTE AND ENSURE SMART EATING

If you are purchasing larger quantities than are called for in the weekly meal plan, follow these tips to ensure proper storage and prevent food spoilage.

## FRUITS & VEGETABLES

Vegetables require the proper care to prevent spoilage. Tomatoes and potatoes are best stored at room temperature, while vegetables like lettuce, cucumbers and carrots should be placed in refrigerator crisper drawers.

To prevent premature ripening, keep avocados, pears, bananas and tomatoes apart from apples, broccoli, lettuce and potatoes.

Keep frozen and canned produce on hand so they're ready to use when you need them. For best taste and quality, use frozen and canned produce before the "use by" date.

To prevent premature spoilage, fresh berries should get a good rinse, just before usage.

Rinse and dry leaf lettuce and store in plastic bags for up to one week.

## BREADS & CEREALS

Store extra breads and rolls in an airtight container or storage bag; place in the freezer and defrost as needed.

Keep cereal fresh by storing in airtight containers instead of rolling down the bag.

## SNACKS

Keep crackers in storage bags or airtight containers to prevent them from becoming stale.

Store nuts in the freezer to prolong shelf life.

## BEVERAGES

If shopping for one, purchase single-serve juice containers to avoid waste and ensure variety. If purchasing for a family, consider bulk sizes of shelf-stable juices to save refrigerator space.

## FROZEN PREPARED FOODS

Frozen prepared foods offer flexibility whether prepping for one or a whole family. If cooking for a family, look for multi-serve varieties that accommodate your family's size.



## On a Budget Grocery List Week 1 (for days 1-7); Week 2 (for days 8-14)

This shopping list meets the needs of a family of four. Non-perishable staples used in both meal plans have been included in our Week 1 grocery list.

Dairy & Eggs	Week 1	Week 2
Eggs	1 dozen	1½ dozen
1% milk	3 gallons	3 gallons
Swiss cheese, sliced	8 ounces	4 ounces
Part-skim Mozzarella string cheese	8 pieces	8 pieces
Muenster cheese, sliced	8 slices	
Low-fat fruit flavored yogurt	16 cups	12 cups
Low-fat vanilla yogurt	3 cups	7 cups
Shredded cheddar cheese		6 ounces
Low-fat frozen yogurt		2½ cups

Meat & Poultry	Week 1	Week 2
Turkey breast, lunch meat, sliced	1 pound	¼ pound
Ground beef (90% lean)	1 pound	
Turkey hot dogs (light)	4 hotdogs	
Sirloin steak		¾ pound
Boneless skinless chicken breasts		4 breasts (1 pound)

Fresh Fruit	Week 1	Week 2
Bananas	16 medium	18 medium
Apples	8 medium	4 medium
Oranges	7 medium	4 medium
Grapes	5½ cups	4 cups
Strawberries	4 cups	5 cups, sliced (about 2 pints)
Pears	4 medium	
Melon, cubed		6½ cups
Grapefruit		2 grapefruit

Fresh Vegetables	Week 1	Week 2
Baby carrots	5½ cups	4 cups
Celery	4 stalks	4 stalks
Broccoli florets	4 cups	2 cups
Bell pepper	4 medium	5 medium
Cucumber	2 large	2 large
Idaho potatoes	2 large, 2 medium, 2 small	3 medium
Sweet onion	1 medium	5 medium
Tomatoes	7 medium	3 heads
Romaine lettuce	3 heads	8 cups
Baby spinach	2 cups	3 avocados
Avocado	½ avocado	8 oz. (about 2 cups, sliced)
Mushrooms		

Breads/Cereals	Week 1	Week 2
Whole-wheat English muffin	8 muffins	4 muffins
Whole-wheat bread	1½ loaves	1 loaf
Italian bread		½ loaf
Whole wheat dinner roll (1oz. each)	8 rolls	8 rolls
Hot Dog Buns	4 buns	
Burger bun	4 buns	
Rolled oats	4 cups	2 cups
Flour tortillas		8, 8-inch; 5, 6-inch
Frosted shredded wheat cereal	9 cups	8 cups
Low-fat granola	5 ounces	4 ounces

Dressings/Spreads	Week 1	Week 2
Soft spread margarine	1 (15 oz.) tub	
Ranch dressing/dip	1 (16 oz.) bottle	
Olive oil	1 (25.4 oz.) bottle	
Mayonnaise	1 (15 oz.) jar	
Reduced-fat sour cream	8 oz. tub	
Mustard	1 small jar	
100% fruit spread	1 (15 oz.) jar	
Brown sugar	1 (32 oz.) bag	
Peanut butter	1 (16 oz.) jar	½ cups
Hummus		
Balsamic vinegar	1 (16 oz.) bottle	
Salsa	1 (24 oz.) jar	
Reduced-sodium Teriyaki sauce	1 (10 oz.) bottle	
Maple Syrup	1 small bottle	
Chocolate syrup	1 small bottle	
Sloppy Joe sauce	1 (15 oz.) can	

Shelf Stable Items	Week 1	Week 2
Tomato soup, reduced sodium	2 (10 oz.) cans	
Minestrone soup, reduced sodium	2 (15 oz.) cans	
Canned tuna, in water	1 (12 oz.) can	1 (12 oz.) can
Canned white beans	1 (15 oz.) can	
Canned pinto beans		1 (15 oz.) can
Canned black beans		1 (15 oz.) can

Shelf Stable Items	Week 1	Week 2
Brown rice	1 small bag	
Sunflower seeds		½ cup
Canned pears, in juice	3 cups	
Canned peaches, in juice		3½ cups
Canned mandarin oranges, in juice		1 (15 oz.) can
Canned pineapple, in juice	2 cups	2 cups
Applesauce (no sugar added)	3½ cups	
Raisins	½ cup	¼ cup
Tortilla chips	1 small bag	
Baked potato chips		2 ounces
Dried Rosemary	1 small bottle	
Dried cinnamon	1 small bottle	
Almonds, sliced	6 ounces	6.5 ounces
Peanuts, unsalted	2 ounces	
Cereal bars with fruit filling	4 bars	4 bars
Whole-wheat, reduced-sodium crackers	1 small box	
<b>NESTLÉ TOLLHOUSE®</b> Chocolate Chip Cookie Dough	1 package (16.5 oz.)	
Popcorn kernels	½ cup kernels	

Beverages	Week 1	Week 2
100% apple juice	116 ounces	80 ounces
100% orange juice	80 ounces	72 ounces

Frozen Vegetable	Week 1	Week 2
Frozen broccoli	8 cups	
Frozen carrots		3½ cups
Frozen green beans	4 cups	
Frozen mixed vegetables		3 cups

Frozen Prepared Foods	Week 1	Week 2
<b>STOUFFER'S®</b> Rigatoni Chicken Pesto	1 (25 oz.) pkg	
<b>LEAN POCKETS®</b> Chicken, Broccoli Cheddar	2 pkgs (2/pack)	
<b>LEAN POCKETS®</b> Ham, Egg & Cheese	2 pkgs (2/pack)	
<b>STOUFFER'S®</b> Stuffed Green Peppers	1 (32 oz.) pkg, includes 4 peppers	
<b>STOUFFER'S®</b> Chicken & Vegetable Rice Bake	1 (36 oz.) pkg	
<b>STOUFFER'S®</b> Lasagna with Meat & Sauce	1 (38 oz.) pkg	
<b>STOUFFER'S®</b> Meat Loaf in Gravy	1 (33 oz.) pkg	
<b>TOMBSTONE®</b> Supreme Pizza	1 pizza	
<b>STOUFFER'S®</b> Salisbury Steak		1 (28 oz.) pkg
<b>STOUFFER'S®</b> Chicken Enchiladas		1 (30 oz.) pkg
<b>STOUFFER'S®</b> Macaroni & Cheese		1 (40 oz.) pkg
<b>STOUFFER'S®</b> Baked Ziti		1 (57 oz.) pkg
<b>LEAN POCKETS®</b> Ham & Cheese, with whole grain crust		2 pkgs (2/pack)
<b>HOT POCKETS®</b> Pepperoni Pizza		1 pizza
<b>DIGIORNO®</b> Thin Crust Cheese Pizza		1 pizza
<b>DIGIORNO®</b> Rising Crust Pepperoni Pizza		1 pizza

### OTHER

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**UNITS - KEY:** oz - ounces; pkg - package



Good Food, Good Life



BALANCE YOUR



with Nestlé



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