

### Sample Menus for 2000 Calories on an Exchange List Diet- 7 Days

Exchanges	Day 1	Day 2	Day 3
<b>BREAKFAST</b>			
3 bread/starch	½ c grits, 1 english muffin	1 ½ small bagel	2 c chex cereal
1 milk	1c 1% milk	1c nonfat yogurt	1c 1% milk
1 fruit	½ c orange juice	1 ¼ c strawberries	½ banana
1 meat(optional)			
1 fat	1 tsp margarine	2Tbs non-fat cream cheese	
free foods	unswt tea, coffee	unswt tea, coffee	unswt tea, coffee
<b>LUNCH</b>			
2 bread/starch	Hoagie roll, small	1 dinner roll	1 c mashed potatoes
1 veg	lettuce, tomato and onion slice	1 Lean Cuisine oriental beef w/ rice and vegetables	½ c green beans
	1 c raw veggies		
3 meat	3oz turkey		3oz fried fish
1 fruit	1 peach	½ c apple sauce	½ c pears
2 fat	2 Tbs dressing	2 tsp margarine	2 tsp oil, in fish
free foods	unswt tea, diet soda	unswt tea, diet soda	unswt tea, diet soda
3 meat	3oz baked fish	3oz skinless chicken	3 oz beef stew
2 veg	2c tossed salad	onion, green and red pepper	1 c carrots/onion
3 bread/starch	medium baked potato	2 small flour tortilla	1 c potato
	1 cornbread (2x2)	½ c corn	1 dinner roll
2 fat	2 tsp oil/vinegar	2 tsp oil, in chicken	2 tsp margarine
1 fruit	1 apple	½ c fruit cocktail	1 c honeydew melon
1 milk	1c 1% milk	1c 1% milk	1c 1% milk
free foods	unswt tea, diet soda	unswt tea, diet soda	unswt tea, diet soda
<b>SNACKS</b>			
1 milk	1c 1% milk	½ c frozen yogurt	1 c 1% milk
1 bread	¾ c corn flakes	4T cookie crumb	½ bagel
1 fruit	½ banana		½ c peaches
	kcal:1962	kcal: 1923	kcal: 1909
	Pro: 21%	Pro: 19%	Pro: 17%
	CHO: 59%	CHO: 57%	CHO: 57%
	FAT: 20%	FAT: 24%	FAT: 26%
	Chol: 203mg	Chol: 123mg	Chol: 156mg

Na: 2343mg

Na: 2176mg

Na: 2572mg

**Sample Menus for 2000 Calories on an Exchange List Diet- 7 Days**

Exchanges	Day 5	Day 6	Day 7
<b>BREAKFAST</b>			
3 bread/starch	1 ½ cinnamon raisin bagel	1 ½ c oatmeal/grits	3 3'pancakes
1 milk	1c 1% milk	1c 1% milk	1c 1% milk
1 fruit	½ c stewed apples	2Tbs raisins	½ banana
1 meat(optional)	2 tsp peanut butter		
1 fat		1 tsp margarine	1 tsp margarine
free foods	unswt tea, coffee	unswt tea, coffee	unswt tea, coffee ¼ c lo-cal syrup
<b>LUNCH</b>			
2 bread/ starch	1 c rice	1 c bulgur wheat	2 slices wheat bread
1 veg	2 c salad	1 c stirfry veg	lettuce, tomato, onion
3 meat	1 ½ c lentils	3oz beef strips	3oz tuna in water
1 fruit	½ c fruit cocktail	½ c pineapple	1 apple
2 fat	2 Tbs lo-cal dressing	2 tsp olive oil	2 tsp mayo
free foods	unswt tea, diet soda	unswt tea, diet soda	unswt tea, diet soda
<b>DINNER</b>			
3 meat	1 ½ c vegetarian chili	3 oz garden burger	3 oz grilled pork chop
3 bread/starch	2 pc cornbread (2x2) ½ c rice	1 wheat roll 20 oven baked fries (1 tsp fat)	1 c corn 1 cornbread (2x2)
2 veg	1 c steamed broccoli	1 c coleslaw	1 c greens
2 fat	2 tsp margarine	1 tsp mayo, in slaw	2 tsp oil, in greens
1 fruit	½ c peaches	1 orange	½ c applesauce
1 milk	1c 1% milk	1c 1% milk	1c 1% milk
free foods	unswt tea, diet soda	unswt tea, diet soda	unswt tea, diet soda
<b>SNACK</b>			
1 milk	1c 1% milk	1c 1% milk	1c nonfat yogurt
1 bread	granola bar	3 graham crackers	3 c air popped popcorn
1 fruit	1 ¼ c strawberries	½ c applesauce	½ c pineapple
	kcal: 2008	kcal: 2098	kcal: 1942
	Pro: 17%	Pro: 14%	Pro: 19%
	CHO: 69%	CHO: 52%	CHO: 53%
	Fat: 14%	Fat: 34%	Fat: 28%

Chol: 34mg  
Na: 1318mg

Chol: 93mg  
Na: 2335mg

Chol: 211mg  
Na: 2050mg