





Dietary Guidelines Meal Plan

Use this plan as a guide to meet the recommendations of the 2005 Dietary Guidelines and the Food Guidance System, MyPyramid. Each day averages 2000 calories, but you can personalize the plan to 1800, 1600, or 1400 calories by using the exercise and/or calorie-saving ideas. Visit www.3aday.org for more recipes.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST 	Creamy Banana Walnut Oatmeal Recipe: www.3aday.org Orange juice (6 oz)	Blues Buster Smoothie Recipe: www.3aday.org Whole grain cereal (3/4 cup) with lowfat milk (1 cup)	Cheesy Egg Scrambler Recipe: www.3aday.org Grapes, seedless (1 cup)	Whole grain bite-sized cereal (1 cup) Banana	Whole grain cereal (1 cup) with lowfat milk (1 cup) Peach
LUNCH 	California Club Sandwich Spread 1 tbs lowfat cream cheese and 1 tbs lowfat honey mustard on slice of whole wheat bread. Top with lettuce (2 leaves), shredded carrots and cucumber slices (1/4 cup each), 1/4 of avocado, 4 tomato slices; top with second slice of whole wheat bread. Diced melon (1 cup)	Beef and Veggie Sandwich Top a slice of rye bread with 1 tbs horseradish sauce, 3 oz of lean deli roast beef, 1/4 cup of cucumber slices, a slice of red onion and a second slice of rye bread. Side salad Mix 2 cups lettuce with 1/4 cup each of carrots, cucumber slices and tomatoes (or vegetables of choice); toss with 2 tbs lowfat Italian dressing. Apple	Black Bean Soup In a saucepan sauté 1/2 tsp olive oil, 1/2 tbs diced garlic and 1/4 cup diced onion until soft. Add 1/2 can low-sodium black beans, 1/2 can diced tomatoes (no salt added) and a chipotle pepper; bring to a boil, then simmer for 15 minutes. Cornbread (1 slice) Mango	America's Favorite Grilled Cheese Lunch including carrot sticks, fat free milk and apple Recipe: www.3aday.org	Veggie Bolognese Cook a veggie patty in microwave for 1 minute. Crumble patty and 1 part-skim Mozzarella string cheese stick into Marinara sauce (1/2 cup) on stove; heat. Stir in 1 cup of small, cooked pasta (i.e. orzo) into sauce. Steamed broccoli and cauliflower (1/2 cup each) Grapes, seedless (1 cup)
SNACK 	Carrots (1 cup) Fruited, lowfat yogurt (8 oz)	Choconana Milk Mixer Recipe: www.3aday.org Whole grain granola bars (2 bars)	Yogurt, plain, fat free (8 oz) with whole grain cereal (1 cup)	Pear 2 graham cracker sheets with 2 tbs peanut butter	Chocolate milk lowfat (1 cup) Whole wheat English muffin toasted with 2 tbs reduced-sodium peanut butter
DINNER 	Cajun Catfish Lightly coat 6 oz of catfish with olive oil spray and Cajun seasonings; broil until cooked through. Marvelicious Mac and Cheese Recipe: www.3aday.org 1 cup cooked mustard greens, no salt/fat Dinner roll Baked Apple Core a medium-sized apple, fill with 1 oz unsalted pecans and sprinkle with cinnamon; bake until apple is soft and brown.	Chinese "Take Out" Sauté 3 oz shrimp in 1 tbs olive oil; season with black pepper. Serve with 1 cup steamed veggies such as broccoli and 1 cup brown rice. Pear	Oven "Fried" Chicken Coat 6 oz boneless, skinless chicken breast with 1 egg white; sprinkle with 2 tbs bread crumbs, black pepper and parsley; bake until cooked. Green beans (1 cup) Steam or boil without salt Cheesy Stuffed Potato Recipe: www.3aday.org Whole wheat dinner roll	Grilled, broiled or braised top round beef steak (4 oz) Balsamic Yogurt Grilled Vegetables (2 servings) Recipe: www.3aday.org Mixed salad Toss 2 cups lettuce and 1/4 cup each of carrots, cucumber and tomato with 2 tbs lowfat salad dressing. Brown rice (1 cup) and dinner roll Fruit salad (1 cup)	Salmon-Spinach-Strawberry Salad Mix 2 cups baby spinach with 1/2 cup sliced strawberries, 1/4 cup cubed melon and 1/4 cup sliced red onion; toss with 2 tbs reduced-fat balsamic vinaigrette; top with 6 oz grilled salmon. Sunshine Lemon Smoothie Recipe: www.3aday.org
NUTRITION ANALYSIS PER DAY	1993 calories; 102 g protein; 263 g carbohydrate; 61 g total fat; 14 g saturated fat; 24 g dietary fiber; 1831 mg sodium; 1358 mg calcium.	1929 calories; 87 g protein; 306 g carbohydrate; 44 g total fat; 10 g saturated fat; 27 g dietary fiber; 2246 mg sodium; 2029 mg calcium.	2033 calories; 141 g protein; 321 g carbohydrate; 39 g total fat; 16 g saturated fat; 27 g dietary fiber; 1795 mg sodium; 1639 mg calcium.	1956 calories; 92 g protein; 299 g carbohydrate; 49 g total fat; 14 g saturated fat; 26 g dietary fiber; 2416 mg sodium; 1258 mg calcium.	2021 calories; 107 g protein; 299 g carbohydrate; 59 g total fat; 16 g saturated fat; 35 g dietary fiber; 2465 mg sodium; 1683 mg calcium.
CALORIE-SAVING IDEAS (1600 Calorie Meal Plan)	<ul style="list-style-type: none"> Replace the lowfat milk with fat-free milk. Replace the Mac and Cheese with 1 cup lowfat cottage cheese. Enjoy half the amount of catfish (3 oz). Replace the Baked Apple with a regular apple (no pecans or cinnamon). 	<ul style="list-style-type: none"> Replace the Blues Buster Smoothie with 1/2 cup of fresh frozen blueberries; use to top your cereal. Make your sandwich open-faced by using only one slice of bread. Save the second granola bar for later. 	<ul style="list-style-type: none"> Enjoy half the amount of chicken (3 oz). Replace the Cheesy Stuffed Potato with 1 cup steamed broccoli drizzled with 1 oz of melted Cheddar cheese. 	<ul style="list-style-type: none"> Skip the graham crackers and spread the peanut butter directly on the pear slices. Enjoy just a half-cup of brown rice; skip the dinner roll. 	<ul style="list-style-type: none"> Replace lowfat milk (chocolate and white) with fat-free versions. Enjoy half the English muffin and half the peanut butter (1 tbs). Enjoy half the amount of salmon (3 oz).
DAILY EXERCISE IDEAS* (Couple with the Calorie-Savings Ideas for a 1400 calorie budget)	<ul style="list-style-type: none"> Walk at 2 mph for an hour or at 4.5 mph for 30 minutes. 	<ul style="list-style-type: none"> Bike at 6 mph for an hour or 12 mph for 30 minutes. 	<ul style="list-style-type: none"> Ballroom dance for an hour or aerobic dance for 30 minutes. 	<ul style="list-style-type: none"> Canoe for an hour or play basketball for 30 minutes. 	<ul style="list-style-type: none"> Swim at 20 yds/min for an hour or at 50 yds/min for 30 minutes.

*Suggested exercises are estimated to burn approximately 200-250 calories for a 150 pound person.

Creamy Banana Walnut Oatmeal



Preparation time: 3 minutes

Serving Size: 1

Ingredients:

- 1 cup fat free skim or 1% lowfat milk
- 2 packets instant oatmeal
- 1/2 ripe banana, mashed
- 1/2 tablespoon chopped walnuts

Directions:

1. In a small bowl, combine milk and packets of oatmeal.
2. Microwave on high for 1 to 2 minutes until steaming hot, but not boiling. Stir until creamy.
3. Stir in mashed banana. Garnish with walnuts and serve.

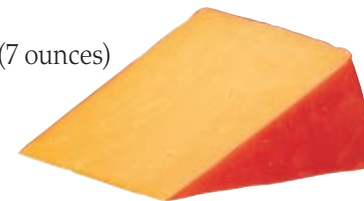
Wake up to this tasty, satisfying bowl of oatmeal that is made with milk instead of water. Try using your favorite flavored oatmeal to add an extra kick.



Nutritional Facts Per Serving for individual food recipe:

370 calories; 2.5 g fat; 0 g saturated fat; 15 mg cholesterol; 10 mg sodium; 25% daily value for calcium; 17 g protein; 61 g carbohydrates.

Marvelicious Mac and Cheese



Preparation time: 10 minutes
Cooking time: 20 minutes
Serving Size: 6

Ingredients:

2-1/2 cups	fat free milk
2 cups	uncooked elbow macaroni (7 ounces)
1 tablespoon	butter
3 tablespoons	all-purpose flour
1/4 teaspoon	salt
1/2 teaspoon	dry mustard
2 cups	shredded reduced fat sharp cheddar cheese
1/2 cup	shredded reduced fat sharp cheddar cheese (optional topping)

Directions:

1. Preheat oven to 375 degrees.
2. Cook macaroni according to package directions.
3. Heat milk and butter in a medium saucepan over medium heat. Gradually whisk in flour, salt and dry mustard and simmer for 1 minute, whisking occasionally. Remove from heat; stir in 2 cups of cheese until melted.
4. Add drained macaroni to saucepan and toss with cheese sauce.
5. Transfer mixture to an 8- or 9-inch square baking dish. Bake uncovered until hot and bubbly, about 20 minutes. Let stand 5 minutes before serving.

Variation

Add some color, and some extra nutrition. Sauté some chopped red pepper and broccoli florets in the butter before adding the flour for a gourmet version of this comforting creation.

Nutritional Facts Per Serving for individual food recipe:

285 calories; 8 g fat; 5 g saturated fat; 20 mg cholesterol; 635 mg sodium;
40% daily value for calcium; 20 g protein; 33 g carbohydrates.

Blues Buster Smoothie



Recipe created by Moms Advisory Panel member, Kari Cameron.



Preparation time: 5 minutes

Serving Size: 1

Ingredients:

- 6 ounces lowfat blueberry yogurt
- 1/2 cup apple juice
- 1/3 cup fresh or frozen blueberries
- 1/3 cup frozen sliced peaches
- 5-6 ice cubes (approximate)

Directions:

1. Blend all ingredients with ice (amount of ice will vary depending on desired consistency).
2. Pour into a glass and serve chilled.



Nutritional Facts Per Serving for individual food recipe:

280 calories; 2 g fat; 1 g saturated fat; 10 mg cholesterol; 85 mg sodium;
20% daily value for calcium; 6 g protein; 60 g carbohydrates; 2 g dietary fiber.

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Choco-Nana Milk Mixer

Recipe created by Elizabeth Ward, M.S., R.D. and mother of three.



Preparation time: 5 minutes

Serving Size: 4

Ingredients:

3-1/2 cups	1% lowfat milk
1	package (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding & Pie Filling
1 tablespoon	creamy peanut butter
1	medium banana peeled, cut into chunks



Directions:

1. Pour 2 cups milk, pudding mix, peanut butter and banana into container with tight-fitting lid and shake until well blended, or put into blender container and blend on medium speed 1 minute or until smooth.
2. Pour into large pitcher. Add remaining 1-1/2 cups milk; stir until blended.
3. Serve at once or refrigerate and stir before serving. Mixture thickens as it stands. Thin with additional milk, if desired.

Nutritional Facts Per Serving for individual food recipe:

230 calories; 5 g fat; 2 g saturated fat; 10 mg cholesterol; 480 mg sodium; 25% daily value for calcium; 9 g protein; 40 g carbohydrates.

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Cheesy Egg Scrambler



Recipe created by Kraft Kitchens on behalf of the American Dairy Association/National Dairy Council.

Preparation time: 3 minutes

Serving Size: 1

Ingredients:

- 1/2 whole-wheat pita bread
- 2 large egg whites
- 1/4 cup (1 oz.) shredded reduced fat mild Cheddar cheese



Directions:

1. Toast pita; set aside.
2. Spray small skillet with non-stick cooking spray. Heat over medium heat 20–30 seconds. Scramble egg whites and cheese in preheated skillet until egg whites are set and cheese is melted.
3. Fill pita pocket with eggs and cheese; serve.

Tip: Kick up the flavor with zesty Jalapeño or Monterey Jack cheese or add chopped mushrooms, onions or green peppers to egg whites before scrambling.

Nutritional Facts Per Serving for individual food recipe:

150 calories; 6 g fat; 4 g saturated fat; 20 mg cholesterol; 190 mg sodium; 20% daily value for calcium; 16 g protein; 9 g carbohydrates; 1 g dietary fiber.

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Cheesy Stuffed Potato



Created by Elizabeth Ward, M.S., R.D.,
mother of three and author of *Healthy Foods,*
Healthy Kids (Adams Media, 2002).

Preparation time: 10 minutes
Cooking time: 10–15 minutes
Serving Size: 1



Ingredients:

- 1 large potato, baked
- 1/2 cup lowfat plain yogurt
- Freshly ground black pepper
- 1 cup steamed vegetables, such as broccoli
and red bell pepper, coarsely chopped
- 1/4 cup sharp Cheddar cheese, grated



Directions:

1. Preheat oven to 425 degrees F.
2. Slice baked potato lengthwise. Carefully scoop out potato, leaving about 1/4" of pulp inside the shell. Mash the potato in a medium mixing bowl.
3. Mix in the yogurt, add freshly ground black pepper to taste, then add cooked vegetables.
4. Place potato shells on baking sheet. Spoon mixture back into potato shells.
5. Top with Cheddar cheese. Bake for 10–15 minutes.

Nutritional Facts Per Serving for individual food recipe:

460 calories; 12 g fat; 7 g saturated fat; 37 mg cholesterol; 383 mg sodium;
50% daily value for calcium; 24 g protein; 93 g carbohydrates.