

Menu Planner

Meals - Day 1

Morning	1000	1200	1500	1800	2000
Skim milk	1 cup	1 cup	1 cup	1 cup	1 cup
Banana	1	1	1	1	1
Raisin Bran	1/2 cup	1/2 cup	1 cup	1 cup	1 cup
Toast	*	*	*	2 sl	2 sl
Fat	*	*	*	1 tsp.	1 tsp.
Afternoon	1000	1200	1500	1800	2000
Swiss Cheese	1 oz	1 oz	1 oz	1 oz	1 oz
Lettuce &tomato	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Apple juice	6 oz	6 oz	6 oz	12 oz	12 oz
Wh. Wheat brd	1 sl	2 sl	2 sl	2 sl	2 sl
Turkey breast	2 oz	2 oz	3 oz	3 oz	4 oz
Low fat mayo	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Evening	1000	1200	1500	1800	2000
Broccoli	1 cup	1 cup	1 cup	1 cup	1 cup
Fruit cup	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1/2 oz
Baked potato	1	1	1	1	1
Dinner roll	*	1	2	2	2
Lean beef	1 oz	2 oz	2 oz	3 oz	3 oz
Margarine	2 tsp.	2 tsp.	2 tsp.	2 tsp.	2 tsp.
Snack	1000	1200	1500	1800	2000
Popcorn	*	*	*	3 cups	3 cups

Marinated Steak

1 thick flank steak or London broil (about 1 1/2 lbs.)
 2/3 cup of dry red wine
 2 tsp. sherry
 1 tsp. soy sauce
 1/16 tsp. sesame hot oil
 dash of freshly ground ginger
 1/8 tsp. oregano, crumbled
 1/8 tsp. marjoram, crumbled
 freshly ground black pepper

Mix together the wine, sherry, soy sauce and seasonings. Place the steak in a long glass baking dish and pour the marinade over the meat. Cover and chill at least 12- 18 hours, turning meat once or twice. Preheat the broiler. Remove the steak from the marinade. Pat dry and broil 4 inches from the heat for about 5 minutes on each side.

To serve, cut thin slices diagonally across the grain. Serve with rice.

Yield: 6 servings

Approx. cal/serv.: 270

Meals - Day 2

Morning	1000	1200	1500	1800	2000
Skim milk	8 oz	8 oz	8 oz	8 oz	8 oz
Orange juice	6 oz	6 oz	6 oz	6 oz	6 oz
Wh. Wheat brd	1 sl	1 sl	1 sl	2 sl	2 sl
100% Bran cereal	*	*	*	1/2 cup	1/2 cup
Margarine	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Afternoon	1000	1200	1500	1800	2000
Mozzarella cheese	1 oz	1 oz	1 oz	1 oz	1 oz
Tossed salad	1 cup	1 cup	1 cup	1 cup	1 cup
Tomato	1/2	1/2	1/2	1/2	1/2
Saltine cracker	4	4	4	4	4
Potato salad	*	1/2 cup	1/2 cup	1 cup	1 cup
Ham	1 oz	1 oz	1 oz	1 oz	1 oz
Roast Beef	1 oz	1 oz	1 oz	1 oz	1 oz
Turkey breast	1 oz	1 oz	1 oz	1 oz	1 oz
Evening	1000	1200	1500	1800	2000
Tossed salad	1 cup	1 cup	1 cup	1 cup	1 cup
Mashed potatoes	1/2 cup	1 cup	1 cup	1 cup	1 cup
Dinner roll	*	*	1	1	1
Green peas	*	*	*	1/2 cup	1/2 cup
Baked chicken	1 oz	2 oz	2 oz	3 oz	3 oz
Snack	1000	1200	1500	1800	2000
Fruit, your choice	1	1	1	1	1

Oven Fried Chicken

6 large halved chicken breasts

Breading

1/2 cup cornmeal

1/2 cup matzo meal

4 tsp. whole wheat pastry flour

1 tsp. onion powder

3/4 tsp. garlic powder

1/2 tsp. paprika

1/2 tsp. poultry seasoning

1/4 tsp. black pepper

2 tbs. grated sapsago cheese

Egg white mixture dip

2 egg whites

1/2 cup skim milk or blend of skim and evaporated skim milk

Herbed chicken marinade

3 cups Tillie Lewis Italian dressing or 1 cup each of tomato juice, water and wine vinegar

1/3 cup lemon juice

1/3 cup soy sauce

3/4 tsp. garlic powder

3/4 tsp. powdered thyme

3/4 tsp. Italian seasoning

3/4 tsp. poultry seasoning

1 1/2 tsp. rosemary

1/2 tsp. oregano

3/4 tsp. curry powder

Teriyaki Marinade

1 1/2 cups soy sauce (salt reduced variety)

1 1/2 cups lemon juice
2 1/2 cups unsweetened pineapple juice
1 tbs. garlic powder
1 tbs. sherry

Remove the skin from the chicken and clean thoroughly. Cut each halved breast in half again. For either marinade recipe, soak the chicken pieces in the marinade overnight in the refrigerator, or atleast for several hours. For the dip recipe, you need only to dip the chicken pieces in the liquid; coat well. To bread the chicken, remove the chicken pieces from whatever liquid you have used and cover with the breading mixture; coat well. Arrange the chicken pieces on a nonstick baking pan and place in a preheated 350 degree oven for 1 1/4 hours or until tender. The chicken should be covered with aluminum foil except during the first and last 10 minutes of cooking.

Makes 6 - 12 servings

Russian Dressing

3/4 cup cider vinegar
3/4 cup water
2 tbs. lemon juice
1 tbs. chopped onion
1 tsp. dry mustard
1 tsp. garlic powder
1/8 tsp. ground pepper
1/2 tsp. ground paprika

Combine all the ingredients and mix well. Shake the dressing before each use.

Makes about 1 3/4 cups.

Meals - Day 3

Morning	1000	1200	1500	1800	2000
Low fat yogurt with fruit	1 cup	1 cup	1 cup	1 cup	1 cup
Wh. Wheat bagel	1/2	1/2	1	1	1
Grapenuts	*	*	*	1/4	1/4
Afternoon at a fast food restaurant	1000	1200	1500	1800	2000
Cheese	1 sl	1 sl	1 sl	1 sl	1 sl
Lettuce & tomato	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Hamburger bun	1/2	1	1	1	1
Hamburger	1/2	1/2	1	1	1
Fruit juice	6 oz	6 oz	6 oz	6 oz	6 oz
Evening	1000	1200	1500	1800	2000
Lentil pasta soup	1 cup	1 cup	1 cup	1 cup	1 cup
Tossed salad	1 cup	1 cup	1 cup	1 cup	1 cup
Dinner roll	*	*	1/2	1	1
Snack	1000	1200	1500	1800	2000
Fruit, your choice	1	1	1	1	2

Lentil Pasta Soup

1 tbs. margarine
 1 chopped onion
 2 finely chopped garlic cloves
 1 cup lentils
 7 cups water
 1/8 tsp. cinnamon
 1/4 tsp. ginger
 1/8 tsp. cayenne
 1 1/2 tsp. cumin
 Freshly ground black pepper

Melt margarine in pan, sauté onions and garlic. Add remaining ingredients. Bring to a boil, reduce heat and simmer 1-1/2 hours. Place mixture in blender or food processor and blend. Serve immediately over pasta.

Yield 2 qt.

Approx. cal/serv: 100

Meals - Day 4

Morning	1000	1200	1500	1800	2000
Skim milk	1 cup	1 cup	1 cup	1 cup	1 cup
Wh. wheat bagel	1/2	1	1	1	1
Cheerios	*	*	1/2 cup	1 cup	1 cup
Fat	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Afternoon for pizza	1000	1200	1500	1800	2000
Mozzarella cheese	1 oz	1 oz	1 oz	1 oz	1 oz
Tomato sauce	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Pizza crust	1 sl	1 sl	1 sl	1 sl	1 sl
Tossed salad	1 cup	1 cup	1 cup	1 cup	1 cup
Salad dressing	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Evening	1000	1200	1500	1800	2000
Peas and carrots	1 cup	1 cup	1 cup	1 cup	1 cup
Brown rice	1/2 cup	1 cup	1 cup	1 cup	1 cup
Baked seafood	3 oz	4 oz	5 oz	6 oz	7 oz
Margarine	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Snack	1000	1200	1500	1800	2000
Fruit salad	1 cup	1 cup	1 cup	1 cup	2 cups

Crispy Baked Fillets

1 lb. fresh fish fillets
 Freshly ground black pepper
 2 tbs. oil
 1/3 cup cornflake crumbs

Wash and dry fillets and cut into serving pieces. Season, dip in oil, and coat with cornflake crumbs.

Arrange in a single layer in a lightly oiled shallow baking dish. Bake at 500 degrees for 10 minutes without turning or basting.

Yield: 4 servings
Approx. cal/serv: 260

Meals - Day 5

Morning	1000	1200	1500	1800	2000
Cottage cheese	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
Peaches	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Raisin bran muffin	1	1	2	2	2
Grapenuts	*	*	*	1/4 cup	1/4 cup
Afternoon taco salad	1000	1200	1500	1800	2000
Cheese	1 oz	1 oz	1 oz	1 oz	1 oz
Lettuce & tomato	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Taco	1	2	2	3	3
Beef or chicken	1 oz	2 oz	3 oz	3 oz	3 oz
Evening	1000	1200	1500	1800	2000
Tossed salad	1 cup	1 cup	1 cup	1 cup	1 cup
Spaghetti	1/2 cup	1 cup	1 cup	2 cups	2 cups
Dinner roll	*	*	1	1	2
Meatballs	2 oz	2 oz	2 oz	3 oz	4 oz
Sauce as needed					
Fat	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Snack	1000	1200	1500	1800	2000
Fruit salad	1 cup	1 cup	1 cup	1 1/2 cup	2 cups

Sauerbraten Meatballs

1 pound lean ground round
 1/4 cup soft coarse bread crumbs
 1/4 cup of minced onions
 Freshly ground black pepper
 1 tbs. Lemon juice
 2 tbs. margarine
 2 1/2 cups of beef broth
 1/4 cup of brown sugar
 1/4 cup gingersnap crumbs

Combine meat, breadcrumbs, onion, pepper, water, and lemon juice. Mix well and form into 1-inch balls.

Heat margarine in skillet and brown meatballs. Remove from pan. To the drippings in the pan, add the broth and the rest of the lemon juice. Bring to a boil and stir in sugar and gingersnap crumbs. Add the meatballs to the sauce and simmer for 10 minutes. Stir and cook uncovered for 5 minutes longer.

Serve over noodles and sprinkle with poppy seeds.

Yield: 6 servings

Approx. cal/serv.: 325 (or 425 with 1/2 cup noodles)

Meals - Day 6

Morning	1000	1200	1500	1800	2000
Eggs	1	2	3	3	3
Grits	1/2 cup	1/2 cup	1 cup	1 cup	1 cup
Pancakes	1	2	2	3	3
Orange Juice	6 oz	6 oz	6 oz	6 oz	6 oz
Afternoon	1000	1200	1500	1800	2000
Fruit salad	1 cup	1 cup	1 cup	1 cup	1 cup
Yogurt	8 oz	8 oz	8 oz	8 oz	8 oz
Grapenuts	*	*	*	1/4 cup	1/4 cup
Evening	1000	1200	1500	1800	2000
Tossed salad	1 cup	1 cup	1 cup	1 cup	1 cup
Baked beans	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Corn on the cob	*	1	1	1	1
Potato salad	*	*	1/2 cup	1	1
BBQ chicken	2 oz	2 oz	2 oz	3 oz	3 oz
Salad dressing	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Snack	1000	1200	1500	1800	2000
Fruit salad	1 cup	1 cup	1 cup	1 cup	2 cups

Oven BBQ Chicken

2 1/2 - 3 lb. frying chicken, cut into serving pieces
 1/4 cup water
 1/4 cup vinegar
 3 tbs. oil
 1/2 cup chili sauce or catsup
 3 tbs. Worcestershire sauce
 1 tbs. dry mustard
 Freshly ground black pepper
 2 tbs. chopped onion

Combine all ingredients except chicken in a saucepan, simmer for 10 minutes. Wash and dry chicken and place in a large baking pan. Pour half of the BBQ sauce over chicken and bake at 350 degrees uncovered for 50- 60 minutes, basting with remaining sauce every 15 minutes. Or, chicken may be immersed in sauce, then removed and cooked over charcoal, basting frequently.

Yield: 4 servings
Approx. cal/serv.: 260

Meals - Day 7

Morning	1000	1200	1500	1800	2000
Orange juice	6 oz	6 oz	6 oz	6 oz	6 oz
French toast	1 sl	1 sl	1 sl	1 sl	1 sl
Margarine	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Syrup	1 tbs.	1 tbs.	1 tbs.	1 tbs.	1 tbs.
Afternoon at Wendy's	1000	1200	1500	1800	2000
Cottage cheese	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Tossed salad	1 cup	1 cup	1 cup	1 cup	1 cup
Baked potato	1	1	1	1	1
Chili	4 oz	8 oz	8 oz	8 oz	8 oz
Evening	1000	1200	1500	1800	2000
Broccoli and Cauliflower	1 cup	1 cup	1 cup	1 cup	1 cup
Shrimp	1 oz	2 oz	3 oz	4 oz	5 oz
Fried rice	1/2 oz	1 cup	1 cup	2 cups	2 cups
Dinner roll	*	*	1	1	1
Snack	1000	1200	1500	1800	2000
Fruit salad	1 cup	1 cup	1 cup	2 cups	2 cups

French Toast

1 egg or egg substitute equivalent to one egg, plus 1 egg white, beaten together
 1/2 cup skim milk
 1/4 tsp. vanilla extract
 Nutmeg
 6 slices of bread

Mix egg, milk, and vanilla extract. Soak bread in mixture for 5 minutes. Brown the bread slices on greased griddle. Sprinkle each slice with nutmeg and serve with honey, jelly or pure maple syrup.

Yield: 6 servings

Approx. cal/serv.: 85

1 tbs. honey = 65
 1 tbs. jelly = 50
 1 tbs. syrup = 60

Shrimp Fried Rice

1 tbs. sherry
 1 tbs. lite soy sauce
 2 tsp. cornstarch
 1 tsp. granulated sugar
 1/2 lb. small peeled shrimp
 2 tbs. oil divided
 4 cups of cooked, cold rice
 1/2 cup chopped green onions
 1 stalk of celery, finely chopped
 Water chestnuts, sliced (optional)
 Fresh mushrooms, sliced (optional)
 1 tsp. fresh grated ginger root
 2 eggs, slightly beaten
 Salt and pepper to taste

In a bowl combine sherry, soy sauce, cornstarch, and sugar. Mix well. Add shrimp. Mix gently to coat.

Marinate for one hour. Drain. In a skillet heat 1 tbs. oil over high heat. Add rice, green onions, celery, water chestnuts, mushrooms, and gingerroot. Stir fry until tender crisp. Add shrimp. Stir-fry until shrimp turn pink. Remove the shrimp mixture. Add remaining 1 tbs. oil. Add eggs and salt and pepper. Cook until set, stirring frequently. Add the shrimp mixture. Mix well. Heat to serving temperature.

Yield: 8

Approx. cal/serv.: 219

This seven day menu planner should get you started on a healthy diet. If you are interested in a month long menu planner or have any further questions, contact:

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