

1600 Calorie – 14 Day Menu Set

1600 Calories, 40-50 grams fat

2 Milk (Mk) 6 Meat (Mt) 6 Starches (St) 4 Fruits (Fr)* 4+ Vegetables (Vg) 6 Fat (Ft)

* 4 small = 2 large

◆ To make 1500 calories: omit 2 fat servings (i.e., use “light” rather than regular margarine, dressings, etc.)

DAY 1	DAY 2	DAY 3
<p>BREAKFAST</p> <p>1/2 c. calcium-fortified orange juice (1 Fr) 2 wholewheat toast or 1 bagel (2 St) with 2 tsp. sugar-free jam/jelly (free) and 1 tsp. tub margarine (1 Ft) 1 c. fat-free milk (1 Mk)</p> <p>LUNCH</p> <p>Tuna Sandwich: 2 slices wholewheat bread (2 St) with 1/2 c. water-packed tuna (2 Mt) 1 Tbsp. light mayonnaise (1 Ft) and 1/4 c. apple, celery, pickle (free) Lettuce and tomato slices (free) 1 large apple (2 Fr) 1 c. fat-free milk (1 Mk)</p> <p>DINNER</p> <p>4 oz. skinless chicken breast (4 Mt) 1 small red (new) potato (1 St) with butter-flavored spray (free) 1/2 c. carrots, steamed (1 Vg) 1/2 c. green beans, steamed (1 Vg) 2 tsp. margarine for vegetables (2 Ft) 1 c. green salad (free) with 1 sliced tomato (1 Vg) and 2 Tbsp. light dressing (1 Ft) 1/2 c. fresh pineapple chunks (1 Fr)</p> <p>SNACK</p> <p>3 c. air-popped popcorn (1 St) with 1 Tbsp. light margarine (1 Ft)</p>	<p>BREAKFAST</p> <p>1 c. cubed or 1/4 of a cantaloupe (1 Fr) 1 wholewheat English muffin (2 St) with 2 tsp. apple butter (free) and 1 tsp. tub margarine (1 Ft) 1 c. fat-free milk (1 Mk)</p> <p>LUNCH</p> <p>1 small wholewheat bagel or 2 bread (2 St) with 2 oz. low-fat cheese (2 Mt) 1 raw carrot, in sticks (1 Vg) 1 large pear (2 Fr) 1 c. nonfat, sugar-free yogurt (1 Mk)</p> <p>DINNER</p> <p>4 oz. broiled fish with lemon (4 Mt) w/ 2 tsp. melted margarine (2 Ft) 1/2 c. corn, steamed (1 St) 1/2 c. Brussel sprouts, steamed (1 Vg) 2 tsp. (2 Tbsp. light) margarine (2 Ft) 1 c. Romaine salad (free) with 1 tomato, sliced (1 Vg) and 1 Tbsp. French dressing (1 Ft) 1/2 c. fresh fruit salad (1 Fr)</p> <p>SNACK</p> <p>38 pretzel sticks or 4 large pretzels (3/4 oz.) (1 St)</p> <p><i>Legend</i> Tbsp. = tablespoon tsp. = teaspoon c. = cup oz. = ounce</p>	<p>BREAKFAST</p> <p>1/2 banana (1 Fr) 1/2 c. bran flakes (1 St) 1 Tbsp. chopped nuts (1 Ft) 1 c. fat-free milk (1 Mk)</p> <p>LUNCH</p> <p>Sandwich: 2 slices wholewheat bread (2 St) 2 oz. turkey (2 Mt) 1 Tbsp. light mayonnaise (1 Ft) Lettuce, tomato slices (free) 1 large apple (2 Fr) 1 c. fat-free milk (1 Mk)</p> <p>DINNER</p> <p>4 oz. lean beef tenderloin (4 Mt) 1 c. rice (2 St) cooked in broth (free) 1/2 c. zucchini (1 Vg) and 1/2 c. yellow squash (1 Vg) stir-fried in 2 tsp. olive oil (2 Ft) 1 spinach salad (free) with 1 small tomato (1 Vg) and 2 Tbsp. dressing (2 Ft) 1 orange, in sections (1 Fr)</p> <p>SNACK</p> <p>3 graham cracker squares (1 St)</p>

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DAY

4

BREAKFAST

2 grapefruit halves (2 Fr)
1 small wholewheat bagel (2 St) with
1 1/2 Tbsp. light cream cheese (1 Ft)
1 c. fat-free milk (1 Mk)

LUNCH

1 small red (new) potato (1 St) topped with
1/2 c. low-fat cottage cheese (2 Mt)
1 large Romaine salad (free) with
2 Tbsp. dressing (2 Ft)
1/2 c. asparagus, sautéed (1 Vg) in
1 tsp. olive oil (1 Ft) and lemon juice
1 c. strawberries (1 Fr)

DINNER

Spaghetti:
3 oz. 90% lean ground beef,
cooked and drained (3 Mt)
1/2 c. meatless spaghetti sauce
(1 St)
1 c. spaghetti (2 St)
3 Tbsp. Parmesan cheese (1 Mt)
1/2 c. spinach, steamed (1 Vg) and
1/2 c. mushrooms & onions (1 Vg)
sautéed in 2 tsp. olive oil (2 Ft)
1 c. melon, cubed (1 Fr)

SNACK

8 oz. carton lemon nonfat, sugar-free
yogurt (1 Mk)

DAY

5

BREAKFAST

1 orange (1 Fr)
1 c. oatmeal (2 St)
1 Tbsp. chopped nuts (1 Ft)
1 c. fat-free milk (1 Mk)

LUNCH

Pita Sandwich:
1 pita pocket (2 St)
3 oz. turkey (2 Mt)
1 oz. (2 slices) low-fat cheese (1 Mk)
lettuce, tomato slices (free)
1 Tbsp. light mayonnaise (1 Ft)
1 c. grapes (1 Fr)
1/2 c. V-8 or tomato juice (1 Vg)

DINNER

3 oz. baked seafood (3 Mt)
1/2 c. mashed potatoes (1 St)
with 1 Tbsp. light margarine (1 Ft)
1 c. vegetable mix (2 Vg)
stir-fried with 1 tsp. olive oil (1 Ft)
Mixed green salad (free) with
1 1/2 Tbsp. Italian dressing (2 Ft)
1 c. fruit salad (2 Fr)

SNACK

2 large flavored rice cakes or
1 c. Cheerios or
1/2 c. dry Chex cereal mix (1 St)

DAY

6

BREAKFAST

1 c. nonfat plain yogurt (1 Mk)
topped with 1 banana (2 Fr)
and 1/2 c. Grape-Nuts or low-fat
granola (2 St) and
1 Tbsp. chopped nuts (1 Ft)

LUNCH

Chef Salad:
2 c. mixed salad greens (free) with
1/2 c. raw broccoli & 1/2 cup raw
cauliflower (1 Vg)
1 tomato, sliced (1 Vg)
3 oz. turkey ham (3 Mt)
1 oz. low-fat cheese (1 Mk)
3-4 Tbsp. light dressing (2 Ft)
1 c. vegetable soup or
4 Rye Krisps (1 St)
1 fresh peach (1 Fr)

DINNER

2 slices of a medium ham pizza, thin
crust (2 Mt, 2 St, 2 Ft)
1 c. cucumber, onion and tomato
(1 Vg) with 1 Tbsp. French dress-
ing (1 Ft)
2 4-inch bread sticks (1 St)
1 c. watermelon (1 Fr)

SNACK

3 graham cracker squares (1 St)



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DAY

7

BREAKFAST

1/2 c. calcium-fortified orange juice (1 Fr)
 2 wholewheat 4" pancakes (2 St)
 topped with 2 Tbsp. "lite" syrup (1 Fr)
 and 2 Tbsp. light margarine (2 Ft)
 1 c. fat-free milk (1 Mk)

LUNCH

4 oz. roasted skinless chicken breast (4 Mt)
 1 c. rice (2 St) cooked in chicken broth
 1/2 c. green peas, steamed (1 St)
 1/2 c. carrots, steamed (1 Vg) with
 1 tsp. margarine (1 Ft)
 1/2 c. cabbage, shredded (slaw) (free)
 with 2 Tbsp. light dressing (1 Ft)
 1 c. cubed or 1/4 of a cantaloupe (1 Fr)

SNACK

1 c. nonfat, sugar-free strawberry yo-
 gurt (1 Mk)

DINNER

Taco Salad:
 1/2 c. pinto or kidney beans (1 St, 1 Mt)
 1 oz. (3 Tbsp.) grated low-fat
 cheese (1 Mt)
 1 tomato, sliced (1 Vg)
 1 c. raw vegetables (green
 pepper, carrots, red onions,
 etc.) (1 Vg)
 1 c. lettuce (free)
 1 corn tortilla, toasted and
 broken into chips (1 St)
 1/4 c. Picante sauce (free)
 1 c. fresh pineapple chunks (2 Fr)

SNACK

16 oz. (2 c.) sugar-free, fat-free hot
 cocoa (1 Mk)

DAY

8

BREAKFAST

1 fresh orange (1 Fr)
 1 English muffin (2 St)
 topped with 1 oz. (3 Tbsp.) part-
 skim mozzarella cheese (1 Mt)
 1 c. fat-free milk (1 Mk)

LUNCH

Fast food grilled chicken breast
 sandwich (no mayonnaise) (2 St, 3 Mt)
 1 large apple (2 Fr) or fruit cup
 1 c. fat-free milk (1 Mk)
 (or occasional 4 oz. fat-free,
 sugar-free frozen yogurt)

DINNER

Vegetarian Stir-fry:
 Heat in skillet in 3 tsp. oil: (3 Ft)
 1 1/2 c. mixed frozen Japanese
 vegetables (3 Vg)
 1/2 c. diced onions and mush-
 rooms (1 Vg)
 1 c. steamed brown rice (2 St)
 Tossed salad (free) with
 2 Tbsp. Italian dressing (3 Ft)
 1/2 c. fresh pineapple chunks (1 Fr) with
 1/2 c. low-fat cottage cheese (2 Mt)
 1 fortune cookie (free)

DAY

9

BREAKFAST

1/4 cantaloupe (1 Fr)
 1 small cinnamon-raisin bagel (2 St)
 with 1 1/2 Tbsp. light cream
 cheese (1 Fr)
 8 oz. carton nonfat, sugar-free vanilla
 yogurt (1 Mk)

LUNCH

1 c. lentil or bean soup (1 St, 1 Vg, 1 Mt)
 1 c. tossed salad (free)
 with 2 Tbsp. Ranch dressing (2 Ft)
 & 3 Tbsp. Parmesan cheese (1 Mt)
 1 wholewheat roll (1 St)
 with 1 tsp. margarine (1 Ft)
 1/2 c. fresh fruit salad (1 Fr)

DINNER

3 oz. turkey or skinless chicken breast,
 roasted (3 Mt)
 1/2 c. corn, steamed (1 St)
 1/2 c. carrots, steamed (1 Vg)
 1 Tbsp. light margarine (1 Ft)
 1/2 c. spinach (1 Vg),
 sautéed in 1 tsp. olive oil (1 Ft)
 15-calorie sugar-free popsicle (free)

SNACK

Half Sandwich:
 1 slice wholewheat bread (1 St)
 1 oz. turkey ham (1 Mt)
 mustard, lettuce, tomato (free)
 1 c. grapes (1 Fr)
 1 c. fat-free milk (1 Mk)

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1600 Calorie Menus



DAY **10**

BREAKFAST

- 1 banana (2 Fr)
- 1 c. shredded wheat (2 St)
- 1 Tbsp. chopped nuts (1 Ft)
- 1 c. fat-free milk (1 Mk)

LUNCH

Soft Tacos:

- 3 corn tortillas (3 St)
- 3 oz. skinless, cooked chicken, (3 Mt) browned in 1 tsp. oil (1 Ft)
- 1/4 tomato, diced (free)
- lettuce, shredded (free)
- 3 Tbsp. picante sauce (free)
- 1 fresh peach (1 Fr)

DINNER

- 3 oz. red snapper (3 Mt) sautéed in 2 tsp. oil (2 Ft)
- 1/2 c. red new potatoes, grilled (1 St)
- 1 small fresh tomato, in wedges (1 Vg)
- 1/2 c. yellow squash, grilled (1 Vg)
- 1/2 c. zucchini, grilled (1 Vg)
- 1 tsp. olive oil for vegetables (1 Ft)

SNACK

- 2 c. (16 oz.) fat-free, sugar-free hot cocoa or 8 oz. nonfat, sugar-free lemon yogurt (1 Mk)
- 1 c. grapes (1 Fr)

DAY **11**

BREAKFAST

- 1 c. fresh strawberries (1 Fr)
- 1 slice wholewheat toast (1 St) with 1 tsp. margarine (1 Ft)
- 3 Tbsp. Grape-Nuts (1 St) on top of 8 oz. plain, nonfat yogurt (1 Mk)

LUNCH

Tuna Sandwich:

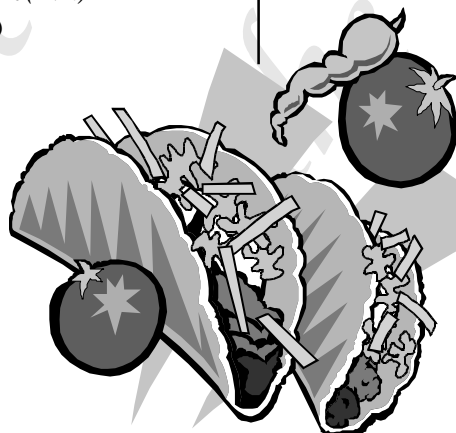
- 2 slices wholewheat bread (2 St)
- 1/2 c. water-packed tuna (2 Mt)
- 1 Tbsp. light mayonnaise (1 Ft)
- 3 Tbsp. celery, apple, pickle (free) lettuce and tomato slices (free)
- 1 fresh large pear or apple (2 Fr)

DINNER

- Low-calorie frozen dinner (up to 300 cal., 10 g fat) (3 Mt, 1 St, 1 Vg)
- 1/2 c. broccoli, steamed (1 Vg) with 1 tsp. margarine (1 Ft)
- 1/2 c. carrots, steamed (1 Vg) with 1 tsp. margarine (1 Ft)
- 1 c. grapes (1 Fr)

SNACK

- 1 c. fat-free milk (1 Mk)
- 1/2 small (1 oz.) bagel (1 St)
- 1 oz. low-calorie cheese (1 Mt)



DAY **12**

BREAKFAST

- 1 whole grapefruit (2 Fr)
- 2 fat-free Eggo or Special K waffles (2 St) with 2 Tbsp. "lite" reduced-calorie syrup (1 Ft) and 1 Tbsp. light margarine (1 Ft)
- 8 oz. nonfat, sugar-free yogurt or 1 c. fat-free milk (1 Mk)

LUNCH

Hamburger:

- 1 bun (2 St)
- 3 oz. extra lean (90% lean) ground beef (3 Mt)
- 1 slice low-fat cheddar cheese (40 cal./oz.) (1 Mt)
- lettuce, tomato, mustard (free)
- 1 c. watermelon slices (1 Fr)
- 1 c. fat-free milk (1 Mk) (or occasional 4 oz. fat-free, sugar-free pudding snack)

DINNER

Shrimp Creole:

- 2 oz. (10 large) boiled shrimp (1 Mt) in 1/2 c. spaghetti sauce, (1 St) served over 1 c. rice (2 St)
- 1 1/2 c. vegetable mix (broccoli, cauliflower, carrots, onions, etc.) (3 Vg) stir-fried in 2 tsp. oil (2 Ft)
- Tossed salad (free) with 2 tsp. olive oil (2 Ft) and 2 tsp. balsamic vinegar (free)

SNACK

- 1 c. cantaloupe (1/3 melon) (1 Fr) with 1/4 c. low-fat cottage cheese (1 Mt)

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DAY

13

DAY

14

BREAKFAST

1/2 c. calcium-fortified orange juice (1 Fr)
 1 wholewheat toast (1 St)
 with 1 Tbsp. light margarine (1 Ft)
 1 poached egg (1 Mt)
 1 c. fat-free milk (1 Mk)

LUNCH

Pasta Salad:
 1 c. pasta, cooked (2 St)
 1/2 c. steamed vegetables (broccoli,
 carrots, red bell pepper) (1 Vg)
 3-4 Tbsp. light Italian dressing (2 Ft)
 3 Tbsp. Parmesan, grated (1 Mt)
 Spinach Salad (free) with
 1/2 c. mandarin or orange slices (1 Fr)
 w/ 2 Tbsp. light Catalina dress-
 ing (1 Ft)
 1 c. fat-free milk (1 Mk)

DINNER

Fajitas:
 2 soft wholewheat tortillas (2 St)
 4 oz. grilled flank steak (4 Mt)
 marinated in 2 Tbsp. lime
 juice (free) and
 1/2 tsp. fajita seasoning (free)
 1/2 c. onion and bell pepper (1 Vg)
 grilled in 1 tsp. oil (1 Ft)
 1/2 c. tomato, diced (1 Vg)
 1/2 c. lettuce, shredded (free)
 1/2 c. fresh pineapple chunks (1 Fr)

SNACK

3 c. air-popped popcorn (1 St)
 with 1 Tbsp. light margarine (1 Ft)
 (or 3 c. microwave "light" popcorn)

BREAKFAST

1/2 c. fortified grapefruit juice (1 Fr)
 1 c. strawberries or 1/2 c. blueberries (1 Fr)
 2 wholewheat pancakes (4") (2 St)
 with 2 Tbsp. "lite" syrup (1 Ft)
 1 c. fat-free milk (1 Mk)

LUNCH

3 oz. skinless chicken breast (3 Mt)
 marinated in 3 Tbsp. fat-free
 Italian dressing (free)
 and baked, grilled or broiled
 1/2 c. mashed potatoes (1 St)
 with 1 tsp. (or 1 Tbsp. light)
 margarine (1 Ft)
 1/2 c. cabbage, shredded (free)
 with 1 Tbsp. coleslaw dressing (1 Ft)
 1/2 c. yellow squash, steamed (1 Vg)
 1/2 c. green beans, steamed (1 Vg)
 1 Tbsp. light margarine for vegetables (1 Ft)
 1 c. watermelon slices (1 Fr)
 1 c. fat-free milk (1 Mk)

DINNER

Mini-pizzas:
 1 English muffin (2 St) topped with
 1 oz. (3 Tbsp.) part-skim
 mozzarella cheese (1 Mt)
 2 oz. Canadian bacon or
 smoked turkey (2 Mt)
 2 Tbsp. mushrooms, sliced (free)
 2 Tbsp. onion, diced (free)
 2 Tbsp. green pepper, diced (free)
 1/4 c. pizza or spaghetti sauce (free)

SNACK

38 pretzel sticks or 12 three-ring twists
 (3/4 oz.) or 1 c. Cheerios (1 St)

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