

# 2000 Calorie – 14-Day Menu Set

2000 Calories, 50-70 grams fat

**2 Milk (Mk) 7 Meat (Mt) 7 Starches (St) 6 Fruits (Fr)\* 4+ Vegetables (Vg) 7 Fat (Ft)**

\*6 small fruit = 3 large

- ◆ Women may need to adjust to smaller portions to make 1700 - 1800 calories.
- ◆ More active or taller men may need to add more food to make 2200 - 2500 calories.

DAY 1	DAY 2	DAY 3
<p><b>BREAKFAST</b></p> <p>1 c. calcium-fortified orange juice (2 Fr)                  2 wholewheat toast or 1 small bagel (2 St)                  with 2 tsp sugar-free jam/jelly (free)                  1 wedge Laughing Cow cheese (1 Mt)                  1 c. fat-free milk (1 Mk)</p> <p><b>LUNCH</b></p> <p>Tuna Sandwich:                  2 slices wholewheat bread (2 St)                  1/2 c. water-packed tuna (2 Mt)                  1 Tbsp. light mayonnaise (1 Ft)                  1/4 c. chopped apple, celery,                  pickle (free)                  Lettuce and tomato slices (free)                  1 large apple (2 Fr)                  1 c. fat-free milk (1 Mk)</p> <p><b>DINNER</b></p> <p>4 oz. skinless chicken breast, grilled (4 Mt)                  1 medium red potato (2 St) with                  2 Tbsp. light margarine (2 Ft)                  1 c. carrots, steamed (2 Vg)                  1 c. green beans, steamed (2 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 c. fresh pineapple chunks (2 Fr)</p> <p><b>SNACK</b></p> <p>6 c. light microwave popcorn (2 St, 1 Ft)</p>	<p><b>BREAKFAST</b></p> <p>2 c. cubed or 1/2 of a cantaloupe (2 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><b>LUNCH</b></p> <p>1 small wholewheat bagel or                  2 bread slices (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><b>DINNER</b></p> <p>5 oz. broiled fish w/ lemon (5 Mt) and                  2 tsp. melted margarine (2 Ft)                  1 c. corn, steamed (2 St)                  1 c. Brussel sprouts, steamed (2 Vg)                  2 tsp. (2 Tbsp. light) margarine for                  vegetables (2 Ft)                  1 c. Romaine salad (free) with                  1 tomato, sliced (1 Vg) and                  2 Tbsp. French dressing (2 Ft)                  1 c. fresh fruit salad (2 Fr)</p> <p><b>SNACK</b></p> <p>76 pretzel sticks or 8 large pretzels                  (1 1/2 oz.) (2 St)</p> <p><b>Legend</b>                  Tbsp. = tablespoon                  tsp. = teaspoon                  c. = cup                  oz. = ounce</p>	<p><b>BREAKFAST</b></p> <p>1/2 c. calcium-fortified orange juice                  (1 Fr)                  1 banana (2 Fr)                  1 c. bran flakes (2 St)                  1 Tbsp. chopped nuts (1 Ft)                  1 c. fat-free milk (1 Mk)</p> <p><b>LUNCH</b></p> <p>Sandwich:                  2 slices wholewheat bread (2 St)                  3 oz. turkey (3 Mt)                  2 tsp. mayonnaise (2 Ft)                  Lettuce, tomato slices (free)                  1 large apple (2 Fr)                  1 c. raw baby carrots (1 Vg)                  1 c. fat-free milk (1 Mk)</p> <p><b>DINNER</b></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, steamed (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><b>SNACK</b></p> <p>6 graham cracker squares (2 St)</p>

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# 2000 Calorie Menus

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 large red (new) potato, (3 St) with  
1/2 c. low-fat cottage cheese (2 Mt)  
and salsa (free)
- 1 large Romaine salad (free) with  
2 Tbsp. ranch dressing (2 Ft)
- 1 c. asparagus, sauteéd (2 Vg) in  
2 tsp. olive oil (2 Ft) and lemon juice
- 2 c. strawberries (2 Fr)

## DINNER

- Spaghetti:
- 3 oz. 90% lean ground beef,  
cooked and drained (3 Mt)
  - 1/2 c. meatless spaghetti sauce  
(1 St)
  - over 1 c. spaghetti (2 St)
  - 4 Tbsp. Parmesan cheese (2 Mt)
  - 1 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) topped  
with 2 Tbsp. raisins (1 Fr)  
& 1 tsp. brown sugar (free)  
& 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)
  - 2 c. grapes (2 Fr)
  - 1/2 c. V-8 or tomato juice (1 Vg)

## DINNER

- 4 oz. baked seafood (4 Mt)
- 1 c. mashed potatoes (2 St)  
with 1 Tbsp. light margarine (1 Ft)
- 2 c. broccoli-carrot-onion-mix (4 Vg)  
stir-fried with 2 tsp. olive oil (2 Ft)
- Mixed green salad (free) with  
1 1/2 Tbsp. Italian dressing (2 Ft)
- 1 c. fruit salad (2 Fr)

## SNACK

- 4 large flavored rice cakes or  
2 c. Cheerios or  
1 c. dry Chex cereal blend (2 St)

DAY

6

## BREAKFAST

- 1 c. calcium-fortified orange juice (2 Fr)
- 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

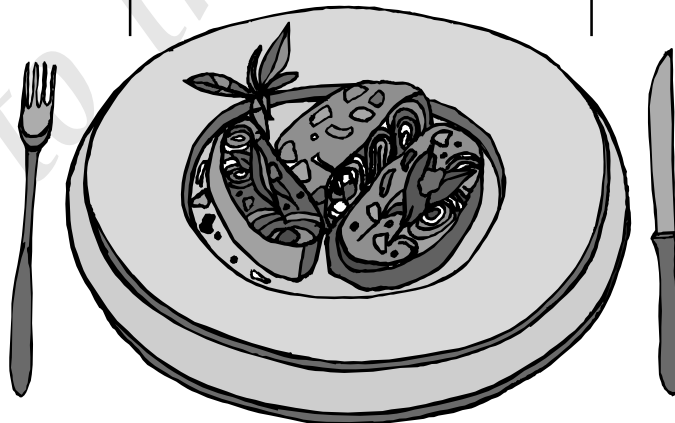
- Chef Salad:
- 2 c. mixed salad greens (free) with  
1/2 c. raw broccoli & 1/2 c. raw  
cauliflower (1 Vg)
  - 1 tomato, sliced (1 Vg)
  - 3 oz. turkey ham (3 Mt)
  - 1 oz. low-fat cheese (1 Mt)
  - 3-4 Tbsp. light dressing (2 Ft)
  - 1 c. vegetable soup or 4 Rye Krisps (1 St)
  - 1 fresh peach (1 Fr)

## DINNER

- 3 slices of a medium ham pizza  
(3 Mt, 3 St, 3 Ft)
- 1 c. cucumber, onion and tomato  
(1 Vg) with 1 Tbsp French  
dressing (1 Ft)
- 2 4-inch bread sticks (1 St)
- 1 c. watermelon (1 Fr)

## SNACK

- 16 oz. (2 c.) sugar-free, fat-free hot  
cocoa (1 Mk)
- 1 biscotti or 4-6 crackers (1 St)



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# 2000 Calorie Menus



DAY

7

## BREAKFAST

- 1 c. calcium-fortified orange juice (2 Fr)
- 4 wholewheat 4" pancakes (4 St)  
with 4 Tbsp. "lite" syrup (3 Ft)  
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 c. carrots, steamed (2 Vg) with  
1 tsp. margarine (1 Ft)
- 1/2 c. cabbage, shredded (slaw) (free)  
with 2 Tbsp. light dressing (1 Ft)
- 2 c. cubed or 1/2 of a cantaloupe (2 Fr)

## DINNER

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

## SNACK

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

DAY

8

## BREAKFAST

- 1 fresh orange (1 Fr)
- 1 English muffin, in halves, (2 St)  
with 2 Tbsp. grated part-skim mozzarella cheese, melted (1 Mt)
- 1 c. fat-free milk (1 Mk)

## LUNCH

- Fast food grilled chicken breast sandwich (no mayonnaise) (2 St, 3 Mt)
- 1/2 order small fries (1 St, 1 Ft)
- 1 large apple (2 Fr)

## DINNER

- Vegetarian Stir-fry:  
Heat in skillet in 3 tsp. oil: (3 Ft)
- 2 c. mixed frozen Japanese vegetables (4 Vg)
  - 1/2 c. onions and mushrooms (1 Vg)
  - 1 c. steamed rice (2 St)
- Tossed salad (free) with 2 Tbsp.  
Parmesan cheese (1 Mt) &  
2 Tbsp. Italian dressing (3 Ft)
- 1 c. fresh pineapple chunks (2 Fr) with  
1/2 c. low-fat cottage cheese (2 Mt)
  - 1 fortune cookie (free)

## SNACK

- 1 c. fat-free milk (1 Mk)
- 1 biscotti or 6 crackers (1 St)

DAY

9

## BREAKFAST

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

## LUNCH

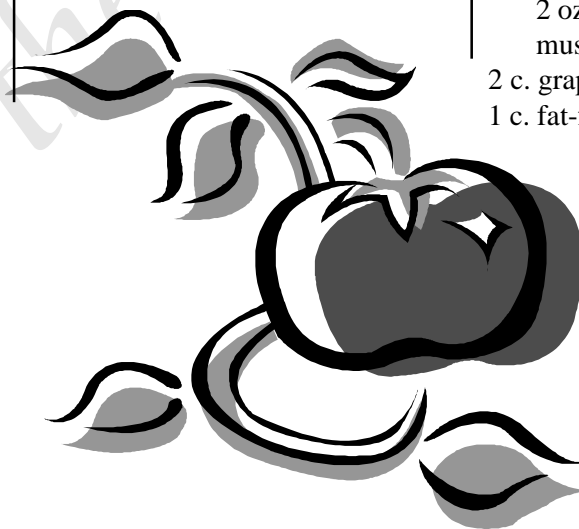
- 1 c. lentil or bean soup (1 St, 1 Vg, 1 Mt)
- 2 c. tossed salad (free)  
with 3 Tbsp. Ranch dressing (3 Ft)  
& 2 Tbsp. Parmesan cheese (2 Mt)
- 1 wholewheat roll (1 St)  
with 1 tsp. margarine (1 Ft)
- 1 c. fresh fruit salad (2 Fr)

## DINNER

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

## SNACK

- Sandwich:
- 2 slices wholewheat bread (2 St)
  - 2 oz. turkey ham (2 Mt)
  - mustard, lettuce, tomato (free)
- 2 c. grapes (2 Fr)
  - 1 c. fat-free milk (1 Mk)



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# 2000 Calorie Menus

DAY

10

## BREAKFAST

- 1/2 c. calcium-fortified orange juice (1 Fr)
- 1 banana (2 Fr)
- 2 c. shredded wheat (4 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

- 4 oz. red snapper (4 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)
- 2 tsp. olive oil for grilling veggies (2 Ft)
- 1 c. strawberries (1 Fr)

## SNACK

- 2 c. 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)
- 2 slices wholewheat toast (2 St) with 1 tsp. margarine (1 Ft)
- 3 Tbsp. Grape Nuts (1 St) on top of 8 oz. plain, nonfat yogurt (1 Mk)

## LUNCH

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

## 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 small bagel (2 St)
- 2 oz. low-calorie cheese (2 Mt)
- 1 banana (2 Fr)

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 strawberry yogurt or 1 c. fat-free milk (1 Mk)

## LUNCH

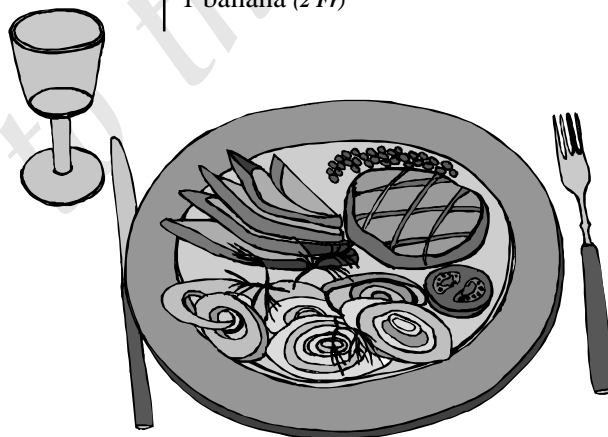
- Hamburger:
  - 1 bun (2 St)
  - 3 oz. extra lean (90% lean) ground beef (3 Mt)
  - 1 slice low-fat cheese (1 Mt)
  - lettuce, tomato, mustard (free)
- 1/2 c. baked beans (1 St, 1 Mt, 1 Ft)
- 2 c. watermelon slices (2 Fr)
- 1 c. fat-free milk (1 Mk) (or 1/2 c. nonfat frozen yogurt)

## DINNER

- Shrimp Creole:
  - 2 oz. (10 large) boiled shrimp (2 Mt) in 1/2 c. spaghetti sauce, (1 St) served over 1 c. rice (2 St)
- 2 c. vegetable mix (broccoli, cauliflower, carrots, onions, etc.) (4 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

- 2 c. cantaloupe slices (1/2 melon) (2 Fr)



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# 2000 Calorie Menus

DAY **13**

## BREAKFAST

- 1 c. calcium-fortified orange juice (2 Fr)
- 2 slices wholewheat toast (2 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, sliced (broccoli, carrots, onions, red bell pepper)\* (1 Vg)
  - 4-5 Tbsp. fat-free Italian dressing (3 Ft)
  - 4 Tbsp. Parmesan, grated (2 Mt)
- Spinach Salad (free) with
- 1/2 c. mandarin or orange slices (1 Fr)
  - w/ 2 Tbsp. light Catalina dressing (1 Ft)
- 1 c. fat-free milk (1 Mk)

## DINNER

- Fajitas:
- 3 soft wholewheat tortillas (3 St)
  - 4 oz. grilled flank steak, sliced (4 Mt)  
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 c. fresh pineapple chunks (2 Fr)  
+ 1 c. red grapes (1 Fr)

## SNACK

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

\* may use leftovers from dinner – day 12

DAY **14**

## BREAKFAST

- 1 c. calcium-fortified grapefruit juice (2 Fr)
- 1 c. strawberries or  
1/2 c. blueberries (1 Fr)
- 3 wholewheat pancakes (4") (3 St)  
with 2 Tbsp. "lite" syrup (1 Ft)
- 1 c. fat-free milk or yogurt (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)  
w/ 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 on veggies (1 Ft)
- 1 c. melon slices (1 Fr)
- 1 c. fat-free milk (1 Mk)

## DINNER

- Mini-pizzas:
- 1 English muffin (2 halves) (2 St)  
with 4 Tbsp. grated part-skim  
mozzarella cheese (2 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)
  - 1 c. raw vegetables (carrots,  
celery, broccoli, tomato, etc.)  
(1 Vg) w/ 2 Tbsp. light Ranch  
dressing (1 Ft)
  - 1 fresh orange, in slices (1 Fr)
  - 1/2 c. fresh pineapple slices (1 Fr)

## SNACK

- 76 pretzel sticks or 24 3-ring twists  
(1 1/2 oz.) or 2 c. Cheerios (2 St)

## Shopping List

### Shopping tips

Buy pantry items in the smallest available package.

Shop at stores with salad bars or pre-cut fruits & vegetables for your convenience.

Keep extra bread products, cheese, deli and butcher meats in the freezer until needed.

Take advantage of the deli, butcher and bakery areas to buy individual portions.

### Condiments

(keep on hand):

- Light cream cheese
- Soft tub margarine
- Light tub margarine  
(1 Tbsp.= 35-50 calories)
- Light or fat-free salad dressings (Ranch, Italian, vinaigrette, coleslaw, Catalina)
- Balsamic vinegar
- Picante sauce
- Sugar free jam/jelly
- Apple butter
- "Lite" maple syrup
- Light or fat-free mayonnaise
- Mustard
- Olive oil
- Dill pickles
- Knorr bouillon cubes (chicken)

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