

1300 Calorie – 14-Day Menu Set

1300 Calories, 30-40 grams fat

2 Milk (Mk) 5 Meat (Mt) 5 Starches (St) 3 Fruits (Fr) 3+ Vegetables (Vg) 4 Fat (Ft)

- ◆ To make 1200 calories: omit 2 fat servings.
- ◆ To make 1400 calories: add 100 calories of choice as a snack, extra starch or large fruit, or see Calorie Counter page.
- ◆ We recommend 1300 calories plus 30 minutes brisk physical activity daily rather than 1200 calories a day.

DAY 1	DAY 2	DAY 3
<p>BREAKFAST</p> <p>1/2 c. calcium-fortified orange juice (1Fr) 1 wholewheat toast (1 St) with 1 tsp. sugar-free jam/jelly (free) & 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) 1/2 c. water-packed tuna (2 Mt) 1 Tbsp. light mayonnaise (1 Ft) 1/4 c. apple, celery, pickle (free) Lettuce and tomato slices (free) 1 small apple (1 Fr) 1 c. fat-free milk (1 Mk)</p> <p>DINNER</p> <p>3 oz. skinless chicken breast, grilled (3 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) 1 Tbsp. light margarine for vegetable (1 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. microwave light popcorn (1 St) with 1 Tbsp. light margarine (1 Ft)</p>	<p>BREAKFAST</p> <p>1 c. cubed or 1/4 of a cantaloupe (1Fr) 1/2 wholewheat English muffin (1 St) with 1 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) 2 oz. low-fat cheese (2 Mt) 1 raw carrot, in sticks (1 Vg) 1 small pear (1 Fr) 1 c. nonfat, sugar-free yogurt (1 Mk)</p> <p>DINNER</p> <p>3 oz. broiled fish with lemon (3 Mt) w/1 tsp. melted margarine (1 Ft) 1/2 c. corn, steamed (1 St) 1/2 c. Brussels sprouts, steamed (1 Vg) 1 tsp. (or 1 Tbsp. light) margarine for vegetables (1 Ft) 1 c. Romaine salad (free) with 1 tomato, slices (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>BREAKFAST</p> <p>1/2 banana (1 Fr) 1/2 c. bran flakes (1 St) 1 Tbsp. 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 small apple (1 Fr) 1 c. fat-free milk (1 Mk)</p> <p>DINNER</p> <p>3 oz. lean beef tenderloin (3 Mt) 1/2 c. rice (1 St) cooked in broth (free) 1/2 c. zucchini (1 Vg) and 1/2 c. yellow squash (1 Vg) stir-fried in 1 tsp. oil (1 Ft) 1 spinach salad (free) with 1 small tomato (1 Vg) and 2 Tbsp. light dressing (1 Ft) 1 orange, in sections (1 Fr)</p> <p>SNACK</p> <p>3 graham cracker squares (1 St)</p>
<p>Legend Tbsp. = tablespoon tsp. = teaspoon c. = cup oz. = ounce</p>		

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1300 Calorie Menus



DAY

4

BREAKFAST

1/2 grapefruit (1 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 w/
1/2 c. low-fat cottage cheese (2 Mt)
1 large Romaine salad (free) w/
2 Tbsp. light dressing (1 Ft)
1/2 c. asparagus (1 Vg)
sautéed in 1 tsp. oil (1 Ft)
1 c. strawberries (1 Fr)

DINNER

Spaghetti:
3 oz. extra lean ground beef,
drained (3 Mt)
1/2 c. meatless spaghetti sauce (1 St)
over 1/2 c. spaghetti (1 St)
1/2 c. spinach (1 Vg) and
1/2 c. mushrooms & onions (1 Vg)
sautéed in 1 tsp. olive oil (1 Ft)
and lemon juice
1 c. melon, cubed (1 Fr)

SNACK

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

DAY

5

BREAKFAST

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

LUNCH

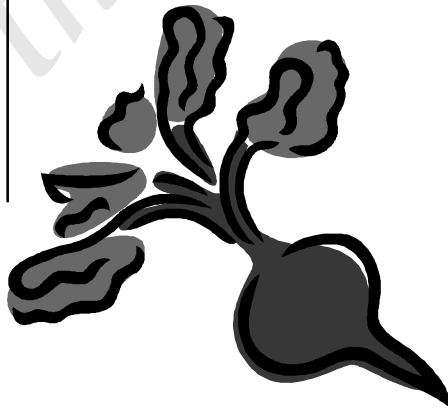
Pita Sandwich:
1 pita pocket (2 St)
2 oz. turkey (2 Mt)
1 oz. (2 slices) low-fat cheese (1 Mk)
lettuce, tomato slices (free)
1 Tbsp. mustard (free)
1 c. grapes (1 Fr)
1/2 c. V-8 or tomato juice (1 Vg)

DINNER

3 oz. baked seafood (3 Mt)
1/2 c. mashed potatoes (1 St)
with 1 Tbsp. light margarine (1 Ft)
1 c. broccoli-carrot-onion-mush-
room mix (2 Vg), stir-fried
with 1 tsp. olive oil (1 Ft)
Mixed green salad (free)
with 2 Tbsp. light dressing (1 Ft)
1/2 cup fruit salad (1 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 1/2 banana (1 Fr)
and 3 Tbsp. Grape-Nuts or low-
fat granola (1 St)

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)
2 oz. turkey ham (2 Mt)
1 oz. low-fat cheese (1 Mk)
4 Tbsp. light dressing (2 Ft)
1 fresh peach (1 Fr)
1 c. vegetable soup or 4 Rye Krisps
(1 St)

DINNER

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

SNACK

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

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DAY

7

BREAKFAST

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

LUNCH

- 3 oz. skinless chicken breast (3 Mt)
- 1/2 c. rice, cooked in chicken broth (1 St)
- 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)

DINNER

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

SNACK

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

DAY

8

BREAKFAST

- 1 fresh orange (1 Fr)
- 1 wholewheat English muffin (2 St) topped with 3 Tbsp. (1/4 c.) 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 small apple (1 Fr)
 - 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 vegetables (3 Vg)
 - 1/2 c. onions and mushrooms (1 Vg)
 - 1/2 c. steamed rice (1 St)
 - 1/2 c. fresh pineapple chunks (1 Fr) with 1/4 c. low-fat cottage cheese (1 Mt)
 - 1 fortune cookie (free)

DAY

9

BREAKFAST

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

LUNCH

- 1 c. lentil or bean soup (1 St, 1 Vg, 1 Mt)
- 1 c. tossed salad (free) with 1 Tbsp. (or 2 Tbsp. light) Ranch dressing (1 Ft) & 3 Tbsp. Parmesan cheese (1 Mt)
- 1 wholewheat roll or 5 crackers (1 St)
- 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

- 1 c. fat-free milk (1 Mk)
- 1 c. grapes (1 Fr)



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DAY **10**

BREAKFAST

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

LUNCH

Soft Tacos:

- 2 corn tortillas (2 St)
- 2 oz. skinless chicken (2 Mt)
- 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)
- 1/2 c. yellow squash, grilled (1 Vg)
- 1/2 c. zucchini, grilled (1 Vg)
- 1 tsp. olive oil, for grilling vegetables (1 Ft)
- 1 fresh tomato, in wedges (1 Vg)



DAY **11**

BREAKFAST

- 1 c. fresh strawberries (1 Fr)
- 3 Tbsp. Grape-Nuts (1 St) and
- 1 Tbsp. nuts (1 Ft) on top of
- 8 oz. plain, nonfat yogurt (1 Mk)

LUNCH

Tuna Sandwich:

- 2 slices light wholewheat bread (1 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 small pear or apple (1 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 wholewheat roll or bread slice (1 St)
 - with butter-flavored spray (free)

SNACK

- 1 c. fat-free milk (1 Mk)
- 1 c. grapes (1 Fr)
- 3 graham cracker squares (1 St)

DAY **12**

BREAKFAST

- 1/2 grapefruit (1 Fr)
- 1 fat-free Eggo or Special K waffle (1 St)
 - with 1 Tbsp. "lite" 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 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)
 - heated in 1/2 c. spaghetti sauce (1 St)
 - served over 1/2 c. rice (1 St)
- 1 1/2 c. vegetable mix (broccoli, cauliflower, carrots, etc.) (3 Vg)
 - stir-fried in 2 tsp. oil (2 Ft)
- 1 c. cantaloupe slices (1/4 melon) (1 Fr)

SNACK

- 1 c. fat-free milk (1 Mk)
- 1 c. grapes (1 Fr)

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DAY

13

BREAKFAST

- 1/2 c. calcium-fortified orange juice (1 Fr)
- 1 wholewheat toast (1 St)
with 1 tsp. sugar-free jam (free)
- 1 poached egg (1 Mt)
- 1 c. fat-free milk (1 Mk)

LUNCH

- Pasta Salad:
- 1 c. pasta, cooked (2 St)
 - 1/2 c. vegetables (broccoli, carrots, onions, red bell pepper) (1 Vg)
 - 3-4 Tbsp. light Italian dressing (2 Ft)
 - 3 Tbsp. Parmesan, grated (1 Mt)
- Spinach Salad (free) with
- 2 Tbsp. light Catalina dressing (1 Ft)
 - 1/2 c. fresh fruit salad (1 Fr)
 - 1 c. fat-free milk (1 Mk)

DINNER

- Fajitas:
- 2 soft wholewheat tortillas (2 St)
 - 3 oz. grilled flank steak (3 Mt)
marinated in 2 Tbsp. lime juice (free)
and 1/2 tsp. fajita seasoning (free)
 - 1/2 c. onion and bell peppers (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)

DAY

14

BREAKFAST

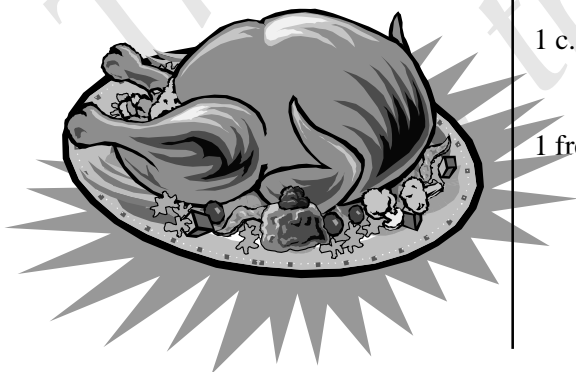
- 1 c. strawberries or 1/2 c. blueberries (1 Fr)
- 2 wholewheat pancakes (4") (2 St)
with 2 Tbsp. "lite" syrup (1 Ft)
- 1 c. fat-free milk (1 Mk)

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. (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 (1 Ft)
- 1 c. watermelon slices (1 Fr)
- 1 c. fat-free milk (1 Mk)

DINNER

- Mini-pizzas:
- 1 English muffin (2 St) topped w/
1 oz. (3 Tbsp.) grated part-skim mozzarella cheese (3 Mt)
 - 1 oz. (2 slices) Canadian bacon
or smoked turkey (1 Mt)
 - 2 Tbsp. mushrooms, sliced (free)
 - 2 Tbsp. onion, diced (free)
 - 2 Tbsp. green pepper, diced (free)
 - 1/4 c. pizza sauce (free)
 - 1 c. raw vegetables (1 Vg)
(carrot sticks, celery, broccoli,
tomato, cucumber, etc.)
 - 1 fresh orange, in slices (1 Fr)



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