



30-Day Meal Plan* for a 1600-Calorie† Diet

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Sample 30-Day Meal Plan* for a 1600-Calorie† Diet

Because individual nutritional needs can vary, the most appropriate meal plan is one you work out with your health care provider or nutritionist. Please confirm your calorie level with your health care provider.

Note: For those who prefer to eat a lighter evening meal, you can switch lunch with dinner on occasion and/or have your snack as an afternoon snack rather than a night time snack.

Patient Name: _____ Date: _____

Health Care Provider/Practice Name: _____

Your Weight: _____

Your Goal Weight: _____

	Day 1	Day 2	Day 3
Breakfast B	Cinnamon-raisin french toast (280)	Strawberry-almond enchiladas (180), fruit silk smoothie (160)	Banana nut oatmeal (260), strawberry flax smoothie (110)
Lunch L	10 minute chili soup (130), Mediterranean sandwiches (280)	Spinach salad with cranberries, apple & feta (250), fruity chicken almond salad pitas (330)	White bean chili (250), avocado spinach sandwich (350)
Dinner D	Grilled beef and vegetable kabob (590), tossed salad (40), oatmeal raisin cookies (140)	Sweet & sour pork stir-fry (450), apple slaw (90)	Italian shrimp and veggie linguini (350), chunky tomato vegetable soup (120)
Snack S	Lo-cal shake (130), minty fruit medley (110)	Pastrami & apple crostini (150)	Tortilla chips (100), spinach-bean spread (140)

	Day 4	Day 5	Day 6	Day 7
B	Whole wheat pancakes (240) with pumpkin-apple butter (60)	Poached eggs with ham and asparagus (140), rise & shine! smoothie (160)	Cranberry-orange scones (190), banana smoothie (100)	Microwave oatmeal (200), small orange (60)
L	Chicken lettuce wrap (160), tortellini soup (210)	Taco salad (260), Tuscan white bean soup (170), small apple (60)	Barley and red bean salad with chips (490)	Veggie burger open-faced (260), black bean fiesta salad (340)
D	Shrimp stir-fry with rice (620), tossed salad (40)	Grilled tuna with tomatoes and olives (620)	Italian braised pork chops (610), tossed salad (40)	Parsley vegetable soup (140), Caribbean pizza (460)
S	Avocado pita wedges (150), Italian vegetable picks (25) with herbed dip for veggies (80)	Strawberry flax smoothie (150)	Fruit with peach dip (150)	Frozen fruit pop cups (150)

Notes

Practice portion control:

The extra calories from portions that are just a bit too large can add up quickly. These extras on a daily basis can mean you gain 2 pounds instead of losing 2 pounds, or that you don't meet your blood sugar goals. To keep on track with portions, put the tools below to work in your kitchen.

Portion control essentials (you probably have most of them already):

- **Measuring spoons:** A set with ½ teaspoon, 1 teaspoon, and 1 tablespoon sizes will meet most needs; don't rely on teaspoons and tablespoons from your silverware set, because these vary in size based on style and aren't an exact measure.
- **Measuring cup for liquids:** A 1-cup size, clear plastic or glass measuring cup is indispensable in the kitchen.
- **Measuring cups for solids:** A set with ¼ cup, ½ cup, ¾ cup, and 1 cup is recommended. Fill the cup to the top. Level with the flat edge of a knife to eliminate excess.
- **Food scale:** An inexpensive (\$5–\$10) scale is a must-have, especially for foods you measure in ounces, such as meat, fish, and cheese.
- **Nutrition Facts package labels:** By law, these must list the serving size of the products inside their packages, which helps you understand what reasonable portion sizes are.

Source: Warshaw H, MMSc, RD, CDE, and Webb R, MS. *The Diabetes Food & Nutrition Bible*. American Diabetes Association, Alexandria, VA, 2001:87–88.



* For full recipes and additional nutritional information, please visit Januvia.com

† The meals listed for a day are approximately 1600 calories. The number of calories in each dish is in parentheses.

This meal plan does not substitute for nutritional recommendations of your health care provider. Please discuss your specific needs with him or her.



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Your Weight: _____
Your Goal Weight: _____

	Day 22	Day 23	Day 24
Breakfast B	Spinach cheese pie (250), tea-poached pears (190)	Fruit and nut breakfast rice (250), banana nog eggless (150)	Huevos rancheros over corn tortillas (230), purple cow smoothie (230)
Lunch L	Zesty chicken burritos (400), split pea soup (210)	Baked potato soup (280), chicken and soy salad sandwich (280)	Lentil barley stew (260), kiwi berry salad (50)
Dinner D	Scallop and vegetable stir fry (240), tomato basil alphabet soup (150)	Broiled fiesta pork kabobs (240), cider sweet potatoes (90), holiday tossed salad (90)	Lasagna roll ups (400), homestyle light biscuits (100), holiday vegetable bouquet (80)
Snack S	Fruit and nut sandwiches (250)	Frozen fruit pop cups (150)	Watermelon freezies (260)

Notes

	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
B	Broccoli-mushroom omelet (100), spiced tea latte (90), fruit kabobs (60)	Granola go cup (290), sunrise smoothie (340)	Peanut butter banana muffin (300), cran razzle tea (160)	Whole wheat pancakes (240) with blueberry sauce (40)	Eggs with mushrooms (170), cappuccino (25), one medium-sized banana (60)	Microwave Dutch apple oatmeal (250)
L	Chicken chef salad (430), lazy lentil vegetable soup (240)	Cold BBQ beef sandwiches (200), quick corn chowder (190)	Ham, red bean and barley soup (260), B-L-T wrapper (350), small orange (60)	Barbecued portobello burger (220), beef barley soup (300)	Spinach walnut salad (220), baked potato soup (280)	Creamy butternut squash-apple soup (170), fresh mozzarella and tomato salad (130), seasoned pita chips (110)
D	Vegetarian lasagna (350), delicious greens (70), homestyle light biscuits (100)	Shells with black bean sauce (460), steamed vegetables (50)	Creamy Cajun shrimp (290), hearts of romaine with raspberry dressing (50), French grilled veggies (50)	Salsa chicken (140), green beans (50)	Steak with peppers (590), spinach salad (80)	Spicy Asian halibut with wasabi cream (620), apple walnut tossed salad (90)
S	Creamy banana shake (170)	Mini cucumber sandwiches (130)	Beany bagel melt (190)	Pineapple orange dip (40) with fruit kabobs (60)	Angel-devil smoothie (320)	Veggie pita pizzas (230)



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