



## 30-Day Meal Plan\* for a 2000-Calorie† Diet



## Sample 30-Day Meal Plan\* for a 2000-Calorie† Diet

**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: \_\_\_\_\_

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.

**Breakfast** **B**

**Lunch** **L**

**Dinner** **D**

**Snack** **S**

|                  | Day 1  | Day 2   | Day 3  |
|------------------|--|---|--|
| <b>Breakfast</b> | Cinnamon-raisin french toast (300)   | Strawberry-almond enchilada (190), fruit silk smoothie (130)  | Banana nut oatmeal (320), strawberry flax smoothie (110)   |
| <b>Lunch</b>     | Make ahead tossed salad (25), Mediterranean sandwich (280)   | Spinach salad with cranberries, apple & feta (260), fruity chicken almond salad pita (330), cran razzle tea (120)   | White bean chili (260), avocado spinach sandwich (230), vanilla fruit parfait (180)  |
| <b>Dinner</b>    | Grilled beef and vegetable kabob (620), apple almond rice pilaf (270), ginger-roasted vegetables (280), oatmeal raisin cookies (120) | Sweet & sour pork stir-fry (450), apple slaw (80), blue corn bread (130), green bean casserole (50), biscotti (110) | Italian shrimp and veggie linguini (350), chunky tomato vegetable soup (120), tossed salad (40), bruschetta (100), orange pear tapioca (150) |
| <b>Snack</b>     | Lo-cal shake (130)   | Pastrami & apple crostini (150)   | Rosemary pizza bread (140)   |

### 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.

|          | Day 4  | Day 5   | Day 6  | Day 7  |
|----------|--|---|--|--|
| <b>B</b> | Whole wheat pancakes (250) with pumpkin-apple butter (60), cran razzle tea (120)         | Poached eggs with ham and asparagus (140), rise & shine! smoothie (160)   | Cranberry-orange scone (210), banana smoothie (200)                                    | Microwave oatmeal (220), banana flax smoothie (180)                              |
| <b>L</b> | Chicken lettuce wrap (170), tortellini soup (210)  | Taco salad (260), Tuscan white bean soup (170), small apple (60)  | Barley and red bean salad with chips (480), chicken corn soup (180), small orange (60) | Veggie burger open-faced (280), black bean fiesta salad (360), mocha latte (120) |
| <b>D</b> | Shrimp stir-fry with rice (630), tossed salad (40), apple-raisin rice pudding (250)      | Grilled tuna with tomatoes and olives (620), brown rice pilaf (190), summer slaw (90), cherry cheese tart (150) | Italian braised pork chop (550), tossed salad (40), sugar cookies (210)                | Parsley vegetable soup (140), Caribbean pizza (370), cornbread (300)             |
| <b>S</b> | Avocado pita wedges (140), Italian vegetable picks (20) with herbed dip for veggies (70) | Strawberry flax smoothie (110)  | Chili roasted soynuts (50)   | Frozen fruit pop cup (50)  |



\* For full recipes and additional nutritional information, please visit [Januvia.com](http://Januvia.com)

† The meals listed for a day are approximately 2000 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.

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







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Your Weight: \_\_\_\_\_  
 Your Goal Weight: \_\_\_\_\_

- Breakfast** B
- Lunch** L
- Dinner** D
- Snack** S

| Day 22  | Day 23   | Day 24  |
|---|--|---|
| Spinach cheese pie (240), tea-poached pears (190)   | Fruit and nut breakfast rice (250), banana nog eggless (150), cran razzle tea (120)                                    | Huevos rancheros over corn tortilla (230), purple cow smoothie (220)  |
| Zesty chicken burrito (450), split pea soup (210)   | Baked potato soup (240), chicken and soy salad sandwich (280), frosty fruit smoothie (130)                             | Lentil barley stew (260), kiwi berry salad (110), antipasto bean salad (150)  |
| Lemon tofu stir-fry (250), tomato basil alphabet soup (150), witchy slaw (80), minty fruit medley (110) | Broiled fiesta pork kabob (240), cider baked sweet potatoes (70), holiday tossed salad (90), strawberry tortilla (240) | Lasagna roll ups (380), homestyle light biscuit (100), holiday vegetable bouquet (60), gingersnap pumpkin pecan pie (190) |
| Tortilla pizza melts (340)  | Avocado, green chili & turkey roll (160), frozen fruit pop cups (50)   | Hot & spicy turkey & bean dip (180) with tortilla chips (100) cups (50)   |

### Notes

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|          | Day 25  | Day 26  | Day 27   | Day 28  | Day 29   | Day 30   |
|----------|---|---|--|---|--|--|
| <b>B</b> | Broccoli and mushroom omelet (90), spiced tea latte (90), fruit kabobs (60)   | Granola go cup (440), sunrise smoothie (380)  | Peanut butter banana muffin (300), cran razzle tea (120)   | Whole wheat pancakes (250) with blueberry sauce (35), mocha latte (120)                   | Blueberry muffin (150), eggs with mushrooms (200), cappuccino (25)     | Microwave Dutch apple oatmeal (250), sunrise smoothie (380)  |
| <b>L</b> | Chicken chef salad (230), lazy lentil vegetable soup (250), chili roasted vegetables (140)  | Cold BBQ beef sandwich (210), quick corn chowder (190)                                | Ham, red bean and barley soup (260), B-L-T wrapper (320)   | Barbecued portobello burger (190), beef barley soup (310), chili roasted vegetables (140) | Spinach walnut salad (220), baked potato soup (240), small orange (60) | Creamy butternut squash-apple soup (150), fresh mozzarella and tomato salad (200), seasoned pita chips (110) |
| <b>D</b> | Crostini with sundried tomatoes (100), vegetarian lasagna (360), delicious greens (70), homestyle light biscuit (100), raspberry-chocolate crunch (240) | Shells with black bean sauce (460), steamed vegetables (50), creamy carrot soup (180) | Creamy Cajun shrimp (290), hearts of romaine with raspberry dressing (60), French grilled veggies (90), minty fruit medley (110) | Chicken a la king (430), green beans (45), ginger apple crisp (260)                       | Steak with peppers (600), mashed potatoes (160), spinach salad (80)    | Spicy Asian halibut with wasabi cream (620), apple walnut tossed salad (80)                                  |
| <b>S</b> | Beany bagel melt (200), creamy banana shake (120)   | Mini cucumber sandwiches (130)  | Beany bagel melt (200), easy guacamole dip and chips (290)   | Apple dip (190) with fruit kabob (60)   | Watermelon blueberry banana split (160), minty fruit medley (110)      | Veggie pita pizza (230)  |

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