



30-Day Meal Plan* for a 2400-Calorie† Diet



Sample 30-Day Meal Plan* for a 2400-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**

Day 1	Day 2	Day 3
Cinnamon-raisin french toast (300), frosty fruit smoothie (130)	Strawberry-almond enchilada (190), fruit silk smoothie (130)	Sausage gravy over toast (390), strawberry flax smoothie (110)

Lunch **L**

10-minute chili soup (200), Mediterranean sandwich (280)	Spinach salad with cranberries, apple & feta (260), fruity chicken almond salad pita (330), cran razzle tea (120), raw veggie platter (25)	White bean chili (260), avocado-spinach sandwich (230)
--	--	--

Dinner **D**

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), small pear (60)	Italian shrimp and veggie linguini (350), chunky tomato vegetable soup (120), tossed salad (40), bruschetta (100), orange pear tapioca (150)
--	--	--

Snack **S**

Lo-cal shake (130), minty fruit medley (110)	Pastrami & apple crostini (150), energy smoothie (300)	Rosemary pizza bread (140), tortilla chips (100) with spinach-bean spread (140)
--	--	---

	Day 4	Day 5	Day 6	Day 7
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), small apple (60)
L	Chicken lettuce wrap (160), tortellini soup (210), fresh corn salad (150)	Taco salad (260), Tuscan white bean soup (170), small apple (60), cran razzle tea (120)	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)
D	Shrimp stir-fry with rice (630), tossed salad (40), confetti rice cakes (300), 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), Italian rice (280), tossed salad (40), sugar cookies (210)	Parsley vegetable soup (140), Caribbean pizza (370), cornbread (300), chocolate upside down cake (230)
S	Avocado pita wedges (140), Italian vegetable picks (20) with herbed dip for veggies (70)	Tortilla pizza melts (340), strawberry flax smoothie (110)	Chili roasted soynuts (50), fruit with peach dip (170)	Frozen fruit pop cup (50), seasoned pita chips (110) with bean dip (90)



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

† The meals listed for a day are approximately 2400 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.

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.



Sample 30-Day Meal Plan* for a 2400-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.

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 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 burritos (450), split pea soup (210), strawberry flax smoothie (110)	Baked potato soup (240), chicken and soy salad sandwich (280)	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), lime pie (220)	Broiled fiesta pork kabob (240), cider baked sweet potatoes (70), multi-grain veggie loaf (290), holiday tossed salad (90), witchy slaw (80), frosty fruit smoothie (130), strawberry tortilla (240)	Lasagna roll ups (380), homestyle light biscuit (100), holiday vegetable bouquet (60), tossed salad (40), gingersnap pumpkin pecan pie (190), mocha latte (120), small pear (60)
Tortilla pizza melts (340), fruit and nut sandwich (170)	Avocado, green chili and turkey roll (160), frozen fruit pop cup (50)	Hot & spicy turkey & bean dip (180) with tortilla chips (100), strawberry pie in a glass (200)

Notes

	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
B	Broccoli-mushroom omelet (90), multigrain biscuit (140), spiced tea latte (90), fruit kabobs (60)	Granola go cup (440), sunrise smoothie (380)	Peanut butter banana muffin (300), cran razzle tea (120), banana flax smoothie (110)	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)
L	Chicken chef salad (230), lazy lentil vegetable soup (250), chili roasted vegetables (140), vanilla fruit parfait (180)	Cold BBQ beef sandwich (210), quick corn chowder (190), small apple (60)	Ham, red bean and barley soup (260), B-L-T wrapper (320), small orange (60)	Barbecued portobello burger (190), beef barley soup (310), chili roasted vegetables (140)	Spinach-walnut salad (220), baked potato soup (240), medium-sized banana (60)	Creamy butternut squash-apple soup (150), fresh mozzarella and tomato salad (200), seasoned pita chips (110)
D	Crostini with sundried tomatoes (100), vegetarian lasagna (360), delicious greens (70), homestyle light biscuits (100), raspberry-chocolate crunch (240)	Shells with black bean sauce (460), steamed vegetables (50), creamy carrot soup (180), homestyle light biscuit (100), chocolate upside down cake (270)	Creamy Cajun shrimp (290), hearts of romaine with raspberry dressing (60), mashed potatoes (160), French grilled veggies (90), peach mousse (140)	Chicken a la king (430), bruschetta (100), apple-walnut tossed salad (80), green beans (45), ginger apple crisp (260)	Steak with peppers (600), mashed potatoes (160), vegetable broth (210), steamed vegetables (50), spinach salad (80), watermelon blueberry banana split (210)	Spicy Asian halibut with wasabi cream (620), apple-walnut tossed salad (80), spiced cranberries (120), apricot orange whip (170)
S	Beany bagel melt (200), creamy banana shake (120)	Mini cucumber sandwiches (130), minty fruit medley (110)	Beany bagel melt (200), easy guacamole dip and chips (290)	Apple dip (190) with fruit kabob (60), spicy roasted pumpkin seeds (190)	Angel-devil smoothie (130), minty fruit medley (110)	Pineapple orange dip (70) with fruit kabob (60), veggie pita pizza (230)



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

† The meals listed for a day are approximately 2400 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.

