

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

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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: _____

Dr./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 (280), frosty fruit smoothie (130)	Strawberry-almond enchiladas (180), fruit silk smoothie (160)	Banana nut oatmeal (160), strawberry-flax smoothies (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)
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Dinner **D**

Grilled beef and vegetable kabob (590), apple almond rice pilaf (270), ginger-roasted vegetables (280), oatmeal raisin cookies (140)	Sweet & sour pork stir-fry (450), apple slaw (90), blue corn bread (140), green bean casserole (100), biscotti (110)	Italian shrimp and veggie linguini (350), chunky tomato vegetable soup (120), tossed salad (40), bruschetta (150), orange pear tapioca (310)
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Snack **S**

Lo-cal shake (130), minty fruit medley (110)	Pastrami & apple crostini (150), energy smoothie (300)	Rosemary pizza bread (150), tortilla chips (100) with spinach-bean spread (160)
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B

Day 4
Whole wheat pancakes (240) with pumpkin-apple butter (60), cran razzle tea (160)

L

Day 5
Poached eggs with ham and asparagus (140), rise & shine! smoothie (160)

D

Day 6
Cranberry-orange scones (190), banana smoothie (100)

S

Day 7
Microwave oatmeal (200), banana flax smoothie (180)

Day 4
Chicken lettuce wrap (160), tortellini soup (210)

Day 5
Taco salad (260), Tuscan white bean soup (170), small apple (60)

Day 6
Barley and red bean salad with chips (490), chicken corn soup (160), small orange (60)

Day 4
Shrimp stir-fry with rice (620), tossed salad (40), confetti rice cakes (320), apple-raisin rice pudding (260)

Day 5
Grilled tuna with tomatoes and olives (620), brown rice pilaf (200), summer slaw (90), cherry cheese tart (160)

Day 6
Italian braised pork chops (610), Italian rice (280), tossed salad (40), sugar cookies (210)

Day 4
Avocado pita wedges (150), Italian vegetable picks (25) with herbed dip for veggies (80)

Day 5
Tortilla pizza melts (340), strawberry flax smoothies (110)

Day 6
Chili roasted soynuts (100), fruit with peach dip (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 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.



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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 (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)
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), antipasto bean salad (170)
Scallop and vegetable stir fry (240), tomato basil alphabet soup (150), witchy slaw (60), lime pie (190)	Broiled fiesta pork kabobs (240), cider baked sweet potatoes (90), multi-grain veggie loaf (290), holiday tossed salad (90), strawberry tortilla (240)	Lasagna roll ups (400), homestyle light biscuits (100), holiday vegetable bouquet (80), gingersnap pumpkin pecan pie (190)
Tortilla pizza melts (340), fruit and nut sandwiches (250)	Avocado, green chili and turkey rolls (170), frozen fruit pop cups (150)	Hot & spicy turkey & bean dip (180) with tortilla chips (100), 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), mocha latte (110)	Blueberry muffin (180), eggs with mushrooms (170) cappuccino (25)	Microwave Dutch apple oatmeal (250), sunrise smoothie (340)
L	Chicken chef salad (430), lazy lentil vegetable soup (240), small peach (60)	Cold BBQ beef sandwiches (200), quick corn chowder (190), small apple (60)	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), medium-sized banana (60)	Creamy butternut squash-apple soup (170), fresh mozzarella and tomato salad (130), seasoned pita chips (110)
D	Crostini with sundried tomatoes (160), vegetarian lasagna (350), delicious greens (70), homestyle light biscuits (100), raspberry-chocolate crunch (240)	Shells with black bean sauce (460), steamed vegetables (50), minestrone (180), homestyle light biscuits (100), chocolate upside down cake (270)	Creamy Cajun shrimp (290), hearts of romaine with raspberry dressing (50), mashed potatoes (130), French grilled veggies (50), peach mousse (140)	Salsa chicken (140), apple-walnut tossed salad (90), green beans (50), ginger apple crisp (200)	Steak with peppers (590), mashed potatoes (130), spinach salad (80), watermelon blueberry banana split (210)	Spicy Asian halibut with wasabi cream (620), apple-walnut tossed salad (90), spiced cranberries (120), apricot orange whip (200)
S	Beany bagel melt (190), creamy banana shake (170)	Mini cucumber sandwiches (130), minty fruit medley (110)	Beany bagel melt (190), easy guacamole dip and chips (300)	Apple dip (180) with fruit kabobs (60), spicy roasted pumpkin seeds (190)	Angel-devil smoothie (320), minty fruit medley (110)	Pineapple orange dip (40) with fruit kabobs (60), veggie pita pizzas (230)



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