

1800-2000 Calorie Menu Plan

Diet Type: Accelerated Fat Loss

500 Calorie breakfast
500 Calorie lunch
500 Calorie dinner
200 Calorie mid-day snack
100 Calorie evening snack
= 1800 Calories Per Day

500 Calorie breakfast
500 Calorie lunch
500 Calorie dinner
200 Calorie mid-day snack #1
200 Calorie mid-day snack #2
100 Calorie evening snack
= 2000 Calories Per Day

USA DIET PLANS® MEAL TIMING STRATEGIES

- 1. Eat within an hour of waking up.** If you work out in the morning, have a before bed snack before you go (100 calories) and eat your full breakfast afterwards.
- 2. Do not go more than 5 hours without eating.** Eat your mid-day snack between breakfast or lunch or between lunch and dinner.
- 3. Eat a 100 calorie snack a half an hour before bed.**

- *You do not have to be that strict to get results. Use the food portions as a reference only!*
- *In order of importance, make sure you regulate your carbohydrate intake at each meal. Your protein and fat food sources can vary to a greater degree without impacting the fat-loss benefits of this food plan.*
- *You can always go higher on the level of fat if you would like. Despite traditional belief, fat is the least offensive (fattening) nutrient.*



500 Calorie Breakfasts

Greek Yogurt & Blueberries

1 cup 0% Greek Yogurt (or 1% cottage cheese or lite ricotta)
1½ cups blueberries (1 cup mixed berries or 2 cups strawberries)
3 Tbsp slivered almonds

Tomato onion Omelet

2 whole eggs, 1 egg white, 1 slice deli turkey (use nonstick spray)
2 tomatoes & 1 onion, diced
1 apple or orange
1 Tbs olive oil & cooking spray
1 Tbsp parmesan cheese

Berry Shake

1 scoop (1/3 cup) protein powder
1 medium green-tipped banana
1½ cup blueberries or 2 cups raspberries or strawberries
½ cup 1% skim or soy milk
1½ Tbsp natural peanut butter on the side

Breakfast Burrito

1 scoop (1/3 cup) protein powder
¾ cup dry oatmeal (1 cup cooked) with 3 Tbsp 1% skim or soy milk
Use cinnamon (any amount) with 3 Tbsp natural applesauce or sprinkle with a few blueberries, raspberries or strawberries.
1½ Tbsp natural peanut butter

Cheese Omelette with Toast

1 whole egg & 2 egg whites
1 slice low fat cheese
1 slice high fiber toast
1 apple or orange or pear
3 Tbsp light buttery spread

Blueberry Yogurt

3 Tbsp vanilla protein powder mixed in 1 cup low fat plain yogurt
½ cup blueberries (or ¾ cup strawberries)
3 Tbsp slivered almonds

Cheese Omelet with Oatmeal

1 egg, 2 egg whites and 1 slice low fat cheese
½ cup dry oatmeal (1 cup cooked)
3 Tbsp 1% skim or soy milk
cinnamon (any amount)
Pan fry eggs in 1 Tbsp olive oil

Turkey Bacon with Bagel

4-5 slices turkey bacon (lean)
½ pumpernickel bagel (or 1 whole bagel hollowed out)
Lightly spread with 3 Tbsp light cream cheese, 1 Tbsp butter or 2 Tbsp light buttery spread

Fat substitutions: 3 Tbsp shredded coconut (unsweetened), 10 whole cashews or almonds, 30 pistachios, or 2 Tbsp sunflower seeds.

Cereal substitutions: Choose a natural breakfast cereal that has approximately 20 grams of available carbohydrates (total carbohydrates minus dietary fiber) per cup. For example, Wheaties®, Cherrios®, Special K®

500 Calorie Lunches

Grilled Chicken Over Salad

4-5 oz cooked grilled chicken
1 large bed of lettuce
3 Tbsp or more light Italian dressing
1 side fruit (apple, orange, peach, plum or 1 cup blueberries)

Classic Cheeseburger

1½ patty (4-5 oz cooked) lean hamburger or turkey burger
1 slice low fat cheese
1 English muffin
lettuce leaf, tomato, etc.
½ cup grapes
12 cashews or almonds on the side

Turkey Wrap

5 slices (5 oz) deli turkey or ham
½ whole wheat wrap (9-inch)
lettuce leaf, tomato, etc.
2 Tbsp olive oil mayonnaise
1 apple or orange

Two Hot Dogs

2½ Hebrew National® 97% fat-free hot dogs (or 2 chicken dogs)
2 slices wheat or sourdough bread
mustard (any amount)
10 cashews or almonds on the side

Tuna Salad with Baby Carrots

1 can tuna fish (5 oz)
(or 5 oz chicken or turkey)
Diced onion & celery (optional)
2 Tbsp olive oil mayonnaise
1 tossed salad (see below)
1 cup baby carrots

Deli Sandwich

2-3 slices (4 oz) deli meat (ham, turkey or roast beef)
1 slice low fat cheese
1 slice high fiber bread
lettuce leaf, tomato, etc.
2 Tbsp olive oil mayonnaise
1 apple or orange

Egg Salad Sandwich

2 whole eggs & 2 egg whites
Salt & pepper
2 Tbsp olive oil mayonnaise
1 slice high fiber bread
1 cup baby carrots

Tuna Salad Open Sandwich

1 can tuna fish
(or 5 oz chicken cooked & diced)
Diced onion & celery (optional)
1 slice high fiber bread
2 Tbsp olive oil mayonnaise
1 side fruit (apple or orange)

500 Calorie Dinners

Fish with Barley

5-6 oz cooked fish, any kind
½ cup barley, cooked
1-2 cups cooked free vegetable
2 Tbsp light buttery spread

Cheeseburger with Sweet Potato

4 ounces cooked turkey burger
1 slice low fat cheese
1 medium sweet potato (2"x5")
1-2 cups cooked free vegetable (see examples below)
3 Tbsp light buttery spread

Fish with Pasta & a Side Salad

5-6 oz cooked fish, any kind
1 cup cooked whole wheat pasta
¾ cup tomato sauce
1 large bed of lettuce
3 Tbsp or more light Italian dressing

Turkey Sausage & Fries

5-6 oz cooked chicken or turkey sausage
1 medium sweet potato (2"x5") or 1 red potato (3-inch dia) cut into fries or chips (add salt)
Brush on 1 Tbsp olive oil, bake on a sheet pan and add salt

Spaghetti Squash Parmesan

3 oz turkey sausage, cooked
¼ cup shredded mozzarella
½ spaghetti squash, cooked
1 cup tomato sauce
3 Tbsp parmesan cheese

Meat Sauce over Pasta

4 oz cooked chicken breast (or lean ground meat)
¼ cup shredded mozzarella
1 cup cooked whole wheat pasta
¾ cup tomato sauce
3 Tbsp parmesan cheese

Taco Salad

5 oz ground lean meat cooked
1 large tossed salad
4 whole baked tortilla chips
1 cup chunky salsa
2 Tbsp light sour cream and 3 Tbsp guacamole

Chicken with Rice Stir Fry

5 oz chicken, cooked
½ cup brown rice, cooked
1-2 cups sliced free vegetable (your choice of peppers, onions, broccoli, asparagus, etc.)
Splash of soy & terriaki sauce
1 Tbsp olive oil

Bread substitution: Choose whole wheat, high fiber, rye, pumpernickel or sourdough bread. 1 slice of bread can be substituted with ½ whole wheat pita bread.

Tossed salad: A tossed salad can include any of the free vegetables: tomato wedges, cucumber slices, red onions, scallions, etc.

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Grain substitutions: Barley, corn, couscous, pasta, quinoa, or brown rice.

Vegetable examples: Asparagua, Broccoli, brussels sprouts, 1 cup baby carrots, green beans, spinach, summer squash, zucchini or 1 cup vegetable juice. **Seasonings:** You may use salt, pepper and other spices.

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200 Calorie Mid-day snacks

Eat between breakfast or lunch or between lunch and dinner.

Mini Chicken Salad

2 oz diced chicken, cooked
1 bed of lettuce
diced tomato & cucumbers
1 peach or plum or small apple
1½ Tbsp light Italian dressing

Cottage Cheese & Blueberries

½ cup 1% cottage cheese,
0% Greek yogurt or lite ricotta
½ cup blueberries (or 1½ cup
raspberries or strawberries)
1 Tbsp slivered almonds

Bunless Hot Dog

1½ link Hebrew National®
97% fat-free hot dog
mustard (any amount)
1 carrot or ½ cup baby carrots
8 almonds or cashews

Half Tuna Sandwich

1/3 can tuna fish (or 1 slice low
fat cheese & 1 slice deli meat)
Diced onion & celery (optional)
1 Tbsp light mayonnaise
1 slice high fiber bread

String Cheese & Fruit

1 part-skim string cheese
1 apple or orange
There's enough fat in the cheese

Hard Boiled Egg over Salad

2 hard boiled eggs
Tossed salad
Diced onion & peppers (optional)
1½ Tbsp light Italian dressing

Chef Salad

1 slice deli turkey or ham, diced
1 slice low fat swiss cheese
1 large bed of lettuce
1½ Tbsp light Italian dressing
½ cup baby carrots

Blueberry Yogurt

1 Tbsp vanilla protein powder
mixed in 2/3 cup low fat plain yogurt
1/3 cup blueberries
(or 1 cup strawberries)
1 Tbsp slivered almonds

Tuna Salad over lettuce

1/3 can tuna fish (or 2 oz
chicken or turkey, diced)
1½ Tbsp light mayonnaise
1 tossed salad
1 peach or plum or small apple

Grilled Ham & Cheese

1 slice low fat cheese
1 slice deli ham
1 slice high fiber toast
1½ Tbsp light Italian dressing

Tri-O-Plex® Cookie

1½ Tri-O-Plex®
chocolate chip cookie

Nutrition Bar

¾ Organic Food Bar®
Protein Flavor

100 Calorie Before Bed snacks

Eat a 100 calorie snack a half an hour before bed.

Nutrition Bar

½ Organic Food Bar®
Protein Flavor

Grilled Cheese

1 slice low fat shredded
cheddar (or 2% American)
½ slice high fiber toast
There's enough fat in the cheese

Tuna Fish Salad with Fruit

¼ can tuna fish
1 peach or plum or small apple
1 Tbsp light mayonnaise

Cottage Cheese & Blueberries

¼ cup 1% cottage cheese
1/3 cup blueberries
2 tsp slivered almonds

Mini Turkey Salad

1 slice deli turkey, diced
1 large bed of lettuce
1 carrot (or ½ cup baby carrots)
1½ Tbsp light Italian dressing

Cucumber Salad

1 slice deli turkey, diced
1 cucumber, diced
diced red onion
1½ Tbsp light Italian dressing

English Muffin Pizza

¼ cup shredded mozzarella
2 Tbsp tomato sauce
½ English Muffin
There's enough fat in the cheese

Blueberry Yogurt

½ Tbsp vanilla protein powder
1/3 cup low fat plain yogurt
1/3 cup blueberries
2 tsp slivered almonds

Protein powder in Applesauce

2 Tbsp vanilla protein powder
1/3 cup natural applesauce
Cinnamon, any amount
6 cashews or almonds

Wasa® Cracker Sandwich

½ slice deli turkey, diced
½ slice low fat cheese
½ Wasa® cracker
1 Tbsp light mayonnaise

String Cheese & Fruit

1 string cheese
1 apple or orange
There's enough fat in the cheese

Hard Boiled Egg with Fruit

1 hard boiled egg
1 peach or plum or small apple
There's enough fat in the egg