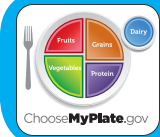


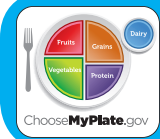
SAMPLE 2-WEEK MENUS

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Peanut Butter Raisin Oatmeal: <i>1 cup cooked oatmeal</i> <i>1 Tbsp peanut butter</i> <i>¼ cup raisins</i> Beverage: 1 cup orange juice	Cereal with Fruit: <i>1 cup toasted oat cereal</i> <i>1 medium banana</i> <i>¼ cup lowfat milk</i> 1 hard-cooked egg Beverage: Water, coffee, tea	Scrambled Eggs: <i>2 eggs</i> <i>2 Tbsp lowfat milk</i> <i>1 tsp vegetable oil</i> 2 turkey sausage links 1 slice whole-wheat toast <i>½ tsp tub margarine</i> <i>1 tsp jelly</i> Beverage: 1 cup apple juice	Banana Walnut Oatmeal 1 large orange Beverage: 1 cup lowfat milk
LUNCH	Tuna-Cucumber Wrap: <i>1 8" flour tortilla</i> <i>3 oz tuna (canned in water)</i> <i>2 Tbsp mayonnaise</i> <i>5 cucumber sticks</i> ¼ cup lowfat vanilla yogurt Beverage: 1 cup lowfat milk	Green Salad with Honey Lemon Chicken : <i>1 cup romaine lettuce</i> <i>3 oz sliced Honey Lemon Chicken*</i> <i>3 slices tomato</i> <i>5 slices cucumber</i> <i>2 Tbsp vinaigrette dressing**</i> 1 slice whole-wheat bread <i>½ tsp tub margarine</i> 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	One Pan Spaghetti* Side Salad: <i>1 cup romaine lettuce</i> <i>3 medium slices tomato</i> <i>5 slices cucumber</i> <i>1 Tbsp vinaigrette dressing**</i> 1 slice whole-wheat bread <i>½ tsp tub margarine</i> Beverage: 1 cup lowfat milk	Green Salad with Tuna: <i>1 cup romaine lettuce</i> <i>3 oz tuna (canned in water)</i> <i>¼ cup sliced carrots</i> <i>2 Tbsp vinaigrette dressing**</i> 1 slices whole-wheat bread <i>1 tsp tub margarine</i> Shake-A-Pudding* Beverage: 1 cup lowfat milk
DINNER	Honey Lemon Chicken* Brown Rice Pilaf 1 cup peas and corn: <i>½ cup corn (frozen)</i> <i>½ cup green peas (frozen)</i> <i>1 tsp tub margarine</i> 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	One Pan Spaghetti* (includes ground beef and tomato sauce) <i>½ cup steamed broccoli (frozen)</i> <i>½ tsp tub margarine</i> 1 white roll <i>1 tsp tub margarine</i> Shake-A-Pudding* Beverage: 1 cup lowfat milk	Polenta with Pepper and Cheese (includes black or kidney beans) 1 cup cooked green beans (frozen) <i>1 tsp tub margarine</i> 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	Marinated Beef Mashed potatoes: <i>1 cup cooked potatoes</i> <i>1 Tbsp lowfat milk</i> <i>2 tsp tub margarine</i> 1 cup mixed vegetables (frozen) <i>1 tsp tub margarine</i> Beverage: Water, coffee, tea
SNACKS	Carrot Sticks with Dip: <i>½ cup carrot sticks</i> <i>2 Tbsp hummus</i> 6 whole-grain crackers	Popcorn (3 cups popped) <i>2 Tbsp kernels</i> <i>1 tsp vegetable oil</i> 1 large orange	Pretzels and Dip <i>½ cup pretzels</i> <i>1 Tbsp hummus</i> 1 medium banana	Banana Bread* <i>½ tsp tub margarine</i> 1 cup grapes



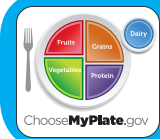
SAMPLE 2-WEEK MENUS

	DAY 5	DAY 6	DAY 7	DAY 8
BREAKFAST	<p>Open-faced Egg and Tomato on an English Muffin 2 eggs, fried in 1 tsp oil 1 English muffin, toasted 2 medium slices tomato ¼ cup cheddar cheese, shredded Beverage: 1 cup apple juice</p>	<p>Scrambled Tofu Burrito 1 serving Scrambled Tofu 1 8" flour tortilla ¼ cup black beans (canned) 2 Tbsp salsa Beverage: 1 cup lowfat milk</p>	<p>Fantastic French Toast 1 Tbsp pancake syrup 1 tsp tub margarine Dash of cinnamon (optional) 1 medium banana Beverage: 1 cup orange juice</p>	<p>Raisin Oatmeal: 1 cup cooked oatmeal 1 Tbsp raisins 1 medium banana 1 Tbsp peanut butter Beverage: 1 cup lowfat milk</p>
LUNCH	<p>Peanut Butter and Banana Sandwich: 2 slices whole-wheat bread 2 Tbsp peanut butter 1 medium banana ½ cup celery sticks Beverage: 1 cup lowfat milk</p>	<p>Crunchy Chicken Salad Sandwich: 2 slices whole-wheat bread ¾ cup Crunchy Chicken Salad 1 romaine lettuce leaf ½ cup carrot sticks 1 Tbsp Ranch dressing 1 large orange Beverage: 1 cup lowfat milk</p>	<p>Lentil Stew* 1 cup brown rice 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk</p>	<p>Tuna Sandwich: 2 slices whole-wheat bread 3 oz tuna (canned in water) 2 Tbsp mayonnaise 2 medium slices tomato 1 romaine lettuce leaf 10 cucumber slices 1 Tbsp Ranch dressing Beverage: 1 cup lowfat milk</p>
DINNER	<p>Mouth-Watering Oven-Fried Fish Couscous with Peas and Onions 1 cup green beans (frozen) 1 white roll 1 tsp tub margarine Beverage: Water, coffee, tea</p>	<p>Lentil Stew* 1 cup brown rice ½ cup broccoli (frozen) ½ tsp tub margarine ½ cup canned pears Beverage: Water, coffee, tea</p>	<p>Pan-fried Pork Chop (5 oz raw chop with bone) 1 medium baked potato 2 Tbsp salsa Cabbage slaw ½ cup shredded green cabbage 1 Tbsp vinaigrette dressing** Beverage: 1 cup apple juice</p>	<p>Red Hot Fusilli Pasta 2 Tbsp shredded Parmesan cheese ½ cup green peas (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine Apple Cinnamon Bar* Beverage: Water, coffee, tea</p>
SNACKS	<p>Banana Bread* ½ tsp tub margarine 1 cup lowfat milk</p>	<p>Yogurt Parfait: ¾ cup lowfat vanilla yogurt ¼ cup toasted oat cereal 1 Tbsp chopped nuts 1 Tbsp raisins</p>	<p>Banana Bread* ½ tsp tub margarine 1 cup lowfat milk</p>	<p>1 large orange 2 graham crackers 1 cup lowfat milk</p>



SAMPLE 2-WEEK MENUS

	DAY 9	DAY 10	DAY 11	DAY 12
BREAKFAST	<p>Sausage Omelet:</p> <ul style="list-style-type: none"> 2 eggs 2 Tbsp lowfat milk 1 tsp vegetable oil 1 turkey sausage link, diced ¼ cup cheddar cheese, shredded ½ cup hash brown potatoes (frozen) <p>Cooked in 1 tsp vegetable oil Beverage: 1 cup orange juice</p>	<p>Cold Cereal:</p> <ul style="list-style-type: none"> 1 cup toasted oat cereal 1 medium banana ¾ cup lowfat milk <p>1 slice whole-wheat toast 1 Tbsp peanut butter Beverage: Water, coffee, tea</p>	<p>Breakfast Burrito with Salsa</p> <ul style="list-style-type: none"> 1 slice whole-wheat toast ½ tsp tub margarine 1 tsp jelly <p>Beverage: 1 cup apple juice</p>	<ul style="list-style-type: none"> 1 cup toasted oat cereal ¾ cup lowfat milk <p>Scrambled Egg with Salsa:</p> <ul style="list-style-type: none"> 1 egg 1 Tbsp lowfat milk ½ tsp vegetable oil 1 Tbsp salsa <p>Beverage: 1 cup apple juice</p>
LUNCH	<p>Peanut Butter and Jelly Sandwich:</p> <ul style="list-style-type: none"> 2 slices whole-wheat bread 2 Tbsp peanut butter 2 tsp jelly <p>1 cup sliced apple ½ cup carrot sticks 1 Tbsp Ranch dressing Beverage: 1 cup lowfat milk</p>	<p>Green Salad with Salmon:</p> <ul style="list-style-type: none"> 1 cup romaine lettuce 3 oz salmon (canned) 2 medium slices tomato 4 slices cucumber 2 Tbsp vinaigrette dressing** <p>6 whole-grain crackers Beverage: 1 cup lowfat milk</p>	<p>Roast Beef Sandwich:</p> <ul style="list-style-type: none"> 2 slices whole-wheat bread 2 oz lean roast beef (deli meat) 2 slices tomato 1 romaine lettuce leaf 1 Tbsp mayonnaise <p>½ cup carrot sticks 1 cup sliced apple 1 Tbsp peanut butter Beverage: Water, coffee, tea</p>	<p>White Chili*</p> <p>Side Salad:</p> <ul style="list-style-type: none"> ¾ cup romaine lettuce ¼ cup chopped carrot 1 Tbsp vinaigrette dressing** <p>1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk</p>
DINNER	<p>Quick Tuna Casserole</p> <ul style="list-style-type: none"> ½ cup green beans (frozen) ½ tsp tub margarine <p>1 white roll 1 tsp tub margarine</p> <p>Apple Cinnamon Bar* Beverage: Water, coffee, tea</p>	<p>Honey Mustard Pork Chops</p> <ul style="list-style-type: none"> 1 medium baked potato 1 tsp tub margarine <p>½ cup shredded green cabbage Sauteed in ½ tsp vegetable oil</p> <p>1 white roll 1 tsp tub margarine</p> <p>2 Applesauce Cookies* Beverage: Water, coffee, tea</p>	<p>White Chili*</p> <p>Herbed Vegetables</p> <ul style="list-style-type: none"> 1 small sweet potato, baked ½ tsp tub margarine <p>½ cup chocolate pudding (prepared from a dry mix) Beverage: 1 cup lowfat milk</p>	<p>Misickquatash (Indian Succotash with ground beef)</p> <p>Mashed potatoes:</p> <ul style="list-style-type: none"> 1 cup cooked potatoes 1 Tbsp lowfat milk 2 tsp tub margarine <p>1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk</p>
SNACKS	<p>Peanut Butter on Banana:</p> <ul style="list-style-type: none"> 1 medium banana 1 Tbsp peanut butter <p>1 cup lowfat milk</p>	<p>2 graham crackers 1 cup lowfat milk</p>	<p>Apple Cinnamon Bar* 1 cup lowfat milk</p>	<p>2 Applesauce Cookies* ½ cup canned pineapple chunks</p>



SAMPLE 2-WEEK MENUS

	DAY 13	DAY 14
BREAKFAST	Banana Walnut Oatmeal 1 hard-boiled egg Beverage: 1 cup orange juice	Perfect Pumpkin Pancakes <i>2 Tbsp pancake syrup</i> 1 turkey sausage link 1 medium banana Beverage: 1 cup apple juice
LUNCH	Tofu Salad Sandwich: <i>2 slices whole-wheat bread</i> $\frac{3}{4}$ cup Tofu Salad <i>2 slices tomato</i> <i>1 romaine lettuce leaf</i> $\frac{1}{2}$ cup carrot sticks <i>1 Tbsp Ranch dressing</i> Apple Cinnamon Bar* Beverage: 1 cup lowfat milk	Easy Red Beans and Rice* <i>$\frac{1}{4}$ cup cheddar cheese, shredded</i> Side Salad: <i>$\frac{3}{4}$ cup romaine lettuce</i> <i>4 slices cucumber</i> <i>$\frac{1}{4}$ cup chopped carrot</i> <i>1 Tbsp vinaigrette dressing**</i> 1 slice whole-wheat bread <i>$\frac{1}{2}$ tsp tub margarine</i> Beverage: 1 cup lowfat milk
DINNER	Easy Red Beans and Rice* <i>$\frac{1}{4}$ cup cheddar cheese, shredded</i> Lemon Spinach 1 large orange Beverage: 1 cup lowfat milk	Manly Muffin Meatloaf Mashed potatoes: <i>1 cup cooked potatoes</i> <i>1 Tbsp lowfat milk</i> <i>2 tsp tub margarine</i> $\frac{1}{2}$ cup green peas (frozen) <i>$\frac{1}{2}$ tsp tub margarine</i> Beverage: 1 cup lowfat milk
SNACKS	Yogurt Parfait: <i>$\frac{3}{4}$ cup lowfat vanilla yogurt</i> <i>$\frac{1}{4}$ cup toasted oat cereal</i> <i>1 Tbsp chopped nuts</i> <i>1 Tbsp raisins</i>	Popcorn (3 cups popped) <i>2 Tbsp kernels</i> <i>1 tsp vegetable oil</i> Yogurt Pop

* Bolded recipes are from [What's Cooking? USDA Mixing Bowl](#), and those with a star make 8 or more servings. These recipes are used two or more times in these menus. Prepare the entire recipe on the first day it appears and eat the remaining portions as noted on the following days.

**Homemade vinaigrette salad dressing. To make about 4 Tbsp of the dressing, mix:

- 3 Tbsp vegetable oil (canola, olive, soybean, etc.)
- 1 Tbsp vinegar (cider, wine, or balsamic)
- $\frac{1}{4}$ tsp mustard (yellow, Dijon, or brown)
- $\frac{1}{4}$ tsp sugar
- Optional: black pepper, dried herbs to taste

Notes:

- Italicized foods are part of the dish or food that precedes it.
- Unless indicated, all beverages are unsweetened.
- To keep sodium amounts within recommended limit, use salt only as specified in recipes, not in cooking other foods or at the table.
- Be sure to follow food safety guidelines when preparing and cooking food. Tips for keeping food safe can be found at www.foodsafety.gov.

Average Food Group and Nutrient Content

Average Food Group Content of Menus		
Food Group	Goal*	Average Daily Amount in Menus
Grains	6 ounces	6 ounces
Whole Grains	≥3 ounces	3 ½ ounces
Refined Grains	≤3 ounces	2 ½ ounces
Vegetables	2 ½ cups	2 ½ cups
Dark Green	1 ½ cups/week	1 ¾ cups
Red & Orange	5 ½ cups/week	5 ¼ cups
Beans & Peas	1 ½ cups/week	1 ¾ cups
Starchy	5 cups/week	5 cups
Other	4 cups/week	3 ¾ cups
Fruits	2 cups	2 ¼ cups
Whole Fruit	No Specific Goal	1 ½ cups
Fruit Juice	No Specific Goal	¾ cups
Dairy	3 cups	3 cups
Milk & Yogurt	3 cups	2 ¾ cups
Cheese	No Specific Goal	¼ cups
Protein Foods	5 ½ ounces	5 ½ ounces
Seafood	8 ounces/week	8 ½ ounces/week
Meat, Poultry & Eggs	No Specific Goal	3 ounces
Nuts, Seeds & Soy	No Specific Goal	1 ½ ounces
Oils	6 teaspoons	6 teaspoons
	Limit*	Average Daily Amount in Menus
Total Calories	2000 Calories	1948 Calories
Empty Calories**	≤258 Calories	233 Calories
Solid Fats	No Specific Goal	143 Calories
Added Sugars	No Specific Goal	90 Calories

*Food group goals and limits are the amounts in the 2,000 calorie USDA Food Pattern (<http://www.cnpb.usda.gov/USDAFoodPatterns.htm>).

**Empty Calories are calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Average Nutrient Content of Menus		
Nutrients	Goal*	Average Daily Amount in Menus
Macronutrients		
Protein (g)**	46 g	93 g
Protein (% Calories)**	10 - 35% Calories	19 % Calories
Carbohydrate (g)**	130 g	261 g
Carbohydrate (% Calories)**	45 - 65% Calories	54% Calories
Dietary Fiber	25 g	27 g
Total Fat	20 - 35% Calories	30% Calories
Saturated Fat	<10% Calories	8% Calories
Monounsaturated Fat	No Daily Goal or Limit	11% Calories
Polyunsaturated Fat	No Daily Goal or Limit	8% Calories
Linoleic Acid (g)**	12 g	15 g
Linoleic Acid (% Calories)**	5 - 10% Calories	7% Calories
α -Linoleic Acid (g)**	1.1 g	2.5 g
α -Linoleic Acid (% Calories)**	0.6 - 1.2% Calories	1.1% Calories
Omega 3 - EPA	No Daily Goal or Limit	63 mg
Omega 3 - DHA	No Daily Goal or Limit	133 mg
Cholesterol	<300 mg	291 mg
Minerals		
Calcium	1000 mg	1339 mg
Potassium	4700 mg	3859 mg
Sodium	<2300 mg	2197 mg
Copper	900 μ g	1491 μ g
Iron	18 mg	14 mg
Magnesium	320 mg	405 mg
Phosphorus	700 mg	1721 mg
Selenium	55 μ g	138 μ g
Zinc	8 mg	12 mg
Vitamins		
Vitamin A	700 μ g RAE	1140 μ g RAE
Vitamin B6	1.3 mg	2.7 mg
Vitamin B12	2.4 μ g	6.9 μ g
Vitamin C	75 mg	130 mg
Vitamin D	15 μ g	11 μ g
Vitamin E	15 mg AT	9 mg AT
Vitamin K	90 μ g	115 μ g
Folate	400 μ g DFE	501 μ g DFE
Thiamin	1.2 mg	1.6 mg
Riboflavin	1.2 mg	2.6 mg
Niacin	14 mg	24 mg
Choline	425 mg	423 mg

*Goals are recommended intakes for a 20- to 35-year-old woman consuming about 2,000 calories per day.

** Nutrients that appear twice (**protein**, **carbohydrate**, **linoleic acid**, and **α -linolenic acid**) have two separate recommendations: (1) Amount eaten (in grams) compared to your minimum recommended intake and (2) Percent of Calories eaten from that nutrient compared to the recommended range.