

# Chef Solus': 2000 Calorie Menu Plan



- Grain group 6 ounces
- Vegetable group 2.5 cup
- Fruit group 2 cup
- Milk group 3 cups
- Meat & Beans group 5.5 ounces

## Breakfast

- 1 oz Granola + sliced almond/walnut
- 1 8 oz container low fat plain yogurt
- 1 cup halves strawberry/blueberries

## Snack

- 2 oz wheat cracker
- $\frac{1}{2}$  cup baby carrot

## Lunch

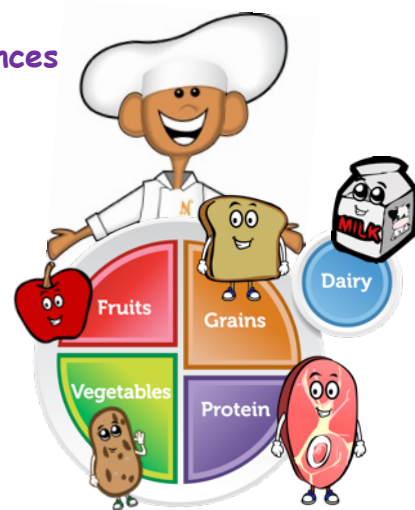
- Turkey sandwich (2 regular slice whole wheat bread (2 oz)+ 3 slices (1.5 oz) turkey breast + 1 Tsp Mayonnaise + lettuce)
- $\frac{1}{2}$  cup chopped broccoli
- 1 cup low fat (1%) milk

## Snack

- 1 cup cottage cheese (low fat)
- 1 cup banana

## Dinner

- 1 cup cooked rice + 1 Tsp butter
- 4 oz grilled chicken
- 1.5 cups green salad + 1 Tsp extra virgin olive oil + 1 Tsp vinegar



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## Calorie Breakdown: 2028 kcal

Carbohydrate (50%)

Fat (29%)

Protein (21%)

