

1250

Calorie Diet

Division of Preventive & Behavioral Medicine
University of Massachusetts Medical School
Worcester, Massachusetts

MONDAY

Breakfast

1 C oatmeal

- 1/4 C raisins
- 1 T ground flax
- 1 oz skim milk

1 C coffee

- 1 oz skim milk



Snack

1 small banana

1 C water

Lunch

Tuna sandwich

- 1/2 C water-packed tuna
- 1 T low-fat mayonnaise
- chopped romaine lettuce
- 1 medium multigrain roll

1 C skim milk

Snack

1 small orange

1 C water



Dinner

6 oz low-salt lentil soup

1 large salad (carrot, tomato, cucumber, lettuce, radish, spinach)

- 1 T flax oil dressing

1 C skim milk

1 small baked potato

- 1 T Yogurt

Snack

1 carrot sticks

- 1 tsp. almond butter

1 c water



TUESDAY

Breakfast

1/2 whole wheat English muffin

- 1 tsp. almond butter

1/2 C oatmeal

- 1 oz skim milk
- 1 oz raisins
- 1 T ground flax seed

1 C coffee

- 1 oz skim milk



Snack

1 small banana

1 C water

Lunch

Turkey Sandwich

- 2 oz skinless breast
- 2 slices of multigrain bread
- slice of tomato
- Romaine lettuce
- 1 T mustard

1 C water



Snack

1 peach

1 C water

Dinner

3 oz baked chicken breast

1 small multigrain roll

1 pear

1 C skim milk

1 large salad (spinach, carrots, peppers)

- 1 T flax oil dressing

Snack

1 C water

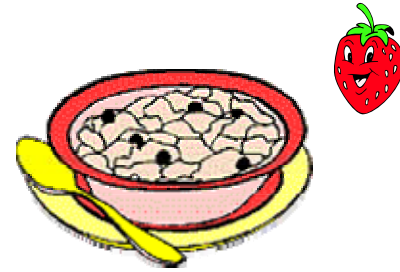
1 T walnuts



WEDNESDAY

Breakfast

- 1/2 C Bran flakes
- 3 oz skim milk
- 1 T ground flax seed
- 1 T wheat germ
- 1/2 C orange juice
- 1/2 C sliced strawberries
- Coffee
- 1 oz skim milk



Snack

- 1 small banana
- 1 C water

Lunch

- 1 whole wheat pita
- 2 oz mozzarella cheese
- 1 C spinach
- 1/4 C Chopped cucumber
- 1/4 C Chopped tomato
- 1/4 C chickpeas
- 1/4 C sprouts
- 1 T flax oil dressing
- 1 medium orange
- 1 C water



Snack

- 1 small cantaloupe
- 1 C water

Dinner

- 1/2 C whole wheat spaghetti
- 1/4 C fat-free, low sodium spaghetti sauce
- 1/4 C Morning Star vegetable crumbles
- 1 T veggie topping (imitation parmesan cheese)
- 1/4 C cooked beets
- 1 C skim milk
- 3/4 C spinach
- splash lemon juice



Snack

- 1 C hot air-popped popcorn
- 1 C water

THURSDAY

Breakfast

1 small bran waffle

- 1 T reduced-sugar syrup (try ripe fruit topping instead!)

1 C skim milk

1 small banana

1 C coffee



Snack

1 Pear

Lunch

Large mixed vegetable salad (spinach, romaine lettuce, carrots, radish, tomato, cucumber) with 2 crumbled egg whites (eggs boiled and yolks discarded)

- 1 T flax oil dressing

1 C cooked brown rice

1 peach

1 C water

Snack

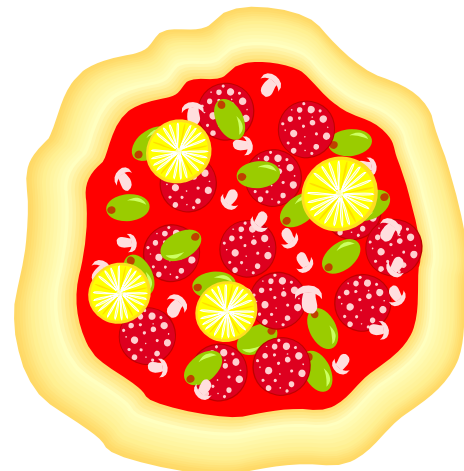
1 apple

1 C water

Dinner

Medium slice whole wheat pizza

- 1/2 C mushrooms and broccoli
 - 2 oz low-fat or soy mozzarella
 - 1/2 C low-fat, low-sodium sauce
- 1 small mixed green salad
- 1 T flax oil dressing



Snack

1 C hot air-popped popcorn

1 C water

FRIDAY

Breakfast

Omelet

- 1/2 C egg substitute
 - 1 oz skim milk
 - 1/4 C broccoli
 - 1/4 C mushroom
- 1 slice multigrain toast
- 1 T fruit sweetened jelly

Coffee

- 1 oz skim milk

Snack

1 nectarine

1 C water

Lunch

Tossed salad with tomatoes, carrots, and romaine lettuce

- 1 T flax oil dressing

Grill cheese

- 2 slices wheat bread
- 1 slice low-fat American cheese
- vegetable oil spray instead of butter or margarine

1 apple

1 C skim milk

Snack

1 fat-free fig bar

1 C water

Dinner

1 whole wheat burrito

- 1/4 C refried beans
- 1/4 C low-sodium salsa
- 1 oz low-fat mozzarella cheese
- Chopped tomato
- Chopped lettuce

1/4 C corn

1 C skim milk

Snack

10 red grapes

2 oz soy nuts

1 C water

SATURDAY

Breakfast

1 small, fat-free bran muffin

- 1 tsp. Benecol
- 1 small grapefruit
- 1 low-fat yogurt
- 1 T ground flax seed
- 1 Coffee
- 1 oz skim milk

Snack

1 orange

1 C water

Lunch

Pasta Fagioli

- 1 C whole wheat macaroni noodles
 - 1/4 C navy beans
 - 1/4 C diced carrots
 - 1/4 C chopped tomato
 - 1 T ground flax seed
- 1 C skim milk

Snack

1 apple

1 C brewed tea

- splash of skim milk

Dinner

3 oz baked salmon

(broil salmon after soaking in skim milk, topping with crushed garlic and fresh grated ginger. Season with soy sauce if desired. You will need to section off your 3-oz portion, which will be about the size of the palm of your hand)

1/4 C brown rice

1/2 C broccoli

1 small multigrain roll

1 medium tossed salad

- 1 T flax oil dressing

Snack

1/2 C black raspberries

1 C water

SUNDAY

Breakfast

1 C Raisin Bran Cereal

- 4 oz skim milk
- 1 T ground flax seed

6 oz coffee

- 1 oz skim milk

Snack

1 small orange

Lunch

1/2 C chef's salad (spinach, carrots, green and red peppers, soy cheese, 2 oz low-fat, low sodium ham)

- 1 T fat-free dressing
- Garlic bread made with olive oil instead of butter

10 baby carrots

1 C skim milk

Snack

1 apple

1 C water

Dinner

Chicken stir-fry

- 2 oz skinless chicken breast
- 1 C mixed vegetables (broccoli, carrots, cauliflower)
- 1 T olive oil (for frying)
- 1 T low sodium soy sauce

1/4 C brown rice

1 C skim milk

Snack

1 low-fat yogurt

- 1 T ground flax seed

1 C water

Flax Oil Dressing Recipe

Combine the following ingredients to make
16 servings (2 Tbsp) of delicious and healthy salad dressing!

2 tsp. Dijon mustard
1/2 tsp. dried coriander leaf
1/2 tsp. black pepper
1/4 C olive oil
1 C orange juice
2 T low-sodium soy sauce
1/2 C flax seed oil

Nutrition Information:

Calories	99
Total Fat	10g
<i>Saturated Fat</i>	1g
<i>Omega-3 Fat</i>	3.5g
Vitamin C	5.5 mg
Sodium	82 mg