

2100 CALORIE DIET

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

Sunday

Breakfast

2 slices whole wheat French toast made with egg substitute

- 2 T Benecol
- 2 T low calorie pancake syrup

1/2 medium grapefruit

1 low-fat, fruited yogurt

1 C skim milk



Snack

1/2 T almonds

1 C water

Lunch

Peanut Butter Sandwich

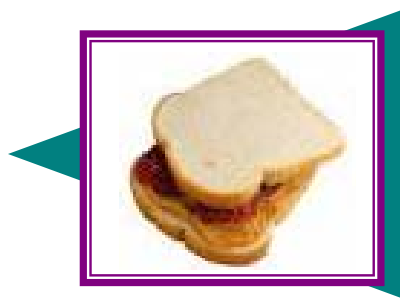
- 2 slice multigrain bread, 2 T low-fat natural peanut butter, 2 T jelly

20 dark grapes

10 baby carrots

1 C water

1 C mixed fruit



Snack

2 fat-free fig bars cookies

1 C skim milk

Dinner

3/4 C spinach filled ravioli with low sodium tomato sauce

3/4 C fresh green beans

- 1 T Benecol

1 medium oat bran roll

- 1 T Benecol

1 C skim milk



Snack

4 Graham crackers

1 C water

Monday

Breakfast

- 1/2 C raisin bran cereal
- 2 T ground flax seed
- 3 oz skim milk
- 1/2 C raisins
- 1 slice whole wheat toast
- 1 T jelly
- 1 C orange juice

Snack

- 1 medium banana
- 1 C water

Lunch

- 2 2oz low-fat breaded fish fillets
- 1 C mixed greens salad
- 1 T flaxseed oil dressing
- 1 C skim milk

Snack

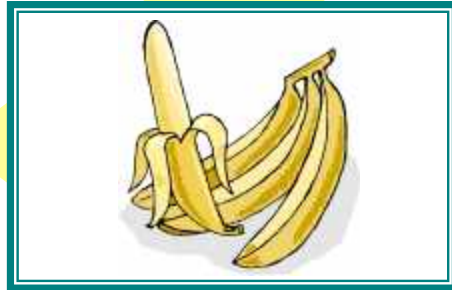
- 2 fat-free fruit filled cookies
- 1 C water

Dinner

- 1 C whole wheat spaghetti
- 1/2 C plain, low sodium spaghetti sauce
- 2 medium multigrain rolls
- 1 tsp. Benecol spread
- 1/2 C cooked zucchini
- 1 tsp. Benecol spread
- 3/4 C three-bean salad made with olive oil
- 1 C cubed honeydew melon
- 1 C skim milk

Snack

- 1/2 T chopped walnuts
- 1 T unsalted pumpkinseeds
- 1 T soy nuts
- 6 oz grape juice



Tuesday

Breakfast

- 1/4 C Scrambled egg substitute
- 1 oz skim milk
- 2 slice multigrain toast
- 1 T Benecol
- 1 T jelly
- 1/2 small grapefruit
- 1/2 small cantaloupe
- 1/2 C skim milk



Snack

- 1 C raspberry juice
- 1 medium banana

Lunch

- 1 slice of veggie pizza made with whole-wheat crust
- Salad made with romaine lettuce, carrots, green pepper, and radish
- 1/2 T flax oil dressing
- 1 medium apple
- 1 C skim milk

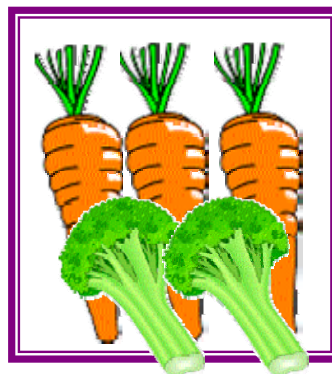


Snack

- 1/2 C mixed fruit
- 1/2 T walnuts
- 1 T soy nuts
- 1/2 T pumpkin seeds
- 1 C water

Dinner

- Mixed vegetables with rice and seafood
- 3 oz crab meat
- 1/2 C broccoli
- 1/2 C carrots
- 1/2 C water chestnuts
- 1 1/2 C cooked brown rice
- 1 T Benecol
- 1 medium oat bran roll
- 1 T Benecol
- 1 C water



Snack

- 1 medium oat bran muffin
- 1 tsp. jelly
- 1 C water

Wednesday

Breakfast

2 medium size pancakes made with buckwheat flour, skim milk, Canola oil and egg substitute

- 1 T reduced calorie pancake syrup
- 1 T Benecol
- 1/2 C strawberries
- 1/2 C skim milk

1 small, low fat blueberry muffin

1/2 C orange juice



Snack

1/4 C raisins

1 C water

Lunch

1 C veggie and bean chili made with low sodium tomato sauce

1/2 C steamed corn

Salad (see Tues.)

- 1/2 T flax oil dressing

1 small multigrain roll

1/2 C fresh sliced peach

1 C water

Snack

1 apple

1 C water

Dinner

3 oz baked, skinless turkey breast

1 C steamed, mixed vegetables

1/2 C mashed potatoes

- 1 T Benecol

1 medium whole grain bread stick

1 C skim milk

1 low-fat, fruited yogurt



Snack

4 whole wheat crackers

1 C water

Thursday

Breakfast

- 1/2 C low-fat granola cereal
- 1/2 C skim milk
- 1 medium low-fat bran muffin
- 1/2 C cubed cantaloupe
- 1 C orange juice

Snack

- 1 apple
- 1 C water

Lunch

- 1 C low sodium, bean and rice soup
- 6 whole wheat crackers
 - 3 oz low-fat American cheese
- 10 baby carrots
- 1 C fresh fruit salad
- 1 C skim milk

Snack

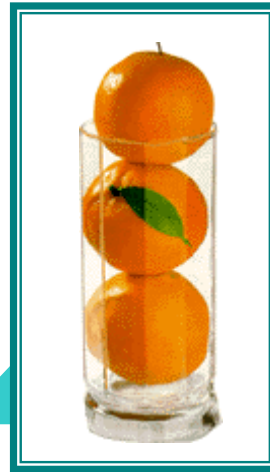
- 4 Ginger snap cookies
- 1 C water

Dinner

- 3 oz skinless, baked chicken breast
- 1 C mixed, steamed vegetables
 - 1 T Benecol
- 1 C brown rice
 - 1 T Benecol
- 1 medium oat bran muffin
- 1 C skim milk

Snack

- 2 C low salt, low fat popcorn
- 4 oz red wine



Friday

Breakfast

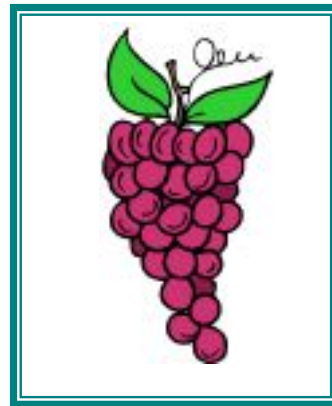
Veggie omelet made with egg substitute, spinach, mushrooms, nonfat
Parmesan cheese and skim milk

2 slices of multigrain toast

- 1 T Benecol

1/4 C pineapple chunks

1 C orange juice



Snack

10 dark grapes

1 C water

Lunch

1 Baked, stuffed potato made with 1/2 C broccoli and 1 T nonfat Parmesan
cheese

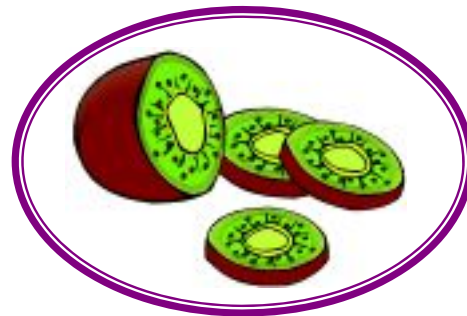
1 C mixed salad greens

- 1/2 T flax oil dressing

1 low-fat, fruited yogurt

1 medium kiwi

1 C skim milk



Snack

2 fat-free fig bars

1 C water

Dinner

3 oz baked salmon

1 C mashed zucchini

1/2 C steamed corn

1 C brown rice

2 medium multigrain rolls

- 2 tsp. Benecol

1 C skim milk

Snack

2 rice cakes

- 2 tsp. natural peanut butter

1 C water

Saturday

Breakfast

- 1 medium banana
- 1 medium oat bran bagel
 - 1 T natural peanut butter
- 1 C multigrain flakes cereal
 - 1/2 C milk
- 1 C grape juice



Snack

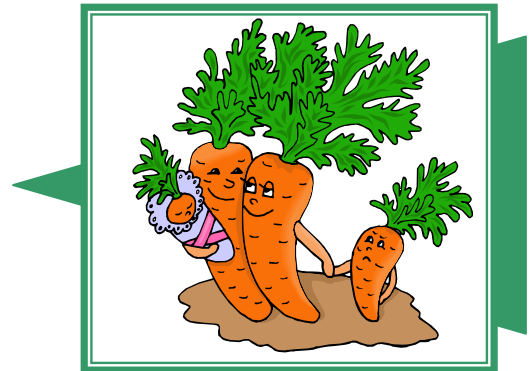
- 1 orange
- 1 C water

Lunch

- 6 oz chicken vegetable stir fry
 - olive oil, low sodium soy sauce, mixed vegetables
- 1 C fresh fruit salad
- 1 C skim milk

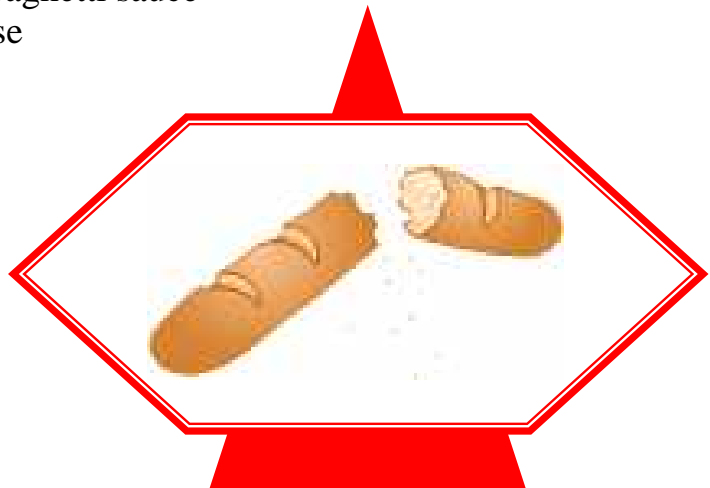
Snack

- 10 baby carrots
- 1 C hot tea



Dinner

- 1 1/2 C whole wheat rotini
 - 1 C low-sodium, vegetable spaghetti sauce
 - 2 oz low-fat mozzarella cheese
- 1 C mixed vegetables
- 1 small slice Italian bread
 - 1 T Benecol
- 1 C skim milk



Snack

- 1 orange
- 1 C water