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:

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<tr>
<th>Nutrient</th>
<th>Amount</th>
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<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
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<td>Omega-3 Fat</td>
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<td>Vitamin C</td>
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