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