

2000-calorie meal plan

For more information about meal planning, go to Cornerstones4Care.com and take advantage of our online Menu Planner to create a 7-day menu plan, including diabetes-friendly recipes and a customized grocery list.

The following sample menu for a 2000-calorie meal plan includes a total of 8 starch exchanges, 4 fruit exchanges, 4 milk exchanges, 4 nonstarchy vegetable exchanges, 7 meat exchanges, and 6 fat exchanges daily.

Meal	Exchanges	Sample	
Breakfast	1 starch	¾ cup unsweetened, ready-to-eat cereal	
	1 starch	1 slice whole-grain toast	
	1 milk	1 cup fat-free milk	
	1 meat, high fat	1 tablespoon peanut butter	
	free food	2 teaspoons low-sugar jelly	
Snack	1 fruit	1 extra-small banana (4 ounces)	
	1 starch	3 graham crackers, 2½-inch square	
Lunch	1 milk	1 cup fat-free milk	
	2 starch + 2 lean meat	2 cups split pea soup	
	1 free food	1 cup mixed salad greens	
	2 vegetable	2 cups raw vegetables (for example, carrots and celery)	
	2 fat	4 tablespoons reduced-fat salad dressing	
1 fruit	1 medium peach (6 ounces)		
Snack	1 milk	⅔ cup (6 ounces) reduced-fat plain yogurt	
	1 fruit	1 cup raspberries	
Dinner	1 starch	1 cup baked acorn squash	
	1 starch	1 small dinner roll	
	3 meat, lean	3 ounces baked salmon	
	2 vegetable	1 cup cooked nonstarchy mixed vegetables	
	3 fat	3 teaspoons butter or margarine	
Snack	1 fruit	2 small tangerines	
	1 starch	1 slice whole-grain bread	
	1 meat, lean	1 ounce low-salt ham	
	1 fat	1 tablespoon reduced-fat mayonnaise	
	1 milk	1 cup fat-free milk	

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