

# 1500-calorie meal plan

For more information about meal planning, go to [Cornerstones4Care.com](http://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 1500-calorie meal plan includes a total of 6 starch exchanges, 3 fruit exchanges, 3 milk exchanges, 4 nonstarchy vegetable exchanges, 6 meat exchanges, and 4 fat exchanges daily.

Meal	Exchanges	Sample
<b>Breakfast</b>	1 starch	1 slice whole-grain toast
	1 fat	1 teaspoon butter or margarine
	1 meat, lean	¼ cup low-fat cottage cheese
	1 fruit	1 small orange (6½ ounces)
	1 milk	1 cup fat-free milk
<b>Snack</b>	1 fruit	1 extra-small banana (4 ounces)
<b>Lunch</b>	2 starch	2 slices rye bread
	2 meat, lean	2 ounces chicken without skin
	½ vegetable	½ cup chopped celery
	1 fat	1 teaspoon mayonnaise
	½ vegetable	½ cup sliced tomato for the sandwich
<b>Snack</b>	1 milk	⅔ cup (6 ounces) low-fat yogurt
<b>Dinner</b>	3 meat, lean	3 ounces roast beef
	2 starch	½ large baked potato with skin
	2 vegetable	1 cup steamed broccoli
	1 fruit	1¼ cup strawberries
	1 free food + 1 vegetable	tossed salad greens plus 1 cup raw vegetables (for example, tomatoes, cucumbers, and carrots)
	1 fat	1 teaspoon butter or margarine
<b>Snack</b>	1 fat	2 tablespoons reduced-fat salad dressing
	1 starch	3 gingersnaps
	1 milk	1 cup fat-free milk



For more information, visit [Cornerstones4Care.com](http://Cornerstones4Care.com)

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