

#1 2200 kcals	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 50%	%P 17%	%F 32%
Starch	3		2		4	1	10	15 150	3 30	1 10
Meat	-		2		3	-	5		7 35	2 10 5 8
Veg	-		1		2	-	3	5 15	2 6	
Fruit	1		2		1	1	5	15 75		
Milk	1		1		-	1	3	12 36	8 24	1 3 5 8
Fat							11			5 55
Goal	78		78		78	39	Total grams	276	95	78
TOTAL	72		72		75	42	Total Kcals	1104	380	702

#2 4200 kcals	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 55%	%P 16%	%F 29%
Starch	5	3	6	4	7	3	28	15 420	3 84	1 28
Meat	1	-	2	-	4	-	7		7 49	2 35 5 8
Veg	-	1	1	-	2	-	4	5 20	2 8	
Fruit	2	1	1	-	2	-	6	15 90		
Milk	1	1	-	1	-	1	4	12 48	8 32	1 32 5 8
Fat							8			8 40
Goal	136	68	136	68	136	68	Total grams	578	173	135
TOTAL							Total Kcals	2312	692	1215

#3 1800 kcals	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 48%	%P 19%	%F 33%
Starch	2		2	1	2	-	7	15 105	3 21	1 7
Meat	-		2	-	2	1	5		7 35	2 10 5 8
Veg	-		1	1	1	-	3	5 15	2 6	
Fruit	1		1	-	1	1	4	15 60		
Milk	1			1	-	1	3	12 36	8 24	1 3 5 8
Fat							9			5 45
Goal	50		50	25	50	25	Total grams	216	86	65
TOTAL	57		45	27	45	27	Total Kcals	864	344	585

#4 1500 kcals	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 45%	%P 22%	%F 32%
Starch	2		1		2	1	6	15 90	3 18	1 6
Meat	-		2		3		5		7 35	2 10 5 8
Veg	-		1		1	1	3	5 15	2 6	
Fruit	-		1		-	1	2	15 30		
Milk	1		1		1		3	12 36	8 24	1 3 5 8
Fat							7			5 35
Goal	42		42		42	21	Total grams	171	83	54
TOTAL	42		42		42	30	Total Kcals	684	332	486

#5 3,000 kcals	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 52%	%P 17%	%F 31%
Starch	3	2	4	-	5	3	17	15 255	3 51	1 17
Meat	-	-	2	-	3	1	6		7 42	2 30 5 8
Veg	-	1	1	-	2	1	5	5 25	2 10	
Fruit	1	1	-	2	1	-	5	15 75		
Milk	1	-	1	1		-	3	12 36	8 24	1 15 5 8
Fat							8			5 40
Goal	84	42	84	42	84	42	Total grams	391	127	102
TOTAL	72	45	82	42	90	45	Total Kcals	1564	508	918

#6 2,000 kcals	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 56%	%P 15%	%F 29%
Starch	3		4		3	2	12	15 180	3 36	12
Meat	-		2		1	1	4		7 28	8
Veg	-		2		2	1	5	5 25	2 8	
Fruit	2		-		2	1	5	15 75		
Milk	-		-		-	-	-	12	8	
Fat							9			45
Goal	70		70		70	35	Total grams	280	72	65
TOTAL	75		60		75	45	Total Kcals	1120	288	58

<u>Patient #3</u>	Starches	Meat and Meat Substitutes	Non-starchy Vegetables	Fruits	Milk	Fats	Menu Idea
<b>Breakfast Time: 8:00 am</b>	2 Exchanges (English muffin)			1 Exchange (Raspberries)	1 Exchange (Milk)	2 Exchange (Cream cheese)	1 English Muffin 2Tbs Cream Cheese 1 cup Raspberries 1 cup Fat-Free Milk
<b>Lunch Time: 12:00 pm</b>	2 Exchanges (Bread)	2 Exchanges (Turkey)	1 Exchange (Lettuce, tomato, green peppers)	1 Exchanges (Orange)		1 Exchange (Mayo)	Turkey Sandwich -2 slices bread - 2oz. turkey meat -Lettuce/tomato -1Tbs mayonnaise 1 cup green peppers 1 small orange
<b>PM Snack Time: 2:00 pm</b>	1 Exchange (Graham cracker)		1 Exchange (Carrots)		1 Exchange (Yogurt)	2 Exchanges (Almonds)	3 Graham cracker squares 2/3 cup yogurt 1 cup carrots 12 Almonds
<b>Dinner Time: 6:00 pm</b>	2 Exchanges (Brown rice)	2 Exchanges (Chicken breast)	1 Exchange (Sautéed veggies)	1 Exchange (Apple juice)		2 Exchange (Olive Oil)	Stir Fry -2/3 cup brown rice -2 oz. chicken breast -1 cup sautéed veggies of your choice 2Tsp olive oil (Fat) -1/2 cup soy sauce 1/2 cup apple juice
<b>HS Snack Time: 8:00 pm</b>		1 Exchange (Peanut butter)		1 Exchange (Apple)	1 Exchange (Chocolate milk)	2 Exchanges (Peanut butter)	1cup fat-free milk 1Tbs Peanut Butter 1 Small apple

<u>Patient #5</u>	Starches	Meat and Meat Substitutes	Non-starchy Vegetables	Fruits	Milk	Fats	Menu Idea
<b>Breakfast</b> <b>Time: 8:00 am</b>	3 Exchanges (Cereal)			1 Exchange (Banana)	1 Exchange (Milk)		2 ½ cups sugar coated cereal 1 cup fat-free milk 1 small banana
<b>AM Snack</b> <b>Time: 10:00 am</b>	2 Exchanges (Granola)		1 Exchange (Sugar snap peas)	1 Exchange (Dried fruit)			1/2 cup low-fat granola 2Tbs dried fruit mix 1 cup sugar snap peas
<b>Lunch</b> <b>Time: 12:00 pm</b>	4 Exchanges (Hamburger bun, pasta salad)	2 Exchanges (Hamburger)	1 Exchange (Lettuce, tomato, pickles, onions and veggies in pasta salad)		1 Exchange (Milk)	4 Exchanges (Potato salad)	1 Hamburger bun 2 oz. hamburger patty Lettuce, tomato, pickles, onion 1 cup potato salad 1 cup fat-free milk
<b>PM Snack</b> <b>Time: 2:00 pm</b>				2 Exchange (Blueberries, strawberries)	1 Exchange (Yogurt)	2 Exchanges (Walnuts)	2/3 cup yogurt 3/4 cup blueberries 1¼ cup strawberries 8 Walnuts
<b>Dinner</b> <b>Time: 6:00 pm</b>	4 Exchanges (Wild rice, rolls)	3 Exchanges (Salmon)	2 Exchanges (Asparagus)	1 Exchange (Fruit Salad)	1 Exchange (Milk)	1 Exchange (Butter)	3 oz. Salmon 1Tsp butter 1 cup wild rice 2 Plain rolls 1 cup asparagus 1 cup fruit salad 1 cup fat-free milk
<b>HS Snack</b> <b>Time: 8:00 pm</b>	3 Exchanges (Tortillas & chips)		1 Exchange (Salsa)		1 Exchange (Milk)	1 Exchange (Butter)	Quesadilla -2 Flour tortillas - 1Tsp butter -1oz ham & 1oz Cheese 15-20 Tortilla chips 1 cup chunky salsa

<b><u>Patient #6</u></b>	<b>Starches</b>	<b>Meat and Meat Substitutes</b>	<b>Non-starchy Vegetables</b>	<b>Fruits</b>	<b>Fats</b>	<b>Menu Idea</b>
<b>Breakfast Time: 8:00 am</b>	3 Exchanges (3 Pancakes)			2 Exchange (Orange juice)	2 Exchange (Butter & almonds)	3 Vegan pancakes 3Tbs sugar-free syrup 6 Almonds sliced for topping 1Tsp butter 1 cup orange juice
<b>Lunch Time: 12:00 pm</b>	4 Exchanges (Bread & pretzels)	2 Exchanges (Hummus)	1 Exchange (Tomatoes, lettuce, green peppers, onions, spinach, banana peppers)		3 Exchanges (avocado, nuts, & olives)	Hummus Sandwich - 2 Slices of whole wheat bread - 1/3 cup hummus - 2Tbs avocado 1 cup tomatoes, lettuce, green peppers, onions, spinach, banana peppers, olives 1 oz. pretzels 6 Cashew nuts
<b>Dinner Time: 6:00 pm</b>	3 Exchanges (Pasta)	1 Exchange (Tofu)	2 Exchange (Zucchini, peppers, onions, tomato sauce)	1 Exchange (Peaches)	2 Exchanges (Olive oil)	Tofu Lasagna - 1 cup cooked pasta - 1/2 cup tofu -1 cup zucchini, peppers, onions 2Tsp Olive oil for sautéing vegetables - 1 cup tomato sauce 1/2 cup peaches
<b>HS Snack Time: 8:00 pm</b>	2 Exchanges (Graham crackers)	1 Exchange (Peanut butter)	1 Exchange (Celery)	1 Exchange (Apple)	2 Exchanges (Peanut butter)	6 Graham cracker squares 1Tbs peanut butter 1 cup celery 1 small apple