



## SAMPLE MEAL PLANS AND ONE-DAY MENUS FOR ADULT MALES

The following meal plans are based on calorie levels and food group recommendations published by the USDA at the [www.mypyramid.gov](http://www.mypyramid.gov) website. Note that the meal plans listed below are written for adult men who are at a healthy weight

and participate in physical activity for 30 - 60 minutes. If you are physically active for less than 30 minutes per day, a lower calorie meal plan may be needed to maintain your current weight. If you participate in more than 60 minutes of physical activity per day, you may need to follow a higher calorie meal plan to maintain your current weight.

**MEAL PLAN #3:** This is a meal plan for a 30-year-old male, average height & weight, with 30 to 60 minutes of physical activity per day. This meal plan contains the recommended amount of each food group. Depending on your food choices in the five food groups, an additional 8 teaspoons of oil and 410 discretionary calories may be allowed.

### 2600 Calorie Meal Plan

Grains: 9 ounces | Vegetables: 3½ cups | Fruits: 2 cups | Milk: 3 cups | Meat & Beans: 6½ ounces

#### MEAL PLAN

Breakfast	2 ounces Grain 1 cup Fruit 1 cup Milk
Lunch	3 ounces Grain 2 cup Vegetable ½ cup Fruit 1 cup Milk 2 ounces Meat/Beans
Dinner	2 ounces Grain 1½ cup Vegetable 1 cup Milk 3½ ounces Meat/Beans
Snacks	2 ounces Grain ½ cup Fruit 1 ounces Meat/Beans

#### SAMPLE MENU

Whole grain waffle (4 inch square) with margarine (2 teaspoons) and fruit spread (1 teaspoon) Berries (½ cup) and apple juice (½ cup) in Fruit Smoothie Low-fat yogurt (1 cup) in Fruit Smoothie
Whole grain rice (1 cup cooked, in stuffed peppers) Sourdough bread (1 slice) with olive oil (1 teaspoon) Stuffed green peppers (2 medium) Corn (½ cup in stuffed peppers) Peach (1 small) Milk, 1% fat (1 cup) Black beans (½ cup in stuffed peppers)
Cornbread (1 medium piece) Mashed potatoes (½ cup) with margarine (1 teaspoon) Steamed green beans (1 cup) with olive oil (1 teaspoon) Milk, 1% fat (1 cup) Roast turkey breast (3½ ounces)
Whole grain cereal (2 cups) for Trail Mix Raisins (¼ cup) for Trail Mix Mixed nuts & seeds (¼ cup) for Trail Mix



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**MEAL PLAN #4:** This is a meal plan for a 50-year-old male, average height & weight, with 30 to 60 minutes of physical activity per day. This meal plan contains the recommended amount of each food group. Depending on your food choices in the five food groups, an additional 7 teaspoons of oil and 360 discretionary calories may be allowed.

**2400 Calorie Meal Plan**

Grains: 8 ounces | Vegetables: 3 cups | Fruits: 2 cups | Milk: 3 cups | Meat & Beans: 6½ ounces

**MEAL PLAN**

Breakfast	2 ounces Grain ½ cup Fruit 1 cup Milk 1 ounce Meat/Beans
Lunch	2 ounces Grain 1½ cup Vegetables  ½ cup Fruit 1 cup Milk 2½ ounces Meat/Beans
Dinner	3 ounces Grain  1½ cup Vegetables ½ cup Fruit 1 cup Milk 3 ounces Meat/Beans
Snacks	1 ounce Grain ½ cup Fruit ½ cup Vegetables

**SAMPLE MENU**

Multigrain oatmeal (½ cup cooked) with brown sugar (1 tsp) Toast (1 slice whole wheat bread) with margarine (1 tsp) Berries Dried cranberries (¼ cup in cereal) Milk, 1% fat (1 cup) Walnuts (7 halves in cereal)
Rye bread (4 snack-size slices) Whole grain croutons (8) Dark greens, cucumbers & red peppers (1 cup) with low-fat Ranch dressing (2 Tablespoons) Corn on the cob (1 small) with margarine (2 teaspoons) Cantaloupe (1 medium wedge) Milk, 1% fat (1 cup)) Grilled chicken (2½ ounces)
Tortilla (12-inch whole wheat) for Enchilada, cooked with 2 teaspoons olive oil Brown rice (½ cup) Diced tomatoes, green peppers, onions, green chilies (1 cup) Pineapple chunks (½ cup) Cheddar cheese, shredded (1/3 cup) Black beans (¾ cup)
Bran muffin (1 small) Plum (1 large) Tomato juice (½ cup)

NOTE: Due to the healthful food choices in each food group, the sample menu contains approximately 2050 calories, allowing you to include 350 additional discretionary calories.