

### 2000 Calorie Meal Plan with Milk

See the back page for food samples to help you plan your meals and snacks.

Meal Plan	Sample Menu	Carbohydrate grams
<b>Breakfast</b>	1 starch	1 slice toast or bread 15
	1 meat/high protein food	1 egg, 1 oz. ham, or 1 Tbsp peanut butter --
	1 milk 2%	8 ounces 2% milk 15
	1 fat	1 tsp. margarine --
		<b>Total 30 grams</b>
<b>Mid-morning Snack</b>	1 starch	1 slice toast 15
	1 fat/1 high protein food	1 tsp. margarine --
		<b>Total 15 grams</b>
<b>Lunch</b>	2 starch	2 slices bread 30
	2 meat/high protein food	2 ounces meat/meat substitute --
	1 or 2 non-starchy vegetables	1-2 cups raw vegetables --
	1 fruit	1 small apple 15
	1 milk 2%	8 ounces 2% milk 15
	2 fat	1 tsp. mayonnaise and 1 Tbsp. salad dressing --
		<b>Total 60 grams</b>
<b>Mid-afternoon Snack</b>	1 starch	1 slice bread 15
	1 meat/high protein food	1 ounces meat/meat substitute --
	1 fat	1 tsp. mayonnaise --
		<b>Total 15 grams</b>
<b>Dinner</b>	2 starch	½ cup potatoes plus ½ cup green peas 30
	3 meat/high protein food	3 ounces meat, fish, or poultry --
	2 non-starchy vegetables	2 cups salad --
	1 fruit	1 cup strawberries 15
	1 milk 2%	8 ounces 2% milk 15
	2 fat	1 tsp. margarine and 1 Tbsp. salad dressing --
		<b>Total 60 grams</b>
<b>Before-bed Snack</b>	1 starch	1 slice bread 15
	1 meat/high protein food	1 ounce cheese or 1 ounce sandwich meat --
	1 milk 2%	8 ounces 2% milk 15
	1 fat	1 tsp. mayonnaise --
	<b>Total 30 grams</b>	

### 2000 Calorie Meal Plan without Milk\*

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Meal Plan	Sample Menu	Carbohydrate grams
<b>Breakfast</b>	2 starch	2 slices toast 30
	2 meat/high protein food	1 egg and 1 ounce ham --
	1 fat	1 tsp. margarine --
		<b>Total 30 grams</b>
<b>Mid-morning Snack</b>	1 starch	1 slice toast or 6 saltines 15
	1 meat/high protein food	1 Tbsp. peanut butter or 1 ounce meat, poultry, or cheese (if able) --
		<b>Total 15 grams</b>
<b>Lunch</b>	3 starch	2 slices bread and ¾ ounce pretzels 45
	2 meat/high protein food	2 oz. meat or poultry --
	1 or 2 non-starchy vegetables	1-2 cups raw vegetables --
	1 fruit	17 grapes 15
	2 fat	1 tsp. mayonnaise and 2 Tbsp. salad dressing --
		<b>Total 60 grams</b>
<b>Mid-afternoon Snack</b>	1 starch or 1 fruit	1 slice bread or 6 saltines or 1 small orange 15
	1 meat/high protein food	1 ounce turkey or 1 Tbsp. peanut butter --
	1 fat	1 tsp. mayonnaise or 6 cashews --
		<b>Total 15 grams</b>
<b>Dinner</b>	3 starch	1 cup potatoes and ½ cup corn 45
	3 meat/high protein food	3 ounces meat, fish, or poultry --
	1 or 2 non-starchy vegetables	2 cups salad --
	1 fruit	1 small apple 15
	2 fat	1 tsp. margarine and 1 Tbsp. salad dressing --
		<b>Total 60 grams</b>
<b>Before-bed Snack</b>	2 starch	2 slices toast or 12 saltines 30
	1 meat/high protein food	1 hard boiled egg or 1 Tbsp. peanut butter --
	1 fat	1 tsp. margarine --
		<b>Total 30 grams</b>

\*Be sure to get enough calcium during pregnancy. Talk with your provider about ways to do this with the foods you eat and vitamin supplements.