

calorie controlled
menus for your

BEST YEAR YET

easyhealthllc.com



CALORIE CONTROLLED
MENUS FOR YOUR
BEST YEAR YET
#BYY

Menu Me!

Text Copyright 2017

All Rights Reserved

ABOUT THIS BOOK

This concise ebook provides you with menus using the foods you love, but in controlled portions. There are menus for 1200calories, 1500calories, 1800calories, 2000calories and 2200calories.

The “template” for each calorie level is a general outline of what each meal should consist of with regard to carbohydrate, protein and fat. The pages that follow the template show 3 pages of sample menus for the calorie level chosen. Use the sample menus provided to get a “quick start” on your diet, then use the template to develop your own menus later as you get more familiar with the diet.

This book is not intended to diagnose or treat any medical condition or as a substitute for the medical advice of a physician. Readers should consult with their health professional with regard to matters of health and/or symptoms which would require a physician’s advice. Always consult with your physician before making any changes in your diet, exercise or health routines.

Looking for recipes, carb controlled menus and a grocery shopping guide? Checkout my ebook –

[The Complete Diabetes Meal Planner.](#)

TABLE OF CONTENTS

TEMPLATE FOR 1200 CALORIE DIET:

BREAKFAST MENU IDEAS FOR 1200CAL DIET

LUNCH/DINNER MENU IDEAS FOR 1200CAL DIET

LUNCH/DINNER MENU IDEAS FOR 1200CAL DIET

TEMPLATE FOR 1500 CALORIE DIET:

BREAKFAST MENU IDEAS FOR 1500CAL DIET

LUNCH/DINNER MENU IDEAS FOR 1500CAL DIET

LUNCH/DINNER MENU IDEAS FOR 1500CAL DIET

TEMPLATE FOR 1800 CALORIE DIET:

BREAKFAST MENU IDEAS FOR 1800CAL DIET

LUNCH/DINNER MENU IDEAS FOR 1800CAL DIET

LUNCH/DINNER MENU IDEAS FOR 1800CAL DIET

TEMPLATE FOR 2000 CALORIE DIET:

BREAKFAST MENU IDEAS FOR 2000CAL DIET

LUNCH/DINNER MENU IDEAS FOR 2000CAL DIET

LUNCH/DINNER MENU IDEAS FOR 2000CAL DIET

TEMPLATE FOR 2200 CALORIE DIET:

BREAKFAST MENU IDEAS FOR 2200CAL DIET

LUNCH/DINNER MENU IDEAS FOR 2200CAL DIET

LUNCH/DINNER MENU IDEAS FOR 2200CAL DIET

TEMPLATE FOR 1200 CALORIE DIET:

Breakfast: 20gm carb

Choose one: 1 slice whole grain toast, ½ whole grain English muffin, ½ cup grits, ½ cup oatmeal or ¾ cup cereal

½ cup skim milk

Choose one: 1 egg, 1 Tbsp. peanut butter, 1 slice low-fat cheese or 1 oz. lean ham

Choose one: 1 tsp. margarine, 1 Tbsp. flaxseed or 1 slice turkey bacon

AM Snack: 15gm carb

1 cup skim milk or 6 oz. low-fat yogurt (check label for 15gm carb or less)

Lunch & Dinner: 30gm carb each

Choose one: 1 small baked potato, ½ cup higher fiber pasta, 1 slice whole grain bread, ½ cup peas/beans, 6 wheat crackers, 1 wheat roll or 2" square cornbread

1 small fresh fruit or ½ cup diet pudding or diet ice cream

No limit: green salad, carrots, green beans or any non-starchy vegetable

2 oz. lean meat

Choose two: 1 tsp. margarine, 1 tsp. mayonnaise, 1 tsp. oil, 6 almonds, 1 Tbsp. salad dressing

Afternoon and Bedtime Snack: 15 gm. carb

6 saltines with 1 oz. cheese or 1 slice high fiber bread with 1 Tbsp. peanut butter

BREAKFAST MENU IDEAS FOR 1200CAL DIET:

1 slice toast

½ cup skim milk

1 hardboiled egg

1 slice bacon

½ whole wheat English muffin

6 oz. low-fat yogurt

1 oz. Canadian bacon

1 tsp. margarine

1 slice whole grain bread

½ cup skim milk

1 oz. ham

1 tsp. margarine

½ cup oatmeal

½ cup milk

2 turkey sausage links

1 tsp. margarine

1 slice whole grain bread

½ cup skim milk

1 scrambled egg

1 tsp. margarine

LUNCH/DINNER MENU IDEAS FOR 1200CAL DIET:

1 small baked sweet potato

1 small apple

Green beans-no limit

2 oz. grilled steak

1 tsp. margarine

½ cup spaghetti

½ cup diet ice cream

Tossed Salad-no limit

½ cup meat sauce

1 Tbsp. salad dressing

2 slices whole grain bread

1 small orange

Lettuce/tomato-no limit

2 oz. turkey breast

1 tsp. mayonnaise

6 wheat crackers or 1 slice whole grain bread

½ banana

Lettuce/tomato-no limit

1 oz. ham salad (lowfat ham, mayo, seasonings)

LUNCH/DINNER MENU IDEAS FOR 1200CAL DIET:

1 reduced calorie hamburger bun

½ cup diet ice cream

Lettuce/tomato/pickle/onion

2 oz. beef pattie

1 tsp. mayonnaise

¼ cup beans or peas

¼ cup brown rice

½ cup apples

Steamed green beans or tossed salad

2-3 oz. sliced turkey smoked sausage

1 tsp. margarine

1 small baked potato

½ cup diet ice cream

Coleslaw (made with lite mayo)

2-3 oz. oven baked fish (coat with Cajun seasoning)

1 tsp. margarine

Eating Out Ideas:

Grilled Chicken Sandwich w/ lettuce & tomato

Small Hamburger with side salad

Buffet: grilled/ baked meat, starchy veg or potato, non-starchy veg or salad, fruit

TEMPLATE FOR 1500 CALORIE DIET:

Breakfast: 45gm carb

Choose two: 1 slice whole grain toast, ½ whole grain English muffin, ½ cup grits, ½ cup oatmeal
or ¾ cup cereal

1 cup skim milk or 6 oz. low-fat yogurt (check label for 15gm carb or less)

Choose one: 1 egg, 1 Tbsp. peanut butter, 1 slice low-fat cheese or 1 oz. lean ham

Choose two: 1 tsp. margarine, 1 Tbsp. flaxseed or 1 slice turkey bacon

AM Snack: 15gm carb

1 cup skim milk or 6 oz. low-fat yogurt (check label for 15gm carb or less)

Lunch & Dinner: 30gm carb each

Choose one: 1 small baked potato, ½ cup higher fiber pasta, 1 slice whole grain bread, ½ cup
peas/beans, 6 wheat crackers, 1 wheat roll or 2" square cornbread

1 small fresh fruit or ½ cup diet pudding or diet ice cream

No limit: green salad, carrots, green beans or any non-starchy vegetable

2 oz. lean meat

Choose two: 1 tsp. margarine, 1 tsp. mayonnaise, 1 tsp. oil, 6 almonds, 1 Tbsp. salad dressing

Afternoon and Bedtime Snack: 30 gm. carb each

6 saltines with 1 oz. cheese or 1 slice high fiber bread with 1 Tbsp. peanut butter

and 1 small serving fresh fruit or ½ cup canned fruit

BREAKFAST MENU IDEAS FOR 1500CAL DIET:

2 slices whole grain toast

1 cup skim milk

1 scrambled egg

2 slices turkey bacon

1 whole wheat English muffin

6 oz. low-fat yogurt

1 oz. Canadian bacon

2 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 oz. reduced fat cheese

2 tsp. margarine

1 cup oatmeal

1 cup skim milk

2 turkey sausage links

2 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 hard boiled egg

2 tsp. margarine

LUNCH/DINNER MENU IDEAS FOR 1500CAL DIET:

1 small baked sweet potato

1 small apple

Green beans-no limit

2 oz. grilled chicken breast

2 tsp. margarine

½ cup high fiber spaghetti

1 small pear

Tossed Salad-no limit

½ cup meat sauce

2 Tbsp. salad dressing

2 slices whole grain bread

1 small orange

Lettuce/tomato-no limit

2 oz. turkey breast

2 tsp. mayonnaise

6 wheat crackers or 1 slice whole grain bread

½ cup pineapple

Lettuce/tomato-no limit

1 oz. tuna salad (tuna in water, relish, mayo, seasonings)

LUNCH/DINNER MENU IDEAS FOR 1500CAL DIET:

1 reduced calorie hamburger bun

½ cup peaches

Lettuce/tomato/pickle/onion

2 oz. beef pattie or veggie burger

2 tsp. mayonnaise

¼ cup beans or peas, ¼ cup brown rice

½ cup apples

Steamed green beans or tossed salad

2-3 oz. sliced turkey smoked sausage

2 tsp. margarine

1 small baked potato

½ cup diet ice cream

Coleslaw (made with lite mayo)

2-3 oz. baked fish

2 tsp. margarine

Eating Out Ideas:

Grilled Chicken Sandwich w/ lettuce & tomato (plus 2 tsp. mayo)

Small Hamburger with side salad (plus 1 tsp. mayo and 1 Tbsp. dressing)

Buffet: grilled/ baked meat, starchy veg or potato, non-starchy veg or salad,
fruit and 2 servings fat

TEMPLATE FOR 1800 CALORIE DIET:

Breakfast: 45gm carb

Choose two: 1 slice whole grain toast, ½ whole grain English muffin, ½ cup grits, ½ cup oatmeal
or ¾ cup cereal

1 cup skim milk or 6 oz. low-fat yogurt (check label for 15gm carb or less)

Choose one: 1 egg, 1 Tbsp. peanut butter, 1 slice low-fat cheese or 1 oz. lean ham

Choose a total of three: 1 tsp. margarine, 1 Tbsp. flaxseed or 1 slice turkey bacon

AM Snack: 15gm carb

1 cup skim milk or 6 oz. low-fat yogurt (check label for 15gm carb or less)

Lunch & Dinner: 45gm carb each

Choose two: 1 small baked potato, ½ cup higher fiber pasta, 1 slice whole grain bread, ½ cup
peas/beans, 6 wheat crackers, 1 wheat roll or 2" square cornbread

1 small fresh fruit or ½ cup diet pudding or diet ice cream

No limit: green salad, carrots, green beans or any non-starchy vegetable

2 oz. lean meat

Choose two: 1 tsp. margarine, 1 tsp. mayonnaise, 1 tsp. oil, 6 almonds, 1 Tbsp. salad dressing

Afternoon and Bedtime Snack: 30 gm. Carb each

6 saltines with 1 oz. cheese or 1 slice high fiber bread with 1 Tbsp. peanut butter

and 1 small serving fresh fruit or ½ cup canned fruit

BREAKFAST MENU IDEAS FOR 1800CAL DIET:

¾ cup cereal, 1 slice whole grain toast

1 cup skim milk

1 hardboiled egg

1 Tbsp. flaxseed, 2 tsp. margarine

1 whole wheat English muffin

6 oz. low-fat yogurt

1 oz. Canadian bacon

3 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 oz. reduced fat cheese

3 tsp. margarine

1 cup oatmeal

1 cup soy milk

2 turkey sausage links

3 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 scrambled egg

3 tsp. margarine

LUNCH/DINNER MENU IDEAS FOR 1800CAL DIET:

1 small baked sweet potato, 1 wheat roll

1 small apple

Green beans-no limit

2 oz. grilled chicken breast

2 tsp. margarine

½ cup high fiber spaghetti, 6 wheat crackers

1 small pear

Tossed Salad-no limit

½ cup meat sauce

2 Tbsp. salad dressing

2 slices whole grain bread

1 small orange

Lettuce/tomato-no limit

2 oz. turkey breast

2 tsp. mayonnaise

12 wheat crackers or 2 slices whole grain bread

½ cup pineapple

Lettuce/tomato-no limit

1 oz. tuna salad (tuna in water, relish, mayo, seasonings)

LUNCH/DINNER MENU IDEAS FOR 1800CAL DIET:

1 hamburger bun

½ cup peaches

Lettuce/tomato/pickle/onion

2 oz. beef pattie or veggie burger

2 tsp. mayonnaise

½ cup beans or peas

½ cup brown rice

½ cup apples

Steamed green beans or tossed salad

2-3 oz. sliced turkey smoked sausage

2 tsp. margarine

1 small baked potato, 6 wheat crackers

½ cup diet ice cream

Coleslaw (made with lite mayo)

2-3 oz. baked fish

2 tsp. margarine

Eating Out Ideas:

Grilled Chicken Sandwich w/ lettuce & tomato (plus 2 tsp. mayo)

Medium Hamburger with side salad (plus 1 tsp. mayo and 1 Tbsp. dressing)

Buffet: grilled/ baked meat, starchy veg or potato, non-starchy veg or salad,

fruit and 2 servings fat

TEMPLATE FOR 2000 CALORIE DIET:

Breakfast: 45gm carb

Choose two: 1 slice whole grain toast, ½ whole grain English muffin, ½ cup grits, ½ cup oatmeal
or ¾ cup cereal

1 cup skim milk or 6 oz. low-fat yogurt (check label for 15gm carb or less)

Choose one: 1 egg, 1 Tbsp. peanut butter, 1 slice low-fat cheese or 1 oz. lean ham

Choose a total of three: 1 tsp. margarine, 1 Tbsp. flaxseed or 1 slice turkey bacon

AM Snack: 45gm carb

2 slices whole wheat bread, 1 oz. turkey, 6 oz. low-fat yogurt (check label for 15gm carb or less)

Lunch & Dinner: 45gm carb

Choose two: 1 small baked potato, ½ cup higher fiber pasta, 1 slice whole grain bread, ½ cup
peas/beans, 6 wheat crackers, 1 wheat roll or 2" square cornbread

1 small fresh fruit or ½ cup diet pudding or diet ice cream

No limit: green salad, carrots, green beans or any non-starchy vegetable

2 oz. lean meat

Choose two: 1 tsp. margarine, 1 tsp. mayonnaise, 1 tsp. oil, 6 almonds, 1 Tbsp. salad dressing

Afternoon and Bedtime Snack: 30 gm. carb

6 saltines with 1 oz. cheese or 1 slice high fiber bread with 1 Tbsp. peanut butter

and 1 small serving fresh fruit or ½ cup canned fruit

BREAKFAST MENU IDEAS FOR 2000CAL DIET:

¾ cup cereal, 1 slice whole grain toast

1 cup skim milk

1 hardboiled egg

1 Tbsp. flaxseed, 2 tsp. margarine

1 whole wheat English muffin

6 oz. low-fat yogurt

1 oz. Canadian bacon

3 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 oz. reduced fat cheese

3 tsp. margarine

1 cup oatmeal

1 cup soy milk

2 turkey sausage links

3 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 scrambled egg

3 tsp. margarine

LUNCH/DINNER MENU IDEAS FOR 2000CAL DIET:

1 small baked sweet potato, 1 wheat roll

1 small apple

Green beans-no limit

2 oz. grilled chicken breast

2 tsp. margarine

½ cup high fiber spaghetti, 6 wheat crackers

1 small pear

Tossed Salad-no limit

½ cup meat sauce

2 Tbsp. salad dressing

2 slices whole grain bread

1 small orange

Lettuce/tomato-no limit

2 oz. turkey breast

2 tsp. mayonnaise

12 wheat crackers or 2 slices whole grain bread

½ cup pineapple

Lettuce/tomato-no limit

1 oz. tuna salad (tuna in water, relish, mayo, seasonings)

LUNCH/DINNER MENU IDEAS FOR 2000CAL DIET:

1 hamburger bun

½ cup peaches

Lettuce/tomato/pickle/onion

2 oz. beef pattie or veggie burger

2 tsp. mayonnaise

½ cup beans or peas

½ cup brown rice

½ cup apples

Steamed green beans or tossed salad

2-3 oz. sliced turkey smoked sausage

2 tsp. margarine

1 small baked potato, 6 wheat crackers

½ cup diet ice cream

Coleslaw (made with lite mayo)

2-3 oz. baked fish

2 tsp. margarine

Eating Out Ideas:

Grilled Chicken Sandwich w/ lettuce & tomato (plus 2 tsp. mayo)

Medium Hamburger with side salad (plus 1 tsp. mayo and 1 Tbsp. dressing)

Buffet: grilled/ baked meat, starchy veg or potato, non-starchy veg or salad,

fruit and 2 servings fat

TEMPLATE FOR 2200 CALORIE DIET:

Breakfast: 45gm carb

Choose two: 1 slice whole grain toast, ½ whole grain English muffin, ½ cup grits, ½ cup oatmeal
or ¾ cup cereal

1 cup skim milk or 6 oz. low-fat yogurt (check label for 15gm carb or less)

Choose one: 1 egg, 1 Tbsp. peanut butter, 1 slice low-fat cheese or 1 oz. lean ham

Choose a total of three: 1 tsp. margarine, 1 Tbsp. flaxseed or 1 slice turkey bacon

AM Snack: 45gm carb

2 slices whole wheat bread, 1 oz. turkey, 1 tsp. mayo, 6 oz. low-fat yogurt (check label for 15gm carb or less)

Lunch & Dinner: 45gm carb each

Choose two: 1 small baked potato, ½ cup higher fiber pasta, 1 slice whole grain bread, ½ cup peas/beans, 6 wheat crackers, 1 wheat roll or 2" square cornbread

1 small fresh fruit or ½ cup diet pudding or diet ice cream

No limit: green salad, carrots, green beans or any non-starchy vegetable

2 oz. lean meat

Choose two: 1 tsp. margarine, 1 tsp. mayonnaise, 1 tsp. oil, 6 almonds, 1 Tbsp. salad dressing

Afternoon and Bedtime Snack: 45 gm. carb each

12 saltines with 1 oz. cheese or 2 slices high fiber bread with 1 Tbsp. peanut butter

and 1 small serving fresh fruit or ½ cup canned fruit

BREAKFAST MENU IDEAS FOR 2200CAL DIET:

¾ cup cereal, 1 slice whole grain toast

1 cup skim milk

1 hardboiled egg

1 Tbsp. flaxseed, 2 tsp. margarine

1 whole wheat English muffin

6 oz. low-fat yogurt

1 oz. Canadian bacon

3 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 oz. reduced fat cheese

3 tsp. margarine

1 cup oatmeal

1 cup soy milk

2 turkey sausage links

3 tsp. margarine

2 slice whole grain bread

1 cup skim milk

1 scrambled egg

3 tsp. margarine

LUNCH/DINNER MENU IDEAS FOR 2200CAL DIET:

1 small baked sweet potato, 1 wheat roll

1 small apple

Green beans-no limit

2 oz. grilled chicken breast

2 tsp. margarine

½ cup high fiber spaghetti, 6 wheat crackers

1 small pear

Tossed Salad-no limit

½ cup meat sauce

2 Tbsp. salad dressing

2 slices whole grain bread

1 small orange

Lettuce/tomato-no limit

2 oz. turkey breast

2 tsp. mayonnaise

12 wheat crackers or 2 slices whole grain bread

½ cup pineapple

Lettuce/tomato-no limit

1 oz. tuna salad (tuna in water, relish, mayo, seasonings)

LUNCH/DINNER MENU IDEAS FOR 2200CAL DIET:

1 hamburger bun

½ cup peaches

Lettuce/tomato/pickle/onion

2 oz. beef pattie or veggie burger

2 tsp. mayonnaise

½ cup beans or peas

½ cup brown rice

½ cup apples

Steamed green beans or tossed salad

2-3 oz. sliced turkey smoked sausage

2 tsp. margarine

1 small baked potato, 6 wheat crackers

½ cup diet ice cream

Coleslaw (made with lite mayo)

2-3 oz. baked fish

2 tsp. margarine

Eating Out Ideas:

Grilled Chicken Sandwich w/ lettuce & tomato (plus 2 tsp. mayo)

Medium Hamburger with side salad (plus 1 tsp. mayo and 1 Tbsp. dressing)

Buffet: grilled/ baked meat, starchy veg or potato, non-starchy veg or salad,

fruit and 2 servings fat