

# Patient Education

Food and Nutrition Services



## 1,000 Calories a Day: Sample Diet

*Three-day menu*

This handout provides sample menus that provide a total of 1,000 calories a day.

### Day 1

Meal	Foods	Nutrients
Breakfast	<ul style="list-style-type: none"><li>• 1 cup fat-free or 1% cottage cheese</li><li>• 1 cup blueberries</li></ul>	<b>240 calories</b> 28 g protein 26 g carbohydrate 4 g fiber
Lunch	<ul style="list-style-type: none"><li>• 4 ounces baked or grilled chicken breast (or 1 cup diced breast meat)</li><li>• 1 cup fresh or frozen green beans, steamed</li><li>• ½ cup steamed brown rice</li></ul>	<b>290 calories</b> 40 g protein 23 g carbohydrate 5 g fiber
Snack	<ul style="list-style-type: none"><li>• Kashi TLC Chewy Granola bar</li></ul>	<b>140 calories</b> 7 g protein 20 g carbohydrate 4 g fiber
Dinner	<ul style="list-style-type: none"><li>• Chinese Chicken Salad</li><li>• 3 cups romaine lettuce, chopped</li><li>• ½ cup cilantro leaves, shredded</li><li>• ¼ cup scallions, chopped</li><li>• 2 tablespoons almonds, sliced or slivered</li><li>• 3 ounces chicken breast, roasted and cubed</li><li>• 1 tablespoon Trader Joe's Lemon Ginger Sesame Dressing or Newman's Own Lighten Up Sesame Ginger Vinaigrette</li></ul>	<b>290 calories</b> 32 g protein 19 g carbohydrate 5 g fiber
Snack	<ul style="list-style-type: none"><li>• 1 medium fresh peach (about 3 ounces)</li></ul>	<b>40 calories</b> 1 g protein 11 g carbohydrate 2 g fiber
Total for Day		<b>1,000 calories</b> 108 g protein 100 g carbohydrate 20 g fiber

Day 2

Meal	Foods	Nutrients
Breakfast	<b>Granola Berry Yogurt</b> <ul style="list-style-type: none"> <li>• 1 cup fat-free plain Greek style yogurt</li> <li>• ½ cup blueberries or sliced strawberries</li> <li>• ½ cup Kashi GoLean high protein, high fiber cereal (6 to 8 g protein in ½ cup)</li> </ul>	<b>235 calories</b> 20 g protein 42 g carbohydrate 8 g fiber
Lunch	<b>Grilled Chicken and Pineapple Sandwich</b> <ul style="list-style-type: none"> <li>• 4 ounces skinless, boneless chicken breast</li> <li>• ½ teaspoon salt</li> <li>• ¼ teaspoon freshly ground black pepper</li> <li>• ¼ cup fresh lime juice (about 2 limes) – brush chicken and pineapple with juice while cooking</li> <li>• ½-inch-thick slice pineapple, grilled (mango is good too)</li> <li>• 1 medium whole-wheat hamburger bun, toasted</li> <li>• 2 large basil leaves</li> </ul>	<b>290 calories</b> 30 g protein 30 g carbohydrate 4 g fiber
Dinner	<b>Maple-lemon Glaze Grilled Salmon with Vegetable Stir-fry and Cous Cous</b> <ul style="list-style-type: none"> <li>• 5 ounces salmon (best if wild)</li> <li>• 10-minute marinade, about 1 tablespoon each of:               <ul style="list-style-type: none"> <li>- lemon juice</li> <li>- light maple syrup</li> <li>- cider vinegar (with no salt added)</li> </ul> </li> <li>• ½ cup fresh or frozen green beans</li> <li>• ½ cup sliced red peppers</li> <li>• ½ cup broccoli or cauliflower florets</li> <li>• ⅓ cup whole-wheat cous cous</li> </ul>	<b>390 calories</b> 47 g protein 23 g carbohydrate 5 g fiber
Snack	<ul style="list-style-type: none"> <li>• 1 medium fresh peach (about 3 ounces)</li> <li>• ½ cup fat-free plain cottage cheese</li> </ul>	<b>100 calories</b> 15 g protein 15 g carbohydrate 2 g fiber
Total for Day		<b>1,015 calories</b> 112 g protein 110 g carbohydrate 19 g fiber

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Your Dietitian or Diet Technician:

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## Day 3

Meal	Foods	Nutrients
Breakfast	<b>Eggs and Bacon</b> <ul style="list-style-type: none"> <li>• 2 large eggs, poached, or scrambled or fried using olive oil cooking spray</li> <li>• 1 slice Canadian bacon (1 ounce)</li> <li>• ½ whole-wheat English muffin</li> </ul>	<b>290 calories</b> 21 g protein 15 g carbohydrate 2 g fiber
Lunch	<ul style="list-style-type: none"> <li>• Wendy's small chili or 1 cup Campbell's Roadhouse Beef and Bean Chili Soup</li> <li>• ½ whole-wheat English muffin</li> <li>• Add ½ cup fresh or frozen green beans</li> </ul>	<b>300 calories</b> 21 g protein 38 g carbohydrate 10 g fiber
Dinner	<b>Ancho-rubbed Flank Steak with Roasted Vegetables</b> <ul style="list-style-type: none"> <li>• 4 ounces flank steak rubbed and pan fried with light olive oil</li> <li>• Ancho Rub:               <ul style="list-style-type: none"> <li>- ½ teaspoon brown sugar</li> <li>- ½ teaspoon ancho chili powder</li> <li>- ¼ teaspoon ground cumin</li> </ul> </li> <li>• Roasted vegetables:               <ul style="list-style-type: none"> <li>- 1 zucchini, thickly sliced</li> <li>- ½ cup cherry tomatoes</li> <li>- 1 cup sliced asparagus</li> </ul> </li> </ul> Toss vegetables with light olive oil, salt, and a squeeze of lemon; roast in the oven at 500°F for 10 minutes	<b>320 calories</b> 30 g protein 18 g carbohydrate 7 g fiber
Snack	<ul style="list-style-type: none"> <li>• 1 medium fresh peach (about 3 ounces)</li> <li>• ½ cup fat-free plain cottage cheese</li> </ul>	<b>100 calories</b> 15 g protein 15 g carbohydrate 2 g fiber
Total for Day		<b>1,010 calories</b> 87 g protein 86 g carbohydrate 21 g fiber

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