

# 1800-Calorie Meal Plan

## An easy-to-follow guide for a heart-healthy diet

This meal plan helps you manage your calorie intake as well as your fat and sodium intake, while providing the adequate protein intake your body needs.



### Day 1

#### Breakfast

- 1 container of light yogurt
- 1 serving of Apple Cinnamon instant hot oatmeal
- 1 medium banana
- 1 cup skim milk

#### Lunch

- 1 grilled cheese sandwich
  - 2 slices whole grain bread
  - 1 slice cheddar cheese
  - 1 tsp unsalted butter
- 1 cup low sodium tomato soup
- ½ cup seedless grapes
- 1 cup diet iced tea with lemon

#### Snack

- 1 serving of Ensure Clear™

#### Dinner

- 4 oz baked tilapia
- ½ cup cooked pasta
- ½ cup cooked green beans
- 1 whole-wheat dinner roll
  - 1 slice of angel food cake
  - 1 cup fresh strawberry halves
  - 1 tsp fat-free whipped topping
- 1 cup skim milk

#### Snack

- 1 serving of Ensure Clear

**Calories: 1800**  
**Grams of Protein: 98**  
**Sodium: 1360 mg**

### Day 2

#### Breakfast

- 1 cup scrambled eggs (from egg substitute) with 2 tbsp shredded cheddar cheese
- 1 slice whole grain bread with 1 tbsp sugar-free strawberry jam
- 1 cup orange juice

#### Lunch

- 1 grilled chicken sandwich
  - 1 whole wheat bun
  - 3 oz grilled chicken breast
  - 1 lettuce leaf
  - 1 tomato slice
  - 1 red onion slice
  - 1 tbsp light mayonnaise
  - 1 slice low fat Swiss cheese

- 1 medium apple
- 1 cup skim milk

#### Snack

- 2 fresh peaches
- 1 serving of Ensure Clear

#### Dinner

- 4 oz baked pork chop
- 1 cup cooked broccoli
- ½ cup cooked brown rice
- 1 cup spinach salad
  - ¼ cup diced tomatoes
  - ¼ cup diced cucumbers
  - 1 tbsp fat-free honey mustard dressing
- 1 cup skim milk
- 1 chocolate chip cookie

**Calories: 1800**  
**Grams of Protein: 136**  
**Sodium: 1950 mg**

### Day 3

#### Breakfast

- 1 light multigrain English muffin with 2 tbsp natural peanut butter
- 1 cup diced cantaloupe
- 1 serving of Ensure Clear

#### Lunch

- 1 roast beef and cheese sandwich
  - 1 small croissant
  - 1 slice deli roast beef
  - 1 slice low fat Swiss cheese
  - 1 tbsp low fat Thousand Island dressing
- 1 medium apple
- 1 cup diet iced tea with lemon

#### Snack

- Veggies and hummus
  - ½ cup baby carrots
  - ½ cup celery
  - 3 tbsp hummus

#### Dinner

- 3 oz baked salmon
- ½ cup cooked spaghetti
- 1 cup cooked zucchini
- 1 cup salad with 1 tbsp light Italian dressing
- 1 cup sherbet
- 1 cup skim milk

#### Snack

- 1 bottle of Ensure Clear

**Calories: 1810**  
**Grams of Protein: 93**  
**Sodium: 1980 mg**

### Day 4

#### Breakfast

- 1 cup Cheerios with ½ cup skim milk and ½ cup strawberry slices
- 1 serving of Ensure Clear

#### Lunch

- 1 hamburger
  - 3 oz lean ground beef
  - 1 hamburger bun
  - Low sodium ketchup and mustard
- 1 cup diced red potatoes
- 1 cup cherries
- 1 cup diet iced tea with lemon

#### Snack

- 1 serving of Ensure Clear
- ½ cup low fat cottage cheese with ½ cup canned peaches in light syrup

#### Dinner

- Spaghetti with tomato sauce
  - 1 cup cooked spaghetti
  - ½ cup low sodium spaghetti sauce
- 1 piece of garlic bread
- 1 cup salad with 2 tbsp light dressing
- 1 cup skim milk
- 1 chocolate brownie

**Calories: 1760**  
**Grams of Protein: 87**  
**Sodium: 1790 mg**

### Day 5

#### Breakfast

- 1 egg white veggie omelet
- 2 egg whites
- 1/2 cup diced peppers and mushrooms
- 1 ounce low sodium shredded cheese
- 1 slice whole grain bread with 1 tbsp natural peanut butter
- 1 cup diced watermelon

#### Lunch

- 1 turkey sandwich
  - 2 slices whole grain bread
  - 2 slices of deli turkey
  - 1 slice low sodium Swiss cheese
  - 1 tbsp light mayonnaise
- 1 cup seedless grapes
- 1 cup skim milk

#### Snack

- 1 serving of Ensure Clear

#### Dinner

- 3 oz pork chop
- 1 corn on the cob with 2 tsp light unsalted butter
- ½ cup coleslaw
- 1 cup skim milk
- ½ cup light vanilla ice cream with ¼ cup fresh berries

**Calories: 1790**  
**Grams of Protein: 108**  
**Sodium: 1960 mg**

# 1800-Calorie Meal Plan Shopping List\*

Make sure you have all the ingredients to follow our 1,800-calorie meal plan. Take this shopping list to the grocery with you and mark off the items as you put them in your cart.



## Nutritional Drinks

- 2 4-packs of Ensure Clear™

## Fresh Fruits & Vegetables

- 1 banana
- ½ pound of seedless grapes
- 1 container of strawberries
- 2 apples
- 2 fresh peaches
- ½ cantaloupe
- ½ pound cherries
- ¼ watermelon
- ½ pound green beans
- ½ pound broccoli
- 1 head of lettuce
- 1 bag of spinach
- 1 tomato
- 1 cucumber
- 1 red onion
- 1 bag of baby carrots
- 1 celery stalk
- 1 zucchini
- 1 small bag of red skin potatoes
- 1 corn on the cob
- 1 bag of coleslaw

## Dairy

- 1 gallon of skim milk
- 1 6-oz container of light yogurt
- 1 container of light unsalted butter
- 1 container of egg substitute
- 1 package of shredded cheddar cheese
- 1 package of cheddar cheese slices
- 1 package of light Swiss cheese slices
- 1 container of hummus
- 1 small container of light cottage cheese
- 1 container of eggs

## Beverages

- 1 gallon diet iced tea with lemon
- ½ gallon of fresh orange juice

## Meat

- 3 oz salmon steak
- 4 oz tilapia fillet
- 2 4-oz pork chops
- 3 oz chicken breast
- 3 oz lean ground beef
- 1 pack of deli roast beef
- 1 pack of deli turkey

## Grains, Canned Goods, & Prepacked Goods

- 1 box of Cheerios
- 1 package of instant Apple Cinnamon oatmeal
- 1 container of canned peaches in light syrup
- 1 angel food cake
- 1 package of chocolate chip cookies
- 1 package of brownies
- 1 can low sodium tomato soup
- 1 package of pasta noodles (any shape)
- 1 package of spaghetti noodles
- 1 small box of brown rice
- 1 bottle of fat free honey mustard salad dressing
- 1 bottle of light salad dressing, any type
- 1 jar of sugar-free strawberry jam
- 1 small container of light mayonnaise
- 1 small jar of natural peanut butter
- 1 jar of low sodium spaghetti sauce

## Bread

- 1 croissant
- 1 loaf of whole grain bread
- 1 package of dinner rolls
- 1 package of hamburger buns
- 1 package of light multigrain English muffins

## Frozen Foods

- 1 package of garlic bread
- 1 container of fat-free whipped topping
- 1 container of sherbet, any type
- 1 container of light vanilla ice cream



Visit [ensure.com](http://ensure.com) for recipes, special offers, and more.

Use under medical supervision

\*Shopping lists are based on estimates for meals to serve 1 person. Amounts may vary.

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