

# 1800 Calorie Meal Plan Moderate to High Nutritional Risk With Goal to Maintain Weight



**1**

**Day 2**

**Day 3**

**Day 4**

**Day 5**

## Breakfast

1 serving of Apple Cinnamon Instant Hot Oatmeal  
1 banana  
1 cup skim milk

## Lunch

1 cup of vegetable soup  
¼ cup tuna salad on 1 slice of whole grain bread  
½ cup grapes  
1 cup coffee

## Snack

1 bottle of Ensure Complete™

## Dinner

3 oz meatloaf  
½ cup mashed potatoes  
½ cup green beans  
1 cup skim milk  
1 bottle of Ensure Complete

**Calories: 1830**

**Grams of Protein: 84**

## Breakfast

1 scrambled egg  
1 slice of whole grain toast with butter  
½ cup orange juice  
1 bottle of Ensure Complete

## Lunch

1 grilled chicken sandwich – 3 oz grilled chicken breast  
1 whole grain bun  
1 tbsp light mayonnaise  
1 cup carrot and celery sticks  
¼ cup veggie dip  
1 medium apple  
1 cup iced tea

## Snack

1 bottle of Ensure Complete

## Dinner

3 oz baked chicken  
½ cup cooked broccoli  
½ cup cooked rice  
1 cup skim milk

**Calories: 1820**

**Grams of Protein: 98**

## Breakfast

1 whole wheat English muffin with butter  
½ cup diced cantaloupe  
1 bottle of Ensure Complete

## Lunch

1 grilled cheese  
1 cup tomato soup  
1 cup skim milk

## Snack

1 medium apple

## Dinner

3 oz baked salmon  
½ cup cooked pasta  
½ cup cooked zucchini, squash, and peppers  
1 cup iced tea  
1 bottle of Ensure Complete

**Calories: 1870**

**Grams of Protein: 91**

## Breakfast

¾ cup bran cereal with ½ cup skim milk and ½ cup sliced strawberries  
1 cup coffee  
1 bottle of Ensure Complete

## Lunch

1 hamburger  
½ cup roasted potatoes  
1 cup cherries  
1 cup iced tea

## Snack

1 bottle of Ensure Complete

## Dinner

¾ cup spaghetti and 1 meatball with tomato sauce  
1 cup tossed salad with 1 tbsp salad dressing  
1 cup skim milk

**Calories: 1890**

**Grams of Protein: 79**

## Breakfast

1 soft boiled egg  
1 slice of whole grain toast with butter  
½ cup diced watermelon  
1 bottle of Ensure Complete

## Lunch

1 turkey sandwich with whole grain bread  
3 oz deli turkey  
1 piece of lettuce  
1 tbsp light mayonnaise  
1 cup grapes  
1 bottle of Ensure Complete

## Dinner

3 oz baked BBQ pork chop  
1 piece of corn on the cob with butter  
½ cup coleslaw  
1 dinner roll with butter  
1 cup skim milk  
½ cup fresh berries

**Calories: 1840**

**Grams of Protein: 102**



*well nourished is well prepared*

# 1800 Calorie Meal Plan Shopping List\*



*well nourished is well prepared*

## Nutrition Shakes

- 3 four-packs of Ensure Complete™

## Fresh Fruits & Vegetables

- 1 fresh banana
- 1 lb red seedless grapes
- ½ pound fresh green beans
- 1 pound strawberries
- 1 head lettuce
- 1 fresh tomato
- 2 fresh apples
- 1 bag baby carrots
- 1 bag celery
- 1 pound fresh broccoli
- ½ fresh cantaloupe
- 1 fresh zucchini
- 1 fresh yellow squash
- 1 fresh red pepper
- 1 pound fresh cherries
- ¼ fresh watermelon
- 1 piece corn on the cob
- 1 container raspberries or blackberries
- 1 onion
- 1 bag baking potatoes

## Dairy

- 1 gallon skim milk
- 1 dozen eggs
- 1 container spreadable butter
- 1 container veggie dip
- 1 container prepared coleslaw

## Beverages

- ½ gallon orange juice
- 1 gallon iced tea

## Meat

- 2 pounds ground beef
- 2 chicken breasts
- 3 oz salmon fillet
- 3 oz pork chop
- ½ pound deli turkey

## Grains, Canned Goods & Prepacked Goods

- 1 box bran cereal
- 1 box Apple Cinnamon Instant Oatmeal
- 1 box crackers
- 1 can vegetable soup
- 1 can tomato soup
- 1 can tuna
- 1 box dry pasta – any shape
- 1 box spaghetti
- 1 box white or brown rice
- Coffee
- 1 container dried bread crumbs
- 1 small bag brown sugar
- 1 small container prepared mustard
- 1 small bottle ketchup
- 1 bottle spaghetti sauce
- 1 small bottle mayonnaise
- 1 bottle barbeque sauce

## Bread

- 1 loaf whole grain bread
- 1 pack whole wheat English muffins
- 1 pack dinner rolls
- 1 bag hamburger buns

## Frozen Foods

- 1 bag frozen meatballs



Under medical supervision

[www.ensure.com](http://www.ensure.com)

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

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