

Free Diet Meal Plan and Foods for Insulin Resistance

1,500 Calorie Meal Plan

A healthy reduced calorie meal plan provided by the Dietary Guidelines for Americans 2010 includes:

- 1.75 cups of veggies
- 1.5 cups of fruits
- 5 ounces of grains
- 4.5 ounces of protein foods
- 2.75 cups of dairy foods
- 4 teaspoons of oils
- 121 extra calories from healthy foods of your choice

Based on calorie information obtained from [ChooseMyPlate.gov Food Tracker](http://ChooseMyPlate.gov), a sample 1,500-calorie menu may include:

Breakfast (332 calories)

- 1 cup cooked oatmeal
- 4 egg whites
- 1/2 cup of sliced strawberries
- 1/2 ounce of sliced almonds

Snack (202 calories)

- 1 cup of sliced apples
- 1 cup of plain non-fat Greek yogurt

Lunch (333 calories)

- 2 ounces of grilled chicken breast
- 2 cups of leafy greens
- 1 ounce of reduced-fat cheese
- 6 whole-grain crackers
- 1 tablespoon of Italian dressing

Snack (236 calories)

- 1 cup of low-fat cottage cheese
- 1/2 cup of cantaloupe
- 1/4 ounce of walnuts

Dinner (400 calories)

- 3 ounces of grilled salmon
- 1/2 teaspoon of vegetable oil
- 1 cup of cooked quinoa
- 1 cup of steamed broccoli

1,800 Calorie Meal Plan

A healthy 1,800 calorie meal plan provided by the Dietary Guidelines for Americans 2010 includes:

- 2.5 cups of veggies
- 1.5 cups of fruits
- 6 ounces of grains
- 5 ounces of protein foods
- 3 cups of dairy foods
- 5 teaspoons of oils
- 161 extra calories from healthy foods of your choice

Based on calorie information obtained from the ChooseMyPlate.gov Food Tracker, a sample 1,800 calorie menu may include:

Breakfast (318 calories)

- 1 cup whole-grain cereal
- 1 cup of low-fat milk
- 4 egg whites
- 1/2 cup of blueberries

Snack (162 calories)

- 2 ounces of reduced-fat cheese
- 1/2 cup of honeydew melon

Lunch (383 calories)

- 3-ounce turkey burger patty
- 1 whole-wheat hamburger bun
- 1/2 cup of tomato wedges
- 1 cup of sliced cucumbers
- 1 tablespoon of Italian salad dressing

Snack (289 calories)

- One medium orange
- 1 cup of plain nonfat Greek yogurt
- 1/2 ounce of unsalted peanuts

Dinner (395 calories)

- 3 ounces of grilled chicken breast
- 1 cup of cooked brown rice
- 1.5 cups of cooked asparagus
- 1.25 teaspoons of vegetable oil

Snack (255 calories)

- 2 tablespoons of hummus
- 7 whole-grain crackers
- 1/2 ounce of unsalted cashews

http://diet.lovetoknow.com/wiki/Free_Diet_Plan_for_Insulin_Resistance