

Meal Plans

Developing healthy eating habits not only encompasses the right calorie level, but also a variety of foods to promote health.

These meal plans are designed to use with the Barix Clinics Nutrition Guide and individual calorie goal provided by your Barix Nutritionist. Note the smaller serving sizes listed on the Barix Clinics Nutrition Guide. Enjoy free choice calories—a small no added sugar treat, a small serving of chips and salsa, or some added butter each day to keep you from feeling deprived.

800 Calorie							
	Milk	Meat	Fruit	Vegetable	Grain	Free Choice	Total
Servings	4	3	1	2	3		13
Calories	180	420	35	68	105		808
Protein	16	42	0	2	3		63
1000 Calorie							
	Milk	Meat	Fruit	Vegetable	Grain	Free Choice	Total
Servings	4	3	2	2	4		15
Calories	180	420	70	68	140	100	978
Protein	16	42	0	2	4		64
1200 Calorie							
	Milk	Meat	Fruit	Vegetable	Grain	Free Choice	Total
Servings	5	3	3	3	6		20
Calories	225	420	105	102	210	150	1212
Protein	20	42	0	3	6		71
1400 Calorie							
	Milk	Meat	Fruit	Vegetable	Grain	Free Choice	Total
Servings	6	4	4	3	6		23
Calories	270	560	140	102	210	100	1382
Protein	24	56	0	3	6		89
1600 Calorie							
	Milk	Meat	Fruit	Vegetable	Grain	Free Choice	Total
Servings	6	4	4	4	6		24
Calories	270	560	140	136	210	300	1616
Protein	24	56	0	4	6		90
1800 Calorie							
	Milk	Meat	Fruit	Vegetable	Grain	Free Choice	Total
Servings	6	4	5	4	8		27
Calories	270	560	175	136	280	400	1821
Protein	24	56	0	4	8		92

AN EATING GUIDE FOR REGULAR FOODS

This guide will help you select healthy foods and beverages once you advance to regular foods. Choose the appropriate number of servings from each food group for a well-balanced diet that will help you to reach a healthy weight. Those foods with a caloric density of 68 or less help you feel satisfied while consuming fewer calories. Beverages should be calorie free with the exception of up to 6 oz of fruit juice and 24 oz of skim milk daily. Although examples have been given within each food group, the lists are not extensive. If you have questions, contact your Barix Nutritionist.

Milk Group

Foods and beverages from this food group are generally a very good source of protein. Choose four to six small servings each day.

Food/Beverage	Serving	Calories	Caloric Density	Protein (grams)
Choose				
Milk, skim	½ cup	43	n/a	4
Milk, ½ %	½ cup	47	n/a	4
Milk, 1%	½ cup	51	n/a	4
Evaporated nonfat milk (can)	½ cup	100	n/a	10
Buttermilk	½ cup	50	n/a	4
Yogurt, fat free, no added sugar	½ cup	60	n/a	3
Cottage cheese, nonfat	½ cup	80	20	15
Cottage cheese, 1%	½ cup	82	21	14
Cottage cheese, 2%	½ cup	102	26	15
Cheese, low fat	1 oz	49	49	7
Sour cream, low fat	1 oz	35	35	0
Limit -- Higher Fat and Calorie Content				
Milk, 2%	½ cup	61	n/a	4
Milk, whole or homogenized	½ cup	80	n/a	4
Cream, half & half	1 T	20	n/a	0
Cream, heavy	1 T	52	n/a	0
Cream, light	1 T	44	n/a	0
Sour cream	1 T	52	n/a	0
Cheese, cheddar	1 oz	114	114	7
Cheese, American	1 oz	106	106	6
Cheese, mozzarella, part skim	1 oz	72	72	7
Ice cream, no-added-sugar	1/2 cup	120	n/a	2
Avoid – Higher Sugar Content				
Non-dairy creamers, flavored coffee creamers, yogurt with added sugar, ice cream				

Meat Group

Foods from this group are generally a very good source of protein. Some people may have difficulty tolerating tough or dry meats. Cut the food into very small pieces and chew well. Choose four to eight ounces (depending on protein goal) of lean meat, fish or poultry daily. Prepare with limited amounts of fat.

Food/Beverage	Serving	Calories	Caloric Density	Protein (grams)
Choose				
Lean cuts of meat w/visible fat removed	2 oz	75-110	38-55	16
Fish, shellfish (baked, broiled, steamed)	2 oz	40-102	20-51	12-16
Poultry, light meat, no skin	2 oz	52-99	26-50	16
Poultry, dark meat, no skin	2 oz	110	53-59	16
Egg, large	1 each	78	49	6
Egg substitute	¼ cup	23	12	5
Tuna, packed in water	2 oz	66	33	14
Beans	½ cup	143	36	6
Hot dogs, fat free	1 each	39	23	7
Deli meats, low fat	2 oz	60-70	30-40	8-10
Low fat vegetarian choices	varies	varies	varies	varies
Limit --Higher Fat and Calorie Content				
Beef brisket	2 oz	204	102	16
Ground beef, lean	2 oz	143	72	14
Ground beef, regular	2 oz	164	82	14
Short ribs	2 oz	178	89	14
Bacon	2 oz	280	140	16
Sausage	2 oz	222	111	12
Hot dog	1 each	180	95	7
Bologna	2 oz	148	74	9
Peanut Butter	2 T	188	188	8
Fried meats	varies	varies	varies	varies
Avoid – Higher Sugar Content				
Some peanut butter				

Tip: Meats can be especially difficult to chew to a paste consistency. Select tender moist meat and start with a bite that is smaller than an M & M.

Vegetable Group

Foods from this group are not good sources of protein. Choose foods from the Milk Group or Meat Group to meet your protein goal first. Then add foods from this group, three to six small servings per day. Choose a dark green leafy and yellow or orange vegetable three times each week for Vitamin A.

Food/Beverage	Serving	Calories	Caloric Density	Protein (grams)
Choose				
Fresh or frozen vegetables	¼ cup	11-33	8-24	1
Canned fruits packed in water, drained	¼ cup	11-33	8-24	1
Limit – Higher Fat and Calorie Content				
Vegetables prepared with butter, cheese or sauce				
Avoid – Higher Sugar Content				
Vegetable juices with added sugars, vegetables with added sugar				

Fruit Group

Foods from this group are not good sources of protein. Choose foods from the Milk Group or Meat Group to meet your protein goals first. Then add two to four small servings from this group per day. Choose a good source of Vitamin C, such as an orange or grapefruit, daily.

Food/Beverage	Serving	Calories	Caloric Density	Protein (grams)
Choose				
Fresh or frozen fruits w/o added sugar	¼ cup	11-29	9-13	0
Canned fruits packed in water, drained	¼ cup	15	11	0
Fruit or vegetable juices, 100%	¼ cup	12-27	n/a	0
Avoid – Higher Sugar Content				
Canned fruits packed in heavy or light syrup, fruit pie fillings, juice with added sugar, fruit drinks, V-8 Splash, fruit sorbets				

Tip: Make a breadless sandwich using leafy green wraps in place of the bread, and then fill it with lean meat, low fat cheese and veggies.

Grain Group

Foods from this group are not good sources of protein. Choose foods from the Milk Group or Meat Group to meet your protein goal first. Then add foods from this group, four to six small servings per day.

Food/Beverage	Serving	Calories	Caloric Density	Protein (grams)
Choose				
Light whole grain bread	1 slice	35-40	50	2
Whole grain bread	½ slice	32	78	1
English muffin	½	62	71	2
Bagel, small	¼	49	82	2
Crackers, saltines	3	39	130	1
Rice, white, cooked	¼ cup	58	30	1
Pasta noodles, cooked	¼ cup	49	42	1
Cereal, dry, low sugar content	½ cup	60	120	1
Cereal, cooked, no added sugar	¼ cup	36	18	1
Pretzels	½ oz	54	116	1
Limit -- Higher Fat and Calorie Content				
Croissant	1 oz	122	122	2
Biscuit	1 oz	99	99	2
Pancake	1 oz	54	54	1
Avoid – Higher Sugar Content				
Donuts, Danish, muffins, granola, sweetened cereals, fruit breads				

Sample Menus

On the following pages you'll find sample menus to help you pull it all together--recipes follow. Use the Barix Clinics Nutrition Guide to make substitutions. Rather than focusing on a calorie level, select healthy foods, eat slowly and stop when you feel comfortable or when you have consumed a maximum of ¾-1 cup of food.

Sample Menu 1

	800 Calorie Sample Menu				1100 Calorie Sample Menu				1400 Calorie Sample Menu			
	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs
Breakfast												
Cheerios	½ cup	52	2	5	½ cup	52	2	5	½ cup	52	2	5
Skim Milk	¼ cup	22	2	3	¼ cup	22	2	3	¼ cup	22	2	3
Banana	½ small	45	0	6	½ small	45	0	6	½ small	45	0	6
Snack												
Apple	½ small	38	0	5	½ small	38	0	5	1 small	76	0	10
Peanut Butter	n/a				1 Tbsp	95	4	4	2 Tbsp	180	8	8
Yogurt	4 oz	54	3	9	4 oz	54	3	9	4 oz	54	3	9
Lunch												
Light Bread	1 slice	46	2	10	2 slices	92	4	20	2 slices	92	4	20
Lean Deli Turkey	2 oz	58	10	0	2 oz	58	10	0	2 oz	58	10	0
Cheddar Cheese	n/a				1 oz	113	7	0	1 oz	113	7	0
Miracle Whip Free	1 Tbsp	13	0	2	1 Tbsp	13	0	2	1 Tbsp	13	0	2
Snack												
Milk, skim	1 cup	72	7	1	1 cup	72	7	1	1 cup	72	7	1
Protein, Matrix Strawberry	1 scoop	110	23	2	1 scoop	110	23	2	1 scoop	110	23	2
Frozen Strawberries	¼ cup	13	0	3	¼ cup	13	0	3	¼ cup	13	0	3
Dinner												
Broiled Chicken Breast	3 oz	138	27	0	3 oz	138	27	0	3 oz	138	27	0
Cooked Vegetables	¼ cup	22	1	1	¼ cup	22	1	1	¼ cup	22	1	1
Mashed Potatoes	n/a				1/4 cup	50	2	10	1/4 cup	50	2	10
Margarine	n/a				n/a				1 Tbsp	60	0	0
Snack												
Cottage Cheese, 2% fat	½ cup	97	13	4	½ cup	97	13	4	½ cup	97	13	4
Raspberries	¼ cup	16	0	4	¼ cup	16	0	4	¼ cup	16	0	4
Other												
Orange Juice	n/a				n/a				6 oz	78	1	18
Milk, skim	n/a				n/a				4 oz	45	4	6
Total		796	90	55		1100	105	79		1406	114	112

Sample Menu 2

	800 Calorie Sample Menu				1100 Calorie Sample Menu				1400 Calorie Sample Menu			
	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs
Coffee, 2 T Sugar Free Flavored Creamer	1 cup	30	0	4	1 cup	30	0	4	1 cup	30	0	4
Breakfast												
Breakfast Mini Quiche	4	101	17	1	4	101	17	1	4	101	17	1
Fresh Peach	1/2	30	0	7	1/2	30	0	7	1/2	30	0	7
Toast with Peanut Butter	n/a				n/a				1 slice bread 2 Tbsp pb	190	7	8
Snack												
Pepper Slices	½ cup	23	1	5	½ cup	23	1	5	½ cup	23	1	5
Hummus	1 oz	46	2	4	1 oz	46	2	4	1 oz	46	2	4
Lunch												
Low carb flour tortilla	1 each	120	5	19	1 each	120	5	19	1 each	120	5	19
Pizza sauce	2 Tbsp	17	0	2	2 Tbsp	17	0	2	2 Tbsp	17	0	2
Parmesan Cheese	1 Tbsp	21	2	0	2 Tbsp	42	4	0	2 Tbsp	42	4	0
Lean Ham	1 oz	30	5	0	2 oz	60	10	0	2 oz	60	10	0
Snack												
Milk, Skim	1 cup	90	8	12	1 cup	90	8	12	1 cup	90	8	12
Matrix protein	1/2 scoop	55	12	1	1 scoop	110	23	2	1 scoop	110	23	2
Dinner												
Turkey and Ch. Grill	2 oz turkey, 1 oz cheese	153	16	1	3 oz turkey, 1 oz cheese	178	20	2	3 oz turkey, 2 oz cheese	253	27	3
Cooked Vegetables	1/4 cup	22	1	1	1/4 cup	22	1	1	1/4 cup	22	1	1
Snack												
Dannon Light and Fit Yogurt	6 oz	80	5	9	6 oz	80	5	9	6 oz	80	5	9
Fresh Berries	¼ cup	16	0	4	¼ cup	16	0	4	¼ cup	16	0	4
Other												
Apple Juice	n/a				6 oz	88	0	22	6 oz	88	0	22
Milk, Skim	n/a				8 oz	90	8	12	8 oz	90	8	12
Total		804	74	66		1113	104	102		1378	118	111

Sample Menu 3

	800 Calorie Sample Menu				1100 Calorie Sample Menu				1400 Calorie Sample Menu			
	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs
Breakfast												
Premier Protein	1 shake	160	30	5	1 shake	160	30	5	1 shake	160	30	5
Snack												
Cherry Tomatoes	½ cup	9	0	2	½ cup	9	0	2	½ cup	9	0	2
Cheese Stick	1	72	7	1	2	144	14	2	2	144	14	2
Lunch												
Mixed greens	¾ cup	40	1	0	¾ cup	40	1	0	¾ cup	40	1	0
Fresh Veggies	¼ cup	4	0	1	¼ cup	4	0	1	¼ cup	4	0	1
Salad Dressing, light	2 Tbsp	50	0	6	2 Tbsp	50	0	6	2 Tbsp	50	0	6
Hardboiled Eggs	2	154	12	0	2	154	12	0	2	154	12	0
Shredded Cheese	n/a				¼ cup	110	6	1	¼ cup	110	6	1
Snack												
Almonds	11	85	3	2	11	85	3	2	22	170	6	4
Dinner												
Impossibly Easy Cheese-burger Pie	1/2 serving	160	13	5	1/2 serving	160	13	5	1 serving	320	26	10
Cooked Vegetables	¼ cup	4	0	1	¼ cup	4	0	1	¼ cup	4	0	1
Snack												
Quest Protein Bar	1/2 bar	90	10	12	1 bar	180	20	24	1 bar	180	20	24
Other												
Milk, Skim	n/a				n/a				1/2 cup	45	4	6
Total		828	76	35		1100	99	49		1390	119	62

Sample Menu 4

	800 Calorie Sample Menu				1100 Calorie Sample Menu				1400 Calorie Sample Menu			
	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs
Breakfast												
Cheesy Egg Cup	1 serving	95	15	3	1 serving	95	15	3	1 serving	95	15	3
Cantaloupe	1/4 cup	15	1	5	1/4 cup	15	1	5	1/4 cup	15	1	5
English Muffin	n/a				1/2	60	2	13	1	120	4	25
Margarine	n/a				2 tsp	40	0	0	1 Tbsp	60	0	0
Snack												
Peanut Butter	1 Tbsp	95	4	4	1 Tbsp	95	4	4	1 Tbsp	95	4	4
Apple Slices	1/2 small	38	0	5	1/2 small	38	0	5	1/2 small	38	0	5
Lunch												
Ham and Muenster Roll-up	2 oz lean ham and 1 oz cheese	183	17	2	2 oz lean ham and 1 oz cheese	183	17	2	2 oz lean ham and 1 oz cheese	183	17	2
carrot sticks	4 oz	49	1	11	4 oz	49	1	11	4 oz	49	1	11
Snack												
Skim Milk	1 cup	90	8	12	1 cup	90	8	12	1 cup	90	8	12
Matrix Vanilla Protein Powder	n/a				1 scoop	110	23	2	1 scoop	110	23	2
Dinner												
Slow Cooker Pot Roast	1/2 serving	180	15	6	3/4 serving	270	23	9	1 serving	360	30	12
side salad	1/2 cup	4	0	1	1/2 cup	4	0	1	1/2 cup	4	0	1
light dressing	1 Tbsp	25	0	3	1 Tbsp	25	0	3	1 Tbsp	25	0	3
Snack												
Cottage Cheese, 2% fat	1/4 cup	49	7	2	1/4 cup	49	7	2	1/4 cup	49	7	2
Other												
Milk, Skim	n/a				n/a				1 cup	90	8	12
Totals		823	68	54		1123	101	72		1383	118	99

Sample Menu 5

	800 Calorie Sample Menu				1100 Calorie Sample Menu				1400 Calorie Sample Menu			
	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs	Serving Size	Calories	Protein	Carbs
Breakfast												
scrambled egg substitute with veggies	1/2 cup egg sub and 1/4 cup chopped veggies	71	15	2	1/2 cup egg sub and 1/4 cup chopped veggies	71	15	2	1/2 cup egg sub and 1/4 cup chopped veggies	71	15	2
Toast with Peanut Butter	n/a				1 slice bread, 2 Tbsp pb	190	7	8	1 slice bread, 2 Tbsp pb	190	7	8
Snack												
Atkins Protein Bar	1/2	125	8	12	1/2	125	8	12	1	250	16	24
Lunch												
McDonald's Grilled Snack Wrap w/o sauce	1	230	16	24	1	230	16	24	1	230	16	24
Fresh Melon	n/a				1/4 cup	15	0	4	1/4 cup	15	0	4
Snack												
Cut Veggies	3/4 cup	25	2	5	3/4 cup	25	2	5	3/4 cup	25	2	5
Laughing Cow Cheese Light	1 wedge	35	2	1	2 wedges	70	4	2	2 wedges	70	4	2
Dinner												
Grilled Salmon	3 oz	155	22	0	3 oz	155	22	0	3 oz	155	22	0
Red Skin Pot	1/4 cup	77	2	17	1/4 cup	77	2	17	1/4 cup	77	2	17
Margarine	n/a				1 Tbsp	60	0	0	1 Tbsp	60	0	0
Snack												
Mini Babybel Cheese	2	100	12	0	2	100	12	0	3	150	18	0
Other												
Milk, Skim	n/a				n/a				1 cup	90	8	12
Total		818	79	61		1118	88	74		1383	110	98

SAMPLE MENU RECIPES

Slow Cooker Pot Roast

4 pounds chuck roast
1 packet dry onion soup mix
1 cup water
3 carrots, chopped
1 onion, chopped
3 potatoes, peeled and cubed
1 stalk celery, chopped
optional: salt and pepper to taste

Season the chuck roast with salt and pepper to taste if desired. Brown on all sides in a large skillet. Place in the slow cooker and add the soup mix, water, carrots, onion, potatoes and celery. Cover and cook on the low setting for 8 to 10 hours. Makes 12 servings.

Nutrition information per serving: 361 calories, 31 grams protein, 20 grams fat, 12 grams carbohydrate, 182 mg sodium.

Impossibly Easy Cheeseburger Pie

1 lb extra lean ground beef
1 cup chopped onion
1/2 tsp salt
1 cup shredded Cheddar cheese
1 cup Reduced Fat Bisquick
1 cup skim milk
1/2 cup liquid egg substitute

Heat oven to 400 degrees F. Grease 9" pie plate. Cook ground beef and onion in skillet until beef is brown; drain. Stir in salt. Spread in pie plate; sprinkle with cheese. Stir remaining ingredients in separate bowl until well mixed. Pour into pie plate. Bake for 25 minutes or until a knife inserted in the center comes out clean. Makes 6 servings.

NOTE: To reduce fat, use extra lean ground turkey in place of the ground beef.

Nutrition information per serving: 310 calories; 26 grams protein; 18 grams fat; 9 grams carbohydrate; 243 mg sodium; 205 mg calcium.

Turkey and Cheese Grill

2 oz sliced turkey
1 oz Muenster cheese

Place turkey flat in a nonstick skillet and heat on medium. As turkey begins to heat, top with cheese and roll sides. Flip and heat on other side until cheese is melted. Makes 1 serving.

Nutrition information per serving: 153 calories, 16 grams protein, 1 gram carbohydrate.

Tortilla Pizza

1 flour tortilla, low carb
2 Tbsp pizza sauce
1 Tbsp Parmesan cheese
1 oz lean ham, diced

In a nonstick skillet, heat flour tortilla on medium heat. Spread pizza sauce on the top evenly. Sprinkle cheese and ham. Heat until tortilla browned on bottom and cheese is melted. Makes one serving.

Nutrition information: 188 calories, 12 grams protein, 21 grams carbohydrate.

Breakfast Mini Quiche

6 green onions, diced
¼ pound lean ham, diced
¼ cup Colby Jack cheese, shredded
2 Tbsp Parmesan cheese, grated
1 ¼ cup egg substitute, beaten
½ tsp salt
1 tsp marjoram
dash black pepper

Preheat oven to 350 degrees. Mix all ingredients together. Spray mini muffin tins with cooking spray. Spoon mixture into muffin tins (makes 24). Bake for 30 minutes. Cool for 5 minutes. Remove from muffin tin and enjoy. Makes 6 servings.

Nutrition information per serving: 101 calories, 17 grams protein, 5 grams fat, 1 gram carbohydrate, 599 mg sodium.

