

3000 Calorie Life Style Diet

Meal	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk / Dairy			Extra Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
Breakfast	2		1			2			1		
Snack			1						2		
Lunch	2	2	1		2		1				1
Snack	1	2	1							3	
Dinner	1	2	1	2			1				
Snack	2		1							3	1
3000 Calories											
FOODS TO SELECT	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk			Extra Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
	Grits (1/2 c) Oatmeal (1/2c) Bread (1sl)	String beans (1/2c)	Apple Sauce (1/2c)	Chicken Breast (1oz)	Egg (1)	Bacon (3) Pork Sausage (1 oz)	Butter (1oz) Peanut butter smooth/creamy (2T)	Milk 1 % (8oz)	Puddings (1/2 cup)	Whole Milk (8 oz)	Cheeseburger Deluxe
	Pancakes (3) Waffle (2) French Toast (2)	Carrots (1/2c) Broccoli (1/2c) Cabbage (1/2 c)	Apple (1) Raisins (2/3 cup)	Baked Fish (1 oz)	Beans (1/2 c) Pork Chops (2oz)	Sausage patty (1) Ground Pork (1oz)	Olive Oil (1T) Tartar Sauce (1T)	Jell-o Pudding pops (1)	Cottage Cheese (4oz)	American Cheese Processed (1oz)	Bacon Cheesburger Protein Shake
	Cheerios (1 1/4 c) Mixed vegetables (1/2c)	Mushrooms (1/2 c) V-8 Vegetable Cocktail (6oz)	Pears (1) Banana (1/2) Apple (1)	Baked Chicken (1 oz)	Corn beef (1oz) Beef Bologna (1sl)	Hot dogs (1) All kinds Salami (1 oz) Cold Cuts (1oz)	Corn Oil (1T) French Dressing (1T) Italian Dressing (1T)	Grated Parmesan (1T)	Feta Cheese (1oz) Cheese spread (1oz)	Brie (1oz) Ricotta (1oz) Swiss Cheese (1oz)	Chicken Sandwich Taco Supreme Salad Chicken Strips
	Potatoes or pasta or Rice (1/2 c) Corn (1/2 c)	Watercress (1/2c) Cabbage (1/2 c)	Grapes (10)	Deli Thins (1oz)	Ground Turkey (1oz)	Spare Ribs (1 oz)	Thousand Island (1T)	Sherbet (1/2 c)	Sour Cream (2 oz)	Provolone (1oz)	Chicken Nuggets
	Sweet peas (1/2c) Yucca/Plantain (1/2 c) Tortilla (6 inches)	Tomatoes (1/2 c) Spinach (1/2 c) Lettuce (1 c)	Cranberry Juice (1/3c)	Tuna in water (1oz)	Ground Beef (1 oz) Fried Fish (1oz)	Parmesan Cheese (1slice)	Ranch Dressing (1T) Mayonnaise (1T)		Fruited yogurt (6oz)	Cheddar Cheese (1oz)	Lasagna Pizza
	Low fat popcorn (3 c) Pretzel (3/4 oz) Nachos (10)	Cucumbers (1 c)	Papaya juice (1/3 c)	Turkey Ham (2 slices)	Wing baked (1)	Italian Sausage (1 oz)			Ice cream (1/2c)	Muenster Cheese (1oz)	Spaghetti and Meat Sauce
	Animal Crackers (8)			Turkey salami (2 slices)	Salmon (1 oz)	Peanut Butter (1T)			Cheez Whiz (1oz)	Cream cheese (2T)	Chocolate Cake
				Beans (1/2 c))		Chicken thigh/leg (1oz)				Blue Cheese (1oz)	

INSTRUCTIONS FOR THE 3000 CALORIE LIFE STYLE DIET

Meal	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk			Extra Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
Breakfast	2		1			2			1		
Snack			1						2		
Lunch	2	2	1		2		1				1
Snack	1	2	1							3	
Dinner	1	2	1	2			1				
Snack	2		1							3	1
Total	8	6	6	6			2	9			2

Table A

Calories 3000 = Carbohydrate 332 grams Fat 117 grams Protein 156 grams

Purpose:

This 3000-calorie diet is designed to provide calories to promote on an average a healthy 2 pound-weight gain per week and is one of four lifestyle diets to choose from. You will learn the process for gaining weight, make healthier food choices, and learn about the different categories of food with the 3000-calorie lifestyle diet.

How it Works? (Review Table A)

In the six columns above, there are food groups and numbers. The numbers indicate how many times you can have that food group in a single day. The chart shows for the 3000 calorie diet: eight servings of starches, six vegetables, 6 fruits, 6 servings of meat, 2 fats, nine milks, and 2 extra foods. The meal column divides the numbers of servings into 6 meals per day. Turn to the front of the diet program and you will find another table below Table A called "Foods to Select". This table gives example of foods with serving sizes for consumption. "Extra Foods" means calories.

Something to Chew On:

A reasonable goal is to try and get back to your own healthy weight. Eat small frequent meals, add snacks between meals and keep your favorite foods within reach, such as near the bed, couch or chair.