

## Sample 7-Day Meal Plan | 2000-2300 Calories | Lactose Intolerance

**By Kylie Mignone, MSU Dietetic Intern**

1 Carb = 100 calorie serving of grain, fruit, or starchy vegetable

1 Protein = 100 calorie serving of chicken, turkey, pork, beef, eggs, tofu, low-fat dairy

1 Fat = 100 calorie serving of nuts, avocado, nut butter, plant oils

Veggies = unlimited → aim for 3-5 servings a day

Exchange source: <http://optaviamedia.com/pdf/July2017HealthyExchangeSheet.pdf>

### Day 1

Meal	Recipe + Portions	Nutrient Information
Breakfast	<ul style="list-style-type: none"> <li>¾ cup of oatmeal - add cinnamon</li> <li>1 cup blueberries</li> <li>1 tbsp almonds</li> <li>2 hard-boiled eggs</li> </ul>	<ul style="list-style-type: none"> <li>2 carbs</li> <li>2 protein</li> <li>1 fat</li> </ul>
Snack	<ul style="list-style-type: none"> <li>¼ cup dried edamame</li> <li>1 apple</li> </ul>	<ul style="list-style-type: none"> <li>1 protein</li> <li>1 carb - fruit</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Burrito Bowl</li> <li>¾ cup of brown rice</li> <li>¼ cup black beans</li> <li>4 oz grilled chicken or tofu</li> <li>1 cup romaine lettuce</li> <li>½ cup fajita veggies</li> <li>4 tbsp guacamole</li> </ul>	<ul style="list-style-type: none"> <li>2 carbs</li> <li>2 protein</li> <li>2 veggies</li> <li>2 fats</li> </ul>
Snack	<ul style="list-style-type: none"> <li>¼ cup hummus</li> <li>½ cup pretzels</li> <li>½ cup carrots</li> </ul>	<ul style="list-style-type: none"> <li>1 protein</li> <li>1 carb</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>5 oz grilled steak</li> <li>½ cup wild rice</li> <li>½ cup roasted eggplant</li> <li>1 cup spinach salad with strawberries</li> <li>1 tbsp olive oil &amp; balsamic vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>2 protein</li> <li>2 carb</li> <li>1 fat</li> <li>2 veggies</li> </ul>

### Day 2

Meal	Recipe + Portions	Nutrient Information
Breakfast	1 cup Soy yogurt ½ cup granola ½ cup raspberries 1 tbsp nut butter	2 protein 2 carbs - 1 from fruit 1 fat
Snack	¼ cup trail mix 1 banana	1 protein 1 carb - fruit
Lunch	1 whole Whole grain tortilla 4 oz deli turkey slices 4 tbsp hummus ½ cup spinach ½ cup sliced bell peppers ¼ cup sliced carrots ½ cup grapes	2 carb 2 protein 2 fat 2 veggies
Snack	1 tbsp nut butter ½ cup pretzels	1 protein 1 carb
Dinner	4 oz tilapia (broiled or baked) ⅔ cup whole wheat pasta ½ cup zucchini noodles ¼ cup artichoke hearts ½ cup diced tomatoes 2 tsp olive oil	2 protein 2 carb 2 fat 2 veggies

### Day 3

Meal	Recipe + Portions	Nutrient Information
Breakfast	Microwave Omelet in a Mug 2 eggs 2 tbsp Soy milk ¼ cup diced bell peppers Pinch of pepper  1 piece Wheat toast 1 tbsp of peanut butter 1 tsp berry jam	2 carbs 2 protein 1 fat
Snack	1 tbsp peanut butter 1 Plain Rice cake 1 banana sliced	1 protein 1 carb
Lunch	1 - 6.5 oz can tuna or salmon	3 protein

	½ avocado ½ cup whole-grain crackers ½ cup grapes ½ cup carrots ½ cup sliced bell pepper	1 fat 2 carbs - 1 from fruit 2 veggies
Snack	½ cup Soy yogurt ¼ cup granola ¼ cup strawberries	1 protein 1 carb - fruit
Dinner	Beet & Brussel Sprout Bowl 4 oz grilled chicken ⅓ cup quinoa ½ cup butternut squash ½ cup roasted beets ½ cup roasted Brussel sprouts 1 cup spinach 2 tbsp lemon-olive oil vinaigrette	2 protein 2 carb 1 fat 3 veggies

#### Day 4

Meal	Recipe + Portions	Nutrient Information
Breakfast	Overnight oats ½ cup oats 3 tbsp flax or chia seeds ½ cup Soy milk 1 banana 1 tbsp nut butter	2 carbs 2 protein 1 fat
Snack	Kiwi ¼ cup mixed nuts	1 protein 1 carb - fruit
Lunch	4 oz grilled chicken 1 - 6 in pita bread ½ cup spinach 1 tbsp tahini  Greek quinoa salad ⅓ cup quinoa ½ cup tomatoes ½ cup cucumbers ¼ cup chickpeas 2 tbsp lemon vinaigrette	2 protein 2 carb 2 fat

Snack	1 - RX, Kind, or Laura bar 1 peach	1 protein 1 carb
Dinner	Stuffed Sweet Potato 4 oz seasoned ground turkey ½ cup black beans 1 baked sweet potato (can cook in instapot or microwave) ½ cup sauteed spinach ½ cup diced tomatoes 1 tbsp tahini mixed with 2 tsp lemon juice	2 protein 2 carb 2 veggies 1 fat

### Day 5

Meal	Recipe + Portions	Nutrient Information
Breakfast	Breakfast burrito or taco 1 whole-grain tortilla 2 eggs, scrambled ½ cup bell pepper and onions 2 oz avocado 1 tbsp salsa	2 carbs 2 protein 1 fat
Snack	1 tbsp nut butter 1 cup celery	1 protein 1 carb - fruit
Lunch	BLT Pasta Salad 2 cups romaine lettuce 4 oz turkey bacon or Canadian bacon 1 cup Roma tomatoes, diced ⅓ cup whole wheat shell pasta 2 tbsp olive oil vinegrette dressing  1 peach 2 tbsp almonds	2 protein 2 carb 2 fat 2 veggies
Snack	½ cup Air-fryer roasted chickpeas 2 plums	1 protein 1 carb
Dinner	5 oz BBQ Pulled Pork 1 whole-grain roll	2 protein 2 carb

	1 cup cucumber salad (cucumber, onion, tomatoes, and olive oil vinaigrette) ½ cup roasted or steamed zucchini and summer squash	1 fat 2 veggies
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### Day 6

Meal	Recipe + Portions	Nutrient Information
Breakfast	Chia Seed Pudding ½ cup soy milk 2 tbsp chia seeds 2 tsp honey 1 cup berries 2 tbsp walnut pieces ¼ cup granola	2 carbs 2 protein 1 fat
Snack	1 hard-boiled egg 1 peach	1 protein 1 carb - fruit
Lunch	Buffalo Chicken Wrap 1 Whole wheat tortilla 4 oz grilled chicken 3 tbsp buffalo/hot sauce ½ cup chopped celery ½ cup spinach/mixed greens ¼ cup diced tomatoes  ½ cup carrots ½ cup tortilla chips ¼ cup guacamole	2 protein 2 carb 2 fat 3 veggies
Snack	1 turkey-jerky stick 1 pear or 1 cup canned pear	1 protein 1 carb
Dinner	Instapot Egg Roll in a Bowl 4 oz ground turkey, chicken, or pork + seasonings 2 cups mixed cabbage, shredded carrots, bell pepper, and onion ⅔ cup brown rice 1 tsp sesame oil	2 protein 2 carb 1 fat 2 veggies

### Day 7

Meal	Recipe + Portions	Nutrient Information
Breakfast	1 Multigrain bagel 1 egg, scrambled with 1 cup cooked spinach 1 turkey sausage patty 2 tsp butter, margarine, or avocado	2 carbs 2 protein 1 fat 1 veggie
Snack	½ cup of soy yogurt 1 cup berries	1 protein 1 carb - fruit
Lunch	⅓ cup quinoa ½ cup roasted or stemed sweet/regular potato ½ cup beans 4 oz teriyaki tofu ½ cup purple cabbage ½ cup roasted broccoli 4 oz avocado 1 tsp sesame oil	2 protein 2 carb 2 fat 2 veggies
Snack	¼ cup trail mix 3 cups popcorn	1 protein 1 carb
Dinner	4 oz Balsamic glazed- chicken breast 1 cup roasted or steamed butternut squash ⅓ cup corn 1 cup roasted or steamed green beans 1 tsp olive oil	2 protein 2 carb 1 fat 2 veggies