1,600-Calorie Food Group Allotments

Below is a sample 1,600-calorie meal plan adapted from the Dietary Guidelines for Americans 2015 eating patterns. It is adapted to be between 50 and 75 grams of carbs.

- 4 1/2 cups non-starchy vegetables
- 1/2 cup fruit
- 8 ounces protein foods
- 3 cups lower-carb dairy foods
- 8 teaspoons oils

Sample Meal Plan

Using daily food group allotments above as guidelines, follow the meal plan below to create your own 1,600-calorie, lower-carb menus:

**Breakfast**
- 1 cup dairy
- 2 ounces protein
- 1 teaspoon oils

**Snack**
- 1/4 cup fruit
- 2 teaspoon oils
- 1 cup dairy

**Lunch**
- 3 ounces protein
- 2 cups non-starchy vegetables
- 2 teaspoon oils

**Snack**
- 1 cup dairy
- 1/4 cup fruit
- 1 teaspoon oils

**Dinner**
- 3 ounces protein
- 2 1/2 cups non-starchy vegetables
- 2 teaspoons oils
Foods to Choose From

Below are foods you can pick (from each food group) to create low-carb menus based on the sample 1,600-calorie meal plan above.

1-Cup Equivalents of Non-Starchy Veggies
(2 cups of leafy greens counts as a 1-cup equivalent)

- Leafy greens
- Spinach
- Broccoli
- Cauliflower
- Cucumbers
- Celery
- Cabbage
- Tomatoes
- Bell peppers
- Mushrooms
- Onions
- Zucchini
- Green beans
- Asparagus

1-Cup Equivalents of Fresh/Frozen Fruit

- Apples
- Cantaloupe
- Honeydew melon
- Watermelon
- Blueberries
- Blackberries
- Strawberries
- Raspberries
- Cherries
- Oranges
- Grapefruit
- Peaches
- Pears
- Pineapple
- Plums

1-Cup Low-Carb Equivalent of Dairy Foods

- 1 cup protein-fortified almond milk
- 1 cup soy milk
- 1 cup plain Greek yogurt
- 2 cups low-fat cottage cheese
- 1 slice cheese
1-Ounce Equivalent of Protein Foods
• 1 ounce lean meat, fish, poultry, or seafood
• 1 egg
• 2 ounces tofu

1-Teaspoon Portion of Oils
• 1 teaspoon vegetable oil
• 1 tablespoon salad dressing
• 1 teaspoon mayonnaise
• 1/3 ounce nuts
• 1/3 ounce seeds
• 1 1/2 teaspoons nut butter
• 1/6th avocado
• 8 olives

Sample Menus
Use your sample meal plan to create your own 1,600-calorie, low-carb diet menus. The following sample menus were created using the meal plan above, and the U.S. Department of Agriculture’s Food Tracker.

Sample Menu #1

Breakfast: 1 cup low-fat cottage cheese and 2 scrambles eggs cooked in 1 teaspoon of vegetable oil

Snack: 1/2 orange (or one small Satsuma orange) with 3/4 ounce of almonds and 1/2 cup of plain, nonfat Greek yogurt

Lunch: 5 cups of spinach, 3 ounces of grilled chicken breast, and 2 tablespoons of Italian dressing

Snack: 1/4 cup of cantaloupe with 1 slice Swiss cheese and 1/4 ounce of walnuts

Dinner: 3 ounces of salmon with 2 cups of cooked green beans

Calories: 1,647

Protein: 164 grams (40 percent of calories)

Carbs: 60 grams (20 percent of calories)

Fat: 84 grams (40 percent of calories)
Sample Menu #2

**Breakfast:** 1 ounce of walnuts, 1/2 cup of plain Greek yogurt, and 2 ounces of bacon

**Snack:** 1/4 cup of blackberries, 1 slice provolone cheese, and 1 ounce of pistachios

**Lunch:** 5 ounces of cooked tofu, 1 teaspoons of olive oil, and 2 cups of asparagus

**Snack:** 1 cup of cottage cheese with 1/4 cup of watermelon balls, and 1/4 ounce of almonds

**Dinner:** One 3-ounce turkey burger patty, and 1 cup of sliced cucumbers mixed with 1 cup of cherry tomatoes topped with 2 tablespoons of balsamic vinaigrette.

**Calories:** 1,649

**Protein:** 124 grams (40 percent of calories)

**Carbs:** 63 grams (17 percent of calories)

**Fat:** 107 grams (43 percent of calories)