

## 1,000-Calorie Menu: Day Two

Menu created by John Foreyt, Ph.D.

Food	Amount	Calories
<b>Breakfast:</b>		
Meal Replacement Shake	1 serving	220
Small fruit	1 serving	60
<b>Lunch:</b>		
Meal Replacement Shake	1 serving	220
*Salad or Vegetable	1 serving	40
<b>Dinner:</b>		
**Southwestern Chicken	1 serving	300
**Grilled Vegetables	1 serving	171
<b>Snack:</b>		
Small fruit	1 serving	60
<b>Total Calories</b>		<b>1,002</b>

\*Salads should be prepared with fat-free salad dressing.

\*Vegetables to be prepared without added fats.

\*\*Recipes from:

American Diabetes Association

*Mix 'n' Match Meals in Minutes for People with Diabetes* by Linda Gassenheimer

[www.diabetes.org](http://www.diabetes.org)