

These sample menus can help you get started with meal planning. For more individualized menus or other suggestions, please see a dietitian.

## Breakfast Menus

### For 30 grams Carbohydrate (2 Carb Choices) a meal

Western Option		Chinese American Option	
1 cup cooked oatmeal ½ Tbs. nut butter, few sliced nuts 1 tsp brown sugar (can use sugar substitute such as splenda, equal or truvia)	1 cup Greek yogurt 1 Tbs. low fat granola	½ cup brown rice in soup, mix grain congee or oatmeal 1 egg white, 3 oz. tofu 1 tsp sesame powder	2 slices whole wheat toast 1 pan fried egg 1 slice low fat cheese 1 slice tomato
½ whole grain English muffin 1 Tbs. peanut butter 1 small fruit	½ cup whole grain cereals 4 oz. skim milk 1 small apple with 1 Tbs. peanut butter	1 cup of noodle or macaroni in soup 2 oz. chicken strips ¼ cup edamame and carrots	1 medium meat/veggie bun 1 cup unsweetened calcium-fortified soy milk

### For 45 grams Carbohydrate (3 Carb Choices) a meal

Western Option		Chinese American Option	
1 cup cooked oatmeal ½ Tbs. nut butter, few sliced nuts 1 tsp. brown sugar (can use sugar substitute such as splenda, equal or truvia) 1 cup fruit salad	1 cup flavored Greek yogurt ⅓ cup low-fat granola	1 cup brown rice in soup, mix grain congee or 1½ cups oatmeal 1 egg white, 3 oz. tofu 1 tsp. sesame powder	2 slices whole wheat toast 1 pan fried egg 1 slice low fat cheese 1 slice tomato 1 cup 1% milk
1 whole grain English muffin 1 Tbs. peanut butter 1 small fruit	1 cup whole grain cereal 4 oz. skim milk 1 small apple with 1 Tbs. peanut butter	1 ½ cups of noodle or macaroni in soup 2 oz. chicken strips ¼ cup edamame and carrots	1 medium meat/veggie bun 1 cup unsweetened, calcium-fortified soy milk 2 small tangerines

**For 60 grams Carbohydrate (4 Carb Choices) a meal**

Western Option		Chinese American Option	
1½ cups cooked oatmeal ½ Tbs. nut butter, few sliced nuts 1 tsp. brown sugar (can use sugar substitute such as splenda, equal or truvia)	1 cup flavored Greek yogurt ⅓ cup low fat granola 1 cup berries	1 cup brown rice in soup, mix grain congee or 1½ cups oatmeal 1 egg white, 3 oz tofu 1 tsp. sesame powder 1 small orange	2 slices whole wheat toast 1 pan fried egg 1 slice low fat cheese 1 slice tomato 1 cup 1% milk A small pear
1 whole grain English muffin 1 Tbs. peanut butter 1 medium fruit	1 cup whole grain cereal 8 oz. skim milk 1 med apple with 1 Tbs. peanut butter	2 cups of noodle or macaroni in soup 2 oz. chicken strips ½ cup edamame and carrots	2 medium meat/veggie bun 1 cup unsweetened, calcium fortified soy milk

**Lunch Menus**

**For 45 grams Carbohydrate (3 Carb Choices) a meal**

Western Option		Chinese American Option	
<b>Tuna Sandwich:</b> 2 slices whole grain bread 2 oz. light tuna mix with 1 Tbs. light mayo, chopped celery/carrots 1 slice lettuce/tomato 1 small fruit or 1 cup of soup	<b>Salad:</b> 3 cups mixed greens & tomatoes, bell peppers 2-3 oz. turkey or chicken slices, or tuna 1 Tbs. dried fruit ½ cup beans ¼ cup chopped nuts 2 Tbs. light dressing	<b>Dumplings:</b> 6 dumplings in soup ½ cup cooked broccoli or other vegetables (e.g., Black fungus)  1 small orange	<b>Rice:</b> 1 cup brown rice or brown/white rice mix Ginger stir fry mushroom and chicken <b>Mixed veggies soup:</b> Needle mushroom, tomatoes, black fungus, cabbage in broth
<b>Burger:</b> 1 regular fast food hamburger 1 oz baked chips or ½ cup light ice cream or fruit 1 garden salad with 1 pkg. fat-free herb dressing	<b>Pasta:</b> ⅔ cup pasta ½ cup tomato sauce 2-3 oz. ground turkey or chicken Salad 2 Tbs. light dressing	<b>Stir Fry Noodles</b> 1 cup noodles 2-3 oz. of lean meat ½ cup of mixed color veggies/ beans 1 Tbs. of peanut or canola oil	<b>Stir Fry Brown Rice</b> 1 cup brown rice 1 Tbs. minced ginger ¼ cup edamame 2 oz. lean meat or tofu 2 pieces of seaweed, sliced 1 Tbs. canola or peanut oil

**For 60 grams Carbohydrate (4 Carb Choices) a meal**

Western Option		Chinese American Option	
<p><b>Tuna Sandwich:</b> 2 slices whole grain bread 2 oz. light tuna mix with 1 Tbs. light mayo, chopped celery/carrots 1 slice lettuce/tomato 1 small fruit <b>AND</b> 1 cup soup</p>	<p><b>Salad:</b> 3 cups mixed greens &amp; tomatoes, bell peppers 2-3 oz. turkey or chicken slices, or tuna 2 Tbs. dried fruit ½ cup beans ¼ cup chopped nuts 2 Tbs. light dressing 1 cup fruit salad <b>OR</b> 1 cup</p>	<p><b>Dumplings:</b> 9 dumplings in soup ½ cup cooked broccoli or other vegetables (eg., black fungus)  1 small orange</p>	<p><b>Rice:</b> 1 cup brown rice or brown/white rice mix Ginger stir fry mushroom and chicken <b>Mixed veggies soup:</b> Needle mushroom, tomatoes, black fungus, cabbage in broth 1 small fruit</p>
<p><b>Burger:</b> 1 regular fast food hamburger 2 oz baked chips or 1 cup light ice cream or medium fruit 1 garden salad with 1 pkg. fat-free herb dressing</p>	<p><b>Pasta:</b> 1 cup pasta ½ cup tomato sauce 2-3 oz. ground turkey or chicken Salad 2 Tbs. light dressing 1 small fruit</p>	<p><b>Stir Fry Noodles</b> 1 cup noodles 2-3 oz of lean meat ½ cup of mixed color veggies/ beans 1 Tbs. of peanut or canola oil 1 small fruit</p>	<p><b>Stir Fry Brown Rice</b> 1 cup brown rice 1 Tbs. minced ginger ¼ cup edamame 2 oz. lean meat or tofu 2 pieces of seaweed, sliced 1 Tbs. canola or peanut oil 1 cup cut up fruit</p>

**Dinner Menus**

**For 45 grams Carbohydrate (3 Carb Choices) a meal**

Western Option		Chinese American Option	
<p><b>Fish &amp; Potatoes:</b> 2 oz. sweet potato 1 cup green beans 3-4 oz. broiled fish ½ cup applesauce 8 oz. skim milk 1 Tbs. lower-fat margarine</p>	<p><b>Turkey &amp; Mashed potatoes:</b> ½ cup mashed potato ½ cup corn 1 cup carrots 1 small roll 3-4 oz. turkey 2 Tbs. gravy</p>	<p><b>Pan Fried Dumplings:</b> 6 dumplings Garlic stir fry broccoli or other vegetables  1 small orange</p>	<p><b>Rice:</b> ¾ cup brown rice mixed with ¼ cup cooked oats, 1 tsp. black sesame powder Stir fry tomato, egg and tofu Boiled bitter melon mixed with ½ cup pineapple</p>
<p><b>Burger:</b> 1 hamburger bun 3-4 oz. lean hamburger patty Lettuce, tomato ½ cup pineapple</p>	<p><b>Chicken Kabobs</b> 2-4 oz grilled lightly marinated chicken cubes &amp; sliced bell peppers, summer squash and onions 5 oz. cut-up baked potatoes 1 cup fruit salad</p>	<p><b>Noodle Soup</b> 1 cup noodles in broth 2-3 oz. of lean meat ½ cup of bean sprouts, Napa cabbage &amp; sliced carrots ¼ cup of seaweed</p>	<p><b>Cold Noodle</b> 1 cup soba noodle 2 oz. sliced chicken 1 tsp. sesame seeds ¼ cup peanut sauce 1 cup Wakame bean sprouts salad 1 cup Miso soup</p>

**For 60 grams Carbohydrate (4 Carb Choices) a meal**

Western Option		Chinese American Option	
<b>Fish &amp; Potatoes:</b> 4 oz. sweet potato 1 cup green beans 3-4 oz. broiled fish ½ cup applesauce 8 oz. skim milk 1 Tbsp. lower fat margarine	<b>Turkey &amp; Mashed potatoes:</b> 1 cup mashed potato 1/2 cup corn 1 cup carrots 1 small roll 3-4 oz. turkey 2 Tbsp. gravy	<b>Pan Fried Dumplings:</b> 9 dumplings Garlic stir fry broccoli or other vegetables 1 small orange	<b>Rice:</b> ⅔ cup brown rice mixed with ⅓ cup cooked oats, 1 tsp. black sesame powder Stir fry tomato, egg and tofu Boiled bitter melon mixed with 1 cup pineapple
<b>Burger:</b> 1 hamburger bun 3-4 oz. lean hamburger patty Lettuce, tomato Small baked fries (3 oz) ½ cup pineapple	<b>Chicken Kabobs</b> 2-4 oz grilled lightly marinated chicken cubes & sliced bell peppers, summer squash and onions 5 oz. cut-up baked potatoes 2 cups fruit salad	<b>Noodle Soup</b> 1½ cups noodles in broth 3-4 oz of lean meat ½ cup of bean sprouts, Napa cabbage & sliced carrots ¼ cup of seaweed	<b>Cold Noodle</b> 1½ cups soba noodle 2 oz. sliced chicken 1 tsp sesame seeds ¼ cup peanut sauce 1 cup wakame bean sprouts salad 1 cup miso soup

**For 75 grams Carbohydrate (5 Carb Choice) a meal**

Western Option		Chinese American Option	
<b>Fish &amp; Potatoes:</b> 4 oz. sweet potato 1 cup green beans 3-4 oz. broiled fish 1 cup applesauce 3 gingersnaps 8 oz. skim milk 1 Tbsp. lower fat margarine	<b>Turkey &amp; Mashed potatoes:</b> 1 ½ cups mashed potato 1/2 cup corn 1 cup carrots 1 small roll 3-4 oz. turkey 2 Tbsp. gravy	<b>Pan Fried Dumplings:</b> 12 dumplings Garlic stir fry broccoli or other vegetables 1 small orange	<b>Rice:</b> 1 cup brown rice mixed with ½ cup cooked oats, 1 tsp black sesame powder Stir fry tomato, egg and tofu Boiled bitter melon mixed with 1 cup pineapple
<b>Burger:</b> 1 hamburger bun 3-4 oz. lean hamburger patty Lettuce, tomato Small baked fries (3 oz) 1 cup pineapple	<b>Chicken Kabobs</b> 4-6 oz grilled lightly marinated chicken cubes & sliced bell peppers, summer squash and onions 6 oz medium baked potato 2 cups fruit salad ½ cup light ice cream	<b>Noodle Soup</b> 1½ cups noodles in broth 3-4 oz of lean meat ½ cup of bean sprouts, Napa cabbage & sliced carrots ¼ cup of seaweed 1 cup sliced apple	<b>Cold Noodle</b> 1½ cups soba noodle 2 oz sliced chicken 1 tsp sesame seeds ¼ cup peanut sauce 1 cup wakame bean sprouts, edamame salad 1 cup miso soup