

2,000 Calorie Menu



Question:

I'd like to understand what it means to eat 2,000 calories per day. What does 2,000 calories look like in terms of food?

Answer:

It's a great idea to understand what eating 2,000 calories every day would look like. Most food labels and other nutrition facts are created using a 2,000 calorie daily diet as the baseline. So, for example, when you see a number for percent daily value (%DV) of fat, that number assumes you're eating about 2,000 calories total each day. Below you can see what types of foods can make up a healthy diet of around 2,000 calories per day.

Day 1:

Breakfast

Black Berry Greek Yogurt Parfait

- Greek yogurt, vanilla 6 ounces
- Black berries, 1 cup
- Cinnamon, ground, 1 tbs

Mid-morning snack

Almonds, 1 oz

Lunch

Vegetarian Whole Wheat Taco

- Whole-wheat tortilla
- Olive oil, 1/2 tbs (cook onion and red pepper with garlic and cumin)
- Onion, raw, 1/4 cup
- Red pepper, raw and sliced, 1/4 cup
- Black beans, rinsed and dried, 1/4 cup
- Salsa, 1/4 cup
- Lettuce, shredded 1/4 cup (garnish)
- Cheddar cheese, shredded, 1/4 cup (garnish)
- Avocado, 1/4

- Season with pepper and salt to taste

Mid-afternoon snack

Apple with 2 tbs peanut butter

Dinner

Chicken Noodle Soup, Parmesan Chicken Cutlet with Raisin Quinoa

- Soup:
 - Olive oil, 1/4 tbs
 - Green onion, sliced 1/4 cup
 - Carrot medium, chopped, 1/2
 - Chicken, cubed, 1/2 cup
 - Egg noodles, 1/2 cup
 - Chicken broth, canned, 1.5 cup
 - Season with pepper
- Baked Chicken
 - Chicken breast, 1/4 lb (s)
 - Parmesan cheese, grated, 1 tbsp
 - Italian bread crumbs, 1/2 tbsp
 - Garlic powder, 1/4 tsp
 - Ground pepper, 1/8 tsp
 - Season with other ingredients
- Quinoa
 - Quinoa (cooked from package), 1/4 cup
 - Tomato, chopped, 1/4 cup
 - Raisins, 1 tbsp
 - Cucumber, chopped, 1/4 cup
 - Lemon juice, 1 tbsp
 - Olive oil, 1/4 tbsp
 - Onion, minced, 1/2 tsp
 - Season with salt and pepper
 - (Can add feta cheese for additional calories)

Nutrition Facts for Day 1:

Calories 1922	<u>Percent Calories From</u>
Fat (g) 81	Protein: 26%
Carbohydrate (g) 175	Fat: 38%
Protein (g) 126	Carbohydrates: 36%
Sodium (mg) 4,150	

Day 2:

Breakfast

Strawberry Banana Yogurt Smoothie

- Banana, 1 medium
- Strawberries, frozen, 1 cup
- Orange juice, 4 oz
- Protein powder, flavored vanilla, 1 scoop
- Flaxseed, 1 tbs
- Greek yogurt, 1/2 cup
- Ice

Mid-morning snack

Cheese stick

Lunch

Goat Cheese and Craisin Salad

- Spinach, 2 cups
- Goat cheese, 1 oz
- Craisins, 1 tbs
- Walnuts, 1 oz
- Chicken breast, without skin, 4 oz
- Balsamic vinaigrette dressing, 2 tbs

Mid-afternoon snack

Thin pretzel crisps, 1.5 oz

Sabra hummus, 2 tbs

Dinner

Teriyaki Salmon with Baked Zucchini and Sweet Potato

- Salmon and Zucchini
 - Salmon, 5 oz
 - Teriyaki sauce, 2 tbs
 - Olive oil, 1 tbs
 - Sesame seeds, 1 tbsp
 - Zucchini, sliced, 1 medium
 - Scallions, chopped, 2 tbs
- Sweet potato, baked, 1 medium

Nutrition Facts for Day 2:

Calories 1914	<u>Percent Calories From</u>
Fat (g) 72	Protein: 24%
Carbohydrate (g) 201	Fat: 34%
Protein (g) 117	Carbohydrates: 42%
Sodium (mg) 2,763	

Day 3:

Breakfast

Banana, 1 medium
Peanut butter, 2 tbsp
Hard boiled egg

Mid-morning snack

Sesame seeds, 1 oz

Lunch

Turkey Chili

- Black beans, 1/2 cup
- Kidney beans, 1/2 cup
- Tomato sauce, 1/2 cup
- Onions, chopped, 3 tbsp
- Celery, chopped, 3 tbsp
- Carrot, chopped, 3 tbsp
- Turkey, ground, 4 oz
- Olive oil, 1 tbsp
- Cheddar cheese, 1 oz

Mid-afternoon snack

Greek yogurt, flavored, 6 oz

Dinner

Tofu Stir Fry

- Tofu, cubed, 4 oz
- Green pepper, chopped, 1/4 cup
- Red pepper, chopped, 1/4 cup
- Bok choy, 1/2 cup
- Broccoli, 1/2 cup

- Onion, chopped, 1/4 cup
- Olive oil, 1 tbsp
- Brown rice, 3/4 cup

Nutrition Facts for Day 3:

Calories 1954	<u>Percent Calories From</u>
Fat (g) 110	Protein: 21%
Carbohydrate (g) 144	Fat: 50%
Protein (g) 109	Carbohydrates: 29%
Sodium (mg) 3,369	

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG