



Dairy Free Menus for 1600 Calories Per Day

Each Sample Menu will give you healthy meal options that are all approximately 1600 calories for the day.

Sample Menu 1

Breakfast

Cereal with Berries 346 cal

1¼ cups whole grain cereal 225 cal

½ cup rice or almond milk 53 cal

1 cup raspberries 68 cal

8 oz water, green tea or coffee

Snack

10 brown rice crisps 90 cal

5 tbsp salsa 50 cal

Lunch

Grilled Shrimp or Calamari over Spinach Salad 350 cal

4 cups baby spinach 20 cal

7 large grilled shrimp 39 cal

1 cup red onion 67 cal

½ avocado 140 cal

1 whole red pepper 50 cal

1 ½ tbsp raspberry vinaigrette 34 cal

8 oz water, green tea, or unsweetened tea

Snack

1 large orange 98 cal

½ oz veggie cheese 55 cal

Dinner

Penne Primavera 514 cal

3 oz whole wheat penne pasta 270 cal

½ cup tomato sauce 60 cal

1 cup sautéed broccoli 45 cal

1 cup sautéed zucchini 29 cal

3 oz cherry tomatoes 21 cal

1 cup sliced carrots 54 cal

1 tbs veggie parmesan cheese 35 cal

8 oz water, green tea or unsweetened iced tea

Total Cals: 1503



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Sample Menu 2

Breakfast

Coconut or Soy Yogurt with Nuts & Berries 351 cal

1 cup coconut or soy yogurt 140 cal

1 cup blueberries 83 cal

$\frac{3}{4}$ oz cashew nuts (9 pieces) 128 cal

8 oz water, green tea or coffee

Snack

1 large orange 98 cal

$\frac{1}{2}$ oz veggie cheese 55 cal

Lunch

Quinoa with Grilled Vegetables 343 cal

1 cup quinoa 180 cal

2 cups grilled vegetables, mushrooms, peppers, onions 128 cal

1 tsp olive oil 35 cal

8 oz water, green tea, or unsweetened tea

Snack

20 almonds 144 cal

Dinner

Salmon with Brown Rice and Kale 521 cal

5 oz wild salmon 233 cal

1 cup brown rice 205 cal

1 cup kale 83 cal

8 oz water, green tea or unsweetened iced tea

Total Cals: 1512



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Sample Menu 3

Breakfast

Whole Wheat Bagel with Sunflower Seed Butter 357 cals

½ whole wheat bagel or bagel scooped out 120 cals
1 tbsp. sunflower seed butter 170 cals
2 tbsp jam no added sugar 67 cals
8 oz water, green tea or coffee

Snack

1 large banana 147 cals

Lunch

Salmon or veggie burger over salad 353 cals

5 oz grilled/broiled salmon or veggie burger 250 cals
4 cups spring salad mix 30 cals
¾ cup broccoli 23 cals
1 tbs balsamic vinaigrette 50 cals
8 oz water, green tea, or unsweetened tea

Snack

2 oz (2 small squares) dark chocolate 140 cals

Dinner

Vegetable Fajitas 339 cals

1 whole wheat tortilla 170 cals
3 oz green & red peppers 27 cals
¼ cup onions 15 cals
¾ cup broccoli 34 cals
2 tbs salsa 10 cals
2 tsp olive oil 83 cals
8 oz water, green tea or unsweetened iced tea

Total Cals: 1336



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Sample Menu 4

Breakfast

Tofu Vegetable Omelet 372 cal

1 ¼ cups firm tofu 210 cal
1 oz veggie cheese 70 cal
1 small tomato 16 cal
2 oz spinach 76 cal
8 oz water, green tea or coffee

Snack

1 large apple 100 cal
½ tbsp sunflower seed butter 50 cal

Lunch

Veggie Burger 350 cal

1 veggie burger, or grilled vegetables 130 cal
2 tbsp hummus 50 cal
1 large whole wheat pita 170 cal
8 oz water, green tea, or unsweetened tea

Snack

10 brown rice crisps 90 cal
5 tbsp salsa 50 cal

Dinner

Quinoa Salad 532 cal

1 ½ cup quinoa 270 cal
2 oz sautéed spinach 38 cal
½ cup red onion 34 cal
1 oz veggie cheese 70 cal
1 tbs olive oil 120 cal
8 oz water, green tea or unsweetened iced tea

Total Cals: 1544



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Sample Menu 5

Breakfast

English Muffin with Almond Butter 330 cals

- 1 whole wheat English muffin 140 cals
- 1 tbsp almond butter 95 cals
- 1 medium apple 95 cals
- 8 oz water, green tea or coffee

Snack

- ½ cup (small handful) dried cherries or berries (no sugar added) 150 cals

Lunch

Soup and Salad 351 cals

- 1½ cup minestrone or vegetable soup 135 cals
- 1¾ cup garden salad with garbanzo beans 216 cals
- 8 oz water, green tea, or unsweetened tea

Snack

- 1 large banana 147 cals

Dinner

Linguini with Shrimp 516 cals

- 5 large broiled shrimp 27 cals
- 3 oz whole wheat linguine 300 cals
- 1 1/3 tbsp olive oil 155 cals
- 1 clove garlic 4 cals
- ¼ cup green peas 30 cals
- 8 oz water, green tea or unsweetened iced tea

Total Cals: 1494



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Sample Menu 6

Breakfast

Oatmeal with fruit 358 cal

1½ cups instant oatmeal (no added sugar, made with water) 193 cal

1¼ cups fresh strawberries 125 cal

2 tsp honey 40

8 oz water, green tea or coffee

Snack

2 oz (2 small squares) dark chocolate 140 cal

Lunch

Greek Salad 341 cal

1 medium Greek salad w lettuce, onions, cucumbers, tomatoes, olives, peppers 200 cal

2 stuffed grape leaf 81 cal

1 tbs oil and vinegar dressing 60 cal

8 oz water, green tea, or unsweetened tea

Snack

½ cup (small handful) dried cherries or berries (no sugar added) 150 cal

Dinner

Brown Rice and Beans - 525 cal

½ cup brown rice 103 cal

1 cup black beans 240 cal

¾ cup stewed tomatoes 45 cal

1 oz red pepper 9 cal

¼ cup corn 33 cal

2 tsp. olive oil 90 cal

1 oz cilantro 5 cal

8 oz water, green tea or unsweetened iced tea

Total Cals: 1514



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Sample Menu 7

Breakfast

Non-Dairy Yogurt Fruit Smoothie 356 cals

1 cup coconut or soy yogurt 140 cals
¾ banana 101 cals
3 oz frozen raspberries 55 cals
1 tbsp honey 60 cals
Dash of cinnamon 0 cals
8 oz water, green tea or coffee

Snack

20 almonds 144 cals

Lunch

No Cheese Pizza with Vegetables 360 cals

2 slices pizza, no cheese, with vegetables 300 cals
½ oz (9 chips) baked tortilla chips 60 cals
8 oz water, green tea, or unsweetened tea

Snack

15 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 75 cals
3 tbs hummus 75 cals

Dinner

Veggie Burger & Baked Sweet Potato fries 515 cals

Vegetable patty 288 cals
3 slices tomato 12 cals
1 sweet potato fries (baked) 132 cals
5 cups garden salad (lettuce, carrots) 38 cals
1 tbs ginger vinaigrette dressing 45 cals
8 oz water, green tea or unsweetened iced tea

Total Cals: 1525