

7 Day Moderation Menus

MODERATION NATION has created 7 Day Moderation Menus to suit your lifestyle.

- ◆ Single
- ◆ A family with young children
- ◆ A family with older or no children

Each Moderation Menu features recipes from HERSHEY®'S Kitchens and can be used for meal plans of 1500-1600 calories/day or 1900-2000 calories/day.

Lifestyle Menu: Single Adults

DAY 1		1900-2000 Calories	1500-1600 Calories
Breakfast	Hot cereal		
	Cream of wheat, cooked with water	3/4 cup	3/4 cup
	Butter	1 Tbsp	
	Brown sugar	1 Tbsp	1 Tbsp
	Fruit cocktail, canned with light syrup or juice	1/2 cup	1/2 cup
	HERSHEY'S Kitchens Recipe - Hot Cocoa	1 serving	1 serving
Lunch	Chicken spinach salad		
	Fresh spinach	2 cups	2 cups
	Chicken breast, grilled	5 ounces	5 ounces
	Feta cheese, crumbled	1 1/2 ounces	
	Oil & vinegar salad dressing	2 Tbsp	2 Tbsp
	Orange, small, peeled & sectioned	1 each	1 each
	Wheat dinner roll, 1 ounce	1 each	1 each
	Pear	1 each	1 each
	Water	16 ounces	16 ounces
		Flank steak, grilled	6 ounces
Dinner	Baked potato		
	Baked potato, medium	1 each	1 each
	Butter	1 Tbsp	1 Tbsp
	Sour cream	2 Tbsp	1 Tbsp
	Brussels spouts, steamed	1/2 cup	1/2 cup
	Nonfat frozen yogurt	1/2 cup	
	Iced tea, unsweetened	8 ounces	8 ounces
		HERSHEY'S Kitchens Recipe - HERSHEY'S Best Brownies	1 each
Snacks			

Please visit www.themoderationnation.com/menus.aspx to see all of the Moderation Menus!