

1500 Calorie Meal plan...**This is for an example gang.** Most of you need more calories than this. I wanted to give you an idea of how to balance your food at each meal and throughout the day. For more accurate caloric intake for you as an individual, see my article *"How Many Calories Does Your Body Need?"* email me if you need help gang☺  
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**Breakfast: 400 calories**

**Choose ONE of the following:**

- Toast (2 slices 100% whole wheat)
- 1 English muffin
- 1 cup bran cereal
- ½ cup Grape-Nuts
- 1 ½ cups Puffed cereal with 3 Tablespoons Wheat Germ
- 1 cup grits
- 1 cup cooked oatmeal
- 1 cup shredded wheat

**And ONE of the following...**

- 1 cup nonfat or 1% milk
- 2/3 cup plain, fat-free yogurt
- ½ cup nonfat or 1% cottage cheese

**And ONE of the following...**

- 1 boiled egg (up to 4 per week)
- 1 turkey sausage link
- 2 slices Canadian bacon
- 2 ¼ teaspoons peanut butter

**And ONE of the following...**

- 1 small banana
- ½ cup orange juice (with calcium)
- ¾ cup red or green grapes
- 1 ounce raisins
- 1 apple
- 1 orange

And...

- 8 ounces water

**Snack: 150 calories**

**Choose ONE of the following:**

- 100 Calorie snack pack and 15 grapes
- 4 Tablespoons hummus with 12 baby carrots
- 1 cup nonfat or 1% cottage cheese and 1/3 cup pineapple chunks
- 2 large graham cracker squares and 1 Tablespoon peanut butter
- 2/3 cup plain, fat-free yogurt and 2 Tablespoons Grape Nuts
- 15 almonds
- 15 cashews
- ½ medium apple and 1 Tablespoon peanut butter

- 2 rice cakes and 1 Tablespoon peanut butter
- 1 string cheese with 3 saltines
- 2 oz tuna salad with 3 saltines

And...

- 16 ounces water

### **Lunch: 350 calories**

Choose ONE of the following:

- Note: 3 ounces = 1 deck of cards or size of palm of hand
- Grilled chicken on a pita – (3 ounces)
- Tuna sandwich – (3 ounces tuna, 2 slices reduced-calorie wheat bread)
- Chicken/turkey/tuna/beans in salad– (3 ounces /3 slices)
- 1 Tbsp peanut butter sandwich with 1 Tbsp jam on reduced calorie whole wheat bread
- 2 eggs (hardboiled or scrambled) with 2 slices whole wheat toast
- 1 ½ cup low-fat cottage cheese with 2 slices whole wheat toast
- 3 Tbsp. Hummus with lettuce and tomato in a wrap
- Chicken and veggie stir-fry (1½ cups), rice (1/2 cup)
- 1 bowl soup, 2 Saltine crackers, small salad with 2 Tablespoons reduced fat oil and vinegar
- 1 grilled cheese sandwich on whole wheat bread
- Large garden salad large (1 cup leafy greens, 1 cup mixed colorful vegetables, 6 oz sliced chicken, 2 Tablespoons reduced fat oil and vinegar, ½ cup wheat thins)

And ONE of the following...

- 1 cup low-fat yogurt with ½ cup applesauce
- 1 cup non-fat or 1% milk with ½ cup applesauce
- 16 ounces water

### **Snack: 150 calories**

Choose ONE of the following:

- 100 Calorie snack pack and 15 grapes
- 4 Tablespoons hummus with 12 baby carrots
- 1 cup nonfat or 1% cottage cheese and 1/3 cup pineapple chunks
- 2 large graham cracker squares and 1 Tablespoon peanut butter
- 2/3 cup plain, fat-free yogurt and 2 Tablespoons Grape Nuts
- 15 almonds
- 15 cashews
- ½ medium apple and 1 Tablespoon peanut butter
- 2 rice cakes and 1 Tablespoon peanut butter
- 1 string cheese with 3 saltines
- 2 oz tuna salad with 3 saltines

### **Dinner: 300 calories**

Choose ONE of the following:

- 2/3 cup beans and rice
- 2/3 cup whole wheat pasta
- 2/3 cup couscous
- Bread, multi-grain (2 slices)

- 1 cup lentils

**And ONE of the following...**

- 3 ounces chicken or turkey (white meat, no skin)
- 3 ounces fish (fresh or frozen cod, flounder, haddock, halibut, trout, canned or fresh tuna and salmon)
- 3 ounces tofu (not deep fried)
- 3 ounces shellfish (clams, lobster, crab, shrimp, scallops, imitation crab)
- 2 fat-free hot dogs
- 2 ounces lean deli meat

**And ONE of the following...**

- Garden salad (large = 1 cup leafy greens, 1 cup mixed colorful vegetables, 1 tbsp. Low fat dressing)
- 1 cup broccoli
- 1 cup carrots
- 1 cup non-starchy vegetable (full list at the end) And...
- 16 ounces water

**Snack: 150 calories**

Choose ONE of the following:

- 100 Calorie snack pack and 15 grapes
- 4 Tablespoons hummus with 12 baby carrots
- 1 cup nonfat or 1% cottage cheese and 1/3 cup pineapple chunks
- 2 large graham cracker squares and 1 Tablespoon peanut butter
- 2/3 cup plain, fat-free yogurt and 2 Tablespoons Grape Nuts
- 15 almonds
- 15 cashews
- ½ medium apple and 1 Tablespoon peanut butter
- 2 rice cakes and 1 Tablespoon peanut butter
- 1 string cheese with 3 saltines
- 2 oz tuna salad with 3 saltines

**Eat more Non-Starchy Vegetables if you are still hungry at your meals☺**

**(Here are a few examples)**

Artichoke Artichoke hearts Asparagus Beans (green, wax, Italian) Bean sprouts Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumber Eggplant Green onions/scallions Greens (collard, kale, mustard, turnip) Kohlrabi Leeks Mixed vegetables (without corn or peas) Mushrooms Okra Onions Pea pods Peppers (all types) Radishes Salad greens (endive, escarole, lettuce, romaine, spinach) Sauerkraut Spinach Summer squash Tomato (fresh or canned) Tomato sauce Tomato/vegetable juice Turnips Water chestnuts Watercress Zucchini

Don't forget to keep a food journal or use a free phone APP☺ This will help you a great deal! Happy Eating!

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