Easy meal planning

Trying to lose weight or trying to eat healthier, but don’t know what to eat? This meal plan provides many healthy options for breakfast, lunch, dinner and snacks. Select one item from each food list starting on page 2 to make a balanced meal or snack. Pay close attention to the portion sizes to help you stick to your calorie limit. Enjoy!

Healthy day example:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Snack #1</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hard-boiled egg, large</td>
<td>¼ cup unsalted almonds</td>
<td>Sandwich:</td>
</tr>
<tr>
<td>1 slice whole-grain bread, toasted with 1 tablespoon light butter spread</td>
<td>1 medium orange</td>
<td>2 slices whole-grain bread, 2 ounces canned tuna in water mixed with 1 teaspoon mayo, lettuce and tomato</td>
</tr>
<tr>
<td>1 small banana</td>
<td></td>
<td>1 cup red pepper slices</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup strawberries</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack #2</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 string cheese</td>
<td>3 ounces baked chicken breast cooked with 1 teaspoon olive oil</td>
</tr>
<tr>
<td>5-6 whole-grain crackers</td>
<td>1 cup mashed sweet potatoes</td>
</tr>
<tr>
<td></td>
<td>2 cups steamed broccoli</td>
</tr>
</tbody>
</table>
Breakfast

### PROTEIN

1 serving equals:
- 1 whole egg
- ¼ cup egg beaters
- 2 egg whites
- 1 cup milk or unsweetened soy milk

Choose 1 serving (ex: 1 large egg)
- 1 cup yogurt, plain
- 1 ounce cheese
- 1 ounce turkey sausage

### GRAIN

1 serving equals:
- 1 packet low-sugar instant oatmeal
- ½ cup rolled or steel-cut oats, cooked
- 1 serving of dry whole-grain cereal (¾ cup bran flakes, shredded wheat)

Choose 1 serving (ex: ½ cup of oatmeal, cooked)
- 1 whole-wheat waffle
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- ½ whole-wheat small bagel or English muffin

### FRUIT

1 serving equals:
- ½ cup 100% juice (orange, apple)
- 1 medium fruit (orange, apple, peach, nectarine, pear)
- ½ grapefruit
- 1 cup berries/grapes (strawberries, blueberries, raspberries)

Choose 1 serving
- 1 small banana
- 2 tablespoons of unsweetened dried fruit (raisins)
- ½ cup canned fruit in natural juice (not syrup)
- 1 cup melon (cantaloupe, honeydew, watermelon)

### FAT

1 serving equals:
- 1 teaspoon olive oil/vegetable oil
- 1 teaspoon butter
- 2 teaspoons natural peanut butter

Choose 1 serving
- 1 tablespoon light butter spread
- 2 tablespoons light cream cheese
- 2 tablespoons nuts (almond, walnuts)
### Lunch

#### PROTEIN
Choose 3 servings (ex: 3 ounces chicken)

1 serving equals:
- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese
- ¼ cup cottage cheese
- 1 ounce tuna, canned in water
- ½ cup hummus
- ½ cup beans or lentils, cooked
- ½ cup tofu

#### GRAIN
Choose 2 servings (ex: 1 cup of pasta, cooked)

1 serving equals:
- ½ cup potatoes or ½ small potato (sweet or white potato)
- ½ cup brown rice, barley, quinoa or other whole grain, cooked
- ½ cup whole-wheat pasta or noodles, cooked
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- 1 low-carb whole-wheat sandwich thin
- 1 whole-wheat tortilla (6” across)
- ½ whole-wheat pita (6” across)

#### VEGETABLES
Choose 2 or more servings (ex: 2 cups salad)

1 serving equals:
- 1 cup mixed greens salad
- ½ cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)

#### FRUIT
Choose 1 serving

1 serving equals:
- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 2 tablespoons of unsweetened dried fruit (raisins)
- 1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)
- 1 small banana

#### FAT
Choose 2 servings

1 serving equals:
- 1 tablespoon regular salad dressing
- 2 tablespoons light salad dressing
- 1 teaspoon olive oil/vegetable oil
- 1 tablespoon light butter spread
- 2 tablespoons light mayo
- 2 tablespoons hummus
- 2 teaspoons mayo
- ¼ slice avocado
- 2 tablespoons nuts (almonds, walnuts)
# Dinner

## PROTEIN

**Choose 3 servings**
(ex: 3 ounces chicken)

<table>
<thead>
<tr>
<th>Serving</th>
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<tbody>
<tr>
<td>1 ounce skinless chicken or turkey</td>
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<td>¼ cup cottage cheese</td>
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</tr>
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<td>1 ounce tuna, canned in water</td>
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</tr>
<tr>
<td>¼ cup hummus</td>
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</tr>
<tr>
<td>¼ cup beans or lentils, cooked</td>
<td></td>
</tr>
<tr>
<td>½ cup tofu</td>
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</tbody>
</table>

## GRAIN

**Choose 1 serving**
(ex: ½ cup of pasta, cooked)

<table>
<thead>
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<tr>
<td>½ cup potatoes or ½ small potato (sweet or white potato)</td>
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</tr>
<tr>
<td>½ cup brown rice, barley, quinoa or other whole grain, cooked</td>
<td></td>
</tr>
<tr>
<td>½ cup whole-wheat pasta or noodles, cooked</td>
<td></td>
</tr>
<tr>
<td>1 slice whole-grain bread</td>
<td></td>
</tr>
<tr>
<td>2 slices light whole-wheat bread</td>
<td></td>
</tr>
<tr>
<td>1 low-carb whole-wheat sandwich thin</td>
<td></td>
</tr>
<tr>
<td>1 whole-wheat tortilla (6” across)</td>
<td></td>
</tr>
<tr>
<td>½ whole-wheat pita (6” across)</td>
<td></td>
</tr>
</tbody>
</table>

## VEGETABLES

**Choose 2 or more servings**
(ex: 2 cups salad)

<table>
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<tbody>
<tr>
<td>1 cup mixed greens salad</td>
<td></td>
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<tr>
<td>½ cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)</td>
<td></td>
</tr>
</tbody>
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## FAT

**Choose 2 servings**

<table>
<thead>
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<tbody>
<tr>
<td>1 tablespoon regular salad dressing</td>
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<td>2 tablespoons light salad dressing</td>
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<tr>
<td>2 teaspoons mayo</td>
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</tr>
<tr>
<td>¼ slice avocado</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons nuts (almonds, walnuts)</td>
<td></td>
</tr>
</tbody>
</table>
**Snacks**

*(choose 1 snack between each meal — up to 2 snacks per day)*

Include 1 protein and 1 carbohydrate to keep you feeling full, longer.

### PROTEIN

**Choose 1 serving**

1 serving equals:

- 1 ounce cheese
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 string cheese
- 1 large hard-boiled egg
- ¹⁄³ cup hummus
- ¼ cup unsalted nuts (almonds, walnuts, pecans)
- 47 unsalted pistachios (1 ounce)
- 2 tablespoons natural nut butter

### CARBOHYDRATE

**Choose 1 serving**

1 serving equals:

- Fruit (see serving sizes above): aim for no more than 3 to 4 fruits per day
- Whole-wheat crackers (refer to serving size on package)
- ½ whole-wheat English muffin
- 1 slice of whole-wheat bread or 2 slices of light whole-wheat bread
- Whole-grain tortilla chips (refer to serving size on package)
- 3 cups of air-popped popcorn

### OTHER GREAT SNACK IDEAS

1 serving equals:

- 2 tablespoons guacamole and 1 cup raw veggies (peppers, cucumbers)
- 3 ounces cooked shrimp and 1 tablespoon cocktail sauce
- 1 sliced tomato, 1 ounce mozzarella and balsamic vinegar
- ½ cup sliced peaches and 1 ounce prosciutto
- 100-calorie whole-grain snack pack
- Whole-grain granola bar (look for 3 or more grams of fiber per bar; 8 or less grams of sugar per bar)
- 1 ounce 70% dark chocolate squares
- ½ peanut butter sandwich on whole-grain bread
- Homemade smoothie (½ cup yogurt, 1 cup milk and 1 cup frozen fruit blended together)
- 1 cup plain Greek yogurt with ½ cup fruit and 1 teaspoon of chopped nuts