1,500 calorie meal plan

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:

**Breakfast**
- 1 hard-boiled egg, large
- 1 slice whole-grain bread, toasted with 1 tablespoon light butter spread
- 1 small banana

**Snack #1**
- ¼ cup unsalted almonds
- 1 medium orange

**Lunch**
- **Sandwich:**
  - 2 slices whole-grain bread, 3 ounces canned tuna in water, 2 teaspoons mayo, lettuce and tomato
- 1 cup red pepper slices
- 1 cup strawberries

**Snack #2**
- 1 string cheese
- 5-6 whole-grain crackers

**Dinner**
- 4 ounces baked chicken breast cooked with 1 teaspoon olive oil
- 1 cup mashed sweet potatoes with 1 tablespoon light butter spread
- 2 cups steamed broccoli

**Snack #3**
- 2 tablespoons natural peanut butter
- 1 medium apple, sliced
# Breakfast

## PROTEIN

1 serving equals:
- 1 whole egg
- ¼ cup egg beaters
- 2 egg whites
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 ounce cheese
- 1 ounce turkey sausage

**Choose 1 serving**

(ex: 1 large egg)

## 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 (¼ cup bran flakes, shredded wheat)
- 1 whole-wheat waffle
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- ½ whole-wheat small bagel or English muffin

**Choose 1 serving**

(ex: ½ cup of oatmeal, cooked)

## 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)
- 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)

**Choose 1 serving**

## FAT

1 serving equals:
- 1 teaspoon olive oil/vegetable oil
- 1 teaspoon butter
- 2 teaspoons natural peanut butter
- 1 tablespoon light butter spread
- 2 tablespoons light cream cheese
- 2 tablespoons nuts (almond, walnuts)

**Choose 1 serving**
### Lunch

#### PROTEIN

Choose 3 servings (ex: 3 ounces chicken)

<table>
<thead>
<tr>
<th>1 serving equals:</th>
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</thead>
<tbody>
<tr>
<td>1 ounce skinless chicken or turkey</td>
<td>1/4 cup cottage cheese</td>
</tr>
<tr>
<td>1 ounce fish (cod, flounder, haddock, salmon)</td>
<td>1 ounce tuna, canned in water</td>
</tr>
<tr>
<td>1 ounce lean beef or pork (&lt;93% lean)</td>
<td>1/2 cup hummus</td>
</tr>
<tr>
<td>1 ounce cheese</td>
<td>1/2 cup beans or lentils, cooked</td>
</tr>
<tr>
<td>1/4 cup cottage cheese</td>
<td>1/2 cup tofu</td>
</tr>
<tr>
<td>1/2 cup hummus</td>
<td>1/2 cup beans or lentils, cooked</td>
</tr>
<tr>
<td>1 ounce cheese</td>
<td>1/2 cup tofu</td>
</tr>
</tbody>
</table>

#### GRAIN

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

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

#### VEGETABLES

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

<table>
<thead>
<tr>
<th>1 serving equals:</th>
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<tbody>
<tr>
<td>1 cup mixed greens salad</td>
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</tr>
<tr>
<td>1/2 cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)</td>
<td></td>
</tr>
</tbody>
</table>

#### FRUIT

Choose 1 serving

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium fruit (orange, apple, peach, nectarine, pear)</td>
<td>1 cup berries/grapes/melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)</td>
</tr>
<tr>
<td>2 tablespoons of unsweetened dried fruit (raisins)</td>
<td>1 small banana</td>
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</tbody>
</table>

#### FAT

Choose 2 servings

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th></th>
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<tbody>
<tr>
<td>1 tablespoon regular salad dressing</td>
<td>2 tablespoons hummus</td>
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<tr>
<td>2 tablespoons light salad dressing</td>
<td>2 teaspoons mayo</td>
</tr>
<tr>
<td>1 teaspoon olive oil/vegetable oil</td>
<td>1/4 slice avocado</td>
</tr>
<tr>
<td>1 tablespoon light butter spread</td>
<td>2 tablespoons nuts (almonds, walnuts)</td>
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<tr>
<td>2 tablespoons light mayo</td>
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</tbody>
</table>
### Dinner

#### PROTEIN

Choose 4 servings
(ex: 4 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
- ¼ cup hummus
- ¼ cup beans or lentils, cooked
- ½ cup tofu

#### GRAIN

Choose 1 serving
(ex: ½ 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)

#### 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)
# Snacks
*(choose 1 snack between each meal — up to 3 snacks per day)*

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

## PROTEIN

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 1 serving</th>
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</thead>
<tbody>
<tr>
<td>• 1 ounce cheese</td>
<td>• ½ cup hummus</td>
</tr>
<tr>
<td>• 1 cup milk or unsweetened soy milk</td>
<td>• ¼ cup unsalted nuts (almonds, walnuts, pecans)</td>
</tr>
<tr>
<td>• 1 cup yogurt, plain</td>
<td>• 47 unsalted pistachios (1 ounce)</td>
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<tr>
<td>• 1 string cheese</td>
<td>• 2 tablespoons natural nut butter</td>
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<tr>
<td>• 1 large hard-boiled egg</td>
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## CARBOHYDRATE

<table>
<thead>
<tr>
<th>1 serving equals:</th>
<th>Choose 1 serving</th>
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</thead>
<tbody>
<tr>
<td>• Fruit (see serving sizes above): aim for no more than 3 to 4 fruits per day</td>
<td>• 1 slice of whole-wheat bread or 2 slices of light whole-wheat bread</td>
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<tr>
<td>• Whole-wheat crackers (refer to serving size on package)</td>
<td>• Whole-grain tortilla chips (refer to serving size on package)</td>
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<tr>
<td>• ½ whole-wheat English muffin</td>
<td>• 3 cups of air-popped popcorn</td>
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</tbody>
</table>

## OTHER GREAT SNACK IDEAS

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