

Healthy Meal Ideas

Nutrient Guide	
Calories	<p>Most women aim for 1200-1500 calories per day</p> <ul style="list-style-type: none"> • Per meal Calories: 250-400 • Per snack calories: 100-150 <p>Most men aim for 1500-1800 calories per day</p> <ul style="list-style-type: none"> • Per meal calories: 300-500 • Per snack calories: 100-200
Protein	<p>60-80 grams protein per day</p> <ul style="list-style-type: none"> • 15-20 grams protein per meal • >5-7 grams protein per snack
Carbohydrate	<p>120-180 grams Carbohydrate per day</p> <ul style="list-style-type: none"> • 40% of your daily calories • < 30 grams added sugar per day • ≥ 30 grams fiber per day
Salt	<ul style="list-style-type: none"> • Aim for < 2300 mg per day of sodium • Patients with diabetes or heart disease aim for <1500 mg per day
Healthy Eating	<ul style="list-style-type: none"> • Unlimited vegetables • Choose lean protein, whole grains, low fat dairy products, beans, and fruit. • Aim for 50% of your plate as vegetables, 25% as lean protein and 25% high fiber/whole grains/fruit
Beverages	<ul style="list-style-type: none"> • Be sure to drink enough water and other zero-calorie beverages throughout the day. • Water goal is 6-8 8 oz glasses of water per day.
Activity	<ul style="list-style-type: none"> • Walk 30-45 minutes per day • Strength training with weights 2-3x/week • Stand more and sit less

**Check with your dietitian for specific nutrient goals*

Healthy Breakfast Ideas

Unlimited NON-Starchy Vegetables + 1 serving of Lean Protein + 1 serving Fruit or whole grains or beans or Starchy Vegetable= A well-balanced, nutrient-dense breakfast

To make a healthy breakfast, choose *one item from each column*. Calorie Range = 300-350 calories

Vegetable/Fruit	Protein	Whole Grain
Pear (1)	Low fat Greek yogurt (½ or ¾ cup)	High fiber cereal (3/4 cup)
Strawberries (1 cup)	Chopped walnuts (2 tablespoons)	Rolled oats (1/2 cup dry or plain packet) w/ cinnamon
Berries (1 cup)	1 cup 1% milk or unsweetened soy milk	Kashi© cereal (2/3 cup)
Peaches (1)	Chia seed protein powder (2 Tbsp chia seeds + 1 scoop protein)	Sprouted oats ½ cup
Plums (2 small)	Cottage Cheese	Arnold’s© 100% whole wheat Sandwich Thin
Orange (or 2 “cutie” mandarins)	Turkey (3 slices), Laughing Cow Cheese© Wedge (1)	100% whole grain bagel thin
Spinach, tomato		
Banana (½ or 1 small)	Low-fat milk or Unsweetened soy/almond milk (8oz), 1 Tbsp. crushed pecans	Whole grain waffle (1 or 2 CD size) w/ 1 tsp. syrup
Sliced tomato & mushrooms	Turkey sausage (2 links) 1 Tbsp. crushed walnuts/almonds	Whole grain pancake (1-or 2;CD size) w/ 1 tsp. syrup
Grapes (1/2 cup= 12 grapes)	Scrambled eggs (x2) or egg beaters/whites (1/2 cup)	Corn tortillas (2) or Whole wheat tortilla (1)
Salsa, spinach		
Tomato, Spinach	Melted cheese (1 slice) + ½ cup beans + 1/3 avocado	Whole wheat English muffin (1)
Cherries (1 cup)	Ricotta cheese (1/4 c), 1 Tbsp. crushed walnuts/almonds	1 slice 100% whole wheat toast

IN place of Meal: Consider a protein bar, protein shake or frozen breakfast type meal with a serving of fruit and raw/steamed veggies.

Protein bars: Kashi©, Quest, Kirkland protein bar, Luna protein, Atkins©, Think Thin©, EAS© Myoplex carb control, Pure Protein©, Power Crunch Bar, Orgain, Oatmega, MyBar, ONE bars

Protein shakes: Premier Protein©, Muscle Milk©, Atkins©, Myoplex©, Pure Protein©, EAS©, Ensure© High Protein, Evolve, Orgain™

Frozen meals: Lean Cuisine©, Healthy Choice©, Amy’s©, Smart Ones©, Kashi©, Trader Joe© or Whole Foods© varieties, Boca©, Morning Star©, Gardein varieties

*Add fruit or non-starchy vegetable to the frozen meal, protein bar or shake

Healthy Lunch Ideas

Aim for **1 serving of Lean Protein + 1 serving of Fruit + Unlimited NON-Starchy Vegetables +1 serving of Whole grain (or starchy vegetable)** =A well-balanced, high-energy lunch

To make a healthy lunch each day, *choose one item from each column*. Calorie Range = 300-350 calories
NOTE: Each meal may add MEASURED 1-2 tsp. oil/mayo OR 1 Tbsp. low fat dressing/sauce OR ¼ of an avocado. Use oil spray (e.g. Pam®) to lightly coat pans/baking sheets

UNLIMITED Vegetable	Fruit	Protein	Whole Grain
Tomato and lettuce, baby carrots	Pear (1 medium)	Turkey breast (3 oz)	100% whole grain, high fiber bread (2 slices)
Broccoli, peppers, onions and tomatoes	Strawberries (1 cup)	Firm tofu or tempeh, cubed (3 oz)	Sweet Potato (1 cup)
Mixed green, spinach and salsa	Avocado (1/3)	Low-fat cheese (2 Tbsp.) with black beans (1/2 cup)	Corn tortillas (1-2) OR Whole wheat tortilla (1)
Tomato sauce and green/red peppers	Unsweetened Apple sauce (½ cup)	Skinless chicken breast, sliced (3 oz.)	Whole wheat pasta (1/2 cup)
Mushrooms, onions, red pepper	Plums (2 small)	Lean ground turkey (3 oz)	Instant barley (2/3 cup)
Tomatoes and cilantro	Orange (1 medium or 2 “cutie” mandarins)	Pinto beans (1/2 cup) Low-fat shredded cheese (2 Tbsp.)	Instant brown rice (1/2 cup)
Baby carrots	Banana (½)	All-natural peanut butter (2 Tbsp.)	Whole grain sandwich thin
Mixed vegetables	Peach (1 medium)	Veggie burger (1)	Quinoa (1/2 cup)
Cucumber & jicama slices	Grapes (1 cup)	Tuna (4 oz)	Whole grain bagel thin
Lettuce, tomato, cucumber	Berries (1 cup)	Hummus (1/4 cup)	Flat Out® Wrap
Tomatoes, salsa and scallions	Melon (1 cup)	Ground soy meat (3 oz), Low-fat shredded cheese (2 Tbsp.)	Corn tortillas (2)
Baby Carrots	Apple (1 medium)	Lentil soup (1 cup)	15 Lentil crackers or 6 Triscuits

Note: You can always Consider a meal replacement bar or frozen meal with unlimited vegetables or fruit as a healthy meal.

Protein bars: Kashi®, Balance®, Quest, Oh Yeah, Kirkland protein bar, Luna protein, Atkins®, Think Thin®, EAS® Myoplex carb control, Pure Protein®, Fiber One® Protein, Power Crunch Bar, Orgain™, Oatmega

Protein shakes: Premier Protein®, Muscle Milk®, Atkins®, Myoplex®, Pure Protein®, EAS®, Ensure® High Protein, Evolve, Orgain™

Frozen meals: Lean Cuisine®, Healthy Choice®, Amy’s®, Smart Ones®, Kashi®, Trader Joe® or Whole Foods® varieties, Boca®, Morning Star®, Gardein varieties, EVOL, Luvo, Sweet Earth, Beyond Meat

*Add fruit /vegetable to frozen meal, shake, or bar

Healthy Dinner Ideas

1 serving of Whole grain (or starchy vegetable) + 1 serving of Lean Protein + 1 serving of Fruit+ Unlimited NON-Starchy Vegetables = A well-balanced, high-energy dinner with a healthful combination of fiber, vitamins, minerals and antioxidants.

Eating a well-balanced evening meal will help you will maintain a healthy body weight. To make a healthy dinner each day, choose one item from each column. 300-500 calories

NOTE: Each meal may add MEASURED 1-2 tsp. oil/mayo OR 1 Tbsp. low fat dressing/condiment OR ¼ of an avocado. Use oil spray (e.g. Pam®) to light coat pans/baking sheets

UNLIMITED Vegetable	Fruit	Protein	Whole Grain/Starchy Veg
Asparagus	Pear (1 medium)	Chicken breast (3 oz)	Spaghetti Squash
Tomato sauce (½ cup) and green beans	Strawberries (1 cup)	Baked Tofu or tempeh, diced (3 oz)	Sweet potato (2/3 cup cooked)
Spinach salad	Pineapple (1 cup; juice removed if not fresh cut)	Turkey meatloaf (3 oz)	Baked potato (small or 1 cup)
Broccoli	Apple (1 medium)	Three bean salad (¾ cup) with 1 tsp oil	Whole wheat couscous (2/3 cup cooked)
Green Beans, Zucchini	Plums (2 small)	Turkey breast (3 oz) Hummus (2 Tbsp.)	Whole grain bun (1 small)
Eggplant, romaine lettuce, and pickle slices	Orange (1 medium or 2 “cutie” mandarins)	Lean (at least 90%) ground beef/turkey patty (3 oz)	Corn (1cup)
Green beans and chopped tomatoes	Banana (½ of medium),	Red bean chili w/ soy crumbles (1 cup)	Instant wild rice (2/3 cup, cooked)
Red peppers and onions	Peach (1 medium)	Sea scallops (3 large)	Bulgur (¾ cup, cooked)
Mushrooms, tomatoes, peppers and onions	Grapes (1/2 cup)	Grilled Salmon (3 oz; size of deck of cards)	Baked squash (small; size of soap bar or 1 cup)
Mixed greens, tomato and cucumber	Berries (1 cup)	Low-fat cottage cheese (1 cup)	Whole grain flatbread (1)
Low sodium tomato soup (1 cup), spinach & tomatoes	Melon (1 cup)	Tofu	Peas (1 cup)
Cooked tomatoes, onions, peppers	Apple (1 medium)	Ground soy “meat” (3 oz)	Corn tortillas (2)

Healthy Sample Menu (1,200 calories)

- Add volume (and nutrients) to meals and snacks with NON-STARCHY veggies
- Monitor calories and nutrients online and walk at least 30-45 minutes per day

					Calories	Protein (g)
Breakfast	100% whole grain English Muffin	Nut Butter (1 Tbsp.)		Pear	320	10
Lunch	Chunk Light Tuna packed in water (4 oz.) Mustard (15 cal/1 Tbsp.), spices	High fiber, 100% whole grain bread (slice) Avocado (1/3)	Romaine lettuce, tomato slices, onion, celery	Berries (1/2 cup)	325	24
Dinner	Black beans (1/2 cup) Low-fat shredded cheese (1/4 cup)	Instant brown rice (1/2 cup)	Spinach Salad Olive Oil/Vinegar (50 cal/1 Tbsp.)	Salsa 1 cup fruit	420	18
Snack				Kashi© or Kind peanut granola bar	180	6
No Calorie Beverages	Coffee, regular (1 cup)	Flavored water	Water (6-8 cups)	Herbal tea		
				Total Calories	1,255	
				Total Protein		60g

Sample Menu (1,500 calories)

- To achieve 1,500 calorie amount, include an additional snack and 4 ounces of animal/soy protein in lieu of 3 ounces indicated on the “Idea Meal Menus”
- Add volume (and nutrients) to meals and snacks with NON-STARCHY veggies
- Monitor calories online and walk at least 30-45 minutes per day

					Calories	Protein
Breakfast	½ cup dry rolled oats	Walnuts (2 Tbsp.) With/ cinnamon	1 peach	Milk or Milk Alternative (unsweet) (1 cup)	400	18
Lunch	Turkey Breast (lowfat; 4 slices, 3 oz.)	Arnold’s© 100% whole wheat sandwich thin	Hummus (2 Tbsp.)	Lettuce, tomato, cucumber, pepper strips Berries (½ cup)	350	14
Dinner	Chicken breast (4 oz) Olive oil (1Tbsp.)	Peppers, onions	Whole wheat couscous (¾ cooked cup)	Butternut squash (1 cup)	500	32
Snack #1 & Snack #2	LF cottage cheese (½ cup) with Salsa, carrot sticks	1 apple (medium) & Nut/seed butter (1 Tbsp.)			260	18
No Calorie Beverages	Coffee, regular (1 cup)	Tea (8 oz)	Water (6-8 cups)	Sparkling water and/or herbal ice tea (2+ cups)		
				Total Daily Calories	1,510	
				Total Daily Protein		82 g

Sample Menu (1,800 calories)

- To achieve 1,800 calorie amount, include 5-6 ounces of animal/soy protein instead of 3-4 ounces, 1 cup legumes in lieu of ½-2/3 cup and 1 cup of whole grain in lieu of ½-3/4 cup indicated on the “Idea Meal Menus”

					Calories	Protein
Breakfast	Bran flake cereal (1 cup) (mix with yogurt)	Slivered Almonds (2 Tbsp.)	½ banana	Low Fat, Plain Greek Yogurt (1 cup) *Add 1/3 tsp. vanilla extract	400	16
Lunch	Veggie Burger	Sandwich thin or Flat Bread Wrap	Tzatziki 1 avocado	Lettuce, tomato, cucumber, pepper strips Berries (1/2 cup)	425	20
Dinner	Fish (6 oz) Olive oil (1Tbsp.)	Peppers, onions Spinach salad + Flavored balsamic vinegar	Whole wheat couscous (1 cup cooked)	Pineapple (1 cup)	615	48
Snack #1 & Snack #2	LF cottage cheese (1/2 cup) with Salsa, carrot sticks	1 apple (medium) &	Nut/seed butter (2 Tbsp.)		350	20
Zero Calorie Beverages	Coffee, regular (1 cup)	Flavored water	Water (2+ cups)	Herbal Tea		
				Total Daily Calories	1,790	
				Total Daily Protein		104 gm