

Easy Meal Planning

Trying to lose weight or trying to eat healthier, but don't know what to eat? This calorie meal plan provides several healthy suggestions for breakfast, lunch, dinner and snacks. It was designed to be low carbohydrate and high protein which is what our body prefers for weight loss. Select one item from each food list to make a balanced meal or snack. Pay close attention to the serving size to help you stick to your calorie goal. Any questions or need more ideas? Send a secure message to your [Registered Dietitian](#) through the app or desktop!

Healthy Day Example:

Breakfast

- 2 hard boiled egg , large
- 1 slice whole grain bread, toasted with 1 Tbsp. light butter spread
- 1 banana (8-9" in length)

Snack

- ¼ cup unsalted almonds
- 1 medium orange

Lunch

- Sandwich: 2 slices whole grain bread, 3 oz. tuna canned in water, 2 tsp. mayo, lettuce and tomato
- 1 cup red pepper slices
- 1 cup strawberries

Snack

- 1 string cheese
- 5-6 whole grain crackers

Dinner

- 3 oz. baked chicken breast cooked with 1 tsp. olive oil
- 1 cup mashed sweet potatoes with 1 Tbsp. light butter spread
- 2 cups steamed broccoli

Snack

- 2 Tbsp. natural peanut butter
- 1 medium apple, sliced

Breakfast

Choose 2 Servings of Protein: (e.g.: 2 large egg)

1 serving equals:

- 1 whole egg, large
- ¼ cup egg beaters
- 2 egg whites
- 1 cup milk or unsweetened soymilk
- 1 cup yogurt, plain
- ⅓ cup Greek yogurt, plain
- ¼ cup cottage cheese, low sodium
- 1 oz. cheese
- 1 oz. turkey or chicken sausage
- ½ cup beans (kidney, black, pinto)
- 3 oz. tofu, firm
- 1 scoop protein powder (7g of protein per serving)

Choose 1 Serving of Fat:

1 serving equals:

- 1 tsp. extra virgin olive oil, avocado oil, safflower oil
- 1 tsp. butter
- 2 tsp. natural peanut butter
- 1 Tbsp. light butter spread
- 2 Tbsp. light cream cheese
- 2 Tbsp. unsalted nuts (almonds, walnuts, pecans)
- ⅛ of an avocado, sliced

Choose 1 Serving of Grain: (e.g.: ½ cup of oatmeal, cooked)

1 serving equals:

- 1 packet low sugar instant oatmeal
- ½ cup rolled or steel cut oats, cooked
- ¾ cup dry whole grain cereal (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 of Fruit:

1 serving equals:

- ½ cup 100% juice (orange, apple)
- 1 medium fruit (orange, apple, peach, nectarine, pear)
- ½ grapefruit
- 1 cup berries or grapes (strawberries, blueberries, raspberries)
- 1 banana (8-9" in length)
- 2 Tbsp. of unsweetened dried fruit
- ½ cup canned fruit in natural juice (not syrup)
- 1 cup melon (cantaloupe, honeydew, watermelon)

Lunch

Choose 3 Servings of Protein: (e.g.: 3 oz. chicken)

1 serving equals:

- 1 oz. skinless chicken or turkey
- 1 oz. fish (cod, halibut, haddock, salmon)
- 1 oz. lean beef or pork (at least 93% lean)
- 1 oz. cheese
- ¼ cup cottage cheese, low sodium
- 1 whole egg, large
- ¼ cup egg beaters
- 2 egg whites
- 1 oz. tuna, canned in water
- ⅓ cup hummus
- ½ cup chick peas
- ½ cup beans (kidney, black, pinto)
- ½ cup lentils, cooked
- 1 cup milk or unsweetened soymilk
- 1 cup yogurt, plain
- ⅓ cup Greek yogurt, plain
- 1 oz. turkey or chicken sausage
- 3 oz. tofu, firm

Choose 2 Servings of Grain: (e.g.: 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)

Choose 2 or More Servings of Vegetables: (e.g.: 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)

Choose 1 Serving of Fruit:

1 serving equals:

- 1 medium fruit (orange, apple, peach, nectarine, pear)
- 1 cup berries, grapes, or melon (strawberries, blueberries, raspberries, cantaloupe, honeydew, watermelon)
- 1 banana (8-9" in length)
- 2 Tbsp. of unsweetened dried fruit

Choose 2 Servings of Fat:

1 serving equals:

- 1 tsp. extra virgin olive oil, avocado oil, safflower oil
- 1 tsp. butter
- 2 tsp. natural peanut butter
- 1 Tbsp. light butter spread
- 2 Tbsp. hummus
- 2 Tbsp. unsalted nuts (almonds, walnuts, pecans)
- ⅓ of an avocado, sliced

Dinner

Choose 3 Servings of Protein: (e.g: 3 oz. chicken)

1 serving equals:

- 1 oz. skinless chicken or turkey
- 1 oz. fish (cod, halibut, haddock, salmon)
- 1 oz. lean beef or pork (at least 93% lean)
- 1 oz. cheese
- ¼ cup cottage cheese, low sodium
- 1 whole egg, large
- ¼ cup egg beaters
- 2 egg whites
- 1 oz. tuna, canned in water
- ⅓ cup hummus
- ½ cup chick peas
- ½ cup beans (kidney, black, pinto)
- ½ cup lentils, cooked
- 1 cup milk or unsweetened soymilk
- 1 cup yogurt, plain
- ⅓ cup Greek yogurt, plain
- 1 oz. turkey or chicken sausage
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1 serving equals:

- ½ cup potatoes or ½ small potato (sweet or white potato)
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- 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)

Choose 2 or > Servings of Vegetables: (e.g.: 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)

Snacks

Choose up to **3** snacks per day. Include 1 protein and 1 carbohydrate to keep you feeling fuller, longer

Choose 1 Serving of Protein:

1 serving equals:

- 1 oz. cheese
- 1 cup milk or unsweetened soymilk
- 1 string cheese
- 1 cup yogurt, plain
- ½ cup Greek yogurt, plain
- 1 large hard boiled egg
- ½ cup hummus
- ¼ cup unsalted nuts (almonds, walnuts, pecans)
- 47 unsalted pistachios (1 oz.)
- 2 Tbsp. natural nut butter (peanut, cashew, almond)

Choose 1 Serving of Carbohydrate:

1 serving equals:

- Fruit (see serving sizes above) – **Aim for no more than 3 to 4 servings of fruit per day**
- Whole wheat crackers (refer to serving size on package – aim for 15g of carbohydrates per serving)
- 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 – aim for 15g of carbohydrates per serving)
- 3 cups of air popped popcorn

Other Great Snack Ideas!:

- 2 Tbsp. guacamole and 1 cup raw veggies (carrots, cucumbers)
- 3 oz. cooked shrimp with 1 Tbsp. cocktail sauce
- 1 sliced tomato, 1 oz. mozzarella and balsamic vinegar
- ½ cup sliced peaches and 1 oz. prosciutto
- ½ cup edamame lightly salted with sea salt
- 100 calorie whole grain snack pack
- Whole grain granola bar (look for > 3g of fiber and < 8g of added sugar per bar)
- 1 oz. 70% dark chocolate squares
- ½ peanut butter sandwich on whole grain bread
- Homemade smoothie (½ cup plain yogurt, 1 cup milk, and 1 cup frozen fruit blended together)
- 1 cup plain yogurt with ½ cup fruit and 1 tsp. of chopped nuts