



## 1500 Calorie Sample Menu

We all lead busy lives and find ourselves grabbing meals not just at home, but also at work, restaurants, maybe even in the car. Some of these places offer more control over your choices than others. Unfortunately, high-calorie foods are everywhere, so it's important to take the time to plan ahead to make sure healthy options are available wherever hunger strikes.

Whether you are cooking just for yourself, one to two people, or a larger group, planning meals is a good place to start improving your food choices. Taking the time to plan a healthy meal can help you avoid a less healthy "drive-through" dinner.

Research has shown that people feel full based on the amount of food they eat, not the number of calories they take in. Thankfully, eating fewer

calories doesn't have to mean eating less food. You just need to make the calories count. You can cut calories in your favorite foods by lowering the amount of fat and/or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

It's also easier to make healthy choices when nutritious foods and snacks are easily available. Take the time to make a grocery list and stock your pantry and fridge with healthy options. It's also a good idea to think about stocking your office cabinet or car glove box with nutritious, shelf-stable foods if these are places where you snack.

Resource: [cdc.gov](http://cdc.gov)



## RETHINK YOUR DRINKS



High-calorie beverages like soft drinks, juice drinks, energy drinks, specialty coffees, sweet tea and alcohol add lots of unnecessary calories to your day. Replacing these drinks with calorie-free options is a quick and easy way to promote weight loss or help with weight management.

There is a huge selection of these calorie-free drinks available. Be open to try several until you find the one that tastes good to you. While water is always the best option, having drinks that provide flavor is nice when you are craving something different.

- Diet or Zero soft drinks (cola, lemon lime, etc)
- Diet or unsweetened tea
- Zero calorie or low calorie sports drink
- Zero calorie sparkling or bottled water
- Zero calorie vitamin waters
- Any liquid, calorie-free water enhance
- Any artificial sweetener can be added to water, tea or coffee.



## BREAKFAST SAMPLES

1500: approximately 430 calories per meal

- Apple, small
- Peanut butter, 2 tbsp
- 2 hard-boiled eggs

**Calories: 424**  
**Fat: 26**  
**Carbs: 26**  
**Protein: 20**



- 2 scrambled eggs
- 1 tbsp Smart Balance Light
- Whole wheat English muffin
- Canadian bacon, 2 slices
- 1 cup cantaloupe

**Calories: 466**  
**Fat: 21**  
**Carbs: 38**  
**Protein: 31**

- 1 cup grits, cooked
- Cheese, grated, 1 oz
- 1 tbsp Smart Balance Light
- 2 scrambled eggs

**Calories: 429**  
**Fat: 22**  
**Carbs: 31**  
**Protein: 21**

- 2 turkey sausage patties
- Cottage cheese (2%), 1 cup
- Strawberries, 1 ¼ cup
- 15 red grapes

**Calories: 433**  
**Fat: 11**  
**Carbs: 37**  
**Protein: 46**

- Whole wheat English muffin
- Peanut butter, 3 tbsp
- Low sugar jam, 2 tbsp

**Calories: 455**  
**Fat: 25**  
**Carbs: 47**  
**Protein: 16**

- Yogurt, Greek plain, 1 serving
- Flax seeds, 1 oz or 3 tbsp
- Blueberries, ¾ cup
- Walnuts, 7 halves

**Calories: 403**  
**Fat: 22**  
**Carbs: 32**  
**Protein: 23**

- Mission Carb Balance tortilla
- 2 scrambled eggs
- Turkey sausage, 2 oz

**Calories: 478**  
**Fat: 22**  
**Carbs: 32**  
**Protein: 35**

- Smoothie King smoothie without turbinado

**Calories: 426**  
**Fat: 14**  
**Carbs: 30**  
**Protein: 48**

## LUNCH/DINNER SAMPLES

1500: approximately 430 calories per meal



**Calories:** 447  
**Fat:** 13  
**Carbs:** 34  
**Protein:** 48

- Pork tenderloin, lean, 5 oz, baked
- $\frac{2}{3}$  cup wild rice, cooked
- 1 tbsp Smart Balance Light
- 1 cup non-starchy vegetables\*, cooked

- Whole wheat bread, 2 slices
- Turkey breast, deli, 4 oz
- Deli style sliced cheese
- 1 tbsp light mayo
- Mustard
- Carrot sticks, raw, 1 cup
- Hummus, 2 tbsp

**Calories:** 435  
**Fat:** 18  
**Carbs:** 36  
**Protein:** 31

- Wheat Triscuit crackers (5)
- Tuna pouch, packed in water (6  $\frac{2}{5}$  oz)
- 2 tbsp mayonnaise
- Dill pickles, chopped
- $\frac{1}{2}$  cup strawberries

**Calories:** 422  
**Fat:** 15  
**Carbs:** 25  
**Protein:** 45

### Taco Salad

- Lean ground beef, 4 oz
- Black beans,  $\frac{1}{2}$  cup
- Sour cream, 2 tbsp
- Avocado,  $\frac{1}{4}$  cup
- Salsa,  $\frac{1}{4}$  cup
- Romaine lettuce, 3 cups

**Calories:** 458  
**Fat:** 17  
**Carbs:** 36  
**Protein:** 45

- Skinless chicken breast, 4 oz
- 2 tsp olive oil
- 1 cup butternut squash
- 1 cup non-starchy vegetables\*, cooked
- 1 tbsp Smart Balance Light

**Calories:** 445  
**Fat:** 18  
**Carbs:** 33  
**Protein:** 41

## LUNCH/DINNER SAMPLES

1500: approximately 430 calories per meal

### Salad:

- Shrimp, boiled, 5 oz
- Corn, ½ cup
- Hard-boiled egg
- 2 cups spinach, raw
- Tomatoes/cucumber, raw
- Balsamic vinaigrette, 2 tbsp

**Calories:** 457  
**Fat:** 18  
**Carbs:** 24  
**Protein:** 46



- Whole wheat pasta, ⅔ cup, cooked
- Turkey, ground white meat, 4 oz
- ½ cup Ragu spaghetti sauce
- 1 cup non-starchy vegetables\*, cooked
- 1 tbsp Smart Balance Light

**Calories:** 470  
**Fat:** 18  
**Carbs:** 47  
**Protein:** 32

- Baked fish with lemon, 6 oz
- 1 tbsp olive oil
- 2 tsp Smart Balance Light, canola oil
- 1 cup non-starchy vegetables\*, cooked
- Wild rice, ⅓ cup cooked

**Calories:** 463  
**Fat:** 20  
**Carbs:** 23  
**Protein:** 46

- Frozen meal (approx. 320 calories)
- Salad, 1 cup raw vegetable
- 1 tbsp light ranch dressing
- 1 tbsp sunflower seeds

**Calories:** 457  
**Fat:** 28  
**Carbs:** 18  
**Protein:** 26

- Black-eyed peas, ¾ cup
- Turkey sausage, 4 oz
- 1 cup non-starchy vegetables\*, cooked
- 1 tbsp Smart Balance Light

**Calories:** 435  
**Fat:** 17  
**Carbs:** 38  
**Protein:** 32

- Filet Mignon, 5 oz
- 1 cup non-starchy vegetables\*, cooked
- Roasted new potatoes ½ cup
- 1 tbsp Smart Balance Light

**Calories:** 439  
**Fat:** 15  
**Carbs:** 26  
**Protein:** 44

- Wendy's apple pecan chicken salad, ½ order
- Sargento string cheese, light

**Calories:** 390  
**Fat:** 20  
**Carbs:** 30  
**Protein:** 26

## \*NON-STARCHY VEGETABLES



- Artichoke hearts
- Asparagus
- Bamboo shoots
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Coleslaw
- Cucumber
- Eggplant
- Greens (mustard, collard, turnip)
- Green beans
- Hearts of palm
- Mushrooms
- Okra
- Onions
- Salad greens
- Sauerkraut
- Spinach
- Sugar snap peas
- Swiss chard
- Tomato
- Turnips
- Water chestnuts
- Yellow squash
- Zucchini



## 200 CALORIE SNACK SAMPLES

- 3/4 cup edamame

**Calories: 190**  
**Fat: 8.5**  
**Carbs: 15**  
**Protein: 17**



- Zone protein bar (ex: chocolate PB)

**Calories: 210**  
**Fat: 7**  
**Carbs: 24**  
**Protein: 14**

- 1/2 cup cottage cheese (2%) with 1/2 cup canned peaches

**Calories: 162**  
**Fat: 2.2**  
**Carbs: 19**  
**Protein: 17**

- 2 pcs light string cheese with 1 cup grapes

**Calories: 204**  
**Fat: 5**  
**Carbs: 30**  
**Protein: 13**

- Fage plain yogurt (2%) with 3/4 cup blueberries

**Calories: 213**  
**Fat: 4**  
**Carbs: 23**  
**Protein: 20**

- 1 small apple with 1 tbsp peanut butter

**Calories: 185**  
**Fat: 8**  
**Carbs: 25**  
**Protein: 5**

- Carrot sticks, raw, 1 cup with single serving hummus

**Calories: 200**  
**Fat: 11**  
**Carbs: 19**  
**Protein: 5**

- Almonds, 28

**Calories: 194**  
**Fat: 17**  
**Carbs: 6**  
**Protein: 7**



## Infused water recipes

### Blueberry Lemon Mint Water

Serves: 8 - 10

#### Ingredients:

2 pints blueberries  
2 medium lemons  
1 package (1/2 cup) fresh mint  
1 gallon water

#### Directions:

1. Rinse the blueberries and mint and add to a large pitcher.
2. Scrub lemons and slice thinly before adding to the pitcher.
3. Add water and let steep at least 30 minutes before drinking.
4. Note: Unless you are draining and refilling the pitcher, do not let lemon or mint steep for more than 4 hours as it can make the water taste too bitter or potent.

### Cucumber Lemon Basil Water

Serves: 8 - 10

#### Ingredients:

2 medium cucumbers  
2 medium lemons  
1 package (1/2 cup) fresh basil  
1 gallon water

#### Directions:

1. Rinse and scrub the cucumbers and lemons. Slice each thinly before adding them to a large pitcher.
2. Rinse basil and add to the pitcher.
3. Add water and let steep at least 30 minutes before drinking.
4. Note: Unless you are draining and refilling the pitcher, do not let lemon or basil steep for more than 4 hours as it can make the water taste too bitter or potent.