



1800 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



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

1800: approximately 530 calories per meal

- 1 cup 2% cottage cheese
- 1 cup fresh raspberries
- 1 ½ oz almonds

Calories: 511
Fat: 26
Carbs: 31
Protein: 40



- 2 packets instant grits
- 1 slice low-fat cheddar cheese
- 2 tsp margarine
- 4 links Jimmy Dean turkey sausage
- ¾ cup strawberries

Calories: 500
Fat: 19.5
Carbs: 51.5
Protein: 30

- 1 English muffin
- 2 tsp margarine
- 2 tbsp sugar-free jelly
- 2 hard-boiled eggs
- 2 oz Canadian bacon
- 1 cup honeydew

Calories: 530
Fat: 23
Carbs: 46
Protein: 31

- 2 slices multigrain bread
- 1 tbsp margarine
- 3 scrambled eggs
- 2 slices turkey bacon

Calories: 525
Fat: 33
Carbs: 23
Protein: 25

- Jimmy Dean frozen breakfast sandwich (sausage, egg & cheese on croissant)
- 1 cup 2% milk

Calories: 532
Fat: 32
Carbs: 39
Protein: 20

- 1 cup oatmeal
- ¼ cup walnuts
- 2 tbsp dried cranberries
- 2 medium slices bacon

Calories: 512
Fat: 28.5
Carbs: 48
Protein: 16

- Smoothie King: 32 oz vanilla coffee, high protein smoothie

Calories: 550
Fat: 18
Carbs: 55
Protein: 46

LUNCH/DINNER SAMPLES

1800: approximately 530 calories per meal



Calories: 510
Fat: 14
Carbs: 47
Protein: 39

- 4 oz pot roast (lean only)
- 3 tbsp gravy
- ½ cup mashed potatoes with margarine
- 1 cup non-starchy vegetables*
- ½ cup fresh pineapple

- Frozen dinner (approx. 270 calories)

- Salad:
 - 1 cup lettuce
 - 4 cubes Colby Jack cheese
 - 1 tbsp Italian dressing, ½ cup raw veggies (cucumber, tomato, etc)
- ½ cup fresh blueberries
- 2 tbsp sunflower seeds

Calories: 513
Fat: 24.5
Carbs: 41
Protein: 28

- Spaghetti:
 - 1 oz noodles
 - ½ cup marinara sauce
 - 4 - 1 oz turkey meatballs
- 1 oz shredded Parmesan cheese
- ½ cup cooked non-starchy vegetables*
- ⅔ cup strawberries

Calories: 525
Fat: 18
Carbs: 53
Protein: 31.5

- McDonald's Southwest Salad with Crispy Chicken
- Low-fat Balsamic Vinaigrette dressing

Calories: 505
Fat: 25.5
Carbs: 46
Protein: 25

- 5 oz pork chop
- ½ cup cooked kidney beans
- 1 cup non-starchy vegetables*
- 1 small apple

Calories: 520
Fat: 18.5
Carbs: 32.5
Protein: 48

LUNCH/DINNER SAMPLES

1800: approximately 530 calories per meal

- 6 oz white, flaky fish (ex. cod, with ½ tbsp oil)
- 1 cup roasted potatoes with 1 tbsp margarine
- ½ tbsp olive oil and herbs (for potato)
- 1 cup non-starchy vegetables*
- 1 sugar free Jell-O

Calories: 525
Fat: 12
Carbs: 41
Protein: 39



- 2 Mission Carb Balance tortillas
- 4 oz sliced turkey
- 2 slices American cheese (Kraft)
- 2 tsp mustard
- Veggies for wrap (lettuce, tomato, pickles, etc.)
- ½ cup baby carrots
- 1½ tbsp ranch dressing

Calories: 537
Fat: 24.5
Carbs: 32.5
Protein: 34

- 1 - 3 oz can tuna canned in water
- 1 tbsp mayo
- 1 tbsp sweet relish
- 1 slice provolone cheese (Sargento)
- 1 - 4" pita bread
- 2 small plums
- 1 oz almonds

Calories: 549
Fat: 31
Carbs: 35
Protein: 27.5

- 6 oz pork tenderloin
- 1 small sweet potato
- 2 tsp margarine
- 1 cup non-starchy vegetables*

Calories: 504
Fat: 17
Carbs: 33
Protein: 50

- 6 oz boiled shrimp
- 1 tbsp margarine
- Salad:
 - 1½ cups lettuce
 - 1 oz part-skim mozzarella cheese
 - 1½ tbsp ranch dressing
- 1 cup cantaloupe

Calories: 512
Fat: 27.5
Carbs: 21.5
Protein: 42

- Chick-fil-A 12-count grilled nuggets
- Chick-fil-A small fry

Calories: 520
Fat: 23
Carbs: 36
Protein: 41

*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

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

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

- 2 pcs light string cheese with 1 cup grapes

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

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

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

- 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.