



2000 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

2000: approximately 600 calories per meal

- 1 - 2.2 oz tortilla
- Light cheddar cheese, shredded, 2 oz
- 2 scrambled eggs
- 4 oz sliced ham

Calories: 625
Fat: 29
Carbs: 34
Protein: 53



- Jimmy Dean turkey sausage, 3 links
- 2 hard-boiled eggs
- 1 cup 1% milk
- ½ cup canned peaches, no sugar added
- 1 cup reduced-fat cottage cheese

Calories: 600
Fat: 20
Carbs: 34
Protein: 64

Mexican omelet

- 3 oz turkey sausage
- 3 scrambled eggs
- ½ cup frozen diced potatoes
- 1 cup cooked non-starchy vegetables*
- Salsa
- 2 tsp oil

Calories: 595
Fat: 34.5
Carbs: 29.5
Protein: 44

- Jimmy Dean Delights frozen breakfast sandwich (turkey sausage, egg, and cheese on English muffin)
- 1 cup 2% milk
- 1 oz peanuts

Calories: 540
Fat: 26.5
Carbs: 44
Protein: 32

- Smoothie King Original High Protein Banana, 20 oz
- 1 - 5 ⅓ oz blueberry Greek yogurt
- 1 oz almonds

Calories: 599
Fat: 24
Carbs: 55
Protein: 45

- McDonald's sausage burrito (2)

Calories: 580
Fat: 30
Carbs: 52
Protein: 13

- 2 scrambled eggs
- 1 tbsp Smart Balance
- 1 English muffin
- Canadian bacon, 4 oz
- ½ cup cantaloupe

Calories: 599
Fat: 30
Carbs: 30.5
Protein: 47

LUNCH/DINNER SAMPLES

2000: approximately 600 calories per meal



Calories: 571
Fat: 16.5
Carbs: 46
Protein: 49

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

- 6 oz boiled shrimp
- 1 tbsp margarine
- ½ cup lima beans
- Salad: 1½ cups lettuce
- 1½ tbsp ranch dressing
- 1 cup strawberries
- 5 tbsp Cool Whip

Calories: 610
Fat: 26.5
Carbs: 45
Protein: 43

- 5 oz pork chop
- ½ cup corn
- 1 cup non-starchy vegetables*
- 2 tsp margarine
- ½ cup fruit cocktail (in its own juice)

Calories: 545
Fat: 22
Carbs: 40
Protein: 47

- Chick-fil-A 12-count nuggets
- Side salad
- Light Italian dressing
- Hearty breast of chicken soup (med)

Calories: 645
Fat: 27.5
Carbs: 42
Protein: 58

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

Calories: 571
Fat: 16.5
Carbs: 46
Protein: 49

- Chick-fil-A Grilled Market Salad
- Light Balsamic Vinaigrette dressing
- Small fry

Calories: 590
Fat: 28
Carbs: 58
Protein: 28

LUNCH/DINNER SAMPLES

2000: approximately 600 calories per meal

Spaghetti

- 1/3 cup noodles
- 1/2 cup marinara sauce
- 5 oz lean ground beef
- 1 oz shredded Parmesan cheese
- 1 cup non-starchy vegetables*
- 1 tsp margarine

Calories: 590
Fat: 27
Carbs: 36
Protein: 51



- 4 oz white, flaky fish (ex. cod) with 1 tbsp margarine
- 3 oz cooked shrimp
- 1 cup broccoli with 1 oz 2% shredded cheddar cheese
- 1/2 cup wild rice
- 1 strawberry frozen fruit bar

Calories: 604
Fat: 19
Carbs: 42.5
Protein: 60

- 4 oz hamburger patty (95% lean ground meat)
- 2 slices American cheese
- 1/4 cup grilled onions
- 1 bun
- Mustard
- 2 tbsp ketchup
- Baked Cheetos (100 calorie bag)

Calories: 605
Fat: 23
Carbs: 52
Protein: 44

- 1 - 3 oz can tuna, canned in water
- 1 1/2 tbsp mayonnaise
- 1 tbsp sweet relish
- 1 hard-boiled egg
- 2 slices provolone cheese (Sargento)
- 1 -4" pita bread
- 2 small plums

Calories: 605
Fat: 33
Carbs: 35
Protein: 37.5

- 6 oz pork tenderloin
- 1 medium sweet potato (5 oz)
- 2 tsp margarine
- 1 cup non-starchy vegetables*
- 1 1/4 cup watermelon

Calories: 565
Fat: 17
Carbs: 47
Protein: 53

*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.