

Sample Menus and Meal Planning for Breakfast, Lunch, and Dinner Ideas

Breakfast Ideas

Meat Dairy Veg Fruit Starch Fat Free Cal

1/2 cup Fiber One cereal					1			60
1/2 cup blueberries				1				40
1 container Dannon Light n'Fit Yogurt		1						80
2 walnut halves						1		30

1/2 cup canned, light peaches				1				50
1/2 cup fat free cottage cheese	2							90

1 Thomas light whole wheat bagel					1			100
1 Tbsp almond butter	1							90
1 tsp Polander All Fruit jam							1	0

if using another brand, 80 calories = 1 starch

2 slices Lightlife Smart Deli fake "Bologna" style	1							35
1 slice Sargento Reduced fat Swiss Cheese	1							60
1 Thomas light English Muffin					1			100

if using another brand, 80 calories = 1 starch

1 cup Fage 0% yogurt		2						120
1 cup sliced strawberries				1				60

1 patty Morningstar Farms fake "Sausage" patty	1							80
2 egg whites or 1/4 cup Egg Beaters, microwaved	1							45
1 Flatout wrap					1			90

if using another brand, 80 calories = 1 starch

1 serving Starbucks oatmeal					2			140
1 package of dried fruit, stirred into oatmeal				1				100
Grande skinny latte (use artificial sweetener to taste)		1					1	130

Duncan Donuts Egg White Turkey Sausage Flatbread	3				2			280
Medium Latte Lite		1					1	120

try eating just half and saving the other half for tomorrow

Lunch Ideas

Meat Dairy Veg Fruit Starch Fat Free Cal

Fast Food Meal

Taco Bell Fresco Style Pintos (beans, salsa, red sauce, no cheese)	2		0.5					120
Unsweetened tea (use artificial sweetener)							1	0

Fresco Menu = salsa instead of cheese/sauce (calorie reduction of 20-110).

Items still have 150-350 calories and up to 3 servings of starch, 1-2 fats, and only 1 meat serving.

Fast Food Meal

KFC Grilled chicken breast	4							180
House side salad with fat-free Hidden Valley Ranch dressing			1			1		50
3" corn on the cob					1			70

Fast Food Meal

Chick-fil-A Char grilled Chicken Sandwich (no sauce)	3				2			260
Buffalo sauce							1	10
1 small fruit cup				1				50
1 side salad			2					70
Light Italian dressing						1		15
Large diet lemonade							1	30

toss the bun and save 160 calories!

No Cook Meal

2 oz rotisserie chicken or chicken canned in water	2							90
1 pkt light mayo (mix with chicken)						1		45
3 large Boston bibb lettuce (to wrap up chicken salad)			1					10
Campbell's Soup at Hand Vegetable Beef	1		1					70

No Cook Meal

2 cups salad from grocery salad bar (lettuce, tomato, cucumber, celery, mushrooms, onions, etc)			2					50
20 sprays Wishbone Salad Spritzer, any flavor						1		20
1 Chicken of the Sea tuna or salmon cup	3							80

No Cook Meal

Weight Watchers Smart Ones Sweet and Sour Chicken	2			1	1			210
1 small apple (4 oz)				1				60

Dinner Ideas

Meat Dairy Veg Fruit Starch Fat Free Cal

Flatbread Pizza- 275 calories

Flatout light tortilla					1			100
1/4 cup tomato sauce			0.5					15
1/4 cup fat free ricotta cheese	1							50
1/4 cup sliced mushrooms			0.5					10
1/4 cup chopped onion and bell peppers			0.5					20
1 oz low fat mozzarella cheese	1							80

Toast tortilla for a few minutes; add tomato sauce, ricotta cheese, and veggies then top with cheese and toast until melted. Cut into 8 small pieces.

Quesadilla- 260 calories

Flatout light tortilla					1			100
1/2 cup fat free refried beans	1							90
1 oz Cabot 75% reduced fat cheddar	1							60
2 Tbsp salsa			0.5					10

Use a George Foreman or a Panini press- spray with nonstick cooking spray like PAM; Fill tortilla with beans and sliced cheese then grill until brown; top with salsa

Beans and Rice- 200 calories

1/3 cup cooked brown rice					1			80
1/3 cup black beans (rinsed)	1							90
1/3 cup diced tomatoes (drained)			1					20
chopped jalapenos, salsa, green onion (optional)			0.5					10

Use precooked rice or cook rice as directed; drain tomatoes and rinse beans, combine with toppings and enjoy (season as you prefer- hot sauce, pepper, etc.)

Turkey Burger- 200 calories

2 oz. ground turkey breast	2							60
1/2 cup chopped veggies (carrot, zucchini, onion)			1					25
1 Tbsp egg beaters							1	10
1 tsp Worcestershire sauce							1	5
1 tsp mustard							1	0
1/8 tsp black pepper							1	0
1 medium sweet potato (2 in x 5 in) (cut into fries)					1			100
Pam Spray, chili pwr, black pepper							1	0

Chop veggies or use pre-chopped, add ground turkey breast, egg beaters, Worcestershire sauce, mustard and black pepper and form into a ball; Grill on Panini press, George Foreman grill, or spray sauté pan with PAM and cook through (5-7 minutes or until done); Cut sweet potato into French fry shapes; spray toaster tray or baking sheet with pam and season with chili powder, black pepper, and/or other spices; bake at 350 until crispy (about 20 minutes).

Dinner Ideas

Meat Dairy Veg Fruit Starch Fat Free Cal

Fish and Veggies- 240 calories

2 oz mahi mahi (1/2 filet)	2							50
1 Tbsp whole wheat flour					0.5			35
1 Tbsp egg beaters							1	10
1 Tbsp whole wheat panko bread crumbs					0.5			20
1/2 cup broccoli			1					25
2 tsp reduced fat parmesan cheese							1	20
1/3 cup brown rice (cooked)					1			80

Cut 4 oz. filet in half, dry off with paper towel, dip in flour, then egg beaters, then coat with panko breadcrumbs; Coat sauté pan with PAM spray and cook until fish turns white (3-4 minutes) then flip and cook another 2-3 minutes. Steam broccoli until done and top with parmesan cheese. Serve with brown rice cooked as directed.

Chicken Enchiladas- 215 calories

2 Tam-x-ico corn tortillas (6-in) or 1 regular (6-in) corn tortilla					1			50
2 oz chicken breast	2							55
1/4 cup enchilada sauce							1	20
1/2 cup chopped onion, bell peppers, green onion					1			25
1 oz. Fat free Kraft shredded cheddar	1							45
1 Tbsp fat free sour cream							1	15
1 Tbsp salsa							1	5

Spray saucepan with PAM, sauté peppers/onions for about 3-4 minutes, add chopped chicken breast and enchilada sauce; cook until chicken is fully cooked. Spoon mixture into tortillas roll and top with any remaining sauce- place in glass baking dish coated with PAM; cover enchiladas with cheese and bake until cheese is melted in a 350 degree oven (about 15-20 minutes). Top with sour cream and salsa.

Penne with Meat Sauce- 215 cal

2 oz. 96% lean ground beef (maverick or lauras)	2							65
1/4 cup tomato sauce			0.5					15
1/4 cup diced tomatoes			0.5					10
2 tsp reduced fat parmesan cheese							1	20
1 oz dry Barilla PLUS penne (1/2 cup cooked)					1			105

2 oz dry pasta = 1 cup cooked pasta

Cook penne as directed; in a saucepan, sauté ground beef until brown, add tomato sauce and diced tomatoes and cook another 2 minutes; top pasta with the meat sauce and parmesan cheese.

Dinner Ideas

Meat Dairy Veg Fruit Starch Fat Free Cal

Fettuccini Primavera- 140 calories

1/2 pkg (1/2 cup) Tofu Shirataki noodles- fettuccini style					0.5			20
1 wedge (3/4 oz) Laughing Cow lite	0.5							35
1 Tbsp. fat free sour cream							1	15
2 tsp. reduced fat parmesan cheese							1	20
1 cup frozen veggies (no sauce)			2					50

Microwave frozen veggies as directed on package with water; Cook tofu noodles as directed on package (drain and rinse, then cook in microwaveable bowl for 1 minute) then drain again and pat dry; add laughing cow cheese, sour cream and parmesan and mix, microwave another minute and mix with the cooked veggies.

Buffalo Chicken Pita- 260 calories

1/2 Bumblebee Grilled chicken-garlic and herb (in pouch)	2							55
1 wedge (3/4 oz) laughing cow lite	0.5							35
1 pkt of BBQ or Buffalo wing sauce							1	15
sliced lettuce and tomatoes							1	10
1 whole wheat mini pita					1			70
individual serving baby carrots (1/2 cup)			1					35
1 Tbsp (1/2 serving) light ranch dressing							1	40

Combine components of meal: toast pita if desired, spread with cheese, place chicken, lettuce and sliced tomatoes on top and cut in half, dunk into buffalo wing sauce. Eat carrots plain or dip in light ranch dressing.

Your meal plan includes:

- 6 Meat/Meat Substitutes (35-75 cal each)
- 2 Dairy/Dairy Substitutes (90 cal each)
- 2 Vegetables (25 cal each)
- 2 Fruits (60 cal each)
- 2 Starches (80 cal each)
- Maximum of 3 Added Fats (45 cal each)
- Plus Free Foods (<20 cal each)

Sample schedule:

- Breakfast- 1 meat, 1 dairy, 1 fruit
- Lunch- 2 meat, 1 veg, 1 starch, 1 fat
- Snack- 1 dairy, 1 fruit
- Dinner- 3 meat, 1 veg, 1 starch, 1 fat