

Healthy and Low Calorie

MEAL AND SNACK IDEAS

Use the following meals and snacks to help build your meal plan. Each meal contains about 300 calories. Each snack is 100-200 calories.

Snack ideas:

- ½ cup low fat cottage cheese, ½ cup fruit cocktail in juice. **140 Calories**
- 1 small piece of fruit, 1 mozzarella cheese stick. **140 Calories**
- 1 hard boiled egg, 1 piece of fruit. **145 Calories**
- 1 tablespoon all natural peanut butter, ½ toasted English muffin. **155 Calories**
- 8 ounces fat free plain yogurt, 1 piece of fruit. **200 Calories**
- 1 cup cucumbers, 2 tablespoons low fat cream cheese, 1 large rectangular graham cracker, 1 tablespoon peanut butter. **200 Calories**
- ½ Pure Protein Bar[®]: chewy chocolate chip. **200 Calories**
- ½ cup Edamame. **130 Calories**
- Homemade smoothie: ½ ounce or ½ scoop of plain protein whey powder, ¾ cup fat free milk, ½ cup raw sliced strawberries, ½ banana and 1 packet non calorie sweetener. **215 Calories**
- 1 ounce smoked deli turkey, 1 ounce mozzarella cheese melted on ½ English muffin with 1 tomato slice on top and fresh basil (bake in oven to melt cheese). **160 Calories**
- 1/3 cup fat free refried beans, 1 ounce shredded sharp cheddar cheese melted on top. **200 Calories**
- Any granola bar with at least 10 grams of protein, more than 4 grams of fiber, and less than **200 Calories**
- 30 peanuts or 24 almonds. **170 Calories**
- Wendy's[®] small chili. **190 Calories**
- 1 small apple with 1 tablespoon peanut butter. **170 Calories**
- 2 ounces deli turkey meat, 1 small slice whole grain bread, 1 teaspoon mustard. **145 Calories**
- 1 cooked egg, with 1 English muffin. **195 Calories**

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- ½ cup potatoes, 1 teaspoon butter, 2 ounces pork, ¼ cup apple sauce, ½ cup brussel sprouts. **300 Calories**
- 3 ounces poached white fish (tilapia, cod) 1 cup steamed mixed vegetables, 1 tsp butter and ⅓ cup quinoa. **280 Calories**
- 3 ounces grilled chicken breast, 1 cup grilled vegetables, ⅓ whole wheat couscous **270 Calories**
- 2 ounces peeled/de-veined shrimp, 1 cup vegetables, 1 tablespoon teriyaki sauce, 1 teaspoon olive oil, ⅓ cup brown rice. **240 Calories**
- 2 egg whites, 1oz low fat cheese, 1 cup vegetables (green/red peppers, onions, zucchini, spinach, mushrooms, etc), salsa and 1 small tortilla (less than 120 calories per tortilla). **300 Calories**
- ¾ cup cooked brown rice, 1 cup cooked vegetables, 1 egg fried and chopped. **290 Calories**
- 2 small frozen Kashi® blueberry waffles, 1 Morning Star® sausage patties. **250 Calories**
- 1 English muffin, 1 tablespoon low fat cream cheese, 2 ounces (about 2 pieces) sliced deli meat (ham). **235 Calories**
- 4 ounce grilled hamburger patty (95% lean ground), unlimited salad greens and 2 tablespoons low fat salad dressing. **240 Calories**
- ½ cup canned black beans, ½ of corn, 1 ounce tortilla chips, unlimited salsa. **300 Calories**
- 4 ounces (1 can) of tuna in water, 2 tablespoons low fat mayonnaise, unlimited salad greens. **280 Calories**

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- 1/2 cup egg beaters with chopped peppers and onions, 1/2 whole wheat English muffin, 1 tablespoon reduced fat Smart Balance[®] spread and 1 small apple. **255 Calories**
- 2 scrambled egg whites using non-stick spray, 1 slice whole wheat toast, 1/2 cup light fruit cocktail, 1 tablespoon reduced fat Smart Balance[®] spread. **220 Calories**
- 3/4 cup cheerios with 1/2 cup low fat milk, 1 small piece of fruit. **240 Calories**
- 3 ounces (sliced) deli turkey , 2 cups spring mix lettuce, 1/2 red bell pepper, 2 tablespoons red onion (sliced), 1/2 c strawberries, 2 tablespoons reduced fat salad dressing. Mix everything together for a salad. **220 Calories**
- 3 oz cooked salmon, 6 grilled asparagus spears, 1/2 cup grilled pineapple, salt and pepper to taste. **270 Calories**
- 2 oz pork tenderloin (marinated in soy sauce, ginger, lemon juice and salt/pepper to taste), 1 cup sautéed vegetables, 1/3 cup brown rice, 1/2 cup fruit cocktail. **275 Calories**
- 2 ounces of roasted chicken, 2 cups salad mix, 2 tablespoons light balsamic/basil dressing, 1/2 cup cherries, 13 Kashi[®] TLC original 7 grain crackers, 1 tablespoons freshly squeezed lemon juice, 1 tablespoons chopped fresh herbs, such as dill, basil, parsley, tarragon and/or chives, sea salt and ground black pepper , lemon wedges for garnish. **300 Calories**
- 1/2 cup pasta, 1/4 cup marinara, 1/2 cup artichokes (in water), 2 ounces chicken, 1 cup honey dew melon. **260 Calories**
- 2 ounces fish, 1/2 cup mango salsa, 1/3 cup rice, 2 tablespoons fresh avocado, 1 cup cooked zucchini. **245 Calories**
- 3/4 cup egg substitute, 1/2 cup mushroom, 1/2 cup onions, 1/2 cup spinach, 1 slice of whole wheat toast, 1 tablespoon reduced fat smart balance spread. **245 Calories**
- 2 ounces tuna, 1 tablespoon reduced fat mayo, 2 slices bread, 1/2 cup diced tomatoes, 2 cups lettuce. **300 Calories**

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- 1 Cup unsweetened high fiber cereal with $\frac{1}{2}$ cup berries or 6 inch banana and $\frac{1}{2}$ cup low fat milk. **270 Calories**
- 1 oz shredded low fat mozzarella cheese, $\frac{1}{2}$ cup roasted green and red pepper slices and 2 teaspoons of horseradish mustard inside 2 ounces deli-sliced roast beef. **245 Calories**
- 1 poached egg, 1 ounce fat free or low fat cheese between two toasted whole grain English muffin halves. **270 Calories**
- 1 toasted whole grain waffle, 1 cup low fat or fat free yogurt and 1 cup mixed berries. **285 Calories**
- 1 Tbsp peanut butter in 4 inch whole wheat pita pocket, stuff with 1 cup sliced strawberries. **225 Calories**
- Two slices whole wheat bread, 1 teaspoon of Smart Balance[®] buttery light spread. Make sandwich with 2 ounces low fat cheese and grill. **300 Calories**
- 3 ounces salmon marinated in orange juice. Grill with $\frac{1}{2}$ cup baby red potatoes, $\frac{1}{2}$ cup onions and 6 asparagus spears tossed with 1 tsp of olive oil. **300 Calories**
- 2 oz cook shredded chuck shoulder pot roast, 2 Tbsp chopped tomatoes, $\frac{1}{4}$ cup shredded spinach leaves, 2 Tbsp shredded low fat cheese, 2 Tbsp avocado salsa. $\frac{1}{2}$ cup low fat refried beans on side. **310 Calories**
- 3 oz whole grain pizza crust with $\frac{1}{2}$ cup marinara sauce. Layer with $\frac{1}{2}$ cup sliced red onions, $\frac{1}{2}$ cup green and red peppers. Top with $\frac{1}{2}$ cup shredded low fat mozzarella. Bake according to crust directions. **295 Calories**