



Simple Low Calorie Eating

(Under 1500 calories)

A REAL Food Menu

Breakfast

- 6-8 oz. flavored low-fat yogurt
- 1 serving colorful fruit (such as 1/2 cup frozen berries)
- Tea or coffee, black or with skim milk, sugar sub if desired

Lunch

- Sandwich with 2 oz. turkey breast, tuna or lean roast beef or lean ham on 2 slices of bread (70 cal. each) with tomato slices, lettuce, other veggies and 1 tbsp. light mayonnaise and mustard if desired
- 2 cups or more deep-green salad with 2 tbsp. light dressing
- 1 serving of fruit (such as 1 orange or 17 grapes or 1/2 banana)
- Water, iced tea or other calorie-free drink

Afternoon snack

- Mozzarella cheese stick
- 4 Triscuits

Dinner

- 4 ounces Lean Protein like: Chicken, fish (such as salmon), pork tenderloin or lean beef. Grill, bake or broil.
- Marinade with low-cal salad dressing, lemon juice, BBQ sauce
- 1/2 cup cooked brown rice or sweet potato with 1 tsp. butter or 1 Tb light spread
- 1 cup steamed vegetables (non-starchy kinds such as broccoli, zucchini, carrots, etc)

A Light **FAST** FOOD Menu!

Breakfast

- McDonald's Egg McMuffin (300) OR
McDonald's yogurt parfait with granola pkg (160)
- Tea or coffee, black or with skim milk, sugar sub if desired

Lunch

- Subway 6" (6 gram fat choices) (300)
or Chick-fil-a Chargrilled Chicken w/out sauce (260)
- Subway apple slices 2.5 oz (35) or Chick-fil-a Fruit cup (100)
- Water, iced tea or other calorie-free drink

Afternoon snack – vending machine

- 1 ounce package peanuts (180)

Dinner

- Frozen Meal (like a Lean Cuisine or Healthy Choice) (about 300 calories)
- Salad greens and veggies (ie no crotons, nuts or cheese to keep calories low) from grocery store salad bar with 2 tablespoons Light dressing (100)