

3 SELECT-A-PLAN: BY MIX-AND-MATCH MEALS

This approach allows you to choose well-balanced, low-fat, high-fiber P-C-F meals very easily.

- ✧ Combine any of the following breakfast, lunch or dinner meals on the following pages.
- ✧ You'll consume your desired 1300-1600 calories/day, and 20-30 grams fiber per 1,000 calories.
- ✧ Most meals are conveniently "assembled," with little or no cooking.
- ✧ "Miscellaneous" refers to snacks or extras you can eat at mealtimes.

For Weight Loss, I Recommend:

WOMEN: Eat 1300-1400 calories a day and 30-40 g fat as:

	Calories	Fat
Breakfast:	250-300	0-5 g
Lunch:	400-500	10-15 g
Supper:	450-500	15-25 g
Misc./Snack:	100-200	0-5 g

MEN: Eat 1600-1800 calories a day and 50-60 g fat as:

	Calories	Fat
Breakfast:	300-400	0-10 g
Lunch:	600-700	10-25 g
Supper:	600-700	10-25 g
Misc./Snack:	100-200	0-5 g

Results

With moderate daily activity, a woman will lose 2-4 pounds a month, and a man will lose 4-6 pounds a month.

For Weight Maintenance, I Recommend:

WOMEN: Eat 1500-1800 calories a day and 30-60 g fat as:

	Calories	Fat
Breakfast:	300	0-5 g
Lunch:	500-600	10-15 g
Supper:	600-700	15-25 g
Misc./Snack:	100-200	0-5 g

MEN: Eat 2000-2500 calories a day and 50-75 g fat as:

	Calories	Fat
Breakfast:	400-500	0-10 g
Lunch:	700-900	15-30 g
Supper:	700-900	15-30 g
Misc./Snack:	200	0-10 g

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Quick and Easy Breakfast Ideas



200 - 300 Calories, < 10 Grams Fat

- ✧ Healthy breakfast meals include fruit, wholegrains and protein (milk or meat) for the P-C-F balance.
- ✧ Note: Meals with the same food groups (as below) tend to have the same number of calories and fat.
- ✧  Means brown-bag “grab-’n-go” meal . . . pack the night before.

C = Complex Carbohydrate **P = Protein** **F = Fat (in grams)** **Cal. = Calories**
c. = cup *Tbsp. = tablespoon* *tsp. = teaspoon* *tr. = trace amount* *red. = reduced*

FOOD GROUP	Cal.	Fat	Cal.	Fat	Cal.	Fat
Fruit (C)	2 Tbsp. raisins	60	1/2 banana	60	1/2 c. blueberries	60
Starch (C)	3/4 c. bran flakes	100	3/4 c. Kashi crunch cereal	100	1/2 c. shredded wheat	100
Milk (P,C)	1 c. fat-free milk	100	3/4 c. 2% milk	100	1/2 c. whole milk	75
Fat (F)	1 Tbsp. almonds	50		5		
TOTALS		310		5		235
						4
Fruit (C)	1/2 c. applesauce	60	1/4 cantaloupe	60	1 c. strawberries	60
Starch (C)	1/2 wholewheat tortilla topped with	80	1/2 wholewheat pita pocket	80	3 Tbsp. Grapenuts	80
Milk (P,C) or Meat (P,F)	1/4 c. part-skim ricotta cheese	100	1/2 c. low-fat cottage cheese	100	1 c. nonfat yogurt	100
Fat (F)	(Put fruit and cinnamon over cheese; broil)	5	3 tsp. light margarine	50	1 Tbsp. chopped walnuts or almonds	50
TOTALS		240		6		290
						5
2 Fruit (C)	1 c. fruit salad	120	1/2 banana	60	1 banana, sliced	120
Starch (C)	1/2 c. grits topped with	80	1 c. strawberries	60	2 slices light wholewheat bread	80
Milk (P,C) or Meat (P,F)	1 oz. (3 Tbsp.) mozzarella cheese, grated or 2 Tbsp. cheddar	80	4 rye crackers	80	1 Tbsp. peanutbutter	100
TOTALS		280		5		300
						8
						1
Fruit (C)	1/2 c. orange juice	60	1 large apple	120	1 orange	60
Starch (C)	1 wholewheat toast	80	5 wholewheat crackers	100	1/2 c. oatmeal	80
Milk (P,C) or Meat (P,F)	1 egg, poached/boiled	80	1 oz. mozzarella cheese or 2 % milk cheese slices	80	1 c. fat-free milk	100
Fat (F)	1 tsp. margarine or 1 Tbsp. jam on toast	45		5	1 Tbsp. walnuts on oatmeal	50
TOTALS		265		11		290
						5
						6

Continued

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200-300 Calorie Breakfast Ideas

FOOD GROUP	Cal.	Fat	Cal.	Fat	Cal.	Fat
Fruit (C) 2 Starch (C) Meat (P,F) or Milk (P,C) Fat (F)	1/2 grapefruit 1 small bagel (1 oz.) 1 oz. turkey ham 1 Tbsp. light cream cheese on bagel	60 160 50 1 40 3	6 oz. tomato juice 1 English muffin 1 oz. lean ham 1 tsp. margarine (or 1 oz. low-fat cheese)	35 160 50 2 45 5	1 small pear 2 corn tortillas 1 oz. (3 Tbsp.) 2% fat cheese,* grated, melted on tortillas	60 160 1 80 5
TOTALS		310 4		290 7		300 6
Fruit (C) 2 Starch (C) Milk P,C) or Meat P,F)	1 small pear 1 c. dry Chex cereal mix (Rice, Wheat, Corn, Bran Chex, shredded wheat) 1 oz. fat-free string cheese	60 160 1 50 2	1 medium peach 1 c. canned vegetable soup 5 melba toast crackers 1 c. fat-free milk	60 80 2 80 2 100	1 small apple 1 wholewheat English muffin or 1 small bagel 1 wedge Laughing Cow light cheese	60 160 1 50 3
TOTALS		270 3		320 4		270 4
Fruit (C) Starch (C) 2 Meat (P,F)	1/8 honeydew 1/2 English muffin 1 egg, poached 1 oz. low-fat cheese* (3 Tbsp.) <i>(Open-faced sandwich)</i>	60 80 80 5 80 5	1 orange 1 wholewheat toast 1 egg (or egg substitute) blended with 1/4 c. low-fat cottage cheese <i>(Omelet, cooked with nonstick spray)</i>	60 80 1 80 5 50 1	1 c. pineapple 2 light wholewheat toast 1 oz. 2% milk Kraft cheddar cheese slice* 1 oz. (2 slices) Canadian Bacon	60 80 1 80 5 40 2
TOTALS		300 10		270 7		260 8
Fruit (C) Starch (C) 2 Meat (P,F) 1/2 Fat (F)	1 c. grapes 2 slices light whole- wheat bread 1 low-fat "single" cheese slice* 1 oz. lean ham <i>(Grill or broil)</i>	60 80 50 2 50 1	1/2 grapefruit 1/2 wholewheat English muffin 2 oz. Canadian Bacon 1/2 tsp. margarine	60 80 80 4 25 2	1/2 c. orange juice+ 2 light wholewheat bread 2 oz. hamburger patty, broiled (or soy burger) tomato, lettuce, mustard + Calcium fortified	60 80 160 10 0
TOTALS		240 3		245 6		300 10

*NOTE: **Nonfat cheeses** (fat-free) refer to Kraft Free slices, etc.

Low-fat cheeses (< 3 g fat per oz.) refer to Weight Watchers slices, Laughing Cow light wedges, etc.

Reduced-fat cheeses (≤ 6 g fat per 1 oz.) refer to part-skim mozzarella, Parmesan, Kraft reduced-fat 2% milk Cheddar or Swiss, etc.

Light cheeses may be low-fat or reduced-fat, and contain 50% less fat than original product.

Light refers to 35-40 calories per slice bread and 50 calories per tablespoon margarine or mayonnaise.

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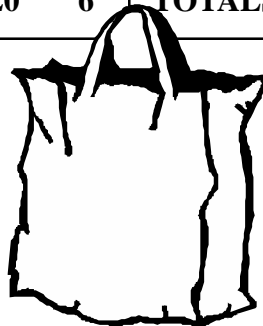
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Quick and Easy Brown-Bag Lunches

300 - 500 Calories, < 20 Grams Fat

C = Complex Carbohydrate **P = Protein** **F = Fat (in grams)** **Cal. = Calories**
c. = cup *Tbsp. = tablespoon* *tsp. = teaspoon* *tr. = trace amount* *red. = reduced*

SANDWICHES		Cal.	Fat	Cal.	Fat
<i>Tuna Sandwich</i>				<i>Turkey/Beef Sandwich</i>	
2 slices wholewheat bread (C)		160		2 slices light wholewheat bread (C)	80
1/2 c. tuna-in-water (P,F)		80	2	2 oz. chicken, turkey or lean beef (P,F)	100
3 tsp. light mayonnaise (F)		50	5	1 tsp. mayonnaise or light cheese (F)	50
lettuce, pickle		0		lettuce, tomato slices	0
1 large apple or				1 small orange (C)	60
8 oz. apple juice (C)		120		25 stick pretzels (C)	80
1/2 c. baby carrots (C)		25			
TOTALS		435	7	TOTALS	370 7
<i>Peanutbutter Sandwich</i>				<i>Veggie Sandwich</i>	
2 slices light wholewheat bread (C)		80		1 wholewheat pita pocket (C)	160
1 Tbsp. peanutbutter (P,F)		100	8	1 c. vegetables, cooked or grilled (C)	50
1 banana (C)		120		1 oz. grated mozzarella cheese (P,F)	80
1 c. skim fat-free milk (P,C)		100		1 peach (C)	60
TOTALS		400	8	TOTALS	350 6
<i>Lean Ham Sandwich</i>				<i>Burger</i>	
2 slices wholewheat bread (C)		160	2	fast-food hamburger* (P,C,F)	350
2 oz. lean ham (P,F)		100	4	(1/4 lb. meat, no mayonnaise)	
1 Tbsp. fat-free mayonnaise (F)		15		1 large apple (from home) (C)	120
lettuce		0		water	0
1/2 c. carrot sticks (C)		25			
1 large pear (C)		120			
TOTALS		420	6	TOTALS	470 10



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300-500 Cal. Brown-Bag Lunches

COLD SALADS		Cal.	Fat		Cal.	Fat
<i>Pasta Salad</i>					<i>Fruit Salad</i>	
1/2 c. spaghetti (C)		100		1 c. low-fat cottage cheese (P,F)	100	2
1 c. raw vegetables (C)		25		1 c. pineapple chunks (C)	60	
1 oz. (3 Tbsp.) grated mozzarella cheese (P,F)		80	5	1 c. strawberries (C)	60	
3 Tbsp. nonfat Italian dressing (F)		75		1/2 banana, sliced (C)	60	
1 fresh fruit or 2 small ones (plums, kiwi) (C)		60		topping: 3 Tbsp. Grape-Nuts (C)	80	
TOTALS		340	5	1 Tbsp. almonds (F)	50	
				TOTALS	410	2
<i>Caesar Salad</i>				<i>Fajita or Taco Salad</i>		
2 c. lettuce (C)		25		2 c. lettuce (C)	25	
1/2 c. croutons (C,F)		80	3	1/2 c. pinto or kidney beans (P,C)	100	
1/4 c. (1 oz.) Parmesan cheese		80	5	3 Tbsp. light cheddar, grated (P,F)	80	5
4 Tbsp. nonfat Caesar dressing (on side)	100	8		1/4 c. salsa	0	
3 oz. chicken breast, steamed	150	3		1/2 medium tomato	25	
TOTALS		435	19	4 Tbsp. nonfat Ranch dressing	100	8
				TOTALS	330	13
<i>Rice-Vegetables Salad</i>				<i>Chef Salad</i>		
1 c. cooked rice (C)		200		2 c. mixed salad greens (C)	25	
1 c. raw vegetables (C)		25		1/2 medium tomato	25	
2 oz. cooked chicken (P,F)		100	2	2 oz. turkey ham (P,F)	100	
3 tsp. light mayonnaise		50	5	1/2 c low-fat cottage cheese (P,F)	100	2
1 small fresh fruit (C)		60		2 Tbsp. light dressing (F)	50	5
TOTALS		435	7	5 rye crisp crackers	100	
				TOTALS	400	7



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300-500 Cal. Brown-Bag Lunches

MISCELLANEOUS		Cal.	Fat	Cal.	Fat
Yogurt/Fruit Sundae				Baked Potato & Salad	
1 c. plain fat-free yogurt (P,C)	100		1 restaurant-size baked potato (C) with	250	
1 c. fresh strawberries (C)	60		1 oz. (3 Tbsp.) mozzarella cheese (P,F)	80	5
4 graham crackers or			Tossed salad	25	
8 wholewheat crackers (C)	160	1	1 Tbsp. salad dressing (F)	80	5
TOTALS	320	1	TOTALS	435	11
Soups, Etc.				Frozen Meal	
1 c. minestrone soup (C,F)	80	2	Low-calorie frozen meal (< 300 cal,	300	9
6 wholewheat crackers (C,F)	120	1	< 10 g fat, such as Lean Cuisine,		
1 oz. low-fat cheese (i.e.,	50	3	Weight Watchers, etc.) (P,C,F)		
Laughing Cow light cheese) (P,F)			1/2 c. sugar snap peas or cherry		
1 c. grapes or cherries (C)	60		tomatoes (C)	25	
TOTALS	310	6	1 large fruit (C)	120	
Grab-n-Go				Grab-n-Go	
1 1/2 oz. box raisins (4 Tbsp.) (C)	120		1 large bagel	300	
5 graham crackers			1 nonfat yogurt	100	
or 1 c. dry cereal mix (C)	160	4	1 large apple	120	
1 c. fat-free milk or nonfat yogurt (P,C)	100		TOTALS	520	0
TOTALS	380	4			

Other Ideas

1. Pick up sandwich at local deli at lunch or before work (some delis are in grocery stores). Add fresh fruit from home.
2. Pack leftovers. If at a restaurant the night before, add "extra vegetables to go" with half of your entrée for tomorrow.
3. Keep supply of soup, frozen meals, cheese and crackers, peanutbutter, fruit, and popcorn at work.
4. See breakfast and dinner ideas to use at lunch.
5. Choose fresh fruit, green salads, non-creamy soups, potatoes from your local grocery store delis.

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Quick and Easy Dinner Ideas

250 - 500 Calories, < 15 Grams Fat

C = Complex Carbohydrate

c. = cup

P = Protein

Tbsp. = tablespoon

F = Fat (in grams)

tsp. = teaspoon

Cal. = Calories

red. = reduced

	Cal.	Fat		Cal.	Fat
Mini Pizza and Fruit			Stuffed Vegetables		
2 oz. Canadian Bacon (P,F)	80	4	Fill and bake tomato, green pepper, squash or eggplant (C) with:	25	
1 oz. (3 Tbsp.) mozzarella (P,F)	80	5	2 oz. lean ground turkey, cooked	100	2
1/2 c. raw mushrooms (C)	15		1/2 c. cooked rice (C) and	100	
1/2 c. tomato sauce (C) on	35		1/2 c. chopped onions and green peppers in 1/2 c. tomato sauce (C)	35	
2 pita pocket halves or 2 tortillas or 2 English muffin halves (C)	160		1 fruit (i.e., 1 c. melon slices) (C)	60	
1 large fruit (i.e., pear) (C)	120		1 wholewheat dinner roll (C)	80	1
TOTAL	490	9	TOTAL	425	3
Chalupa or Taco			Baked Potato, Salad and Fruit		
1 corn tortilla (C)	80	1	1 medium potato (C) with	250	
2 oz. lean ground beef, drained (P,F)	160	10	1 oz. (3 Tbsp.) 2% milk cheddar cheese (P,F)	80	5
1 oz. (3 Tbsp.) low-fat cheddar* (P,F)	40	3	Tossed salad with raw vegetables (C) with 1 Tbsp. French dressing (F)	60	6
1/2 c. diced tomato and onion (C)	25		1 c. watermelon	60	
lettuce, pepper, picante sauce	0				
1 c. fat-free milk (P,C)	100				
1 c. strawberries (C)	60				
TOTAL	465	14	TOTAL	475	11
Soup, Salad and Fruit			Soup, Sandwich and Fruit		
1 c. vegetable soup (C)	80	2	1 c. chicken noodle soup (C)	80	2
Tossed salad w/ raw vegetables (C) w/ 2 Tbsp. light Italian dressing* (F) and 1 oz. grated Parmesan cheese (P,F)	50	5	2 slices wholewheat bread (C)	160	2
1 slice French bread (C)	80	5	3 oz. lean meat (P,F)	160	10
1/2 c. fruit salad (C)	60		mustard, lettuce, tomato	0	
			1 small pear or apple	60	
TOTAL	375	17	TOTAL	460	4

*refer to p. 96

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250-500 Calorie Quick Dinners



		Cal.	Fat			Cal.	Fat
Cheese Toast, Fruit Salad				Cold Plate			
1 slice wholewheat toast (C)	80	1	1 c. raw vegetables (C) with	25			
1 oz. light Laughing Cow cheese wedge	50	3	1/2 c. nonfat plain yogurt (dip) (P,C)	50			
1 c. fruit salad (C)	120		mixed with herbs and spices	0			
1 c. V-8 juice (C)	50		2 oz. 2% milk Swiss cheese* (P,F)	160	10		
TOTAL	300	4	8 wholewheat crackers (C)	160	2		
			1 c. grapes (C)	60			
			TOTAL	455	12		
Chicken & Rice Dinner				Taco Salad and Fruit			
3 oz. chicken breast (no skin) or fish (P,F)	150	3	Lettuce	0			
seasoned with 2 Tbsp. light Italian dressing* (F), grilled or baked	50	5	1/2 medium tomato, sliced	25			
1/2 c. steamed spinach, etc. (C)	25		2 oz. lean ground turkey (P,F)	100	3		
1/2 c. steamed carrots, etc. (C)	25		cooked in 1/2 c. picante sauce (C)	0			
1 c. brown or wild rice (C)	200		1/2 c. pinto or kidney beans (P,C)	100			
1/4 cantaloupe (C)	60		with optional chili powder added				
TOTAL	510	8	1 oz. grated low-fat cheese* (P,C)	80	3		
			1 c. strawberries (C)	60			
			TOTAL	365	6		
Steamed Vegetables with Rice				Ham Dinner			
2 c. mixed steamed vegetables (C)	100		3 oz. lean ham (P,F)	150	7		
1 c. brown rice (C)	200		Small baked sweet potato (C)	150			
1 c. plain nonfat yogurt (P,C) and	100		1 c. broccoli/cauliflower, steamed (C)	50			
1 c. pineapple/orange fruit mix (C)	120		2 tsp. light margarine (F)	30	3		
TOTAL	520	tr.	TOTAL	380	10		
Tuna-Noodle Casserole				Frozen Dinner			
Mix and heat until cheese melts:			Low-cal. frozen meal (P,C,F)	300	10		
3 oz. water-packed tuna (P,F)	100	3	(< 300 calories, < 10 g fat)				
1 c. cooked noodles (C)	200		(Lean Cuisine, Healthy Choice, etc.)				
1 c. steamed carrots (C)	50		1 c. steamed vegetables (fresh or frozen) (C)	50			
1 oz. grated red.-fat cheese* (P,F)	80	5	1 c. fresh fruit salad (C)	120			
1/4 c. fat-free milk (P, C)	25						
1 small apple (C)	60						
TOTAL	515	8	TOTAL	470	10		

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250-500 Calorie Quick Dinners

	Cal.	Fat		Cal.	Fat
Beef Dinner			Tuna Melt Sandwich		
3 oz. beef tenderloin (P,F)	170	8	1 wholewheat English muffin (C,F)	160	1
Corn on cob (6" long) (C)	80		3 oz. water-packed tuna (P, F) mixed with 1 Tbsp. light mayonnaise (F)	100	3
Tossed lettuce with raw vegetables (C) with 1 Tbsp. fat-free dressing (C)	25		2 Tbsp. part-skim grated mozzarella cheese (P,F)	50	5
1/2 c. green beans w/ mushrooms (C)	25		1 c. raw vegetables (C) (carrots, celery, tomato slices)	50	4
2 tsp. light margarine (F)	30	3	1/2 banana (C)	25	
TOTAL	345	11	TOTAL	445	13
Spaghetti			Shrimp Creole		
1 c. spaghetti (C), topped with 1/2 c. meatless spaghetti sauce (C,F)	200		Mix & heat: 1 c. white rice (C)	200	
2 Tbsp. grated parmesan cheese	80	2	1 c. tomato sauce (C) and steamed celery, onion, seasonings	70	
Fresh spinach salad (C) w/ 2 Tbsp. fat-free Italian dressing (C)	50	4	Add: 2 oz. (10) frozen cooked shrimp (P,F)	100	2
1 slice Italian bread (C)	0		Romaine salad with tomatoes & 2 Tbsp. light dressing* (F)	25	
1 c. fat-free milk (P,C)	30		1 sliced fresh peach	50	5
TOTAL	540	6	TOTAL	505	7
Stir-Fry			Vegetarian Dinner		
2 c. frozen vegetables (C) cooked in 1 tsp. canola oil (F) with 3 oz. skinless chicken breast (P,F)	100		1 c. beans (P,C)	200	
1/2 c. linguini (C)	50	5	1 c. rice (C)	200	
1/2 c. fresh fruit salad (C)	150	3	Tossed salad with raw vegetables (C) with 2 Tbsp. light dressing* (F)	25	
TOTAL	460	8	1 c. cantaloupe (1/4 melon) (C)	50	5
			TOTAL	535	5

***NOTE:**

Nonfat cheeses (fat-free) refer to Kraft Free slices, etc.

Light cheeses may be low-fat or reduced-fat cheeses and contain half the fat of the original product or 1/3 fewer calories.

Low-fat cheeses (< 3 g fat per 1 oz.) refer to Weight Watchers slices, Laughing Cow light wedges, etc.

Reduced-fat cheeses (≤ 6 g fat per 1 oz.) refer to part-skim mozzarella, Parmesan, Kraft 2% milk Cheddar, Swiss, etc.

Light or reduced-calorie refers to 35-40 calories per slice bread and 50 calories per tablespoon margarine or mayonnaise.

Nonfat salad dressings ("fat-free") contain 5-25 calories per tablespoon.

Light salad dressings contain 25-50 calories per tablespoon.

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