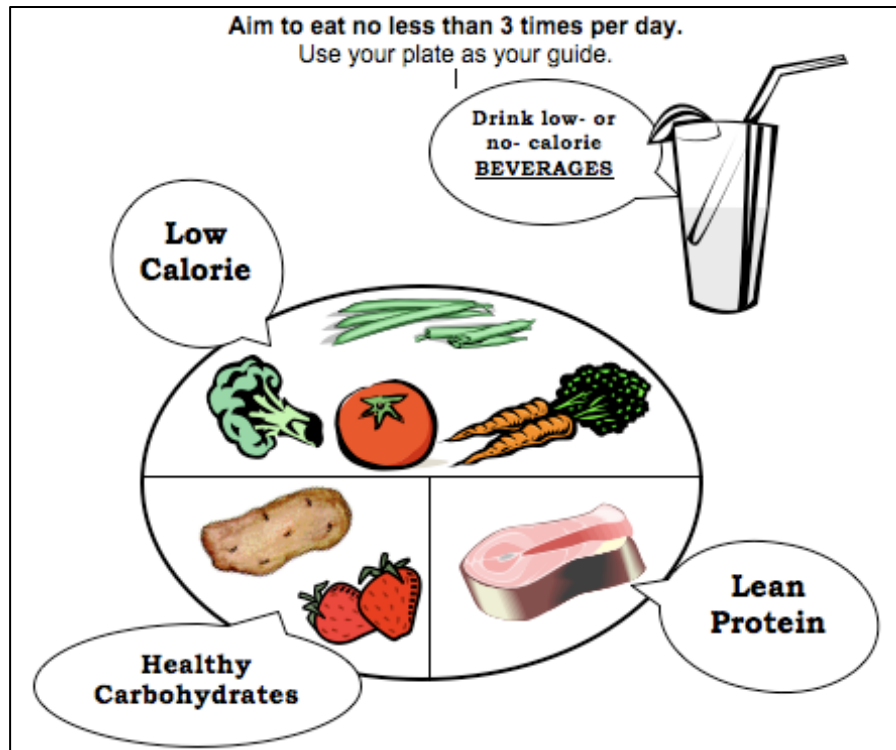


## 1600 Calorie Meal Plans

- All meals are modeled after the plate method to include about 1 cup of carbohydrates or starches, 3 to 4 ounces of protein, and an unlimited amount of non-starchy vegetables. Limit added fats from salad dressings and oils to about 2 tsp per meal.



- Beverages should be low- or no-calorie, such as water, unsweetened hot or iced tea, coffee, light lemonade, diet soda, Crystal Light, carbonated water, or black coffee.
- Aim to eat a meal or snack every 3 to 5 hours. Avoid getting overly hungry. Use the hunger/fullness scale as your guide: start your meal at a 3, end your meal at a 7 (on a scale of 1 to 10). Remember to eat a snack within 30 minutes after exercise.



## DAY ONE

<b>BREAKFAST</b>	<p><b>Egg “McMuffin” Sandwich</b></p> <ul style="list-style-type: none"> <li>- 1 toasted whole wheat English muffin</li> <li>- Stuffed with: 1 slice Canadian bacon, 3 tomato slices, 1 scrambled egg (cooked with Pam in a non-stick skillet)</li> </ul> <p><i>Serve with:</i> 1 cup strawberries</p>
<b>LUNCH</b>	<p><b>Chopped Salad</b></p> <p>4 cups mixed greens salad with ¼ cup each almonds, tomatoes, beets, wax beans, asparagus slices, mushrooms, peppers, snow peas, and topped with 2 Tbsp. balsamic vinegar and ½ Tbsp. olive oil.</p> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>- 1 cup sliced strawberries, blueberries, raspberries</li> <li>- 1/2 cup cottage cheese</li> </ul>
<b>DINNER</b>	<p><b>Chicken-Mushroom Quesadilla*</b></p> <ul style="list-style-type: none"> <li>- 1 whole wheat tortilla</li> <li>- ½ cup grilled mushrooms</li> <li>- 3 ounces grilled chicken</li> <li>- 1 ounce Kraft 2% reduced fat sharp cheddar cheese</li> <li>- 4 Tbsp. salsa</li> <li>- 1 Tbsp. reduced fat sour cream</li> </ul> <p><i>Dessert:</i></p> <ul style="list-style-type: none"> <li>- 1 whole orange</li> </ul> <p><small>*Adapted from So Easy, Ellie Krieger</small></p>
<b>Snack</b>	<ul style="list-style-type: none"> <li>- 6 Whole Wheat Crackers</li> <li>- 1 Tbsp Peanut Butter</li> </ul>

**Nutrient Breakdown:**

Calories: 1605; Fat: 70g (16g saturated, 32g monounsaturated, 13g polyunsaturated); Protein: 99g; Carbohydrates: 161g; Cholesterol: 314mg; Fiber: 39g; Sodium: 3313mg

## DAY TWO

<b>BREAKFAST</b>	<p><b>Cereal with Berries and Almonds</b></p> <ul style="list-style-type: none"> <li>- 1 cup shredded wheat</li> <li>- 1 cup skim milk</li> <li>- ½ cup blueberries</li> <li>- ¼ cup sliced almonds</li> </ul>
<b>LUNCH</b>	<p><b>Ham &amp; Cheese Panini</b></p> <ul style="list-style-type: none"> <li>- 2 slices from French Baguette</li> <li>- 1 Tbsp. balsamic vinegar</li> <li>- 4 large basil leaves</li> <li>- 4 radicchio leaves</li> <li>- 6 pieces thinly sliced prosciutto or ham</li> <li>- 1 slice low fat provolone cheese</li> </ul> <p><i>Serve with:</i> 10 baby carrots and ¼ cup hummus, 1 orange</p>
<b>DINNER</b>	<p><b>Turkey Lasagna***</b></p> <p>Note: makes 9 servings; 1 serving = about 1 cup</p> <ul style="list-style-type: none"> <li>- 2 tablespoons canola oil</li> <li>- Veggies: ¾ cup chopped green bell pepper, 1 package pre-sliced mushrooms, 1 garlic clove (minced)</li> <li>- 1 (10-ounce) package thinly sliced deli turkey breast, chopped</li> <li>- 1 (26-ounce) bottle tomato-basil pasta sauce</li> <li>- Cheese: ¼ cup grated fresh Parmesan cheese, 1 cup shredded part-skim mozzarella cheese, 1 (16-ounce) carton fat-free cottage cheese</li> <li>- Seasonings: ¼ tsp. salt, ¼ tsp. black pepper, 1 tsp. Italian seasoning</li> <li>- 2 large eggs, lightly beaten</li> <li>- 8 cooked lasagna noodles</li> </ul> <p>Sauté bell pepper, mushrooms, and garlic with oil about 5 minutes or until tender. Add turkey; cook 10 minutes, stirring frequently. Stir in seasoning and sauce; simmer 10 minutes. Combine Parmesan, salt, black pepper, eggs, and cottage cheese. Spread 1-cup turkey mixture in bottom of a 13 x 9-inch dish coated with cooking spray. Arrange 4 noodles over turkey mixture; top with half of cheese mixture and 2 cups turkey mixture. Repeat layers, ending with turkey mixture. Sprinkle with mozzarella. Bake at 350° for 45 minutes</p> <p><i>Serve with:</i> 2 cups Mixed greens salad and 2 Tbsp light Italian dressing</p> <p>***Adapted from Cookinglight.com</p>
<b>Snack</b>	<ul style="list-style-type: none"> <li>- 1 piece light string cheese</li> <li>- 1 small apple</li> <li>- ½ ounce unsalted almonds (about 11 pieces)</li> </ul>

**Nutrient Breakdown:**

Calories: 1601; Fat: 55g (15g saturated, 24g monounsaturated, 9g polyunsaturated); Protein: 86g; Carbohydrates: 205g; Cholesterol: 125mg; Fiber: 29g; Sodium: 3867mg

## DAY THREE

<b>BREAKFAST</b>	<p><b>English Muffin with Peanut Butter</b></p> <ul style="list-style-type: none"> <li>- 1 whole wheat English muffin</li> <li>- 2 Tbsp. natural peanut butter (such as Laura Scudder's)</li> <li>- 1 tsp. honey</li> <li>- 1 cup of skim milk</li> </ul>
<b>LUNCH</b>	<p><b>Grilled Cheese &amp; Tomato Soup</b></p> <ul style="list-style-type: none"> <li>- 2 pieces sourdough bread</li> <li>- 1 piece reduced fat cheddar cheese</li> <li>- 1 cup Organic, Low Sodium Tomato Soup (look for the boxed version)</li> </ul> <p><i>Fill sourdough bread slices with cheese slice. Spray a non-stick pan with Olive oil spray and grill.</i></p> <p><i>Serve with: 1 cup sliced watermelon</i></p>
<b>DINNER</b>	<p><b>Steak &amp; Veggies</b></p> <ul style="list-style-type: none"> <li>- 4 oz. sirloin steak</li> <li>- 1 cup brown rice</li> <li>- 1 cup cooked mushrooms and green peppers</li> <li>- 3 cups tossed mixed green salad with tomatoes, cucumber, and 2 Tbsp. light balsamic dressing</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>- 1 cup plain nonfat Greek yogurt</li> </ul> <p><i>Topped with:</i></p> <ul style="list-style-type: none"> <li>- ½ cup berries</li> <li>- 1/8 cup slivered almonds</li> <li>- 2 tsp honey</li> </ul>

**Nutrient Breakdown:**

Calories: 1607; Fat: 44g (10g saturated, 18g monounsaturated, 10g polyunsaturated); Protein: 97g; Carbohydrates: 217g; Cholesterol: 105mg; Fiber: 19g; Sodium: 2703mg

## DAY FOUR

<b>BREAKFAST</b>	<p><b>Cheddar-Apple Quesadilla*</b></p> <ul style="list-style-type: none"> <li>- ¼ of a Granny Smith Apple, cored and thinly sliced</li> <li>- 1 whole wheat flour tortilla</li> <li>- 1 ounce reduced fat sharp cheddar cheese</li> </ul> <p>*Adapted from So Easy, Ellie Krieger</p>
<b>LUNCH</b>	<p><b>Grilled Chicken Sandwich</b></p> <ul style="list-style-type: none"> <li>- 4 ounce chicken breast, grilled</li> <li>- 1 Whole Wheat Hamburger Bun</li> <li>- 2 slices romaine lettuce</li> <li>- 2 tomato slices</li> <li>- 1 tsp. reduced fat mayo</li> <li>- 1 tsp. mustard</li> </ul> <p><i>Serve with:</i> 1 cup Greek Salad (tomato, cucumber, onion, feta cheese)</p>
<b>DINNER</b>	<p><b>Spaghetti with Turkey Meat Sauce</b></p> <ul style="list-style-type: none"> <li>- 1 cup whole grain spaghetti (such as Barilla Plus)</li> <li>- 4 oz. extra lean ground turkey (ground white meat)</li> <li>- ½ cup tomato sauce</li> </ul> <p><i>Serve with:</i> 1 cup fresh or frozen green beans and 2 cups tossed green salad</p>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>- ½ PB &amp; J (1 piece Whole Wheat bread with 1 Tbsp Peanut Butter and ½ Tbsp jelly)</li> <li>- 8 ounce skim milk</li> </ul>

**Nutrient Breakdown:**

Calories: 1590 Fat: 45g (15g saturated, 11g monounsaturated, 9g polyunsaturated); Protein: 116g; Carbohydrates: 184g; Cholesterol: 296mg; Fiber: 26g; Sodium: 2772mg

## DAY FIVE

<b>BREAKFAST</b>	<p><b>Vanilla Spice Oatmeal*</b></p> <ul style="list-style-type: none"> <li>- 3 Tbsp. pecans</li> <li>- ½ cup old fashioned oats</li> <li>- ¾ cup + 2 Tbsp water</li> <li>- 3 Tbsp raisins</li> <li>- Dash of Vanilla Extract</li> <li>- Pinch of ground nutmeg</li> <li>- 1 Tbsp brown sugar</li> <li>- ¼ cup skim milk</li> <li>- Dash of ground cinnamon</li> </ul> <p>*Adapted from So Easy, Ellie Krieger</p>
<b>LUNCH</b>	<p><b>Chicken Salad*</b></p> <ul style="list-style-type: none"> <li>- 4 ounces cubed cooked chicken breast</li> <li>- 1/8 cup nonfat plain yogurt</li> <li>- 1/16 cup sliced almonds</li> <li>- 2 tsp low fat mayonnaise</li> <li>- 1/16 cup chopped cilantro</li> <li>- ¼ cup red grape halves</li> <li>- Dash salt and pepper</li> </ul> <p>Combine the above ingredients. Serve on a bed of mixed greens with pita chips.</p> <p>*Adapted from So Easy, Ellie Krieger</p>
<b>DINNER</b>	<p><b>Beef Tacos</b></p> <ul style="list-style-type: none"> <li>- 2 corn tortillas</li> <li>- 3 oz. <i>cooked</i> lean ground beef</li> <li>- ¼ cup shredded low-fat cheddar</li> <li>- ½ c. diced tomato</li> <li>- Lettuce, pepper, picante sauce or fresh salsa</li> </ul> <p>(Place toppings on tortilla, heat all)</p> <p><i>Dessert:</i> 1 c. strawberries with 1 cup light vanilla yogurt</p>

**Nutrient Breakdown:**

Calories: 1598; Fat: 52g (12g saturated, 20g monounsaturated, 11g polyunsaturated); Protein: 105g; Carbohydrates: 186g; Cholesterol: 194mg; Fiber: 18.5g; Sodium: 1060mg

## DAY SIX

<b>BREAKFAST</b>	<p><b>Strawberry Smoothie*</b></p> <ul style="list-style-type: none"> <li>- ½ ripe banana, cut into chunks, frozen</li> <li>- 3 medium strawberries, fresh or thawed frozen</li> <li>- 1 cup skim milk</li> <li>- 1/8 cup wheat germ</li> <li>- 1/8 cup unsalted almonds</li> <li>- 1 tablespoon honey</li> <li>- ¼ tsp vanilla extract</li> <li>- ½ cup ice water</li> </ul> <p><i>Combine all ingredients in a blender until smooth</i></p> <p><small>*Adapted from So Easy, Ellie Krieger</small></p>
<b>LUNCH</b>	<p><b>Mini Pizza and Fruit</b></p> <ul style="list-style-type: none"> <li>- 2 oz Canadian bacon</li> <li>- 1 oz. (3 Tbsp.) mozzarella</li> <li>- ½ c. raw mushrooms</li> <li>- ½ c. tomato sauce</li> <li>- 2 Whole Wheat pita pocket halves or 2 tortillas Or 2 English muffin halves</li> </ul> <p><i>(Place toppings on bread, broil or cook in toaster oven)</i></p> <p><i>Serve with: 1 large piece fruit</i></p>
<b>DINNER</b>	<p><b>Beef Stir-Fry</b></p> <ul style="list-style-type: none"> <li>- 4 ounces lean beef flank steak</li> <li>- 1 cup thinly sliced bell pepper, carrots, bok choy and snap peas</li> <li>- Cook in 1 Tbsp. sesame oil, 1 Tbsp. Low Sodium Soy Sauce, 1 tsp. ginger, and ½ tsp. red chili paste, 1 clove garlic</li> </ul> <p><i>Serve with: 1 cup brown rice</i></p>
<b>SNACK</b>	<p>½ Banana spread with 1 Tbsp Almond Butter</p>

**Nutrient Breakdown:**

Calories: 1628; Fat: 57g (13g saturated, 24g monounsaturated, 13g polyunsaturated); Protein: 97g; Carbohydrates: 194g; Cholesterol: 114mg; Fiber: 26.5g; Sodium: 2790mg

## DAY SEVEN

<b>BREAKFAST</b>	<p><b>Muesli Parfait*</b></p> <p><i>Mix together:</i></p> <ul style="list-style-type: none"> <li>- 1/8 cup unsalted raw almonds</li> <li>- 1/4 cup skim milk</li> <li>- 1/4 cup nonfat plain yogurt</li> <li>- 1/4 cup old fashioned oats</li> <li>- 2 tsp. honey</li> <li>- Dash of vanilla extract</li> <li>- Top with 1/2 cup mixed berries</li> </ul> <p><small>*Adapted from So Easy, Ellie Krieger</small></p>
<b>LUNCH</b>	<p><b>Turkey Burger</b></p> <ul style="list-style-type: none"> <li>- 1 whole wheat hamburger bun</li> <li>- 4 oz. lean ground turkey (all white meat) patty</li> <li>- 1 Tbsp. fat-free mayo</li> <li>- 1 Tbsp. Mustard</li> <li>- Lettuce</li> </ul> <p><i>Serve with:</i> 1 c. carrot sticks and 1 large pear</p>
<b>DINNER</b>	<p><b>Sesame Tofu with Stir-Fried Veggies**</b></p> <ul style="list-style-type: none"> <li>- 1 1/2 Tbsp. reduced sodium soy sauce</li> <li>- 1 Tbsp. sesame oil</li> <li>- 1 Tbsp. ginger</li> <li>- 1 garlic clove, minced</li> <li>- 1 1/2 cups sliced carrots</li> <li>- 1 cup mushrooms</li> <li>- 1 red bell pepper, sliced</li> <li>- 1 Tbsp. toasted sesame seeds</li> <li>- 1/2 package firm tofu, cut into cubes</li> </ul> <p><i>Combine soy, half the oil, ginger, and garlic. Add tofu to mixture and marinate 1 hour. Cook veggies and marinated tofu in sesame oil.</i></p> <p><i>Serve with:</i> 1 cup Asian noodles or brown rice</p> <p><small>**Adapted from Diabetes Fit Food, Ellen Haas</small></p>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>- 1/2 cup low fat cottage cheese</li> <li>- 1/2 cup sliced peaches</li> </ul>

**Nutrient Breakdown:**

Calories: 1600; Fat: 54g (10g saturated, 19g monounsaturated, 17g polyunsaturated); Protein: 85g; Carbohydrates: 209g; Cholesterol: 91mg; Fiber: 37g; Sodium: 2221mg



### **Weekly Nutrition Averages:**

48% of calories from Carb, 24% from protein, and 30% from fat

**Calories:** 1604

**Protein:** 98g

**Carbohydrate:** 194g

**Total Fat:** 54g (13g sat, 21g mono, 12g poly)

**Cholesterol:** 177mg

**Dietary Fiber:** 28g

**Sodium:** 2675mg