

## 1500 Calorie Meal Plan

\*Calories/Protein/Fiber

### Breakfast

1/2 cup **egg substitute** or 4 egg whites

1-piece of low fat string **cheese**

2 slices of low calorie whole wheat **bread** (equal to or less than 100

Calories, such as **Fiber One light** or a **100 Calorie Thomas' English Muffin**

3/4 cup **1% milk**

\*320/28/8-10

### Lunch

1 1/2 Cups mixed **salad greens** with 1/4 cup tomatoes with 2 TBS salad dressing that is <120 Calories per serving

1 Cup Low Sodium/Low Calorie soup (<120 Calories per cup, such as: Campbell's Healthy Select, Dr. McDougall's Soups)

1-6 oz container of **low-fat yogurt** (<110 Calories, Examples: Fage 0% Greek Yogurt, Dannon Light and Fit, Yoplait)

\*460/12-18 depends on type of yogurt/4

### Dinner

Mix:

4 oz **Chicken or Turkey**

1/2 cup cooked **vegetables** with 1 TBS pesto

1/2 cup cooked **whole wheat pasta**

1/2 cup tomato sauce (<80 Calories per serving)

4 oz (1/2 cup ) red or Chardonnay

\*560/28/7

Dessert/Snack <200 Calories, Examples: 1/2 Cup ice cream, 1 bag of 100 Calorie Popcorn with spray butter, 1 serving of chips