

# 1,500 Calories

Want to boost nutrition and cut calories,  
but not sure where to start?  
We've made it easy!

## 7 Days of Simply Healthy Meals

Whether your goal is to cut calories; choose good carbs; eat lots of fruits, vegetables, and whole grains; or keep fat under control, success starts with putting the right foods in your shopping cart and on your plate. To help you, we asked a team of nutritionists to develop 7 days of healthy menus that offer flavorful eating and also allow for occasional splurges. As with any diet, you should consult with your health care professional before beginning. Enjoy!

### The Daily Plan Goals:

#### 1,500 calories

45% carbohydrate(169 g)  
20% protein (75 g)  
35% total fat (58 g)  
7% or less saturated fat

#### Carbohydrates divided:

Breakfast: 57 g  
Lunch: 55 g  
Dinner: 57 g

**Caution:** Because of the high protein level, this diet is not for those with kidney disease. If you have kidney disease, consult your doctor for a special meal plan.

**Customize:** To develop a calorie level for your age, height, weight, and activity level, see a registered dietitian.

Meal plan created by Colleen Pierre, MS, RD, in consultation with Christine D. McKinney, RD, a certified diabetes educator from the Johns Hopkins Bayview Medical Center.

# 7 Days of Simply Healthy Meals

	SUNDAY	MONDAY
BREAKFAST	<p><b>Strawberry Waffles</b>                      2 (4-inch) whole-grain waffles                      2 tbsp 1% cottage cheese                      ⅔ cup sliced strawberries                      1 dash cinnamon                      2 tbsp sliced almonds</p>	<p><b>Crunchy Banana Oatmeal</b>  <i>Microwave</i>                      ½ cup old-fashioned oats                      1 cup fat-free milk    <i>Stir in</i>                      ½ small banana (sliced)                      2 tbsp chopped walnuts                      1 dash allspice</p>
LUNCH	<p><b>Vegetarian Vegetable Soup</b> (1 cup)  <b>Turkey Sandwich</b>                      2 slices whole-wheat bread                      2 oz deli turkey breast                      1 oz reduced-fat Swiss cheese                      1 tbsp mayonnaise  <b>Dessert</b>                      17 small red seedless grapes</p>	<p><b>Vegetarian Vegetable Soup</b> (1 cup)  <b>Waldorf Chicken Salad</b>  <i>Mix</i>                      2 oz (heaping ⅓ cup) precooked skinless chicken breast strips                      1 small chopped apple                      1 piece low-fat string cheese  <i>cut in 8 pieces</i>                      4 tsp mayonnaise                      1 dash curry powder    <i>Serve on</i> 1 dark-green lettuce leaf                      4 red bell pepper rings  <i>Serve with</i> 1 oz whole-grain (trans-fat-free) crackers</p>
DINNER	<p><b>Grilled Pork and Veggies</b>                      3 oz grilled pork tenderloin                      1 cup mixed zucchini and yellow squash <i>cooked on skewers</i>                      ½ cup grilled sweet-potato slices with 1 tsp trans-fat-free margarine and 1 dash pumpkin pie spice  <b>Salad</b>                      2 cups green-leaf lettuce  <i>Toss with</i>                      1 tsp balsamic vinegar                      2 tsp olive oil  <b>Beverage</b>                      1 cup fat-free milk  <b>Dessert</b>                      ¾ cup pineapple</p>	<p><b>Tilapia Marinara</b>                      4 oz broiled tilapia <i>served over</i>                      1 cup cooked whole-wheat spiral pasta    <i>Top with</i>                      ½ cup low-fat tomato sauce                      (3 g fat or less)  <b>Salad</b>                      2 cups baby spinach                      2 tbsp feta cheese                      ¼ cup sliced red onion    <i>Toss with</i>                      1 tbsp Italian dressing                      3 tbsp sliced almonds</p>
	<p><b>Snack Attack</b>                      You can add a snack of 100 to 150 calories between breakfast and lunch and/or between lunch and dinner. Try:</p> <ul style="list-style-type: none"> <li>• ¼ cup natural almonds or other nuts</li> <li>• 1 reduced-fat string cheese and ½ oz whole-grain crackers</li> <li>• ½ apple or small banana and 1 tbsp peanut butter</li> <li>• 1 oz turkey, a little mustard (if desired), and 1 slice of whole-wheat bread</li> <li>• Mini box of raisins and 2 tbsp unsalted sunflower seeds</li> </ul>	
DAILY TOTAL	1,454 cal, 90 g protein, 166 g carb, 56 g fat (13 g sat fat), 208 mg chol, 29 g fiber, 2,343 mg sodium	1,494 cal, 96 g protein, 173 g carb, 54 g fat (11 g sat fat), 146 mg chol, 28 g fiber, 1,884 mg sodium

# 7 Days of Simply Healthy Meals

	TUESDAY	WEDNESDAY
BREAKFAST	<p><b>Sandwich Melt</b>            1 oz reheated pork tenderloin            1 oz reduced-fat Swiss cheese (1 slice)            1 (2-oz) English muffin</p> <p><b>1 Small Banana</b></p>	<p><b>Spicy Scrambled Egg Wrap</b>            1 medium egg            1 tbsp chopped red bell pepper            1 tbsp chopped yellow onion            1 dash hot sauce</p> <p><i>Scramble mixture in 1 tsp canola oil</i>  <i>Wrap in</i>            2-oz whole-wheat tortilla <i>with</i>            ¾ oz reduced-fat cheddar cheese</p> <p><b>1 Large Orange</b></p>
LUNCH	<p><b>Tuna Wrap</b>  <i>Combine</i>            3 oz water-packed light tuna            4 tsp mayonnaise</p> <p><i>Add</i> 2 tomato slices            1 dark-green lettuce leaf</p> <p><i>Roll into</i>            1 (2-oz) whole-wheat tortilla</p> <p><b>Snack</b>  <b>Stuffed Celery</b>            1 stalk celery</p> <p><i>Stuff with</i> 2 tbsp peanut butter            2 tbsp raisins</p>	<p><b>Tomato Soup</b> (1 cup)</p> <p><b>Pork and Sauerkraut Sandwich</b>            3 oz leftover pork tenderloin            1 (2-oz) English muffin            ¼ cup low-sodium sauerkraut            1 tsp Dijon mustard</p> <p><b>Dessert</b>            ½ cup fresh pineapple            2 tbsp chopped walnuts</p>
DINNER	<p><b>Turkey Chili</b>            3 oz ground turkey breast</p> <p><i>Sauté in</i>            2 tsp canola oil</p> <p><i>Mix with</i>            ¾ cup canned vegetarian chili with beans</p> <p><i>Top with</i>            1 oz reduced-fat cheddar cheese            1 tbsp chopped raw yellow onion</p> <p><b>Salad</b>            1 cup coleslaw</p> <p><b>Dessert</b>            ½ small banana</p>	<p><b>Lean Beef and Pasta</b>            2 oz 95% lean ground beef            ½ cup sliced mushrooms</p> <p><i>Sauté in</i>            2 tsp canola oil</p> <p><i>Mix with</i>            ½ cup low-fat tomato sauce</p> <p><i>Pour over</i>            1 cup cooked whole-wheat spiral pasta</p> <p><b>Salad</b>            2 cups green-leaf lettuce</p> <p><i>Toss with</i>            1 tbsp olive oil            2 tsp balsamic vinegar</p>
DAILY TOTAL	<p>1,513 cal, 98 g protein, 166 g carb, 57 g fat (13 g sat fat), 489 mg chol, 23 g fiber, 1,903 mg sodium</p>	<p>1,494 cal, 82 g protein, 174 g carb, 62 g fat (12 g sat fat), 321 mg chol, 24 g fiber, 2,073 mg sodium</p>

**Customize to Your Needs**  
**Women:** Use these 1,500-calorie menus as is.  
**Men:** Add about 300 calories per day (grain to breakfast, 15 g carb; milk to lunch, 12 g carb; fruit to dinner, 15 g carb) plus 2 tsp of added fat to any meal.  
**Add to any meal:**  
 Calorie-free spices/condiments, beverages (water, coffee, tea, or an occasional diet soda)

# 7 Days of Simply Healthy Meals

	THURSDAY	FRIDAY
BREAKFAST	<p><b>Cereal and Nuts</b></p> <ul style="list-style-type: none"> <li>1 cup toasted whole-grain oat cereal (such as Cheerios)</li> <li>1 cup fat-free milk</li> <li>1 small banana</li> <li>3 tbsp chopped walnuts</li> </ul>	<p><b>Cottage Cheese and Toast</b></p> <ul style="list-style-type: none"> <li>½ cup 1% cottage cheese</li> <li>½ tsp vanilla extract</li> <li>1 dash cinnamon</li> <li>1 slice whole-wheat toast</li> <li>2 tbsp peanut butter</li> </ul> <p>½ Large Orange</p>
LUNCH	<p><b>Tuna Sandwich</b></p> <p><i>Mix</i></p> <ul style="list-style-type: none"> <li>4 oz water-packed light tuna</li> <li>2 tbsp chopped celery</li> <li>4 tsp mayonnaise</li> <li>Mrs. Dash Table Blend seasoning</li> </ul> <p><i>Spread on</i></p> <ul style="list-style-type: none"> <li>2 slices whole-wheat bread</li> </ul> <p><i>Add</i> 1 lettuce leaf</p> <p><b>Salad</b></p> <ul style="list-style-type: none"> <li>1 cup chopped green-leaf lettuce</li> <li>1 tbsp Italian dressing</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>½ cup unsweetened applesauce</li> </ul>	<p><b>Chicken Soft Taco</b></p> <ul style="list-style-type: none"> <li>1 whole-wheat tortilla</li> <li>½ cup vegetarian refried beans</li> </ul> <p><i>Top with</i></p> <ul style="list-style-type: none"> <li>3 oz precooked skinless chicken breast strips</li> <li>½ avocado, sliced</li> <li>¼ cup shredded lettuce</li> <li>¼ cup chopped tomato</li> <li>2 tbsp salsa</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>1 cup watermelon cubes</li> </ul>
DINNER	<p><b>Salad Bar Stir-Fry</b></p> <ul style="list-style-type: none"> <li>3 oz precooked skinless chicken breast strips</li> <li>1 clove garlic</li> </ul> <p><i>Sauté in</i> 3 tsp canola oil</p> <p><i>Add</i> 1 cup broccoli florets</p> <ul style="list-style-type: none"> <li>¼ cup grated carrots</li> <li>½ cup water chestnuts</li> <li>½ cup snow peas</li> <li>½ cup scallions</li> <li>½ cup chopped red bell pepper</li> </ul> <p><i>Season with</i> Chinese 5-spice powder and light soy sauce</p> <p><i>Serve over</i></p> <ul style="list-style-type: none"> <li>½ cup quick-cooking brown rice</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>1 cup fat-free milk</li> </ul>	<p><b>Pizza</b></p> <ul style="list-style-type: none"> <li>2 slices 12-inch frozen cheese pizza</li> </ul> <p><b>Salad</b></p> <ul style="list-style-type: none"> <li>1 cup chopped green-leaf lettuce</li> <li>½ cup chopped tomatoes</li> <li>¼ cup shredded carrots</li> </ul> <p><i>Toss with</i></p> <ul style="list-style-type: none"> <li>2 tsp olive oil</li> <li>2 tsp balsamic vinegar</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>1 12-oz light beer</li> </ul>
DAILY TOTAL	1,523 cal, 94 g protein, 166 g carb, 59 g fat (10 g sat fat), 126 mg chol, 25 g fiber, 1,453 mg sodium	1,522 cal, 86 g protein, 171 g carb, 56 g fat (12 g sat fat), 96 mg chol, 29 g fiber, 2,551 mg sodium

# 7 Days of Simply Healthy Meals

## SATURDAY

### BREAKFAST

#### Cereal and Nuts

- 1½ cups toasted whole-grain oat cereal (such as Cheerios)
- 1 cup fat-free milk
- 1 tbsp chopped walnuts
- 1 tbsp raisins

### LUNCH

#### Low-Sodium Black-Bean

**Vegetable Soup** 1 can (2 cups)

#### Dessert

- 1 small banana
- ½ cup walnuts

### DINNER

#### Cheddar Turkey Burger

(see Featured Recipe this page)

#### Sauteed Greens

- 1 cup collard greens

*Sauté in*

- 1 tsp canola oil
- 1 tsp balsamic vinegar

#### Dessert

- 1 small (2-inch square) unfrosted chocolate brownie with walnuts

### Featured Recipe: Cheddar Turkey Burgers

- 8 oz ground turkey breast
- 1 tsp Dijon mustard
- 1 tbsp prepared horseradish
- 1 dash garlic powder
- 2 lettuce leaves

Preheat the grill. In a bowl, combine the turkey, mustard, horseradish, and garlic powder. Mix well. Form into 2 patties. Grill the patties over medium heat until they reach an internal temperature of 165°F. Add cheese, and warm until melted. Serve with buns and lettuce leaves.

**TIP:** If conditions don't permit outdoor grilling, you can use your oven's broiler or a nonstick sauté pan with grill marks.

Makes 2 servings

**Per serving:** 355 cal, 26 g protein, 22 g carb, 20 g fat (7 g sat fat), 87 mg chol, 6 g fiber, 764 mg sodium

#### \*Find the Best Bun

The bun is the highest-carb food in this meal. To find a low-carb, low-cal, high-fiber bun, check the nutrition facts label. A bun with a total carb count as low as 18 g is a good choice. The dietary fiber content should be at least 2 g. Some buns also have as little as 70 calories per serving. Balance it all out to make the best choice.

### DAILY TOTAL

1,498 cal, 77 g protein, 172 g carb, 73 g fat (14 g sat fat), 109 mg chol, 39 g fiber, 1,943 mg sodium

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### Your Kitchen Checklist

Check off the items you already have in your kitchen. Then take this list to the grocery store to help you with what you'll need to stock.

- Bread**
    - English muffins (2-oz)
    - Hamburger buns, reduced-calorie or light, with added calcium
    - Whole-wheat bread
    - Whole-wheat tortillas (2-oz)
  - Cereal**
    - Old-fashioned oats
    - Toasted whole-grain oat cereal
  - Rice/Pasta**
    - Brown rice, quick cooking
    - Whole-wheat spiral pasta
  - Produce**
    - Apples
    - Avocado
    - Bananas
    - Bell peppers, red
    - Broccoli florets
    - Carrots, shredded
    - Celery
    - Coleslaw
    - Collard greens
    - Garlic
    - Grapes, red seedless
    - Green onions/Scallions
    - Lettuce, green leaf
    - Mushrooms
    - Onions, red
    - Onions, yellow
    - Oranges
    - Pineapple
    - Raisins
    - Snow peas
  - Spinach, baby
  - Squash, yellow
  - Strawberries
  - Sweet potatoes
  - Tomatoes
  - Walnuts
  - Water chestnuts
  - Watermelon
  - Zucchini
- Dairy Foods**
    - Cheddar cheese, reduced fat
    - Cheddar cheese, sharp singles, 2% milk with added calcium
    - Cottage cheese, 1%
    - Fat-free milk
    - Feta cheese
    - Horseradish
    - Margarine, light, trans-fat free
    - String cheese, low-fat
    - Swiss cheese, reduced fat, sliced
  - Meat, Poultry, Seafood, and Eggs**
    - Chicken breast strips, skinless, precooked
    - Deli turkey breast, sliced
    - Eggs
    - Ground beef, 95% lean
    - Ground turkey breast
    - Pork tenderloin
    - Tilapia
    - Tuna, light, packed in water
- Canned and Bottled Goods**
    - Applesauce, unsweetened
    - Beer, light
    - Black bean vegetable soup, low sodium
    - Peanut butter
    - Sauerkraut, low sodium
    - Tomato sauce, low-fat
    - Tomato soup
    - Vegetarian chili with beans
    - Vegetarian refried beans
    - Vegetarian vegetable soup
  - Oils, Condiments, and Spices**
    - Allspice
    - Balsamic vinegar
    - Canola oil
    - Chinese 5-spice powder
    - Cilantro
    - Cinnamon, ground
    - Curry powder
    - Dijon mustard
    - Garlic powder
    - Hot sauce
    - Italian dressing, nonfat
    - Mayonnaise, light/low-fat
    - Mrs. Dash Table Blend
    - Olive oil
    - Pumpkin pie spice
    - Salsa
    - Soy sauce, light
    - Vanilla extract
- Miscellaneous**
    - Almonds, sliced
    - Brownies or brownie mix, nonfat
    - Crackers, whole grain, trans-fat free
  - Frozen Food**
    - Pizza, 12-inch cheese
    - Whole-grain waffles, 4-inch

