

1,800 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:

2,000 calories

45% carbohydrate (225 g)
20% protein (100 g)
35% total fat (78 g)
7% or less saturated fat

Carbohydrates divided:

Breakfast: 65 g
Lunch: 65 g
Dinner: 65 g
Snack: 30 g (total for day)

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

Strawberry Waffles

- 2 (4-inch) whole-grain waffles
- 2 tbsp 1% cottage cheese
- 2/3 cup sliced strawberries
- 1 dash cinnamon
- 2 tbsp sliced almonds

Snack Attack

You can add a snack of 100 to 150 calories between breakfast and lunch and/or between lunch and dinner. Try:

- 1/4 cup natural almonds or other nuts
- 1 reduced-fat string cheese and 1/2 oz whole-grain crackers
- 1/2 apple or small banana and 1 tbsp peanut butter
- 1 oz turkey, a little mustard (if desired), and 1 slice of whole-wheat bread
- Mini box of raisins and 2 tbsp unsalted sunflower seeds

Crunchy Banana Oatmeal

Microwave

- 1/2 cup old-fashioned oats
- 1 cup fat-free milk

Stir in

- 1/2 small banana, *sliced*
- 2 tbsp chopped walnuts
- 1 dash allspice

LUNCH

Soup

Vegetarian Vegetable Soup (1 cup)

Turkey Sandwich

- 2 slices whole-wheat bread
- 2 oz deli turkey breast
- 1 oz reduced-fat Swiss cheese
- 1 tbsp mayonnaise

Dessert

- 17 small red seedless grapes

Vegetarian Vegetable Soup (1 cup)

Waldorf Chicken Salad

Mix

- 2 oz (heaping 1/3 cup) precooked skinless chicken breast strips
- 1 small chopped apple
- 1 piece low-fat string cheese *cut in 8 pieces*
- 4 tsp mayonnaise
- 1 dash curry powder

Serve on 1 dark-green lettuce leaf
4 red bell pepper rings

Serve with 1 oz whole-grain, trans-fat-free crackers

DINNER

Grilled Pork and Veggies

- 3 oz grilled pork tenderloin
- 1 cup mixed zucchini and yellow squash *cooked on skewers*
- 1/2 cup grilled sweet-potato slices with 1 tsp trans-fat-free margarine and 1 dash pumpkin pie spice

Salad

- 2 cups green-leaf lettuce

Toss with

- 1 tsp balsamic vinegar
- 2 tsp olive oil

Beverage

- 1 cup fat-free milk

Dessert

- 3/4 cup pineapple

Sangria Spritzer

(1 serving = 1/2 recipe)

Combine in large pitcher and chill

- 1 orange, *seeded and sliced*
- 1 lime, *seeded and sliced*
- 1/2 cup frozen cherries, *thawed, rinsed, and drained*
- 2 cinnamon sticks
- 2 cups white grape juice

When ready to serve, add, then shake

- 2 cups chilled sparkling mineral water or club soda

Snack

Watermelon Freezies

(1 serving = 6-oz cup)

Mix in blender

- 1 cup seedless watermelon chunks
- 1 cup orange juice
- 1 cup water

Pour into 6 small (6-oz) paper cups

Insert 6 popsicle sticks or plastic spoons. Freeze.

Tilapia Marinara

- 4 oz broiled tilapia *served over*
- 1 cup cooked whole-wheat spiral pasta

Top with

- 1/2 cup low-fat tomato sauce (3 g fat or less)

Salad

- 2 cups baby spinach
- 2 tbsp feta cheese
- 1/4 cup sliced red onion

Toss with

- 1 tbsp Italian dressing
- 3 tbsp sliced almonds

Snack

Angel-Devil Smoothie

(1 serving = 1/4 mixture)

Combine in blender until smooth

- 2 cups nonfat plain yogurt
- 2 cups frozen sliced strawberries
- 2 chocolate nonfat brownies *broken into small pieces*
- 1/4 cup fat-free milk

Seasoned Pita Chips

(1 serving = 8 pita quarters)

- 4 large whole-wheat pitas
- 4 tsp extra virgin olive oil
- 1 tsp dried oregano
- 1 dash garlic powder

Preheat oven to 350°F.

Cut pita rounds in half lengthwise by cutting along the outside edge; then cut each single layer into quarters.

Arrange in a single layer on a baking sheet.

Brush olive oil over pita wedges (cooking spray may be used).

Sprinkle with oregano and garlic powder, or other seasonings of choice such as chili powder and cilantro.

Bake for 8 minutes, or until lightly golden. Allow to cool and enjoy alone or with a dip.

Makes 4 servings of 8 quarters each.

Per serving: 110 cal, 3 g protein, 18 g carb, 3 g fat (0 g sat fat), 0 g chol, 2 g fiber, 170 mg sodium

DAILY TOTAL

1,804 cal, <92 g protein, 194 g carb, 56 g fat (13 g sat), 208 mg chol, 29 g fiber, 2,353 mg sodium

1,814 cal, 104 g protein, 199 g carb, 54 g fat (11 g sat), 151 mg chol, 30 g fiber, 2,019 mg sodium

7 Days of Simply Healthy Meals

TUESDAY

WEDNESDAY

BREAKFAST

Sandwich Melt

- 1 oz reheated pork tenderloin
- 1 oz reduced-fat Swiss cheese (1 slice)
- 1 (2-oz) English muffin

1 Small Banana

Customize to Your Needs

Women:

Use these 1,800-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)

Spicy Scrambled Egg Wrap

- 1 medium egg
- 1 tbsp chopped red bell pepper
- 1 tbsp chopped yellow onion
- 1 dash of hot sauce

*Scramble mixture in 1 tsp canola oil
Wrap in 2-oz whole-wheat tortilla with
¾ oz reduced-fat cheddar cheese*

1 Large Orange

LUNCH

Tuna Wrap

Combine

- 3 oz water-packed light tuna
- 4 tsp mayonnaise

Add

- 2 tomato slices
- 1 dark-green lettuce leaf

Roll into

- 1 (2-oz) whole-wheat tortilla

Tomato Soup (1 cup)

Pork and Sauerkraut Sandwich

- 3 oz leftover pork tenderloin
- 1 (2-oz) English muffin
- ¼ cup low-sodium sauerkraut
- 1 tsp Dijon mustard

Dessert

- ⅔ cup fresh pineapple
- 2 tbsp chopped walnuts

DINNER

Turkey Chili

- 3 oz ground turkey breast

Sauté in 2 tsp canola oil

Mix with ¾ cup canned vegetarian chili with beans

Top with 1 oz reduced-fat cheddar cheese

- 1 tbsp chopped raw yellow onion

Salad

- 1 cup coleslaw

Dessert

- ½ small banana

Snack

Stuffed Celery

- 1 stalk celery *stuffed with* 2 tbsp peanut butter
2 tbsp raisins

Italian Popcorn Treat

(1 serving = 2 cups)

Preheat oven to 325°F. In a 19x9x2-inch baking pan, mix

- 10 cups air-popped popcorn
- 2 cups nonfat mini pretzels

Spray mixture with 1 tsp olive oil cooking spray

Sprinkle on ½ cup grated parmesan cheese

- 1 tsp dried Italian seasoning

- ½ tsp garlic powder

Bake 15 minutes; stir. Bake 15 minutes longer; cool.

Citrus Shrimp Cocktail (1 serving = ¼ mixture)

Peel and section 1 orange and 1 grapefruit

Peel, pit, and slice 1 fresh avocado

Toss with 8 ounces cooked shrimp

Break up 4 lettuce leaves and *add to* 4 cocktail cups

Spoon Shrimp mixture over lettuce

Top with 6 mint leaves, *chopped*

Lean Beef and Pasta

Sauté in 2 tsp canola oil

- 2 oz 95% lean ground beef

- ½ cup sliced mushrooms

Mix with ½ cup low-fat tomato sauce

Pour over 1 cup cooked whole-wheat spiral pasta

Salad

- 2 cups green-leaf lettuce

Toss with

- 1 tbsp olive oil

- 2 tsp balsamic vinegar

Snacks

Spicy Roasted Pumpkin Seeds

(1 serving = 2 cups)

Preheat oven to 350°F

Spread in single layer on baking sheet 2 cups pumpkin seeds

Roast until golden (30–40 minutes)

Cool slightly and toss with

- ½ tsp olive oil

Mix with

- 1 tsp dried oregano

- ½ tsp paprika

- 1 dash cayenne pepper

- ½ tsp garlic powder

- 1 tbsp grated parmesan cheese

Low-calorie Shake

(1 serving = ½ mixture)

- 1 cup frozen strawberries

- 1 ripe banana, *peeled and sliced*

- 1 cup fat-free milk

- 4 packets sugar substitute

- ½ tsp vanilla extract

Mix in blender until smooth.

Serves 2

DAILY TOTAL

1,783 cal, 116 g protein, 198 g carb, 66 g fat (15.5 g sat),
604 mg chol, 33 g fiber, 2,163 mg sodium

1,814 cal, 96 g protein, 204 g carb, 81.5 g fat (15 g sat),
<326 mg chol, <28 g fiber, 2,153 mg sodium

7 Days of Simply Healthy Meals

	THURSDAY	FRIDAY
BREAKFAST	<p>Cereal and Nuts</p> <ul style="list-style-type: none"> 1 cup toasted whole-grain oat cereal (such as Cheerios) 1 cup fat-free milk 1 small banana 3 tbsp chopped walnuts 	<p>Cottage Cheese and Toast ½ Large Orange</p> <ul style="list-style-type: none"> ½ cup 1% cottage cheese ½ tsp vanilla extract 1 dash cinnamon 1 slice whole-wheat toast 2 tbsp peanut butter
LUNCH	<p>Tuna Sandwich</p> <p><i>Mix</i> 4 oz water-packed light tuna 2 tbsp chopped celery 4 tsp mayonnaise Mrs. Dash Table Blend seasoning</p> <p><i>Spread on</i> 2 slices whole-wheat bread <i>Add</i> 1 lettuce leaf</p> <p>Salad</p> <ul style="list-style-type: none"> 1 cup chopped green-leaf lettuce <p><i>Toss with</i> 1 tbsp Italian dressing</p> <p>Dessert</p> <ul style="list-style-type: none"> ½ cup unsweetened applesauce 	<p>Chicken Soft Taco</p> <ul style="list-style-type: none"> 1 whole-wheat tortilla ½ cup vegetarian refried beans <p><i>Top with</i></p> <ul style="list-style-type: none"> 3 oz precooked skinless chicken breast strips ½ avocado, <i>sliced</i> ¼ cup shredded lettuce ¼ cup chopped tomato 2 tbsp salsa <p>Dessert</p> <ul style="list-style-type: none"> 1 cup watermelon cubes
DINNER	<p>Salad Bar Stir-Fry</p> <ul style="list-style-type: none"> 3 oz precooked skinless chicken breast strips 1 clove garlic <p><i>Sauté in</i> 3 tsp canola oil</p> <p><i>Add</i></p> <ul style="list-style-type: none"> 1 cup broccoli florets ¼ cup grated carrots ½ cup water chestnuts ½ cup snow peas ½ cup scallions ½ cup chopped red bell peppers <p><i>Season with</i> Chinese 5-spice powder and light soy sauce <i>Serve over</i> ½ cup quick-cooking brown rice</p> <p>Beverage</p> <ul style="list-style-type: none"> 1 cup fat-free milk <p>Dessert</p> <p>5-Fruit Salad</p> <p>(1 serving = ¼ mixture)</p> <ul style="list-style-type: none"> ½ cup orange juice 1 cup blueberries, fresh or frozen 1 banana, <i>peeled and sliced</i> 1 peach or nectarine, <i>pitted and cubed</i> 1 cup diced watermelon <p>Snack</p> <p>Chili Roasted Soy Nuts (1 serving = 16 soy nuts)</p> <p><i>Preheat oven to 350°F</i> <i>Spread</i> 2 cups plain soy nuts <i>evenly on baking sheet and bake for 10 minutes</i></p> <p><i>Mix</i> ½ tsp garlic powder ½ tsp chili powder ½ tsp ground cumin ½ tsp dried oregano</p> <p><i>Toss spices with soy nuts</i></p> <p>Seasoned Pita Chips (<i>see recipe on page 2</i>)</p>	<p>Pizza</p> <ul style="list-style-type: none"> 2 slices 12-inch frozen cheese pizza <p>Salad</p> <ul style="list-style-type: none"> 1 cup chopped green-leaf lettuce ½ cup chopped tomatoes ¼ cup shredded carrots <p><i>Toss with</i></p> <ul style="list-style-type: none"> 2 tsp olive oil 2 tsp balsamic vinegar <p>Beverage</p> <ul style="list-style-type: none"> 1 12-oz light beer <p>Snack</p> <p>Peanut Butter–Banana Finger Sandwiches</p> <p>(1 serving = 2 slices)</p> <ul style="list-style-type: none"> 4 slices whole-grain bread <p><i>Top each slice with</i></p> <ul style="list-style-type: none"> 1 tbsp peanut butter ½ banana, <i>sliced</i> 1 tbsp wheat germ, <i>toasted</i> <p><i>Cut each slice in half</i></p> <p>Italian Vegetable Picks</p> <ul style="list-style-type: none"> 16-oz package frozen broccoli, cauliflower, and carrots, <i>thawed</i> ½ cup pitted medium olives ½ cup Italian salad dressing <p><i>Combine ingredients, refrigerate, and serve with cocktail picks</i></p>
DAILY TOTAL	1,813 cal, 107 g protein, 212 g carb, 67 g fat (10.5 g sat), 126 mg chol, 31 g fiber, 1,623 mg sodium	1,797 cal, 97 g protein, 207 g carb, 66.5 g fat (13.5 g sat), <101 mg chol, 36 g fiber, 2,871 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 serving = 1 can [2 cups])

Tossed Salad

(1 serving = ¼ salad)

- 6 cups ready-to-serve romaine lettuce
- 10 fresh cherry tomatoes
- ½ cup chopped carrots

Toss with 1 tsp olive oil
2 tbsp cider vinegar
1 dash black pepper

Dessert

- 1 small banana
- ½ cup walnuts

DINNER

Cheddar Turkey Burger

(see Featured Recipe this page)

Sautéed 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

Snacks

Bruschetta

(1 serving = 2 slices)

Combine

- 2 tomatoes, *cored, seeded, and chopped*
- 1 tbsp balsamic vinegar
- 1 tsp Italian seasoning

Divide mixture evenly on

- 4 slices whole-wheat bread, *toasted*

Top with

- 1 tbsp grated parmesan cheese
- 1 tsp olive oil

Arrange on baking sheet and heat under broiler until cheese melts

Chocolate Mousse

(1 serving = ⅔ cup)

Blend in food processor until smooth

- 12 ounces silken tofu
- ⅓ cup sugar substitute/Splenda®
- ¼ cup cocoa powder
- ⅓ cup fat-free milk

Spoon into 4 dessert dishes and chill

Top with

- ½ tbsp whipped cream

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

1,788 cal, 91 g protein, 212 g carb, 83.5 g fat (15.5 g sat), <114 mg chol, 46 g fiber, 2,338 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-grain bread
- Whole-wheat bread
- Whole-wheat pitas, large
- Whole-wheat tortillas (2-oz)

Cereal

- Old-fashioned oats
- Toasted whole-grain oat cereal
- Wheat germ

Rice/Pasta

- Brown rice, quick cooking
- Whole-wheat spiral pasta

Produce

- Apples
- Avocado
- Bananas
- Bell peppers, red
- Blueberries, fresh or frozen
- Broccoli florets
- Cantaloupe, fresh, or frozen melon balls
- Carrots, shredded
- Carrots, whole
- Celery
- Cherry tomatoes
- Coleslaw
- Collard greens
- Garlic
- Grapefruit
- Grapes, red seedless
- Green onions/Scallions
- Lemons
- Lettuce, green leaf
- Lettuce, romaine, ready to serve
- Lime
- Mint

- Mushrooms
- Onions, red
- Onions, yellow
- Oranges
- Peach or nectarine
- Pineapple
- Pumpkin seeds
- Raisins
- Soy nuts
- Spinach, baby
- Squash, yellow
- Strawberries
- Sweet potatoes
- Tomatoes
- 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
- Parmesan cheese, grated
- Soy milk, fortified
- String cheese, low fat
- Swiss cheese, reduced fat, sliced
- Whipped cream
- Yogurt, nonfat, plain

Meat, Poultry, Seafood, and Eggs

- Chicken breast strips, skinless, precooked
- Deli turkey breast, sliced
- Eggs
- Ground beef, 95% lean
- Ground turkey breast
- Pork tenderloin

- Shrimp
- Tilapia
- Tuna, light, packed in water

Canned and Bottled Goods

- Applesauce, unsweetened
- Beer, Light
- Black bean vegetable soup, low sodium
- Grape juice, white
- Olives, medium size, pitted
- Orange juice
- Peanut butter
- Sauerkraut, low sodium
- Tomato sauce, low fat
- Tomato soup
- Vegetarian chili with beans
- Vegetarian refried beans
- Vegetarian vegetable soup
- Water chestnuts

Oils, Condiments, and Spices

- Allspice
- Balsamic vinegar
- Black pepper
- Canola oil
- Cayenne pepper
- Chili powder
- Chinese 5-spice powder
- Cider vinegar
- Cilantro
- Cinnamon, ground and sticks
- Cocoa powder, unsweetened
- Cumin
- Curry powder
- Dijon mustard
- Garlic powder

- Hot sauce
- Italian dressing, nonfat
- Italian seasoning
- Mayonnaise, light/low fat
- Mint, dried
- Mrs. Dash Table Blend
- Olive oil
- Oregano
- Paprika
- Pumpkin pie spice
- Salsa
- Soy sauce, light
- Sugar substitute/Splenda
- Vanilla extract

Miscellaneous

- Almonds, sliced
- Brownies or brownie mix, nonfat
- Cocktail picks
- Cooking spray
- Crackers, whole grain, trans-fat free
- Mini pretzels, nonfat
- Paper cups, 6 oz
- Popcorn, air popped
- Popsicle sticks or plastic spoons
- Silken tofu
- Sparkling mineral water or club soda

Frozen Food

- Broccoli, cauliflower, and carrots
- Cherries
- Pizza, 12-inch cheese
- Strawberries
- Whole-grain waffles, 4-inch

