

1600 Calorie Meal Plan

Meal	Portion	Food	Calories
DAY 1			
Breakfast	1 cup	Hot Oatmeal , cooked, unsweetened	150
	1	banana	120
	1 cup	skim milk	80
Lunch	1	Amy's Bean & Rice Burrito <i>(in the frozen foods section of your grocery store – available with or without cheese)</i>	280
	10	baby carrots	35
	2 tbsp	salad dressing, low fat or fat free	45
	Dinner		
Spaghetti and Meat Sauce			
	2 cups	spaghetti, cooked	320
	3 oz	ground beef or ground turkey, cooked, lean, no skin	165
	½ cup	marinara sauce, low fat (such as Ragu Light or Healthy Choice)	40
	1 tbsp	parmesan cheese	25
Tossed Salad			
	2-3 cups	mixed salad greens	20
	1 cup	assorted vegetables, raw	25
	2 tbsp	salad dressing, low fat or fat free	45
Snacks			
	1 medium	apple	80
	1 cup	yogurt, fat free (plain or artificially sweetened)	120
	1 large	rice cakes	50
			Total = 1600
DAY 2			
Breakfast	1	English Muffin	130
	1 tbsp	peanut butter	90

	1 tbsp	jam, all fruit	50
	1 medium	peach	60
	1 cup	skim milk	80
Lunch			
		Grilled Chicken Salad	
	3 oz	chicken breast, grilled, sliced	135
	2-3 cups	mixed salad greens	20
	1 cups	assorted vegetables, raw	25
	2 tbsp	salad dressing, low fat or fat free	45
	1 large	roll, whole grain	160
	1 tsp	butter, whipped, reduced fat	15
Dinner			
		Broccoli and Cheese Stuffed Potato	
	9 oz (large)	baked potato	240
	2 oz	cheese, shredded, reduced fat	150
	1 cup	broccoli, steamed	50
	1 cup	chicken and vegetable soup	130
Snacks			
	1 medium	orange	80
	2 sheets	graham crackers	120
		Total =	1580
DAY 3			
Breakfast	2 cups	Cold Cereal , whole grain, unsweetened	220
	1 cup	strawberries, whole	60
	1 cup	skim milk	80
Lunch			
		Tuna Sandwich	
	3 oz	tuna, canned, packed in water (drained)	105
	1 tbsp	mayonnaise, reduced fat	40
	as desired	celery, chopped	free
	as desired	lettuce & tomato slices	free

	1 large	pita, whole wheat	160
	1 oz	pretzels	110
Dinner			
		Honey Mustard Chicken	
	6 oz	chicken breast, skinless, grilled or baked	270
	2 tbsp	honey mustard dressing or marinade	90
	1 cup	brown rice, steamed	240
	½ cup	green peas, boiled	80
Snacks			
	15 large	grapes	60
	1 bar	granola bar, low fat (such as Nature Valley)	90
		Total =	1605
DAY 4			
Breakfast	2	Waffles, plain or whole grain, frozen	160
	2 tbsp	symp, lite (such as Log Cabin)	50
	1 cup	berries, your choice	60
	1 cup	skim milk	80
Lunch			
		Cottage Cheese and Fruit Salad	
	½ cup	cottage cheese, reduced fat	100
	2 cups	melon cubes (cantaloupe, honeydew, watermelon)	120
	2-3 cups	mixed salad greens	20
	1 cup	assorted vegetables, raw	25
	2 tbsp	salad dressing, low fat or fat free	45
	1	pita, whole wheat, large	160
Dinner			
	3 oz	Vegetarian Burger (such as Boca Burger or Gardenburger – available in the frozen food section) or lean hamburger	140
	1 large	roll, whole grain	160
	as desired	lettuce & tomato slices	free
	1 cup	assorted vegetables, steamed	50
	9 oz large	baked potato	240

	2 tsp	butter, whipped, reduced fat	30
Snacks			
	3 cups	popcorn (low-fat microwave or air popped)	100
	10 medium	nuts, such as almonds, cashews, peanuts	90
		Total =	1630
Day 5			
Breakfast	2 slices	Toast, Whole Grain	160
	1 tbsp	cream cheese, reduced fat	50
	2-4 slices	tomato	free
	1 cup	skim milk	80
	1	banana	120
Lunch			
		Turkey Sandwich	
	3 oz	low salt turkey breast	135
	1 large	roll, whole grain	160
	as desired	lettuce & tomato slices	free
	1 tbsp	mustard	10
		Vegetables & Dip	
	1 cup	vegetables, raw, sliced (such as celery, carrots, peppers, cucumbers or cherry tomatoes)	25
	¼ cup	hummus	100
Dinner			
		Chicken Stir-Fry	
	3 oz	chicken breast, skinless, cut into strips	135
	1 cup	broccoli	25
	¼ cup	white onion, sliced	5
	½ cup	mushrooms, sliced	12
	½ cup	carrots, sliced	12
	1 cup	brown rice	240
	to taste	soy sauce	free
	2 tsp	canola or olive oil (to sauté chicken & veggies)	90

Snacks

1 medium	peach or plum	60
2 large	rice cakes	100
1 tbsp	peanut butter	90

Total = 1609**DAY 6****Breakfast****Vegetable Omelet**

2	eggs	150
1 oz	cheese, shredded, reduced fat	75
1 cup	assorted vegetables, raw	25
2 slices	toast, whole grain	160
2 tsp	butter, whipped, reduced fat	30
1 cup	orange juice	120
1 cup	skim milk	80

Lunch

1 serving	Turkey Chili (see below for recipe or have store bought)	300
	Tossed Salad	
2-3 cups	mixed salad greens	20
1 cup	assorted vegetables, raw	25
2 tbsp	salad dressing, low fat or fat free	45

Dinner

3 oz	Pork Tenderloin	165
1 6" ear	corn on the cob	80
¾ cup	brown rice, steamed	160

Snacks

1 medium	apple	80
1 oz	string cheese	80

Total = 1595**DAY 7****Breakfast**

2 cups	Cold Cereal , whole grain, unsweetened	220
1 cup	skim milk	80

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Lunch	1 cup	blueberries	60
	1 serving	Penne Pasta with Chicken & Veggies (see attached recipe, serve hot or cold)	440
Dinner	4 oz	Grilled Fish (such as salmon, tuna or tilapia)	220
	1 cup	couscous or rice, steamed	240
	10 spears	asparagus	50
	1 tsp	butter, whipped, reduced fat	15
Snacks	1 cup	yogurt, fat free (plain or artificially sweetened)	120
	2 tbsp	raisins	60
	¼ cup	granola, low fat (such as made by Kellogg's)	100
		Total =	1605

RECIPES:

Low-Fat Turkey Chili (serves 4)
8 oz (½ pound) cooked turkey (or use soy crumbles) 1 garlic clove, minced 1 medium-size onion, chopped 1 sweet green pepper, chopped 16 oz red kidney beans, canned 16 oz tomato paste 28 oz canned tomatoes 1 bay leaf pinch chili powder pinch cumin seeds
Combine the turkey, garlic, onion, and green pepper in a nonstick skillet. Sauté until the vegetables are soft. Add the remaining ingredients and cover. Simmer over low heat for 30 to 60 minutes, or until the flavors are blended.
One Serving = 340 Calories, 30g Protein, 10g Fat, 355mg Sodium, 1211mg Potassium, 60mg Cholesterol

Penne Pasta with Chicken & Vegetables (serves 4)

4 cups cooked penne pasta

1 pound chicken breast, boneless, skinless, uncooked

1 cup green zucchini, sliced

1 cup red peppers, chopped

1 cup yellow peppers

1 cup whole canned tomatoes, sliced in half

1 onion, large, chopped fine

1 clove garlic, minced

2 tbsp olive oil

2 cups low-sodium chicken broth

2 tbsp parmesan cheese

basil and oregano, to taste

Heat olive oil in a nonstick skillet. Saute garlic and onions until slightly brown (3 minutes). Saute chicken and cook. Add chicken broth, peppers, zucchini and tomatoes. Simmer on low heat for 10-12 minutes or until all vegetables are soft. Add herbs for flavor. Serve over pasta. Top with parmesan cheese.

One Serving = 440 Calories, 38g Protein, 9g Fat, 434mg Sodium, 748mg Potassium, 120mg Cholesterol