

7-Day Sample Menus 1500 Calories

MONDAY

BREAKFAST

- ½ cup cantaloupe
- 1 slice whole wheat toast
- 2 tsp. almond butter
- 1 cup coffee nonfat yogurt

LUNCH

- 1 cup minestrone soup
- 1 oz. low-fat mozzarella cheese
- 2 pieces fresh tomato slices
- 2 slices whole wheat bread
- 1 tsp. prepared mustard

SNACK

- 1 oz. peanuts

DINNER

- 4 oz. broiled swordfish
- 1 sweet potato
- 5 mushrooms
- ½ cup asparagus
- 1 cup tossed green salad
- 1 tbsp. olive oil
- 1 tbsp. vinegar
- ½ cup strawberries

SNACK

- 2 whole grain crackers
- 2 tsp. peanut butter
- ½ cup skim milk

Calories 1536

Fat 59.5gms/34% of calories

Sat 11.9 gms/6.7%

Mono 30.4gms/17.2%

Poly 13.0 gms/7.3%

Cholesterol 80 mg

Sodium 2319 mg

Fiber 21.3 gm

TUESDAY

BREAKFAST

- ¼ cup egg substitutes
- ¼ cup green pepper
- 2 tsp. canola oil
- 1 slice whole wheat toast
- 1 tsp. peanut butter
- 1 banana

LUNCH

- 1 1/2 cups fresh spinach
- 2 oz. skinless chicken breast
- 1 tsp. olive oil
- 1 tbsp. vinegar
- 1 sesame breadstick
- 1 cup nonfat skim milk
- 1 orange

SNACK

- 1 oz. almonds

DINNER

- 3 oz. large shrimp
- 1 cup broccoli
- ½ cup sweet red bell pepper
- ½ cup summer squash
- 2 tsp. peanut oil
- 1 cup brown rice
- 1 cup skim milk

SNACK

- ½ cup frozen vanilla yogurt

Calories 1529

Fat 65.8gms/37% of calories

Sat 10.2gms/5.8%

Mono 36.0gms/20.4%

Poly 13.9gms/7.9%

Cholesterol 219 mg

Sodium 1186 mg

Fiber 21.5 gm

WEDNESDAY

BREAKFAST

- ¾ cup bran cereal
- ½ cup skim milk
- ½ cup blueberries
- 1 whole wheat English muffin
- 2 tsp. almond butter

LUNCH

- 2 oz. turkey breast
- 1 oz. whole wheat pita bread
- ½ cup alfalfa sprouts
- 3 slices fresh tomato
- 2 tsp mustard
- ½ cup skim milk
- ½ cup apricots

SNACK

- 1 oz. macadamia nuts

DINNER

- 4 oz. whole wheat pasta
- ½ cup marinara sauce
- 3 oz. crab meat
- 1 cup eggplant
- 1 tbsp. parmesan cheese
- 1 cup tossed salad
- 1 tbsp. olive oil
- 1 tbsp. vinegar

SNACK

- 1 peach

Calories 1553

Fat 60.5gms/33% of calories

Sat 10.3gms/5.7%

Mono 37.3gms/20.5%

Poly 7.9gms/4.5%

Cholesterol 136 mg

Sodium 1306 mg

Fiber 29.5 gms

THURSDAY

BREAKFAST

- 1 whole wheat bagel
- 1 tbsp. chunky peanut butter
- ½ cup orange juice

LUNCH

- ½ cup garbanzo beans
- ½ cup yellow corn
- 1 1/2 cup mixed salad greens
- ¾ oz. walnuts
- 2 tsp. olive oil
- 1 tbsp. vinegar

SNACK

- 1 oz. mixed nuts

DINNER

- 3 oz. skinless chicken breast
- ½ cup yams
- 1 cup kale
- ½ cup skim milk

SNACK

- 1 cup nonfat lemon yogurt
- 1 tbsp. dates

Calories 1530

Fat 61 gms/34% of calories

Sat 8.9gms/5.0%

Mono 29.2gms/16.5%

Poly 18.6gms/10.5%

Cholesterol 82 mg

Sodium 1134 mg

Fiber 23.7 gms

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FRIDAY

BREAKFAST

- 1 multigrain bran waffle
- 1 cup red raspberries
- 2 tsp. almond butter
- 1 tsp. maple syrup

LUNCH

- 2 oz. extra lean ham
- 1 oz. fat-free Swiss cheese
- 2 tsp mustard
- 2 leaves butterhead lettuce
- 3 slices fresh tomato
- 2 slices whole wheat bread
- 1 fresh kiwi fruit
- ½ cup skim milk

SNACK

- 1 oz. pecans

DINNER

- 4 oz. broiled haddock
- ½ cup corn
- 1 cup pea pods
- 1 cup spinach salad
- 1 tbsp. olive oil
- 2 tbsp. vinegar

SNACK

- ½ cup mandarin oranges

Calories 1555

Fat 61.3 gms/35% of calories

Sat 10.8 gms/6.1%

Mono 32.2gms/18.2%

Poly 10.3 gms/5.8%

Cholesterol 187 mg

Sodium 1884 mg

Fiber 25.7 gm

SATURDAY

BREAKFAST

- 1 cup oatmeal
- ¾ cup skim milk
- 2 tbsp. raisins
- 1 slice whole wheat toast
- 2 tsp. peanut butter

LUNCH

- 2 oz. sardines in oil
- 2 slices whole grain bread
- 2 tsp. mustard
- 2 slices fresh tomato

SNACK

- 1 oz. hazelnuts

DINNER

- 3 oz. pork tenderloin
- 1 cup brown rice
- ½ cup beets
- ½ cup zucchini
- 1 cup mixed salad greens
- 1 tbsp. olive oil
- 1 tbsp. cider vinegar
- 1 cup skim milk

SNACK

- 1 pink grapefruit

Calories 1478

Fat 56.9 gms/34% of calories

Sat 8.5gms/5%

Mono 33.8gms/20%

Poly 10.3gms/6.1%

Cholesterol 168 mg

Sodium 1383 mg

Fiber 22 gm

SUNDAY

BREAKFAST

- 1 poached egg
- 2 cranberry commel pancakes
- 2 tsp. almond butter
- 1 tbsp. maply syrup

LUNCH

- 1/2 cup hummus
- 1/4 cup three bean salad
- 1 whole wheat roll
- ½ cup skim milk

SNACK

- 1 oz. cashews

DINNER

- 4 oz. broiled salmon
- 1 cup couscous
- ½ cup broccoli
- ½ cup carrots
- ¾ cup cucumber salad
- 2 tsp. olive oil
- 1 tbsp. vinegar

SNACK

- 1 cup coffee nonfat yogurt

Calories 1545

Fat 66.7 gms/35% of calories

Sat 11.2gms/6.4%

Mono 31.8gms/18.1%

Poly 14.1gms/8%

Cholesterol 313 mg

Sodium 1600 mg

Fiber 17 gms