

# Food Plan: Dinner

## CALORIES

(For convenience, you can find any calorie level in frozen dinners in the freezer section of your grocery, but **BEWARE** of sodium and preservative levels!)

### 300

Veggie Burger= 1 whole wheat bun toasted, 1 veggie burger patty (can be found in freezer section of grocery), 1 slice low fat cheese, ketchup, mustard, lettuce, tomato, and side with a small apple

3 oz broiled, blackened, grilled, or baked cod (or other white fish) seasoned with herbs and lemon juice (75-100 calories), a side salad 1 oz reduced fat cheese, nix the croutons and add a light or fat free dressing (around 100 calories), and 10 oz glass skim milk (100 calories)

3 oz broiled, blackened, grilled, or baked tuna (prepared like above white fish), and baked medium sized sweet potato topped with 1 teaspoon light spread

### 500

300 calories of your favorite hearty soup such as chili (no cheese, no crackers) can be from a home recipe or pre-made just be aware of calories, AND 1 medium sized baked potato (130 calories) topped with a 70 calorie topping (i.e. 1 tablespoon whipped butter).

5 oz broiled Halibut OR 6 oz skinless chicken breast with herb seasoning only (200 calories), 1 cup steamed white rice (165 calories), 1/2 cup frozen mixed vegetables boiled (50 calories), 8 oz skim milk (80 calories)= 495 calories

2 cups cooked whole wheat spaghetti noodles (150 calories), 4 tablespoons grated parmesan cheese (50 calories), and 3 1/2 cup store bought plain tomato pasta sauce (110 calories) with 3 oz cooked lean ground beef (10% fat) (185 calories)= 495 calories

### 600-700

Any combination of TWO choices from the 300 calorie lists. Or any of the 500 calorie choices with the addition of a side salad (lettuce, veggies, light cheese, and light or low fat dressings, light amount of other additives such as seeds, raisins, etc) choose low sodium dressings and toppings

Chicken stir fry– 1.5 cup long grain brown rice cooked, 1-2 cups mixed frozen veggies boiled, 1 5oz chicken breast cubed (skinless, fat removed) sautéed in pan with light olive oil until cooked thoroughly then add rice and 2 tablespoons low sodium soy sauce, and cook together until sauce is absorbed

6 oz top sirloin steak broiled or grilled with light seasoning (440 calories), 1 medium sized baked potato (130 calories) topped with a 70 calorie topping (i.e. 1 tablespoon whipped butter), and 1/2 cup frozen mixed vegetables, boiled (50 calories)