

Food Plan: Lunch

CALORIES

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

300

300 Calorie Burrito= 1 Whole wheat tortilla (about 100 calories), 1/3 cup black beans (from can, rinsed), 1 oz low fat American cheese (100 calories). Microwave for about 2 minutes, top with lettuce and low calorie salsa

Sandwich= Two slices of whole wheat bread (about 160 calories), about 2 oz of your favorite deli meat (such as oven roasted turkey meat), 1 slice of reduced fat cheese (cheese choice should =100 or less), 1 teaspoon mustard , lettuce, and tomato!

Soup and a salad= any soup choice around 200 calories (from can or nutritional facts on package or menu) look for soups high in fiber and nutrients and low in sodium, AND a side salad nix the cheese (or very little) and croutons and add a light or fat free dressing

500

1 cup 2% cottage Cheese (200 Calories) stuffed inside one medium whole hollowed out tomato (25 calories), 3 oz drained canned white tuna (in water) (110 calories) mixed with 1 tablespoon LIGHT mayo (50) calories on 100 calories of a bread source (whole grain)

100-150 calorie bread source (whole grain) with 2 tablespoons reduced fat peanut butter (200 calories), 1 small apple (45 calories), 8 oz skim milk (80 calories), 1 cup raw baby carrots (60 calories)

Chicken and rice– 1.5 cup long grain brown rice cooked, 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

600-700

Any combination of TWO choices from the 300 calorie lists. Burrito, soup, and salad? Sandwich, soup, and salad? Or even a burrito and sandwich! Or any of the 500 calorie choices with the addition of a small side salad OR 1 cup boiled mixed veggies

1 large banana (150 calories) topped with 1.5 tablespoons reduced fat creamy peanut butter (150 calories), 2 hard boiled eggs (150 calories), and 1 cup 2% cottage Cheese (200 calories), can even add 1 small apple (45 calories)

Chicken Caesar Salad– 3 loose cups romaine lettuce (25 calories), 5 oz grilled lightly seasoned chicken breast (160 calories), 4 tablespoons grated parmesan cheese (50 calories), 4 tablespoons Caesar salad dressing (320 calories), 15 croutons (classic style) (45 calories)= 600 calories