

A collage of fresh ingredients including carrots, raspberries, walnuts, and leafy greens. The background is a white surface with various items scattered across it. In the top left, there's a yellow bell pepper and some green leafy vegetables. In the top right, a red tomato is visible. The center features several bright red raspberries, a few whole carrots, and some green leafy vegetables. In the bottom left, there's a pile of walnuts. The overall composition is vibrant and healthy.

# Meals 4 Me

1600 Calorie Meal Plan  
Breakfast, Lunch, & Dinner  
with Daily Snacks

# 1600 Calorie Meal Plan

**30+  
Recipes  
Included!**

**400 Calorie Breakfast**

**400 Calorie Lunch**

**400 Calorie Dinner**

**Choose Two, 200 Calorie Snacks**



# Breakfast

400 calorie meals

# "Fried" Eggs

2 large Eggs

1 Tablespoon Olive Oil

Serve With: 1 1/2 cup Cubed Melon

## **Directions:**

1. Heat oil in a nonstick skillet set over medium-low heat. Gently slide cracked eggs into the skillet.
2. Season the egg with salt and pepper to taste and cook about 2 minutes.
3. When the white is set and opaque, and the yolk is firm but not hard, flip the egg and continue cooking another 1 to 2 minutes or until desired doneness.
4. Serve on a plate with fruit.

## **Tips:**

Undercooked eggs pose a salmonella risk, so make sure the yolks are not runny.

Calories: 394, Carbs: 22, Protein: 15, Fat: 28, Saturated Fat: 6, Fiber: 3, Cholesterol: 368, Sodium: 232

# Apricot Green Smoothie

3 pitted and sliced Raw Apricots

1/2 cup 2% Plain Greek Yogurt

2 Ice Cubes, 1 medium Banana

2 cups Baby Spinach

2 tablespoons Shelled Hemp Seeds

## Directions:

1. Place all ingredients in a blender and pulse until smooth. Add water to thin as desired.
2. Pour into a glass and serve with a straw.

## Tips:

1. Mandarin oranges or mango will also work well in this recipe.
2. You can substitute plain kefir for the yogurt and if you are avoiding dairy, use unsweetened soy, coconut or almond- based yogurts.
3. Add more leafy greens as desired, such as kale.
4. You can substitute ground flax or chia seeds for the hemp. They are all naturally high in omega-3 fatty acids, protein and fiber.

Calories: 414, Carbs: 35, Protein: 21, Fat: 23, Saturated Fat: 5, Fiber: 10, Cholesterol: 11, Sodium: 189

# Avocado Melt

1 slice low sodium Ezekiel Bread

1/2 Avocado (mashed)

1 ounce shredded Cheddar cheese

1/2 cup Blueberries

## Directions:

1. Toast bread in toaster/toaster oven.
2. Sprinkle on cheese. Melt open-faced, using broiler function.
3. Spread on mashed avocado. Add salt/pepper/splash lemon juice if desired.
4. Serve with blueberries on the side.

## Tips:

1. Look for low sodium sprouted breads made from whole grains and legumes. Protein content is usually higher and its glycemic index is usually lower.
2. You can substitute any whole grain product with around 80 calories per slice.
3. If avoiding dairy, omit cheese and spread on 2 tbsp hummus over the avocado.
4. Vary the fruit or use frozen when fresh berries are not in season.

Calories: 395, Carbs: 34, Protein: 14, Fat: 24, Saturated Fat: 8, Fiber: 12, Cholesterol: 29, Sodium: 181

# Banana-Nut Toast

1 slice low sodium Ezekiel Bread

2 tablespoons Natural Peanut Butter

1 sliced medium Banana

1 tablespoon Hemp Seeds

## **Directions:**

1. Spread peanut butter on toasted bread.
2. Top with sliced bananas, and sprinkle on hemp seeds.

## **Tips:**

1. Look for low sodium sprouted breads made from whole grains and legumes. Protein content is usually higher and its glycemic index is usually lower.
2. You can substitute any whole grain product with around 80 calories per slice.
3. Natural almond or cashew butter can be used instead of the peanut butter. You can try making your own in a food processor.
4. You can use ground flax or chia seeds instead of the hemp seeds. They all add fiber, protein and healthy omega-3 fats to the meal.

Calories: 390, Carbs: 34, Protein: 16, Fat: 21, Saturated Fat: 2, Fiber: 8, Cholesterol: 0, Sodium: 10

# Black Bean Breakfast Burrito

1 Corn Tortilla

1 tablespoon Olive Oil

1/4 cup chopped Onion

1/4 Avocado (mashed)

1/2 cup Black Beans, 2 tablespoons Salsa

1/4 cup chopped Red Bell Pepper

1 tablespoon chopped Fresh Cilantro

## Directions:

1. Heat oil in a small skillet over medium heat and sauté onions and peppers 4-5 minutes, stirring occasionally. Add beans and cook 3 minutes more.
2. Remove from heat and add mashed avocado, salsa and cilantro.
3. Warm tortilla and spoon the mixture evenly down its center and roll into a burrito. Serve immediately.

## Tips:

1. You can vary the beans, such as pinto or kidney in this recipe. Beans are inexpensive, tasty and nutritious. They are high in fiber and protein. Beans can help lower cholesterol and blood pressure. If using dried beans, soak for at least 1 hour or ideally overnight. Cook on medium heat until tender, about 30-45 minutes depending on bean type. If using canned beans, look for no added salt cans and rinse well in a colander.

Calories: 401, Carbs: 43, Protein: 11, Fat: 22, Saturated Fat: 3, Fiber: 13, Cholesterol: 0, Sodium: 119

# Blueberry Almond Oatmeal

1/2 cup raw Oatmeal

3/4 cup Blueberries

1 tablespoon Ground Flax Seeds

15 crushed Almonds, Ground Cinnamon as desired

1 teaspoon Raw Honey

## Directions:

1. Prepare oatmeal per package directions.
2. Stir in blueberries, flax seeds, cinnamon and honey. Top with crushed almonds

## Tips:

1. As a time saver, look for quick cooking oats. 2. You can substitute other berries, like raspberries, strawberries or blackberries. Berries are loaded with antioxidants and are a good source of fiber. Buy frozen when fresh are not in season. 3. Store your flax seeds and nuts in the refrigerator to extend shelf life. You can substitute ground chia or hemp seeds for the flax. 4. Cinnamon can help control blood sugar and tastes great in hot cereals. You can also add vanilla extract for more flavor. Make sure you limit the honey to only 1 teaspoon, to avoid excess added sugar in the meal. 5. A 1/2 cup uncooked serving of oatmeal has about 150 calories. You may substitute other hot or cold cereals with similar calories. Check food labels and serving sizes to compare.

Calories: 408, Carbs: 59, Protein: 10, Fat: 17, Saturated Fat: 1, Fiber: 15, Cholesterol: 0, Sodium: 7

# Buckwheat Pancakes with Warm Berry Compote

Arrowhead® Mills Buckwheat Pancake Mix

1/2 cup Blueberries

1/2 cup Blackberries

1 teaspoon Lemon Juice

2 tablespoons Water

1 teaspoon stevia

## Directions:

1. Prepare pancake batter as directed on package for 1/3 cup serving- makes 2 medium (~5 inch) pancakes.
2. Make the compote: Heat blueberries, water, and lemon juice in a saucepan over medium heat until berries begin to burst, about 4 to 5 minutes. Stir in stevia. Simmer, stirring often, until thickens, about 1 to 2 minutes. Transfer to a bowl and stir in blackberries.
3. Coat a nonstick skillet or griddle with cooking spray and heat over medium heat. Divide batter and spoon into skillet. Cook until bubbles appear. Flip, and cook until golden brown, about 2 minutes. Serve with warm compote.

## Tips:

1. Any whole grain pancake mix can be used instead of the buckwheat. The blackberries can be substituted with raspberries or strawberries, but the blueberries work best when heating. The compote will be juicy, eliminating the need for high calorie syrups.
2. Stevia is made from a South American plant and is not an artificial sweetener. It has 0 calories and 0 carbohydrates. If you prefer to use sugar in this recipe, 1 teaspoon will add 16 calories and 4 grams sugar.

Calories: 384, Carbs: 57, Protein: 13, Fat: 11, Saturated Fat: 2, Fiber: 13, Cholesterol: 114, Sodium: 370



# LUNCH

400 calorie meals

# Chicken and Shrimp Watercress Soup

3 ounces Ground Chicken

6 large chopped Shrimp

2 tablespoons chopped Scallions

1/2 cup Shredded Carrots

1 cup Chopped Watercress

Salt to taste

Black Pepper to taste

3/4 cup cooked Rice Noodles

Serve With: 1 cup Pineapple Chunks

## Directions:

1. Peel, devein and chop shrimp. In a bowl, mix the ground chicken, chopped shrimp, salt and pepper. Make small meatballs.
2. In a medium pot, boil 3 cups water. Add scallions. Using a spoon, gently place meatballs into the pot. Add carrots. Cover pot and cook on medium for 30 minutes.
3. Meanwhile, prepare rice noodles as per package directions, drain and set aside 3/4 cup cooked portion.
4. Add watercress to soup and cook an additional 5 minutes on low heat.
5. Place noodles in bowl and add soup. For dessert, serve cold pineapple chunks.

## Tips:

1. A quick and easy way to chop shrimp is to pulse quickly in a food processor or mini chopper.
2. The traditional recipe calls for ground pork but it will add an extra 50 calories.

Calories: 410, Carbs: 62, Protein: 24, Fat: 8, Saturated Fat: 2, Fiber: 6, Cholesterol: 125, Sodium: 374

# Chicken Noodle Soup

1 Bone-In Chicken Breast Half

1 cup sliced Carrots

1 sliced Celery stalk

1/4 small Onion (sliced)

1 1/2 cups Low Sodium Chicken Broth

1 tablespoon Fresh Dill

3/4 cup cooked Whole Wheat Elbow Pasta

Salt to taste

Black Pepper to taste

## Directions:

1. Cook pasta as per package directions and measure out 3/4 cup cooked. 2. In a large pot, add chicken, carrots, celery, and onions. Add broth and extra water as needed to cover. Bring to a boil. Reduce heat and season with salt and pepper. Simmer 30 minutes or until chicken is cooked through. 3. Remove chicken and when cool enough to handle remove skin and shred the meat. Add chicken back to pot along with cooked noodles. Sprinkle in dill and stir gently. Ladle into serving bowl.

## Tips:

1. You may add more sliced veggies to the soup if you like it chunkier. 2. You may add more herbs such as rosemary and/or thyme.

Calories: 396, Carbs: 48, Protein: 39, Fat: 6, Saturated Fat: 1, Fiber: 4, Cholesterol: 73, Sodium: 284

# Cous cous Salad

1/2 cup Whole Wheat Cous Cous

1/4 cup Cooked Chickpeas

1/4 cup Cooked Corn

2 diced Plum Tomatoes

1 tablespoon Olive Oil

1 tablespoon Lemon Juice

2 tablespoons chopped Fresh Parsley

1 tablespoon chopped Mint Leaves

1 teaspoon Garlic Powder

2 tablespoons Crumbled Fat Feta Cheese

## Directions:

1. Cook cous cous as per package directions and measure out 1/2 cup after cooked. In a bowl combine cous cous, chickpeas, corn and tomato. Toss in olive oil, lemon juice, parsley, mint leaves and garlic powder. Top with feta cheese. Serve warmed or cold.

## Tips:

1. Using fresh corn is best. When not in season, choose frozen. 2. This salad will work well with whole wheat pasta or quinoa instead of cous cous if you prefer. 3. Other beans, such as kidney, red or black can be used instead of the chickpeas. Boiling beans is best. If using canned, look for low-sodium and always rinse well.

Calories: 382, Carbs: 41, Protein: 12, Fat: 20, Saturated Fat: 5, Fiber: 7, Cholesterol: 16, Sodium: 227

# Cranberry Chicken Roulades

3 ounces shredded Rotisserie Chicken Breast

1 stalk Celery (chopped)

2 tablespoons Dried Cranberries

4 crushed Walnut Halves

1/4 Avocado (mashed)

Salt to taste

Black Pepper to taste

1 splash Lemon Juice

2 large Romaine Lettuce Leaves

Serve With: 1 cup, cubed Cantaloupe

## Directions:

1. In a bowl, mix together chicken, celery, cranberries, avocado, lemon juice and salt/pepper.
2. Divide the chicken mixture and place in the 2 large romaine leaves. Top each with crushed walnuts and roll up burrito style. Serve with melon on the side.

## Tips:

1. Using large romaine lettuce leaves to wrap sandwich foods instead of bread is a great way to save calories and to reduce carbohydrate intake.
2. Rotisserie chicken can be purchased in supermarkets. They come precooked and are great for a quick meal. Remove skin before consuming.
3. Vary 1 cup serving of fruit for your preference.

Calories: 410, Carbs: 34, Protein: 21, Fat: 23, Saturated Fat: 4, Fiber: 6, Cholesterol: 55, Sodium: 400

# Grilled Cheese Italiano

2 slices Whole Wheat Bread

2 teaspoons Butter

1/4 teaspoon Garlic Powder

1/4 teaspoon Dried Oregano

1/4 cup Shredded Mozzarella Cheese

2 slices Tomato

2 tablespoons Marinara Sauce

Serve With: 2 cups Tossed Salad 1 tablespoon Light balsamic vinaigrette

## Directions:

1. Heat small non-stick skillet over medium heat. Coat with olive oil spray. Lightly butter one side of each slice of bread.
2. Place one bread slice on a plate butter side down and sprinkle on cheese. Cover cheese with tomato slices and sprinkle with garlic powder and oregano. Cover with the other slice of bread, butter side up.
3. Place the assembled sandwich in the skillet, and cover to help the cheese melt.
4. When the bread is golden on one side, about 2 minutes, flip the sandwich and cook 2 minutes more.
5. Cut diagonally into two triangles and dip bites in the marinara sauce.

## Tips:

1. Choose a spicy marinara sauce for extra kick.
2. Try the recipe with cheddar cheese.

Calories: 421, Carbs: 47, Protein: 17, Fat: 19, Saturated Fat: 9, Fiber: 5, Cholesterol: 36, Sodium: 411

# Leftovers

1 portion Leftovers from Dinner

**Directions:**

Enjoy your meal!

**Tips:**

1. The easiest lunch idea is to make double portions at dinner and pack for lunch the following day!
2. All of our lunches and dinners are ~ 400 calories, so choose any one.

Calories: 400, Carbs: 0, Protein: 0, Fat: 0, Saturated Fat: 0, Fiber: 0, Cholesterol: 0, Sodium: 0

# Mixed Mediterranean Platter

2 tablespoons Babaganoush

2 tablespoons Hummus

3 Stuffed Grape Leaves

4 Roasted Red Peppers

5 Kalamata Olives

1 small Whole Wheat Pita

## **Directions:**

1. Assemble all ingredients on a plate. Serve with warm pita

## **Tips:**

1. You can vary the type of hummus- lemon, garlic, etc.

2. Any type of olive- green, black can be served.

Calories: 399, Carbs: 58, Protein: 9, Fat: 15, Saturated Fat: 1, Fiber: 11, Cholesterol: 0, Sodium: 867



# Dinner

400 calorie meals

# Baked Tofu and Cauliflower with Quinoa

3 ounces Extra Firm Tofu	1 teaspoon Chopped Fresh Ginger
1/2 cup Low Sodium Vegetable Broth	1 cup Cauliflower Florets
1 tablespoon Low Sodium Soy Sauce	1/2 small thinly sliced Red Bell Pepper
1/2 teaspoon Sesame Oil	1/4 cup Frozen Green Peas
1/2 teaspoon Rice Vinegar	1/4 cup Quinoa
2 tablespoons Orange Juice	1/2 cup Low Sodium Vegetable Broth
1 teaspoon Honey	1/2 teaspoon Butter
1 tablespoon Sesame Seeds	1/8 teaspoon Garlic Powder
1 minced Garlic Clove	1 tablespoon chopped Fresh Parsley

## Directions:

1. Wrap tofu in paper towel and gently squeeze out excess water. Slice tofu lengthwise when thoroughly drained. 2. Preheat oven to 350 degrees F. In a small bowl, whisk together broth, soy sauce, sesame oil, rice vinegar, orange juice, honey, garlic and ginger. 3. Place sliced tofu onto a small baking sheet. Pour sauce over tofu and top tofu with 1/2 of the sesame seeds. Bake for 20 minutes, then turn tofu, top with remaining sesame seeds, and bake for another 20 minutes, or until the tofu has browned. 4. While the tofu is baking, melt butter in a saucepan over medium heat. Add quinoa and broth and bring to a boil. Reduce immediately to a simmer and cover. Cook about 10-15 minutes, or until liquid is absorbed. Remove from heat and keep warm. Before serving, fluff with a fork and toss in garlic and parsley. 5. Lastly, place cauliflower, red pepper and peas into a steamer basket and place in a sauce pan. Fill with water to just below bottom of steamer. Cover and steam 5-7 minutes, or until the veggies are tender-crisp. 6. Place quinoa on a plate with the baked tofu slices and vegetables. Pour remaining sauce from the baking sheet on the veggies and quinoa, if desired.

## Tips:

1. You can substitute other vegetables, such as broccoli or carrots. 2. Brown rice can be cooked instead of quinoa.

Calories: 412, Carbs: 54, Protein: 20, Fat: 15, Saturated Fat: 2, Fiber: 10, Cholesterol: 0, Sodium: 417

# Baked Turkey Meatballs with Spaghetti Squash

4 ounces Ground Turkey Breast (99% Fat-Free)

2 tablespoon Whole Wheat Panko Bread Crumbs

1 lightly beaten Egg White

1/2 teaspoon Italian Seasoning

1/4 teaspoon Garlic Powder

Black Pepper to taste

1/2 cup Marinara Sauce

2 tablespoons Grated Parmesan Cheese

2 cups Spaghetti Squash

## Directions:

1. Preheat oven to 375 degrees F. Cut squash in half lengthwise. Discard seeds and fibrous strings from the center of squash. Coat a 13 x 9 x 2-inch baking dish with cooking spray and place squash in, cut-side down. Bake about 30 to 40 minutes, or until a knife can easily be inserted. 2. While squash is cooking, line a baking sheet with nonstick foil (or coat foil with cooking spray). In a bowl, mix turkey, panko, egg, Italian seasoning, and pepper. Shape into 4 meatballs and transfer to baking sheet. Bake with squash for 15 minutes. Turn meatballs and bake 15 more minutes. 3. When cool enough to handle, use a fork to scrape the cooked pulp from the squash. It will look like strands of spaghetti. Place strands back in pan. 4. Add meatballs to pan with squash, cover with marinara sauce, and top with cheese. Bake for 15 minutes. Transfer to plate.

## Tips:

1. Ground chicken breast can be substituted for the turkey in this recipe. If you find the ground poultry too dry, you can try combining 2 oz ground poultry and 2 oz extra lean ground beef. 2. Whole wheat or regular bread crumbs can be substituted for the panko. 3. Save the other half of the spaghetti squash and use for dinner recipe Baked Veggie Spaghetti Squash.

Calories: 365, Carbs: 36, Protein: 31, Fat: 13, Saturated Fat: 5, Fiber: 2, Cholesterol: 77, Sodium: 445

# Baked Veggie Spaghetti Squash

1/2 small Spaghetti Squash

1 tablespoon Olive Oil

1/4 small chopped Onion

1 minced Garlic Clove

Crushed Red Pepper to taste

1 small chopped Tomato

1 small chopped Zucchini

1 medium chopped Carrot

1/4 cup Crumbled Goat Cheese

1 tablespoon Fresh Basil

Serve With: 1 cup Raspberries

## Directions:

1. Preheat oven to 375 degrees F. Cut squash in half lengthwise. Discard seeds and fibrous strings from the center of squash. Coat a 13 x 9 x 2-inch baking dish with cooking spray and place squash in, cut-side down. Bake about 30 to 40 minutes, or until a knife can easily be inserted. When cool enough to handle, use a fork to scrape the cooked pulp from the squash. It will look like strands of spaghetti. Save squash shell. For a quicker alternative, you can microwave squash in 5 to 6 minute intervals until soft and cooked through. 2. Heat oil in a skillet over medium heat. Sauté onion until tender, about 1-2 minutes. Add garlic and red pepper flakes, and sauté another 2-3 minutes. Stir in cooked spaghetti squash strands, tomatoes, zucchini and carrots and sauté 3-5 minutes longer. 3. Fill squash shell with cooked ingredients from step 2. Top with goat cheese. Lower oven heat to 350 degrees F and bake 15-20 minutes. Top with basil and serve warm. Enjoy raspberries for dessert.

## Tips:

1. If baking both halves of the spaghetti squash, you can save one for dinner recipe Baked Turkey Meatballs with Spaghetti Squash.

Calories: 403, Carbs: 47, Protein: 12, Fat: 23, Saturated Fat: 7, Fiber: 6, Cholesterol: 13, Sodium: 361

# Blackened Tuna with Roasted Red Potatoes and Carrots

4 ounces Tuna Steak

1 teaspoon (or to taste) Cajun Seasoning

2 teaspoons Olive Oil (divided)

1 teaspoon Butter

1 medium Red Potato (scrubbed, quartered,  
with skin on)

8 Baby Carrots

1 teaspoon Dried Parsley

1 teaspoon Dried Rosemary

1/2 teaspoon Garlic Powder

Salt to taste

Black Pepper to taste

## Directions:

1. Preheat oven to 400 degrees F. Place potatoes and carrots into a roasting pan or rimmed baking dish. Toss in 1 teaspoon olive oil, parsley, rosemary, garlic, salt and pepper. Toss well to coat. Roast veggies about 30 minutes, turning every 10 minutes, until tender and golden brown.
2. Meanwhile, coat tuna with Cajun seasoning. In a skillet over medium-high heat, add remaining oil and margarine. Place fish in skillet and cook 3-4 minutes, or until blackened. Turn fish and cook an additional 3 minutes, or until fish flakes easily with a fork. \
3. Serve fish with roasted veggies.

## Tips:

1. Roasting veggies intensifies flavors and brings out a pleasant sweetness. Almost any veggie can be roasted and can be substituted in this recipe.
2. Try other fish, such as salmon or tilapia.

Calories: 404, Carbs: 40, Protein: 31, Fat: 14, Saturated Fat: 2, Fiber: 4, Cholesterol: 51, Sodium: 111

# Broiled Tilapia with Grilled veggies and Cous Cous

4 ounces Tilapia Filet	1 small Red Bell Pepper (sliced into long strips)
1 teaspoon Butter	
1 teaspoon Mayonnaise	1 teaspoon Balsamic Vinegar
1/4 teaspoon Lemon Pepper	Salt to taste
1 teaspoon Lemon Juice	Black Pepper to taste
1 teaspoon Olive Oil	Serve With: 1/2 cup Whole Grain Cous Cous
1 small Zucchini (sliced into long strips)	

## Directions:

1. Cook cous cous as per package directions. Measure out 1/2 cup cooked portion. Keep warm.
2. Preheat broiler. Slice zucchini and pepper. Heat a nonstick grill pan over medium-high heat and splash with olive oil. Add veggies and grill, turning occasionally for about 15 minutes.
3. Meanwhile, in a small bowl melt margarine in the microwave, about 10 seconds, or melt in small saucepan. Add mayo and lemon juice, and stir until smooth. Line a broiling pan with nonstick aluminum foil. Place fish on foil spread on sauce. Top with lemon pepper. Broil 6-8 minutes, or until fish is opaque and flakes easily with a fork.
4. Place fish, grilled veggies and cous cous on a serving plate. Season veggies with balsamic vinegar and salt/pepper to taste.

## Tips:

1. You can substitute other fish, such as salmon or flounder.
2. Eggplant mushrooms, and/or asparagus also make excellent choices to grill.

Calories: 393, Carbs: 37, Protein: 29, Fat: 15, Saturated Fat: 3, Fiber: 10, Cholesterol: 69, Sodium: 147

# Chicken & Broccoli

4 ounces Skinless/Boneless Chicken Breast

2 teaspoons Canola Oil

2 cups Broccoli Florets

1 minced Garlic Clove

2 teaspoons Low Sodium Soy Sauce,

2 tablespoons Water

1 teaspoon Honey

1 teaspoon Cornstarch

2 tablespoons chopped Green Onions

Serve With: 1/2 cup Cooked Brown Rice

## Directions:

1. Cook rice according to package directions. Measure out 1/2 cup cooked.
2. Meanwhile, combine garlic, soy sauce, water, honey and cornstarch in a small bowl. Stir until smooth. Set aside.
3. In a large nonstick skillet, heat 1 tsp oil over medium-high heat. Stir fry chicken until no longer pink. Remove chicken and keep warm. Add remaining oil and stir-fry broccoli 3-4 minutes, stirring frequently.
4. Return chicken to pan, add sauce, cover and cook until heated through, about 5 minutes. Serve with brown rice. Garnish with green onions.

## Tips:

1. Cooking brown rice in small batches can be tricky. You can increase the quantities of rice and water proportionally and save leftovers for another meal. Cooked brown rice will stay good in the refrigerator for 3 days. You can use other grains, such as wild rice, quinoa, barley, etc.
2. You can vary the vegetables in this recipe.

Calories: 410, Carbs: 43, Protein: 35, Fat: 12, Saturated Fat: 1, Fiber: 8, Cholesterol: 66, Sodium: 312

# Mushroom Burgers with Basil Cucumber Salad

4 ounces Extra Lean Ground Beef  
1 teaspoon Olive Oil  
1/2 cup finely chopped Mushrooms  
1/4 cup finely chopped Onion  
1/4 cup finely chopped Red Bell Pepper  
2 teaspoons Worcestershire Sauce  
Salt to taste  
Black Pepper to taste

1 Whole Wheat Sandwich Thin  
Basil Cucumber Salad:  
1/2 thinly sliced Cucumber  
1/4 thinly sliced Onion  
2 tablespoons White Vinegar  
1 tablespoon Water  
1 teaspoon Sugar  
1 tablespoon Fresh Basil

## Directions:

1. Prepare salad. Thinly slice cucumbers and onions and place in bowl. Add basil and sugar. Pour in vinegar and water. Add more to cover or to taste. Marinate in fridge at least 2 hours.
2. In a nonstick skillet, coat with cooking spray and heat oil over medium heat. Add garlic, mushrooms, onions and peppers. Sauté 5-7 minutes, or until onions are translucent and mushrooms brown, stirring occasionally.
3. Preheat broiler. Combine mushroom mixture with ground beef, Worcestershire sauce, salt and pepper. Form into burger. Spray broiler rack with cooking spray and broil burger 6-7 minutes on each side, or until meat thermometer reads at least 160 degrees F.

## Tips:

1. A quick and easy way to chop veggies is with a food processor or mini chopper.
2. Ground turkey meat can be used in this recipe or a mixture of beef and turkey.

Calories: 389, Carbs: 33, Protein: 22, Fat: 19, Saturated Fat: 6, Fiber: 7, Cholesterol: 55, Sodium: 287



# snack

200 calorie snacks

# Banana Nut Dip

1/2 sliced medium Banana

2 tablespoons 2% Plain Greek Yogurt

1 tablespoon Peanut Butter

Dash of Cinnamon

## **Directions:**

1. Blend together yogurt, peanut butter, and cinnamon. Lightly dip banana slices in mixture.

## **Tips:**

1. Sliced apples will also taste great with this dip.

2. Try other nut butters, like almond or cashew. Choose ones without hydrogenated oils and added sugar.

Calories: 195, Carbs: 17, Protein: 7, Fat: 11, Saturated Fat: 2, Fiber: 3, Cholesterol: 3, Sodium: 29

# Cheesy Popcorn

3 cups air popped Popcorn

1/4 cup grated Parmesan cheese

## **Directions:**

1. Pop popcorn kernels in an air popper and measure out 3 cups after popped.
2. Sprinkle on cheese. Enjoy while still warm.

## **Tips:**

1. An air popper is a healthy and easy way to pop popcorn kernels. You can find them for less than \$20.

Calories: 201, Carbs: 19, Protein: 13, Fat: 8, Saturated Fat: 4, Fiber: 4, Cholesterol: 22, Sodium: 384

# Chips n' Dip

15 unsalted Blue Corn Chips

2 tablespoons Hummus

## **Directions:**

1. Dip chips in hummus and enjoy.

## **Tips:**

1. 15 blue corn chips contain about 130 calories. Substitute any whole grain, low sodium chip with similar calories.

Calories: 189, Carbs: 23, Protein: 4, Fat: 9, Saturated Fat: 1, Fiber: 3, Cholesterol: 0, Sodium: 76

# Cinnamon Banana Grahams

1 sheet Graham Crackers

1 tablespoon Almond Butter

1/2 medium Banana

Dash of Cinnamon

## **Directions:**

1. Spread almond butter onto graham crackers.
2. Slice banana and place over the almond butter. Sprinkle with cinnamon.

## **Tips:**

1. Choose regular, honey or cinnamon grahams. Look for brands made with whole grains and without "artificial flavor" listed in the ingredients.
2. Any nut butter, such as peanut or cashew can be used.

Calories: 216, Carbs: 28, Protein: 5, Fat: 10, Saturated Fat: 1, Fiber: 4, Cholesterol: 0, Sodium: 96

# Cinnamon Rice Pudding

4 ounce container of Rice Pudding

Dash of Cinnamon

15 Pistachio kernals

## **Directions:**

1. Open rice pudding package. Top with pistachios and sprinkle in cinnamon.

## **Tips:**

1. Several brands are available in the dairy aisle, or better yet, make your own!

Calories: 192, Carbs: 25, Protein: 6, Fat: 7, Saturated Fat: 2, Fiber: 2, Cholesterol: 20, Sodium: 139

# Cookies n' Milk

1 Oatmeal Flax Cookie

1 cup Unsweetened Almond Milk

## **Directions:**

1. Enjoy cookie dipped in milk!

## **Tips:**

1. Look for cookies without hydrogenated oils. In our example, we used a Kashi® brand with a 120 calories per serving, 4 grams fiber (from added flax seeds) and 7 grams sugar. Be creative and bake your own "healthier" cookie.

2. You can also try unsweetened cashew or hemp milk instead of almond. Nut milks have fewer calories and carbohydrates than soy or cow's milk.

Calories: 165, Carbs: 22, Protein: 3, Fat: 7, Saturated Fat: 0, Fiber: 5, Cholesterol: 0, Sodium: 250

# Crackers n' Cheese

2 sheets Wasa® Whole Grain Crackers

1 ounce Cheddar cheese

## **Directions:**

1. Place cheese on cracker and enjoy!

## **Tips:**

1. 1 Whole grain Wasa® cracker sheet has 45 calories, 10 grams carbohydrate, and 2 grams fiber. Substitute any whole grain cracker with similar nutrition profile.
2. You can vary the type of cheese or choose 1 tbsp nut butter instead.

Calories: 204, Carbs: 20, Protein: 11, Fat: 9, Saturated Fat: 5, Fiber: 4, Cholesterol: 29, Sodium: 336

# Crudité Platter

2 cups Cut-Up Veggies of Choice (Bell Peppers, Cucumbers, Celery, Grape Tomatoes)

1 cup sliced Carrots

4 tablespoons Hummus

## **Directions:**

1. On a serving plate, place hummus in the middle, surrounded by the cut-up veggies. Dip the veggies in the hummus and enjoy.

## **Tips:**

1. Use a variety of veggies. Make the plate colorful.

Calories: 207, Carbs: 31, Protein: 8, Fat: 7, Saturated Fat: 1, Fiber: 11, Cholesterol: 0, Sodium: 318

# Dipped Strawberries

1 cup Strawberries

1 1/2 tablespoon Nutella® Hazelnut Spread

## **Directions:**

1. Measure out the Nutella and place on a small plate. Dip each strawberry into the spread and enjoy.

## **Tips:**

1. For a healthier version, use nut butter without added sugar.

Calories: 196, Carbs: 27, Protein: 2, Fat: 10, Saturated Fat: 3, Fiber: 5, Cholesterol: 2, Sodium: 9

# Fruit n' Cottage Cheese

3/4 cup 1% Cottage Cheese

1 cup cubed Cantaloupe

## **Directions:**

1. Scoop out 1/2 cup cottage cheese and place in a bowl. Gently mix in cantaloupe.

## **Tips:**

1. Cottage cheese is high in protein, making it a filling snack. Unfortunately, it also has a lot of sodium. This recipe uses a no added salt brand. 2. Vary the fruit, such as pineapple, berries or mandarin oranges.

Calories: 189, Carbs: 19, Protein: 25, Fat: 2, Saturated Fat: 1, Fiber: 1, Cholesterol: 7, Sodium: 100

# Full Belly

1 sliced Hard-Boiled Egg

Sprinkle of Paprika

1 sliced Orange

7 Almonds

## **Directions:**

1. Place egg in a small saucepan. Cover with cool water by 1 inch. Slowly bring water to a boil over medium heat. When the water has reached a boil, cover and remove from heat. Let sit 12 minutes.
2. Place egg under cool running water to stop the cooking. 3. Peel and slice egg, then sprinkle with paprika. Serve with orange slices.

## **Tips:**

1. You can hard boil a batch of eggs and store in the refrigerator with the shell on for up to 1 week.

Calories: 190, Carbs: 17, Protein: 10, Fat: 10, Saturated Fat: 3, Fiber: 4, Cholesterol: 208, Sodium: 80

# Grab & Go

100-Calorie Protein Bar

12 Almonds

## **Directions:**

Enjoy your quick snack!

## **Tips:**

1. Choose a 100-calorie bar or snack pack with at least 2 grams fiber and less than 10 grams sugar. We like the LaraBar® brand for this recipe. 2. Adding a handful of nuts adds protein and fiber.

Calories: 200, Carbs: 26, Protein: 5, Fat: 9, Saturated Fat: 1, Fiber: 2, Cholesterol: 0, Sodium: 230

# Granola

1/4 cup Granola cereal

1/2 cup Unsweetened Almond Milk

3/4 cup sliced Strawberries

## **Directions:**

1. Place granola in a bowl. Top with almond milk and slices strawberries.

## **Tips:**

1. Look for granola with all natural ingredients, 150 calories or less for 1/4 cup serving, and 5 grams sugar or less. Better yet, make your own!
2. You can also try cashew or hemp milk.

Calories: 206, Carbs: 26, Protein: 6, Fat: 9, Saturated Fat: 1, Fiber: 6, Cholesterol: 0, Sodium: 98

# Greek Yogurt

6 ounces 2% Greek Yogurt

Ground Cinnamon (as desired)

1 1/2 teaspoons Honey

## **Directions:**

1. Stir cinnamon and honey into yogurt and enjoy.

## **Tips:**

1. Greek yogurts have a creamier consistency compared to regular yogurts, and often have less sugar and more protein. Many people find the Greek yogurts very filling.

Calories: 202, Carbs: 17, Protein: 23, Fat: 4, Saturated Fat: 3, Fiber: 0, Cholesterol: 15, Sodium: 75