

Sample 1500 Calorie Healthy Eating Meal Plans

Add two of your favorite low calorie snacks to each daily menu plan to make up 1500 calories.

Breakfast

Choose one of the following breakfasts each day. Breakfasts are between 400 and 450 calories.

	Food(s)	Calories	Special Instructions
Meal 1	One cup Fiber one cereal or similar high fiber cereal 1/2 cup nonfat milk One small banana 1 ounce slivered almonds	420	
Meal 2	One egg, poached One English muffin 2 teaspoons butter 1/2 grapefruit	400	
Meal 3	1/2 toasted cinnamon raisin bagel 1 tablespoon peanut butter One medium-sized apple	400	
Meal 4	Spinach, mushroom, and parmesan frittata 1/2 grapefruit 1 slice whole wheat toast 2 teaspoons butter	444	<ol style="list-style-type: none"> 1. Saute 4 sliced mushrooms in one teaspoon olive oil, adding chopped onion and minced garlic if desired. 2. Stir in one cup chopped spinach and saute until spinach is just wilted. 3. Pour two lightly beaten eggs into pan and cook until edges start to brown. 4. Top with two tablespoons grated Parmesan cheese and place under broiler until golden brown.
Meal 5	Banana berry smoothie <ul style="list-style-type: none"> • 1 small banana, peeled, cut up, and frozen • 1/4 cup fresh or frozen assorted berries (such as raspberries, blackberries, and/or strawberries) • 1 cup orange juice • 3 tablespoons vanilla low-fat yogurt • 1 tablespoon flaxseed 1 slice whole wheat toast 2 teaspoons butter	430	Combine all smoothie items in a blender and process until smooth.
Meal 6	Fruit and yogurt parfait made with: <ul style="list-style-type: none"> • 1 cup lowfat vanilla • 1/2 cup granola • 1 cup blueberries 	426	

Lunch

Choose one of the following 400 to 450-calorie lunches each day.

	Food(s)	Calories	Special instructions
Lunch 1	<p>Tuna salad sandwich made with:</p> <ul style="list-style-type: none"> • 2 slices whole wheat bread • 3 ounces water-packed tuna • 1 rib celery, diced • 2 tablespoons nonfat plain yogurt <p>3 ounces baby carrots One pear</p>	400	
Lunch 2	<p>Chicken Caesar salad made with:</p> <ul style="list-style-type: none"> • 3 ounces roasted skinless chicken breast • 3 cups shredded romaine lettuce • 1/2 cup croutons • 2 tablespoons lowfat Caesar dressing • 2 tablespoons shredded parmesan <p>One medium-sized apple</p>	445	
Lunch 3	<p>Baked sweet potato 1/2 cup black beans 2 tablespoons salsa 2 tablespoons plain non-fat yogurt 8 ounces lowfat milk (to drink)</p>	427	Top sweet potato with beans, salsa, and yogurt
Lunch 4	<p>Pita and hummus sandwich made with:</p> <ul style="list-style-type: none"> • 1/2 whole wheat pita • 4 tablespoons prepared hummus • 1 cup spicy sprouts • 1/2 red pepper, sliced <p>1 ounce baked potato chips 1 small banana</p>	440	
Lunch 5	<p>Turkey Avocado sandwich made with:</p> <ul style="list-style-type: none"> • 1/2 avocado • 1 teaspoon Dijon mustard • 2 slices whole grain bread • 2 ounces turkey breast • 2 slices tomato <p>1 orange</p>	407	Mash avocado and Dijon mustard together and spread on bread.
Lunch 6	<p>Black bean burrito made with:</p> <ul style="list-style-type: none"> • 1/2 cup mashed black beans • 1 whole wheat tortilla • 2 tablespoons salsa • 1 ounce shredded cheddar cheese • 2 tablespoons fat-free plain yogurt 	400	<ul style="list-style-type: none"> • In a saucepan, heat beans until hot. • Drain liquid from beans and mash them with cheese and salsa. • Spread beans on tortilla and wrap into burrito shape. • Spray a saute pan with nonstick cooking spray and place burrito in pan. Brown on all sides. • Serve topped with yogurt.

Dinners

Each of the following dinners has between 400 and 450 calories.

	Food(s)	Calories	Special instructions
Dinner 1	<p>Hamburger made with:</p> <ul style="list-style-type: none"> • 3 ounces 95 percent lean hamburger • 1 hamburger bun • 1 teaspoon Dijon mustard • 2 slices tomato • 1 slice lettuce • 1 tablespoon mayonnaise <p>1 cup berries</p>	450	<ul style="list-style-type: none"> • Broil or grill hamburger to allow fat to drip away
Dinner 2	<p>Soup made with:</p> <ul style="list-style-type: none"> • 1 cup chicken broth • 3 tablespoons onion • 1 clove garlic • 1 teaspoon thyme • 1 cup cooked lentils • 1 chopped carrot <p>1 whole wheat dinner roll</p>	420	<p>To make soup:</p> <ol style="list-style-type: none"> 1. Spray a small saucepan with nonstick cooking spray. 2. Cook onions in pan until soft, about three minutes. 3. Add garlic and cook until fragrant, about 30 seconds. 4. Add chicken broth, thyme, lentils, and carrot. 5. Simmer for 30 minutes.
Dinner 3	<p>Taco salad made with:</p> <ul style="list-style-type: none"> • 3 ounces of 95 percent lean ground beef seasoned with taco seasoning • 3 cups shredded iceberg lettuce • 1/2 cup kidney beans, drained • 3 scallions • 5 cherry tomatoes, halved • 2 tablespoons salsa • 2 tablespoons fat-free ranch • 10 baked tortilla chips 	450	
Dinner 4	<p>6 ounces broiled salmon</p> <p>Salad made with:</p> <ul style="list-style-type: none"> • 1 cup romaine lettuce • 5 cherry tomatoes • 2 tablespoons fat-free salad dressing <p>1/2 cup brown rice 6 spears steamed asparagus 1 cup fat-free pudding</p>	430	
Dinner 5	<p>Stir-fried chicken and asparagus</p> <ul style="list-style-type: none"> • 1 medium onion, cut in half and sliced medium thick • 3 medium cloves garlic, pressed • 1 TBS chicken broth • 1 TBS minced fresh ginger • 1 large boneless, skinless chicken breasts, cut into 1 inch pieces 	450	<ol style="list-style-type: none"> 1. In a large saute pan, heat broth until hot. 2. Add ginger and stir until fragrant - about 30 seconds. 3. Add onion and cook for three minutes. 4. Add garlic and cook until fragrant - about 30 seconds. 5. Add chicken and cook four minutes or until chicken is cooked. 6. Combine soy sauce, rice vinegar, and chili flakes. Add t pan with asparagus.

	<ul style="list-style-type: none"> • 1 bunch asparagus, cut into 1-inch pieces (about 2 cups when cut) • 2 TBS soy sauce • 1 TBS rice vinegar • pinch red chili flakes • salt and white pepper to taste <p>One cup steamed brown rice</p>		<p>7. Cook until asparagus is crisp-tender, about three minutes.</p> <p>8. Season to taste with salt and pepper.</p>
Dinner 6	<p>1/2 grilled skinless chicken breast</p> <p>1 sweet potato, baked</p> <p>1 cup steamed broccoli</p>	425	

Low Calorie Snacks

Choose a few healthy snacks that you enjoy and keep them on hand. Planning snacks is an important part of healthy eating, and will help you resist the urge to raid the vending machine or whip up a batch of cookies. Each of the following snacks has about 100 calories unless otherwise noted.

- 10 dry roasted, unsalted almonds -
- 3/4 ounce raw, unsalted husked sunflower seeds
- 1/2 to 3/4 ounce shelled walnuts
- One ounce unsalted pumpkin seeds
- Three ounces cubed tofu
- 1/3 of an avocado, sliced
- Celery ribs dipped in three tablespoons hummus
- 1 medium banana
- Cherry tomatoes - one cup has 27 calories
- One to two cups mixed berries
- One cup julienned carrots, sweet potatoes or turnip
- Two cups melon balls
- 1/2 cup 2.9 percent milk fat probiotic yogurt

Healthy Drinks

Keeping hydrated will moderate your appetite and make you feel and look better overall. The best way to achieve this is by drinking adequate amounts of [water](#). In between cups of water, skip the sodas and gourmet coffee in favor of beverages that will not only quench your thirst, but also provide you with beneficial antioxidants and bioflavonoids. Try these nutritious and refreshing beverages:

- Green tea with lemon
- Soy milk (132 calories per cup)
- [Green smoothies](#)
- [Dandelion root tea](#)