

1500 Calorie Fall/Winter Menus

DAY 1 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 2 Food	Size	Cal.	Carb g	Fat g	Sod. mg
Breakfast						Breakfast					
Oatmeal	1C	166	28	4	9	Apple Bran Muffin*	1	144	24	5	128
Raisins	2T	54	14	0	2	Walnuts	¼ C	191	4	19	1
1% Milk	1 C	102	12	2	107	1% Milk	1 C	102	12	2	107
Lunch						Lunch					
Curry Chicken Salad*	1 svg	303	23	7	124	Thai Chicken Wrap*	1 svg	363	30	13	385
Raisin Bread	1 sl.	71	14	1	101	Light Yogurt	6 oz.	100	19	0	85
Light Yogurt	6 oz.	100	19	0	85						
Dinner						Dinner					
Stir-Fry Chicken w/Broccoli Slaw*	1 svg	258	15	8	551	Baby Bello Mushroom Frittata*	1 svg	161	12	6	321
Brown Rice	2/3C	144	30	1	6	Bulgur with parsley	2/3C	102	23	0	8
Pineapple	½ C	39	10	0	1	Salad Greens	1 C	5	1	0	10
Kiwi	½	23	6	0	1	Red Onion	1 sl	6	1	0	0
Snacks						Snacks					
Unsalted Almonds	15 each	115	4	10	0	Sliced Beets	¼ C	13	3	0	82
1% Milk	1 C	102	12	2	107	Red Wine Vinegar	1 T	3	0	0	1
						Olive Oil	2 t	80	0	9	0
						Grapes	½ C	52	14	0	2
						Snacks					
						Banana	1	105	27	0	1
						1% Milk	1 C	102	12	2	107
Total for the Day		1477	187	35	1094			1529	182	56	1238

DAY 3 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 4 Food	Size	Cal.	Carb g	Fat g	Sod. mg
Breakfast						Breakfast					
Pita Stuffed with Eggs*	1 svg	253	32	6	551	French Toast with Berries*	1 svg	289	54	3	321
1% Milk	1 C	102	12	2	107	Plain Greek Style Yogurt	6 oz	140	9	0	95
Lunch						Lunch					
Spinach Salad with Warm Lentils*	1 svg	327	45	12	97	Chicken Pita Pockets*	1 svg	398	38	14	427
Unsalted Almonds	15	115	4	10	0	Unsalted Almonds	10	77	2	7	0
Pineapple	½ C	39	10	0	1	Dinner					
Dinner						Pork Chops w/Mustard-Glazed Apples*	1 svg	375	27	15	142

Curry Salmon Cakes*	1 svg	260	12	12	462	Cabbage (steamed)	1 C	35	8	0	12
Yogurt Sauce*	1 svg	33	5	0	43	Small Sweet Potato	1	103	24	0	41
Brown Rice	2/3C	144	30	1	6	Snacks					
Brussels Sprouts	1 C	38	8	0	22	1% Milk	1 C	102	12	2	107
Margarine	2 t	67	0	7	63						
Snack											
Pear	1	96	26	0	2						
Total for the Day		1474	184	50	1354			1519	174	41	1145

1500 Calorie Spring/Summer Menus

DAY 1	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 2	Size	Cal.	Carb g	Fat g	Sod. mg
Food						Food					
Breakfast						Breakfast					
Kashi GOLEAN Crunch Cereal	1C	190	36	3	95	Banana Nut Muffin*	1	193	26	8	155
Strawberries	1C	46	11	0	1	Honeydew Melon	1C	64	16	0	32
Walnuts	1 T	48	1	5	0						
1% Milk	1 C	102	12	2	107	1% Milk	1 C	102	12	2	107
Lunch						Lunch					
Chicken Pita Pockets*	1 svg	398	38	14	427	Navy Bean Salad*	1 svg	188	32	6	458
						Salad Greens	2C	20	5	0	40
Light Yogurt	6 oz	100	19	0	85	Peach	1	59	14	0	0
Dinner						Greek Yogurt, Vanilla	6 oz	120	13	0	65
Thai Chicken & Mango Salad*	1 svg	365	35	13	162	Dinner					
Dinner Roll	1	76	15	1	135	Halibut & Spring Vegetable Packet*	1 svg	179	11	3	180
Margarine	1 t	33	0	4	32	Small Baked Potato	1	161	37	0	17
						Margarine	2 t	67	0	7	63
Snacks						Light Sour Cream	1 T	16	1	1	9
Cantaloupe	1C	54	13	0	26	Plum, small	1	69	17	0	0
Light Yogurt	6oz	100	19	0	85	Snacks					
						Light Ice Cream	½ C	100	15	4	45
						Unsalted Almonds	20 each	154	5	14	0
Total for the Day		1512	199	42	1155			1492	204	45	1171

DAY 3 Food	Size	Cal.	Carb g	Fat g	Sod. mg	DAY 4 Food	Size	Cal.	Carb g	Fat g	Sod. mg
Breakfast						Breakfast					
Honey Nut Cheerios	1C	147	30	2	253	Bell Pepper & Corn Omelet*	1 svg	295	16	17	374
Plum	1	69	17	0	0	Cherries	½ C	49	12	0	0
Pecans	2 T	94	2	10	0	1% Milk	1 C	102	12	2	107
1% Milk	1 C	102	12	2	107						
Lunch						Lunch					
Egg(less) Salad Sandwich*	1 svg	348	51	10	386	Mediterranean Couscous Salad*	1 svg	431	62	12	488
Tomato & Cucumber Salad*	1 svg	72	7	5	103						
Dinner						Dinner					
Colorful Bell Pepper & Chicken Stir-Fry*	1 svg	175	10	5	363	Broiled Fish*(salmon)	1 svg	306	2	22	76
Brown Rice	1C	216	45	2	10	Dinner Roll	1	76	15	1	135
Raw Spinach	1½C	20	3	0	65	Broiled Tomato*	1 svg	87	8	6	48
Red Onion	2 t	2	0	0	0	Peach	1	59	14	0	0
Strawberries	½ C	23	6	0	1	Snacks					
Walnuts	2 T	96	2	9	0	Light Yogurt	6 oz	100	19	0	85
Raspberry Light Salad Dressing	1 T	35	4	3	60						
Snack											
Lemon Yogurt Popsicle*	1 svg	95	19	0	90						
Total for the Day		1494	208	48	1438			1505	160	60	1313

* Indicates recipe is found in the cookbook *Healthy Palate: Delicious & Simple Recipes to Enhance Meals with Fruits & Vegetables*.

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