

# 1,500-calorie Sample Meal Plans

*for General Health, Heart Health and Pregnancy*

## Sample Day 1

### Breakfast

- ½ cup dry quick-cooking oats prepared with ½ cup unsweetened almond milk
  - ½ cup blueberries
  - ¼ cup chopped walnuts
  - 1 teaspoon brown sugar

### Lunch

- 2 cups chopped romaine lettuce
  - 3 ounces 93% lean ground beef
  - 2 tablespoons low-sodium salsa
  - ½ cup low-sodium black beans
  - ⅛ cup (2 tablespoons) 2% shredded cheddar cheese
- 1 cup grapes (any color)

### Dinner

- 3 ounces pork tenderloin
- 2 ounces dry whole-grain pasta, prepared according to package directions
- 1 teaspoon extra-virgin olive oil
- 1 cup steamed green beans (fresh or frozen)

### Snacks

- 2 stalks celery with 2 tablespoons peanut butter
- 1 medium peach

- ½ cup fat-free cottage cheese

*Daily total: 1,483 calories, 169 grams (g) carbs (11 choices), 34g fiber, 52g total fat (10g saturated fat), 101g protein, 1,626 milligrams (mg) sodium*

## Sample Day 2

### Breakfast

- 2 slices whole-grain toast with 2 tablespoons peanut butter
- 1 small banana

### Lunch

- 2 cups mixed greens
  - 3 ounces canned tuna (packed in water)
  - ½ cup diced cucumber
  - ½ cup diced tomatoes
  - ¼ cup whole-grain croutons
  - 2 tablespoons low-sodium balsamic vinaigrette

- 1 medium apple

### Dinner

- 4 ounces grilled chicken breast
- 1 medium baked potato with ⅓ cup plain low-fat Greek yogurt
- 1 cup steamed broccoli (fresh or frozen)
- 1 cup strawberry halves

**(over)**

## Snacks

- 15 baby carrots with 2 tablespoons hummus
- 1 cup grapes (any color)
- 1 light string cheese

*Daily total: 1,505 calories, 186g carbs (12 choices), 33g fiber, 44g total fat (12g saturated fat), 105g protein, 1,566mg sodium*

## Sample Day 3

### Breakfast

- 1 whole large egg and 1 egg white, scrambled
- 1 whole-grain English muffin with 1 teaspoon butter
- 2 thin slices deli ham
- 1 cup raspberries

### Lunch

- 3 ounces grilled chicken breast on 2 slices whole-grain bread spread with 1 tablespoon light mayonnaise
- 2 cups fresh baby spinach
  - 1 bell pepper (any color), diced
  - 1 tablespoon low-fat dressing

### Dinner

- 1 6-inch whole-grain flour tortilla filled with:
  - ½ cup low-sodium black beans
  - ¼ cup (2 tablespoons) 2% shredded cheddar cheese
  - 4 tablespoons pico de gallo
- 1 cup blackberries

## Snacks

- ¾ cup plain fat-free Greek yogurt with ½ cup crunchy high-fiber cereal
- 1 medium pear
- 15 baby carrots

*Daily total: 1,466 calories, 217g carbs (14 ½ choices), 36g fiber, 33g total fat (4g saturated fat), 92g protein, 2,291mg sodium*

## What About Beverages?

Drink plenty of liquids throughout the day. Water is best. Add ice or for a little extra flavor add:

- fresh lemon or lime juice
- freshly sliced fruit
- freshly sliced cucumber
- a sprig of fresh mint.

## If You Are Pregnant or Breastfeeding

Fish is a good source of protein, contains fatty acids and is low in saturated fat. However, any fish (store-bought or fresh-caught) could contain contaminants such as mercury or polychlorinated biphenyl (PCBs) that can harm a developing or breastfed baby.

It is best to vary the kind of fish you eat and limit the amount of fish you eat to 1 to 2 meals a week.

The Minnesota Department of Health has guides to choosing and eating fish.

- For complete information, go to [health.state.mn.us/fish](http://health.state.mn.us/fish).
- Click on Statewide Safe Eating Guidelines.