



Eating right, simplified.

1,500 Calorie Plan (Balanced) 4meals/day

DAY 1

Breakfast 7:00 AM	egg, hard boiled	1 large	78 cal
	drinking water	2 Cup(s)	0 cal
	whole grain rolled oats, dry	1 Cup(s)	299 cal
	blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 459 cal / **Carbs** 77 g (68%) / **Protein** 7 g (7%) / **Fat** 12 g (25%) / **Fluid** 21

NOTES:

Snack 10:00 AM	apples	1 large	110 cal
	almond butter	1 1/2 Tbsp	150 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 260 cal / **Carbs** 34 g (50%) / **Protein** 5 g (8%) / **Fat** 12 g (42%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	turkey breast, roasted	3 oz	116 cal
	baby carrots	15 large	79 cal
	romaine lettuce	3 leaf	3 cal
	tomatoes	1/2 Cup(s)	16 cal
	whole-wheat pita bread	1 large	170 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 58 g (57%) / **Protein** 34 g (34%) / **Fat** 4 g (9%) / **Fluid** 29

NOTES:

Dinner 6:00 PM	broccoli, no salt, boiled	2 Cup(s)	109 cal
	cod fish	2 oz	46 cal
	black beans, no salt, boiled	1/2 Cup(s)	114 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 60 g (55%) / **Protein** 28 g (26%) / **Fat** 9 g (19%) / **Fluid** 31

NOTES:

DAY 1 TOTAL: Calories 1,516 cal / **Carbs** 229 g (59%) / **Protein** 75 g (19%) / **Fat** 38 g (22%) / **Fluid** 103

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DAY 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal
skim milk with calcium	1 Cup(s)	86 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 88 g (79%) / **Protein** 17 g (15%) / **Fat** 3 g (6%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	8 oz	129 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 229 cal / **Carbs** 34 g (55%) / **Protein** 14 g (23%) / **Fat** 6 g (22%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1/2 Tbsp	7 cal
whole wheat dinner rolls	2 roll	149 cal
extra virgin olive oil	1/2 Tbsp	60 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
chicken breast, boneless skinless	3 oz	92 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 52 g (49%) / **Protein** 25 g (24%) / **Fat** 13 g (27%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	1/2 Cup(s)	21 cal
sweet potato, no salt, baked	1/4 Cup(s)	45 cal
drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 79 g (59%) / **Protein** 24 g (18%) / **Fat** 14 g (23%) / **Fluid** 23

NOTES:

DAY 2 TOTAL: Calories 1,590 cal / **Carbs** 253 g (61%) / **Protein** 79 g (19%) / **Fat** 36 g (20%) / **Fluid** 94



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
skim milk with calcium	1 Cup(s)	86 cal
almond butter	1 Tbsp	100 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 63 g (60%) / **Protein** 18 g (18%) / **Fat** 10 g (22%) / **Fluid** 29

NOTES:

Snack

10:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 213 cal / **Carbs** 35 g (63%) / **Protein** 8 g (14%) / **Fat** 6 g (23%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	3 oz	84 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
apples	1 large	110 cal
tomatoes	1/2 Cup(s)	16 cal
whole wheat hamburger buns	1 bun	190 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 66 g (56%) / **Protein** 30 g (25%) / **Fat** 10 g (19%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal
sweet potato, no salt, baked	1/4 Cup(s)	45 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 76 g (60%) / **Protein** 21 g (16%) / **Fat** 14 g (24%) / **Fluid** 20

NOTES:

DAY 3 TOTAL: Calories 1,569 cal / **Carbs** 240 g (59%) / **Protein** 77 g (19%) / **Fat** 40 g (22%) / **Fluid** 96



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberry lemon breakfast quinoa	1 serving	266 cal
egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 479 cal / **Carbs** 82 g (66%) / **Protein** 19 g (15%) / **Fat** 10 g (19%) / **Fluid** 26

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
pears	1 large	119 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 206 cal / **Carbs** 44 g (80%) / **Protein** 9 g (17%) / **Fat** 1 g (3%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal
wild rice, cooked	1/2 Cup(s)	83 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 392 cal / **Carbs** 67 g (65%) / **Protein** 14 g (14%) / **Fat** 9 g (21%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

beef flank, lean, broiled	3 oz	163 cal
wild rice, cooked	1 Cup(s)	166 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 54 g (50%) / **Protein** 35 g (32%) / **Fat** 9 g (18%) / **Fluid** 32

NOTES:

DAY 4 TOTAL: Calories 1,496 cal / **Carbs** 247 g (63%) / **Protein** 78 g (20%) / **Fat** 29 g (17%) / **Fluid** 102



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DAY 5

Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
blueberry lemon breakfast quinoa	1 serving	266 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 93 g (73%) / **Protein** 21 g (17%) / **Fat** 5 g (10%) / **Fluid** 25

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 31 g (56%) / **Protein** 13 g (22%) / **Fat** 5 g (22%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	3 oz	116 cal
whole-wheat pita bread	1 large	170 cal
tomatoes	1/2 Cup(s)	16 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 58 g (57%) / **Protein** 34 g (34%) / **Fat** 4 g (9%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat penne with chicken and asparagus	1 serving	358 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 473 cal / **Carbs** 55 g (44%) / **Protein** 27 g (21%) / **Fat** 20 g (35%) / **Fluid** 26

NOTES:

DAY 5 TOTAL: Calories 1,554 cal / **Carbs** 237 g (58%) / **Protein** 94 g (23%) / **Fat** 34 g (19%) / **Fluid** 102



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
almond butter	1 1/2 Tbsp	150 cal
skim milk with calcium	1 Cup(s)	86 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 64 g (55%) / **Protein** 20 g (17%) / **Fat** 14 g (28%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 224 cal / **Carbs** 21 g (37%) / **Protein** 29 g (52%) / **Fat** 3 g (11%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	2 roll	149 cal
drinking water	2 Cup(s)	0 cal
vegetable soup, low-sodium	16 oz	150 cal
romaine lettuce	1 Cup(s)	8 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 58 g (53%) / **Protein** 10 g (9%) / **Fat** 19 g (38%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1/2 Cup(s)	21 cal
whole wheat penne with chicken and asparagus	1 serving	358 cal
broccoli, no salt, boiled	1/2 Cup(s)	27 cal

MEAL TOTAL: **Calories** 406 cal / **Carbs** 52 g (49%) / **Protein** 27 g (25%) / **Fat** 13 g (26%) / **Fluid** 26

NOTES:

DAY 6 TOTAL: Calories 1,510 cal / **Carbs** 195 g (50%) / **Protein** 87 g (22%) / **Fat** 48 g (28%) / **Fluid** 106



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
oat bran flakes cereal	1 Cup(s)	179 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 83 g (81%) / **Protein** 15 g (14%) / **Fat** 2 g (5%) / **Fluid** 27

NOTES:

Snack

10:00 AM

string cheese, light	1 serving	50 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 263 cal / **Carbs** 46 g (67%) / **Protein** 13 g (19%) / **Fat** 4 g (14%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	4 oz	112 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/2 Cup(s)	16 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	3 leaf	3 cal
vegetable soup, low-sodium	8 oz	75 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 54 g (49%) / **Protein** 35 g (32%) / **Fat** 9 g (19%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

sweet potato, no salt, baked	3/4 Cup(s)	135 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
wild rice, cooked	3/4 Cup(s)	124 cal
extra virgin olive oil	1/2 Tbsp	60 cal
spinach, no salt, boiled	1 Cup(s)	41 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 64 g (54%) / **Protein** 31 g (26%) / **Fat** 11 g (20%) / **Fluid** 31

NOTES:

DAY 7 TOTAL: Calories 1,541 cal / **Carbs** 248 g (62%) / **Protein** 94 g (23%) / **Fat** 27 g (15%) / **Fluid** 109



Eating right, simplified.



4 Servings

quinoa and black bean patties

Ingredients

black beans, no salt, boiled
1 1/2 Cup(s)

quinoa
1/4 Cup(s)

drinking water
1/2 Cup(s)

bread crumbs
4 fl. oz.

red peppers
1/4 cup

onions
2 tbsp

garlic
1 clove

cumin ground
1 1/2 tsp

sriracha, hot chili sauce
1 tsp

egg
1 egg

extra virgin olive oil
2 Tbsp

Nutrition Totals

Calories 1062 / **Carbs** 135 g / **Protein** 43 g / **Fat** 41 g / **Fluid** 11.87 fl oz

Instructions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to low, cover, and simmer until quinoa is cooked.
2. In a medium bowl, roughly mash the black beans with a fork. Leave some beans whole.
3. Add cooked quinoa, bread crumbs, bell pepper, onion, garlic, cumin, hot sauce, and egg into the black beans.
4. Form the black bean mixture into 4 patties.
5. Heat the olive oil in a large skillet. Brown patties in hot oil for 2-3 minutes per side.



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Nutrition Label

Quinoa And Black Bean Patties		
Amount Per Serving		
Calories		266
% Daily Value*		
Total Fat	10.1g	16%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125.6mg	5%
Total Carbohydrates	33.6g	11%
Dietary Fiber	7.2g	29%
Total Sugar	1.6g	
Protein	10.8g	
Vitamin D	0IU	0%
Calcium	50.2mg	5%
Iron	2.5mg	14%
Potassium	345.2mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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4 Servings

blueberry lemon breakfast quinoa

Ingredients

quinoa
1 Cup(s)
syrops maple
1 fl. oz.
lemons raw with peel
1/2 oz
blueberries
1 Cup(s)
seeds flaxseed
2 tbsps
skim milk with calcium
2 Cup(s)

Nutrition Totals

Calories 1063 / **Carbs** 187 g / **Protein** 45 g / **Fat** 18 g / **Fluid** 20.97 fl oz

Instructions

1. Rinse quinoa in a fine strainer with water until water runs clear.
2. Heat milk in a saucepan until warm. Stir quinoa into the milk and simmer until tender, 20 minutes. Remove from heat.
3. To cooked quinoa, add in maple syrup and lemon zest.
4. Fold blueberries into mixture.
5. Top with ground flax prior to serving.

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Eating right, simplified.

Nutrition Label

Blueberry Lemon Breakfast Quinoa	
Amount Per Serving	
Calories	266
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 2.4mg	1%
Sodium 8.3mg	0%
Total Carbohydrates 46.6g	16%
Dietary Fiber 4.9g	20%
Total Sugar 16.4g	
Protein 11.1g	
Vitamin D 58IU	10%
Calcium 295.4mg	30%
Iron 2.3mg	13%
Potassium 527.1mg	
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4 Servings



whole wheat penne with chicken and asparagus

Ingredients

whole wheat penne pasta
8 oz

extra virgin olive oil
2 Tbsp

chicken breast, boneless skinless
8 oz

black pepper
1/4 tsp

garlic powder
1/4 tsp

chicken broth soup, low-sodium
1 Cup(s)

asparagus
15 spear, medium

garlic
1 clove

parmesan cheese, grated
4 Tbsp

Nutrition Totals

Calories 1432 / **Carbs** 173 g / **Protein** 92 g / **Fat** 48 g / **Fluid** 21.37 fl oz

Instructions

1. Bring a large pot of unsalted water to boil. Add pasta and cook, stirring frequently, until al dente. Drain, and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add in diced chicken breast. Season with pepper and garlic powder. Cook until chicken is cooked through and browned. Place chicken in a bowl.
3. To the skillet, add the chicken broth, asparagus, garlic, and a pinch more pepper.
4. Cover, and steam until the asparagus is tender. Add chicken and cooked penne in and warm.
5. Drizzle with remaining tablespoon of olive oil. Garnish with Parmesan cheese.



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Nutrition Label

Whole Wheat Penne With Chicken And Asparagus		
Amount Per Serving		
Calories		358
% Daily Value*		
Total Fat	12g	18%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	40.6mg	14%
Sodium	193.9mg	8%
Total Carbohydrates	43.3g	14%
Dietary Fiber	5.4g	22%
Total Sugar	2.4g	
Protein	22.9g	
Vitamin D	2.1IU	0%
Calcium	77.1mg	8%
Iron	1.6mg	9%
Potassium	374.1mg	
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Shopping List

Accompaniments

olive oil, mayonnaise, light
2 Tbsp
sriracha, hot chili sauce
0.5 tsp

Beef

beef flank, lean, broiled
3 oz

Beverages

drinking water
50.26 Cup(s)
iced tea, green
16 fl. oz.

Bread

bread crumbs
2 fl. oz.
whole-wheat pita bread
4 large
whole wheat dinner rolls
4 roll
whole wheat english muffin
3 muffin
whole wheat hamburger buns
3 bun

Cereal & Grain Products

oat bran flakes cereal
2.5 Cup(s)
quinoa
0.62 Cup(s)
whole grain rolled oats, dry
1 Cup(s)
whole wheat penne pasta
4 oz
wild rice, cooked
2.75 Cup(s)

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Dairy & Egg

egg
0.5 egg
egg, hard boiled
3 large
low-fat cottage cheese, 1%
1 Cup(s)
parmesan cheese, grated
2 Tbsp
skim milk with calcium
7 Cup(s)
string cheese, light
5 serving

Fats & Oils

extra virgin olive oil
5.5 Tbsp

Finfish & Shellfish

cod fish
2 oz
tuna fish, very low-sodium, in water
7 oz

Fruits & Juices

apples
3 large
bananas
4 extra large
blueberries
4.5 Cup(s)
grapes
8 oz
peaches
1 large
pears
1 large

Ingredients

balsamic vinegar
1.5 Tbsp

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Legumes & Beans

black beans, no salt, boiled
1.51 Cup(s)

Nuts & Seeds

almond butter
4 Tbsp

Poultry

chicken breast, boneless skinless
10 oz
turkey breast, roasted
6 oz

Soup

chicken broth soup, low-sodium
0.5 Cup(s)
vegetable soup, low-sodium
24 oz

Spices & Herbs

black pepper
0.12 tsp
cumin ground
0.76 tsp
garlic powder
0.12 tsp

Uncategorized

lemons raw with peel
0.26 oz
seeds flaxseed
1 tbsp
syrops maple
0.5 fl. oz.

Vegetables

asparagus
7.5 spear, medium

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Eating right, simplified.

baby carrots

60 large

broccoli, no salt, boiled

4.5 Cup(s)

garlic

1 clove

onions

1 tbsp

red peppers

0.12 cup

romaine lettuce

12 leaf

4 Cup(s)

spinach, no salt, boiled

2 Cup(s)

summer squash, no salt, boiled

1 cup

sweet potato, no salt, baked

1.25 Cup(s)

tomatoes

2 Cup(s)