

menus for the calorie-conscious

A WEIGHT-LOSS MEAL PLAN DOESN'T REQUIRE SPECIAL DIET FOODS, BUT RATHER ATTENTION TO PORTION SIZES AND GOOD NUTRITION.

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DAY 1

BREAKFAST

Easy Egg Pita (see recipe 1, page 2)
5- to 6-oz nonfat plain Greek yogurt; stir in 2 kiwifruit, chopped, and 1 tsp honey

MORNING SNACK

5 small (5-inch) celery sticks; fill with ½ cup 2% cottage cheese and 2 tbsp sunflower seeds

LUNCH

Hamburger: 1 thin bun, 3 oz cooked 95%-lean ground beef patty, 2 lettuce leaves and 2 tsp Dijon mustard
2 small cucumbers, sliced
1 oz tortilla chips

AFTERNOON SNACK

1 oz reduced-fat cheddar cheese
4 saltine crackers

DINNER

Feta Chicken (see recipe 2, page 2)
¾ cup cooked couscous (about ¼ cup dry)
1 cup cooked green beans
1 cup fresh pineapple

Daily total: 1,501 cal, 39g fat (7g mono, 7g poly, 11g sat), 110mg chol, 2,222mg sodium, 172g carb (26g fiber, 58g sugars), 122g protein

DAY 2

BREAKFAST

Green Smoothie: Blend 8 oz 1% milk, 1½ cups baby spinach, 1 small sliced frozen banana, 1 tbsp peanut butter and 1 tsp honey

MORNING SNACK

1 hard-boiled egg
3 saltine crackers

LUNCH

Chicken Pita (see recipe 3, page 2)
2 kiwifruit

AFTERNOON SNACK

½ cup 2% cottage cheese; stir in 1 medium pear, chopped, and ¼ tsp cinnamon

DINNER

Quick Chili: Brown 8 oz lean ground beef with ½ cup chopped red onion. Add a 15-oz can kidney beans (undrained), 2 cups jarred diced tomatoes, 1 tbsp chili powder, 1 tsp ground cumin and dash salt. Simmer until heated. Makes 4 servings; save leftovers.
7 saltine crackers
1 small banana dipped in
1 oz melted dark chocolate

Daily total: 1,497 cal, 41g fat (9g mono, 4g poly, 15g sat), 257mg chol, 1,302mg sodium, 196g carb (32g fiber, 95g sugars), 89g protein

DAY 3

BREAKFAST

Breakfast Couscous (see recipe 4, page 2)
½ medium grapefruit; top with 1 tsp honey

MORNING SNACK

3 small celery sticks; fill with 1 tbsp peanut butter

LUNCH

3 cups baby spinach, topped with 1 serving Chickpea Salad (see recipe 5, page 2)
5 saltine crackers
1 small banana

AFTERNOON SNACK

½ thin bun, toasted; top with ⅓ cup 2% cottage cheese, ¼ cup cherry tomato halves, 2 tsp sunflower seeds and a dash of black pepper

DINNER

1 serving Pasta Salad with Chicken, Fennel and Feta (see recipe, page 3)
2 rye crispbread crackers
1 cup fresh pineapple

Daily total: 1,500 cal, 46g fat (21g mono, 9g poly, 10g sat), 61mg chol, 1,495mg sodium, 220g carb (27g fiber, 69g sugars), 64g protein

DAY 4

BREAKFAST

5- to 6-oz nonfat plain Greek yogurt; stir in 1 chopped, medium pear and 1 tsp honey
½ thin bun, toasted; top with 1 tbsp peanut butter

MORNING SNACK

¼ cup dried apricots
¼ cup shelled, dry-roasted pistachios

LUNCH

Egg Salad: Mash 2 hard-boiled eggs with 2 tbsp nonfat Greek yogurt, ¼ cup diced celery, ½ tsp Dijon mustard and dash each salt and pepper.
7 saltine crackers
1 kiwifruit

AFTERNOON SNACK

⅔ cup 2% cottage cheese; stir in ½ cup fresh pineapple

DINNER

1 serving Quick Chili (leftovers of Day 2 Dinner) served over 3 cups lettuce with 1 oz crushed tortilla chips and ¼ cup 2% shredded cheddar

Daily total: 1,496 cal, 53g fat (18g mono, 9g poly, 13g sat), 449mg chol, 1,755mg sodium, 163g carb (30g fiber, 72g sugars), 98g protein

Note: These 1,500-calorie menus are generally appropriate for moderately active women who want to lose weight but can be adjusted based on your individual needs, such as by adding or subtracting snacks.

DAY 5

BREAKFAST

Egg Breakfast Sandwich:

- 1 thin bun, toasted and topped with 1 tsp butter,
 - 1 hard-cooked egg and
 - 1 oz 2% shredded cheddar
- ½ grapefruit topped with 1 tsp honey

MORNING SNACK

- 5- to 6-oz nonfat plain Greek yogurt; stir in 2 tbsp shelled, roasted pistachios and 1 tsp honey

LUNCH

- 1 pita pocket stuffed with 1 cup baby spinach and 1 serving Chickpea Salad (see recipe 5, right)
- 5 small celery sticks
- ½ cup fresh pineapple

AFTERNOON SNACK

- 1 medium pear, sliced; dip in 1 tbsp peanut butter

DINNER

- 1 serving Pasta Salad with Chicken, Fennel and Feta (leftovers of Day 3 Dinner)
- 1 kiwifruit

Daily total: 1,512 cal, 53g fat (25g mono, 8g poly, 16g sat), 265mg chol, 1,654mg sodium, 187g carb (25g fiber, 69g sugars), 75g protein

DAY 6

BREAKFAST

- 1 thin bun, toasted; top with 4 tsp peanut butter and 1 small banana, sliced

MORNING SNACK

- 1 cup 2% cottage cheese
- 1 tbsp roasted sunflower seeds

LUNCH

- Feta Tomato Salad: Stir 1 tsp balsamic vinegar, 1 tsp EVOO, ¼ tsp dried oregano and dash each salt and pepper; drizzle over 1½ cups sliced cherry tomatoes. Top with ¼ cup feta.
- 2 hard-boiled eggs
- 3 rye crispbread crackers

AFTERNOON SNACK

- 1 oz 2% cheddar
- 7 saltine crackers

DINNER

- 3 oz wild-caught salmon, brushed with ½ tsp olive oil and broiled; top with sprinkle of fresh lemon juice
- 1 cup cooked green beans
- 1 cup cooked couscous (about ⅓ cup dry)
- 1 cup fresh pineapple

Daily total: 1,501 cal, 55g fat (19g mono, 11g poly, 15g sat), 478mg chol, 2,272mg sodium, 165g carb (21g fiber, 46g sugars), 98g protein

DAY 7

BREAKFAST

- 5- to 6-oz nonfat plain Greek yogurt; stir in 1 kiwifruit, chopped, and 1 tsp honey
- ½ thin bun, toasted; top with 1 tsp butter and 1 tsp honey

MORNING SNACK

- 6 saltine crackers; spread with 4 tsp peanut butter

LUNCH

- 1 pita pocket, stuffed with Egg Salad (use same recipe as Day 4 Lunch)
- 4 small celery sticks
- ¼ cup dried apricots

AFTERNOON SNACK

- 1 medium pear, sliced; drizzle with 1 oz melted dark chocolate

DINNER

- Cheeseburger: 1 thin bun, 3 oz cooked 95%-lean ground beef patty, 1 oz 2% cheddar, 2 romaine lettuce leaves and 1 tsp Dijon mustard
- ½ cup cherry tomatoes
- 1 oz tortilla chips

Daily total: 1,500 cal, 56g fat (14g mono, 6g poly, 20g sat), 469mg chol, 1,397mg sodium, 166g carb (23g fiber, 71g sugars), 84g protein

Quick Recipes to Complete Your Menus

(each makes 1 serving unless otherwise noted)

1. Easy Egg Pita

Sauté 1 cup spinach and 2 tbsp minced red onion in ½ tsp oil over medium-high heat for 2 minutes. Add 2 beaten eggs and dash of black pepper, cooking until eggs are firm. Stuff egg mixture in a pita and top with 2 tbsp feta.

2. Feta Chicken

Marinate a 4-oz boneless, skinless chicken breast in low-fat Italian dressing for 30–60 minutes. Remove from marinade and place in a baking dish sprayed with cooking spray. Sprinkle with ¼ tsp Italian seasoning; top with ⅓ cup chopped cherry tomatoes and 2 tbsp feta. Bake at 350° for 40 minutes.

3. Chicken Pita

Stuff a warmed pita with 3 ounces cooked chopped chicken breast, 2 tbsp 2% cheddar, ⅓ cup sliced cherry tomatoes, 1 cup shredded romaine and 2 tbsp salsa.

4. Breakfast Couscous

Heat ⅓ cup 1% milk, 1 tsp honey and 1 tsp cinnamon over medium heat. When milk starts to boil, add ¼ cup couscous. Remove from heat and cover for 5 minutes. Fluff and stir in 2 tbsp chopped, dried apricots and 2 tbsp shelled, roasted pistachios.

5. Chickpea Salad

Toss a 15-oz can drained chickpeas with 1 cup chopped cherry tomatoes, ⅓ cup chopped red onion, 2 tbsp EVOO, 1 tsp balsamic vinegar, 2 tbsp lemon juice, ¼ tsp black pepper and ¼ tsp salt. Chill at least 1 hour. Makes 4 servings. Top each serving with 2 tbsp feta.



◀ Pasta Salad with Chicken, Fennel and Feta



Pasta Salad with Chicken, Fennel & Feta

Serves 4

Orecchiette translates to “little ears,” describing the cupped shape of these pasta disks. If you’re unable to find Italian orecchiette, elbow macaroni works just fine. Precooked rotisserie chicken cuts down on prep time. Chopped black olives make a nice garnish.

- 8 ounces regular or whole-wheat orecchiette or elbow macaroni
- 1 tablespoon fresh lemon juice
- 1 tablespoon white wine vinegar
- 1½ tablespoons Dijon mustard
- ½ teaspoon minced garlic
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon ground black pepper
- ½ teaspoon salt
- 1 cup cherry tomatoes, halved
- ¾ cup cored, thinly sliced fennel bulb (about 1 small bulb)
- 1 small cucumber, peeled, seeded, and diced
- 1 cup cooked, skinless, diced chicken breast
- ½ cup chopped fresh parsley
- ½ heaping cup (2 ounces) crumbled feta

1. Cook pasta according to package instructions. Drain, rinse with cool water, and then drain again. Set aside.
2. Whisk together lemon juice, vinegar, mustard, garlic, olive oil, pepper and salt. Toss with pasta. Add tomatoes, fennel, cucumber and chicken; toss. (May be made 2 hours ahead.) Stir in parsley and feta just before serving.

PER SERVING: 390 cal, 12g fat (7g mono, 1g poly, 4g sat), 42mg chol, 345mg sodium, 47g carb (3g fiber), 21g protein

SHOPPING LIST

Here’s everything you’ll need to make the week’s worth of menus on pages 34 and 35 for one person.

FRUITS & VEGETABLES

- ☐ 4 small bananas
- ☐ 1 medium grapefruit
- ☐ 7 kiwifruit
- ☐ 2 lemons
- ☐ 4 medium pears
- ☐ 4 cups fresh pineapple
- ☐ 1 cup dried apricots
(TRY: Made in Nature Organic Apricots, Dried & Unsulfured)
- ☐ 7 cups baby spinach
- ☐ 1 package celery hearts
- ☐ 3 small cucumbers
- ☐ 2 cups green beans (fresh, frozen or canned)
- ☐ 5 cups romaine lettuce
- ☐ 6 cups cherry tomatoes
- ☐ 2 cups jarred, diced tomatoes
(TRY: Jovial 100% Organic Diced Tomatoes)
- ☐ 1 small fennel bulb
- ☐ 1 clove garlic
- ☐ 1 medium red onion
- ☐ 1 bunch fresh parsley



PROTEINS & DAIRY

- ☐ 1 lb boneless, skinless chicken breasts
- ☐ 1 lb 95%-lean ground beef
- ☐ 4 oz wild-caught salmon fillet
- ☐ 8 eggs
- ☐ 1 quart 1% milk
- ☐ 5 (5- to 6-oz) containers nonfat plain Greek yogurt (TRY: Wallaby Organic Nonfat Plain Greek Yogurt)
- ☐ 3 cups 2% cottage cheese
(TRY: Kalona Super Natural Organic Reduced Fat 2% Cottage Cheese)
- ☐ 8 oz 2% cheddar
- ☐ 6 oz 2% feta cheese
- ☐ 1 (15-oz) can chickpeas (garbanzo beans) (TRY: Eden Organic Garbanzo Beans, No Salt Added)
- ☐ 1 (15-oz) can kidney beans



NUTS & NUT BUTTERS

- ☐ 1 jar natural peanut butter
- ☐ ½ cup shelled, dry-roasted pistachios
- ☐ ¼ cup sunflower seeds

GRAINS

- ☐ 8 oz whole-wheat elbow macaroni (TRY: Hodgson Mill Whole Wheat Whole Grain Elbows)
- ☐ 4 whole-wheat pita pockets (halves)
- ☐ 6 whole-wheat thin buns (TRY: OneBun Whole Wheat 100 Calorie Buns)
- ☐ 1 box whole-wheat couscous
- ☐ 1 package rye crispbread crackers
- ☐ 1 box saltine crackers
- ☐ 1 bag tortilla chips
(TRY: Green Mountain Gringo Tortilla Strips)



MISCELLANEOUS

- ☐ 1 bottle low-fat Italian salad dressing (TRY: Annie’s Naturals Lite Italian Dressing)
- ☐ 1 oz salsa
- ☐ 2 oz dark chocolate (TRY: Taza Chocolate Dominican 70% Stone Ground Chocolate Chunks)



PANTRY STAPLES

- ☐ Black pepper
- ☐ Sea salt
- ☐ Dried oregano leaves
- ☐ Chili powder
- ☐ Ground cinnamon
- ☐ Ground cumin
- ☐ Italian seasoning (TRY: Simply Organic Italian Seasoning)
- ☐ Butter
- ☐ All-purpose cooking spray
- ☐ Extra-virgin olive oil (EVOO)
- ☐ Balsamic vinegar
- ☐ White wine vinegar
- ☐ Dijon mustard
- ☐ Honey

