

## Women's 1,500 Calorie Diet Plan for Fat Loss

Designed for 3 meals and one snack. Many people starting a weight loss program are used to only eating 1-2 times per day. This plan starts with four times a day so the person can become more accustomed to eating more often before jumping into a 5-6 times per day meal plan. 25% protein to spare muscle loss.

This Exercise.com professional diet plan was created by a certified personal trainer and registered dietitian (M.S. Nutrition).

### Breakfast - aim for 450 cals & 28 g protein

Breakfast Option #1	Calories	Carbs	Fats	Protein
<b>Oatmeal topped w/ bananas &amp; raisins</b>				
1 cup oatmeal, cooked	147.0	25.0	2.0	6.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1/4 cup raisins	110.0	29.0	0.0	1.0
1/2 medium banana	55.0	13.5	0.0	0.5
<b>3 egg whites, boiled</b>				
	50.0	0.5	0.5	11.0
<b>Total</b>	<b>462.0</b>	<b>80.0 g</b>	<b>5.5 g</b>	<b>26.5 g</b>

Breakfast Option #2	Calories	Carbs	Fats	Protein
<b>Breakfast Sandwich</b>				
100% whole wheat English Muffin	120.0	23.0	1.0	5.0
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
<b>1 banana</b>				
	105.0	27.0	0.0	1.0
<b>Total</b>	<b>460.0</b>	<b>52.0 g</b>	<b>20.0 g</b>	<b>34.0 g</b>

Breakfast Option #3	Calories	Carbs	Fats	Protein
<b>Quinoa Bowl</b>				
1/3 cup uncooked quinoa	160.0	30.0	3.0	6.0
3 TB flaxseed, ground	100.0	6.5	7.5	5.0
2 tsp brown sugar	23.0	6.0	0.0	0.0
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	0.0	16.0
<b>Total</b>	<b>433.0</b>	<b>62.5 g</b>	<b>10.5 g</b>	<b>27.0 g</b>

Breakfast Option #4	Calories	Carbs	Fats	Protein
<b>Garden Scramble</b>				
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1/2 cup Kraft 2% Shredded Cheddar	160.0	2.0	12.0	14.0
1/2 cup spinach	5.0	0.5	0.0	0.5
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
<b>1 cup whole strawberries</b>	50.0	11.0	0.5	1.0
<b>1 slice whole wheat toast</b>	60.0	11.0	1.0	4.0
<b>Parkay Butter Spray (optional) 5 sprays</b>	0.0	0.0	0.0	0.0
<b>Total</b>	<b>455.0</b>	<b>32.5 g</b>	<b>23.5 g</b>	<b>33.0 g</b>

Breakfast Option #5	Calories	Carbs	Fats	Protein
<b>Peanut Butter &amp; Banana Sandwich</b>				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
2 slices whole wheat bread	140.0	26.0	2.0	5.0
1/2 banana sliced on sandwich	50.0	13.0	0.0	0.0
<b>1 cup 1% milk</b>	50.0	6.0	1.5	4.0
<b>Total</b>	<b>440.0</b>	<b>51.0 g</b>	<b>19.5 g</b>	<b>16.0 g</b>

Breakfast Option #6	Calories	Carbs	Fats	Protein
<b>Salmon, Tomato &amp; Avocado Breakfast Sandwich</b>				
100% whole wheat english muffin	120.0	23.0	1.0	5.0
3 oz. tuna, canned in water	100.0	0.0	1.0	22.0
1/4 avocado, sliced	80.0	4.5	7.5	1.0
2 tomato slices	10.0	1.5	0.0	0.5
<b>1 banana</b>	105.00	27.0	0.0	1.0
<b>Total</b>	<b>415.0</b>	<b>56.0 g</b>	<b>9.5 g</b>	<b>29.5 g</b>

Breakfast Option #7	Calories	Carbs	Fats	Protein
<b>Egg and Avocado Wrap</b>				
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
2 TB salsa	9.0	2.0	0.0	0.5
1/4 avocado	80.0	4.5	7.5	1.0
<b>Total</b>	<b>451.0</b>	<b>60.0 g</b>	<b>15.5 g</b>	<b>22.5 g</b>

Breakfast Option #8	Calories	Carbs	Fats	Protein
<b>1 1/2 cup Honey Bunches of Oats - Honey Roasted</b>				
1 cup 1% milk	160.0	18.0	4.0	13.0
1 cup frozen berries, thawed	70.0	17.0	0.0	0.0
<b>Total</b>	<b>470.0</b>	<b>85.0 g</b>	<b>7.0 g</b>	<b>17.0 g</b>

Breakfast Option #9	Calories	Carbs	Fats	Protein
<b>Breakfast Pizza - see recipe</b>				
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup red peppers, chopped	10.0	2.0	0.0	0.5
1 oz. 2% milk shredded mozzarella	70.0	0.5	4.0	8.0
1/2 cup spaghetti sauce	80.0	13.0	3.0	2.0
1 whole wheat pita	170.0	35.0	2.0	6.5
<b>Total</b>	<b>442.0</b>	<b>54.0 g</b>	<b>14.0 g</b>	<b>30.5 g</b>

Breakfast Option #10	Calories	Carbs	Fats	Protein
<b>Peanut Butter &amp; Banana Smoothie</b>				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
1 medium banana	105.0	13.5	0.0	0.5
Chobani Non-Fat Plain Greek Yogurt - 6 Oz.	100.0	7.0	0.0	18.0
1/2 cup 1% milk	50.0	6.0	1.5	4.0
<b>Total</b>	<b>455.0</b>	<b>32.5 g</b>	<b>17.5 g</b>	<b>29.5 g</b>

**Snacks - 2 per day. Aim for 200 cal & 13 g protein**

Snack Option #1	Calories	Carbs	Fats	Protein
6 oz lowfat cottage cheese	120.0	4.5	1.5	21.0
1 cup diced pineapples	75.0	20.0	0.0	0.0
<b>Total</b>	<b>195.0</b>	<b>24.5 g</b>	<b>1.5 g</b>	<b>21.0 g</b>

Snack Option #2	Calories	Carbs	Fats	Protein
2 light string cheese sticks	120.0	0.0	5.0	16.0
1 cup grapes	62.0	16.0	0.0	1.0
<b>Total</b>	<b>182.0</b>	<b>16.0 g</b>	<b>5.0 g</b>	<b>17.0 g</b>

Snack Option #3	Calories	Carbs	Fats	Protein
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
1 cup celery	15.0	3.5	0.0	1.0
<b>Total</b>	<b>215.0</b>	<b>9.5 g</b>	<b>16.0 g</b>	<b>8.0 g</b>

Snack Option #4	Calories	Carbs	Fats	Protein
1/4 cup dried cranberries	100.0	28.0	0.5	0.0
15 almonds	105.0	3.5	9.0	4.0
<b>Total</b>	<b>205.0</b>	<b>31.5 g</b>	<b>9.5 g</b>	<b>4.0 g</b>

Snack Option #5	Calories	Carbs	Fats	Protein
1/4 cup Seapoint Farms Edamame, dry roasted	130.0	10.0	4.0	14.0
1/4 cup pineapple chunks	40.0	11.0	0.0	0.5
<b>Total</b>	<b>170.0</b>	<b>22.0 g</b>	<b>4.0 g</b>	<b>14.5 g</b>

Snack Option #6	Calories	Carbs	Fats	Protein
3 cups Pop Weaver Light Butter Popcorn	105.0	15.0	3.0	3.0
1 light string cheese stick	60.0	0.0	2.5	8.0
<b>Total</b>	<b>165.0</b>	<b>15.0 g</b>	<b>5.5 g</b>	<b>11.0 g</b>

Snack Option #7	Calories	Carbs	Fats	Protein
<b>Chobani Non-Fat Vanilla Greek Yogurt</b>	120.0	13.0	0.0	16.0
<b>1 cup blueberries</b>	85.0	21.5	0.0	1.0
<b>Total</b>	<b>205.0</b>	<b>34.5 g</b>	<b>0.0 g</b>	<b>17.0 g</b>

Snack Option #8	Calories	Carbs	Fats	Protein
<b>15 Kashi Original 7 Grain Crackers</b>	150.0	19.0	3.5	4.0
<b>1 light string cheese stick</b>	60.0	0.0	2.5	8.0
<b>Total</b>	<b>210.0</b>	<b>19.0 g</b>	<b>6.0 g</b>	<b>12.0 g</b>

Snack Option #9	Calories	Carbs	Fats	Protein
<b>1 cup carrots</b>	50.0	12.0	0.5	1.0
<b>1/2 cup hummus</b>	135.0	12.0	8.0	6.5
<b>Total</b>	<b>185.0</b>	<b>24.0 g</b>	<b>8.5 g</b>	<b>7.5 g</b>

Snack Option #10	Calories	Carbs	Fats	Protein
<b>1 oz. pumpkin seeds</b>	125.0	15.0	5.5	5.5
<b>1/2 cup canned peaches, in juice</b>	55.0	14.5	0.0	1.0
<b>Total</b>	<b>180.0</b>	<b>29.5 g</b>	<b>5.5 g</b>	<b>6.5 g</b>

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**Lunch - aim for 450 cal & 30 g protein**

Lunch Option #1	Calories	Carbs	Fats	Protein
<b>Grilled Cheese, Tomato &amp; Red Pepper Sandwich</b>				
2 slices whole wheat bread	120.0	22.0	2.0	8.0
1 slice cheddar cheese	115.0	0.5	9.5	7.0
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
1/4 cup red pepper strips	5.0	1.5	0.0	0.0
2 tomato slices	10.0	1.5	0.0	0.5
<b>Multigrain Tostito Scoops (11 chips)</b>	140.0	17.0	7.0	2.0
<b>Total</b>	<b>440.0</b>	<b>43.5 g</b>	<b>19.5 g</b>	<b>25.5 g</b>

Lunch Option #2	Calories	Carbs	Fats	Protein
<b>Turkey Spaghetti</b>				
1 cup whole wheat spaghetti	175.0	38.0	1.0	8.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
3/4 cup spaghetti sauce	95.0	14.0	3.0	2.5
<b>1 cup broccoli, steamed</b>	55.0	11.0	0.5	3.5
<b>Total</b>	<b>445.0</b>	<b>63.0 g</b>	<b>10.5 g</b>	<b>31.0 g</b>

Lunch Option #3	Calories	Carbs	Fats	Protein
<b>Turkey, Pear &amp; Swiss Sandwich</b>				
Whole wheat bagel thins				
OR 2 slices whole wheat bread	110.0	24.0	1.0	6.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1/2 sliced fresh pear, added to sandwich	50.0	14.0	0.0	0.5
<b>Multigrain Tostito Scoops (11 chips)</b>	140.0	17.0	7.0	2.0
<b>Total</b>	<b>415.0</b>	<b>60.5 g</b>	<b>17.0 g</b>	<b>26.0 g</b>

Lunch Option #4	Calories	Carbs	Fats	Protein
<b>Chicken Pita</b>				
1 whole wheat pita	170.0	35.0	2.5	6.5
4 oz. sliced baked chicken breast	200.0	0.0	5.0	30.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 tsp. light mayonnaise	50.0	1.0	5.0	0.0
<b>1 medium orange</b>	60.0	15.0	0.0	1.0
<b>Total</b>	<b>500.0</b>	<b>54.5 g</b>	<b>12.5 g</b>	<b>39.0 g</b>

Lunch Option #5	Calories	Carbs	Fats	Protein
<b>Chicken Panini - see recipe</b>				
2 slices low-fat Swiss cheese	100.0	2.0	3.0	16.0
2 oz. low-sodium Black Forest deli ham	70.0	1.0	3.0	10.0
2 oz. low-sodium deli chicken breast	50.0	6.0	2.0	10.0
1 whole wheat sandwich roll / bun	130.0	24.0	2.0	6.0
1/4 cup marinara sauce, heated	45.0	7.0	1.0	1.0
<b>1 cup pineapple chunks</b>	<b>75.0</b>	<b>20.0</b>	<b>0.0</b>	<b>1.0</b>
<b>Total</b>	<b>470.0</b>	<b>60.0 g</b>	<b>11.0 g</b>	<b>44.0 g</b>

Lunch Option #6	Calories	Carbs	Fats	Protein
<b>Mozzarella &amp; Tomato Salad - see recipe</b>				
3 oz. baked chicken breast, sliced	140.0	0.0	3.0	26.0
1 medium tomato, cubed	22.0	5.0	0.0	1.0
1 oz. fresh part-skim mozzarella cheese, cubed	70.0	0.0	6.0	6.0
1 cup fresh spinach leaves	7.0	1.0	0.0	1.0
1 clove garlic, pressed	4.0	1.0	0.0	0.0
1 whole egg, boiled	78.0	1.0	5.0	6.0
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
<b>Total</b>	<b>441.0</b>	<b>14.0 g</b>	<b>24.0 g</b>	<b>40.0 g</b>

Lunch Option #7	Calories	Carbs	Fats	Protein
<b>Southwest Chicken Salad</b>				
2 slices baked chicken breast	95.0	0.0	2.0	17.5
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
1/4 cup corn	65.0	15.0	0.0	2.0
1 oz. Monterey Jack shredded cheese	100.0	1.0	8.0	6.0
2 TB salsa	10.0	2.0	0.0	0.5
<b>Total</b>	<b>430.0</b>	<b>45.0 g</b>	<b>14.0 g</b>	<b>33.0 g</b>

Lunch Option #8	Calories	Carbs	Fats	Protein
<b>Tuna Sandwich</b>				
2 slices whole wheat bread, toasted	110.0	24.0	1.0	6.0
3 oz. tuna, canned in water	100.0	0.0	1.0	22.0
2 TB light mayonnaise	100.0	2.5	10.0	0.5
2 TB mustard	10.0	1.0	0.5	1.0
2 TB relish	20.0	5.5	0.0	0.0
1 egg white, boiled	60.0	0.0	0.0	3.5
<b>1 cup grapes</b>	62.0	16.0	0.0	1.0
<b>Total</b>	<b>462.0</b>	<b>49.0 g</b>	<b>12.5 g</b>	<b>34.0 g</b>

Lunch Option #9	Calories	Carbs	Fats	Protein
<b>Tofu Stir Fry</b>				
3 oz. firm tofu	80.0	2.5	5.0	9.0
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	25.0	6.0	0.0	0.5
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
1/2 cup mushrooms	10.0	1.0	0.0	1.0
1/2 cup brown rice	110.0	23.0	1.0	2.5
1 TB canola oil	125.0	0.0	14.0	0.0
<b>Total</b>	<b>460.0</b>	<b>52.5 g</b>	<b>20.0 g</b>	<b>19.0 g</b>

Lunch Option #10	Calories	Carbs	Fats	Protein
<b>Healthy Choice Chicken Pesto &amp; Vegetables</b>				
1 slice whole wheat bread	60.0	11.0	1.0	4.0
<b>3/4 cup Green Giant Roasted Red Potatoes</b>				
<b>Green Beans &amp; Rosemary Butter Sauce</b>				
	100.0	21.0	1.0	3.0
<b>Total</b>	<b>470.0</b>	<b>66.0 g</b>	<b>11.0 g</b>	<b>28.0 g</b>



## Dinner - aim for 400 cal & 25 g protein

Dinner Option #1	Calories	Carbs	Fats	Protein
<b>Chicken , Rice &amp; Vegetables</b>				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	27.0
1/5 cup Uncle Ben's Ready Whole Grain Medley				
Brown and Wild Rice	110.0	21.0	2.0	3.0
1 cup green beans, steamed	44.0	10.0	0.0	2.0
1 cup carrots, steamed	55.0	13.0	0.0	1.0
<b>Total</b>	<b>349.0</b>	<b>44.0 g</b>	<b>5.0 g</b>	<b>33.0 g</b>

Dinner Option #2	Calories	Carbs	Fats	Protein
<b>Fish Tacos</b>				
2 corn tortillas	105.0	21.5	1.5	2.5
4 oz. halibut	160.0	0.0	3.5	30.0
1 cup lettuce, shredded	10.0	1.5	0.0	0.5
1/2 cup tomatoes, diced	15.0	3.5	0.0	1.0
1 1/2 tsp cider vinegar	2.0	0.0	0.0	0.0
1 TB cilantro	0.0	0.0	0.0	0.0
1/4 avocado	80.0	4.5	7.5	1.0
<b>Total</b>	<b>372.0</b>	<b>31.0 g</b>	<b>12.5 g</b>	<b>35.0 g</b>

Dinner Option #3	Calories	Carbs	Fats	Protein
<b>Spinach Salad with Broiled Steak</b>				
1 cup raw spinach	10.0	1.0	0.0	1.0
3 oz. sirloin or strip steak	160.0	0.0	5.5	26.0
1/2 cup tomatoes	15.0	3.5	0.0	1.0
1/4 cup Feta cheese	100.0	1.5	8.0	5.5
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
<b>Total</b>	<b>405.0</b>	<b>12.0 g</b>	<b>23.5 g</b>	<b>33.5 g</b>

Dinner Option #4	Calories	Carbs	Fats	Protein
<b>Turkey Avocado Chef Salad</b>				
2 eggs, hard boiled	155.0	1.0	10.5	12.5
2 oz. deli turkey breast	60.0	2.5	1.0	10.0
1/2 oz. sliced almonds	80.0	3.0	7.0	3.0
1/4 cup peeled cucumber slices	5.0	1.0	0.0	0.0
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
3 TB fat free Ranch salad dressing	50.0	11.0	1.0	1.0
<b>Total</b>	<b>385.0</b>	<b>26.5 g</b>	<b>20.0 g</b>	<b>29.0 g</b>

Dinner Option #5	Calories	Carbs	Fats	Protein
<b>Salmon, Spinach &amp; Potatoes</b>				
3 oz. baked salmon	175.0	0.0	11.0	19.0
1 TB olive oil	119.0	0.0	13.5	0.0
1 cup spinach, sauteed	10.0	1.0	0.0	1.0
1 cup red potatoes, roasted	110.0	24.0	0.0	3.0
<b>Total</b>	<b>414.0</b>	<b>25.0 g</b>	<b>24.5 g</b>	<b>23.0 g</b>

Dinner Option #6	Calories	Carbs	Fats	Protein
<b>Chicken Penne with Vegetables</b>				
2 oz. sauteed chicken breast, sliced	95.0	0.0	2.0	17.5
3/4 cup whole wheat penne pasta	135.0	31.0	1.5	5.5
1/2 cup eggplant, cubed	20.0	4.5	0.0	0.5
1/2 cup butternut squash, cubed	40.0	11.0	0.0	1.0
3/4 cup spaghetti sauce	120.0	20.0	4.5	3.0
1 TB parmesan, grated	20.0	0.0	1.5	2.0
<b>Total</b>	<b>430.0</b>	<b>66.5 g</b>	<b>9.5 g</b>	<b>29.5 g</b>

Dinner Option #7	Calories	Carbs	Fats	Protein
<b>Tilapia, Green Beans &amp; Sweet Potato</b>				
3 oz tilapia, baked	145.0	0.0	3.0	30.0
1TB olive oil	119.0	0.0	13.5	0.0
1 cup green beans, sauteed	45.0	10.0	0.5	2.5
1 medium sweet potato, baked	100.0	24.0	0.0	2.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
<b>Total</b>	<b>409.0</b>	<b>34.0 g</b>	<b>17.0 g</b>	<b>34.5 g</b>

Dinner Option #8	Calories	Carbs	Fats	Protein
<b>Pork &amp; Vegetables</b>				
4 oz. pork tenderloin	200.0	0.0	7.0	31.5
1 cup broccoli	55.0	11.0	0.5	4.0
1 cup zucchini, sauteed with onions	30.0	7.0	0.0	1.0
1 TB olive oil	120.0	14.0	0.0	0.0
<b>Total</b>	<b>405.0</b>	<b>32.0 g</b>	<b>7.5 g</b>	<b>36.5 g</b>

Dinner Option #9	Calories	Carbs	Fats	Protein
<b>Salmon, Couscous &amp; Asparagus</b>				
3 oz. salmon, baked	175.0	0.0	11.0	19.0
3/4 cup Near East Whole Grain Roasted				
Garlic and Olive Oil Couscous	165.0	37.0	5.0	7.0
1 cup asparagus, baked	40.0	8.0	0.0	4.0
1 cup cauliflower, roasted	25.0	6.0	0.0	2.0
<b>Total</b>	<b>405.0</b>	<b>51.0 g</b>	<b>16.0 g</b>	<b>32.0 g</b>

Dinner Option #10	Calories	Carbs	Fats	Protein
<b>Curried Eggplant with Tomato and Basil - see recipe</b>				
3 oz. firm tofu (optional)	80.0	2.5	5.0	9.0
1/4 TB olive oil	30.0	0.0	3.0	0.0
1/4 onion, chopped	12.0	5.0	0.0	0.0
1/4 pint cherry tomatoes, halved	65.0	5.0	0.0	1.0
1/4 lb. eggplant	20.0	5.0	0.0	1.0
1/4 15.5 oz. can chickpeas, rinsed	100.0	15.0	2.0	5.0
1/8 cup fresh basil	0.0	0.0	0.0	0.0
1/2 cup brown rice, cooked	110.0	25.0	1.0	2.5
<b>Total</b>	<b>417.0</b>	<b>57.5 g</b>	<b>11.0 g</b>	<b>18.5 g</b>

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# Breakfast Pizza

Super healthy, delicious and low carb!

## Ingredients

2 egg whites, scrambled  
1 whole egg, scrambled  
1/4 cup tomatoes, chopped  
1/4 cup red peppers, chopped  
1 oz. 2% milk shredded mozzarella  
1/2 cup spaghetti sauce  
1 whole wheat pita  
1 tsp oregano  
1/4 tsp black pepper  
sea salt, to taste (optional)

## Preparation

In a small mixing bowl, combine eggs, tomato, bell pepper, oregano, black pepper and sea salt. Whisk together (or use a fork) until fluffy and ingredients are well blended.

Use a spatula to scramble the mixture as it cooks.

While egg mixture is cooking, toast the pita (optional), and spread with the tomato sauce. Set aside.

Once the egg whites are fully cooked to your liking (as dry or wet as you prefer), turn the heat down to low and sprinkle the cheese on top and allow to melt.

Once melted, transfer/slide the egg white mixture on top of the pita. Enjoy!

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# Chicken Panini

## Ingredients

- 2 slices low-fat Swiss cheese
- 2 oz. sliced reduced-sodium Black Forest deli ham
- 2 oz. sliced reduced-sodium deli chicken breast
- 1 whole wheat roll
- 1/4 cup marinara sauce, heated

## Preparation

Heat lightly oiled grill or panini press to medium heat (or use a grill pan).

Layer cheese and meat on roll.

Close sandwiches and grill, flipping and pressing them with spatula if necessary, until golden brown on both sides and cheese is melted, about 5 minutes total.

Halve sandwiches and serve with marinara sauce for dipping.

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# Curried Eggplant with Tomato and Basil

## Ingredients

3 oz. firm tofu (optional)  
1/4 TB olive oil  
1/4 onion, chopped  
1/4 pint cherry tomatoes, halved  
1/4 lb. eggplant  
1/4 15.5 oz. can chickpeas, rinsed  
1/8 cup fresh basil  
1/2 cup brown rice, cooked

## Preparation

Heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes.

Stir in the tomatoes, eggplant, curry powder, salt and pepper. Cook, stirring, until fragrant, about 2 minutes.

Add 1/2 cup water and bring to a boil. Reduce heat and simmer, partially covered, until eggplant is tender, 12 to 15 minutes.

Stir in the chickpeas and cook just until heated through, about 3 minutes.

Remove the vegetables from heat and stir in the basil. Fluff rice with a fork. Serve the vegetables over the rice.

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# Grocery List

## Grains

- bagel thins, whole wheat
- bread, whole wheat
- brown rice
- buns, whole wheat
- corn tortillas
- english muffin, whole wheat
- Honey Bunches of Oats
- Near East Whole Grain Roasted Garlic and Olive Oil Couscous
- oatmeal
- penne pasta, whole wheat
- pita, whole wheat
- quinoa
- spaghetti, whole wheat
- tortillas (8 in.), whole wheat
- Uncle Ben's Ready Whole Grain Medley Brown and Wild Rice

## Canned Goods

- black beans
- chickpeas
- corn
- marinara sauce
- peaches, in juice
- pineapples, diced or chunks, in juice
- spaghetti sauce

## Dairy

- cheddar cheese, 2% shredded
- cheddar cheese, sliced
- cottage cheese, low-fat
- Feta cheese
- Greek yogurt (assorted flavors)
- milk 1%
- Monterey Jack, shredded
- Mozzarella cheese sticks, light
- Mozzarella, 2% milk shredded
- Mozzarella, fresh
- Swiss cheese, low-fat sliced

## Meat, Beans & Nuts

- almonds
- beef, ground 90% lean
- chicken breast
- chicken breast, deli, low-sodium
- eggs
- halibut
- ham, deli, low-sodium
- peanut butter, Smucker's Natural
- pork tenderloin
- pumpkin seeds
- salmon
- sirloin steak
- tilapia
- tofu
- tuna, canned in water
- turkey, deli, low-sodium
- turkey, ground 93% lean



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## Vegetables

- asparagus
- avocado
- basil, fresh
- broccoli
- butternut squash
- carrots
- cauliflower
- celery
- cherry tomatoes
- cilantro
- cucumber
- edamame, dry roasted, lightly salted
- eggplant
- garlic
- green beans
- green bell pepper
- mushrooms
- onions
- red bell pepper
- romaine or green leaf lettuce
- spinach
- sweet potato
- tomatoes
- zucchini

## Fruits

- bananas
- blueberries
- dried cranberries
- grapes
- orange
- pears
- raisins
- strawberries

## Frozen Foods

- Green Giant Roasted Red Potatoes, Green Beans & Rosemary Butter Sauce
- Green Beans
- Healthy Choice Chicken Pesto & Vegetables
- Mixed Berries

## Condiments

- apple cider vinegar
- balsamic vinaigrette dressing
- fat free Ranch salad dressing
- mayonnaise, light
- mustard
- Parkay butter spray
- relish
- salsa
- teriyaki sauce

## Other

- canola oil
- Carnation Instant Breakfast - Chocolate
- chocolate chips, semi-sweet dark
- flaxseed, ground
- hummus
- Kashi Original 7 Grain Crackers
- olive oil
- Pop Weaver Light Butter Popcorn
- Protein Bar
- Protein Shake Mix
- Tostito Scoops, Multigrain