




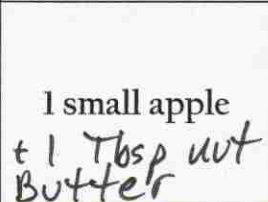
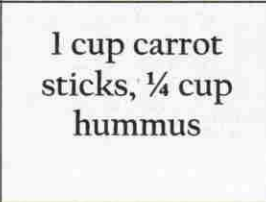
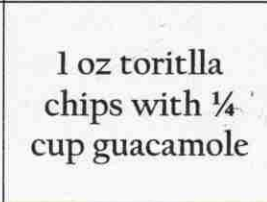
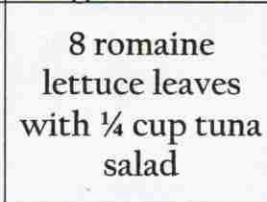
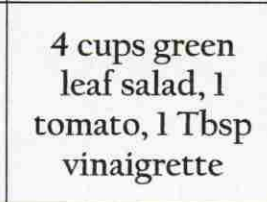





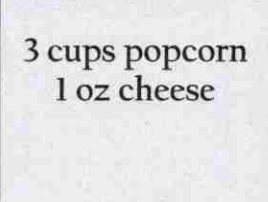
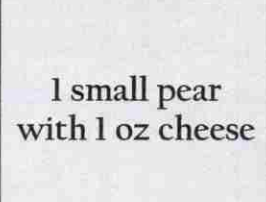
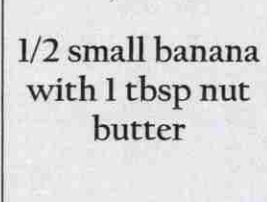
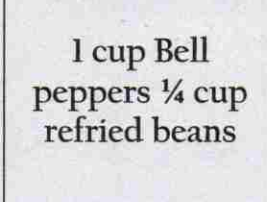
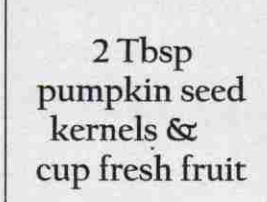







1500 Calorie Meal Plan

	MON	TUES	WED	THURS	FRI
B R E A K F A S T					
	Oatmeal with Nuts & Berries	Yogurt & berry Smoothie	Waldorf Salad: yogurt, apple, berries, walnuts	Cottage cheese peach, 1 slice w. grain toast	Pancake with Greek Yogurt & Berries
S N A C K					
	1 small apple + 1 Tbsp nut Butter	1 cup carrot sticks, ¼ cup hummus	1 oz toritlla chips with ¼ cup guacamole	8 romaine lettuce leaves with ¼ cup tuna salad	4 cups green leaf salad, 1 tomato, 1 Tbsp vinaigrette
L U N C H					
	Fish with Banana chips & broccoli	Refried beans, lettuce, tomato avocado, cheese	Chicken Leg bread'n'butter Salad	Nut Butter & Fresh fruit Sandwich	Chicken soup w/i peas, celery & carrots
S N A C K					
	3 cups popcorn 1 oz cheese	1 small pear with 1 oz cheese	1/2 small banana with 1 tbsp nut butter	1 cup Bell peppers ¼ cup refried beans	2 Tbsp pumpkin seed kernels & cup fresh fruit
D I N N E R					
	Chili over Zucchini & Cherry tomatoes	Salmon, Mash sw. pot, Baby spinach	Chicken, Buttered peas Root veggies	Leg of Lamb, Cole slaw & Cornbread	Catfish navy Beans & green Beans

* **You don't have to follow this meal plan exactly.** It is more to give you healthy, balanced meal & snack ideas and portion sizes for a 1500 calorie diet. You may need more or less than 1500 calories so refer back to your dietitian on how you should individualize this meal plan.

* **If you are allergic or have any reactions** to any of the foods listed in this meal plan- do NOT eat them.