



Heart Health/Diabetes Management  
1500 Calorie Meal Plan

|           | Day 1   | Day 2  | Day 3  | Day 4   |
|-----------|---|--|--|---|
| Breakfast | 1 small apple sliced<br>1 whole wheat waffle<br>1 oz shredded mozzarella cheese<br>2 tsp light butter or soft tub margarine<br>1 cup fat-free or 1% milk or dairy alternative   | ½ cup cooked oatmeal<br>1 scoop whey protein powder<br>1 tbsp peanut butter<br>1 cup hot chocolate (1 cup fat-free milk, 1 tsp cocoa and 1 packet splenda)   | ½ medium pear sliced<br>2 Wasa Crisps<br>2 hardboiled egg whites<br>1 ½ Tbsp reduced fat cream cheese<br>2 tablespoons chopped walnuts<br>1 latte made with skim milk  | 17 small grapes<br>1 whole wheat mini bagel<br>2 oz lox (salmon) or sliced ham<br>2 Tbsp reduced fat cream cheese<br>½ cup fat-free or 1% milk  |
| Lunch     | 3 oz skinless chicken breast<br>1 cup chopped romaine<br>1 Roma tomato<br>¼ cup red onion (optional)<br>8 olives<br>1 tsp olive oil<br>½ whole wheat pita bread toasted<br>¾ cup mandarin oranges (in their own syrup)                              | 3 oz canned salmon<br>¼ cup reduced fat cottage cheese<br>¼ cup each celery & red pepper<br>Green onion and dill to taste<br>2 Wasa crisps<br>2 kiwi fruit   | 3 oz skinless turkey breast<br>2 lettuce leaves<br>2 slices tomato<br>½ avocado<br>2 La Tortilla Factory 6" wheat tortillas, low fat, carb cutting<br>½ cup unsweetened applesauce<br>2 Tbsp raisins   | 3 oz turkey lunchmeat<br>2 lettuce leaves<br>2 slices tomato<br>2 tsp olive oil mayo or 1 tbsp reduced fat mayo or 1 tbsp Ranch dressing<br>2 slices light whole wheat bread<br>1 cup strawberries<br>¼ cup almonds                                 |
| Dinner    | Veggie Omelet<br>2 tsp canola oil<br>2 eggs<br>2 oz deli sliced ham<br>½ cup cooked broccoli<br>½ cup cooked vegetables of choice (onions, peppers, mushrooms, etc)<br>2 slices whole wheat toast<br>¾ cup berries                                  | 1 Jennie O Lean turkey burger<br>1 whole wheat bun<br>2 lettuce leaves<br>2 slices tomato<br>Mustard<br>2 tsp olive oil mayo or 1 tbsp reduced fat mayo or 1 tbsp Ranch dressing<br>½ banana<br>4 oz fat free sugar free vanilla pudding           | 1/8 cup black beans<br>4 oz deli ham, cubed<br>1 cup cooked broccoli<br>2 tsp light butter or soft tub margarine<br>4 oz Fiber One Yogurt<br>1 cup strawberries  | 4 oz Tilapia<br>1 cup sautéed spinach<br>1 Tbsp olive oil<br>1/3 cup couscous<br>½ cup diced mango or pineapple   |
| Snacks    | 1 cup fat-free or 1% milk<br>1 cup Kashi Go Lean Cereal   | 1 cup fat-free or 1% milk<br>½ banana<br>1 tbsp peanut butter  | ½ cup fat-free or 1% milk<br>3 cups air popped popcorn<br>2 Tbsp Parmesean Cheese  | 1 cup fat-free or 1% milk<br>½ cup oatmeal<br>1 scoop whey protein  |
| Total:    | Day 1 Total: calories 1510, calories from fat 470, total fat 52g, saturated fat 14g, cholesterol 555mg, sodium 2040mg, total carbohydrate 180g, dietary fiber 32g, sugars 78g, protein 102g, vitamin A 190%, vitamin C 440%, calcium 110%, iron 70% | Day 2 Total: calories 1480, calories from fat 440, total fat 49g, saturated fat 11g, cholesterol 185mg, sodium 2290mg, total carbohydrate 154g, dietary fiber 20g, sugars 78g, protein 107g, vitamin A 80%, vitamin C 340%, calcium 100%, iron 60% | Day 3 Total: calories 1460, calories from fat 430, total fat 47g, saturated fat 11g, cholesterol 145mg, sodium 1930mg, total carbohydrate 182g, dietary fiber 48g, sugars 72g, protein 103g, vitamin A 90%, vitamin C 350%, calcium 100%, iron 60% | Day 4 Total: calories 1440, calories from fat 430, total fat 47g, saturated fat 11g, cholesterol 185mg, sodium 2500mg, total carbohydrate 161g, dietary fiber 29g, sugars 68g, protein 110g, vitamin A 520%, vitamin C 210%, calcium 120%, iron 90% |



|           | Day 5  | Day 6  | Day 7   |
|-----------|--|--|---|
| Breakfast | <ul style="list-style-type: none"> <li>¾ cup berries</li> <li>1/8 cup low-fat granola</li> <li>6 oz 2% Greek yogurt</li> <li>1 cup fat-free or 1% milk</li> </ul>  | <ul style="list-style-type: none"> <li>12 fresh or 2 Tbsp dried cherries</li> <li>½ cup cooked oatmeal</li> <li>2 hardboiled egg whites</li> <li>2 Tbsp flaxseed or 8 pecan halves</li> <li>1 cup fat free or 1% milk</li> </ul>                                 | <ul style="list-style-type: none"> <li>½ cup canned pineapple or 1 cup cantaloupe</li> <li>1 slice whole wheat toast</li> <li>¼ cup reduced fat cottage cheese</li> <li>2 egg whites</li> <li>1 Tbsp ground flaxseed</li> <li>1 latte with 1 cup fat-free milk</li> </ul> |
| Lunch     | <ul style="list-style-type: none"> <li>3 oz canned tuna in water</li> <li>1 cup raw carrot sticks</li> <li>2 tsp olive oil mayo or 1 tbsp reduced fat mayo</li> <li>Mustard</li> <li>2 Ak-Mak crackers</li> <li>1 banana</li> </ul>  | <ul style="list-style-type: none"> <li>4 oz skinless turkey breast, cubed or sliced</li> <li>1 cup vegetable soup</li> <li>1 Tbsp butter</li> <li>2 slices light whole wheat bread</li> <li>½ large apple</li> </ul>   | <ul style="list-style-type: none"> <li>4 oz shrimp</li> <li>½ cup salsa</li> <li>1 La Tortilla Factory 6" whole wheat tortillas</li> <li>1 large apple</li> <li>10 walnut halves</li> </ul>   |
| Dinner    | <ul style="list-style-type: none"> <li>4 oz 95% lean ground beef</li> <li>1 Tbsp canola oil</li> <li>2/3 cup cooked spaghetti or other pasta</li> <li>½ cup tomato marinara</li> <li>½ cup cooked zucchini and squash</li> <li>1 cup strawberries</li> <li>4 oz fat free sugar free chocolate pudding</li> </ul> | <ul style="list-style-type: none"> <li>4 oz shrimp</li> <li>2/3 cup basmati rice</li> <li>1 cup stir-fry vegetables</li> <li>1 Tbsp light butter or margarine</li> <li>¾ cup mandarin oranges (in their own syrup)</li> <li>1 cup fat-free or 1% milk</li> </ul> | <ul style="list-style-type: none"> <li>4 oz Salmon</li> <li>1 tbsp cherry or cranberry chutney</li> <li>1 cup steamed broccoli and cauliflower</li> <li>1 Good and Grainy Roll</li> <li>2 tsp light butter or soft tub margarine</li> </ul>                               |
| Snacks    | <ul style="list-style-type: none"> <li>1 cup hot chocolate (1 cup fat-free milk, 1 tsp cocoa and 1 packet splenda)</li> <li>3-2" graham squares</li> <li>1 tbsp peanut butter</li> </ul>   | <ul style="list-style-type: none"> <li>1 oz string cheese</li> <li>1 oz whole wheat pretzels</li> </ul>  | <ul style="list-style-type: none"> <li>8 oz low-fat or fat-free yogurt</li> <li>¼ cup low-fat granola</li> <li>1/8 cup almond slivers</li> </ul>  |
| Total:    | <p>Day 5 Total: calories 1550, calories from fat 410, total fat 46g, saturated fat 11g, cholesterol 130mg, sodium 1570mg, total carbohydrate 186g, dietary fiber 23g, sugars 87g, protein 102g, vitamin A 470%, vitamin C 240%, calcium 100%, iron 60%</p>   | <p>Day 6 Total: calories 1500, calories from fat 400, total fat 45g, saturated fat 20g, cholesterol 390mg, sodium 1620mg, total carbohydrate 176g, dietary fiber 26g, sugars 74g, protein 113g, vitamin A 170%, vitamin C 160%, calcium 120%, iron 80%</p>       | <p>Day 7 Total: calories 1470, calories from fat 420, total fat 46g, saturated fat 7g, cholesterol 320mg, sodium 2280mg, total carbohydrate 172g, dietary fiber 27g, sugars 86g, protein 106g, vitamin A 70%, vitamin C 260%, calcium 80%, iron 60%</p>                   |

For a 1200 calorie meal plan:

- Lunch: Cut the fat in half
- Dinner: Eat 3 ounces of protein instead of 4 ounces  
Cut the amount of bread/starch in half  
Eliminate the fat
- Snack: Eliminate the protein

For a 1800 calorie meal plan

- Breakfast: Use twice the fat
- Lunch: Double the amount of bread/starch  
Double the amount of dairy
- Dinner: Add ½ the fat
- Snack: Double the bread/starch  
Double the protein