

Homework

Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes

MEAL PLANNING IDEAS

- Planning what you will eat for the day is a great tool. It is a great way to find a regular eating plan that works for your body. Imagine a meal plan like a dart board. You can aim for center, but anything on the board is great! Once you find a pattern that works for you, practice it enough and it becomes natural part of your life.
- Start with some basic things you know about yourself – What happens when you get too hungry or skip meals? What types of meals leave you feeling comfortable and satisfied? What types of meals/foods leave you craving more? What happens when you eat breakfast? How does your schedule affect your food choices? Any allergies? What foods or ways of eating give you most energy? When do you tend to over-eat most? When are you hungriest?

- Using this information above, plan a few days of meals. Try to make the examples realistic for your life and preferences.
- You can play with a web based planning tool, app for recipe and shopping list assistance.

www.thefresh20.com

www.onceamonthmom.com

www.plantoeat.com

www.pepperplate.com (free site)

www.foodonthetable.com

Use this blank form to plan 3 days of meals:

	Menu Ideas Day1	Menu Ideas Day 2	Menu Ideas Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Menu Planning

Before Shopping

Check your fridge and cupboards. Using foods you have already purchased will limit loss to spoilage, saving money and mess.

Check the circular. Circulars with coupons and advertised products come along with your newspaper. If you don't get a weekly paper, go to your supermarket's website. Note (or print) the items you would like to include in your meals that week. Sometimes we get lured into purchasing foods just because they are on sale, be careful that the coupons don't lure you into stocking calorie dense foods in the kitchen.

Choose recipes. Based on family favorites and the week's specials, look up recipes in your cookbooks, or online. Don't plan too many meals, remember leftovers and nights you might be out. Additionally, think of some quick meal ideas for your busy nights. **TIP** start making an easy reference list of meal ideas and note recipe book with page number

Make a list. Choosing your recipes in advance will allow you to make a list of all the ingredients needed to prepare your meals. Take your list to the store so nothing gets left out! **DON'T FORGET** List items you need for other meals and snacks as well.

While Shopping

Take advantage of unadvertised specials. Not all of the products on sale may be advertised. Look out for other specials.

Be aware of prices. Larger containers are not always cheaper! Check unit pricing; this is listed on the shelf under the items [e.g. "3c per ounce" or "50 c per 100 count"]. Also use unit pricing to compare the prices of different brands. Remember we tend to eat more if we buy in bulk, plan to buy small quantities of foods that are most difficult to manage portions.

Be aware of brands. Higher price doesn't always mean higher quality. Different brands of the same product are often of equal quality. Read the nutrition facts panel, especially for new foods.

After Shopping

Use fresh fruits and vegetables early in the week Fresh produce tends to spoil faster so put it on your menu early in the week. Use frozen and canned fruits and vegetables at the end of the week.

Prepare items ahead of time Wash and chop vegetables for tomorrow night's dinner then store in a closed container in your refrigerator. If you will be short on time during the week, things like pre-sliced cheese and prepared vegetables can make a quick sandwich. You may also want to dish up some snack foods into appropriate portions, especially those you bought in a large container.

Plan leftovers.

- Make enough for two meals.
- Transform leftovers into something else. [Today's roast chicken can be tomorrow's chicken fajitas.]
- Pack leftovers for lunch, this often helps avoid higher calorie choices from a restaurant or cafeteria.
- Include a "smorgasbord" night to use up the odds and ends.

Leftovers. Re-create leftovers to make a whole new meal. Use them in wraps or sandwiches, for quesadillas, in casseroles or with pasta.

Experiment. Try a new fruit or vegetable or prepare a familiar one in a different way.

Seasoning Combinations. Buy plain (unseasoned) frozen vegetables and create seasoning combinations using herbs, lemon juice, or garlic to keep out the fat and salt.

Smoothies for Breakfast. Frozen fruit makes great smoothies for a breakfast on the run.

Easy to Grab & Go. Fill up that fruit bowl so you and your family can grab and go.

Meatless Meals. Plan one or more meatless meals for the week – there are endless possibilities for using dried or canned [beans](#). They're cheap too! Check out the variety in your store.

Sample Menus

The following pages are meant to provide some ideas of meals that allow you to achieve a calorie level needed for weight loss. Most people do best with their calories fairly evenly distributed throughout the day. This is not meant to be a diet that you follow strictly but rather a guideline on portions and types of foods that create a balanced, nutritious diet. Add your own favorites to the list of options.

1200 calories per day

Breakfast : 300 calories

Lunch: 400 calories

Dinner: 400 calories

100 calorie snack (eat between meals that you feel most hungry)

1500 calories per day

Breakfast : 400 calories

Lunch: 500 calories

Dinner: 500 calories

100 calorie snack (eat between meals that you feel the most hungry)

1800 calories per day

Breakfast : 400 calories

Lunch: 600 calories

Dinner: 600 calories

100 calorie snack (2 times daily)

2000 calories per day

Breakfast : 400 calories

Lunch: 600 calories

Dinner: 600 calories

200 calorie snacks (2 times daily)

300 calorie breakfasts ideas

- Continental Breakfast
 - Light yogurt (80-100 calories) + 1 small banana (90 calories) + 1 packet instant oatmeal (120 calories)
- Breakfast sandwich:
 - 2 large eggs, scrambled with vegetables (try spinach, mushrooms, onions, peppers, etc) (150 calories) + 1/8 cup shredded cheese (50 calories) on 1 sandwich thin (100 calories)
- Yogurt Parfait
 - Greek yogurt (140 calories) topped with 1/2 cup berries (30 calories) and 2/3 cup kashi go lean crunch honey, almond, flax cereal (130 calories) or 1/3 cup granola or 2 Tablespoons chopped walnuts
- Simple Cereal
 - 1 1/4 cup cheerios (135 calories) + 1 cup non-fat or soy/almond milk (90 calories) + 1 medium sliced banana (100 calories)

400 calorie breakfasts ideas

- Continental Breakfast
 - Light yogurt (80-100 calories) + 1 small banana (90 calories) + 1 packets instant oatmeal and ½ oz walnuts (240 calories)
- Breakfast sandwich:
 - 2 large eggs, scrambled with vegetables (try spinach, mushrooms, onions, peppers, etc) (150 calories) + 1/8 cup shredded cheese (50 calories) on 2 slices whole grain bread (200 calories)
- Yogurt Parfait
 - Greek yogurt (140 calories) layered with 1 cup berries (60 calories) and 1 cup kashi go lean crunch honey, almond, flax cereal (200 calories) or 1/2 cup granola or 1/4c chopped walnuts
- Simple Cereal
 - 2 cup cheerios (220 calories) + 1 cup non-fat or soy or almond milk (90 calories) + 1 medium sliced banana (100 calories)

400 calorie lunch/dinner ideas

- soup & salad
 - 1 cup split pea soup or clam chowder (165-175 calories)
 - salad of 2 cups mixed greens (40 calories) + 3 oz grilled chicken breast (145 calories) + 1 Tablespoon vinaigrette dressing
- soup & sandwich
 - 1 cup minestrone soup (75 calories) & Sandwich with 2 slices whole grain bread (200 calories) + 2.5 oz ham (100 calories) + 1 teaspoon light mayo (20 calories) + lettuce and tomato OR
 - 10 oz can chunky beef and vegetable soup + 1 slice whole wheat toast with 1 oz melted cheese and 17 grapes (425 calories)
- Pasta
 - 1 cup whole grain spaghetti noodles (160 calories)
 - 1/2 cup 7% fat ground beef or ½ cup cooked beans (120 calories)
 - ¼ cup spaghetti sauce (45 calories)
 - 1/8 cup grated parmesan (50 calories)
 - Add 1 cup cooked vegetable – consider topping with grilled zucchini or mushroom or serve a side of steamed broccoli.
- Pizza (slice = 1/8 of 12 inch pizza)
 - 1 slice thin crust cheese or vegetarian pizza
 - celery sticks or 1 cup mixed vegetables with 1 Tablespoon fat free dressing. (40 calories)
- Burgers
 - whole wheat hamburger bun + 3 oz very lean ground beef (7% fat) or veggie burger with 1/2 oz cheese, lettuce, tomato + 1 small tangerine
- Frozen meal
 - Healthy Choice, Lean cuisine or Smart One frozen meals are all around 250-350 calories and depending on which you choose you could add a 100 calorie snack from the list below and
 - 2 cups mixed vegetable salad

500 calorie lunch/dinner ideas

- soup & salad
 - 1 cup split pea soup or clam chowder (165-175 calories)
 - salad of 2 cups mixed greens (40 calories) + 3 oz grilled chicken breast (145 calories) + 1 Tablespoon vinaigrette dressing
 - small whole grain dinner roll
- soup & sandwich
 - 1 cup minestrone soup (75 calories) & Sandwich with 2 slices whole grain bread (200 calories) + 2.5 oz ham (100 calories) + 1 teaspoon light mayo or hummus (20 calories) + lettuce and tomato OR
 - 10 oz can chunky beef and vegetable soup + 2 slice whole wheat toast with 1 oz melted cheese and 17 grapes (510 calories)
- Pasta
 - 1 cup whole grain spaghetti noodles (160 calories)
 - 1/2 cup 7% fat ground beef or 1/2 cup beans (120 calories)
 - 1/4 cup spaghetti sauce (45 calories)
 - 1/8 cup grated parmesan (50 calories)
 - Add 1 cup cooked vegetable – consider topping with grilled zucchini or mushroom or serve a side of steamed broccoli.
 - 2 thin slices whole grain bread
 - 1 tsp butter
- Pizza (slice = 1/8 of 12 inch pizza)
 - 2 slice thin crust pizza
 - celery sticks or 1 cup mixed vegetables with 1 Tablespoon fat free dressing. (40 calories)
- Burgers
 - whole wheat hamburger bun (200 calories)
 - 3 oz very lean ground beef (7% fat) or veggie burger with 1 oz cheese, lettuce, tomato
 - 1 small tangerine
- Frozen meal
 - Healthy Choice, Lean cuisine or Smart One frozen meals are all around 250-350 calories and depending on which you choose you could add a 100 calorie snack from the list below and
 - 2 cups mixed vegetable salad

600 calorie lunch/dinner ideas

- soup & salad
 - 1.5 cup split pea soup or clam chowder (165-175 calories)
 - salad of 2 cups mixed greens (40 calories) + 3 oz grilled chicken breast (145 calories) + 1 Tablespoon vinaigrette dressing
 - small whole grain dinner roll
- soup & sandwich
 - 1.5 cup minestrone soup (75 calories) & Sandwich with 2 slices whole grain bread (200 calories) + 3 oz ham (100 calories) + 1 teaspoon light mayo (20 calories) + lettuce and tomato OR
 - 10 oz can chunky beef and vegetable soup + 2 slice whole wheat toast with 2 oz melted cheese and 17 grapes (510 calories)

- Pasta
 - 1.5 cup whole grain spaghetti noodles (160 calories)
 - 1/2 cup 7% fat ground beef or ½ cup beans (120 calories)
 - 1/2 cup spaghetti sauce (45 calories)
 - 1/8 cup grated parmesan (50 calories)
 - Add 1 cup cooked vegetable – consider topping with grilled zucchini or mushroom or serve a side of steamed broccoli.
 - 2 thin slices whole grain bread
 - 1 tsp butter
- Pizza (slice = 1/8 of 12 inch pizza)
 - 2 slice thin crust pizza
 - celery sticks or 1 cup mixed vegetables with 1 Tablespoon dressing.
- Burgers
 - whole wheat hamburger bun (200 calories)
 - 3 oz very lean ground beef (7% fat) with 1 oz cheese, lettuce, tomato
 - 1 small tangerine
 - 1 small bag baked chips
- Frozen meal
 - Healthy Choice, Lean cuisine or Smart One frozen meals are all around 250-350 calories and depending on which you choose you could add a 100 calorie snack from the list below
 - 2 cups mixed vegetable salad with 1 Tbsp low calorie dressing

100 calorie snack ideas

- Light Yogurt or cottage cheese (4-6oz)
- 12 almonds
- 1 Tablespoon ranch dressing with 5-10 baby carrots
- 1 medium apple with 1 teaspoon peanut butter
- string cheese + 4 celery stalks
- 1.5 cups mixed fruit salad
- ½ cup low-fat cottage cheese (1%) + cherry tomatoes or ¼ cup fruit
- 3 hershey kisses + 1 cup strawberries
- Healthy Choice fudge bar
- ¼ cup trailmix (dried fruit, nuts and cereal)
- 1 toaster waffle with 2 teaspoons low-sugar jam or fruit preserves
- 5 cups Orville Redenbacher's Light Natural Microwave Popcorn
- 5 celery sticks spread with 1 Tbsp peanut butter