



**THE QUEEN'S MEDICAL CENTER**  
**COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM**

## 1500 Calorie Meal Plan

### Diet Guidelines

1. Aim for a daily calorie intake between **1400 to 1600 calories**.
2. Try to eat within an hour of waking up, then every **3-4 hours** afterwards.
  - Skipping meals or snacks will eventually lead to hunger. It's harder to focus on choosing the right foods and eating slowly when you're hungry.
3. Select **protein and fiber rich foods with every meal and snack**.
  - Protein improves the function of weight-regulating hormones, while fiber slows down digestion and stabilizes your blood sugars.
4. **Avoid extra calories** from high-calorie foods and "liquid calories"
  - High-fat foods: fatty meats, anything deep fried, and dishes with cream
  - High-sugar foods: desserts, candies, flavored yogurt and sweet sauces
  - Sugary drinks: soda, juice, smoothies, and sports drinks

Meal	Breakfast	Snack	Lunch	Snack	Dinner
Time	7:00 am	10:00 am	12:30 pm	3:30 pm	6:30 pm
Calories	200-300	150-200	300-400	150-200	400-500
Food Choice	15-20 g Protein ½ cup Carb	10-15 g Protein 1 serv Fruit	20-30 g Protein ½ cup Carb 2-3 cups Veggies	10-15 g Protein 1 cup Veggies	20-30 g Protein ¾ cup Carb 2-3 cups Veggies

### Food Logging

Begin tracking your diet with **MyFitnessPal**. This online tool is free and will help you to be more aware and accountable of your diet.



Download the app on your smartphone or use the website: [www.myfitnesspal.com](http://www.myfitnesspal.com).

# The Components of Food

## Role of Protein

- Protects and builds lean muscle mass
- Reduces appetite by suppressing hunger hormones

**Choose enough lean, low-fat protein food with every meal.**

## Sources of Protein

- **Beef, pork, venison, chicken, turkey, fish, seafood, eggs**
  - Select leaner cuts of meat, like round roast, sirloin, or tenderloin
  - Select white meat (breast) instead of dark meat (thigh, leg)
  - Take off the skin and trim off visible fat
  - Select >90% lean ground meat or turkey
  - Choose canned fish packed in water (not oil)
- **Milk, cheese, cottage cheese, Greek yogurt, ricotta cheese**
  - Select low-fat (1%) or fat-free (skim)
  - Avoid flavors with >10 grams of sugar
- **Beans, lentils, soybeans, tofu, hummus**
- **Nuts, nut butter (peanut butter)**
  - Look for short ingredient list (no oils, sugars)



## Lean Protein Servings

### 5 - 10 grams =

- 1 whole egg
- 1 stick or slice cheese
- 2 slices Canadian bacon
- ½ cup beans, hummus, or tofu
- ¼ cup almonds or 2 Tbsp nut butter
- 8 oz milk or unsweetened soy milk

### 15-20 grams =

- ½ cup canned fish or chicken
- ½ cup cottage cheese
- ¾ cup Greek yogurt
- 2 slices deli turkey or ham

### 20 - 30 grams =

- 3-4 oz sirloin steak or pork tenderloin
- 3-4 oz skinless chicken or roast turkey
- 3-4 oz lean ground turkey or beef
- 3-4 oz fish, cooked (not fried)
- 8-10 large shrimp or shellfish (not fried)
- ½ cup poke



## Role of Carbohydrates (Carbs)

- Main source of energy for the body
- Less processed choices contain more fiber
  - Look for “**100% Whole**” on the packaging
  - Aim for at least **3 grams of Fiber** per serving



**Choose higher fiber, less processed carbs.  
Control portions to ½ - ¾ cup at meals**

½ cup = 1 slice of bread, 1 tortilla, 1 English muffin, or 1 mini bagel

High Fiber (Less Processed)	Low Fiber (More Processed)
✓ Brown rice	✗ White rice
✓ 100% Whole grain breads (Bagel, English muffin, Pita)	✗ White breads
✓ 100% Whole wheat pasta	✗ White pasta
✓ Whole wheat or corn tortilla	✗ Flour tortilla, Tortilla chips
✓ Sweet potato	✗ White potato (Fries, Potato chips)
✓ Whole fruit	✗ Fruit juice, Smoothies
✓ Whole grain cereals (Oatmeal, Shredded Wheat, Kashi)	✗ Refined, sugary cereals (Honey Bunches of Oats, Special K)
✓ 100% Whole wheat crackers (Triscuit, Ak-mak)	✗ Soda crackers, Pretzels (Ritz, Club, Diamond Bakery)
✓ Soba (Buckwheat) noodles	✗ Ramen, Udon, Somen, Saimin
✓ Beans, Lentils	
✓ Corn, Popcorn (plain)	
✓ Poi, Ulu	



### 1 Fruit Serving =

- 1 small apple or ½ medium
- 1 apple banana (5")
- ½ cup or ½ small papaya
- ½ cup or 2 slices pineapple
- ½ cup mango
- 2 clementines or tangerines
- ½ cup lychee
- ¾ cup berries
- 1 cup watermelon
- 1 cup cantaloupe, honeydew
- 1 cup or 17 small grapes
- ¾ cup cherries
- 4 lilikoi (passionfruit)
- 1 kiwi

## Role of Non-Starchy Vegetables

- High in fiber to help you feel fuller for longer
- Loaded with vitamins, minerals, and antioxidants
- Very low in calories



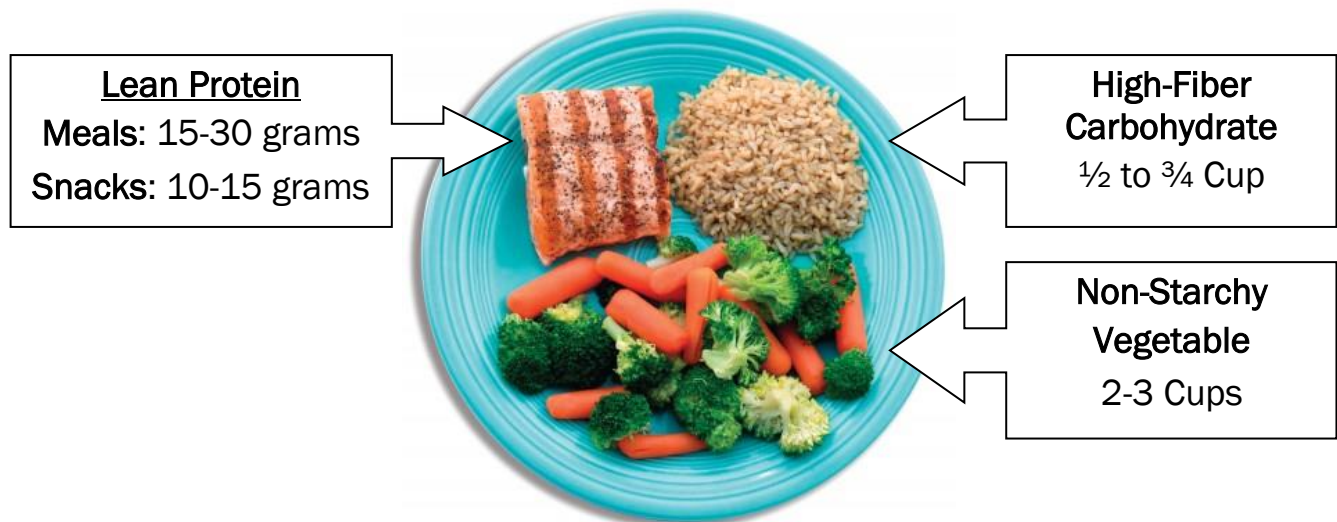
**Eat more vegetables! Include with meals and snacks.**

## Sources of Non-Starchy Vegetables

Alfalfa sprouts	Chinese cabbage	Okra
Artichoke hearts	Choy sum	Onions
Asparagus	Cucumber	Radishes
Bamboo shoots	Eggplant	Snow peas or pea pods
Bean sprouts	Green beans	Spinach
Bell peppers	Jicama	Summer squash
Bok choy	Kale	Swiss chard
Broccoli	Leeks	Tomatoes
Brussels sprouts	Lettuce (manoa, romaine, red leaf, escarole)	Turnips
Cabbage	Long beans	Chinese water chestnut
Carrots	Mushrooms	Watercress
Cauliflower		Zucchini
Celery		

*\*Starchy vegetables include potatoes, peas, corn, butternut squash, and pumpkin*

## Building a Healthy, Balanced Plate



# Sample Menus

- Breakfast** 2 Boiled Eggs  
1 slice 100% Whole Wheat Toast
- Snack** ½ cup 1% Cottage Cheese  
¾ cup Blueberries
- Lunch** 4 slices Columbus Peppered Turkey Breast  
2 Whole Wheat Tortillas  
1 Tbsp light Mayonnaise  
8 leaves Romaine Lettuce  
4 slices Tomato
- Snack** 2 String Cheese  
1 cup sliced Cucumber
- Dinner** 5 oz Baked Salmon  
¾ cup Brown Rice  
2 cups Roasted Zucchini  
1 tsp Olive oil

Total Intake: 1492 calories, 111 g protein, 144 g carb, 58 g fat, 19 g fiber

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- Breakfast** 5 oz Dannon Light & Fit Greek Yogurt  
¼ cup Pumpkin Flax Granola
- Snack** 2 Boiled Eggs  
1 Medium Apple
- Lunch** ½ cup Canned Tuna in Water  
2 slices Dave's Killer Bread  
1 cup Spring Mix  
8 Carrot Sticks  
1 Tbsp light Mayonnaise, 2 tsp Mustard
- Snack** ½ cup Soybeans, 1 String Cheese  
1 cup Cherry Tomatoes
- Dinner** 4 oz Rotisserie Chicken Breast  
2 cups Broccoli  
½ cup roasted Sweet Potato  
1 Tbsp Olive oil

Total Intake: 1510 calories, 111 g protein, 142 g carb, 55 g fat, 37 g fiber