



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

## 1900 Calorie Meal Plan

### Diet Guidelines

1. Aim for a daily calorie intake between **1800 to 2000 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	300-400	200-250	500-600	200-250	500-600
Food Choice	20-30 g Protein ½ cup Carb 1 serv Fruit	15-20 g Protein 1 serv Fruit	30-40 g Protein 1 cup Carb 2-3 cups Veggies	15-20 g Protein 1 cup Veggies	30-40 g Protein 1 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

### 30 - 40 grams =

- 4-6 oz sirloin steak or pork tenderloin
- 4-6 oz skinless chicken or roast turkey
- 4-6 oz lean ground turkey or beef
- 4-6 oz fish, cooked (not fried)
- 10-12 large shrimp or shellfish (not fried)
- ¾ cup poke (no mayo)



## 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 to 1 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)
<ul style="list-style-type: none"> <li>✓ Brown rice</li> <li>✓ 100% Whole grain breads (Bagel, English muffin, Pita)</li> <li>✓ 100% Whole wheat pasta</li> <li>✓ Whole wheat or corn tortilla</li> <li>✓ Sweet potato</li> <li>✓ Whole fruit</li> <li>✓ Whole grain cereals (Oatmeal, Shredded Wheat, Kashi)</li> <li>✓ 100% Whole wheat crackers (Triscuit, Ak-mak)</li> <li>✓ Soba (Buckwheat) noodles</li> <li>✓ Beans, Lentils</li> <li>✓ Corn, Popcorn (plain)</li> <li>✓ Poi, Ulu</li> </ul>	<ul style="list-style-type: none"> <li>✗ White rice</li> <li>✗ White breads</li> <li>✗ White pasta</li> <li>✗ Flour tortilla, Tortilla chips</li> <li>✗ White potato (Fries, Potato chips)</li> <li>✗ Fruit juice, Smoothies</li> <li>✗ Refined, sugary cereals (Honey Bunches of Oats, Special K)</li> <li>✗ Soda crackers, Pretzels (Ritz, Club, Diamond Bakery)</li> <li>✗ Ramen, Udon, Somen, Saimin</li> </ul>



### 1 Fruit Serving =

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|--|---|
| <ul style="list-style-type: none"> <li>• 1 small apple or ½ medium</li> <li>• 1 apple banana (5")</li> <li>• ½ cup or ½ small papaya</li> <li>• ½ cup or 2 slices pineapple</li> <li>• ½ cup mango</li> <li>• 2 clementines or tangerines</li> <li>• ½ cup lychee</li> </ul> | <ul style="list-style-type: none"> <li>• ¾ cup berries</li> <li>• 1 cup watermelon</li> <li>• 1 cup cantaloupe, honeydew</li> <li>• 1 cup or 17 small grapes</li> <li>• ¾ cup cherries</li> <li>• 4 lilikoi (passionfruit)</li> <li>• 1 kiwi</li> </ul> |
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## 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



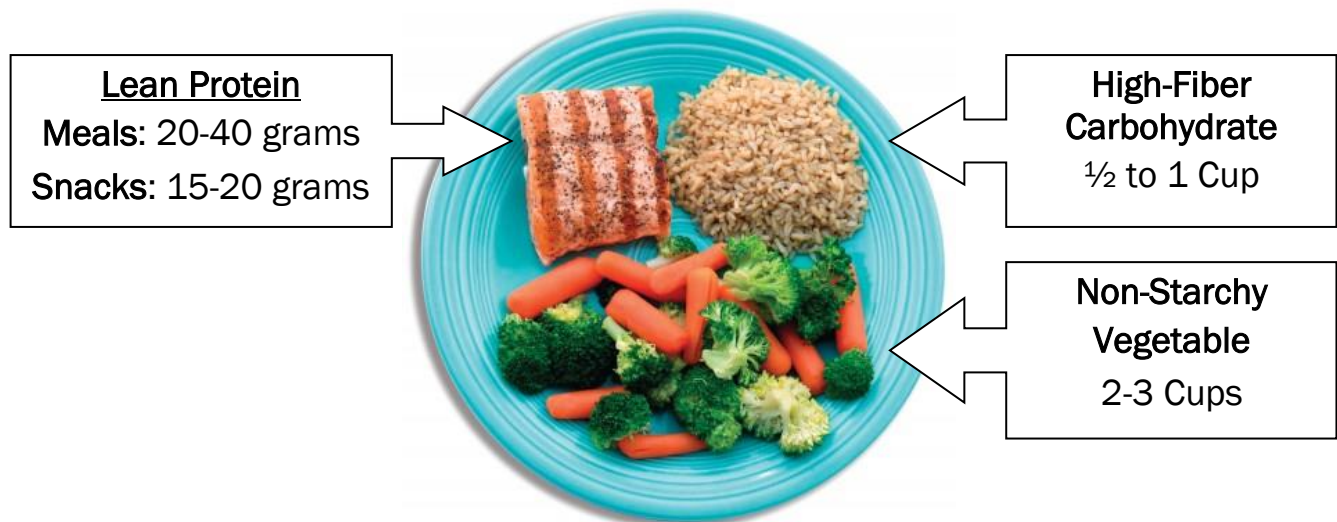
**Eat more vegetables! Include with meals and snacks.**

## 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** 4 slices Canadian Bacon, 2 Scrambled Eggs  
1 slice 100% Whole Wheat Toast, ½ small Papaya

**Snack** 5 oz Dannon Triple Zero Greek Yogurt  
1 cup Strawberries

**Lunch** ¾ cup Shoyu Ahi Poke  
1 cup Brown Rice  
3 cups chopped Romaine Lettuce

**Snack** ¼ cup Almonds, 1 String Cheese  
1 cup Cherry Tomatoes

**Dinner** 6 oz Roasted Chicken Thigh (skinless)  
1 cup Roasted Sweet Potato  
10 spears Asparagus  
1 Tbsp Olive oil

Total Intake: 1883 calories, 137 g protein, 186 g carb, 73 g fat, 41 g fiber

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**Breakfast** 3 Boiled Eggs  
½ cup plain Oatmeal, 1 Apple Banana

**Snack** 2 String Cheese  
1 Medium Apple

**Lunch** 1 cup Canned Tuna in Water  
2 slices Dave's Killer Bread  
2 cups Spring Mix  
10 Carrot Sticks  
1 Tbsp light Mayonnaise, 2 Tbsp Bolthouse Balsamic Dressing

**Snack** ¾ cup 1% Cottage Cheese  
1 cup Cucumber Slices

**Dinner** 5 oz Baked Salmon  
2 cups Normandy Blend Vegetables  
1 cup Brown Rice  
1 Tbsp Olive oil

Total Intake: 1987 calories, 148 g protein, 202 g carb, 66 g fat, 31 g fiber