

Meal Plan for Weight Loss



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

This meal plan has about _____ calories a day. With this plan, you will:

- Choose _____ 100-calorie snacks.
- Choose _____ high protein shakes.
- Choose _____ 500-calorie meals.
- Drink calorie-free beverages only, such as water, coffee, and tea.

100-calorie snacks

Each snack listed below has 100 calories. You may add any 100-calorie snack to this list, but pick healthy snacks most of the time.

Fruits

- A small piece of fruit (tennis ball size)
- 1 small banana
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ cup fruit in light syrup or applesauce
- 1 cup grapes
- $1\frac{1}{4}$ cup melon or pineapple
- 2 plums

Vegetables

- Favorite raw vegetable served with:
 - 4 tablespoons hummus
 - 2 tablespoons light salad dressing
 - 2 tablespoons cream cheese
 - 1 tablespoon peanut butter

Low Fat Dairy

- $\frac{1}{2}$ cup 2% milkfat low fat cottage cheese
- 1 cup fat free skim or 1% milk
- 1 cup soy milk
- 6 ounces light yogurt
- 1 ounce cheese
- 1 string cheese

Protein

- 12 almonds
- 2 cups bone broth
- $\frac{3}{4}$ cup edamame
- 1 hard-boiled egg
- 4 tablespoons hummus
- 1 jerky stick
- 1 tablespoon peanut butter
- 1 tablespoon sunflower or pumpkin seeds
- 3 ounces water-packed tuna

Starches and Grains

- $\frac{1}{3}$ cup oatmeal
- 1 cup dry cereal, such as Cheerios, Life, and Kix
- 10 Wheat Thins
- 5 Triscuit crackers
- 2 flavored rice cakes
- 3 pretzel rods

Sweets and Other Snacks (Limit)

- 4 Hershey's Kisses
- 11 gummy bears
- 9 animal crackers
- 1 Kellogg's Rice Krispies treat
- 1 popsicle
- 12 baked Lay's potato chips

High protein shakes

Pick shakes from these lists.

Artificial Sweeteners

Dairy-based options:

- Atkins – 190 calories, 30 grams protein
- BOOST Glucose Control – 160 calories, 30 grams protein
- EAS Myoplex – 150 calories, 21 grams protein
- Glucerna – 180 calories, 10 grams protein
- GNC Total Lean – 170 calories, 25 grams protein
- SlimFast – 180 calories, 20 grams protein

Free of Artificial Sweeteners

Dairy-based options:

- Chobani Complete – 170 calories, 20 grams protein (lactase enzyme, monk fruit, stevia)
- Iconic – 140 calories, 20 grams protein (monk fruit, stevia)
- Orgain Organic Clean Protein – 130 calories, 20 grams protein (stevia)
- Pioneer Pastures – 160 calories, 30 grams protein (lactase enzyme, monk fruit)

Dairy-free options:

- Evolve – 160 calories, 20 grams protein (stevia)
- Koia – 190 calories, 20 grams protein (monk fruit)
- Orgain Organic Plant Based Protein – 140 calories, 20 grams protein (stevia)
- OWYN Complete – 250 calories, 20 grams protein (stevia)
- OWYN Pro Elite – 240 calories, 35 grams protein (stevia)
- OWYN – 180 calories, 20 grams protein (stevia)
- Remedy – 210 calories, 20 grams protein (stevia)
- Remedy Pro Power – 240 calories, 35 grams protein (monk fruit, stevia)
- Ripple – 200 calories, 20 grams protein (monk fruit)

500-calorie meals

Option 1

Pick a food item from each column below to create a 500-calorie meal.

Pick 1 or 2 lean proteins	Pick 1 starch (a grain or starchy vegetable)	Pick 1 vegetable	Pick 0 to 2 fats
3 ounces chicken breast, no skin 3 ounces turkey breast, no skin 3 ounces fish 3 ounces beef (round, sirloin, or tenderloin cuts) 3 ounces pork (loin chop or tenderloin cuts) 3 ounces buffalo 3 ounces venison 1 cup edamame 3 ounces tempeh 3 ounces tofu 3 ounces seitan	Grains: 1 cup brown rice 1 cup wild rice $\frac{2}{3}$ cup quinoa $\frac{2}{3}$ cup millet $\frac{2}{3}$ cup barley 1 cup whole wheat pasta 1 slice whole wheat bread 1, 6-inch whole wheat tortilla Starchy vegetables: 1 cup beans 1 cup lentils 1 cup corn $\frac{1}{2}$ cup peas $\frac{1}{2}$ cup baked potato $\frac{1}{2}$ cup sweet potato 1 cup butternut squash 1 cup acorn squash	1 cup cooked: - Asparagus - Beets - Broccoli - Brussels sprouts - Cabbage - Carrots - Cauliflower - Greens - Peppers - Spinach - Sugar snap peas - Swiss chard - Tomatoes - Zucchini - Or, 1 cup vegetable juice	2 teaspoons oil 4 tablespoons avocado 2 tablespoons shredded cheese $1\frac{1}{2}$ tablespoons salad dressing 2 tablespoons low fat mayonnaise 1 tablespoon pesto 2 tablespoons light cream cheese

Meal examples:

- 1 lean protein + 1 starch (grain) + 1 vegetable + 1 fat (100 calories) = **500 calories**.
- 1 lean protein + 1 starch (starchy vegetable) + 1 vegetable + 2 fats (200 calories) = **500 calories**.
- 2 lean proteins + 1 starch (grain) + 1 vegetable = **500 calories** (no added fat).
- 2 lean proteins + 1 starch (starchy vegetable) + 1 vegetable + 1 fat (100 calories) = **500 calories**.

Option 2

Pick 1 or 2 lean frozen entrees that equal about 500 calories total.