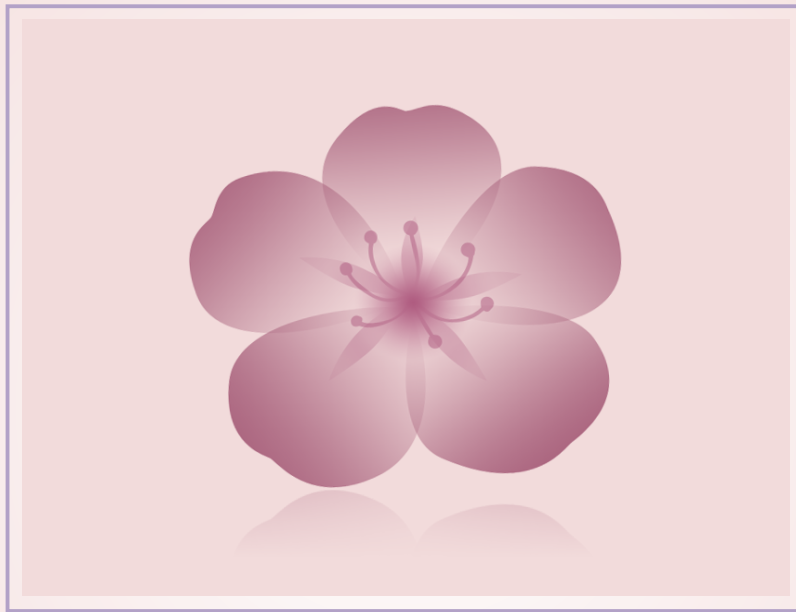


# *THE URBANHERBALIST*



YOUR DAILY MEAL PLAN TIP SHEET



CHARLENE MARIE MUHAMMAD, LD

**Healthy Weight! Healthy You!**  
**Creating a weekly menu plan especially for you and your family**

Good for you! Now that you have decided to embrace a healthier lifestyle, changing your daily dietary habits is an important next step.

Understanding what foods to eat and how much to eat during a day will benefit you in meeting your dietary goals. If you haven't a clue about the

amount of calories you are currently eating, take a step back and refer to our **Nutrition Tip Sheet: *Understanding Your Caloric Intake.***

A well-balanced meal includes food groups that meet your body's nutrition needs.



**1. Strive to eat a portion-size vegetable (or fruit), protein and complex grain at each meal.**

All **vegetables** are good to eat with a few exceptions. "Starchy" vegetables like potatoes (sweet & white), corn and peas have more calories and less nutritional benefits. Vegetables contain the main sources of vitamins and minerals that our bodies need to stay healthy and are lower in calories so eat 'em up!

Fresh **fruit** eaten in season and harvested locally is optimal. Avoid

fruit juices and dried fruit because the sugar concentration is high in these products.

**Protein** is available in most foods. Legumes, seeds and meats (poultry, fish and red meats like lamb and beef) and dairy foods (milk, butter, cheese and yogurt) are main sources of protein and fat in our diet. **Strive to eat no more than 20-35% of your daily calories as fat.** Since our bodies naturally produce enough saturated fats to keep us healthy, we do not need to eat more. Keep your

saturated fat intake to no more than 7% of the fat you eat each day. Main sources of saturated fats sold on the market today: pork, beef, lamb, the skin and dark meat of poultry (chicken and turkey) eggs, milk and cheese.

**Grains** are sources of both complex and refined carbohydrates. Eliminate refined carbohydrates from your diet. “Refined” carbohydrates are the main source of excess sugar and fat in our diet.

Refined carbohydrates include packaged foods like breads, white pasta, white rice, cookies, cakes and chips.

Complex carbohydrates are grains that are high in minerals and fiber: quinoa, long-grain brown rice, steel-cut oats, rye and 100% whole wheat.

## ***2. Choose an ideal caloric intake for your daily meals.***

Strive to eat enough calories to keep you healthy. If you are interested in losing weight cut a minimum of 25% of you daily calories from you diet.

(See **Nutrition Tip Sheet: *Understanding Your Caloric Intake.***)

Choose the amount of calories you want to consume in a day and build your daily menus using one of the following formulas. If you are use to eating throughout the day, it is best to spread your calories across your meal plan.

After 30 days of eating the optimal amount of calories, you can eliminate certain meal times (i.e. snacks) by adding more to your main meals and eat less throughout the day.

Ideally, you want to consume enough calories to satisfy your nutritional needs. This will give you digestive system a much-needed rest!

Strive to eat more calories during your most active time of the day (for example, eat the “dinner” portion for lunch if you are more active mid-day).

Eat the least amount of calories in the evening- and strive stop eating at least two hours before bedtime.

Eating less often during the day will improve your immune system and overall well-being!

**Basic Portion Size: The palm of your hand!**

### **1200 Calories Per Day**

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	1 Protein + 1 Fruit or Vegetable
<b>LUNCH</b>	1 Protein + 1 Vegetable + Leafy Green + optional condiment
<b>DINNER</b>	1 Protein + 1 Grain + 2 Vegetables + Leafy Green
<b>SNACK</b>	1 Protein Snack + 1 Fruit or Vegetable

### **1200 Calories Sample Menu**

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	1 cup plain low-fat Kefir yogurt drink, 1 cup mixed fresh berries
<b>LUNCH</b>	Chicken salad on 100% whole wheat bread with lettuce & tomato
<b>DINNER</b>	Red beans & brown rice; mixed green salad with balsamic dressing
<b>SNACK</b>	1 tbsp Nut butter (peanut, sesame, sunflower) on celery slices

### **1500 Calories Per Day**

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	1 Protein + 1 Fruit or Vegetable
<b>LUNCH</b>	1 Protein + 1 Vegetable + Leafy Green + 1 Grain + 1 Fruit optional condiment
<b>DINNER</b>	2 Proteins + 1 Grain + 2 Vegetables + Leafy Green + optional condiment
<b>SNACK</b>	1 Protein Snack + 1 Vegetable

### **1500 Calories Sample Menu**

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	Kashi cereal with 2% milk, banana
<b>LUNCH</b>	Tuna salad on Rye toast with romaine lettuce, onion; apple slices
<b>DINNER</b>	Whole wheat pasta with ground turkey in tomato sauce; sauté spinach, onions & zucchini in olive oil
<b>SNACK</b>	½ cup of mixed roasted sesame and sunflower seeds with sun-dried raisins; ½ raw red bell pepper, sliced

### *1800 Calories Per Day*

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	1 Protein + 1 Fruit (or vegetable)
<b>LUNCH</b>	2 Proteins + 2 Vegetables + Leafy Green + 1 Grain + Fruit + optional condiment
<b>DINNER</b>	2 Protein +1 Grain + 2 Vegetables + Leafy Green + optional condiments
<b>SNACK</b>	1 Protein Snack + 1 Fruit or Vegetable

### *1800 Calories Sample Menu*

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	1 cup Oatmeal with 2% milk, 1 tbsp honey and ½ cup fresh blueberries
<b>LUNCH</b>	Open-faced sandwich (Multi-grain toast, avocado, onion, tomato & alfalfa sprouts- slice of melted provolone cheese on top)
<b>DINNER</b>	Baked halibut with roasted red potato, carrots and cauliflower in Olive Oil; green salad
<b>SNACK</b>	1 cup low-fat frozen yogurt; orange slices

### *2200 Calories Per Day*

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	2 Proteins + 1 Fruit or Vegetable + 1 Grain
<b>LUNCH</b>	2 Proteins + 2 Vegetables + Leafy Green +1 Grain +1 Fruit + optional condiment
<b>DINNER</b>	2 Proteins + 2 Grains + 2 Vegetables + Leafy Green + optional condiment
<b>SNACK</b>	1 Protein + 1 Fruit or Vegetable

### *2200 Calories Sample Menu*

<b>MEAL</b>	<b>FOODS</b>
<b>BREAKFAST</b>	1 egg omelet (cheese, peppers, tomato, onions); 1 slice multi-grain toast (1 tbsp jam or honey)
<b>LUNCH</b>	Tortilla salad with brown rice, black beans, chicken (OR sour cream), salsa & romaine lettuce; orange slices
<b>DINNER</b>	Broiled lamb chop, brown rice, Swiss chard topped with roasted brussel sprouts with toasted sesame seeds in sesame seed oil
<b>SNACK</b>	Kind protein bar; 1 cup red grapes

## SAMPLE FOODS BY CATEGORY

You can learn about the specific calories in foods using “Food-A-Pedia” the USDA’s on-line encyclopedia of foods.

<https://www.supertracker.usda.gov/foodapedia.aspx>

PROTEIN	
<b>LEGUMES/BEANS/SEEDS</b>	Lentils                      Adzuki Beans Navy Beans                Sunflower Seeds Small Red Beans        Sesame Seeds Black Beans                Pumpkin Seeds Garbanzo                   Coconut Mung Beans
<b>FISH</b>	Salmon-wild caught Cod Halibut Whiting Sardines
<b>POULTY</b>	Turkey Chicken Eggs Duck
<b>DAIRY</b>	2% Milk Cheese, soft and white (Mozzarella, Ricotta, Feta, Provolone, Gouda, Cottage) Low-fat yogurt, plain
<b>RED MEAT</b>	Lamb, roasted or broiled Low-fat Beef, roasted or broiled

<b>GRAINS</b>	Oats Quinoa (Cous Cous) Long grain Brown Rice Basmati Rice Whole Wheat Pasta Vegetable Pastas Pita Bread Rye Bread 100% Whole Wheat Bread 100% Multi-Grain Bread Kashi Cereal Grape Nuts Raisin Bran All-Bran Cheerios (plain)
---------------	--

VEGETABLE	LEAFY GREENS
Asparagus	Romaine Lettuce
Broccoli	Spinach
Brussels sprouts	Mixed Field Greens
Carrots	Swiss Chard
Cauliflower	
Celery	Alfalfa sprouts
Cucumber	Mung Bean sprouts
Eggplant	
Onions	
Parsnip	
Peppers	
Squash, Butternut	
Tomatoes	
Zucchini	

FRUIT	Apples	Nectarine
	Apricot	Orange
	Avocado	Papaya
	Blackberries	Peach
	Blueberries	Pear
	Cantaloupe	Banana
	Cranberries	Pineapple
	Grapefruit	Raspberries
	Grapes	Strawberries
	Guava	Tangerine
	Kiwi	Watermelon
	Mango	

Condiments are foods that “compliment” or add more flavor to your meal. Samples of condiments by food category:

<b>PROTEIN</b>	Oils: Olive, Sunflower, Safflower Salad Dressings (low-fat, low sugar) Braggs Amino Acid, Cream, Mayonnaise
<b>VEGETABLE</b>	Herbs & Spices; Garlic Salsa, Vinegar, Mustard Ketchup, Hot Sauce, Worcestershire sauce Broths (low sodium)
<b>FRUIT</b>	Jam, Jelly Honey Lemon juice Wine, cooking Extracts (Vanilla, peppermint, etc)

