



Small Meals

Using foods from your local grocery store.

Choose your favorites and create your own shopping list.

	<u>Cal</u>	<u>Prot</u>	<u>Carbs</u>	<u>Fat</u>	<u>Total Calories</u>
10 lrg. shrimp	56	12	0	0	
2 Tbs. salsa	8	0	2	0	64

1 low-fat string cheese stick	60	6	1	3	
2 slices fat-free smoked deli turkey	25	5	1	0	85

1 low-fat string cheese stick	60	6	1	3	
3/4 c. tomato juice	31	1	8	0	91

1/2 c. 1% fat cottage cheese	82	14	3	1	
1 large stalk of celery	9	1	2	0	
1/4 green pepper	7	0	2	0	98

4 scrambled egg whites	68	16	0	0	
3/4 c. tomato juice	31	1	8	0	99

1 low-fat string cheese stick	60	6	1	3	
1/2 med. apple	40	0	10	0	100

1/2 c. egg substitute	60	12	2	0	
1 c. chopped spinach	42	5	7	0	102

2 oz. water-packed canned tuna	66	14	0	0	
1 Tbs. chopped onion	6	0	1	0	
1 Tbs. fat-free mayonnaise	13	0	2	0	
2 celery stalks	18	2	4	0	103

1 oz. sardines	59	7	0	3	
1 Tbs. light cream cheese	35	2	1	3	
1 large stalk of celery	9	1	2	0	103

1 hard-boiled egg	78	6	1	5	
2 slices fat-free smoked deli meat	25	5	1	0	103

1 oz. low-fat cheese	49	7	1	2	
1 slice reduced-carb bread	55	5	11	1	104

1/2 c. 1% fat cottage cheese	82	14	3	1	
1/2 c. sliced strawberries	23	0	6	0	105

	Cal	Prot	Carbs	Fat	Total Calories
3 slices fat-free smoked deli ham	38	8	2	0	
1 slice low-fat cheese	49	7	1	0	
1/4 med. apple	20	0	5	0	107

5 lrg. shrimp	28	6	0	0	
2 Tbs. light cream cheese	70	4	2	6	
2 celery stalks	18	2	4	0	116

6 oz. non-fat Greek yogurt	100	18	7	0	
1/2 c. fresh strawberries	23	0	6	0	123

2 egg whites	34	8	0	0	
1 low-fat string cheese stick	60	6	1	3	
2 slices fat-free smoked deli meat	25	5	1	0	
2 Tbs. salsa	8	0	2	0	127

6 almonds	42	1	1	4	
2 Tbs. light cream cheese	70	4	2	6	
2 celery stalks	18	2	4	0	130

2 oz. turkey breast meat	70	15	0	1	
2 c. raw spinach leaves	14	2	2	0	
5 cherry tomatoes	20	0	5	0	
1/2 c. sliced cucumber	7	0	1	0	
2 Tbs. reduced-calorie salad dressing	22	1	1	2	133

3 oz. cooked shrimp	84	18	0	1	
1 c. sliced salad veggies	20	1	4	0	
1 c. shredded Romaine lettuce	8	1	1	0	
2 Tbs. reduced-calorie Italian dressing	22	1	1	2	134

12 almonds	84	2	2	8	
1/2 c. 1% milk	51	4	6	2	135

2 oz. chicken breast	95	18	0	2	
1/2 c. broccoli	22	3	4	1	
2 Tbs. reduced-calorie salad dressing	22	1	1	2	139

2 slices fat-free smoked deli turkey	25	5	1	0	
2 slices low-fat cheese	98	14	2	4	
2 tsp. mustard	6	0	0	0	
2 slices tomato	8	0	2	0	
2 Romaine lettuce leaves	2	0	0	0	139

	Cal	Prot	Carbs	Fat	Total Calories
1/2 c. egg substitute	60	12	2	0	
1 slice low-fat cheese	49	7	1	2	
1/4 c. each onions, mushrooms, green peppers	33	2	8	1	142

1 large piece of beef jerky	82	7	2	5	
1 low-fat string cheese stick	60	6	1	3	142

3 oz. crab meat	94	19	1	1	
1 c. lettuce leaves	8	1	1	0	
5 cherry tomatoes	20	0	5	0	
2 Tbs. reduced-calorie salad dressing	22	1	1	2	144

1 hard-boiled egg	78	6	1	5	
5 lrg. shrimp	28	6	0	0	
2 Tbs. cocktail sauce	40	0	10	0	146

2 slices fat-free smoked deli turkey	25	5	1	0	
1 Tbs. light cream cheese	35	2	1	3	
1 tsp. mustard	6	0	0	0	
1-6" low carb flour tortilla	80	3	12	2	146

2 Tbs. light cream cheese	70	4	2	6	
1-6" low carb flour tortilla	80	3	12	2	150

10 lrg. shrimp	56	12	0	0	
1/3 c. peas	40	3	7	0	
1/4 c. cooked brown rice	54	1	11	0	150

3 oz. white fish	109	21	0	2	
1 c. green beans	44	2	10	0	153

2 oz. low-fat cheese	98	14	2	4	
1 slice reduced-carb bread	55	5	11	1	153

1 hard-boiled egg	78	6	1	5	
1 slice Canadian Bacon	45	6	0	2	
1/2 medium orange	30	1	8	0	153

1/2 c. egg substitute	60	12	2	0	
1 slice low-fat cheese	49	7	1	2	
1 slice Canadian Bacon	45	6	0	2	154

	Cal	Prot	Carbs	Fat	Total Calories
1 hard-boiled egg	78	6	1	5	
6 oz. - 1% fat milk	77	6	9	2	155

6 oz. non-fat Greek yogurt	100	18	7	0	
2 Tbs. whey protein isolate powder	35	9	0	0	
1/4 c. blueberries	21	1	5	0	156

2 oz. lean ground beef, cooked	97	15	0	4	
2 cups shredded Romaine lettuce	16	2	2	0	
2 Tbs. chopped onion	12	0	2	0	
2 Tbs. reduced-fat sour cream	36	2	4	2	161

1 slice Canadian Bacon	45	6	0	2	
1 oz. low-fat cheese	49	7	1	2	
1/2 English muffin	67	2	13	1	161

2 large pieces of beef jerky	164	14	4	10	164

2 oz. smoked salmon	65	11	0	1	
1 Tbs. light cream cheese	35	2	1	3	
1/2 English muffin	67	2	13	1	167

3 oz. white chicken	142	27	0	3	
1 c. asparagus	27	3	5	0	169

3 oz. water-packed canned tuna	99	22	0	1	
1 Tbs. fat-free mayonnaise	13	0	2	0	
1 Tbs. finely chopped onion	6	0	1	0	
1 slice reduced-carb bread	55	5	11	1	173

1 scrambled egg	78	6	1	5	
1 slice Canadian Bacon	45	6	0	2	
1/2 c. 1%-fat milk	51	4	6	2	174

1/4 c. canned beans	59	3	13	0	
1 oz. low-fat shredded cheddar cheese	49	7	1	2	
2 slices tomato	8	0	2	0	
1 cup shredded Romaine lettuce	8	1	1	0	
1 Tbs. chopped onion	6	0	1	0	
2 Tbs. reduced-fat sour cream	36	2	4	2	
2 Tbs. salsa	8	0	2	0	174

	Cal	Prot	Carbs	Fat	Total Calories
4 egg whites, scrambled	68	16	0	0	
1/2 c. fresh spinach	4	1	1	0	
1 oz. low-fat shredded cheese	49	7	1	2	
1 slice reduced-carb bread	55	5	11	1	176

2 oz. smoked salmon	67	11	0	3	
1 Tbs. light cream cheese	35	2	1	3	
1/4 c. sliced cucumber	4	0	1	0	
2 tomato slices	8	0	2	0	
1/2 English muffin	67	2	13	1	181

3 oz. water-packed canned tuna	99	22	0	1	
1/2 c. 1% fat cottage cheese	82	14	3	1	181

1/4 c. edamane (edible soybean)	75	7	4	4	
1/2 c. 1%-fat cottage cheese	82	14	3	1	
1 c. raw chopped vegetables	20	1	4	0	
1 Tbs. salsa	4	0	1	0	181

6 oz. non-fat plain Greek yogurt	100	18	7	0	
1/2 c. 1% fat cottage cheese	82	14	3	1	182

6 oz. non-fat plain Greek yogurt	100	18	7	0	
12 almonds	84	2	1	8	184

6 oz. non-fat, plain Greek yogurt	100	18	7	0	
2 slices fat-free deli meat	25	5	1	0	
1 hard-boiled egg	78	6	1	5	203

3 oz. crab	94	19	1	1	
1 slice low-fat cheese	49	7	1	2	
1/2 English muffin	67	2	13	1	210

3 oz. chicken breast	142	27	0	3	
1 c. cabbage	34	2	7	1	
1 tsp. butter	36	0	0	4	212

3 oz. water-packed canned tuna	99	22	0	1	
1 Tbs. Fat-free mayonnaise	13	0	2	0	
1 Tbs. sweet pickle relish	20	0	5	0	
2 large lettuce leaves (Romaine)	2	0	0	0	
1-6" low carb flour tortilla	80	3	12	2	214

	Cal	Prot	Carbs	Fat	Total Calories
3 oz. 95%-lean ground beef patty	145	22	0	6	
2 tsp. mustard	6	0	0	0	
1/2 English muffin	67	2	13	0	218

3 oz. lean roast beef	143	25	0	4	
1 c. mushrooms	42	3	8	1	
1 c. zucchini	36	2	8	1	221

6 oz. non-fat, plain Greek yogurt	100	18	7	0	
2 slices Canadian Bacon	89	12	1	4	
1/3 med. banana	35	0	9	0	224

3 oz. broiled salmon	184	23	0	9	
1 c. broccoli	44	5	8	1	228

3 oz. 95%-lean cooked hamburger patty	145	22	0	6	
1 Tbs. barbecue sauce	20	0	5	0	
2 slices tomato	8	0	2	0	
2 leaves Romaine lettuce	2	0	0	0	
1 slice reduced-carb bread	55	5	11	1	230
