

1800 Calorie Meal Plan

Following this calorie plan may help you lose weight and reduce your risk of chronic disease, but be sure the foods you eat also fit within your health goals. The goal is not to follow these suggestions perfectly, but to aim for an eating pattern that closely resembles what is described here. It may be more manageable to make 1-2 small changes each week.

Remember: progress over perfection!

Every day, try to get:

- 2-6 servings* of healthy fats
- 4+ servings* of non-starchy vegetables
- 3+ servings* of fruit, including 1 or fewer servings of melons or tropical fruit
- 3+ servings* of protein (fish, legumes, eggs, poultry)
- 3-6 servings* of grains, at least half of your grains should be whole grains

*For serving sizes, refer to Be Serving Size Wise on page 71 in the DELISH Participant Manual.

At the end of each week, check if you're following these recommendations, and adjust as needed for the following week. (Note: as part of your participation in this study, DELISH will be tracking your healthy fat, fruit, and vegetable intake):

Healthy Fats:

- 2+ servings/day → 14+ servings of healthy fats weekly
 - 3+ servings of nuts
 - 3+ servings of vegetable oil-based salad dressing
 - 3+ servings of vegetable oil-based condiments or sauces (examples: mayo, tartar sauce)

Fruits and Vegetables:

- 4+ servings/day → 28+ servings of non-starchy vegetables weekly
- 3+ servings/day; not melons or tropical fruit 21+ servings of fruit weekly

Protein Foods:

- 1+ serving/week of low-mercury fish (examples: canned tuna, salmon, cod)
- 3+ servings/week of legumes (examples: black beans, kidney beans)

Carbohydrates:

- 1-3 servings/day of whole grains (examples: brown rice, whole grain pasta, oatmeal)

Tips on Meal Timing:

- Space meals throughout the day – try to eat at least every 3-4 hours
- Try not to skip meals, especially not your morning meal (it's ok to skip snacks)
- Make Meal #1 or Meal #2 your biggest meal of the day (not Meal #3)
- Plan to eat more carbs or calories around the time of day you do most of your mental or physical work.

Meal Portions:

Meal #1: about 450 calories

- 2 oz. Protein food* (fish, poultry, meat, egg) (~140 calories)
- 1 serving of starchy Carbs (~80 calories)
(whole grain bread/cereal) **OR** Fruit
- 1 ½ Tablespoon of Healthy fat (~180 calories)
- 2-3 servings of non-starchy veggies (~50 calories)

Meal #2: about 550 calories

- 4 oz. Protein food* (fish, poultry, meat, egg) (~220 calories)
- 1 serving of starchy Carbs (~80 calories)
(whole grain bread/cereal)
- 1 Fruit (~70)
- 1 ½ Tablespoon of Healthy fat (~180 calories)
- 2-3 servings of non-starchy veggies (~50 calories)

Meal #3: about 500 calories

- 2-3 oz. Protein food* (fish, poultry, meat, egg) (~150 calories)
- 1 serving of starchy Carbs (~80 calories)
(whole grain bread/cereal) **OR** Fruit
- 1-2 Tablespoon of Healthy fat (~120 calories)
- 2-3 servings of non-starchy veggies (~50 calories)

Snack #1: about 150 calories

- 1 serving. protein food with healthy fats** and (~90 calories)
1 serving of starchy carbs or fruit **OR**
- 2 servings of non-starchy veggies (~60 calories)

Snack #2: about 150 calories

- 1 serving. protein food with healthy fats** and (~90 calories)
1 serving of starchy carbs or fruit **OR**
- 2 servings of non-starchy veggies (~60 calories)

Sample Meals and Snacks

- 2 eggs fried or scrambled
- 1 slice whole wheat toast
- 1 cup roasted vegetables with olive oil (see Breakfast Examples)

- Grilled Chicken Greek salad
- 4 oz. grilled or roasted chicken
 - Baby spinach or romaine lettuce
 - 1 cup of non-starchy veggies (tomatoes, cucumber, black olives, red onions, etc.)
 - ½ cup fruit
 - 2 Tbsp. olive oil-based salad dressing

- 3 oz. baked or grilled fish
- ½ cup wild rice
- 1 cup cooked non-starchy veggies with healthy fat

- 1 small apple
- 1 Tablespoon peanut butter **OR** a mini KIND bar

- ¼ cup hummus
- 2 cups raw vegetable pieces (carrots, cucumber, cauliflower, snow peas, etc.)

My Substitutions

**If you prefer to skip a snack, add the calories to the other snack or one of your meals. If you choose nuts, nut butters or seeds, healthy fats are included in your serving.