**300 Calorie Meal Ideas**

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| BREAKFAST | LUNCH | DINNER |
| 1 Light Waffle - 70 Calories2 Tbsp. Light Syrup – 50 Calories½ C Low-fat 1% Cottage Cheese – 80 Calories10 Raspberries or 3 Medium Strawberries – 10 Calories6 Fluid Oz. Orange Juice – 85 CaloriesTOTAL : 295 Calories1 Slice Whole Wheat Bread – 70 Calories1/2 Tbsp. Whipped Light Butter – 23 Calories8 Oz. Fat-Free Sugar-Free Fruit Flavored Yogurt – 80 Calories1 Medium Orange – 85 Calories8 Fluid Oz. Coffee – 5 calories 1 Packet Coffee Mate Creamer – 15Packet of Splenda – 0 CaloriesTOTAL : 278 Calories1 Cup Regular Cooked Oatmeal – 145 Calories1 Medium Peach – 45 Calories1 Cup (8 Fluid Oz.) 1% Low-fat Milk – 100 CaloriesTOTAL : 290 CALORIES1 Large Boiled Egg – 75 Calories1 Slice Whole Wheat Toast – 70 Calories1 Tbsp. Whipped Light Butter – 45 Calories1 Tbsp. Jelly – 65 Calories8 Fluid Oz. Coffee – 5 calories 1 Packet Coffee Mate Creamer – 15Packet of Splenda – 0 CaloriesTOTAL: 275 | Oven Roasted Chicken Breast Salad from Subway – 140 Calories2 Tbsp. Fat-Free Dressing – 45 CaloriesPackage Apple Slices – 35 Calories12 Fluid Oz. Diet Soda – 0 CaloriesTOTAL: 220 CALORIES6½” Whole Wheat Pita – 140 Calories3 Oz. Turkey Breast – 88 Calories¼ Cup Sliced Cucumber – 4 Calories1 tsp. Mustard – 5 Calories3 Slices tomato – 5 Calories2 Oz. Shredded Lettuce – 7 Calories½ Cup Blueberries - 4012 Fluid Oz. Water – 0 Calories12 Fluid Oz. Diet Soda – 0 CaloriesTOTAL: 289 Calories3 cups shredded Romaine Lettuce– 30 CaloriesCroutons 4Tbs. 20g – 80 Calories¼ cup Reduced-Fat Cheddar – 80 CaloriesDressing Choices:4 Tbsp. Balsamic Vinaigrette – 50 Calories OR2 Tbsp. Light Caesar – 70 Calories OR2 Tbsp. Light French/Italian – 65 CaloriesAND 1 Small Mandarin Orange – 35 Calories12 Fluid Oz. Diet Soda or Water – 0 CaloriesTOTAL: 275 Calories – 295 Calories | 4 oz Steamed, Broiled or Baked Fish – 130 Calories1 C Steamed Cauliflower – 25 Calories1 Small Dinner Roll – 90 Calories1 Tbsp. Whipped Light Butter – 45 Calories12 Fluid Oz. Diet Soda or Water – 0 Calories290 Calories3 Oz. Broiled Sirloin No Fat – 160 Calories½ C Brown Rice – 110 Calories1 C Steamed Green Beans – 14 Calories12 Fluid Oz. Diet Soda or Water – 0 Calories284 Calories6 Oz. Roasted Chicken Breast No Skin – 199 Calories½ C Butternut Squash – 40 Calories½ C Unsweetened Applesauce – 50 Calories12 Fluid Oz. Diet Soda or Water – 0 Calories289 Calories3 Oz. Baked or Broiled Pork Tenderloin – 140 Calories1 Medium Sweet Potato – 103 Calories2 C Steamed or Boiled Broccoli – 60 Calories12 Fluid Oz. Diet Soda or Water – 0 Calories303 Calories |

\* May use ***I Can’t Believe It’s Not Butter*** spray on vegetables and breads with no added calories.

**ALASKA PREMIER HEALTH**

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