**300 Calorie Meal Ideas**

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| BREAKFAST | LUNCH | DINNER |
| 1 Light Waffle - 70 Calories  2 Tbsp. Light Syrup – 50 Calories  ½ C Low-fat 1% Cottage Cheese – 80 Calories  10 Raspberries or 3 Medium Strawberries – 10 Calories  6 Fluid Oz. Orange Juice – 85 Calories  TOTAL : 295 Calories  1 Slice Whole Wheat Bread – 70 Calories  1/2 Tbsp. Whipped Light Butter – 23 Calories  8 Oz. Fat-Free Sugar-Free Fruit Flavored  Yogurt – 80 Calories  1 Medium Orange – 85 Calories  8 Fluid Oz. Coffee – 5 calories  1 Packet Coffee Mate Creamer – 15  Packet of Splenda – 0 Calories  TOTAL : 278 Calories  1 Cup Regular Cooked Oatmeal – 145 Calories  1 Medium Peach – 45 Calories  1 Cup (8 Fluid Oz.) 1% Low-fat Milk – 100 Calories  TOTAL : 290 CALORIES  1 Large Boiled Egg – 75 Calories  1 Slice Whole Wheat Toast – 70 Calories  1 Tbsp. Whipped Light Butter – 45 Calories  1 Tbsp. Jelly – 65 Calories  8 Fluid Oz. Coffee – 5 calories  1 Packet Coffee Mate Creamer – 15  Packet of Splenda – 0 Calories  TOTAL: 275 | Oven Roasted Chicken Breast Salad from Subway – 140 Calories  2 Tbsp. Fat-Free Dressing – 45 Calories  Package Apple Slices – 35 Calories  12 Fluid Oz. Diet Soda – 0 Calories  TOTAL: 220 CALORIES  6½” Whole Wheat Pita – 140 Calories  3 Oz. Turkey Breast – 88 Calories  ¼ Cup Sliced Cucumber – 4 Calories  1 tsp. Mustard – 5 Calories  3 Slices tomato – 5 Calories  2 Oz. Shredded Lettuce – 7 Calories  ½ Cup Blueberries - 40  12 Fluid Oz. Water – 0 Calories  12 Fluid Oz. Diet Soda – 0 Calories  TOTAL: 289 Calories  3 cups shredded Romaine Lettuce– 30 Calories  Croutons 4Tbs. 20g – 80 Calories  ¼ cup Reduced-Fat Cheddar – 80 Calories  Dressing Choices:  4 Tbsp. Balsamic Vinaigrette – 50 Calories OR  2 Tbsp. Light Caesar – 70 Calories OR  2 Tbsp. Light French/Italian – 65 Calories  AND  1 Small Mandarin Orange – 35 Calories  12 Fluid Oz. Diet Soda or Water – 0 Calories  TOTAL: 275 Calories – 295 Calories | 4 oz Steamed, Broiled or Baked Fish – 130 Calories  1 C Steamed Cauliflower – 25 Calories  1 Small Dinner Roll – 90 Calories  1 Tbsp. Whipped Light Butter – 45 Calories  12 Fluid Oz. Diet Soda or Water – 0 Calories  290 Calories  3 Oz. Broiled Sirloin No Fat – 160 Calories  ½ C Brown Rice – 110 Calories  1 C Steamed Green Beans – 14 Calories  12 Fluid Oz. Diet Soda or Water – 0 Calories  284 Calories  6 Oz. Roasted Chicken Breast No Skin – 199 Calories  ½ C Butternut Squash – 40 Calories  ½ C Unsweetened Applesauce – 50 Calories  12 Fluid Oz. Diet Soda or Water – 0 Calories  289 Calories  3 Oz. Baked or Broiled Pork Tenderloin – 140 Calories  1 Medium Sweet Potato – 103 Calories  2 C Steamed or Boiled Broccoli – 60 Calories  12 Fluid Oz. Diet Soda or Water – 0 Calories  303 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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