

## Nutrition for Fitness and Sports Lifestyles Lunches or Dinners That Fuel Your Body

### 200 calorie Lunch or Dinner ideas

Grilled chicken Caesar salad with no dressing:  
Romaine lettuce-6 leaves  
Grilled chicken-1/2 cup chopped  
Shredded Parmesan cheese-1 tbsp.  
Plain croutons-1/2 cup

Burger King Chicken Ceasar ( w/o dressing and croutons)-160 calories  
McDonald's Grilled Chicken Ceasar Salad (w/o dressing)-210 calories

Turkey Wrap: Whole grain tortilla  
Deli turkey meat such as Boar's Head Hickory  
Smoked Black Forest- 2 oz.  
Bean sprouts-3 ½ oz  
Onions- ¼ cup chopped  
Spinach-1 cup

Lean Cuisine or Healthy Choice frozen entrée  
(choose lowest fat, highest protein)

Yogurt-1 cup with ¾ oz raisins or  
Yogurt- 1 cup with 1 tbsp chopped pecans

Tuna with crushed pineapple sandwich:  
Tunafish-3oz.  
Crushed pineapple-1/4 cup  
Whole grain bread-1 slice

Mixed vegetables with lean ground beef, seasoned with garlic, cayenne, etc.:  
½ package Frozen mixed vegetables  
Cooked lean ground beef- 2 oz.

Sweet potato- ½ cup baked  
Fresh salmon-2oz. cooked  
Coleslaw-1/4 cup home prepared with little or no dressing

Natural peanut butter and banana sandwich:  
Natural Peanut butter-1 tbsp.  
Mashed bananas-1/4 cup  
Whole grain bread-1 slice

### 300 calorie Lunch or Dinner ideas

Grilled chicken Caesar salad with no dressing:  
Romaine lettuce-6 leaves  
Grilled chicken-3/4 cup chopped  
Shredded Parmesan cheese-2 tbsp.  
Plain croutons-1/2 cup

Turkey Wrap: Whole grain tortilla  
Deli turkey meat such as Boar's Head Hickory  
Smoked Black Forest- 3 oz.  
Bean sprouts-3 ½ oz  
Onions- ¼ cup chopped  
Spinach-1 cup  
¼ medium avocado, mashed for spread

Lean Cuisine or Healthy Choice frozen entrée  
(choose lowest fat, highest protein)  
Lean Cuisine Salmon with Basil is 260 calories  
Healthy Choice Blackened chicken is 290 calories

Yogurt-1 cup with 1 oz raisins  
and 1 tbsp chopped pecans

Tuna with crushed pineapple sandwich:  
Tunafish-3oz.  
Crushed pineapple-3/4 cup  
Whole grain bread-2 slices

Mixed vegetables with lean ground beef, seasoned with garlic, cayenne, etc.:  
½ package Frozen mixed vegetables  
Cooked lean ground beef- 3 oz.

Sweetpotato- ½ cup baked  
Fresh salmon-3oz. cooked  
Coleslaw-1/2 cup home prepared with little or no dressing

Natural peanut butter and banana sandwich:  
Natural Peanut butter-1 tbsp.  
Mashed bananas-1/4 cup  
Whole grain bread-2 slices

## Nutrition for Fitness and Sports Lifestyles Lunches or Dinners That Fuel Your Body

### 200 calorie Lunch or Dinner ideas, cont.

Lean meat sandwich:  
 Turkey breast deli meat such as Boar's Head brand-  
 1 oz.  
 Romaine lettuce or spinach, tomatoes, onions  
 Fat free cheese-1 slice  
 Yellow mustard-1 tsp.  
 Whole grain bread- 2 slices

½ cup mashed avocado on 1 slice of whole grain  
 bread

Top sirloin beef steak, trimmed to 0" fat- 2oz  
 ½ baked potato with non fat cheese-1 oz., chives  
 and onion  
 Romaine lettuce side salad

¼ cup beans with 1/3 cup brown rice  
 non fat cheddar cheese- 1oz  
 Cooked extra lean ground beef-1 oz  
 Onions

Whole grain pasta-2oz. cooked with ¼ cup diced  
 light chicken and  
 ¼ cup canned tomato sauce  
 Caesar salad with no dressing:  
 Romaine lettuce-1/2 cup, croutons-1/4 cup,  
 shredded Parmesan cheese-1/2 tbsp.

4 oz. Cottage Cheese on 1 slice whole grain bread

### 300 calorie Lunch or Dinner ideas, cont.

Lean meat sandwich:  
 Turkey breast deli meat such as Boar's Head brand-  
 4 oz.  
 Romaine lettuce or spinach, tomatoes, onions  
 Fat free cheese-1 slice  
 Yellow mustard-1 tsp.  
 Whole grain bread- 2 slices

¾ cup mashed avocado on 2 slices of whole grain  
 bread

Top sirloin beef steak, trimmed to 0" fat- 3oz  
 ¾ cup baked potato with non fat cheese-1 oz.,  
 chives and onion  
 Romaine lettuce side salad-1/2 cup

¼ cup beans with 1/3 cup brown rice  
 Non fat cheddar cheese- 1oz  
 Cooked extra lean ground beef-2 oz  
 Onions

Whole grain pasta-4oz. cooked with 1/3 cup diced  
 light chicken and  
 ¼ cup canned tomato sauce  
 Caesar salad with no dressing:  
 Romaine lettuce-1/2 cup, croutons-1/4 cup,  
 shredded Parmesan cheese-1 tbsp.

5 oz. Cottage Cheese on 2 slices whole grain bread