

# Quick and Easy Low Calorie Food Ideas



## Breakfast

Overnight Oats - equal parts of steel cut oats (not instant) and almond milk or water. Add cocoa powder, artificial sweetener of choice, cinnamon sticks, etc. Place in a bowl in the fridge at least overnight. Or do a large bowl and scoop out as much as you like daily for a week.

Egg Muffins - put 1 egg in each muffin tin slot, sliced deli turkey, sliced tomato, mushrooms, etc. Bake at 425F for 12 minutes. Put in a container in the fridge and microwave when needed

English Muffin (whole grain and broiled) with a fried egg (using pam), tomato, and arugula

Yogurt (Chobani Zero Sugar, Dannon Light and Fit, Oikos Triple Zero) and add berries (strawberries blueberries, raspberries, or strawberries)

Turkey or Chicken Bacon

Jimmy Dean Turkey sausages (heat in the microwave for a quick protein)

Eggs (using Pam, boiled, scrambled, or in muffin tins)

Protein shake

Breakfast tacos - whole grain tortilla, scrambled eggs, chopped tomatoes, arugula or spinach. Bonus is adding salsa verde or chipotle sauce to dip it in.

Turkey Biscuits and Gravy (see our Instagram or Facebook post)



## Lunch

Turkey Sandwich - Whole grain bread, lettuce, pickle, sliced Turkey, mustard

Turkey or 93/7 Beef Burger - Whole grain bread, lettuce, pickle, mustard

Tuna Sandwich - canned tuna mixed with mustard or low fat Mayo or yogurt.

Salads with meat (smoked Turkey, chicken, steak, shrimp, salmon, tuna)

Wraps - meat, lettuce, beans, etc. Choose whole grain tortillas

Chicken, brown rice, and a vegetable (green peas, broccoli, etc). Pro tip: make a bunch of these, put in containers and freeze them for quick meals.

Steamable vegetables (in the frozen section of the grocery store) and any meat

## Dinner

Tilapia, Brown Rice, and Asparagus - Tilapia in the oven takes no time, prepackaged brown rice in the microwave, asparagus in the oven or grilled

Chili - ground Deer/Turkey Burger/93% Beef red beans, mushrooms, chili powder

Spaghetti - Deer/Turkey Burger/93% Beef and low calorie spaghetti sauce (Rao's, Prego make low cal sauce). Add onions and bell pepper for better flavor.

Steak - choose lean cuts like sirloin or filet mignon

Chicken breasts

Asian stir-fry with beef, shrimp, or chicken

Rotisserie chicken with a side of vegetable (Steamable vegetables are great)

Caesar salad with chicken, beef, or shrimp. Use a low calorie dressing like

Skinny Girl or Walden Farms

Side of baked vegetables - slice carrots, beets, cauliflower, broccoli, etc. Put on a pan sheet. Thinly coat with olive oil (spray is better for less of it) Bake at 450F.



## **Sides (Including Steamable or Frozen Bags)**

Riced Cauliflower Steamfresh 180 cal

Brussels Sprouts Simply Steam 170 cal

Mediterranean Style Quinoa Greenwise 380 cal

Asparagus Spears Steamable 60 cal

Green Beans Steamfresh 105 cal

Cauliflower Steamfresh 80 cal

Veggie Spirals (Zucchini) - for pasta replacement 60 cal

Baked sweet potato or sweet potato fries

Baked Potato with salt, pepper, lime/lemon juice, or Tabasco sauce

Seasoned mushrooms

Pan seared bell pepper, onions, banana pepper, squash, zucchini, etc (Use spray oils for less calories)

## **Lean Meats**

Chicken - Baked, Grilled, Smoked, Rotisserie

Turkey - Baked, Grilled, Smoked

Fish - Tuna, Salmon, Tilapia (baked or broiled not fried)

Lean Steaks: Beef tenderloin, Filet mignon, Sirloin

Beef - 93%/7% fat

Shrimp

Deer/Venison

Eggs (whites are even better)

Turkey or Chicken Bacon

Turkey or Chicken Sausage



## **Protein Shakes**

Optimum Nutrition Protein Powder  
Orgain Protein Powder  
Ascent Whey Protein Powder - no artificial sweeteners  
Premier Protein Shakes  
Fair Life Protein Shakes (my favorite, Sam's club pharmacy section)

## **Snacks**

Cucumber with lemon or lime juice  
Cauliflower  
Grape or cherry tomatoes  
Blueberries (fresh or frozen)  
Blackberries (fresh or frozen)  
Strawberries (fresh or frozen)  
Apples  
Pears  
Oranges  
Deli Turkey wrapped around a pickle  
Deli Turkey wrapped around a fat free cheese stick  
Fat Free Mozzarella String Cheese Stick  
Fat Free cheddar cheese cubes  
Cup of tea  
Cup of coffee with slow calorie creamer  
Beef jerky (cheapest is Jack Links multi pack at Sam's Club)  
Hard-boiled eggs  
Muffin Tin Eggs with ham, mushrooms, bell pepper, etc  
Skinny Girl Popcorn  
Celery  
Baby Bell Peppers  
Protein Shake