

Dinner Ideas

Low-sodium Black Beans (1/2 c.)
Quinoa (1/2 cup cooked)
Roasted Sweet Potato (1/2 c.)
Avocado (1/4 wedge)
1 Egg or Egg Whites (1/3 c.)
Crumbled Goat Cheese (1-2 Tbsp.)
Salsa (unlimited)
Green Salad (unlimited)
Vinaigrette Dressing (1-2 Tbsp.)

400 CAL, 5g FAT, 45g CARB, 10g fiber, 30g PRO
4 servings PRO; 3 servings CARB

Grilled Chicken Breast (2 oz.)
Whole Grain Tortilla Wrap
Black Beans (1/2 c.)
Salsa (unlimited)
Shredded Monterrey Jack Cheese (1/4 c.)
Side Salad (unlimited)
Vinaigrette Dressing (1-2 Tbsp.)

500 CAL, 12g FAT, 45g CARB, 10g fiber, 28g PRO
4 servings PRO; 3 servings CARB

Grilled Chicken Breast (3-4 oz.)
Brown Rice (1 cup cooked)
Shredded Cabbage (unlimited)
Peanut Dressing (2 Tbsp.)
Crushed Peanuts (2 Tbsp.)

500 CAL, 10g FAT, 45g CARB, 5g fiber, 30g PRO
4 servings PRO; 3 servings CARB

Garlic Roasted Pork (4 oz.)
Small Baked Sweet Potato
Quinoa (1/2 c. cooked)
Roasted Broccoli (unlimited)

350 CAL, 11g FAT, 45g CARB, 7g fiber, 30g PRO
4 servings PRO; 3 servings CARB

Baked Salmon Filet (4 oz.)
Quinoa (1 c. cooked)
Roasted Asparagus (unlimited)

450 CAL, 11g FAT, 45g CARB, 10g fiber, 25g PRO
3 servings PRO; 3 servings CARB

Grilled Shrimp (3-4 oz.)
Brown Rice (1/2 c. cooked)
Clementine (one in pieces)
Green Salad with Shredded Carrots,
Sliced Cucumber, and Cherry Tomatoes
Ginger Dressing (2 Tbsp.)

350 CAL, 5g FAT, 45 g CARB, 10g fiber, 21g PRO
3 servings PRO; 3 servings CARB

Lemon Chicken Breast (3 oz.)
Quinoa (1 cup cooked)
Roasted Vegetables (unlimited)

350 CAL, 5g FAT, 45g CARB, 10g fiber, 21g PRO
3 servings PRO; 3 servings CARB



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