

Commissary Shopping Tips

Shop with the end in sight. A healthy plate should include ½ vegetables, ¼ meat, ¼ whole grain starches and fruit for dessert.

Rules for all foods

- Avoid products with partially hydrogenated oils listed in the ingredients.
- Avoid products with *Trans* fats listed on the nutrition label.
- Limit portions of high calorie, low nutrient snack foods and drink less than 150 calories per day. (Ice-cream, cake, cookies, soda, fried foods, chips and dips)

Produce Section (Fruits and Vegetables)

- There are no limits here! Eat them all and often!
- Consume dark green vegetables 3-5 times per week. (Broccoli, spinach, collards, okra)

Grains, Starches, and Sugars

- Choose pasta, bread, cereals, and flour with whole-wheat or whole grain, as the 1st ingredient listed, preferably with 100% whole wheat advertised on the package.
- These products should provide 2-4 grams of fiber for every 15 grams of carbohydrate.
- Limit sugar to less than 5 grams per serving.

Protein

- Choose vegetable sources of protein as often as possible. (Tofu, soy, beans, nuts, seeds)
- Select low-fat and lean looking cuts of meat. Leaner veal and beef cuts have "loin" or "round" in their names. Lean pork cuts have "loin" or "leg" in their names.
- Limit egg yolks to 2-3 per week.

Fat

- Eat small portions (1-3 ounces) of unsalted nuts and seeds daily.
- Choose oils, dressings, and sauces high in omega-3 fatty acids, mono-and poly-unsaturated fat. (Salmon, ground flaxseed, olive, canola, soybean, peanut, and fish oil, avocado, and olives)
- Avoid saturated fat, *Trans* fat, cholesterol, and partially hydrogenated oils.

Milk and Yogurt

- Choose low saturated fat milk, cheese, and yogurt (Skim or 1% is ideal).
- Avoid high sugar, flavored milks and yogurts.
- Don't drink milk? Try calcium fortified juices, soy milk, and high calcium vegetables. (Swiss chard, chicory, collard greens, arugula, kale, mustard greens, spinach)



Grocery List

Produce

- 1 Onion
- Celery
- Fresh basil
- 1 shallot
- Grape tomatoes
- Bag of frozen broccoli (vegetable of choice)
- 1-2 bags of romaine lettuce
- 1 Can mixed vegetables
- 1 Can pineapple chunks in juice
- Dried cranberries
- Raisins

Dairy

- Low-fat cream cheese
- Reduced-fat sour cream
- Fat-free yogurt

Protein or Meat

- 1 lb ground beef (93/7 or 80/20 lean)
- Dozen eggs
- 1 lb shrimp (21-25 per lb)
- 1 Can pork and beans
- 6 ounces of chicken breast
- 6 ounces ground turkey (93/7 or 80/20 lean)
- 1 Bag of part-skim mozzarella cheese, shredded

Beverage

- Green tea
- Coffee (limit sugar and cream)
- Seltzer (flavored)
- Low-fat milk
- 100% fruit juice

Grains and Breads

- 100% Whole wheat bread
- 100% Whole wheat pita bread
- 10-inch whole wheat tortilla

- Whole wheat hamburger bun
- Whole wheat crackers
- Whole grain brown rice, microwavable
- 1-minute instant Oatmeal, unflavored
- Box of Bulgur
- 1 Bag tater tots
- High fiber, low sugar cereal
- High sugar cereal of choice

Oils and Fats

- Peanut butter (preferably natural)
- Low-fat Ranch dressing
- Walnuts
- Olive oil

Condiments

- Ketchup
- Minced chopped garlic in a jar
- Reduced fat mayonnaise
- White-wine vinegar
- Salt
- Pepper
- Garlic powder
- Bottle chili sauce
- Brown sugar
- Pickles
- 1 jar of wheat germ
- 1 jar of jelly

Snacks

- Whole wheat pretzels
- Hummus
- Whole fruit
- Low-fat yogurt
- Granola bars
- Salsa
- Baked Nachos
- Nuts and seeds
- Trail mix

**Microwave cooking times may vary depending on the amount and thickness of the meat and strength of the microwave. Please use caution when consuming any meats. Ensure that meat is cooked thoroughly before cooking and clean all utensils with dish detergent and hot water each time they contact uncooked meat.*

**Always use microwave safe bowls when cooking any foods in the microwave.*



Freeze unused bread, tortillas and buns to avoid excess waste. Remove needed portions the day before to allow for thawing in the refrigerator.

Sunday

Breakfast

Onion omelet sandwich (290-440 Calories)

- 3 egg whites (50 Calories)
- 1 whole egg (80 Calories)
- 1-2 slices whole wheat bread (80-160 calories)
- ¼ Cup finely minced onion (10 calories)
- 1-2 ounces part-skim mozzarella cheese, shredded (70-140 Calories)

Mix egg, egg whites and onions in a microwave safe bowl. Cook in microwave on medium heat for about 4 minutes. Stop cooking and stir 2-3 time during the 4 minutes. Egg mixture should no longer be liquid when done. Sprinkle cheese and fold egg in half with a spatula or cut into quarters. Serve on toasted bread.*

Lunch

Chicken Salad Sandwich (525 calories)

- 2 ounces lean chicken breast (cooked and diced) (95 calories)
- 1 Tablespoon reduced fat mayonnaise (20 calories)
- 1 celery stalk, diced (0 calories)
- ¼ Cup tomatoes, chopped (10 calories)
- 1 ounce dried cranberries (85 calories)
- 1 Cup Romaine lettuce (10 calories)
- 1 Tablespoon olive oil (120 calories)
- 1 ounce walnuts (185 calories)

*Cook thawed chicken breast in microwave for about *2-4 minutes. Ensure that there is no longer any red when chicken breast is cut through. Dice chicken and stir with mayonnaise, chopped celery and dried cranberries. Serve on pita bread. Serve with a lettuce, walnut, cranberry and olive oil side salad.*

Dinner:

Bulgur Meatloaf (Modified from Eating Well Recipe) (Divide into 1/4th for 355 calories)

- 1 Cup prepared bulgur (150 Calories)
- 1/4 Cup ketchup (60 Calories)
- 1/4 Cup finely minced onion (10 Calories)
- Minced garlic (to taste) (0 Calories)
- 1 egg (80 Calories)
- 1 lb lean ground beef (1120 Calories)

Mix all ingredients except the ground beef and then add the ground beef. Mix the ingredients thoroughly with your hands and shape the mixture into a loaf. Choose most appropriate cooking option for you.



Microwave: Place in microwave safe dish and cook on low for approximately 20-25 minutes.

Oven: Place aluminum foil on a baking sheet and shape the meat mixture into a loaf on the baking sheet. Bake in a 350 degree oven for about 45 minutes.

Serve with frozen broccoli or vegetable of your choice.

Monday

Breakfast

Peanut Butter Oatmeal (340 calories)

- ½ Cup 1-minute instant oatmeal, dry (swells to about 1 cup when cooked) (150 calories)
- 2 Tablespoon Peanut Butter (preferably natural peanut butter) (190 calories)
- Cinnamon (0 calories)

Top dry oatmeal with peanut butter and cinnamon to taste. Add water and cook in microwave on high for 1-2 minutes. Increase or decrease water to adjust for desired oatmeal texture.

Dinner

Shrimp Salad (455 calories) (Divide into ½ portions for 230 calories)

- 1 pound peeled and cooked shrimp (tails removed and chopped) (450 calories)
- 1 stalk celery, finely diced (0 calories)
- ¼ Cup minced fresh basil (0 calories)
- 1 medium shallot, minced (5 calories)
- 2 Tablespoons reduced-fat mayonnaise (40 calories)
- 1 Tablespoon white-wine vinegar (0 calories)
- Pinch of pepper (0 calories)
- Grape tomatoes (10 calories)

Thaw shrimp under cold running water. Combine shrimp, celery, basil, shallot, mayonnaise, vinegar and pepper in a medium bowl. Stir to combine. Slice tomatoes into bite-sized pieces and add to the mix. Scoop ½ cup of shrimp salad into a bowl to serve. Serve with whole wheat crackers, 100% whole wheat bread or over a bed of romaine lettuce.

Tuesday

Breakfast

Cereal (240 calories)

- 1 Cup high fiber, low sugar cereal (120 calories)
- 1-2 Tablespoons of high sugar cereal (20 calories)
- 1 Cup low fat milk (100 calories)

Top high fiber, low sugar cereal with high sugar cereal. Add low fat milk.

Dinner

Personal pizza (570 calories)



- 100% whole wheat pita bread (170 calories)
- ½ Cup tomato sauce (increase or reduce to taste) (40 calories)
- ¼ Cup part-skim mozzarella cheese, shredded (220 calories)
- 3-ounce chicken breast, cooked and cut into small pieces (140 calories)

*Cook thawed chicken breast in microwave for about *2-4 minutes. Ensure that there is no longer any red when chicken breast is cut through. Spread tomato sauce and cheese on a whole wheat pita and top with chicken. Cook in microwave on medium for about 1 minute or until the cheese melts. Serve with side salad of romaine lettuce, low-fat dressing, tomatoes, onions, walnuts and dried cranberries.*

Wednesday

Breakfast

Cinnamon Raisin Oatmeal (340-355 calories)

- ½ Cup 1-minute instant oatmeal, dry (swells to about 1 cup when cooked) (150 calories)
- 1 ounce raisins (85 calories)
- 1 Tablespoon peanut butter (preferably natural peanut butter) (95 calories)
- 1-2 teaspoon cinnamon (0 calories)
- 1-2 teaspoon brown sugar (10-25 calories)

Mix oatmeal, raisins and cinnamon together. Top with peanut butter. Add water and heat in microwave for 1-2 minutes. Add brown sugar and mix thoroughly.

Dinner

Hobo Stew (350 calories)

- 6 ounces lean ground beef (290 calories)
- ½ Cup canned mixed vegetables (40 calories)
- 1 teaspoon garlic powder (5 calories)
- 1 teaspoon pepper (0 calories)
- 1 teaspoon salt (optional) (0 calories)
- ¼ Cup minced onion (15 calories)

Mix all ingredients and place in a microwave safe bowl. Cook on high for about 4-6 minutes. Serve with a side of pork and beans.*

Thursday

Breakfast

Peanut Butter Toast (270-350 calories)

- 1-2 slices whole wheat bread (80-160 calories)
- 2 Tablespoons peanut butter (preferably natural) (190 calories)

Toast bread to desired darkness and smear with peanut butter. Cook in microwave for 10-20 seconds to warm peanut butter.



Dinner:

Taco (370 calories)

- 3 ounces lean ground turkey (180 calories)
- 1 teaspoon low-fat cream cheese (10 calories)
- 1 teaspoon reduced-fat sour cream (10 calories)
- 3 Tablespoons salsa (20 calories)
- Shredded romaine lettuce (0 calories)
- ¼ Cup diced grape tomato (10 calories)
- 1 Tablespoon part-skim mozzarella cheese, shredded (50 calories)
- 10-inch whole wheat tortilla (90 calories)

Place turkey in a microwave safe bowl and cook in the microwave on high for about 4-6 minutes. Stop occasionally and break up meat with a spoon until no longer pink. Sandwich a tortilla between two damp paper towels and microwave for 30-60 seconds or until hot. Mix together cream cheese and sour cream until smooth. Spread over tortilla and add cooked ground beef, salsa, lettuce, tomato, and cheese to taste.*

Friday

Breakfast

Breakfast Parfait (Modified from Eating Well Recipe) (320 calories)

- 1 Cup low-fat plain yogurt (150 calories)
- 1 Cup pineapple chunks (120 calories)
- 2 teaspoons toasted wheat germ (50 calories)

Place yogurt in a small bowl. Top with fruit and sprinkle with wheat germ.

Dinner

Chicken Wrap (350 calories)

- 3 ounce chicken breast, cooked and cut into slices (140 calories)
- 10 inch whole wheat tortilla (90 calories)
- 1 Tablespoon low-fat Ranch dressing (50 calories)
- 1 Cup romaine lettuce (10 calories)
- ¼ Cup diced grape tomatoes (10 calories)
- 1 Tablespoon part-skim mozzarella cheese, shredded (50 calories)

Cook thawed chicken breast in microwave for about 2-4 minutes. Ensure that there is no longer any red when chicken breast is cut through. Spread a tortilla with low-fat ranch salad dressing. Add 1 cup of romaine lettuce and cooked chicken strips. Top off with tomatoes. Sprinkle with cheese.*

Saturday

Breakfast



Breakfast Burrito (330 calories)

- 10-inch whole wheat flour tortilla (90 calories)
- 1 Tablespoon salsa (10 calories)
- 2 Tablespoons part-skim mozzarella cheese, shredded (100 calories)
- 3 egg whites (50 calories)
- 1 whole egg (80 calories)

Mix egg and egg whites in a microwave safe bowl. Cook in microwave on medium heat for about 4 minutes. Stop cooking and stir 2-3 time during the 4 minutes. Egg mixture should no longer be liquid when done. Scramble cooked eggs. Top tortilla with salsa and cheese. Heat in the microwave about 25-35 seconds or until the cheese is melted. Add scrambled eggs to tortilla and fold.*

Lunch

Peanut Butter and Jelly (360-460 calories)

- 2 Tablespoon Peanut Butter (preferably natural peanut butter) (190 calories)
- 1 Tablespoon jelly (50 Calories)
- 2 slices 100% whole wheat bread (160 calories)
- 1-2 ounces whole wheat pretzels (100-200 calories)
- 2 Tablespoons hummus (50 Calories)

Spread peanut butter and jelly on toasted bread. Serve with whole wheat pretzels and hummus.

Dinner

Turkey Sloppy Joe's (435-500 calories)

- 3 ounces lean ground turkey (140 calories)
- ¼ Cup plus 2 tablespoons chili sauce (50 calories)
- 1-2 teaspoons brown sugar (10-25 calories)
- 1 toasted hamburger bun (85 calories)
- 1 Cup Tater tots (150-200 calories)

Mix turkey, chili sauce and brown sugar together with hands and place in a microwave safe bowl. Cook in the microwave on high for about 2-3 minutes. Break meat up with a spoon, until no longer pink. Warm hamburger bun in the microwave for 10-15 seconds and spoon Sloppy Joe mixture onto bun. Serve with pickle and baked tater tots. (Follow microwave instructions on tater tots package.)*

How many calories do you need?

Rough Estimates for Resting Metabolic Rate (Calories needed each day)

- Weight loss or sedentary lifestyle:
 - Bodyweight in lbs x 10-11= daily calories needed
- Weight maintenance and moderately active lifestyle:
 - Bodyweight in lbs x 12-14= daily calories needed
- Muscle gain via resistance training or highly active lifestyle:



- Bodyweight in lbs x 15-17= daily calories needed

Harris Benedict Equation:

Men:

- Basal Metabolic Rate = $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Women:

- Basal Metabolic Rate = $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Activity Factors: Multiply Basal Metabolic Rate by Activity Factor below for total calories needed each day

- 1.200 = sedentary (little or no exercise)
- 1.375 = lightly active (light exercise/sports 1-3 days/week)
- 1.550 = moderately active (moderate exercise/sports 3-5 days/week)
- 1.725 = very active (hard exercise/sports 6-7 days a week)
- 1.900 = extra active (very hard exercise/sports and physical job)

Example:

70 inch, 160 pound, 21- year old Male who is moderately active.

Use Male Calculation

- $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Plug in weight, height and age

- $66 + (6.23 \times 160) + (12.7 \times 70) - (6.8 \times 21)$

Compute calculations inside the parenthesis

- $66 + (996.8) + (889) - (142.8)$

Complete calculations

- 2094.6

Multiply final number by activity factor and round up to nearest whole number

- 3246.63 rounds up to 3247 calories needed each day to maintain body weight

1. Subtract 500-1000 calories or increase physical activity to promote approximately 1-2 pounds of weight loss per week.
2. Add approximately 500 calories each day and follow an appropriate resistance training program to increase lean muscle mass.

