

calorie wisdom: a day of healthy choices

Understanding calorie balance is important for long term weight maintenance. Many factors influence your calorie level:

- Age
- Weight
- Height
- Gender
- Activity Level
- Body composition

Contact the *Optimal You* Registered Dietitians to determine if you're aiming for the right calorie level. The three examples here show calorie levels that also balance macronutrients (fat, protein and carbs) and hit the fiber goal for the day.



1600 Calories

BREAKFAST

3/4 c plain Greek yogurt
1/2 c blueberries
1 tsp honey
20 almonds
1 T chia seed

LUNCH

2 T hummus
4 oz chicken
1 c cherry tomatoes
2/3 c chickpeas
2 T feta cheese
1/4 avocado

DINNER

4 oz salmon
1 c wild rice
2 T sunflower seeds
1/2 c broccoli
1 c asparagus
1 T olive oil

SNACKS

1 hardboiled egg
2 kiwi

1609 calories

161 g carb, 70 g fat, 98 g protein
33 g fiber

2000 Calories

BREAKFAST

3/4 c plain Greek yogurt
1 c blueberries
1/2 c raspberries
1 T honey
20 almonds
1 T chia seed

LUNCH

4 T hummus
4 oz chicken
1 c cherry tomatoes
3/4 c chickpeas
2 T feta cheese
1/4 avocado

DINNER

5 oz salmon
1 c wild rice
2 T sunflower seeds
1/2 c broccoli
1 c asparagus
1 T olive oil

SNACKS

1 hardboiled egg
2 kiwi
1/4 c dried cherries (no sugar)

1975 calories

209 g carb, 86 g fat, 112 g protein
46 g fiber

2400 Calories

BREAKFAST

1 c plain Greek yogurt
1 c blueberries
1/2 c raspberries
1 T honey
20 almonds
2 T chia seed

LUNCH

4 T hummus
4 oz chicken
1 c cherry tomatoes
3/4 c chickpeas
1/2 c quinoa
2 T feta cheese
1/4 avocado

DINNER

5 oz salmon
1 1/4 c wild rice
2 T sunflower seeds
1/2 c broccoli
1 c asparagus
1 T olive oil

SNACKS

1 hardboiled egg
2 kiwi
1 Kind Bar
1/4 c dried cherries (no sugar)

2423 calories

265 g carb, 105 g fat, 130 g protein
59 g fiber



Contact Wendy.Brookhouse@Amway.com or Sarah.Vaneerden@Amway.com for a FREE nutrition consultation.