
Sample Menus for a 1500 Calorie Diet

If you are following a 1500 calorie diet, here are some sample menus. As recommended by the Dietary Guidelines for Americans 2020-2025, there may be differences in the recommended number of servings for adults.

Measurement guide:

C = Cup

oz = ounce

T = Tablespoon

Food Groups	Total Number of Recommended Servings for Adults
Grains	5 ounce/day = ½C prepared, 1 slice
Fruits	1 ½ cup/day; 1C = size of fist
Dairy	3 cup/day = 1C liquid, 1.5oz cheese
Vegetables	2 cup/day; 1C = fist (before cooked)
Protein foods (meats, poultry, eggs, seafood, nuts, seeds, soy products)	5 ounce/day; 3oz = deck of cards, 1 egg, 1T nut butter, ½ oz seeds/nuts, ¼C beans
Oils	1 ½ T/day
Treats	100 calories/day

Day 1

Meals/Snacks	Food Group	Calories
Breakfast		
1 C cooked oatmeal	2 grains	150
1C frozen blueberries	1 fruit	75
1C skim milk	1 dairy	75
1/2 T butter	1 oil	45
	Total calories	350
Lunch		
2 slices whole grain bread	2 grains	200
1 oz cheese	1 dairy	80
4 oz turkey	2 proteins	100
	Total calories:	380
Dinner		
4 oz cooked chicken breast	1 protein	200
3C steamed broccoli	3 vegetables	90
1/2C cooked brown rice	1 grain	100
	Total calories:	390
Snacks		
5 Whole Grain Crackers	1 grain	100
1 oz cheese	1 dairy	100
1 large Banana	2 fruits	100
1 T nut butter	1 protein	100
	Total calories:	400
Food Groups		
Grains	6 grains	
Fruit	3 fruits	
Dairy	3 dairy	
Vegetables	3 vegetables	
Proteins	4 proteins	
Oils	<total servings/day	
	Total calories:	1520

Day 2

Meals/Snacks	Food Group	Calories
Breakfast		
1 slice whole grain bread	1 grain	80
2 eggs	1 protein	140
¼ T butter	1 oil	25
1 medium orange	2 fruits	60
1C skim milk	1 dairy	75
	Total calories:	380
Lunch		
2 slices whole grain bread	2 grains	160
2 oz lean turkey	2 proteins	60
1 slice cheese	1 dairy	80
	Total calories:	300
Dinner		
3oz baked salmon	3 proteins	170
3C baked broccoli	3 vegetables	90
½ T olive oil	1 oil	45
½C cooked brown rice w/seasonings	1 grain	170
	Total calories:	475
Snacks		
¼C almonds	1 protein	200
Small apple	1 fruit	60
Treat		100
	Total calories:	360
Food Groups		
Grains	4 grains	
Fruit	3 fruits	
Dairy	2 dairy	
Vegetables	3 vegetables	
Proteins	7 proteins	
Oils	<total servings/day	
	Total calories:	1520

Day 3

Meals/Snacks	Food Group	Calories
Breakfast		
1C plain yogurt	1 dairy	130
1 large banana	2 fruits	120
½C rolled oats	1 grain	150
1 T natural peanut butter (smoothie)	1 protein	90
	Total calories:	490
Lunch		
1C black bean soup	4 proteins	175
1.5 oz shredded cheese	1 dairy	125
1C whole grain crackers	2 grains	200
	Total calories:	400
Dinner		
3 oz. pork chop	3 proteins	225
½C mashed potatoes	1 vegetable	80
1C cooked spinach	2 vegetables	50
¼ T butter	1 oil	45
1C skim milk	1 dairy	75
	Total calories:	475
Snacks		
Treat		100
	Total calories:	100
Food Groups		
Grains	3 grains	
Fruit	2 fruits	
Dairy	3 dairy	
Vegetables	3 vegetables	
Proteins	8 proteins	
Oils	<total servings/day	
	Total calories:	1465

Day 4

Meals/Snacks	Food Group	Calories
Breakfast		
2 scrambled eggs	2 proteins	140
1/2C chopped onion	1 vegetable	40
1/2C chopped red pepper	1 vegetable	20
1.5 oz crumbled cheese	1 dairy	120
2 slices whole grain toast	2 grains	160
1/4 T butter	1 oil	25
1/2 T olive oil	1 oil	60
	Total calories:	565
Lunch		
1 cup baby carrots	2 vegetables	45
1C whole grain crackers	2 grains	200
1C skim milk	1 dairy	75
	Total calories:	320
Dinner		
3 oz. sirloin steak	3 proteins	225
1/2 C cooked brown rice	1 grain	170
w/seasonings		40
1C cooked spinach	1 vegetable	45
1/4 T butter	1 oil	
	Total calories:	480
Snacks		
2C Raspberries	2 fruits	120
Treat		100
	Total calories:	220
Food Groups		
Grains	5 grains	
Fruit	2 fruits	
Dairy	2 dairy	
Vegetables	5 vegetables	
Proteins	5 proteins	
Oils	<total servings/day	
	Total calories:	1585