

## PURPOSE

The Be Fit Eat Fit program is a tool designed to help you achieve and sustain your fitness goal.

## How to Read

All meals are under 700 calories and less than 35% of calories are derived from fat. A typical meal will list the total calories, grams of fat, and percentage of calories from fat. Example: 556/15.5/25%



## Balanced Breakfast Ideas

- Choose a protein (examples: Scrambled/Boiled Eggs, Bacon, Sausage Patty, or Creamed Beef)
- Choose a grain, preferably whole grain (examples: Wheat Toast, Whole Grain Cereal, Oatmeal)
- Choose either 1%/Skim Milk or Yogurt
- Choose Whole Fruit

## Best Dessert Options

(Limit Intake) <200 calories per serving

- Fruit Gelatin
- Chocolate Chip Cookie
- Pudding
- Sugar Cookie
- Fruit Salad
- Angel Food Cake

## Beverages

- Limit intake of regular soft drinks
- Limit intake of 100% juice to one 8oz. glass per day
- Consume low-fat milk, water, and/or unsweetened tea more often



**Be Fit**



**Eat Fit**

**Be Fit**



**Eat Fit**

at your Maxwell-Gunter  
Dining Facility



Contact your Health and  
Wellness Center (HAWC)  
for a personalized  
fitness or nutrition plan.

## Chicken and Turkey Entrees

### Baked Chicken

Broccoli  
Carrots  
Mashed Potatoes  
Whole Fruit  
556/15.6/25%

### Caribbean Jerk Chicken

Peas w/Mushrooms  
& Onions  
Rice  
Whole Fruit  
658/10/15%

### Baked Chicken

Mixed Vegetables  
Sweet Potato  
Angel Food Cake  
658/17/23%

### Mexican Baked Chicken

Spanish Beans  
Corn  
Whole Fruit  
Carrot cake  
583/15/22%

### BBQ Chicken

Carrots  
Broccoli  
Dinner Roll  
Whole Fruit  
692/20/26%

### Lemon Chicken

Cauliflower  
Broccoli  
Scalloped Potatoes  
Banana Pudding  
618/11.8/17%

### Baked Chicken

Broccoli  
Carrots  
Baked Potato  
Peas  
Whole Fruit  
584/8/12%

### Roast Turkey

Green Beans  
Cornbread Dressing  
Whole Fruit  
630/24.5/35%

### Baked Chicken

Mixed Vegetables  
Green Beans  
Mashed Potatoes  
Whole Fruit  
619/10/14.5%

### Roast Turkey

Cauliflower  
Collard Greens  
Corn  
Whole Fruit  
521/11/5/19.8%

### Ginger BBQ Chicken

Greens  
Mashed Potatoes  
Black Eyed Peas  
Chocolate Chip Cookie  
660/18/24%



## Fish and Shrimp Entrees

### Baked Fish

Cauliflower Combo  
Mixed Vegetables  
Au Gratin  
Whole Fruit  
645/20/28%

### Baked Fish

Carrots  
Potato  
Whole Fruit  
Sugar Cookie  
557/13.5/22%

### Baked Fish

Spinach  
Potatoes  
Rice Pilaf  
Whole Fruit  
520/10/18%

### Fried Fish

Broccoli  
Peas with Carrots  
Corn  
Whole Fruit  
Angel Food cake  
577/4.5/7%

### Fish Almandine

Fried Okra  
Corn Roll  
Whole Fruit  
635/18.5/26%

### Creole Shrimp

Asparagus  
Squash  
Steamed Rice  
Whole Fruit  
Yellow Cake  
680/22/33%

### Oven Fried Fish

Broccoli Sweet Potatoes  
Whole Fruit  
539/1.85/3%

### Fish w/Lemon Butter

Spinach  
Squash  
Roll  
654/20/27%

## Beef and Pork Entrees

### BBQ Beef Cubes

Cauliflower  
Corn  
Whole Fruit  
Sugar Cookie  
631/21/30%

### Lasagna

Broccoli  
Cauliflower-Parmesan  
Whole Fruit  
546/21.7/35%

### Meat Loaf

Greens  
Mashed Potatoes  
Whole Fruit  
650/26/25%

### Pork Loin

Carrots  
Potato Halves  
Corn  
Whole Fruit  
503/18.7/33%

### Swiss Steak

Asparagus  
Brown Rice  
Whole Fruit  
636/23/32%

### Mexican Pork Chops

Spanish Rice  
Spinach  
Corn  
Whole Fruit  
617/14/20%

### Spaghetti w/ Meat Sauce

Squash  
Carrots  
Broccoli  
Whole Fruit  
617/14/20%

### Roast Pork Loin

Cauliflower Combo  
Green Beans  
Potatoes  
Whole Fruit  
611/22/33%

### Stir Fry Beef

Green Beans  
Rice Pilaf  
Whole Fruit  
Chocolate Chip Cookie  
568/18.5/29%

