



# DINNER AND DESSERT FOR UNDER 500 CALORIES

Trying to meet those calorie goals without, you know, feeling hungry all the time or turning to snacks that taste like cardboard? Here's a meal that tastes amazing, fills you up and even satisfies your sweet tooth along the way. The protein in lean beef helps keep you full longer, and this balanced meal is fiber-rich due to vegetables like spaghetti squash and spinach.

## Recipe for Meat Sauce (makes 4 servings)

- 1 pound Ground Beef (93% lean or higher)
- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 can (14.5 ounces) Italian-style diced tomatoes
- 1 can (6 ounces) tomato paste
- ¼ to ½ teaspoon crushed red pepper

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## Ingredients for this dish

- 1 cup cooked meat sauce
- 1.5 cups cooked spaghetti squash
- 2 cups fresh spinach, chopped
- basil leaf, for garnish

## Ingredients for dessert

- ½ cup nonfat greek yogurt
- ¼ cup fresh blackberries

## This Meal is High in

**Protein 46.6g**  
**Fiber (46.4%DV)**  
**Iron (59.4%DV)**  
**Potassium (36.6%DV)**  
**B12 (117%DV)**  
**Zinc (66.4%DV)**

**Nutrition Information Per Serving:** 482 Calories; 9.0g Total Fat (3.5g Sat Fat; 0.2g Trans Fat; 0.8g Polyunsaturated Fat; 3.4g Monounsaturated Fat); 92mg Cholesterol; 948mg Sodium; 58g Total Carbohydrate; 12.8g Dietary Fiber; 29g Total Sugars; 0g Added Sugars; 46.6g Protein; 366.4mg Calcium; 10.8mg Iron; 1730mg Potassium; 0mcg Vitamin D; 0.3mg Riboflavin; 9.7mg NE Niacin; 0.8mg Vitamin B6; 2.8mcg Vitamin B12; 488.5mg Phosphorus; 7.4mg Zinc; 24.5mcg Selenium; 133mg Choline.



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# BURRITO BOWLS

People who eat a higher-protein diet (about 30% of daily calories from protein) feel more satisfied, which may help prevent overeating.<sup>1,2,3</sup> The great news is that a 3-oz serving of cooked beef provides 25 grams of protein and other essential nutrients in one tasty package for about 170 calories.<sup>4</sup> To get the same amount of protein from pinto beans in this burrito bowl, you'd need to add 1 $\frac{2}{3}$  cups, which would be over 400 calories.<sup>5</sup>

The bottom line is that beef gives your body more high-quality protein, which may help you achieve and maintain a healthy weight and preserve and build muscle.

### Veggie Burrito Bowl (left):

- $\frac{3}{4}$  cup cooked brown rice
- $\frac{1}{2}$  cup romaine, sliced thin
- $\frac{3}{4}$  cup pinto beans
- $\frac{1}{2}$  cup corn
- 6 cherry tomatoes, cut in half
- $\frac{1}{3}$  avocado, diced
- 2 Tbsp diced purple onion
- cilantro, for garnish

#### Nutrition information per serving:

514 Calories  
94g Carbs  
8.8g Fiber  
10.9g Fat  
1.2g Sat Fat  
18.2g Protein

**Excellent Source of:** Iron 4.1mg (22.8%DV), Zinc 2.5mg (22.7%DV)

### Beef Burrito Bowl (right):

- $\frac{1}{2}$  cup cooked brown rice
- 1 cup romaine, sliced thin
- $\frac{1}{4}$  cup pinto beans
- $\frac{1}{2}$  cup corn
- 6 cherry tomatoes, cut in half
- $\frac{1}{4}$  avocado, diced
- 2 Tbsp diced purple onion
- 3oz. cooked 96% lean ground beef
- $\frac{1}{4}$  taco seasoning packet, mixed with beef and cilantro garnish

#### Nutrition information per serving:

502 Calories  
65g Carbs  
8g Fiber  
13.4g Fat  
3.5g Sat Fat  
36g Protein

**Excellent Source of:** Iron 5.7mg (31.7%DV), Vit B12 2.4mcg (100%DV), Zinc 7.8mg (71%DV), Selenium 19.4mcg (35.3%DV)

1. Leidy HJ, et al. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *Am J Clin Nutr* 2013;97:677-88.

2. Westerterp-Plantenga MS, Luscombe-Marsh N, Lejeune MP, Diepvens K, Nieuwenhuizen A, Engelen MP, Deutz NE, Azzout-Marniche D, Tome D, Westerterp KR. Dietary protein, metabolism, and body-weight regulation: dose-response effects. *Int J Obes* 2006;30:S16-S23.

3. Leidy HJ, Bossingham MJ, Mattes RD, Campbell WW. Increased dietary protein intake consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *Br J Nutr*. 2009;101:798-8

4. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Legacy, NDB #13364. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>

5. USDA National Nutrient Database for Standard Reference. Pinto Beans. NDB 16043.





## BEEF ADDS NUTRIENTS AND FLAVOR TO SALADS

These salads above are the same with one exception: the protein source. The salad on the left has 10 walnuts, while the salad on the right includes half the number of walnuts in addition to 3 ounces of Top Sirloin. Did you notice that the calories on the two salads are similar? That's because 3 ounces of cooked, lean beef provides 25 grams of protein for around 173 calories.<sup>1</sup>

As an added benefit, when steak is included on this salad, it provides a meal that is not only rich in iron (5.5mg), but also vitamin B12 (1.5mcg), zinc (5.8mg) and choline (115.7mg). Beef is packed with key essential nutrients that complement the nutrients and flavors found in fruits and vegetables, making them the perfect team to help you reach your health goals.

### Veggie Salad (left):

- 3 cups baby spinach & arugula mix
- ½ fresh pear, sliced
- 2 Tbsp dried cranberries
- 2 Tbsp goat cheese crumbles
- 10 whole walnuts

#### Nutrition information per serving:

467 Calories, 40g Carb, 6.5g Fiber, 31.5g Fat, 6.0g Sat Fat, 13.6g Protein, 146mg Sodium

**Excellent Source of:** Fiber (23.2%DV), Protein 13.6g (27.2%DV), Iron (24.4%DV)

**Good Source of:** Zinc (13.6%DV)

### Beef on Veggie Salad (right):

- 3 cups baby spinach & arugula mix
- ½ fresh pear, sliced
- 2 Tbsp dried cranberries
- 2 Tbsp goat cheese crumbles
- 5 whole walnuts
- 3oz. grilled top sirloin steak

#### Nutrition information per serving:

492 Calories, 38g Carb, 5.2g Fiber, 23.4g Fat, 6.6g Sat Fat, 36.5g Protein, 200mg Sodium

**Excellent Source of:** Protein 36.5g (73%DV), Iron (30.6%DV), B12 (62.5%DV), Zinc (52.7%DV), Choline (21%DV)

**Good Source of:** Fiber (18.6%DV), Potassium (11.7%DV)

<sup>1</sup> US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Legacy, NDB #13364. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>