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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat english muffin 1 tbsp peanut butter 1 cup nonfat milk 1 orange	1 cup oatmeal cooked with 1 cup nonfat milk 2 tbsp raisins 2 tbsp sliced almonds Cinnamon to taste	2 whole wheat waffles 1 medium banana ½ cup nonfat milk	1 cup frosted mini wheats 1 cup nonfat milk 1 orange	1 cup cooked oatmeal made with ½ cup nonfat milk with ¾ cup frozen unsweetened blueberries	1 whole wheat english muffin (toasted) 2 tbsp peanut butter 1 banana	1 cup frosted mini wheats 1 cup nonfat milk 1 orange
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Egg salad pita (2 hard-boiled eggs, chopped, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 whole wheat tortilla 1 apple	Leftovers: veggie burrito bowl (1 cup brown rice, ½ cup black beans, ¼ cup light shredded cheddar cheese, ½ cup diced tomatoes, ½ cup fresh lettuce) 2 slices of fresh avocado	Black bean fajita wrap (½ cup black beans, ¼ cup diced tomatoes, 1 cup shredded lettuce, 2 tbsp light sour cream, 1 whole wheat tortilla) 1 apple	Leftovers: pita pizza (1-6.5"whole wheat pita, ½ cup Tomato sauce, ¼ cup reduced fat shredded cheese) 1 cup cucumber slices ¼ cup hummus	Garden salad (¼ cup light shredded mozzarella, 5 cherry tomatoes, ½ cup cucumber, 2 cups mixed salad greens, 3 tbsp light ranch dressing) 18 reduced fat wheat thins ¼ cup hummus 1 pear	Leftovers: egg salad pita (2 hard-boiled eggs, chopped, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 apple	Grilled cheese and tomato sandwich (1 whole wheat pita, 1 slice of cheddar cheese, 2 slices of tomato, olive oil spray to grill) 8 baby carrots 1 cup sliced cucumber 1 ½ tbsp light ranch dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz low-fat vanilla yogurt ¼ cup granola ¾ cup blueberries (frozen, unsweetened)	Snack mix (3 cups light popcorn, 2 tbsp chocolate chips) 1 pear	6 oz light flavored yogurt 2 graham cracker squares	1 chocolate rice cake 1 tbsp peanut butter	Apple with cinnamon 6 oz light flavored yogurt	6 oz light vanilla yogurt ½ cup peaches canned in own juice	Banana ½ cup chocolate pudding 1 tbsp peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Veggie burrito bowl (½ cup brown rice, ½ cup black beans, ¼ cup light shredded cheddar cheese, ½ cup diced tomatoes, ½ cup fresh lettuce) 1 cup asparagus, grilled, roasted or steamed	Pita pizza (1-6.5"whole wheat pita, ½ cup tomato sauce, ¼ cup reduced fat shredded cheese)	Tofu and broccoli casserole (4 oz tofu, 1 ½ cup steamed broccoli, ½ cup light shredded cheddar cheese, 1 cup brown rice, 1 tbsp olive oil)	Zucchini and egg frittata (1 cup zucchini, 2 whole eggs, ¼ cup reduced fat cheddar cheese) 1 potato, cut up and roasted with 1 tablespoon of olive oil Herbs, salt and pepper to taste.	1 black bean veggie burger 1 cup sweet potato, mashed or roasted 1 cup steamed broccoli 1 tbsp light butter spread	Quinoa, veggie and bean bowl (1 cup quinoa, ½ cup pinto beans, 1 cup mixed vegetables) 2 avocado slices Herbs, salt and pepper to taste.	Leftovers: zucchini and egg frittata (1 cup zucchini, 2 whole eggs, ¼ cup reduced fat cheddar cheese) 1 potato, cut up and roasted with 1 tablespoon of olive oil Herbs, salt and pepper to taste.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup cooked oatmeal 1 cup nonfat milk 1 tbsp light butter ½ cup frozen blueberries	1 whole wheat english muffin 6 oz light flavored yogurt 1 tbsp light butter spread 2 tbsp peanut butter	24 frosted mini wheats 1 cup nonfat milk	½ cup nonfat milk 1 cup cooked oatmeal	Egg and cheese (1 whole egg, 1oz reduced fat cheese, 1 tbsp light butter spread, 1 whole wheat english muffin) 1 cup nonfat milk	24 frosted mini wheats ½ cup nonfat milk	1 cup nonfat milk 1 whole wheat english muffin 2 tbsp peanut butter 1 whole egg Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken bbq wrap (4 oz grilled chicken, 2 tbsp bbq sauce, 1 oz light cheddar cheese) 1 whole wheat tortilla (8")	4 oz tilapia 2 cups spinach salad 2 tbsp raspberry vinaigrette dressing 2 tbsp gorgonzola cheese ½ cup grapes	4 oz tilapia 2 cups spinach salad 2 tbsp raspberry vinaigrette dressing 2 tbsp gorgonzola cheese ½ cup grapes	Chicken wrap (4 oz chicken, 1 tbsp light sour cream, ¼ cup reduced fat shredded cheese, ¼ cup salsa, small whole wheat pita) ½ cup pineapple, canned in own juice	Leftovers: turkey pita (mix 3 oz chopped turkey, 1 tbsp reduced fat mayo, 1 stalk diced celery, ½ diced apple, salt and pepper) place in 1 whole wheat tortilla	Chicken hummus wrap (5 oz chicken, ¼ cup hummus, lettuce, tomato, cucumber, 1 ½ tbsp light italian dressing wrapped in 1 whole wheat tortilla) Orange	6 oz honey almond crusted tilapia 2 cups spinach salad 1 ½ tbsp light italian dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz light flavored yogurt ¼ cup roasted almonds	½ cup cottage cheese ½ cup pineapple (canned in own juice)	6 oz light flavored yogurt ¼ cup roasted almonds	Trail mix (¼ cup mixed nuts, 10 mini pretzels, 1 tbsp chocolate chips, 1 tbsp raisins)	½ apple 1 tbsp peanut butter	6 oz low-fat plain yogurt ½ cup frozen, unsweetened, blueberries	½ cup fat-free chocolate pudding ½ cup grapes
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Lemon herb tilapia (6 oz tilapia baked with lemon juice and herbs of choice) 1 cup brown rice, cooked 1 cup snow peas 1 tbsp olive oil	Rosemary pork loin (4oz) and red skin potatoes (1 small, cubed) 1 tbsp olive oil 2 cups vegetable blend 1 tbsp light butter	6 oz roasted chicken 1 cup steamed broccoli with 1 oz light cheddar cheese 1 tbsp olive oil	5 oz roasted turkey ½ cup baked sweet potato 2 tbsp light butter ½ cup spinach	Pasta primavera with chicken (1 cup whole wheat pasta, ¼ cup ricotta cheese, 1 cup italian vegetable blend, 5 oz chicken, 1 tbsp olive oil, 1 tbsp grated parmesan cheese) salt and pepper	Honey almond crusted tilapia (6 oz tilapia, 1 tbsp honey (spread on fish), seasonings of choice mixed with ¼ cup chopped almonds (dip fish in nuts after honey coated)) 2 cups broccoli 1 tbsp light butter spread	Turkey sausage sandwich (4 oz lean turkey sausage, 1 cup cooked bell peppers and ½ cup onions, 1 tbsp light butter spread) on a whole wheat roll

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat english muffin 2 tbsp peanut butter 1 cup nonfat milk Orange	1 cup oatmeal cooked with 1 cup nonfat milk 2 tbsp raisins Cinnamon	2 whole wheat waffles 1 medium banana ½ cup nonfat milk	1 cup frosted mini wheats 1 cup nonfat milk 1 orange	1 cup cooked oatmeal made with ½ cup nonfat milk with ¾ cup frozen unsweetened blueberries	1 whole wheat english muffin (toasted) 2 tbsp peanut butter 1 banana	1 cup frosted mini wheats 1 cup nonfat milk 1 cup grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna wrap (3oz tuna packed in water, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 whole wheat tortilla Apple	Leftovers: 5 oz tilapia topped with 1 cup marinara sauce 1 whole wheat roll ½ cup mandarin oranges	Leftovers: turkey fajita wrap (4 oz cooked lean ground turkey, ¼ cup diced tomatoes, 1 cup shredded lettuce, 1 tbsp light sour cream, 1 whole wheat tortilla) Apple	4 oz bbq chicken strips (2 tbsp bbq sauce) ½ cup brown rice 8 baby carrots 1 stalk celery, cut 2 tbsp light ranch ½ cup applesauce	Leftovers: steak salad (3 oz broiled flank steak, ¼ cup light shredded mozzarella, 5 cherry tomatoes, ½ cup cucumber, 2 cups mixed salad greens, 3 tbsp light ranch dressing) 18 reduced fat wheat thins Pear	Leftovers: pork sandwich (2 oz pork tenderloin, mustard, 2 slices whole wheat bread) 1 cup broccoli 1 tbsp light butter spread ¾ cup grapes	Leftovers: tuna melt (3 oz tuna mixed with 1 tbsp light mayo over ½ whole wheat english muffin topped with 1 slice low-fat cheese) 8 baby carrots 1 cup celery 1 ½ tbsp light ranch dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz low-fat vanilla yogurt ½ cup granola ¾ cup blueberries (frozen, unsweetened)	Snack mix (3 cups light popcorn, 1 tbsp chocolate chips) Pear	6 oz light flavored yogurt 2 graham cracker squares	1 chocolate rice cake 1 tbsp peanut butter	Apple with cinnamon 6 oz light flavored yogurt	6 oz light vanilla yogurt ½ cup peaches canned in own juice	Banana ½ cup chocolate pudding 1 tbsp peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
3 oz tilapia baked with 1 cup marinara sauce 1 cup asparagus with lemon juice ½ cup brown rice	Turkey tacos (5 oz cooked, lean ground turkey, taco seasoning, ¼ cup light cheddar cheese, ½ cup diced tomatoes, ½ cup shredded lettuce, 2 taco shells)	Chicken and broccoli casserole (4 oz chicken, 1 ½ cup steamed broccoli, ½ cup light shredded cheddar cheese, ½ cup brown rice, 1 tbsp olive oil)	4 oz broiled flank steak 1 baked potato 1 tbsp light butter spread 2 tbsp light sour cream 1 cup vegetable blend	4 oz pork tenderloin 1 cup steamed broccoli 1 cup baked sweet potato 1 tsp light butter spread	Spinach and ricotta stuffed chicken breast (4 oz chicken breast, mix 1 cup cooked spinach, ¼ cup ricotta cheese, 1 tbsp parmesan and lemon juice) top chicken with 1 cup marinara sauce 1 whole wheat dinner roll	4 oz lemon pepper tilapia 1 cup vegetable blend ½ cup brown rice 1 tbsp olive oil

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat english muffin 1 tbsp peanut butter 1 cup nonfat milk 1 orange	1 whole wheat english muffin 2 tbsp peanut butter 1 cup nonfat milk Orange	1 cup cooked oatmeal 1 cup nonfat milk 1 tbsp light butter ½ cup frozen blueberries	1 cup frosted mini wheats 1 cup nonfat milk ½ cup mandarin oranges	1 cup cooked oatmeal made with ½ cup nonfat milk with ¾ cup frozen unsweetened blueberries	1 whole wheat english muffin (toasted) 1 tbsp peanut butter 1 banana	1 cup frosted mini wheats 1 cup nonfat milk 1 orange
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Egg salad pita (2 hard-boiled eggs, chopped, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 whole wheat tortilla 1 apple	Tuna wrap (3 oz tuna packed in water, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 whole wheat tortilla Apple	Chicken bbq wrap (4 oz grilled chicken, 2 tbsp bbq sauce, 1 oz light cheddar cheese) 1 whole wheat tortilla (8") Apple 8 baby carrots	4 oz bbq chicken strips (2 tbsp bbq sauce) ½ cup brown rice 8 baby carrots 1 stalk celery, cut 2 tbsp light ranch ½ cup applesauce	Garden salad (¼ cup light shredded mozzarella, 5 cherry tomatoes, ½ cup cucumber, 2 cups mixed salad greens, 3 tbsp light ranch dressing) 18 reduced fat wheat thins ¼ cup hummus 1 pear	Pork sandwich (2 oz pork tenderloin, mustard, 2 slices whole wheat bread) 1 cup broccoli 1 tbsp light butter spread ¾ cup grapes	Grilled cheese and tomato sandwich (1 whole wheat pita, 1 slice of cheddar cheese, 2 slices of tomato, olive oil spray to grill) 8 baby carrots 1 cup sliced cucumber 1 ½ tbsp light ranch dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz low-fat vanilla yogurt ¼ cup granola ¾ cup blueberries (frozen, unsweetened)	6 oz low-fat vanilla yogurt ¼ cup granola ¾ cup blueberries (frozen, unsweetened)	6 oz light flavored yogurt ¼ cup roasted almonds	1 chocolate rice cake 1 tbsp peanut butter	Apple with cinnamon 6 oz light flavored yogurt	6 oz light vanilla yogurt ½ cup peaches canned in own juice	Banana ½ cup chocolate pudding 1 tbsp peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Veggie burrito bowl (½ cup brown rice, ½ cup black beans, ¼ cup light shredded cheddar cheese, ½ cup diced tomatoes, ½ cup fresh lettuce) 1 cup asparagus, grilled, roasted or steamed	3 oz tilapia baked with 1 cup marinara sauce 1 cup asparagus with lemon juice ½ cup brown rice	Lemon herb tilapia (6 oz tilapia baked with lemon juice and herbs of choice) 1 cup brown rice, cooked 1 cup snow peas 1 tbsp olive oil	4 oz broiled flank steak 1 baked potato 1 tbsp light butter spread 2 tbsp light sour cream 1 cup vegetable blend	1 black bean veggie burger 1 cup sweet potato, mashed or roasted 1 cup steamed broccoli 1 cup roasted sweet potatoes 1 tbsp light butter spread	Spinach and ricotta stuffed chicken breast (4 oz chicken breast, mix 1 cup cooked spinach, ¼ cup ricotta cheese, 1 tbsp parmesan and lemon juice) top chicken with 1 cup marinara sauce 1 whole wheat dinner roll	Zucchini and egg frittata (1 cup zucchini, 2 whole eggs, ¼ cup reduced fat cheddar cheese) 1 potato, cut up and roasted with 1 tablespoon of olive oil Herbs, salt and pepper to taste.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup cooked oatmeal 1 cup nonfat milk ½ cup frozen blueberries	1 serving frosted mini wheats 1 cup nonfat milk Pear	Banana/peanut butter sandwich (1 whole wheat english muffin toasted, 1 banana, 1 tbsp peanut butter) 1 cup nonfat milk	½ cup nonfat milk 1 cup cooked oatmeal with ¼ cup chopped walnuts, 2 tbsp raisins and cinnamon	1 whole wheat english muffin topped with 6 oz light vanilla yogurt and ½ cup strawberries	Smoothie (6 oz light strawberry yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen banana, ½ cup nonfat milk)	1 cup nonfat milk 1 whole wheat english muffin ¼ cup egg substitute Orange
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna melt (3 oz tuna, 1 tbsp light mayo, 1 oz light cheddar on 1 whole wheat english muffin, toasted) 6 oz light flavored yogurt ½ cup grapes	Turkey swiss wrap (4 oz roasted turkey, 2 slices light swiss, 1 tbsp mustard, lettuce and tomato in 1 whole wheat pita wrap) 2 pickle spears Apple	4 oz seasoned white fish 1 tbsp tartar sauce 10 wheat crackers 8 baby carrots 1 cup sliced cucumber 2 tbsp light ranch	Chili chicken wrap (3oz chicken seasoned with chili powder, ¼ cup light shredded cheddar cheese, lettuce, tomato in 1 whole wheat wrap) Apple	Steak and pepper pita (3 oz flank steak, 2 cups bell peppers sautéed with 1 tbsp olive oil and garlic in 1 whole wheat pita)	Bbq chicken wrap (4 oz chicken, 2 tbsp bbq sauce, 1 cup shredded lettuce and 3 slices tomato wrapped in a whole wheat tortilla) Orange 1 stalk celery with 1 tbsp peanut butter	Lemon tilapia (4 oz) 2 cups spinach salad, 1 oz sliced almonds, 1 hard-boiled egg 2 tbsp light balsamic vinaigrette dressing ½ cup grapes 10 wheat crackers
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
¼ cup roasted almonds Banana	6 oz low-fat vanilla yogurt	6 oz light flavored yogurt 1 mandarin orange	½ cup pineapple (canned in own juice) ½ cup 1% cottage cheese	Apple	1 tbsp peanut butter on 1 chocolate rice cake	1 light string cheese Apple
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5 oz roasted turkey ½ cup baked sweet potato 1 tbsp light butter 1 cup broccoli 1 tbsp olive oil	Herb & parmesan crusted fish (5 oz white fish, ¼ cup italian seasoned breadcrumbs, 1 tbsp parmesan cheese, 1 tbsp olive oil)- baked 1 cup vegetable blend 1 tbsp light butter spread	4 oz roasted chicken seasoned with chili powder 1 cup steamed broccoli with ¼ cup light shredded cheddar 1 tbsp olive oil ½ cup brown rice	4 oz broiled flank steak ½ baked potato 1 tbsp light sour cream 1 tbsp light butter spread 1 cup green beans	4 oz chicken, 1 cup whole wheat pasta, 2 tbsp light butter spread, 1 cup chopped spinach, ½ cup canned whole tomatoes, 6 quartered marinated artichokes and ¼ cup shredded light mozzarella - mixed	Fish francese (5 oz tilapia battered with 1 tbsp flour, 2 tbsp egg substitute, sautéed in 1 tbsp olive oil and garlic with lemon juice) ½ cup brown rice 1 cup broccoli 1 tbsp light butter spread	4 oz turkey ½ cup red skin rosemary potatoes 2 tbsp light butter spread 2 cups vegetable blend

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat english muffin 2 tbsp peanut butter 1 cup nonfat milk Orange	1 cup oatmeal cooked with 1 cup nonfat milk 2 tbsp raisins Cinnamon 1 small apple	2 whole wheat waffles 1 medium banana ½ cup nonfat milk 12 almonds	1 cup frosted mini wheats 1 cup nonfat milk 1 orange	1 cup cooked oatmeal made with ½ cup nonfat milk with ¾ cup frozen unsweetened blueberries	1 whole wheat english muffin (toasted) 2 tbsp peanut butter 1 banana	1 cup frosted mini wheats 1 cup nonfat milk 1 cup grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna wrap (3 oz tuna packed in water, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 whole wheat tortilla Apple	Leftovers: 5 oz tilapia topped with 1 cup marinara sauce 1 whole wheat roll ½ cup mandarin oranges	Leftovers: turkey fajita wrap (4 oz cooked lean ground turkey, ¼ cup diced tomatoes, 1 cup shredded lettuce, 1 tbsp light sour cream, 1 whole wheat tortilla) Apple	4 oz bbq chicken strips (2 tbsp bbq sauce) ½ cup brown rice 8 baby carrots 1 stalk celery, cut 2 tbsp light ranch ½ cup applesauce	Leftovers: steak salad (3 oz broiled flank steak, ¼ cup light shredded mozzarella, 5 cherry tomatoes, ½ cup cucumber, 2 cups mixed salad greens, 3 tbsp light ranch dressing) 18 reduced fat wheat thins Pear	Leftovers: pork sandwich (2 oz pork tenderloin, mustard, 2 slices whole wheat bread) 1 cup broccoli 1 tbsp light butter spread ¾ cup grapes 1 cup skim milk	Leftovers: tuna melt (3 oz tuna mixed with 1 tbsp light mayo over ½ whole wheat english muffin topped with 1 slice low-fat cheese) 8 baby carrots 1 cup celery 1 ½ tbsp light ranch dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz low-fat vanilla yogurt ½ cup granola ¾ cup blueberries (frozen, unsweetened)	Snack mix (3 cups light popcorn, 1 tbsp chocolate chips) Pear	6 oz light flavored yogurt 2 graham cracker squares	1 chocolate rice cake 1 tbsp peanut butter 1 medium orange	Apple with cinnamon 6 oz light flavored yogurt 12 almonds	6 oz light vanilla yogurt ½ cup peaches canned in own juice	Banana ½ cup chocolate pudding 1 tbsp peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
3 oz tilapia baked with 1 cup marinara sauce 1 cup asparagus with lemon juice ½ cup brown rice 2/3 oz dark chocolate	Turkey tacos (5 oz cooked, lean ground turkey, taco seasoning, ¼ cup light cheddar cheese, ½ cup diced tomatoes, ½ cup shredded lettuce, 2 taco shells)	Chicken and broccoli casserole (4 oz chicken, 1 ½ cup steamed broccoli, ½ cup light shredded cheddar cheese, ½ cup brown rice, 1 tbsp olive oil)	4 oz broiled flank steak 1 baked potato 1 tbsp light butter spread 2 tbsp light sour cream 1 cup vegetable blend	4 oz pork tenderloin 1 cup steamed broccoli 1 cup baked sweet potato 1 tsp light butter spread	Spinach and ricotta stuffed chicken breast (4 oz chicken breast, mix 1 cup cooked spinach, ¼ cup ricotta cheese, 1 tbsp parmesan and lemon juice) top chicken with 1 cup marinara sauce 1 whole wheat dinner roll	4 oz lemon pepper tilapia 1 cup vegetable blend ½ cup brown rice 1 tbsp olive oil ½ oz dark chocolate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup cooked oatmeal 1 cup nonfat milk 1 tbsp light butter 1 cup frozen blueberries	1 whole wheat english muffin 6 oz light flavored yogurt 1 tbsp light butter spread 2 tbsp peanut butter 1 medium apple	24 frosted mini wheats 1 cup nonfat milk 1 hard-boiled egg	½ cup nonfat milk 1 cup cooked oatmeal	Egg and cheese (1 whole egg, 1 oz reduced fat cheese, 1 tbsp light butter spread, 1 whole wheat english muffin) 1 cup nonfat milk	24 frosted mini wheats ½ cup nonfat milk 1 hard-boiled egg	1 cup nonfat milk 1 whole wheat english muffin 2 tbsp peanut butter 1 whole egg Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken bbq wrap (4 oz grilled chicken, 2 tbsp bbq sauce, 1 oz light cheddar cheese) 1 whole wheat tortilla (8")	4 oz tilapia 2 cup spinach salad 2 tbsp raspberry vinaigrette dressing 2 tbsp gorgonzola cheese ½ cup grapes	Leftovers: rosemary pork sandwich (3 oz pork, 1 tsp light mayo, lettuce, 2 slices whole wheat bread) Apple 8 baby carrots 2 tbsp light ranch	Chicken wrap (4 oz chicken, 1 tbsp light sour cream, ¼ cup reduced fat shredded cheese, ¼ cup salsa, small whole wheat pita) ½ cup pineapple, canned in own juice	Leftovers: turkey pita (mix 3 oz chopped turkey, 1 tbsp reduced fat mayo, 1 stalk diced celery, ½ diced apple, salt and pepper) place in 1 whole wheat tortilla	Chicken hummus wrap (5 oz chicken, ¼ cup hummus, lettuce, tomato, cucumber, 1 ½ tbsp light italian dressing wrapped in 1 whole wheat tortilla) Orange	6 oz honey almond crusted tilapia 2 cups spinach salad 1 ½ tbsp light italian dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz light flavored yogurt ¼ cup roasted almonds	½ cup cottage cheese ½ cup pineapple (canned in own juice)	6 oz light flavored yogurt ¼ cup roasted almonds	Trail mix (¼ cup mixed nuts, 10 mini pretzels, 1 tbsp chocolate chips, 1 tbsp raisins) 1 medium pear	½ apple 1 tbsp peanut butter ¾ oz pretzels	6 oz low-fat plain yogurt ½ cup frozen, unsweetened, blueberries	½ cup fat-free chocolate pudding ½ cup grapes
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Lemon herb tilapia (6 oz tilapia baked with lemon juice and herbs of choice) 1 cup brown rice, cooked 1 cup snow peas 1 tbsp olive oil	Rosemary pork loin (4 oz) and red skin potatoes (1 small, cubed) 1 tbsp olive oil 2 cups vegetable blend 1 tbsp light butter	6 oz roasted chicken 1 cup steamed broccoli with 1 oz light cheddar cheese 1 tbsp olive oil	5 oz roasted turkey ½ cup baked sweet potato 2 tbsp light butter ½ cup spinach	Pasta primavera with chicken (1 cup whole wheat pasta, ¼ cup ricotta cheese, 1 cup italian vegetable blend, 5 oz chicken, 1 tbsp olive oil, 1 tbsp grated parmesan cheese) salt and pepper	Honey almond crusted tilapia (6 oz tilapia, 1 tbsp honey (spread on fish), seasonings of choice mixed with ¼ cup chopped almonds (dip fish in nuts after honey coated) 2 cups broccoli 1 tbsp light butter spread	Turkey sausage sandwich (4 oz lean turkey sausage, 1 cup cooked bell peppers and ½ cup onions, 1 tbsp light butter spread) on a whole wheat roll ¾ oz dark chocolate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat english muffin 1 tbsp peanut butter 1 cup nonfat milk 1 orange	1 cup oatmeal cooked with 1 cup nonfat milk, 2 tbsp raisins, 2 tbsp sliced almonds, cinnamon to taste 1 small banana	2 whole wheat waffles 1 medium banana ½ cup nonfat milk 1 hard-boiled egg	1 cup frosted mini wheats 1 cup nonfat milk 1 orange 1 hard-boiled egg	1 cup cooked oatmeal made with ½ cup nonfat milk with ¾ cup frozen unsweetened blueberries	1 whole wheat english muffin (toasted) 2 tbsp peanut butter 1 banana	1 cup frosted mini wheats 1 cup nonfat milk 1 orange
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Egg salad pita (2 hard-boiled eggs, chopped, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 whole wheat tortilla 1 apple 15 baby carrots 1 tbsp light ranch dressing	Leftovers: veggie burrito bowl (1 cup brown rice, ½ cup black beans, ¼ cup light shredded cheddar cheese, ½ cup diced tomatoes, ½ cup fresh lettuce) 2 slices of fresh avocado	Black bean fajita wrap (½ cup black beans, ¼ cup diced tomatoes, 1 cup shredded lettuce, 2 tbsp light sour cream, 1 whole wheat tortilla) 1 apple	Leftovers: pita pizza (1 6.5" whole wheat pita, ½ cup tomato sauce, ¼ cup reduced fat shredded cheese) 1 cup cucumber slices ¼ cup hummus	Garden salad (¼ cup light shredded mozzarella, 5 cherry tomatoes, ½ cup cucumber, 2 cups mixed salad greens, 3 tbsp light ranch dressing) 18 reduced fat wheat thins ¼ cup hummus 1 pear	Leftovers: egg salad pita (2 hard-boiled eggs, chopped, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 apple 18 almonds	Grilled cheese and tomato sandwich (1 whole wheat pita, 1 slice of cheddar cheese, 2 slices of tomato, olive oil spray to grill) 8 baby carrots 1 cup sliced cucumber 1 ½ tbsp light ranch dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz low-fat vanilla yogurt ¼ cup granola ¾ cup blueberries (frozen, unsweetened)	Snack mix (3 cups light popcorn, 2 tbsp chocolate chips) 1 pear	6 oz light flavored yogurt 2 graham cracker squares	1 chocolate rice cake 1 tbsp peanut butter	Apple with cinnamon 6 oz light flavored yogurt	6 oz light vanilla yogurt ½ cup peaches canned in own juice	Banana ½ cup chocolate pudding 1 tbsp peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Veggie burrito bowl (½ cup brown rice, ½ cup black beans, ¼ cup light shredded cheddar cheese, ½ cup diced tomatoes, ½ cup fresh lettuce) 1 cup asparagus, grilled, roasted or steamed	Pita pizza (1 6.5" whole wheat pita, ½ cup tomato sauce, ¼ cup reduced fat shredded cheese)	Tofu and broccoli casserole (4 oz tofu, 1 ½ cup steamed broccoli, ½ cup light shredded cheddar cheese, 1 cup brown rice, 1 tbsp olive oil)	Zucchini and egg frittata (1 cup zucchini, 2 whole eggs, ¼ cup reduced fat cheddar cheese) 1 potato, cut up and roasted with 1 tbsp of olive oil Herbs, salt and pepper to taste	1 black bean veggie burger 1 cup sweet potato, mashed or roasted 1 cup steamed broccoli 1 tbsp light butter spread 1 medium apple, baked with 2 tsp honey	Quinoa, veggie and bean bowl (1 cup quinoa, ½ cup pinto beans, 1 cup mixed vegetables) 2 avocado slices Herbs, salt and pepper to taste	Leftovers: zucchini and egg frittata (1 cup zucchini, 2 whole eggs, ¼ cup reduced fat cheddar cheese) 1 potato, cut up and roasted with 1 tbsp of olive oil Herbs, salt & pepper 2/3 oz dark chocolate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat English muffin 2 tbsp peanut butter 1 cup nonfat milk Orange	1 cup oatmeal cooked with 1 cup nonfat milk 3 tbsp raisins Cinnamon 1 small apple	2 whole wheat waffles 1 medium banana ½ cup nonfat milk 12 almonds ¼ cup light syrup	1 cup frosted mini wheats 1 cup nonfat milk 1 orange	1 cup cooked oatmeal made with ½ cup nonfat milk with ¾ cup frozen unsweetened blueberries ¾ cup egg substitute	1 whole wheat english muffin (toasted) 2 tbsp peanut butter 1 banana 1 cup of skim milk	1 cup frosted mini wheats 1 cup nonfat milk 1 cup grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna wrap (3 oz tuna packed in water, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 1 whole wheat tortilla Apple	Leftovers: 4 oz tilapia topped with 1 cup marinara sauce 1 whole wheat roll ½ cooked spaghetti	Leftovers: turkey fajita wrap (5 oz cooked lean ground turkey, ¼ cup diced tomatoes, 1 cup shredded lettuce, 1 tbsp light sour cream, 1 whole wheat tortilla) Apple	4 oz bbq chicken strips (2 tbsp bbq sauce) ½ cup brown rice 8 baby carrots 1 stalk celery, cut 2 tbsp light ranch ½ cup applesauce	Leftovers: steak salad (3 oz broiled flank steak, ¼ cup light shredded mozzarella, 5 cherry tomatoes, ½ cup cucumber, 2 cups mixed salad greens, 3 tbsp light ranch dressing) 18 reduced fat wheat thins Pear	Leftovers: pork sandwich (2 oz pork tenderloin, mustard, 2 slices whole wheat bread) 1 cup broccoli 1 tbsp light butter spread ¾ cup grapes 1 cup skim milk	Leftovers: tuna melt (3 oz tuna mixed with 1 tbsp light mayo over ½ whole wheat english muffin topped with 1 slice low-fat cheese) 8 baby carrots 1 cup celery 1/3 cup hummus
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz low-fat vanilla yogurt ½ cup granola ¾ cup blueberries (frozen, unsweetened)	Snack mix (3 cups light popcorn, 1 tbsp chocolate chips) Pear	6 oz light flavored yogurt 2 graham cracker squares	1 chocolate rice cake 2 tbsp peanut butter 1 medium orange	Apple with cinnamon 6 oz light flavored yogurt 12 almonds	6 oz light vanilla yogurt ½ cup peaches canned in own juice	Banana ½ cup chocolate pudding 1 tbsp peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
3 oz tilapia baked with 1 cup marinara sauce 1 cup asparagus with lemon juice ½ cup brown rice 2/3 oz dark chocolate	Turkey tacos (5 oz cooked, lean ground turkey, taco seasoning, ¼ cup light cheddar cheese, ½ cup diced tomatoes, ½ cup shredded lettuce, 2 taco shells)	Chicken and broccoli casserole (4 oz chicken, 1 ½ cup steamed broccoli, ½ cup light shredded cheddar cheese, ½ cup brown rice, 1 tbsp olive oil)	4 oz broiled flank steak 1 baked potato 1 tbsp light butter spread 2 tbsp light sour cream 1 cup vegetable blend	4 oz pork tenderloin 1 cup steamed broccoli 1 cup baked sweet potato 1 tsp light butter spread	Spinach and ricotta stuffed chicken breast (4 oz chicken breast, mix 1 cup cooked spinach, ¼ cup ricotta cheese, 1 tbsp parmesan and lemon juice) top chicken with 1 cup marinara sauce 1 whole wheat dinner roll	4 oz lemon pepper tilapia 1 cup vegetable blend ½ cup brown rice 1 tbsp olive oil ½ oz dark chocolate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup cooked oatmeal 1 cup nonfat milk 1 cup frozen blueberries 6 oz low-fat greek yogurt	1 serving frosted mini wheats 1 cup nonfat milk Pear	Banana/peanut butter sandwich (1 whole wheat english muffin toasted, 1 banana, 1 tbsp peanut butter) 1 cup nonfat milk	½ cup nonfat milk 1 cup cooked oatmeal with ¼ cup chopped walnuts, 2 tbsp raisins and cinnamon	1 whole wheat english muffin topped with 6 oz light vanilla yogurt and ½ cup strawberries	Smoothie (6 oz light strawberry yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen banana, ½ cup nonfat milk, 1 tbsp peanut butter)	1 cup nonfat milk 1 whole wheat english muffin ¼ cup egg substitute Orange
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna melt (3 oz tuna, 1 tbsp light mayo, ¼ cup light cheddar on 1 whole wheat english muffin, toasted) 6 oz light flavored yogurt ½ cup grapes	Turkey swiss wrap (4 oz roasted turkey, 2 slices light swiss, 1 tbsp mustard, lettuce and tomato in 1 whole wheat pita wrap) 2 pickle spears Apple	4 oz seasoned white fish 1 tbsp tartar sauce 10 wheat crackers 8 baby carrots 1 cup sliced cucumber 2 tbsp light ranch	Chili chicken wrap (4oz chicken seasoned with chili powder, ¼ cup light shredded cheddar cheese, lettuce, tomato in 1 whole wheat wrap) Apple	Steak and pepper pita (3 oz flank steak, 2 cups bell peppers sautéed with 1 tbsp olive oil and garlic in 1 whole wheat pita)	Bbq chicken wrap (4 oz chicken, 2 tbsp bbq sauce, 1 cup shredded lettuce and 3 slices tomato wrapped in a whole wheat tortilla) Orange 1 stalk celery with 1 tbsp peanut butter	Lemon tilapia (4 oz) 2 cups spinach salad, 1 oz sliced almonds, 1 hard-boiled egg 2 tbsp light balsamic vinaigrette dressing ½ cup grapes 10 wheat crackers
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
¼ cup roasted almonds Banana	4 oz low-fat vanilla yogurt 1 large banana	6 oz light flavored yogurt 1 mandarin orange	½ cup pineapple (canned in own juice) ½ cup 1% cottage cheese	Apple 1 tbsp peanut butter 1 rice cake	1 tbsp peanut butter on 1 chocolate rice cake	1 light string cheese Apple
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5 oz roasted turkey ½ cup baked sweet potato 1 tbsp light butter 1 cup broccoli 1 tbsp olive oil	Herb & parmesan crusted fish (5 oz white fish, ¼ cup italian seasoned breadcrumbs, 1 tbsp parmesan cheese, 1 tbsp olive oil), baked 1 cup vegetable blend 1 tbsp light butter spread	4 oz roasted chicken seasoned with chili powder 1 cup steamed broccoli with ¼ cup light shredded cheddar 1 tbsp olive oil ½ cup brown rice	4 oz broiled flank steak ½ baked potato 1 tbsp light sour cream 1 tbsp light butter spread 1 cup green beans	4 oz chicken, 1 cup whole wheat pasta, 2 tbsp light butter spread, 1 cup chopped spinach, ½ cup canned whole tomatoes, 6 quartered marinated artichokes and ¼ cup shredded light mozzarella - mixed	Fish francese (5 oz tilapia battered with 1 tbsp flour, 2 tbsp egg substitute, sautéed in 1 tbsp olive oil and garlic with lemon juice) ½ cup brown rice 1 cup broccoli 1 tbsp light butter spread	4 oz turkey ½ cup red skin rosemary potatoes 2 tbsp light butter spread 2 cups vegetable blend

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ½ cups corn flake cereal with 1 ½ cup (12 oz) skim milk 1 hard-boiled egg	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice american cheese, 1 slice ham), may add a ketchup packet 1 large banana	1 whole wheat bagel with 1 tbsp light cream cheese 1 cup (8 oz) orange juice	1 packet of instant oatmeal mixed with water 1 hard-boiled egg 1 cup (8 oz) apple juice	250-300 calorie bar, smoothie or shake 2 eggs 1 orange	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 1 slice ham), may add a ketchup packet 1 large banana	1 whole wheat bagel with 1 tbsp light cream cheese 1 cup (8 oz) orange juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna sandwich (5 oz tuna on 2 slices whole wheat bread, 1 slice swiss cheese, lettuce, tomato) and 1 packet of light mayo) 1 medium apple 6 oz 2% greek yogurt	1 ½ cup reduced fat cottage cheese or vanilla yogurt 1 cup fresh fruit 200 calorie bar, smoothie or shake	6" sub (tuna, turkey, chicken, roast beef, or ham) on a wheat bun (unlimited vegetables, 1 slice cheese optional) 1 bag of baked chips	Chicken and pasta dish (4 oz chicken breast, 1 cup cooked pasta, ½ cup cooked broccoli, 1 cup red pasta-sauce) 1 tossed salad with 2 tbsp light ranch dressing)	2 cups chicken noodle soup Small tossed salad with 2 tbsp light italian dressing 1 slice whole wheat bread	Frozen meal ~ 250-300 calories 2 portions string cheese 1 apple	Pita pizza (1 large pita, ½ cup sweet tomato basil sauce, 3 oz chicken, ½ cup reduced fat shredded cheddar) 1 cup cucumber slices ¼ cup hummus
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
Half a medium apple with 2 tsp of peanut butter	6 mini rice cakes with ¼ cup low-fat cottage cheese	3 ounces low-fat cottage cheese and 3 whole wheat crackers	6 ounces low-fat yogurt 1 cup fresh strawberries	3 handfuls of popcorn 1 tsp margarine 1 large banana	2 large graham cracker squares with 1 teaspoon peanut butter	1 medium apple with 2 tsp of peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 cup brown rice, cooked with 1 tsp margarine 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tsp margarine	Taco salad (1/4 lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato) 1 large banana	2 slices of cheese pizza 1 tossed salad with 2 tbsp light italian dressing	Salmon or white fish, 6 oz with 2 tsp olive oil, 1 tbsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 1 tsp margarine	6 oz steak (filet or sirloin) ½ cup california vegetable blend with 1 tsp lemon juice, 1 tsp margarine, and pepper to taste ½ cup brown rice with 1 tsp margarine	2 cups spaghetti squash, ¾ cup red sauce, ¼ lb ground beef 1 tossed salad with 2 tbsp light ranch dressing	6 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese ½ cup brown rice with 1 tsp olive oil

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup cooked oatmeal 1 cup nonfat milk 1 tbsp light butter 1 cup frozen blueberries	1 whole wheat english muffin 6 oz light flavored yogurt 1 tbsp light butter spread 2 tbsp peanut butter 1 medium apple	24 frosted mini wheats 1 cup nonfat milk 2 hard-boiled egg	½ cup nonfat milk 1 cup cooked oatmeal 1 cup frozen blueberries	Egg and cheese (1 whole egg, ¼ cup egg whites, 1 oz reduced fat cheese, 1 tbsp light butter spread, 1 whole wheat english muffin) 1 cup nonfat milk	24 frosted mini wheats ½ cup nonfat milk 2 hard-boiled eggs	1 cup nonfat milk 1 whole wheat english muffin 2 tbsp peanut butter 1 whole egg Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken bbq wrap (4 oz grilled chicken, 2 tbsp bbq sauce, 1 oz light cheddar cheese) 1 whole wheat tortilla (8")	6 oz tilapia 2 cups spinach salad 2 tbsp raspberry vinaigrette dressing 3 tbsp gorgonzola cheese ½ cup grapes	Leftovers: rosemary pork sandwich (3 oz pork, 1 tsp light mayo, lettuce, 2 slices whole wheat bread) Apple 8 baby carrots 2 tbsp light ranch	Chicken wrap (4 oz chicken, 1 tbsp light sour cream, ¼ cup reduced fat shredded cheese, ¼ cup salsa, small whole wheat pita) ½ cup pineapple, canned in own juice	Leftovers: turkey pita (mix 3 oz chopped turkey, 1 tbsp reduced fat mayo, 1 stalk diced celery, ½ diced apple, salt and pepper) place in 1 whole wheat tortilla	Chicken hummus wrap (5 oz chicken, ¼ cup hummus, lettuce, tomato, cucumber, 1 ½ tbsp light italian dressing wrapped in 1 whole wheat tortilla) Orange	6 oz honey almond crusted tilapia 2 cups spinach salad 1 ½ tbsp light italian dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz light flavored yogurt ¼ cup roasted almonds 1 large banana	½ cup cottage cheese ½ cup pineapple (canned in own juice)	6 oz light flavored yogurt 1/3 cup roasted almonds	Trail mix (¼ cup mixed nuts, 10 mini pretzels, 1 tbsp chocolate chips, 1 tbsp raisins) 1 medium pear	1 apple 1 tbsp peanut butter ¾ oz pretzels	6 oz low-fat plain yogurt ½ cup frozen, unsweetened, blueberries 1 low-fat cheese stick	½ cup fat-free chocolate pudding 1 cup grapes
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Lemon herb tilapia (6 oz tilapia baked with lemon juice and herbs of choice) 1 cup brown rice, cooked 1 cup snow peas 1 tbsp olive oil	Rosemary pork loin (4 oz) and red skin potatoes (1 small, cubed) 1 tbsp olive oil 2 cups vegetable blend 1 tbsp light butter	6 oz roasted chicken 1 cup steamed broccoli with 1 oz light cheddar cheese 1 tbsp olive oil	5 oz roasted turkey ½ cup baked sweet potato 2 tbsp light butter ½ cup spinach	Pasta primavera with chicken (1 cup whole wheat pasta, ¼ cup ricotta cheese, 1 cup italian vegetable blend, 5 oz chicken, 1 tbsp olive oil, 1 tbsp grated parmesan cheese) salt and pepper	Honey almond crusted tilapia (6 oz tilapia, 1 tbsp honey (spread on fish), seasonings of choice mixed with ¼ cup chopped almonds (dip fish in nuts after honey coated)) 2 cups broccoli 1 tbsp light butter spread	Turkey sausage sandwich (4 oz lean turkey sausage, 1 cup cooked bell peppers and ½ cup onions, 1 tbsp light butter spread) on a whole wheat roll ¾ oz dark chocolate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat english muffin 2 tbsp peanut butter 1 cup nonfat milk Orange	1 cup oatmeal cooked with 1 cup nonfat milk 3 tbsp raisins Cinnamon 1 small apple	3 whole wheat waffles 1 medium banana ½ cup nonfat milk 12 almonds ¼ cup light syrup	1 cup frosted mini wheats 1 cup nonfat milk 1 orange	1 cup cooked oatmeal made with ½ cup nonfat milk with ¾ cup frozen unsweetened blueberries ¾ cup egg substitute	1 whole wheat english muffin (toasted) 2 tbsp peanut butter 1 banana 1 cup of skim milk	1 cup frosted mini wheats 1 cup nonfat milk 1 cup grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna wrap (3 oz tuna packed in water, 1 tbsp light mayo, 1 tbsp sweet relish, 1 piece celery chopped) 2 whole wheat tortilla Apple	Leftovers: 6 oz tilapia topped with 1 cup marinara sauce 1 whole wheat roll ½ cooked spaghetti	Leftovers: turkey fajita wrap (5 oz cooked lean ground turkey, ¼ cup diced tomatoes, 1 cup shredded lettuce, 1 tbsp light sour cream, 1 whole wheat tortilla) Apple	4 oz bbq chicken strips (2 tbsp bbq sauce) ½ cup brown rice 8 baby carrots 1 stalk celery, cut 2 tbsp light ranch ½ cup applesauce	Leftovers: steak salad (3 oz broiled flank steak, ¼ cup light shredded mozzarella, 5 cherry tomatoes, ½ cup cucumber, mixed salad greens, 3 tbsp light ranch dressing) 18 reduced fat wheat thins Pear	Leftovers: pork sandwich (2 oz pork tenderloin, mustard, 2 slices whole wheat bread) 1 cup broccoli 1 tbsp light butter spread ¾ cup grapes 1 cup skim milk	Leftovers: tuna melt (3 oz tuna mixed with 1 tbsp light mayo over ½ whole wheat english muffin topped with 1 slice low-fat cheese) 8 baby carrots 1 cup celery 1/3 cup hummus
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz low-fat vanilla yogurt ½ cup granola ¾ cup blueberries (frozen, unsweetened)	Snack mix (3 cups light popcorn, 1 tbsp chocolate chips) Pear	6 oz light flavored yogurt 2 graham cracker squares	1 chocolate rice cake 2 tbsp peanut butter 1 medium orange	Apple with cinnamon 6 oz light flavored yogurt 12 almonds 1 low-fat cheese stick	6 oz light vanilla yogurt ½ cup peaches canned in own juice	Banana ½ cup chocolate pudding 1 tbsp peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
3 oz tilapia baked with 1 cup marinara sauce 1 cup asparagus with lemon juice ½ cup brown rice 2/3 oz dark chocolate	Turkey tacos (5 oz cooked, lean ground turkey, taco seasoning, ¼ cup light cheddar cheese, ½ cup diced tomatoes, ½ cup shredded lettuce, 2 taco shells)	Chicken and broccoli casserole (4 oz chicken, 1 ½ cup steamed broccoli, ½ cup light shredded cheddar cheese, ½ cup brown rice, 1 tbsp olive oil)	4 oz broiled flank steak 1 baked potato 1 tbsp light butter spread 2 tbsp light sour cream 1 cup vegetable blend	4 oz pork tenderloin 1 cup steamed broccoli 1 cup baked sweet potato 1 tsp light butter spread	Spinach and ricotta stuffed chicken breast (6 oz chicken breast, mix 1 cup cooked spinach, ¼ cup ricotta cheese, 1 tbsp parmesan and lemon juice) top chicken with 1 cup marinara sauce 1 whole wheat dinner roll	4 oz lemon pepper tilapia 1 cup vegetable blend ½ cup brown rice 1 tbsp olive oil ½ oz dark chocolate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup cooked oatmeal 1 cup nonfat milk 1 cup frozen blueberries 6 oz low-fat greek yogurt	1 serving frosted mini wheats 1 cup nonfat milk Pear	Banana/peanut butter sandwich (1 whole wheat english muffin toasted, 1 banana, 2 tbsp peanut butter) 1 cup nonfat milk	½ cup nonfat milk 1 cup cooked oatmeal with ¼ cup chopped walnuts, 2 tbsp peanut butter and 1 tbsp raisins and cinnamon	1 whole wheat english muffin topped with 6 oz light vanilla yogurt and ½ cup strawberries	Smoothie (6 oz light strawberry yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen banana, ½ cup nonfat milk, 1 tbsp peanut butter)	1 cup nonfat milk 1 whole wheat english muffin ¼ cup egg substitute Orange
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna melt (3 oz tuna, 1 tbsp light mayo, ¼ light cheddar on 1 whole wheat english muffin, toasted) 6 oz light flavored yogurt ½ cup grapes	Turkey swiss wrap (4 oz roasted turkey, 2 slices light swiss, 1 tbsp mustard, lettuce and tomato in 1 whole wheat pita wrap) 2 pickle spears Apple	4 oz seasoned white fish 1 tbsp tartar sauce 10 wheat crackers 8 baby carrots 1 cup sliced cucumber 2 tbsp light ranch	Chili chicken wrap (4 oz chicken seasoned with chili powder, ¼ cup light shredded cheddar cheese, lettuce, tomato in 1 whole wheat wrap) Apple	Steak and pepper pita (3 oz flank steak, 2 cups bell peppers sautéed with 1 tbsp olive oil and garlic in 1 whole wheat pita)	Bbq chicken wrap (4 oz chicken, 2 tbsp bbq sauce, 1 cup shredded lettuce and 3 slices tomato wrapped in a whole wheat tortilla) Orange 1 stalk celery with 1 tbsp peanut butter	Lemon tilapia (4 oz) 2 cups spinach salad, 1 oz sliced almonds, 1 hard-boiled egg 2 tbsp light balsamic vinaigrette dressing ½ cup grapes 10 wheat crackers
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
¼ cup roasted almonds Banana 1 low-fat string cheese	4 oz low-fat vanilla yogurt 1 large banana 1 tbsp peanut butter	6 oz light flavored yogurt 1 mandarin orange	½ cup pineapple (canned in own juice) ½ cup 1% cottage cheese	Apple 1 tbsp peanut butter 1 low-fat string cheese 1 rice cake	2 tbsp peanut butter on 1 chocolate rice cake	1 light string cheese Apple 100 calorie granola bar
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5 oz roasted turkey ½ cup baked sweet potato 1 tbsp light butter 1 cup broccoli 1 tbsp olive oil	Herb & parmesan crusted fish (5 oz white fish, ¼ cup italian seasoned breadcrumbs, 1 tbsp parmesan cheese, 1 tbsp olive oil)- baked 1 cup vegetable blend 1 tbsp light butter spread	4 oz roasted chicken seasoned with chili powder 1 cup steamed broccoli with ¼ cup light shredded cheddar, 1 tbsp olive oil ½ cup brown rice	4 oz broiled flank steak ½ baked potato 1 tbsp light sour cream 1 tbsp light butter spread 1 cup green beans	4 oz chicken, 1 cup whole wheat pasta, 2 tbsp light butter spread, 1 cup chopped spinach, ½ cup canned whole tomatoes, 6 quartered marinated artichokes and ¼ cup shredded light mozzarella - mixed	Fish francese (5 oz tilapia battered with 1 tbsp flour, 2 tbsp egg substitute, sautéed in 1 tbsp olive oil and garlic with lemon juice) ½ cup brown rice 1 cup broccoli 1 tbsp light butter spread	4 oz turkey ½ cup red skin rosemary potatoes 2 tbsp light butter spread 2 cups vegetable blend

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ½ cups corn flake cereal with 1 ½ cup (12 oz) skim milk 2 hard-boiled egg	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice american cheese, 1 slice ham), may add a ketchup packet 1 large banana	1 whole wheat bagel with 1 tbsp light cream cheese 5 oz 2% greek yogurt	1 packet of instant oatmeal mixed with 8 oz skim milk 1 cup (8 oz) apple juice 1 banana	250-300 calorie bar, smoothie or shake 2 eggs 1 orange 1 large banana	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 1 slice ham), may add a ketchup packet 1 large banana	1 whole wheat bagel with 1 tbsp peanut butter 1 cup (8 oz) orange juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna sandwich (5 oz tuna on 2 slices whole wheat bread, 1 slice swiss cheese, lettuce, tomato) and 1 packet of light mayo) 1 medium apple 6 oz 2% greek yogurt	1 ½ cup reduced fat cottage cheese or vanilla yogurt 1 cup fresh fruit 200 calorie bar, smoothie or shake	6" sub (tuna, turkey, chicken, roast beef, or ham), on a wheat bun (unlimited vegetables, 1 slice cheese optional) 1 bag of baked chips 1 medium apple	Chicken and pasta dish (4 oz chicken breast, 1 cup cooked pasta, ½ cup cooked broccoli, 1 cup red pasta-sauce) 1 tossed salad with 2 tbsp light ranch dressing	2 cups chicken noodle soup Small tossed salad with 2 tbsp light italian dressing 1 slice whole wheat bread	Frozen meal ~ 250-300 calories 2 portions string cheese 1 apple 100 calorie bar	Pita pizza (1 large pita, ½ cup sweet tomato basil sauce, 3 oz chicken, ½ cup reduced fat shredded cheddar) 1 cup cucumber slices ¼ cup hummus
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
Half a medium apple with 2 tsp of peanut butter	6 mini rice cakes with ¼ cup low-fat cottage cheese 100 calorie granola bar	3 oz low-fat cottage cheese and 3 whole wheat crackers	6 ounces low-fat yogurt 1 cup fresh strawberries	3 handfuls of popcorn 1 tsp Margarine 100 calorie bar	2 large graham cracker squares with 1 tsp of peanut butter	1 medium apple with 2 tsp of peanut butter
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 cup brown rice, cooked with 1 tsp margarine 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tsp margarine	Taco salad (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato) 1 large banana	2 slices of cheese pizza 1 tossed salad with 2 tbsp light italian dressing	Salmon or white fish, 6 oz with 2 tsp olive oil, 1 tbsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 1 tsp margarine	6 oz steak (filet or sirloin, ½ cup california vegetable blend with 1 tsp lemon juice, 1 tsp margarine, and pepper to taste) ½ cup brown rice with 1 tsp margarine	2 cups spaghetti squash, ¾ cup red sauce, ¼ lb ground beef 1 tossed salad with 2 tbsp light ranch dressing	6 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese ½ cup brown rice with 1 tbsp olive oil

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup cooked oatmeal 1 cup nonfat milk 1 tbsp light butter 1 cup frozen blueberries	1 whole wheat english muffin 6 oz light flavored yogurt 1 tbsp light butter spread 2 tbsp peanut butter 1 medium apple	24 frosted mini wheats 1 cup nonfat milk 2 hard-boiled eggs	½ cup nonfat milk 1 cup cooked oatmeal 1 cup frozen blueberries 1 egg	Egg and cheese (1 whole egg, ¼ cup egg whites, 1 oz reduced fat cheese, 1 tbsp light butter spread, 1 whole wheat english muffin) 1 cup nonfat milk	24 frosted mini wheats ½ cup nonfat milk 2 hard-boiled eggs 1 medium pear	1 cup nonfat milk 1 whole wheat english muffin 2 tbsp peanut butter 1 whole egg Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken bbq wrap (4 oz grilled chicken, 2 tbsp bbq sauce, 1 oz light cheddar cheese) 1 whole wheat tortilla (8") 1 medium apple	6 oz tilapia 2 cups spinach salad 2 tbsp raspberry vinaigrette dressing 3 tbsp gorgonzola cheese ½ cup grapes	Leftovers: rosemary pork sandwich (3 oz pork, 1 tsp light mayo, lettuce, 2 slices whole wheat bread) Apple 8 baby carrots 2 tbsp light ranch	Chicken wrap (4 oz chicken, 1 tbsp light sour cream, ¼ cup reduced fat shredded cheese, ¼ cup salsa, small whole wheat pita) ½ cup pineapple, canned in own juice	Leftovers: turkey pita (mix 4 oz chopped turkey, 1 tbsp reduced fat mayo, 1 stalk diced celery, ½ diced apple, salt and pepper) place in 1 whole wheat tortilla	Chicken hummus wrap (6 oz chicken, ¼ cup hummus, lettuce, tomato, cucumber, 1 ½ tbsp light italian dressing wrapped in 1 whole wheat tortilla) Orange	6 oz honey almond crusted tilapia 2 cups spinach salad 1 ½ tbsp light italian dressing
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz light flavored yogurt ¼ cup roasted almonds 1 large banana	½ cup cottage cheese ½ cup pineapple (canned in own juice) ¼ cup raisins	6 oz light flavored yogurt 1/3 cup roasted almonds 1 banana	Trail mix (¼ cup mixed nuts, 10 mini pretzels, 1 tbsp chocolate chips, 1 tbsp raisins) 1 medium pear	1 apple 1 tbsp peanut butter ¾ oz pretzels	6 oz low-fat plain yogurt ½ cup frozen, unsweetened, blueberries 1 low-fat cheese stick	½ cup fat-free chocolate pudding 1 cup grapes 100 calorie bar
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Lemon herb tilapia (6 oz tilapia baked with lemon juice and herbs of choice) 1 cup brown rice, cooked 1 cup snow peas 1 tbsp olive oil	Rosemary pork loin (4 oz) and red skin potatoes (1 small, cubed) 1 tbsp olive oil 2 cups vegetable blend 1 tbsp light butter	6 oz roasted chicken 1 cup steamed broccoli with 1 oz light cheddar cheese 1 tbsp olive oil	5 oz roasted turkey ½ cup baked sweet potato 2 tbsp light butter ½ cup spinach	Pasta primavera with chicken (1 cup whole wheat pasta, ¼ cup ricotta cheese, 1 cup italian vegetable blend, 6 oz chicken, 1 tbsp olive oil, 1 tbsp grated parmesan cheese) salt and pepper	Honey almond crusted tilapia (6 oz tilapia, 1 tbsp honey (spread on fish), seasonings of choice mixed with ¼ cup chopped almonds (dip fish in nuts after honey coated) 2 cups broccoli 1 tbsp light butter spread	Turkey sausage sandwich (4 oz lean turkey sausage, 1 cup cooked bell peppers and ½ cup onions, 1 tbsp light butter spread) on a whole wheat roll ¾ oz dark chocolate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ½ cups corn flake cereal with 1 ½ cup (12 oz) skim milk 2 hard-boiled eggs	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice american cheese, 1 slice ham), may add a ketchup packet 1 large banana	1 whole wheat bagel with 1 tbsp fat-free cream cheese 1 cup (8 oz) orange juice	1 packet of instant oatmeal mixed with 1 cup (8 oz) milk 1 hard-boiled egg 1 cup (8 oz) apple juice	250-300 calorie bar, smoothie or shake 2 eggs 1 orange	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 1 slice ham), may add a ketchup packet 1 large banana	1 whole wheat bagel with 1 tbsp light cream cheese 1 cup strawberries 1 cup (8 oz) orange juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna sandwich (5 oz tuna on 2 slices whole wheat bread, 1 slice swiss cheese, lettuce, tomato) and 1 packet of light mayo) 1 medium apple 6 oz 2% greek yogurt with 2 tbsp granola	1 ¼ cup reduced fat cottage cheese 1 cup fresh fruit 200 calorie bar, smoothie or shake	6" sub (tuna, turkey, chicken, roast beef, or ham): on a wheat bun (unlimited vegetables, 1 slice cheese optional) 1 bag of baked chips	Chicken and pasta dish (6 oz chicken breast, 1 ¼ cup cooked pasta, ½ cup cooked broccoli, 1 cup red pasta-sauce) 1 tossed salad with 2 tbsp Ranch dressing	3 cups chicken noodle soup Small tossed salad with 2 tbsp italian dressing 2 slices whole wheat bread	Frozen meal 300 – 350 calories 2 portions string cheese 1 apple	Pita pizza (1 large pita, ½ cup sweet tomato basil sauce, 4 oz chicken, ½ cup reduced fat shredded cheddar) 1 cup cucumber slices ½ cup hummus
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 cup brown rice, cooked with 1 tsp margarine 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tsp margarine	Taco salad (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato) 1 large banana	2 slices of cheese pizza 1 tossed salad with 2 tbsp Italian dressing	Salmon or white fish, 6 oz with 2 tsp olive oil, 1 tbsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 1 tsp margarine	6 oz steak (filet or sirloin) ½ cup california vegetable blend with 1 tsp lemon juice, 1 tsp margarine, and pepper to taste ½ cup brown rice with 1 tsp margarine	2 cups spaghetti squash, 1 cup red sauce, ¼ lb ground beef 1 tossed salad with 2 tbsp light ranch dressing	6 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese ½ cup brown rice with 1 tbsp olive oil
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
Medium apple with 1 tablespoon of peanut butter	15 wheat crackers with 1 oz cheddar cheese	1 cup frozen yogurt	6 oz low-fat yogurt 1 cup strawberries	3 cups air-popped popcorn with 1 tsp margarine 1 large banana	4 graham cracker squares with 2 tbsp peanut butter	1 medium apple with 2 tsp of peanut butter

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup of high fiber cereal with 1.5 cup (12 oz) skim milk 1 medium banana 2 tbsp peanut butter	½ cup of instant oatmeal mixed with 1 cup (8 oz) of milk 1 cup of berries of choice 2 eggs, scrambled or hard-boiled	1 whole wheat bagel with 1 tbsp peanut butter and 1 tbsp of jelly 1 cup (8 oz) orange juice	6 oz low-fat greek yogurt with ¼ cup granola 1 banana 1 hard-boiled egg	250-300 calorie bar, smoothie or shake 1 low-fat cheese stick	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 4 oz sliced ham), may add a ketchup packet 1 apple	Breakfast burrito (1 whole wheat wrap, 2 eggs, 2 egg whites, 2 tbsp salsa, ¼ cup low-fat cheese, 1-2 cups leafy greens)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ham and cheese sandwich (2 slices whole wheat bread, 4 oz ham, 1 slice american cheese) 1 apple ½ cup of low-fat cottage cheese	Frozen meal 300 – 350 calories 1 apple 1 tbsp peanut butter	Grilled cheese sandwich (2 slices whole wheat bread, 2 slices low-fat cheese) 1 to 1 ½ cups of chicken noodle soup 1 banana	Turkey and cheese sandwich (2 slices whole wheat bread, 4 oz turkey, 1 slice of low-fat cheese) 1 cup carrots with 2 tbsp light ranch dressing	Tuna sandwich (2 slices whole wheat bread, 5 oz tuna (in water), 1 tsp mayo, 1 slice provolone cheese) 1 bag of baked chips 1 apple	Grilled cheese sandwich (2 slices whole wheat bread, 2 slices low-fat cheese) 1 cup of tomato soup 1 tossed salad with 2 tbsp italian dressing	5 oz tuna (in water), 1 tsp mayo spread on 2 rice cakes of choice, 2 slices swiss cheese 1 tossed salad, 2 tbsp italian dressing 1 apple
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 small sweet potato 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tbsp margarine	Tuna salad (4 oz tuna in water, 1 tsp light mayo, spices of choice, 2 cups leafy greens, 2 tbsp italian dressing) 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese	1 ½ cup cooked black beans, ½ cup cooked brown rice, ¼ cup low-fat cheddar cheese 1 tossed salad, 2 tbsp italian dressing	Salmon or white fish, 4 oz with 2 tsp olive oil, 1 tbsp lemon juice ½ cup brown rice, cooked 1 tossed salad with 2 tbsp italian dressing	Taco salad (¼ lb lean ground beef or ground turkey (cooked in skillet), taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato)	Taco wraps (¼ lb lean ground beef/ground turkey, ¼ cup salsa, 2 tbsp sour cream, ¼ cup shredder cheese in a whole wheat wrap (100-150 calories)) 1 tossed salad, 2 tbsp italian dressing	6 oz boneless, skinless chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese ½ cup brown rice, cooked
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz cup low-fat greek yogurt with 2 graham cracker sheets	15 wheat crackers with 2 oz cheddar cheese	¾ cup cottage cheese with 1 cup berries of choice	15 wheat crackers with 1/3 cup of humus	3 cups air-popped popcorn with 1 tsp margarine	6 oz low-fat greek yogurt, one 90-120 calorie granola bar	1 english muffin, 2 tbsp peanut butter 6 oz low-fat greek yogurt

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup of high fiber cereal with 1 cup (8 oz) milk 1 banana 2 eggs	1 cup reduced fat cottage cheese 1 cup of berries 100-150 calorie granola bar 1 tbsp honey	1 whole wheat bagel with 1 tbsp peanut butter and 1 tsp jelly 1 apple	Breakfast burrito (1 whole wheat wrap, 1 egg, scrambled, 2 egg whites, 2 tbsp salsa, 2 tbsp low-fat cheese, 1-2 cups leafy greens) 1 pear	2 frozen waffles 1 cup of berries ¼ cup light syrup 6 oz low-fat greek yogurt	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 4 oz sliced ham), optional ketchup packet 1 large banana	1 english muffin, 3 egg whites, 1 slice low-fat cheese, may add ketchup 1 banana 1 cup (8 oz) skim milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 medium apple 6 oz 2% greek yogurt with 2 tbsp granola Pbj sandwich (1 slice of whole wheat bread, 1 tbsp peanut butter, 1 tbsp jelly)	Pb & banana sandwich (1 banana, sliced and 2 slices whole wheat bread, spread with 2 tbsp peanut butter) 1 cup nonfat milk	5 oz tuna, 1 tbsp mayo, 1-2 cups lettuce wrapped in 1 whole wheat pita ½ cup berries 1 cheese stick	Leftovers: chicken & pesto (mix 1 cup whole wheat pasta, 4 oz roasted chicken, 2 tbsp pesto sauce) 1 cup steamed vegetable blend	Beef wrap (¼ lb lean ground beef or ground turkey (cooked in skillet), taco seasoning, ¼ cup salsa, 2 tbsp sour cream, 1 cup lettuce, ¼ cup shredded cheddar) in 1 whole wheat tortilla/wrap	Grilled cheese sandwich (2 slices whole wheat bread, 1 slice low-fat cheese) 1 cup of tomato soup 1 tossed salad, 2 tbsp italian dressing	Pita pizza (2 small pitas, ½ cup sweet tomato basil sauce, 4 oz chicken, ¼ cup reduced fat shredded cheddar) 1 cup cucumber slices ½ cup hummus
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 small baked sweet potato with 1 tsp margarine 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tsp margarine	1 ½ cups of black beans, 1 cup of brown rice cooked, ¼ cup shredded low-fat cheese, ¼ cup salsa 1 tossed salad with 2 tbsp italian dressing	Chicken & pesto (mix 1 cup whole wheat pasta, 4 oz roasted chicken, 2 tbsp pesto sauce) 1 cup steamed vegetable blend	Salmon or white fish, 4 oz with 2 tsp olive oil, 1 tbsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 2 tsp margarine	Shrimp stir fry (6 oz shrimp, 1 cup stir fry vegetables, mix with 2 tbsp sesame oil after cooking) ¾ cup brown rice	Taco salad (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato) 1 cup of grapes	6 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese ½ mashed potatoes
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
15 wheat crackers with 1/3 cup hummus	6 oz low-fat greek yogurt 1 cup berries	15 wheat crackers 1 oz cheese	6 oz low-fat yogurt 8 vanilla wafers	Apple 2 tbsp peanut butter 1 cup nonfat milk	¾ cup cottage cheese 8 vanilla wafers	¾ cup cottage cheese 8 vanilla wafers 1 medium apple with 2 tbsp of peanut butter

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 scrambled eggs, 2 egg whites, ¼ cup salsa, ¼ cup bell peppers sliced, ¼ cup shredded cheddar cheese 2 slices whole wheat bread	2 frozen whole wheat waffles/pancakes ¼ cup light syrup 4 oz low-fat greek yogurt 1 large banana	1 english muffin, 1 banana, sliced, 2 tbsp peanut butter 1 cup (8 oz) glass milk	1 packet of instant oatmeal mixed with 8 oz milk 2 hard-boiled egg 1 cup (8 oz) orange juice	Breakfast smoothie (1 cup of milk, 1 large frozen banana, 2 tbsp peanut butter) 1 apple	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 2 oz sliced ham), optional ketchup packet 1 large banana	1 whole wheat bagel with 1 slice of low-fat cheese, 2 oz ham 1 cup strawberries ½ cup low-fat greek yogurt
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 cup of black beans, ½ cup cooked brown rice, ¼ cup peppers, 1-2 cups leafy greens in a 100-150 calorie tortilla (or 3 corn tortilla shells) 1 medium apple	Turkey wrap (2 oz sliced turkey, 1 slices light provolone cheese, 1 tbsp mustard, lettuce and tomato) 1 whole wheat tortilla 1 medium pear	Pita pizza (2 small pitas, ½ cup sweet tomato basil sauce, 4 oz chicken, ½ cup reduced fat shredded cheddar) 3 oz carrots 1/3 cup hummus	Chicken and pasta dish (6 oz chicken breast, 1 ½ cup cooked pasta, 1 cup cooked broccoli, 1 cup red pasta-sauce) 1 tossed salad with 2 tbsp Italian dressing)	Tuna sandwich (5 oz tuna on 2 slices whole wheat bread, 2 slices swiss cheese, lettuce, tomato) and 1 packet of light mayo) 1 orange 1 bag of baked chips	Chicken waldorf salad in a whole wheat pita (mix ¼ cup low-fat yogurt, 1 tbsp reduced fat mayo, 4 oz diced chicken, ½ cup sliced grapes, 1 stalk celery chopped, 1 tbsp lemon juice, ½ sliced apple, ¼ cup chopped walnuts, salt and pepper) 15 wheat crackers	Leftovers: nachos (4.5 oz seasoned extra lean ground beef, ¼ cup salsa, 2 tbsp light sour cream, ½ cup reduced fat cheddar cheese, 1 oz serving baked tostitos) 1 apple
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
1 cup spaghetti (or noodles of choice) ½ cup marinara sauce ¼ lb lean beef for meatballs 1 cup broccoli with ¼ cup low-fat cheese	Leftovers: black bean and rice pita (1 cup of black beans, ½ cup cooked brown rice, ½ cup peppers, 1-2 cups leafy greens in a whole wheat pita) ½ cup hummus 3 oz carrots	4 oz pork tenderloin ½ cup mashed potatoes 2 cups salad with tomatoes and shredded carrots 2 tbsp italian dressing	Salmon or white fish, 4 oz with 2 tsp olive oil, 1 tbsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 1 tsp margarine	6 oz steak (filet or sirloin, ¾ cup california vegetable blend with 1 tsp lemon juice, 2 tsp margarine, and pepper to taste) ½ cup brown rice with 1 tsp margarine	Taco salad (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato)	4 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese 1 small sweet potato
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
¾ cup 1% cottage cheese ½ cup pineapple 8 vanilla wafers	15 wheat crackers with 1/3 cup hummus	1 slice whole wheat bread 1 tbsp peanut butter 1 tbsp jelly	6 oz low-fat yogurt 8 vanilla wafers	3 cups air-popped popcorn with 1 tsp margarine 1 low-fat cheese stick	4 graham cracker squares with ½ cup greek yogurt	½ cup cereal of choice 1 cup (8 oz) milk

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ½ cups corn flake cereal with 1 ½ cup (12 oz) skim milk 1 hard-boiled eggs	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice american cheese, 1 slice ham) –may add a ketchup packet	1 whole wheat bagel with 1 tbsp fat-free cream cheese ½ cup (4 oz) orange juice	1 packet of instant oatmeal mixed with 1 cup (8 oz) milk 1 hard-boiled egg 1 cup (8 oz) apple juice	250-300 calorie bar, smoothie or shake 2 eggs 1 orange	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 1 slice ham) –may add a ketchup packet	1 whole wheat bagel with 1 tbsp light cream cheese 1 cup (8 oz) orange juice
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 low-fat string cheese 6 wheat crackers	1 large banana 1 tbsp peanut butter	1 medium apple 1 low-fat string cheese	4 oz low-fat greek yogurt ½ large banana	100 calorie granola bar	1 low-fat string cheese 15 wheat crackers	1 cup strawberries 2 tsp honey ½ cup low-fat cottage cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna sandwich (5 oz tuna on 2 slices whole wheat bread, 1 slice swiss cheese, lettuce, tomato) and 1 packet of light mayo) 1 medium apple 6 oz 2% greek yogurt with 2 tbsp granola	1 ¼ cup reduced fat cottage cheese 1 cup fresh fruit 200 calorie bar, smoothie or shake	6" sub (tuna, turkey, chicken, roast beef, or ham): on a wheat bun (unlimited vegetables, 1 slice cheese optional) 1 bag of baked chips	Chicken and pasta dish (6 oz chicken breast, 1 ¼ cup cooked pasta, ½ cup cooked broccoli, 1 cup red pasta-sauce) 1 tossed salad with 2 tbsp ranch dressing	3 cups chicken noodle soup Small tossed salad with 2 tbsp italian dressing 2 slices whole wheat bread	Frozen meal 300 – 350 calories 1 string cheese 1 apple	Pita pizza (1 large pita, ½ cup sweet tomato basil sauce, 4 oz chicken, ½ cup reduced fat shredded cheddar) 1 cup cucumber slices ½ cup hummus
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 cup brown rice, cooked with 1 tsp margarine 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tsp margarine	Taco salad (1/4 lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato) 1 large banana	2 slices of cheese pizza 1 tossed salad with 2 tbsp Italian dressing	Salmon or white fish, 6 oz with 2 tsp olive oil, 1 tsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 1 tsp margarine	6 oz steak (filet or sirloin) ½ cup california vegetable blend with 1 tsp lemon juice, 1 tsp margarine, and pepper to taste ½ cup brown rice with 1 tsp margarine	2 cups spaghetti squash, ½ cup red sauce, ¼ lb ground beef 1 tossed salad with 2 tbsp light ranch dressing	6 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with 1/4 cup shredded light cheddar cheese ½ cup brown rice with 1 tbsp olive oil
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
Medium apple with 1 tablespoon of peanut butter	15 wheat crackers with 1 oz cheddar cheese	1 cup frozen yogurt	6 oz low-fat yogurt 1 cup strawberries	3 cups air-popped popcorn with 1 tsp margarine 1 large banana	4 graham cracker squares with 2 tbsp peanut butter	1 medium apple with 2 tsp of peanut butter

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup of high fiber cereal with 1 ½ cup (12 oz) skim milk 1 medium banana	½ cup of instant oatmeal mixed with 1 cup (8 oz) of milk 1 cup of berries of choice 2 eggs, scrambled or hard-boiled	1 whole wheat bagel with 1 tbsp peanut butter and 2 tbsp of jelly 1 cup (8 oz) orange juice	6 oz low-fat greek yogurt, ¼ cup granola 1 banana	250-300 calorie bar, smoothie or shake	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 4 oz sliced ham), may add a ketchup packet 1 apple	Breakfast burrito (1 whole wheat wrap, 2 eggs, 2 egg whites, 2 tbsp salsa, ¼ cup low-fat cheese, 1-2 cups leafy greens)
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
2 tbsp peanut butter 1 apple 100 calorie granola bar	6 oz low-fat greek yogurt	1 banana 1 tbsp peanut butter	2 hard-boiled eggs 2 rice cakes of choice	1 low-fat cheese stick 6 wheat crackers	¾ cup low-fat cottage cheese ¼ cup blueberries	100 calorie granola bar
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ham and cheese sandwich (2 slices whole wheat bread, 4 oz ham, 1 slice american cheese) ½ cup of low-fat cottage cheese ¼ cup blueberries	Frozen meal 300 – 350 calories 1 apple 1 tbsp peanut butter	Grilled cheese sandwich (2 slices whole wheat bread, 2 slices low-fat cheese) 1 ½ cups of chicken noodle soup	Turkey, cheese sandwich (2 slices whole wheat bread, 4 oz turkey, 1 slice of low-fat cheese) 1 cup carrots, 2 tbsp light ranch dressing	Tuna sandwich (2 slices whole wheat bread, 5 oz tuna (in water), 1 tsp mayo, 1 slice provolone cheese) 1 bag of baked chips 1 apple	Grilled cheese sandwich (2 slices whole wheat bread, 2 slices low-fat cheese) 1 cup of tomato soup 1 tossed salad, 2 tbsp italian dressing	5 oz tuna (in water), 1 tsp mayo spread on 2 rice cakes of choice, 2 slices swiss cheese 1 tossed salad, 2 tbsp italian dressing 1 apple
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 small sweet potato 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tbsp margarine	Tuna salad (4 oz tuna in water, 1 tsp light mayo, spices of choice, 2 cups leafy greens, 2 tbsp italian dressing) 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese	1 ½ cup cooked black beans, ½ cup cooked brown rice, ¼ cup low-fat cheddar cheese 1 tossed salad, 2 tbsp italian dressing	Salmon or white fish, 4 oz with 2 tsp olive oil, 1 tbsp lemon juice ½ cup brown rice, cooked 1 tossed salad, 2 tbsp italian dressing	Taco salad (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato)	Taco wraps: ¼ lb lean ground beef/ground turkey, ¼ cup salsa, 2 tbsp sour cream, ¼ cup shredded cheese in a whole wheat wrap (100-150 calories) 1 tossed salad, 2 tbsp italian dressing	6 oz boneless, skinless chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese ½ cup brown rice, cooked
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz cup low-fat greek yogurt, 2 graham cracker sheets	15 wheat crackers with 2 oz cheddar cheese	¾ cup cottage cheese, 1 cup berries of choice	15 wheat crackers, 1/3 cup of humus	3 cups air-popped popcorn with 1 tsp margarine	6 oz low-fat greek yogurt 90-120 calorie granola bar	1 english muffin, 2 tbsp peanut butter 6 oz low-fat greek yogurt

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 cup of high fiber cereal with 1 cup (8 oz) milk 1 banana 2 eggs	1 cup reduced fat cottage cheese 1 cup of berries 100-150 calorie granola bar 1 tbsp honey	1 whole wheat bagel with 1 tbsp peanut butter, 1 tsp jelly 1 apple	Breakfast burrito (1 whole wheat wrap, 1 scrambled egg, 2 egg whites, 2 tbsp salsa, 2 tbsp low-fat cheese, 1-2 cups leafy greens) 1 pear	2 frozen waffles ¼ cup light syrup 6 oz low-fat greek yogurt	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 4 oz slice ham), may add a ketchup packet	1 english muffin, 3 egg whites, 1 slice low-fat cheese, may add ketchup 1 cup (8 oz) skim milk
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 medium apple 1 tbsp peanut butter	100 calorie granola bar	4 oz low-fat greek yogurt	2 rice cakes of choice	1 cup of berries ¾ cup cottage cheese	1 large banana 4 oz low-fat greek yogurt	1 banana 1 slice whole wheat bread 2 tsp peanut butter
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6 oz 2% greek yogurt with 2 tbsp granola Pbj sandwich (1 slice of whole wheat bread, 1 tbsp peanut butter, 1 tbsp jelly)	Pb & banana sandwich (1 banana, sliced and 2 slices whole wheat bread, spread with 2 tbsp peanut butter) 1 cup nonfat milk	5 oz tuna, 1 tbsp mayo, 1-2 cups lettuce wrapped in 1 whole wheat pita ½ cup berries 1 cheese stick	Leftovers: chicken & pesto (mix 1 cup whole wheat pasta, 7 oz roasted chicken, 2 tbsp pesto sauce) 1 cup steamed vegetable blend	Beef wrap (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, ¼ cup salsa, 2 tbsp sour cream, 1 cup lettuce, ¼ cup shredded cheddar) in 1 whole wheat tortilla/wrap	Grilled cheese sandwich (2 slices whole wheat bread, 1 slice low-fat cheese) 1 cup of tomato soup 1 tossed salad, 2 tbsp italian dressing	Pita pizza (2 small pitas, ½ cup sweet tomato basil sauce, 4 oz chicken, ¼ cup reduced fat shredded cheddar) 1 cup cucumber slices ½ cup hummus
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6 oz boneless, skinless chicken breast 1 small baked sweet potato with 1 tsp margarine 1 cup steamed vegetable blend (broccoli, cauliflower, and carrots) with 1 tsp margarine	1.5 cups of black beans, 1 cup of brown rice cooked, ¼ cup shredded low-fat cheese, ¼ cup salsa 1 tossed salad with 2 tbsp italian dressing	Chicken & pesto (mix 1 cup whole wheat pasta, 4 oz roasted chicken, 2 tbsp pesto sauce) 1 cup steamed vegetable blend	Salmon or white fish, 4 oz with 2 tsp olive oil, 1 tbsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 2 tsp margarine	Shrimp stir fry (6 oz shrimp, 1 cup stir fry vegetables, mix with 2 tbsp sesame oil after cooking) ¾ cup brown rice	Taco salad (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, 1 cup lettuce, 2 tbsp shredded cheddar, ½ diced tomato) 1 cup of grapes	6 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese ½ mashed potatoes
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
15 wheat crackers with 1/3 cup hummus	6 oz low-fat greek yogurt 1 cup berries	15 wheat crackers 1 oz cheese	6 oz low-fat yogurt 8 vanilla wafers	1 medium apple 2 tbsp peanut butter 1 cup nonfat milk	¾ cup cottage cheese 8 vanilla wafers	1 medium apple with 2 tbsp of peanut butter

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 scrambled eggs, 2 egg whites, ¼ cup salsa, ¼ cup bell peppers sliced, ¼ cup shredded cheddar cheese 2 slices whole wheat bread	2 frozen whole wheat waffles/pancakes ¼ cup light syrup 4 oz low-fat greek yogurt 1 large banana	1 english muffin, 1 banana, sliced, 2 tbsp peanut butter 1 cup (8 oz) glass milk	1 packet of instant oatmeal mixed with 8 oz milk 2 hard-boiled eggs 1 cup (8 oz) orange juice	Breakfast smoothie (1 cup of milk, 1 large frozen banana, 2 tbsp peanut butter)	Ham and egg sandwich (2 slices whole wheat toast, 2 eggs whites, 1 slice reduced fat american cheese, 2 oz sliced ham), may add a ketchup packet ¾ cup of blueberries	1 whole wheat bagel with 1 slice of low-fat cheese, 2 oz ham 1 cup (8 oz) low-fat milk
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 medium apple 1 tbsp peanut butter	100 calorie granola bar	1 low-fat string cheese	1 rice cake 1 tbsp peanut butter	1 apple 1 low-fat cheese stick	1 large banana	1 cup strawberries ½ cup low-fat greek yogurt
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 cup of black beans, ½ cup cooked brown rice, ¼ cup peppers, 1-2 cups leafy greens in a 100-150 calorie tortilla (or 3 corn tortilla shells)	Turkey wrap (2 oz sliced turkey, 1 slice light provolone cheese, 1 tbsp mustard, lettuce and tomato) 1 whole wheat tortilla 1 medium pear	Pita pizza (2 small pitas, ½ cup sweet tomato basil sauce, 4 oz chicken, ½ cup reduced fat shredded cheddar) 3 oz carrots 1/3 cup hummus	Chicken and pasta dish (6 oz chicken breast, 1 ½ cups cooked pasta, 1 cup cooked broccoli, 1 cup red pasta sauce) 1 tossed salad with 2 tbsp Italian dressing	Tuna sandwich (5 oz tuna on 2 slices whole wheat bread, 2 slices swiss cheese, lettuce, tomato) and 1 packet of light mayo) 1 orange 1 bag of baked chips	Chicken waldorf salad in a whole wheat pita (mix ¼ cup low-fat yogurt, 1 tbsp reduced fat mayo, 4 oz diced chicken, ½ cup sliced grapes, 1 stalk celery chopped, 1 tbsp lemon juice, ½ sliced apple, ¼ cup chopped walnuts, salt and pepper) 15 wheat crackers	Leftovers: nachos (4.5 oz seasoned extra lean ground beef, ¼ cup salsa, 2 tbsp light sour cream, ½ cup reduced fat cheddar cheese, 1 oz serving baked tostitos) 1 apple
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
1 cup spaghetti (or noodles of choice) ½ cup marinara sauce ¼ lb lean beef for meatballs 1 cup broccoli with ¼ cup low-fat cheese	Leftovers: black bean and rice pita (1 cup of black beans, ½ cup cooked brown rice, ½ cup peppers, 1-2 cups leafy greens in a whole wheat pita) ½ cup hummus 3 oz carrots	4 oz pork tenderloin ½ cup mashed potatoes 2 cups salad with tomatoes and shredded carrots 2 tbsp italian dressing	Salmon or white fish, 4 oz with 2 tsp olive oil, 1 tsp lemon juice 1 small baked sweet potato with 1 tsp margarine 1 cup green beans with 1 tsp margarine	6 oz steak (filet or sirloin, ¾ cup california vegetable blend with 1 tsp lemon juice, 2 tsp margarine, and pepper to taste) ½ cup brown rice with 1 tsp margarine	Taco salad (¼ lb lean ground beef or ground turkey cooked in skillet with, taco seasoning, 10 tortilla chips, 2 tbsp salsa, 1 cup lettuce, 2 tbsp shredded cheddar, 1 tbsp light sour cream, ½ diced tomato)	4 oz roasted chicken breast with 1 tsp chili powder 1 cup chopped steamed broccoli with ¼ cup shredded light cheddar cheese 1 small sweet potato
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
¾ cup 1% cottage cheese ½ cup pineapple 8 vanilla wafers	15 wheat crackers with 1/3 cup hummus	1 slice whole wheat bread 1 tbsp peanut butter 1 tbsp jelly	6 oz low-fat yogurt 8 vanilla wafers	3 cups air-popped popcorn with 1 tsp margarine 1 low-fat cheese stick	4 graham cracker squares with ½ cup greek yogurt	½ cup cereal of choice 1 cup (8 oz) milk

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 pack of instant oatmeal, apple & cinnamon flavor, reduced sugar ¼ cup chopped walnuts 1 cup nonfat milk	2 slice whole wheat toast 2 tbsp peanut butter, reduced fat, low sodium, reduced sugar 2 hard-boiled eggs	Smoothie (6 oz light strawberry yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen banana, ½ cup nonfat milk)	1 whole wheat english muffin 6 oz light vanilla yogurt and ½ cup strawberries	1 serving frosted mini wheats 1 cup nonfat milk 1 orange	2 whole wheat waffles ½ tbsp light butter spread 1 tbsp maple syrup ½ cup frozen, unsweetened blueberries 8 oz light flavored yogurt	Omelet (3 eggs, 1oz low-fat cheddar cheese, 1/8 cup diced mushroom 1/8 cup diced tomato, ¼ cup diced spinach) 3 tbsp butter, lightly salted 2 slice whole wheat toast
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
6 oz light flavored yogurt 1 serving rice cracker, reduced sodium	1 cup low-fat peach yogurt 1 individual pack cracker (100 kcal)	¼ cup hummus ½ cup baby carrots	1 package peanut butter crackers 1 cup nonfat milk	1/8 cup cashews, unsalted 1 string cheese	1 cup diced melon	1 cup orange juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chili chicken wrap (4 oz chicken breast seasoned with chili powder, ¼ cup light shredded cheddar cheese, lettuce, tomato in 1 whole wheat wrap) 1 apple	Tuna salad (5 oz tuna canned in water, 2 tbsp reduced fat mayo, lemon juice, salt and pepper, 1 stalk celery chopped) 1 whole wheat pita 1 chocolate chips cookie	2 slice margarita pizza Salad (1 cup mix greens with 2 tbsp balsamic vinaigrette dressing)	Chicken & pesto pasta (mix 1 cup whole wheat pasta, 7 oz roasted chicken, 2 tbsp pesto sauce) 1 cup vegetable blend	Turkey wrap (4 oz sliced turkey, 2 slices light provolone cheese, 1 tbsp honey mustard, 5 sun dried tomato halves and lettuce) 1 whole wheat tortilla 1 cup grapes	6 oz steak 1 cup baked vegetables (zucchini, cauliflower, carrot) with 1 tbsp lightly salted butter and some dry basil 1 baked potato 1 tbsp sour cream	Spaghetti with meatballs and tomato sauce (1 cup whole wheat pasta, ½ cup tomato sauce, ¼ cup diced onion, 4 oz meatballs) 1 tbsp olive oil Salad (1 cup greens, 1 tbsp balsamic vinaigrette dressing)
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 light string cheese 1/8 cup almonds, roasted	1 orange 1 light string cheese	1 chocolate chips cookie 1 pear	1/8 cup almonds, unsalted ½ cup pineapple chunks	1 individual bag crackers 1 cup nonfat yogurt	12 triscuits ¼ cup salsa	1 cup strawberries
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Tacos (5 oz extra lean ground beef, taco seasoning reduced sodium, ½ cup diced tomatoes, 3 black olives, ½ cup shredded lettuce, 2 tbsp reduced fat shredded cheddar cheese, 3 taco shells, olive oil 2 tbsp) 1 cup orange juice	6 oz chicken breast topped with 2 roasted red pepper, ½ cup spinach (cooked with 1 tbsp olive oil and garlic) and 1 slice light provolone cheese 2 whole wheat rolls 1 tbsp light butter spread	Shrimp stir fry (7 oz shrimp, 1 cup stir fry vegetables, mix with 1 tbsp sesame oil after cooking) ¾ cup brown rice	Herb & parmesan crusted fish (5 oz white fish, 1/8 cup italian seasoned breadcrumbs, 1 tbsp parmesan cheese, 1 tbsp olive oil)- baked 1 cup vegetable blend 1 tbsp light butter spread 2 Slices whole wheat bread	Cheese burger Medium french fries 1 packet ketchup	Beef stew with 6 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ¾ cup brown rice	6 oz baked fish filets with lemon pepper seasoning 1 cup italian blend vegetables 2 tsp olive oil 2 whole wheat rolls 1 tbsp light butter

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Peanut butter sandwich (2 slices whole wheat toast, 2tbsp low sodium, reduced sugar peanut butter) Coffee, 1 oz 1% milk	2 pieces frozen waffle 1 tbsp honey 1 cup 1% milk 1 hard-boiled egg	1 packet of instant oatmeal mixed with 1 cup 1% milk 1 tbsp chopped roasted walnuts ½ cup of fresh berries	1 whole wheat bagel with 2 tbsp cream cheese 1 cup (8 oz) orange juice	1 breakfast bar with around 200 kcals 1 large banana 1 cup 1% milk	1 cup cereal with 1 cup low-fat milk 1 cup fresh strawberries	Smoothie (6 oz light strawberry yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen medium banana, ½ cup 1% milk)
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 cup low-fat yogurt 2 mandarin oranges	1 medium apple 1 string cheese	1 medium pear 1 cup low-fat yogurt	1 cup coffee with 2 oz low-fat milk 1 chocolate chip cookie	1 bag of lightly salted pretzels Coffee, 1 oz low-fat milk	2 tbsp unsalted nuts, roasted 1 cup orange juice	12 triscuits ¼ cup salsa
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato spaghetti (1 cup whole wheat spaghetti, ½ cup tomato basil sauce, 2 oz ground beef, 2 tsp olive oil), 2 tbsp shredded cheddar, reduced fat on top	6" sub (tuna, turkey, chicken, roast beef, or ham) on a wheat bun (unlimited vegetables, 2 slices cheese optional) 1 bag of baked chips	Salmon or white fish, 5 oz with 1 tsp olive oil, 1 tbsp lemon juice and salt ¾ cup mashed sweet potato with 1 tsp margarine ½ cup green beans with 1 tsp margarine	Tomato spaghetti (1 cup whole wheat spaghetti, ½ cup tomato basil sauce, 4 oz ground beef, 2 tsp olive oil), 2 tbsp shredded cheddar, reduced fat on top	1 full size salad with 4 tbsp honey mustard dressing 6 oz of grilled chicken breast on top, 1 small bag croutons	Ramen noodles (1 cup noodles, 1 cup vegetables, 3 slices pork on top) 3 pieces of lightly fried dumplings	Turkey wrap (4 slices sliced turkey, 2 slices light provolone cheese, 2 tbsp honey mustard, 1 tbsp and lettuce) 1 whole wheat tortilla 1 cup grapes
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 medium apple 2 tbsp dry roasted unsalted almonds 12 low sodium crackers	1 cup low-fat yogurt 2 tbsp unsalted nuts	1 individual bag snacks, 100 kcal 1 black tea with 1 oz low-fat milk	1 cup almond milk 1 cup grapes 1 stick low-fat string cheese	2 tbsp nuts, unsalted, roasted 1 low-fat yogurt	1 cup low-fat yogurt, strawberry cheesecake 1 cup earl grey milk tea (1 cup tea, 2 oz milk, 1 tbsp syrup)	1 cup low-calorie ice cream/frozen yogurt
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Green curry with rice (6 oz grilled chicken breast, ¼ cup snap beans, ¼ cup red pepper, ¼ cup curry sauce, 2 tsp olive oil, ¾ cup brown rice)	Salmon or white fish, 7 oz with 2 tsp olive oil, 1 tbsp lemon juice and some salt ¾ cup mashed sweet potato with 1 tbsp butter ½ cup green beans with 1 tsp margarine and salt	8 oz steak (filet or sirloin) 1 cup steamed vegetable blend with 1 tsp margarine, salt and pepper 2 small whole wheat bread bun with 1 tbsp lightly salted butter	1 chicken pot pie 1.5 cup green salad with 2.5 tbsp thousand island dressing 2 gold kiwis	1 can of clam chowder (reduce 30% fat) 2 slices sourdough bread, 1 tbsp lightly salted butter 1 cup romaine salad with 2 tsp of italian dressing	7 oz pork chop 1 cup sautéed brussel sprouts, with balsamic vinegar 2 thin slices of baguette with 2 tsp lightly salted garlic butter	Chinese fried rice (1 cup of rice, 1 tbsp oil, ½ mixed vegetables, 3 oz shrimp, soy sauce, 1 egg) ½ cup steamed vegetables with salt and pepper

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat bagel with 2 tbsp light cream cheese 1 cup of coffee with 1 oz low-fat milk	Grilled cheese sandwich (2 slices of whole wheat toast with 2 thin slices of low-fat cheese) 1 cup of coffee with 1 oz 1% milk	1 packet of instant oatmeal mixed with low-fat milk 1 hard-boiled egg 1 cup (8 oz) apple juice	2 pieces frozen waffle with 1 tbsp honey 1 cup of black tea with 1 oz low-fat milk 1 sausage	Smoothie (6 oz light strawberry low-fat yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen medium banana, ½ cup 1 % milk)	Omelet (3 eggs, ¼ cup of mixed diced vegetable, 2 oz of sausages, 2 tbsp shredded cheddar, 1 tbsp olive oil, salt and pepper)	Ham and egg sandwich (2 slices whole wheat toast, 1 egg, 1 slice american cheese, 1 slice ham) 1 cup hot tea
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 cup low-fat yogurt (any flavor)	½ cup baby carrots with 2 tbsp hummus	1 string cheese (low-fat) 12 crackers, reduced sodium	1 cup low-fat yogurt (any flavor) 1 large banana	½ cup baby carrots with 2 tbsp hummus 1 cup low-fat yogurt	1 cup grapes	1 cup diced melon
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chinese fried rice (1 cup of rice, 1 tbsp oil, ½ mixed vegetables, 3 oz shrimp, soy sauce, 1 egg) ½ cup steamed vegetables	4 oz grilled chicken breast ½ cup sautéed asparagus with 1 tsp olive oil, salt and pepper ¾ cup pasta with ¼ cup pesto sauce and some pine nuts on top	Beef stew with 4 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ½ cup brown rice	Frozen meal 400 – 450 calories 1 cup chicken noodle soup	6" sub (tuna, turkey, chicken, roast beef, or ham): on a wheat bun (unlimited vegetables, 1 slice cheese optional) 1 bag of chips	Spaghetti with meatballs and tomato sauce (¾ cup whole wheat pasta, ½ cup tomato sauce, ¼ cup diced onion, 4 oz meatballs), 1 tbsp olive oil Salad (1 cup greens, 2 tbsp balsamic vinaigrette dressing)	Double cheeseburger Medium french fries 1 packet ketchup 1 cup diet soda
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 navel orange	1 medium apple	16 whole wheat crackers	1 chocolate chips cookie 1 cup coffee, 2 oz 1% milk	1 large banana 1 tbsp unsalted, roasted nuts	1 large ice latte with 2 oz low-fat milk	1 navel orange
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
4 oz grilled chicken breast, 2 tsp olive oil 1 cup sautéed asparagus cooked with grilled chicken 1 cup pasta with ¼ cup pesto sauce and some pine nuts on top	Beef stew with 6 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ¾ cup brown rice	2 slices of cheese pizza 1 cup salad with 2 tbsp Italian dressing	Taco salad (6 oz lean ground beef or ground turkey cooked in skillet with, taco seasoning, 20 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, ½ cup lettuce, 2 tbsp shredded cheddar, ¼ cup diced tomato, 2 tsp olive oil)	Teriyaki fish (7 oz white fish with soy sauce, sugar) ½ cup brown rice 1 cup lettuce with 2 tbsp ginger sesame salad dressing	8 oz steak 1 cup baked vegetables (zucchini, cauliflower, carrot) with 1 tbsp lightly salted butter and some dry basil 1 medium baked potato 1 tbsp light sour cream	Stir fried pork with firm tofu (4 oz pork strips, 3 oz firm tofu, some green onion and onion, and hot pepper) 1 cup cooked brown rice 1 cup steamed vegetables with salt and 1.5 tbsp olive oil for cooking

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 pieces frozen waffle with 1 tbsp honey 1 cup of black tea with 2 oz low-fat milk 1 cup strawberries	1 packet of instant oatmeal mixed with hot water 1 large banana 1 hard-boiled egg 1 cup coffee with 1 oz low-fat milk	2 pieces frozen waffle with 1 tbsp honey 1 cup orange juice 1 cup low-fat yogurt	1 whole wheat bagel with 2 tbsp light cream cheese 1 cup of coffee with 1 oz low-fat milk 1 low-fat string cheese	1 whole wheat english muffin with 1 tbsp lightly salted light butter 1 cup light vanilla yogurt and ½ cup strawberries	1 serving frosted mini wheats 1 cup 1% milk	3 pieces of homemade pancake with ½ cup sliced strawberries and 2 tbsp fat-free whipped crème 1 tbsp light butter 1 cup black coffee
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 bag pretzels 1 cup yogurt	1 medium apple 2 hard-boiled eggs	½ cup baby carrots with 2 tbsp hummus ½ serving whole wheat, reduced fat crackers	1 large banana	½ cup baby carrots with 2 tbsp hummus 2 tbsp unsalted roasted nuts	1 cup diced pineapple ½ serving crackers	1 cup grapes 1 hard-boiled egg 1 cup almond milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Stir fried pork with firm tofu (3 oz pork strips, 2 oz firm tofu, some green onion and onion, and hot pepper) ¾ cup cooked brown rice ¾ cup steamed vegetables with salt 1 tbsp olive oil for cooking	Tuna salad (5 oz tuna canned in water, 2 tbsp reduced fat mayo, lemon juice, salt and pepper, 1 stalk celery chopped, 1 cup greens) 2 small whole wheat buns with 2 tbsp lightly salted butter	Chili chicken wrap (4 oz chicken breast seasoned with chili powder, ¼ cup light shredded cheddar cheese, lettuce, tomato in 1 whole wheat wrap, 1.5 tbsp light mayo) 1 cup tomato soup	Frozen meal 400-450 calories 1 cup salad with 2 tbsp light ranch dressing, 1 hard-boiled egg	Mushroom risotto, cooked with 1 tbsp butter and 1 cup cooked brown rice, with some spices and ¼ cup fresh mushroom. 4 oz grilled chicken, with 2 tsp olive oil, salt and pepper 1 cup steamed vegetable	Philly style cheese steak sub (6" sub with 4 oz ground beef, 2 tbsp oil, ¼ cup of vegetable blends (onion, mushroom, and green pepper) and 2 slices of cheese) 1 small sweet potato fries 1 diet soda	1 full size salad with 2 tbsp raspberry dressing with 4 oz grilled chicken 2 slices of baguette with 1 tbsp lightly salted butter 1 cup chowder soup, 98% fat-free, reduced sodium
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 medium pear 2 tbsp nuts, unsalted, roasted	1 cup low-fat yogurt 2 serving crackers	1 medium apple 2 tbsp dry roasted nuts 1 container nonfat yogurt	1 cup grapes 1 cup low-fat yogurt	2 sticks low-fat string cheese 1 cup coffee with 1 oz 1% milk	1 cup hot chocolate made with nonfat milk	1 cup ice latte with 4 oz low-fat milk and 1 tbsp vanilla syrup 2 tbsp roasted nuts
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
2 slices of bbq pizza 1 cup salad with 2 tbsp italian dressing	1 can chicken noodle soup 2 slices whole wheat bread with 1 tbsp lightly salted butter 1 cup salad with 2 tbsp balsamic dressing	1 california roll 1 cup miso soup 3 spring rolls 1 seaweed salad	Mushroom risotto, cooked with 1 tbsp butter and 1 cup cooked brown rice, with some spices and ¼ cup fresh mushroom 4 oz grilled chicken, with 2 tsp olive oil, salt and pepper 1 cup steamed vegetable	Burrito bowl with ¾ cup cooked rice, 5 oz of meat, ¼ cup of sautéed green pepper and onion, 2 tbsp salsa, 1 tbsp sour cream, 2 tbsp shredded cheese, ½ cup lettuce) 1 serving guacamole 1 cup diet soda	Chicken & pesto pasta (mix ¾ cup whole wheat pasta, 4 oz roasted chicken, ¼ cup alfredo sauce) cooked with 2 tsp olive oil 1 cup vegetable blend	Beef stew with 6 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ½ cup brown rice

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
¾ cup cereal, cheerios, honey nut 1 cup nonfat milk ½ cup blueberries, fresh	Egg and cheese (½ cup egg substitute, 2 oz low-fat cheddar, 1 whole wheat english muffin) Orange	2 slice whole wheat toast 2 tbsp peanut butter, reduced fat 1 hard-boiled egg	1 whole wheat english muffin topped with 1 tbsp apple butter 1 cup nonfat milk	1 hard-boiled egg 2 slice whole wheat bread 2 tsp light butter 1 cup nonfat milk	Pb & banana sandwich (1 banana, sliced and 1 whole wheat english muffin toasted, spread with 2 tbsp peanut butter) 1 cup nonfat milk	3 oz reduced fat turkey sausage 2 slice whole wheat toast 1 egg 1 kiwi
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 apple 1 string cheese ½ serving whole wheat crackers	Apple 2 tbsp peanut butter 1 cup nonfat milk	1 banana ½ cup nonfat milk	¼ cup cashews, unsalted 1 string cheese	1 orange 1 chocolate chips cookie	1 apple ¼ cup walnut	1 serving rice cracker 8 oz orange juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 cup pasta, whole wheat ½ cup tomato sauce 3 oz ground pork, 4% fat 1 cup broccoli, steamed, with some salts and pepper	4 oz bbq pulled pork on 1 whole wheat bun 1 cup green beans 12 animal crackers 1 tbsp light butter spread	2 slices margarita pizza Salad (1 cup mix greens with 2 tbsp balsamic vinaigrette dressing)	Chicken waldorf salad in a whole wheat pita (mix ¼ cup low-fat yogurt, 1 tbsp reduced fat mayo, 6 oz diced chicken, ½ cup sliced grapes, 1 stalk celery chopped, 1 tbsp lemon juice, ½ sliced apple, ¼ cup chopped walnuts, salt and pepper)	Nachos (5 oz seasoned extra lean ground beef, ½ cup salsa, 2 tbsp sour cream, 2 oz serving baked tostitos)	Turkey wrap (4 oz sliced turkey, 2 slices light provolone cheese, 1 tbsp mustard, lettuce and tomato) 1 whole wheat tortilla 1 pear	Tuna salad (4 oz tuna canned in water, 2 tbsp reduced fat mayo, lemon juice, salt and pepper, 1 stalk celery chopped) ¼ cup lettuce 1 whole wheat pita 1 apple 1 chicken noodle soup
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
¼ cup almonds, unsalted 1 mandarin orange	1 pear 2 light string cheese	1 cup low-fat peach yogurt	¾ cup 1% cottage cheese ½ cup pineapple 8 animal crackers	1 individual bag crackers 1 cup nonfat yogurt	1 cup low-fat vanilla yogurt 8 pieces of cinnamon graham cracker	10 triscuits ¼ cup salsa 3 tbsp raisins
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
7 oz pork chop 2 slices sourdough bread 1 tbsp butter, lightly salted 1 tbsp olive oil 1 cup stir fried kale, with some garlic powder	Shrimp stir fry (7 oz shrimp, 1 cup stir fry vegetables, mix with 1 tbsp sesame oil after cooking) 1 cup cooked brown rice	8 oz steak 1 cup baked vegetables (zucchini, cauliflower, carrot) with 1 tbsp lightly salted butter and some dry basil 1 baked potato 1 tbsp sour cream	Tacos (5 oz extra lean ground beef, taco seasoning, ½ cup diced tomatoes, 4 black olives, ½ cup shredded lettuce, 2 tbsp reduced fat shredded cheddar cheese, 4 taco shells) 1 cup orange juice	1 cup risotto, mushroom 6 oz grilled chicken breast 1 cup spinach, sautéed with 1.5 tbsp olive oil and some salts	6 oz baked fish filets with lemon pepper seasoning 1 cup italian blend vegetables 2 tsp olive oil 1 baked potato 1 tbsp light butter	6 oz chicken breast topped with roasted red pepper, ½ cup spinach (cooked with 1 tbsp olive oil and garlic) and 1 slice light provolone cheese 2 whole wheat rolls

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 whole wheat bagel with 2 tbsp light cream cheese 1 cup of coffee with 1 oz low-fat milk 1 low-fat string cheese	1 whole wheat english muffin with 1 tbsp lightly salted light butter 1 cup light vanilla yogurt and ½ cup strawberries	1 whole wheat bagel with 2 tbsp cream cheese 1 cup (8 oz) orange juice	Ham and egg sandwich (2 slices whole wheat toast, 1 egg, 1 slice american cheese, 1 slice ham) 1 cup orange juice	2 pieces frozen waffle with 1 tbsp honey 1 cup orange juice 1 cup low-fat yogurt	3 pieces of homemade pancake with ½ cup sliced strawberries and 2 tbsp fat-free whipped crème 1 tbsp light butter 1 cup black coffee	Grilled cheese sandwich (2 slices of whole wheat toast with 2 thin slices of low-fat cheese) 1 cup (8oz.) of coffee with 1 oz 1% milk
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 large banana 1 tbsp peanut butter, low sodium, less sugar	½ cup baby carrots with 2 tbsp hummus 2 tbsp unsalted roasted nuts 1 cup apple juice	1 cup coffee with 2 oz low-fat milk 1 chocolate chip cookie	1 cup diced melon 1 cup hot tea	½ cup baby carrots with 2 tbsp hummus ½ serving whole wheat, reduced fat crackers 1 stick low-fat string cheese	1 cup grapes 1 hard-boiled egg 1 cup almond milk	½ cup baby carrots with 2 tbsp hummus
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Frozen meal 400-450 calories 1 cup salad with 2 tbsp light ranch dressing, 1 hard-boiled egg	Mushroom risotto, cooked with 1 tbsp butter, 1 cup cooked brown rice, spices, ¼ cup fresh mushroom 4 oz grilled chicken, with 2 tsp olive oil, salt and pepper 1 cup steamed vegetables	Tomato spaghetti (1 cup whole wheat spaghetti, ½ cup tomato basil sauce, 4 oz ground beef, 2 tsp olive oil), 2 tbsp shredded cheddar, reduced fat on top 1 cup orange juice	Double cheeseburger Medium french fries 1 packet ketchup 1 cup diet soda	Chili chicken wrap (4 oz chicken breast seasoned with chili powder, ¼ cup light shredded cheddar cheese, lettuce, tomato in 1 whole wheat wrap, 1.5 tbsp light mayo) 1 cup tomato soup	1 full size salad with 2 tbsp raspberry dressing with 4 oz grilled chicken 2 slices of baguette with 1 tbsp lightly salted butter 1 cup chowder soup, 98% fat-free, reduced sodium 1 cup orange juice	4 oz grilled chicken breast ½ cup sautéed asparagus with 1 tsp olive oil, salt and pepper ¾ cup pasta with ¼ cup pesto sauce and some pine nuts on top
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 cup grapes 1 cup low-fat yogurt	2 sticks low-fat string cheese 1 cup coffee, 1 oz 1% milk	1 cup almond milk 1 cup grapes 1 stick low-fat string cheese	1 navel orange	1 medium apple 2 tbsp dry roasted nuts 1 container nonfat yogurt	1 cup ice latte with 4 oz low-fat milk and 1 tbsp vanilla syrup 2 tbsp roasted nuts	1 medium apple 1 tbsp peanut butter, low sodium, less sugar
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Mushroom risotto, cooked with 1 tbsp butter, 1 cup cooked brown rice, spices, ¼ cup fresh mushroom 4 oz grilled chicken, with 2 tsp olive oil, salt and pepper 1 cup steamed vegetables	Burrito bowl with ¾ cup cooked rice, 5 oz of meat, ¼ cup of sautéed green pepper and onion, 2 tbsp salsa, 1 tbsp sour cream, 2 tbsp shredded cheese, ½ cup lettuce) 1 serving guacamole 1 cup diet soda	1 chicken pot pie 1.5 cup green salad with 2.5 tbsp thousand island dressing 2 gold kiwis	Stir fried pork with firm tofu (4 oz pork strips, 3 oz firm tofu, some green onion and onion, and hot pepper) 1 cup cooked brown rice 1 cup steamed vegetables with salt and 1.5 tbsp olive oil for cooking	1 california roll 1 cup miso soup 3 spring rolls 1 seaweed salad	Beef stew with 6 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ½ cup brown rice	Beef stew with 6 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ¾ cup brown rice

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 pieces frozen waffle 1 tbsp honey 1 cup 1% milk 1 hard-boiled egg	1 breakfast bar with around 200 kcals 1 large banana 1 cup 1% milk	1 packet of instant oatmeal mixed with 1 cup 1% milk 1 tbsp chopped roasted walnuts ½ cup of fresh berries	1 serving frosted mini wheats 1 cup 1% milk 1 tbsp peanut butter, low sodium, less sugar	Peanut butter sandwich (2 slices whole wheat toast, 2 tsp low sodium, reduced sugar peanut butter) Coffee, 1 oz 1% milk 1 hard-boiled egg	Smoothie (6 oz light strawberry yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen medium banana, ½ cup 1% milk) 1 hard-boiled egg	French toasts (2 slices whole wheat toasts, soaked in 2 oz milk, fried with 1 tbsp olive oil and 1 tbsp unsalted reduced fat butter) 2 tbsp sugar-free maple syrup 2 slices reduced fat ham
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 medium apple 1 string cheese 1 tbsp peanut butter, low sodium, less sugar	1 bag of lightly salted pretzels Coffee, 1 oz low-fat milk	1 medium pear 1 cup low-fat yogurt 1 cup orange juice	1 cup diced pineapple 0.5 serving crackers	1 cup low-fat yogurt 2 mandarin oranges	12 triscuits ¼ cup salsa 1 string cheese	1 cup fresh pressed orange juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6" sub (tuna, turkey, chicken, roast beef, or ham): on a wheat bun (unlimited vegetables, 2 slices cheese optional) 1 bag of baked chips	1 full size salad with 4 tbsp honey mustard dressing 6 oz of grilled chicken breast on top, 1 small bag croutons	Salmon or white fish, 5 oz with 1 tsp olive oil, 1 tbsp lemon juice and salt ¾ cup mashed sweet potato with 1 tsp margarine ½ cup green beans with 1 tsp margarine	Philly style cheese steak sub (6" sub with 4 oz ground beef, 2 tsp oil, ¼ cup of vegetable blends (onion, mushroom, and green pepper) and 2 slices of cheese) 1 small sweet potato fries 1 diet soda	Tomato spaghetti (1 cup whole wheat spaghetti, ½ cup tomato basil sauce, 2 oz ground beef, 2 tsp olive oil), 2 tbsp shredded cheddar, reduced fat on top	Turkey wrap (4 slices sliced turkey, 2 slices light provolone cheese, 2 tsp honey mustard, 1 tbsp and lettuce) 1 whole wheat tortilla 1 cup grapes	7 oz steak (filet or sirloin) 1 cup steamed vegetable blend with 1 tsp margarine, salt and pepper 1 whole wheat english muffin with 1 tbsp lightly salted butter
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 cup low-fat yogurt 2 tbsp unsalted nuts	2 tbsp nuts, roasted, unsalted 1 low-fat yogurt 1 string cheese, low-fat	1 individual bag snacks, 100 kcal 1 black tea with 1 oz low-fat milk	1 cup hot chocolate made with nonfat milk	1 medium apple 2 tbsp dry roasted, unsalted, almonds 12 low sodium crackers	1 cup low calorie ice cream/frozen yogurt	1 cup cake 1 cup black coffee/tea
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Salmon or white fish, 7 oz with 2 tsp olive oil, 1 tbsp lemon juice and some salt ¾ cup mashed sweet potato with 1 tbsp butter ½ cup green beans with 1 tsp margarine and salt	1 can of clam chowder (reduce 30% fat) 2 slices sourdough bread, 1 tbsp lightly salted butter 1 cup romaine salad with 2 tbsp of italian dressing	8 oz steak (filet or sirloin) 1 cup steamed vegetable blend with 1 tsp margarine, salt and pepper 2 small whole wheat bread buns with 1 tbsp lightly salted butter	Chicken & pesto pasta (mix ¾ cup whole wheat pasta, 4 oz roasted chicken, ¼ cup alfredo sauce) cooked with 2 tsp olive oil 1 cup vegetable blend	Green curry with rice (6 oz grilled chicken breast, ¼ cup snap beans, ¼ cup red pepper, ¼ cup curry sauce, 2 tsp olive oil, ¾ cup brown rice)	Chinese fried rice (1 cup of rice, 1 tbsp oil, ½ mixed vegetables, 3 oz shrimp, soy sauce, 1 egg) ½ cup steamed vegetables with salt and pepper	Chinese fried rice (1 cup of cooked rice, 1 tbsp oil, ½ cup mixed vegetables, 3 oz shrimp, soy sauce, 1 large egg) ½ cup steamed vegetables

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Smoothie (6 oz light strawberry low-fat yogurt, ½ cup frozen, unsweetened blueberries, 1 frozen medium banana, ½ cup 1% milk)	2 pieces frozen waffle with 1 tbsp honey, 1 tbsp peanut butter, low sodium, less sugar 1 cup of black tea with 1 oz low-fat milk 1 sausage	1 whole wheat bagel with 2 tbsp light cream cheese 1 cup of coffee with 1 oz low-fat milk 1 hard-boiled egg	Grilled cheese sandwich (2 slices of whole wheat toast with 2 thin slices of low-fat cheese) 1 cup of coffee with 1 oz 1% milk	1 packet of instant oatmeal mixed with 1 cup low-fat milk 1 hard-boiled egg 1 cup apple juice	1 cup cereal with 1 cup low-fat milk 1 cup fresh strawberries 1 hard-boiled egg	Omelet (3 eggs, ¼ cup of mixed diced vegetable, 2 oz of sausages, 2 tbsp shredded cheddar, 1 tbsp olive oil, salt and pepper)
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
½ cup baby carrots with 2 tbsp hummus 1 cup low-fat yogurt	1 cup low-fat yogurt (any flavor) 1 large banana	1 cup low-fat yogurt (any flavor)	½ cup baby carrots with 2 tbsp hummus	1 string cheese (low-fat) 12 rice crackers, reduced sodium	2 tbsp unsalted nuts, roasted 1 cup orange juice	1 cup grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
6" sub (tuna, turkey, chicken, roast beef, or ham) on a wheat bun (unlimited vegetables, 1 slice cheese optional) 1 bag of chips 1 cup orange juice	Frozen meal 400 – 450 calories 1 cup chicken noodle soup	Chinese fried rice (1 cup of rice, 1 tbsp oil, ½ mixed vegetables, 3 oz shrimp, soy sauce, 1 egg) ½ cup steamed vegetables	4 oz grilled chicken breast ½ cup sautéed asparagus with 1 tsp olive oil, salt and pepper ¾ cup pasta with ¼ cup pesto sauce and some pine nuts on top	Beef stew with 4 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ½ cup brown rice	Ramen noodles (1 cup noodles, 1 cup vegetables, 3 slices pork on top) 3 pieces of lightly fried dumplings	Spaghetti with meatballs and tomato sauce (¾ cup whole wheat pasta, ½ cup tomato sauce, ¼ cup diced onion, 4 oz meatballs), 1 tbsp olive oil Salad (1 cup greens, 2 tbsp balsamic vinaigrette dressing)
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 large banana 1 tbsp unsalted, roasted nuts	1 chocolate chips cookie 1 cup coffee, 2 oz 1% milk	1 navel orange	1 medium apple 1 cup 0% greek yogurt	16 whole wheat crackers 1 tbsp peanut butter, low sodium, less sugar	1 cup low-fat yogurt, strawberry cheesecake 1 cup earl grey milk tea (1 cup tea, 2 oz milk, 1 tbsp syrup)	1 large ice latte with 2 oz low-fat milk 1 stick low-fat string cheese
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Teriyaki fish (7 oz white fish with soy sauce, sugar) ½ cup brown rice 1 cup lettuce with 2 tbsp ginger sesame salad dressing	Taco salad (6 oz lean ground beef or ground turkey cooked in skillet with, taco seasoning, 20 tortilla chips, 2 tbsp salsa, 2 tbsp sour cream, ½ cup lettuce, 2 tbsp shredded cheddar, ¼ cup diced tomato) 1 tbsp olive oil	4 oz grilled chicken breast, 2 tsp olive oil 1 cup sautéed asparagus cooked with grilled chicken 1 cup pasta with ¼ cup pesto sauce and some pine nuts on top	Beef stew with 6 oz beef chuck, ½ cup carrots, ½ cup celery, ½ cup tomato ¾ cup brown rice	2 slices of cheese pizza 1 cup salad with 2 tbsp italian dressing	7 oz pork chop 1 cup sautéed brussel sprouts, with balsamic vinegar 2 thin slices of baguette with 2 tsp lightly salted garlic butter	8 oz steak 1 cup baked vegetables (zucchini, cauliflower, carrot) with 1 tbsp lightly salted butter and some dry basil 1 medium baked potato 1 tbsp light sour cream