

Day 1
MEAL 1

- 2 cups of cold cereal
- 1 cup of low-fat milk
- 1 piece of fruit
- 1 boiled egg

MEAL 2

- 3 cups of salad
- 5 oz of sliced chicken breast
- 3 tbsp of low-fat dressing
- 1 piece of fruit

MEAL 3

- 4 oz of turkey
- 2 slices of whole wheat or multi-grain bread
- 1 tbsp of mayo or mustard
- 1 slice of low-fat cheese
- 1 handful of pretzels
- 2 cups of vegetables

SNACK 1

Choose from the list

MEAL 4

- 5 oz of fish
- 2 cups of vegetables

SNACK 2

Choose from the list

Day 2
MEAL 1

- 1 cup of cold cereal
- 1 cup of low-fat milk
- 1 medium banana
- 1 cup of juice

MEAL 2

- 2 cups of vegetables
- 3 tbsp of low-fat dressing
- 1 cup of soup

MEAL 3

- 5 oz of sliced chicken breast
- 2 slices of whole wheat or multi-grain bread
- 1 tbsp of mayo or mustard
- 1 cup of vegetables

SNACK 1

Choose from the list

MEAL 4

- 5 oz of grilled fish
- 2 cups of vegetables

SNACK 2

Choose from the list

Day 3
MEAL 1

- 2-4 egg whites
- 2 strips of turkey bacon
- 1 cup of low-fat milk

MEAL 2

- 6 oz of yogurt
- 1 cup of fruit
- 1 cup of vegetables
- 1 cup of brown rice

MEAL 3

- 5 oz of chicken breast
- 2 cups of vegetables

SNACK 1

Choose from the list

MEAL 4

- 5 oz of lean steak
- 2 cups of vegetables

SNACK 2

Choose from the list

Day 4
MEAL 1

- 1 cup of hot cereal
- 1 cup of fruit

MEAL 2

- 1 small fresh fruit smoothie (under 300 calories)

MEAL 3

- 3 oz of ham
- 2 slices of whole wheat or multi-grain bread
- 1 piece of fruit
- ½ cup of soup

SNACK 1

Choose from the list

MEAL 4

- 1 small veggie burger
- 2 slices whole wheat or multi-grain bread
- ½ cup of brown rice
- 1 cup of vegetables

SNACK 2

Choose from the list

Day 5
MEAL 1

- 2 egg whites with veggies

MEAL 2

- 1 small whey protein shake (under 300 calories)

MEAL 3

- 1 cup of beans
- 1 cup of brown rice
- 1 cup of vegetables

SNACK 1

Choose from the list

MEAL 4

- 4 oz of fish
- 2 cups of vegetables

SNACK 2

Choose from the list

Day 6
MEAL 1

- 6 oz of yogurt
- ½ cup of berries
- 1 slice of cantaloupe

MEAL 2

- 1 cup of mixed fruit

MEAL 3

- 1 small veggie burger
- ½ cup of beans
- ½ cup of brown rice

SNACK 1

Choose from the list

MEAL 4

- 3 cups of salad
- 3 tbsp of low-fat dressing
- 2 cups of vegetables
- 5 oz of sliced chicken breast

SNACK 2

Choose from the list

Day 7
MEAL 1

- 1½ cups of cold cereal
- 1 cup of low-fat milk
- 1 piece of fruit

MEAL 2

- 2 cups of salad
- 3 tbsp of low-fat dressing

MEAL 3

- 1 cup of brown rice
- 2 cups of vegetables

SNACK 1

Choose from the list

MEAL 4

- 1½ cups of whole wheat pasta
- ½ cup of tomato sauce
- 5 oz of diced chicken breast

SNACK 2

Choose from the list