

MONDAY

OATMEAL

1 Package of Regular Oatmeal
 1 cup of Skim Milk
 ¼ cup of Blueberries
 16 oz of Water
**Add Cinnamon to Oatmeal*

TURKEY SANDWICH

2 Slices Whole Wheat Bread
 2 Slices of Turkey
 1 Iceberg Lettuce Leaf
 2 Tomato Slices
 1 tsp of Mustard
 ½ tsp of Mayonnaise
 5 Baby Carrots
 1 Small Apple
 16 oz of Water

PAN SEARED TILAPIA + SALAD

4 oz of Tilapia
 2 cups of Spinach
 ½ cup of Raspberries
 1 tbsp Sliced Almonds
 2 tbsp Vinegarette
 16 oz of Water
**Add Lemon Juice to Tilapia*

SNACK TIME

10 Cucumber Slices
 1 tbsp Ranch Dressing
 16 oz of Water

TUESDAY

YOGURT PARFAIT

1 ½ cups of Nonfat Yogurt
 ¼ cup of Raspberries
 ¼ cup of Blueberries
 ¼ cup of Granola
 16 oz of Water

BLT w/AVOCADO

2 Slices Whole Wheat Bread
 4 Slices Crispy Turkey Bacon
 1 Iceberg Lettuce Leaf
 2 Tomato Slices
 3 Avocado Slices
 ½ tsp Mayonnaise
 1 Medium Peach
 16 oz of Water

SPAGHETTI SQUASH

2 cups of Cooked Spaghetti Squash
 ½ cup of Tomato Sauce
 ½ cup of Pan Browned Lean Ground Beef
 2 cups of Green Beans
 1 Cutie Orange
 16 oz of Water
**Cook beef w/Garlic Powder*

SNACK TIME

½ cup of Green Grapes
 16 oz of Water

WEDNESDAY

SCRAMBLED EGGS

2 Large Eggs, Scrambled
 ¼ cup of Shredded Sharp Cheese
 ¾ cup of Halved Strawberries
 16 oz of Water

GROUND BEEF TACOS

2 Corn Tortillas
 1 cup of Pan Browned Lean Ground Beef
 2 tbsp Salsa
 2 Avocado Slices
 ¼ cup of Blueberries
 16 oz of Water

BAKED CHICKEN

4 oz Lean Chicken Breast
 1 cup of Roasted Broccoli
 ½ cup of Corn
 1 Plum
 16 oz of Water
**Cook Broccoli with Lemon Juice and Black Pepper*

SNACK TIME

2 Large Celery Sticks
 16 oz of Water

THURSDAY

ALMOND BUTTER TOAST

2 Slices Whole Wheat Toast
 2 tbsp Almond Butter
 ¼ cup of Raspberries
 16 oz of Water

MIXED SALAD

2 cups of Spring Mix Lettuce
 5 Cherry Tomatoes
 ½ cup Chopped Carrots
 1 cup of Sliced Mushrooms
 2 tbsp of Vinegarette Salad Dressing
 ½ cup diced Pineapple
 16 oz of Water

GRILLED STEAK

4 oz of Lean Steak
 ½ cup Mashed Cauliflower
 5 Asparagus Spears
 1 Medium Peach
 16 oz of Water
**Add Garlic Powder to the Mashed Cauliflower*

SNACK TIME

1 cup of Nonfat Yogurt
 ½ cup Strawberry Halves
 16 oz of Water

FRIDAY

OMELET

2 Large Eggs
 ¼ cup Diced Yellow Onion
 ½ cup of Spinach
 ½ cup diced Tomatoes
 ¼ cup of Shredded Sharp Cheese
 ½ cup Green Grapes
 16 oz of Water

HAM SANDWICH

2 Slices Whole Wheat Bread
 3 Slices of Thin Sliced Ham
 1 Iceberg Lettuce Leaf
 2 Tomato Slices
 1 tsp Mustard
 ½ tsp Mayonnaise
 12 Red Apple Slices
 16 oz of Water

QUINOA + ROASTED VEGGIES

½ cup Cooked Quinoa
 ½ cup Roasted Eggplant
 ½ cup Roasted Squash
 ½ cup Roasted Zucchini
 1 ½ tsp Olive Oil
 1 Plum
 16 oz of Water

SNACK TIME

10 Cucumber Slices
 1 tbsp Ranch Dressing
 16 oz of Water

SATURDAY

SHREDDED WHEAT CEREAL

1 cup of Shredded Wheat Cereal
 1 cup of Skim Milk
 16 oz of Water

TUNA STEAK + SALAD

3 oz Tuna Steak
 2 cups of Spring Mix Lettuce
 ½ cup Chopped Carrots
 5 Cherry Tomatoes
 2 tbsp Vinegarette Salad Dressing
 ¼ cup of Blueberries
 16 oz of Water

PAN SEARED PORK CHOP

4 oz Thin Lean Pork Chop
 1 cup Roasted Broccoli
 1 Roasted Red Pepper (sliced)
 1 Cutie Orange
 16 oz of Water
**Cook the Pork Chop with a small amount of Liquid Smoke*

SNACK TIME

1 cup of cubed Cantaloupe
 16 oz of Water

SUNDAY

EGGS + FRUITY YOGURT

2 Large Eggs (cooked however you prefer)
 1 ½ cups of Nonfat Yogurt
 ¼ cup of Raspberries
 ¼ cup of Blueberries
 16 oz of Water

ALMOND BUTTER + PRESERVES

2 Slices Whole Wheat Bread
 1 tbsp Almond Butter
 1 tbsp Strawberry Preserves
 2 Large Celery Stalks
 5 Baby Carrots
 16 oz of Water

HAMBURGER

1 Hamburger Bun
 1 Lean Beef Hamburger Patty
 1 Iceberg Lettuce Leaf
 1 Red Onion Slice
 1 Tomato Slice
 ½ tsp Mayonnaise
 1 tsp Mustard
 6 Apple Slices
 16 oz of Water
**Add Dill to the Hamburger Patty*

SNACK TIME

½ cup of Red Cherries
 5 Almonds
 16 oz of Water

ADD FLAVOR, NOT CALORIES

These flavor options are all either zero-calorie or so low-calorie you don't need to track them. Adding these seasonings can help keep food from tasting bland without adding butter or salt.
An asterisk () on the meal plan indicates a Seasoning Suggestion.*

Onion Powder
 Garlic Powder
 Lemon Juice
 Lime Juice
 Dill
 Black Pepper
 Paprika

Chives
 Parsley
 Rosemary
 Basil
 Thyme
 Cinammon
 Red Pepper Flakes

Cayenne Pepper
 Chili Powder
 Cumin
 Ginger
 Mint
 Oregano
 Turmeric

Herbs de Provence
 Cilantro
 Italian Seasoning Mix
 Marjoram
 Fennel Seed
 Coriander
 Clove

Liquid Smoke
 Dry Mustard
 Curry Powder
 Vanilla

