

MONDAY

OATMEAL

2 Packages Regular Oatmeal
1 cup of Skim Milk
½ cup of Blueberries
½ cup of Raspberries
16 oz of Water
**Add Cinnamon to Oatmeal*

TURKEY SANDWICH

2 Slices Whole Wheat Bread
2 Slices of Turkey
1 Slice Cheddar Cheese
1 Iceberg Lettuce Leaf
2 Tomato Slices
1 tsp of Mustard
1 tsp of Mayonnaise
10 Baby Carrots
1 tbsp Ranch Dressing
1 Small Apple
16 oz of Water

PAN SEARED TILAPIA + SALAD

8 oz of Tilapia
2 cups of Spinach
½ cup of Raspberries
2 tbsp Chopped Walnuts
2 tbsp Vinaigrette
16 oz of Water
**Add Lemon Juice to Tilapia*

SNACK TIME

10 Cucumber Slices
2 tbsp Ranch Dressing
16 oz of Water

TUESDAY

YOGURT PARFAIT

2 cups of Nonfat Yogurt
¼ cup of Raspberries
¼ cup of Blueberries
¾ cup of Granola
16 oz of Water

BLT w/AVOCADO

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

SPAGHETTI SQUASH

2 cups of cooked Spaghetti Squash
1 cup of Tomato Sauce
1 cup of Pan Browned Lean Ground Beef
¼ cup Shredded Mozzarella Cheese
2 cups of Green Beans
1 Cutie Orange
16 oz of Water
**Cook beef w/Garlic Powder*

SNACK TIME

¾ cup of Green Grapes
16 oz of Water

WEDNESDAY

SCRAMBLED EGGS

2 Large Eggs, Scrambled
¼ cup of Shredded Sharp Cheese
1 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
2 tbsp Sour Cream
¼ cup Shredded Sharp Cheese
½ cup of Blueberries
16 oz of Water

BAKED CHICKEN

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

SNACK TIME

5 Large Celery Sticks
1 tbsp Ranch Dressing
16 oz of Water

THURSDAY

ALMOND BUTTER TOAST

2 Slices Whole Wheat Toast
2 tbsp Almond Butter
½ cup of Raspberries
½ cup of Blueberries
½ cup of Sliced Banana
16 oz of Water

MIXED SALAD

4 cups of Spring Mix Lettuce
10 Cherry Tomatoes
1 cup Chopped Carrots
1 cup of sliced Mushrooms
3 tbsp of Vinaigrette Salad Dressing
16 oz of Water

GRILLED STEAK

8 oz of Lean Steak
¾ cup Mashed Cauliflower
10 Asparagus Spears
1 Medium Peach
1 Cooked Portobello Mushroom Cap (sliced)
2 tsp Olive Oil
2 tbsp Balsamic Vinegar
16 oz of Water
**Add Garlic Powder to Mashed Cauliflower*

SNACK TIME

1 ½ cups 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
1 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
1 Red Onion Slice
2 Tomato Slices
1 tsp Mustard
1 tsp Mayonnaise
12 Red Apple Slices
10 Baby Carrots
1 tbsp Ranch Dressing
16 oz of Water

QUINOA + ROASTED VEGGIES

1 cup Cooked Quinoa
1 cup Roasted Eggplant
1 cup Roasted Squash
1 cup Roasted Zucchini
¼ cup Feta Cheese
2 tsp Olive Oil
1 Plum
16 oz of Water

SNACK TIME

10 Cucumber Slices
16 oz of Water

SATURDAY

SHREDDED WHEAT CEREAL

1 cup of Shredded Wheat Cereal
1 cup of Skim Milk
½ cup Raspberries
16 oz of Water

TUNA STEAK + SALAD

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

PAN SEARED PORK CHOP

8 oz Thin Lean Pork Chop
1 cup Roasted Broccoli
1 Roasted Red Pepper (sliced)
½ cup Mashed Cauliflower
4 tsp Olive Oil
1 Cutie Orange
16 oz of Water
**Cook the Pork Chop with a small amount of Liquid Smoke*

SNACK TIME

5 Large Celery Sticks
1 ½ tbsp Ranch Dressing
16 oz of Water

SUNDAY

EGGS + FRUITY YOGURT

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

ALMOND BUTTER + PRESERVES

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

CHEESEBURGER

1 Hamburger Bun
1 Lean Beef Hamburger Patty
1 Slice Cheddar Cheese
1 Iceberg Lettuce Leaf
1 Red Onion Slice
4 Pickle Slices
1 Tomato Slice
1 tsp Mayonnaise
1 tsp Mustard
12 Apple Slices
10 Cucumber Slices
1 tbsp Ranch Dressing
16 oz of Water

SNACK TIME

1 ½ cups of Red Cherries
20 Almonds
16 oz of Water

**Add Dill to the Hamburger Patty*

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
Cinnamon
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

