

## MONDAY

### OATMEAL

2 Packages Regular Oatmeal  
1 cup of Skim Milk  
½ cup of Blueberries  
½ cup of Raspberries  
¼ cup Chopped Pecans  
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  
1 Red Onion Slice  
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  
1 cup of Raspberries  
2 tbsp Sliced Almonds  
2 tbsp Chopped Walnuts  
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 cups of Nonfat Yogurt  
½ cup of Raspberries  
½ 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  
10 Baby Carrots  
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  
½ cup Shredded Mozzarella Cheese  
2 cups of Green Beans  
1 Cutie Orange  
16 oz of Water

*\*Cook beef w/Garlic Powder*

### SNACK TIME

1 cup of Green Grapes  
¾ cup of Strawberry Halves  
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  
1 cup of Blueberries  
16 oz of Water

### BAKED CHICKEN

8 oz Lean Chicken Breast  
1 ½ cups of Roasted Broccoli  
1 cup Fresh Corn  
1 cup Boiled Carrots  
1 Plum  
16 oz of Water

*\*Cook Broccoli with Lemon Juice and Black Pepper*

### SNACK TIME

5 Large Celery Sticks  
2 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  
½ cup Chopped Onion  
1 cup Chopped Cucumber  
1 cup Sliced Mushrooms  
3 tbsp of Vinegarette Salad Dressing  
16 oz of Water

### GRILLED STEAK

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

*\*Add Garlic Powder to Mashed Cauliflower*

### SNACK TIME

2 cups of Nonfat Yogurt  
1 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 cups Green Grapes  
16 oz of Water

### HAM SANDWICH

2 Slices Whole Wheat Bread  
3 Slices of Thin Sliced Ham  
1 Cheddar Cheese Slice  
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 ½ cup Cooked Quinoa  
1 cup Roasted Eggplant  
1 cup Roasted Squash  
1 cup Roasted Zucchini  
2 Roasted Tomatoes  
¼ cup Feta Cheese  
2 tsp Olive Oil  
2 tbsp Sliced Almonds  
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  
1 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 Vinegarette Salad Dressing  
1 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)  
1 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  
2 tbsp Ranch Dressing  
16 oz of Water

## SUNDAY

### EGGS + YOGURT

2 Large Eggs (any way)  
2 cups of Nonfat Yogurt  
½ cup of Raspberries  
½ cup of Blueberries  
½ cup of Blackberries  
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  
2 tbsp Ranch Dressing  
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

*\*Add Dill to the Hamburger Patty*

### SNACK TIME

2 cups of Red Cherries  
20 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

