

# Weekly Meal Plan

Based on the calorie needs you calculated earlier, use the guide above to create the perfect meal plan for your perfect weight

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>breakfast</b>	<ul style="list-style-type: none"> <li>• 3-egg-white omelette with chopped vegetables</li> <li>• 1 whole-wheat English muffin with 1 Tbsp fruit spread and 2 tsp soft margarine</li> </ul>	<ul style="list-style-type: none"> <li>• 1 c whole-grain cereal with 2 Tbsp raisins and 1 c fat-free or 1% milk</li> <li>• 1 banana</li> <li>• ½ c 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 c oatmeal with 2 Tbsp mixed dried fruit and nuts and 1 tsp cinnamon</li> <li>• ¼ c fat-free plain yogurt</li> <li>• 1 c orange or grapefruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 c muesli with 1 c fat-free milk</li> <li>• 1 orange or ½ grapefruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 c hot oatmeal with ¼ c fat-free plain yogurt and 2 Tbsp raisins</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs and 1 egg white, scrambled</li> <li>• 2 slices whole-wheat toast with 2 tsp soft margarine and 1 Tbsp jam</li> <li>• mixed fruit and ½ c fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 whole-wheat frozen toaster waffles, topped with 1 Tbsp nut butter and ½ medium banana, sliced</li> <li>• 1 c fat-free milk</li> </ul>
<b>mid-morning snack</b>	<ul style="list-style-type: none"> <li>• Raw mixed vegetables</li> <li>• ¼ c hummus</li> </ul>	<ul style="list-style-type: none"> <li>• 1 container fat-free plain yogurt mixed with 2 Tbsp dried fruit and 2 tsp honey</li> </ul>	<ul style="list-style-type: none"> <li>• <b>3-4 c micro-wave air-popped popcorn (100 calories' worth; see package)</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz low-fat cheese</li> <li>• 2 whole-wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 <b>energy bar like a PowerBar Pria or a Luna bar</b></li> </ul>	<ul style="list-style-type: none"> <li>• ½ <b>whole-wheat pita with 1 Tbsp hummus</b></li> </ul>	
<b>lunch</b>	<ul style="list-style-type: none"> <li>• 3 oz sliced turkey breast in a whole-wheat tortilla with mixed greens, tomato, and 2 or 3 slices of avocado</li> <li>• 1 c mixed green salad with 2 tsp olive oil and vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 1 c broth-based or tomato soup</li> <li>• 4 whole-wheat crackers</li> <li>• 2 oz sliced lean roast beef with 1 oz low-fat cheese, lettuce, tomato, mustard, and 2 tsp light mayonnaise on 2 slices of whole-wheat bread</li> </ul>	<ul style="list-style-type: none"> <li>• tuna salad: 3 oz grilled or canned tuna, 5 small red potatoes, ½ c string beans, and 5 to 8 olives on a bed of salad greens, tossed with 2 tsp olive oil and 1 Tbsp red-wine vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• tossed salad: mixed salad greens, cucumber, red bell pepper, red onion, diced carrots, tomato, ½ c chickpeas, ½ c string beans, 1 oz grated hard cheese</li> <li>• dressing: 2 tsp olive oil and 1 Tbsp red-wine vinegar</li> <li>• 1 small whole-wheat roll</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz whole-wheat pita, 2 oz chicken or turkey breast, 1 Tbsp cranberry sauce with chopped mixed greens</li> </ul>	<ul style="list-style-type: none"> <li>• 1 c chicken noodle soup and 4 whole-wheat crackers</li> <li>• mixed green salad with 1 Tbsp grated hard cheese and 5 sliced olives</li> <li>• dressing: 2 tsp olive oil and vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium baked potato topped with sautéed mixed vegetables (e.g., mushrooms, onions, broccoli) in 1 Tbsp olive oil with 1 oz grated hard cheese</li> </ul>
<b>afternoon snack</b>	<ul style="list-style-type: none"> <li>• 1 c <b>berries mixed with 2 Tbsp plain, fat-free yogurt</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz <b>mozzarella string cheese</b></li> <li>• 2 <b>whole-wheat crackers</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 <b>large rectangular graham cracker with 1 tsp nut butter</b></li> <li>• 1 <b>piece fruit</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 c fortified soy milk</li> <li>• 2 <b>Whole Grain Fig Newton cookies</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 container fat-free fruit-flavored yogurt with banana and 1 oz trail mix</li> </ul>	<ul style="list-style-type: none"> <li>• 2 <b>c watermelon chunks</b></li> </ul>	<ul style="list-style-type: none"> <li>• 10 <b>almonds or cashews</b></li> </ul>
<b>dinner</b>	<ul style="list-style-type: none"> <li>• Asian chicken salad: 2 c mixed greens, red onions, and tomatoes wedges; 3 oz cooked chicken breast, sliced; ½ c mandarin orange sections; 1 oz cashews</li> <li>• dressing: 1 Tbsp olive oil and vinegar</li> <li>• 4 whole-grain crackers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 c cooked white or brown rice</li> <li>• 3 oz grilled shrimp in gumbo sauce</li> <li>• mixed green salad with 2 tsp olive oil and vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 1 vegetarian burger with lettuce, tomato, and red onion on a soft wheat roll</li> <li>• side salad of mixed greens and vegetables and 2 tsp olive oil and vinegar dressing</li> </ul>	<ul style="list-style-type: none"> <li>• spaghetti marinara: 1 c cooked whole-grain pasta topped with ½ c marinara sauce and 1 Tbsp grated Romano cheese</li> <li>• side salad with olive oil and vinegar or light dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz grilled fish topped with 3 grilled pineapple slices</li> <li>• 1 c couscous</li> <li>• mixed greens with 2 tsp avocado or olive oil and vinegar dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz broiled lean steak</li> <li>• 1 c mashed potatoes (made with soft margarine)</li> <li>• 1 c steamed broccoli with 1 Tbsp Parmesan cheese</li> </ul>	<ul style="list-style-type: none"> <li>• turkey or chicken burger: 3 oz grilled or broiled chicken or turkey (white meat only) with onions, tomatoes, and lettuce on whole-wheat roll</li> <li>• mixed greens with 2 tsp olive oil and vinegar</li> </ul>
<b>dessert</b>	<ul style="list-style-type: none"> <li>• 1 piece fruit</li> <li>• 1 c fat-free plain or artificially sweetened yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large whole-wheat pretzel</li> </ul>	<ul style="list-style-type: none"> <li>• ½ c <b>fat-free ice cream or frozen yogurt</b></li> </ul>	<ul style="list-style-type: none"> <li>• 2 <b>kiwifruits</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 low-fat or fat-free brownie</li> <li>• 1 c fat-free milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 piece fresh fruit with ½ c sorbet</li> </ul>	<ul style="list-style-type: none"> <li>• 1 <b>4-oz fat-free pudding</b></li> </ul>