

SAMPLE MEAL PLAN

1700 CALORIE HIGHER PROTEIN OPTION

Monday

Food	Servings
Breakfast	
1 egg, hard boiled	1/2 meat and alternative
½ c. fruit salad	1 fruit
½ c. high fiber cereal (to top salad)	1 grain
¾ c. low-fat yogurt, plain	1 milk and alternative
1 c. herbal tea	n/a
½ c. orange juice	1 fruit
Lunch	
Tuna pita: ½ c. canned tuna, packaged in water 1 tsp reduced fat mayonnaise ¼ c.+ chopped celery 1 large whole wheat pita, 70 g	1 meat and alternative 1 fat ½ vegetable 2 grain
½ c.+ carrot sticks	2vegetable
1 small banana	1 fruit
1 c. milk, 1%	1 milk and alternative
Dinner	
1 medium roasted chicken breast, skinless (6 oz)	2 meat and alternative
1 serving maple roasted acorn squash (hsf recipe)	1 vegetable, 1 fat
1 c.+ green salad	1 vegetable
1 tbsp reduced fat salad dressing	1 fat
1 small whole wheat roll (35 g)	1 grain
Snack 1	
3 tbsp. hummus	½ meat and alternative
½ c.+ sliced cucumber	1 vegetable
½ c.+ cherry tomatoes	1 vegetable
Snack 2	
4 melba toast	1 grain
1 oz. cheddar cheese	1 milk and alternative
1 c.+ sliced red pepper	1 veg.
Meat and alternatives: 4	Grain products: 5
Milk and alternatives: 3	Added fat: 3
Vegetables: 7 ½	Fruit: 3

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Tuesday

Food	Servings
Breakfast	
¾ c. rolled oats, cooked	1 grain
½ c. blueberries	½ fruit
1 c. milk, 1%	1 milk and alternative
Lunch	
Salad:	
1 c.+ mixed greens	1 vegetable
¼ c.+ tomatoes	½ vegetable
¼ c.+ celery	½ vegetable
¼ c.+ mushrooms	½ vegetable
1 small chicken breast, skinless	1 meat and alternative
1/3 c. wild rice	1 grain
1 tbsp. reduced fat salad dressing	1 fat
1 small banana	1 fruit
1 c. milk, 1%	1 milk and alternative
Dinner	
1 medium halibut fillet (6 oz) baked	2 meat and alternative
1 tsp. olive oil	1 fat
¼ c.+ zucchini*	½ vegetable
¼ c.+ red pepper*	½ vegetable
¼ c.+ onion*	½ vegetable
1/3 c. mashed sweet potato	½ vegetable
*vegetables baked in with fish	1 grain
1 c.+ green salad	1 vegetable
1 tbsp. reduced fat salad dressing	1 fat
1 medium orange	1 fruit
Snack 1	
½ whole wheat pita, 35 g	1 grain
½ c.+ carrot sticks	1 vegetable
½ c.+ raw broccoli flowerets	1 vegetable
1/3 c. hummus	1 meat and alternative
Snack 2	
¾ c. plain low-fat yogurt	1 milk and alternative
½ c. diced peach	½ fruit
½ c. high fiber cereal	1 grain
Meat and alternatives: 4	Grain products: 5
Milk and alternatives: 3	Fruit: 3
Vegetables: 7	Added fat: 3

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Wednesday

Food	Servings
Breakfast	
2 Shredded wheat biscuits	2 grain
1 medium orange	1 fruit
Coffee (1 cup)	n/a
1 c. 1% milk	1 milk and alternative
Lunch	
Salad	
1 c.+ lettuce	1 vegetable
¼ c.+ tomato	½ vegetable
¼ c.+ red onion	½ vegetable
¼ c.+ cucumber	½ vegetable
1 medium chicken breast (6 oz) skinless	2 meat and alternative
1 tbsp reduced fat salad dressing	1 fat
½ c.+ carrot sticks	1 vegetable
½ c.+ cauliflower flowerets	1 vegetable
1 tbsp low fat dip	1 fat
1 small whole grain roll (35 g)	1 grain
Dinner	
Stir-fry:	
Broccoli (1/4 c.+)	½ vegetable
Red pepper (1/4 c.+)	½ vegetable
Carrots (1/4 c.+)	½ vegetable
Snow peas (1/4 c.+)	½ vegetable
Tofu (1/3 c.)	1 meat and alternative
Canola oil (1 tsp.)	1 fat
Cooked brown rice (2/3 c.)	2 grain
Baked salmon fillet (1, small) lightly seasoned	1 meat and alternative
1 c. grapes	1 fruit
Snack 1	
Banana (1, small)	1 fruit
Low-fat yogurt (3/4 cup)	1 milk and alternative
Snack 2	
½ c.+ celery sticks	1 vegetable
1 c. milk (1% or skim)	1 milk and alternative
Meat and alternatives: 4	Grain products: 5
Milk and alternatives: 3	Fruit: 3
Vegetables: 7 ½	Added fat: 3

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Thursday

Food	Servings
Breakfast	
½ c. high fibre cereal	1 grain
¾ c. low fat yogurt	1 milk and alternative
½ c. fruit salad	1 fruit
Lunch	
Tuna wrap	
½ c. canned tuna, packed in water	1 meat and alternative
½ c.+ shredded lettuce	½ vegetable
¼ c.+ tomato	½ vegetable
¼ c.+ cucumber	½ vegetable
1 tsp. reduced fat mayonnaise	1 fat
1 small whole wheat tortilla, 35 g	1 grain
½ c.+ green pepper slices	1 vegetable
1 tbsp low fat dip	1 fat
Dinner	
1 medium pork chop (4.5 oz)	1 1/2 meat and alternative
½ c.+ steamed broccoli	1 vegetable
½ c.+ steamed carrots	1 vegetable
½ c.+ steamed snow peas	1 vegetable
¼ c. toasted sesame seeds (sprinkle over meat and vegetables)	1 meat and alternative
2 small potatoes	2 grain
1 tsp. non-hydrogenated margarine	1 fat
1 c. milk, 1%	1 milk and alternative
1 c. mixed berries	1 fruit
Snack 1	
1 tbsp. nut butter	½ meat and alternative
½ c.+ celery sticks	1 vegetable
Snack 2	
1 small bran muffin	1 grain
1 pear	1 fruit
1 c. milk, 1% or skim	1 milk and alternative
Meat and alternatives: 4,	Grain products: 5
Milk and alternatives: 3	Fruit: 3
Vegetables: 6 ½	Added fat: 3

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Friday

Food	Servings
Breakfast	
Smoothie	
1 c. strawberries	1 fruit
1/3 c. soft tofu	1 meat and alternative
1 c. milk, 1%	1 milk and alternative
Crushed ice	n/a
2 piece whole grain bread, 35 g, toasted	2 grain
1 tsp non hydrogenated margarine	1 fat
Lunch	
Salad	
1 c.+ spinach	1 vegetable
¼ c.+ red onion	½ vegetable
½ c.+ mushroom	1 vegetable
1 mandarin orange	½ fruit
Small salmon fillet	1 meat and alternative
1 tbsp reduced fat salad dressing	1 fat
½ c. raw+ cauliflower flowerets	1 vegetable
1 apple, medium	1 fruit
Dinner	
2 slice roast beef, fat trimmed (6 oz)	2 meat and alternative
½ c. corn	1 grain
½ c. steamed mix veggies	1 vegetable
1 c.+ green salad	1 vegetable
½ c.+ sliced cucumber	1 vegetable
1 tbsp fat reduced salad dressing	1 fat
Snack 1	
4 melba toast, whole wheat	1 grain
1 oz mozzarella cheese	1 milk and alternative
½ c.+ cherry tomatoes	1 vegetable
Snack 2	
¾ c. plain low fat yogurt	1 milk and alternative
½ c. chopped cantaloupe	½ fruit
½ c. high fibre cereal	1 grain
Meat and alternatives: 4	Grain products: 5
Milk and alternatives: 3	Fruit: 7 ½
Vegetables: 3	Added fat: 3

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Saturday

Food	Servings
Breakfast	
1 egg, hard boiled	1/2 meat and alternative
1 piece whole grain bread, 35 g, toasted	1 grain
1 tsp. non-hydrogenated margarine	1 fat
½ c.+ sliced tomato	1 vegetable
1 c. tea	n/a
Lunch	
Pasta salad	
½ c. whole wheat pasta	1 grain
½ c.+ asparagus	1 vegetable
¼ c.+ red onion	½ vegetable
½ c.+ carrots	1 vegetable
6 oz trout fillet	2 meat and alternative
1 tbsp reduced fat salad dressing	1 fat
1 plum, medium	1 fruit
Dinner	
Chicken quesadilla	
1 large whole wheat tortilla, 60 g	2 grain
4.5 oz roasted chicken breast, skinless	1 ½ meat and alternative
½ c.+ diced tomato	1 vegetable
¼ c.+ green onion	½ vegetable
1 oz mozzarella cheese, shredded	1 milk and alternative
1 c.+ green salad	1 vegetable
½ c.+ raw cauliflower florets	1 vegetable
½ c.+ sliced cucumber	1 vegetable
1 tbsp reduced fat salad dressing	1 fat
Snack 1	
½ c. fruit salad	1 fruit
1 c milk, 1%	1 milk and alternative
Snack 2	
¾ c. plain low fat yogurt	1 milk and alternative
1 c. strawberries	1 fruit
½ c. high fiber cereal	1 grain
Meat and alternatives: 4	Grain products: 5
Milk and alternatives: 3	Fruit: 3
Vegetables: 8	Added fat: 3

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Sunday

Food	Servings
Breakfast	
¾ c. rolled oats, cooked	1 grain
½ c. blueberries	½ fruit
1 c. milk, 1%	1 milk and alternative
Lunch	
Turkey wrap:	
1 large whole wheat tortilla, 60 G	2 grain
6 oz. baked turkey breast, skinless	2 meat and alternative
¼ c.+ shredded lettuce	1 vegetable
¼ c.+ sliced tomato	
A few slices red onion	
1 tsp mustard	n/a
1 c. cantaloupe	1 fruit
½ c.+ snow peas	1 vegetable
1 c. milk, 1%	1 milk and alternative
Dinner	
Pasta	
1 c. whole wheat pasta, cooked	2 grain
¼ c.+ roasted red pepper	½ vegetable
¼ c.+ roasted zucchini	½ vegetable
¼ c.+ mushrooms	½ vegetable
¼ c.+ broccoli	½ vegetable
3 oz tuna canned in water	1 meat and alternative
1 tsp. olive oil	1 fat
Herbs	n/a
1 c.+ green salad	1 vegetable
1 tbsp reduced fat salad dressing	1 fat
1 orange	1 fruit
Snack 1	
¼ c.+ celery sticks	½ vegetable
¼ c.+ carrot sticks	½ vegetable
¼ c.+ cucumber slices	½ vegetable
¼ c.+ cauliflower flowerets	½ vegetable
1 tbsp low fat dip	1 fat
Snack 2	
½ c. peach slices	½ fruit
¾ c. plain yogurt, non fat	1 milk and alternative
¼ c. almonds, unsalted	1 meat and alternative
Meat and alternatives: 4	Grain products: 5
Fruit: 3	Milk and alternatives: 3
Vegetables: 7	Added fat: 3