

GREEN: contains good fats / ORANGE: may contain good fats

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Egg Sandwich 1 whole wheat English muffin 1 tsp margarine 1 egg, 1 egg white ½ cup 100% orange juice	Pancakes 2 4-inch pancakes 2 tbsp maple syrup 1 peach 1 cup low fat milk	Yogurt Parfait 1 cup plain, nonfat yogurt 1 oz walnuts ¼ cup mixed berries 1 egg, hardboiled ½ cup 100% orange juice	Hot Cereal 1 cup cooked oatmeal 2 tsp brown sugar 1 oz walnuts 1 banana ½ cup 100% orange juice
LUNCH	Cranberry Salad ½ cup broccoli 3 cups of baby spinach ½ cup cucumber slices ½ oz sunflower seeds 2 tbsp red onions 1 oz swiss cheese 2 tbsp dried cranberries 1 tbsp extra virgin olive oil dressing 1 tbsp lemon juice 1 whole wheat roll 1 cup low fat milk	At a Restaurant: Salmon Burger 4 oz grilled salmon 2 leaves of romaine lettuce 2 slices tomatoes 1 tbsp mayonnaise 1 whole wheat bun ½ cup strawberries 1 cup broccoli, steamed	Tuna Sandwich 2 slices whole wheat bread 3 oz tuna, canned in light oil 2 tbsp mayonnaise 2 tbsp relish 2 tbsp celery, chopped ½ egg, hardboiled 1 cup baby carrots 1 100% fruit popsicle	Salmon Salad 3 cups leafy greens 3 oz baked salmon 2 tbsp dried cranberries ¼ cup black olives 2 tbsp feta cheese ½ cucumber 2 tbsp balsamic vinaigrette 1 whole wheat roll 1 cup low fat milk
SNACK (ANYTIME)	1 cup plain, nonfat yogurt ¼ cup blueberries 16 whole wheat crackers	6 oz Greek yogurt 1 protein bar	1 tbsp unsalted pistachios 2 tbsp lime juice 4 cups microwave popcorn	1 cup sorbet 2 tbsp walnuts
DINNER	Mediterranean Pizza 1 8-inch whole wheat pizza crust 3 tbsp pizza sauce ¼ cup black olives ¼ cup tomato, chopped 4 oz cooked chicken breast 1 oz part-skim mozzarella cheese Side Salad 1½ cups romaine lettuce 1 tbsp balsamic vinaigrette 1 cup low fat milk	Taco Salad 2 6-inch corn tortillas ¼ cup black beans ¼ cup tomatoes, chopped ¼ cup black olives ¼ cup cheddar cheese, shredded 1 tbsp guacamole ½ cup Spanish rice Melon Salad ½ cup pineapple ¼ cup honeydew melon ¼ cup canteloupe 1 cup low fat milk	Pasta Salad 1 cup cooked whole wheat rotini ½ cup tomato pasta sauce ¼ cup black olives 1 cup broccoli, steamed 1 cup watermelon cubes 1 cup low fat milk	Baked Chicken 4 oz chicken breast, baked 2 tsp olive oil 2 tsp lemon juice ¼ tsp basil 1 whole wheat roll 1 cup green beans, cooked 1 cup low fat milk
NUTRITION DATA*	Calories: 1,817 Calories from Fat: 513 Total Fat: 57 g Monounsaturated Fat: 17 g Polyunsaturated Fat: 10 g Saturated Fat: 15 g Trans Fat: 0 g	Calories: 1,753 Calories from Fat: 495 Total Fat: 55 g Monounsaturated Fat: 6 g Polyunsaturated Fat: 5 g Saturated Fat: 16 g Trans Fat: 0 g	Calories: 1,739 Calories from Fat: 567 Total Fat: 63 g Monounsaturated Fat: 14 g Polyunsaturated Fat: 22 g Saturated Fat: 11 g Trans Fat: 0 g	Calories: 2,033 Calories from Fat: 711 Total Fat: 79 g Monounsaturated Fat: 15 g Polyunsaturated Fat: 33 g Saturated Fat: 15 g Trans Fat: 0 g

SAMPLE MEAL PLANS

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	DAY 5	DAY 6	DAY 7
BREAKFAST	<p>Waffles 2 whole wheat waffles ¼ cup strawberries 1 tbsp maple syrup 1 egg, scrambled 1 cup low fat milk</p>	<p>At a Resturant: Berry Breakfast 1 blueberry muffin ½ cup strawberries 1 cup low fat milk</p>	<p>Good Fats Smoothie ½ banana ½ cup strawberries ½ cup 100% orange juice 1 cup nonfat yogurt 1 tbsp flaxseed 2-4 ice cubes 1 egg, hardboiled</p>
LUNCH	<p>Vegetable/Hummus Medley 1 whole wheat pita, baked ¼ cup hummus ¼ cucumber 10 baby carrots ½ cup broccoli 1 cup red grapes 1 string cheese</p>	<p>Peanut Butter/Banana Sandwich 2 slices whole wheat bread 1 banana, sliced 2 tbsp chunky peanut butter 2 kiwis ½ bell pepper, sliced 1 chocolate chip cookie</p>	<p>Cobb Salad 3 cups romaine lettuce 1 egg, hardboiled ¼ cup black olives ½ avocado, sliced 2 tbsp bacon 1 whole wheat roll ½ cup blueberries 1 cup lowfat milk</p>
SNACK (ANYTIME)	<p>20 almonds 1 banana</p>	<p>1 apple, cut in slices 2 tsp brown sugar 2 tsp margarine, melted</p>	<p>1 cup plain, nonfat yogurt ¼ cup granola</p>
DINNER	<p>Grilled Mackerel 4 oz mackerel, grilled 1 tsp olive oil 2 tsp lemon juice salt and pepper 1 cup couscous, cooked ½ cup edamame, steamed 1 cup low fat milk</p>	<p>Chicken and Broccoli Stir-Fry 4 oz chicken, baked ½ cup broccoli, steamed 1 tbsp soy sauce 2 tbsp cashews ½ cup brown rice 1 mandarin orange ½ cup corn 1 cup low fat milk</p>	<p>At a Restaurant: Avocado Burger 1 whole wheat bun 4 oz ground turkey ½ avocado, sliced 2 leaves of lettuce 2 slices tomatoes French fries, medium 1 cup mixed fruit 1 cup low fat milk</p>
NUTRITION DATA*	<p>Calories: 1,809 Calories from Fat: 612 Total Fat: 68 g Monounsaturated Fat: 28 g Polyunsaturated Fat: 14 g Saturated Fat: 15 g Trans Fat: 0 g</p>	<p>Calories: 2,006 Calories from Fat: 567 Total Fat: 63 g Monounsaturated Fat: 23 g Polyunsaturated Fat: 17 g Saturated Fat: 14 g Trans Fat: 0 g</p>	<p>Calories: 1,885 Calories from Fat: 495 Total Fat: 55 g Monounsaturated Fat: 18 g Polyunsaturated Fat: 11 g Saturated Fat: 12 g Trans Fat: 0 g</p>



CRANBERRY SALAD

This meal plan was based on a 2,000 calorie diet and, on average, provides the daily recommended amounts of food from each group. According to the Institute of Medicine's Dietary Reference Intakes for Energy for adults, this diet meets the Acceptable Macronutrient Distribution Range for carbohydrates, fat and protein:

- Carbohydrates: 45-65% of total calories
- Total Fat: 20-35% of total calories
- Protein: 10-35% of total calories

* Disclaimer: The nutritional contents outlined are based on average, standard representative nutrient values and do not reflect variances in cooking methods, product brands or any additional alterations.