

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

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	<p>Breakfast Burrito 1 whole wheat tortilla 1 egg, 1 egg white ½ tsp. canola oil ¼ cup black beans 2 Tbsp. salsa 2 Tbsp. low-fat cheddar 2 sliced kiwi</p>	<p>Good Fats Smoothie ¼ avocado 1 cup sliced strawberries ½ banana 1 cup low-fat milk ¼ cup nonfat yogurt 1 tsp. honey 1 cup whole grain cereal</p>	<p>Peanut Butter Bagel 1 mini cinnamon raisin bagel 2 Tbsp. peanut butter Dash of cinnamon 1 banana 1 cup low-fat chocolate milk</p>	<p>Waffle Stack 2 whole wheat waffles 1 container nonfat yogurt ½ cup blackberries 2 Tbsp. chopped walnuts 1 cup 100% juice</p>
LUNCH	<p>Turkey Avocado Pita Whole wheat pita 2 oz. turkey ¼ avocado, mashed ¼ cup cherry tomatoes, halved 2 Tbsp. red onion 1 cup baby carrots 1 container nonfat yogurt 1 oz. dark chocolate</p>	<p>Open-Faced Tuna Melt 1 whole wheat English muffin 3 oz. tuna 1 Tbsp. mayonnaise 2 Tbsp. relish 2 tomato slices 1 slice of low-fat Swiss, cut in half</p> <p>Garden Salad 2 cups leafy greens, vegetables 1 Tbsp. balsamic vinaigrette</p>	<p>At a Restaurant: Sandwich 1 whole wheat bun 4 oz. chicken breast ¼ avocado, sliced 1 slice cheese Lettuce leaf Onion slices Tomato slices 1 cup fresh fruit</p>	<p>Sweet & Crunchy Salad 3 cups spinach 4 oz. baked salmon 2 Tbsp. dried cranberries 1 Tbsp. feta cheese 1 Tbsp. pecans, chopped 2 Tbsp. raspberry vinaigrette 1 serving whole grain crackers 1 cup low-fat milk</p>
SNACK(S) (ANYTIME)	<p>1 oz. low-fat string cheese 1 pear</p> <p>1 oz. (49) pistachios</p>	<p>1 container nonfat yogurt 1 Tbsp. chia seeds 1 cup berries</p> <p>1 whole grain granola bar</p>	<p>¼ cup guacamole 1 ½ cups bell pepper strips ½ serving tortilla chips</p>	<p>1 apple 2 Tbsp. peanut butter</p>
DINNER	<p>Chicken Teriyaki Stir-Fry 1 ½ cups stir-fry vegetables 3 oz. chicken, cubed 1 Tbsp. reduced sodium teriyaki sauce 2 tsp. canola oil 1 tsp. sesame seeds ¾ cup cooked brown rice 1 cup pineapple chunks</p>	<p>Pork Chop 4 oz. pork loin chop, trimmed 1 tsp. canola oil Salt and pepper to taste 1 med. sweet potato, roasted 1 tsp. canola oil 1 cup steamed broccoli 1 cup low-fat milk</p>	<p>Pecan Crusted Trout 4 oz. trout 1 egg white 2 Tbsp. pecans, chopped 1 tsp. canola oil Salt and pepper 1 cup cooked quinoa 1 cup steamed green beans 1 cup low-fat milk</p>	<p>Vegetable Pizza 1 whole wheat pita ¼ cup pizza sauce 2 Tbsp. black olives 2 Tbsp. green peppers, diced 2 Tbsp. onions, diced 2 Tbsp. mushrooms, sliced 1 oz. part-skim mozzarella 10 spears roasted asparagus 1 tsp. canola oil</p>
NUTRITION DATA	<p>Calories: 1918 Total Fat: 63.5 g Monounsaturated: 27.6 g Polyunsaturated: 8.6 g Saturated: 17 g Trans: 0.1 g</p>	<p>Calories: 1879 Total Fat: 58.1 g Monounsaturated: 22.6 g Polyunsaturated: 17.8 g Saturated: 11.8 g Trans: 0.1 g</p>	<p>Calories: 1835 Total Fat: 68.9 g Monounsaturated: 31.4 g Polyunsaturated: 15.7 g Saturated: 13.2 g Trans: 0 g</p>	<p>Calories: 1803 Total Fat: 70.5 g Monounsaturated: 24.9 g Polyunsaturated: 21.1 g Saturated: 15.5 g Trans: 0 g</p>

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	DAY 5	DAY 6	DAY 7
BREAKFAST	<p>Oatmeal 1 cup cooked oatmeal 2 Tbsp. sliced almonds 2 Tbsp. cranberries 1 hardboiled egg 1 cup 100% juice</p>	<p>Flax & Berry Pancakes 2 4-inch pancakes 2 Tbsp. ground flax (mix into batter) ½ cup blueberries 2 Tbsp. maple syrup 1 cup low-fat milk</p>	<p>Scrambled Eggs & Avocado Toast 1 egg, 2 egg whites ½ tsp. canola oil 2 slices whole wheat toast ¼ avocado, mashed 1 cup low-fat milk 1 plum</p>
LUNCH	<p>Chicken Salad 3 oz. chicken, shredded 2 Tbsp. plain yogurt 1 Tbsp. chopped celery 1 Tbsp. slivered almonds 1 serving whole grain crackers 1 cup cherry tomatoes 1 container nonfat yogurt</p>	<p>PB Strawberry Wrap 1 whole wheat tortilla 2 Tbsp. crunchy peanut butter ½ cup sliced strawberries 1 cup celery sticks 1 cup low-fat milk</p>	<p>California Cobb Salad 3 cups romaine 2 oz. chicken 1 hardboiled egg, sliced ¼ avocado, sliced ¼ cup tomatoes, chopped 2 Tbsp. red onion 1 container nonfat yogurt 1 pear</p>
SNACK(S) (ANYTIME)	<p>3 cups air-popped popcorn 1 low-fat string cheese ½ cup vanilla frozen yogurt 1 peach, diced Dash of cinnamon</p>	<p>1 cup grapes 1 oz. almonds</p>	<p>½ cup fruit and nut trail mix ½ cup low-fat cottage cheese 1 cup low-fat milk 2 graham cracker squares</p>
DINNER	<p>Black Bean Quesadillas 1 whole grain tortilla, halved 1/3 cup black beans 1 Tbsp. salsa ¼ cup Monterey Jack cheese ½ tsp. canola oil ¼ avocado, mashed (dipper) 2 Tbsp. salsa (dipper)</p> <p>Garden Salad 2 ½ cups leafy greens, vegetables 2 Tbsp. oil and vinegar 2 clementines</p>	<p>Mediterranean Salad 3 cups leafy greens 3 oz. tuna ¼ cup chickpeas 2 Tbsp. black olives ¼ cup cherry tomatoes, halved 2 Tbsp. red onion 1 Tbsp. lemon juice 1 Tbsp. olive oil Whole wheat roll 1 container nonfat yogurt</p>	<p>At a Restaurant: Salmon 4 oz. salmon 1 cup mashed potatoes 1 cup steamed vegetables</p>
NUTRITION DATA	<p>Calories: 1831 Total Fat: 63.8 g Monounsaturated: 29.5 g Polyunsaturated: 11.8 g Saturated: 15.8 g Trans: 0 g</p>	<p>Calories: 1831 Total Fat: 63.8 g Monounsaturated: 34 g Polyunsaturated: 17.1 g Saturated: 12.1 g Trans: 0 g</p>	<p>Calories: 1999 Total Fat: 69.2 g Monounsaturated: 31.2 g Polyunsaturated: 12.9 g Saturated: 16.8 g Trans: 0.4 g</p>



CRANBERRY ALMOND 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.