



5-Day Meal Plan: 1800 Calories*

Day 1

Breakfast

1 cup (C) cantaloupe cubes
1 C 2% cottage cheese
6 whole-wheat crackers
Calorie-free beverage of choice

Lunch

Peanut butter and jelly sandwich (2 slices wheat bread with 2 tablespoons (Tbsp) natural, chunky peanut butter and 1 Tbsp all-fruit spread)
1 large apple
Calorie-free beverage of choice

Dinner

5 ounces (oz) broiled or grilled boneless chicken breast
5" baked sweet potato topped with 1 Tbsp butter
Salad (2 C tossed field greens, topped with 2 Tbsp pumpkin seeds, 3 chopped green olives, and ¼ C grated carrots, and ¼ C sun-dried tomatoes), drizzled with 2 Tbsp fat-free vinaigrette dressing
Calorie-free beverage of choice

Snack

8 oz low-fat yogurt, favorite flavor, topped with 1 Tbsp wheat germ and 1 Tbsp chocolate syrup
Calorie-free beverage of choice

Day 2

Breakfast

Scrambled eggs (½ C egg whites with 1 Tbsp shredded cheddar cheese and 2 Tbsp salsa, prepared using cooking spray)
1 slice toasted rye bread, topped with 1 teaspoon (tsp) soft margarine
8 fluid (fl) oz skim milk

Lunch

Turkey sandwich (2 slices light wheat bread with 3 slices roasted turkey breast [1 oz each], 1-oz slice low-fat Swiss cheese, 2 lettuce leaves, 2 slices medium tomato, and 2 tsp deli mustard)

1 serving baked tortilla chips

1 medium pear

Calorie-free beverage of choice

Dinner

5 oz grilled salmon

1 C seasoned brown rice, prepared with 1 tsp olive oil

1 C cooked summer squash, topped with 1 tsp soft margarine

1 C watermelon cubes

Calorie-free beverage of choice

Snack

1 C low-fat frozen yogurt, topped with 1 Tbsp chocolate syrup

Calorie-free beverage of choice

Day 3

Breakfast

1½ C cooked kasha, topped with 2 Tbsp slivered almonds and ½ C fresh, sliced strawberries

6 fl oz skim milk, added to kasha and/or consumed as a beverage

Calorie-free beverage of choice

Lunch

Pasta salad (1½ C cooked enriched pasta [cooled], tossed with 2 diced plum tomatoes, 5 large sliced mushrooms, ½ C chopped red or yellow bell peppers, 2 Tbsp chopped, fresh scallions, 3 sliced jumbo black olives, 2 oz crumbled soft goat cheese, and 1 tsp olive oil)

1 C canned pineapple chunks, drained

Calorie-free beverage of choice

Dinner

Burger (1 black-bean burger on a reduced-calorie hamburger bun, topped with 1 slice Swiss cheese and 1 Tbsp low-sodium barbecue sauce)

Spinach salad (1½ C baby spinach, tossed with ½ C fresh mandarin orange slices), drizzled with 1 Tbsp chunky blue-cheese dressing

1 serving gelatin dessert, favorite flavor, topped with 2 Tbsp light whipped topping

Calorie-free beverage of choice

Snack

¾ oz or about 20 large dry-roasted, unsalted peanuts

Calorie-free beverage of choice

Day 4

Breakfast

1 C bran flakes or similar cold, dry cereal, topped with 2 Tbsp chopped walnuts and ½ C fresh blueberries
8 fl oz skim milk
Calorie-free beverage of choice

Lunch

1 small (4") wheat pita bread, served with ½ C hummus, favorite flavor
6 oz low-fat yogurt, favorite flavor
1 fat-free raisin granola bar
1 medium peach
Calorie-free beverage of choice

Dinner

5 oz center-cut pork chop, broiled or grilled
¾ C cooked black beans, seasoned to taste
1 medium baked potato (with skin), topped with 1 tsp soft margarine, 1 Tbsp reduced-fat sour cream, and 2 Tbsp fresh, chopped chives
1 C cooked, drained turnip greens, topped with 1 tsp soft margarine
Calorie-free beverage of choice

Snack

4 reduced-fat chocolate-chip cookies
6 fl oz orange or apple juice (100% juice)

Day 5

Breakfast

1¼ C oatmeal (cooked in 8 fl oz skim milk), topped with 2 Tbsp golden seedless raisins, 2 Tbsp unsweetened dried coconut, and 2 Tbsp chopped pecans
1 large hard-boiled egg, seasoned as desired
Calorie-free beverage of choice

Lunch

Tuna salad (mix 5-oz water-packed tuna with 2 Tbsp chopped white onion, 1 Tbsp light mayonnaise, and 1 Tbsp Dijon mustard; arrange 1 C shredded lettuce and 3 slices medium tomato on plate; top with tuna mixture)
10 unsalted, dry-roasted whole almonds
1 medium orange
Calorie-free beverage of choice

Dinner

8 large shrimp, grilled
1 C steamed broccoli florets, topped with 1 tsp butter

1½ C wild rice, prepared with 1 Tbsp olive oil
¾ C fruit sorbet, favorite flavor
Calorie-free beverage of choice

Snack

10 large baby carrots, served with 2 Tbsp fat-free ranch dressing for dipping
1 part-skim mozzarella string cheese snack
8 fl oz canned vegetable juice, low sodium

*Menus planned using *Food Processor SQL* by ESHA.

Review Date 6/08
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