



Sample Weekly Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Breakfast Burrito (with whole-wheat tortilla) Glass of water Coffee	Nutrition bar Glass of water	Turkey sandwich 1 apple Glass of water	Protein shake or low-fat yogurt	Grilled Steak 1 portion steamed mixed vegetables 1 small sweet potato Glass of water	Pudding Glass of water
Tuesday	Eggs and Oatmeal Glass of water	100 calorie snack Glass of water	Grilled Chicken Burrito Glass of water	Lowfat cheese Ry Crisp Crackers Sliced Turkey Glass of water	Turkey Burger 1 portion steamed broccoli Glass of water	Fudgsickle (sugar free)
Wednesday	Veggie Omelet Glass of water Coffee	Nutrition/ Protein shake Glass of water	Chicken Salad (made with low-fat or fat-free mayo) 1 portion raspberries Glass of water	Yogurt Sundae (low-fat yogurt and low-fat granola cereal) Glass of water	Grilled Salmon 1 serving of spinach or broccoli 1 small sweet potato Glass of water	1 small apple sliced top of one portion low-fat cottage cheese and ½ teaspoon cinnamon Glass of water
Thursday	Cinnamon French Toast (w/ sugarfree or reduced fat syrup) Glass of water	Nutrition Bar Glass of water	Tuna Melt 1 portion almonds Glass of water	Apple and Peanut butter Glass of water	Lean n' Mean Chili* Salad topped with fresh vegetables and low-fat balsamic vinaigrette Glass of water	1 small apple 1 portion part-skim string cheese Glass of water
Friday	Turkey Bacon and egg breakfast sandwich on wheat toast Coffee Glass of water	Trail Mix (low-fat) Glass of water	Chicken Ceasar Salad Wrap 1 portion fruit Glass of water	Nutrition bar Glass of water	Roasted chicken breast Baked potato Fresh garden salad Glass of water	Low fat yogurt 1portion of fruit Glass of water
Saturday	Ham and Egg Sandwich on wheat Glass of water	Nutrition/ Protein shake Glass of water	Chicken Pita 1 portion strawberries Glass of water	Low fat yogurt 1 portion of fruit Glass of water	Lemon-peppered salmon fillet 1 portion of brown rice Steamed broccoli Glass of water	Mixed vegetables and dip (low-fat) Glass of water
Sunday	Eggs, Toast and grapefruit Glass of water	100 calorie popcorn low-fat yogurt Glass of water	Chicken Fajita Glass of water	Jell-O (sugar free) Glass of water	Shrimp Scampi* Glass of water	Popcorn (low-fat) Glass of water