

7 DAY MEAL PLAN

1400 cals

Day 1	Day 2	Day 3	Day 4	Day 5
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
4 oz Fat-free Milk	3 oz light Yogurt	4 oz Fat-free Milk	4 oz Fat-free Milk	3 oz light Yogurt
1 sl Wheat Bread	1/2 English Muffin	3/4 cup dry Granola Cereal	1/2 Bagel	1 low-fat Eggo Nutri grain Waffles
1 cup cubed Cantaloupe	1 cup whole Strawberries	2 Tbsp Raisins	1/2 Grapefruit	1 cup Honeydew Melon
1 oz low-fat Monterey Cheese	1oz Ham	1 boiled Egg	1/4 cup Cottage Cheese	2 sl Turkey Bacon
2 tbsp Honeydew diet Jelly	2 tbsp light cream cheese		1 Tbsp diet Margarine	2 Tbsp Light Syrup
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
3/4 cup fresh Pineapple	1/2 cup Applesauce	1 cup cubed Papaya	1 Orange	17 small Grapes
1 1/2 cups Popcorn	1/2 snack bar of 100calorie	6 Quaker mini Apple Rice Cakes	1/2 low-fat Granola bar	6 baked Potato Chips
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<u>Beef Taco</u>	<u>Open Hot Dog</u>	<u>Pasta Ham Salad</u>	<u>Open Hamburger</u>	<u>Pita Chicken Sandwich</u>
1 small (6" or 1oz) flour Tortilla	1/2 Hot Dog Bun	1/2 cup Rotini Pasta	1/2 Hamburger Bun	1 (1oz) Whole Wheat Pita
1/4 cup ground Beef	2 oz turkey hot dog	1 oz shredded Cheese	2 oz lean Hamburger Meat	2 oz canned chicken mixed with
1 oz shredded Cheddar Cheese		1 oz shredded Ham		
1 cup Lettuce Tomato salad	1 cup carrot & celery sticks	1/2 cup cooked Broccoli & Tomato	Pickles/Onion/Lettuce/tomato	1 cup onion/celery/tomato
2 tsp diet dressing	2 tsp Ketchup/Mustard/relish	2 tsp diet dressing	2 tsp Ketchup/Mustard	2 tsp low-fat mayonnaise
1 cup cubed Honeydew	1 1/4 cup Watermelon	1 small Apple	1 Pear	1 Orange
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1/2 cup cubed Papaya	1 Mandarin	1/2 cup fresh Mixed Fruits	1 medium Plum	1/2 Apple
7 Pretzels (thin)	6 baked Potato Chips	2 Melba toast	3 Soda Crackers	7 mini Bread Sticks
1 oz Turkey	1 oz low fat Cheese cubes	1 oz low fat String Cheese	1 oz lean Ham	1 oz low fat Cheese cubes
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
8 oz Fat-free Milk	6 oz light Yogurt	8 oz Fat-free Milk	6 oz light Yogurt	8 oz Fat-free Milk
2 oz Sirloin Steak	2 oz Fish	2 oz Lean Meatballs	2 oz Pork loin	2 oz Salmon
1 sml baked Sweet Potato	1/2 cup Brown Rice	1/2 cup Spaghetti	1 small baked Potato	1/2 cup Brown Rice
1/2 cup steamed Broccoli	1/2 cup baby Carrots	1/2 cup Green Beans	1/2 cup Asparagus	1/2 cup Sweet Peas
1 tsp Butter		1 tsp Olive Oil	1 tsp Butter	1 tsp Olive Oil or Butter for the Salmon
1/2 Pear	1/2 cup Raspberries	1/2 cup cubed Papaya	1 large Apricot or 2 small	6 fresh Cherries
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1 Yogurt Granola bar	1 Special K Blueberry bar	3 cups Popcorn	100 cal gold fish baked pouch	3/4 cup Special K Cereal
	4 oz Fat-free Milk	3 oz light Yogurt	4 oz Fat-free Milk	3 oz light Yogurt

Day 6	Day 7
<u>Breakfast</u>	<u>Breakfast</u>
4 oz Fat-free Milk	3 oz light Yogurt
5 Melba toasts	1 Buckwheat Pancake
1 Kiwi	1 medium Peach
1/4 cup Cottage Cheese	1 Scrambled Egg
2 Tbsp light Cream Cheese	2 Tbsp Light Syrup
<u>Snack</u>	<u>Snack</u>
6 oz Carrot Juice	1 cup fresh Mixed Fruits
7 Pretzel Goldfish Crackers	3 Vanilla Waffers
<u>Lunch</u>	<u>Lunch</u>
<u>Stuffed Baked Potato</u>	<u>Open Turkey Sandwich</u>
1 small baked Potato	1 sl Whole Wheat Bread
1 oz Lean Ground Beef	1 oz Turkey
1 oz shredded Cheddar Cheese	1 oz Swiss Cheese
1/2c cooked onion and tomatoes	1/2 cup Lettuce & 3 slices Tomatoes
2 tsp low-fat Sour Cream	2 tsp diet Mayonnaise
1 small Banana	1 cup cubed Cantaloupe
<u>Snack</u>	<u>Snack</u>
1/2 cup cubed Cantaloupe	1/2 cup whole Strawberries
3 Low fat Cinnamon Crisp Graham	3 low fat Ritz Crackers
1 oz lean Ham	1 oz low fat String Cheese
<u>Dinner</u>	<u>Dinner</u>
6 oz light Yogurt	8 oz fat-free Milk
2 oz Steak	2oz oven Roasted Chicken
1/2 cup Rice & Beans	1/2 c diced Potato w/ onion
1/2 cup Green Beans	1/2 cup Zucchini
1 tsp Olive Oil	1 tsp Olive Oil
8 small Grapes	1 Mandarine
<u>Snack</u>	<u>Snack</u>
4 Melba toast	12 Quaker mini Apple Rice Cakes
4 oz sugar free Pudding	3 oz light Yogurt