

7 DAY MEAL PLAN

1800 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>
8 oz Fat Free Milk	6 oz Light Yogurt	8 oz Fat Free Milk	6 oz Light Yogurt	8 oz Fat Free Milk
2 sl Pumpernickle Bread	1 English Muffin	1 cup Multi Grain Cherrios	2 low-fat Waffles	5 Melba toasts
1 cup Cantaloupe	1/2 Grapefruit	1 Tbsp Raisins	1 cup Honeydew Melon	2 Mandarines
1 oz Low-Fat Cheese	1oz Ham	1 boiled Egg	3sl Turkey Bacon	1/4 cup Cottage Cheese
2 tbsp Sugar Free Jelly	2 Tbsp Light Cream Cheese		2 Tbsp Sugar Free Syrup	2 Tbsp Light Cream Cheese
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1 Apple	17 Grapes	1/2 cup Applesauce	1 cup whole Strawberries	1/2 Grapefruit
6 baked Potato Chips	7 Pretzels	3 low fat Ritz Crackers	1/2 low-fat Granola bar	1 1/2 cups Popcorn
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<u>Chicken Salad Sandwich</u>	<u>Beef Tacos</u>	<u>Layered Ham Salad</u>	<u>Hamburger</u>	<u>Ham Mini Muffin Pizzas</u>
1 (2oz) Whole Wheat Pita Bread	2 Corn Taco Shells	1/2 c Corn and 1/4c Crouttons	1 Hamburger bun	1 English Muffin cut in halves
3 oz canned Chicken Breast	2oz lean Ground Beef	2oz Ham	3oz lean Ground Beef Hamburger	1 1/2 oz Ham
mixed w/ 1/4 cup Onion/Celery	1oz Monterey Jack Cheese	1oz Cheese		1 1/2 oz Mozzarella Cheese
3 sliced Tomatoes plus	sliced Lettuce/cubed tomatoes	1 cup Lettuce/tomato/carrots	Lettuce/tomato	2 Tbsp Spaguetti Sauce
and 2 tsp low-fat mayonnaise	2 tsp Taco Sauce	2 tsp diet Dressing	2 tsp Ketchup/Mustard	1/2 cup Mushroom/Zucchini sautee in 1 tsp Olive Oil
1 Orange	3/4 cup fresh Pineapple	1 Pear	1 1/4 cup Watermelon	2 Plums
6 oz Light Yogurt	8 oz Fat Free Milk	4 oz sugar free Pudding	8 oz Fat Free Milk	6 oz Light Yogurt
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1 1/2 cups Popcorn	3 Vanilla Waffers	7 mini Bread Sticks	3 Low fat Cinnamon Crisp Graham	6 baked Potato Chips
1 Peach	1 Kiwi	1 cup fresh Mixed Fruits	1 small Banana	17 Grapes
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
3 oz Sirloin Steak	3oz Salmon	3oz lean Meatballs	3oz Pork Loin	3 oz Steak
1 baked Sweet Potato	1 cup Brown Rice	1 cup Spaghetti	1 large baked Potato	1 1/2 cup Rice & Beans
		1/2 cup Spaguetti sauce with		
1/2 cup Broccoli & Couliflower in 1tsp Olive Oil	1/2 cup steamed Asparragus	Onions and Mushrooms	1/2 cup Green Beans	1/2 c Carrots
	1 tsp Olive Oil or butter for salmon	1 Tbsp Parmesan Cheese	1 tsp Butter or 1Tbsp diet	1 tsp Olive Oil
1 cup cubed Honeydew	2 Mandarines	1 cup cubed Papaya	1 Pear	1 cup cubed Cantaloupe
8 oz Fat Free Milk	4 oz sugar free Pudding	6 oz Light Yogurt	8 oz Fat Free Milk	4oz light Frozen Yogurt
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1/2 Snack Bar of 100calories	3 low fat Ritz Crackers	6 Quaker mini Apple Rice Cakes	2 Melba toast	7 Pretzel Goldfish Crackers
2 Plums	12 fresh Cherries	1 cup whole Strawberries	1 Kiwi	1 cup fresh Mixed Fruits

Day 6	Day 7
<u>Breakfast</u>	<u>Breakfast</u>
6 oz Light Yogurt	8 oz Fat Free Milk
2 Buckwheat Pancakes	1 Plain Bagel
1 Peach	1 Orange
1 scrambled Egg	1/4 cup Non-fat Cottage Cheese
2 Tbsp Sugar Free Syrup	1 Tbsp Whipped Butter
<u>Snack</u>	<u>Snack</u>
1 Kiwi	1 cup cubed Papaya
1/2 Cherrios snack mix pouch	7 mini Bread Sticks
<u>Lunch</u>	<u>Lunch</u>
<u>Tuna Salad Sandwich</u>	<u>Baked Potato w/ Chicken</u>
1 (2oz) Whole Wheat Pita Bread	1 large baked Potato
3 oz Tuna canned in water	2 oz grilled Chicken Breast
with onion, celery and	with chopped Plum Tomato
2tsp low-fat mayonnaise	1/2 cup Brocoli with
1/2 cup Lettuce/tomato	1 oz melted American Cheese
	1 Tbsp Low Fat Sour Cream
12 fresh Cherries	1 small Banana
6 oz Light Yogurt	4 oz sugar free Pudding
<u>Snack</u>	<u>Snack</u>
1/2 low-fat granola bar	6 Quaker mini Apple Rice Cakes
1 Apple	3 medium Apricots
<u>Dinner</u>	<u>Dinner</u>
3oz Veal w/ Italian sauce	3 oz Fish
1/2 c Mashed Potato	1 cup Brown Rice
	1 cup roasted tomatoes,
1/2 cup Broccoli	zucchini, eggplant
1 tsp Butter or 1Tbsp diet	1 tsp Olive Oil
3/4 cup Fresh Pineapple	1 1/4 cup Watermelon
8 oz Fat Free Milk	6 oz Light Yogurt
<u>Snack</u>	<u>Snack</u>
7 Pretzels	3 Low fat Cinnamon Crisp Graham
6 oz Carrot Juice	1/2 cup Applesauce