

## 7 DAY MEAL PLAN

2200 cals

Day 1	Day 2	Day 3	Day 4
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
8 oz Fat-free Milk	6 oz low-fat/ light Yogurt	8 oz Fat-free Milk	6 oz low-fat/ light Yogurt
1 Orange	1 cup whole Strawberries	1 small or 1/2 large Banana	2 Mandarines
1 Bagel	2 Pancakes	1 pack Berry Almond Trail Mix	2 low-fat Waffles
2 oz Lox	2 oz low-fat String Cheese	2 boiled Eggs	4 sl Turkey bacon
2 Tbsp low fat Cream Cheese	2 tbsp light Syrup		2 tbsp light Syrup
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1 small Apple	1 cup Cantaloupe	17 Grapes	1/2 cup Applesauce
12 baked potato chips	90 calorie Special K Blueberry Bar	100 cal Gold Fish Baked pouch	5 Low fat Cinnamon Crisp Graham
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<u>Ham &amp; Cheese Wrap</u>	<u>Pita Pockets Turkey Kabobs</u>	<u>Steak Baguette</u>	<u>Sloppy Joes</u>
1- (2oz) Wrap Roll	1- (2oz) Whole Wheat Pita Bread	2oz Baguette	1 Kaiser Wheat Roll
3oz Ham	3oz Turkey Kabobs	2 oz steak with	1 cup Sloppy Joe: made from
1oz low fat Cheese	1oz Feta Cheese with	2oz low fat Mozarella Cheese	Lean Ground Beef/Red Kidney Bean
1 cup Lettuce/Tomato Salad	1 cup Lett/Tom/Cucum/Onion/Peppers	1c sautee Green Pepper/Onion	1 cup Slaw/Carrot Salad
2 tsp diet dressing	2tsp low-fat Mayonnaise	1 tsp Olive Oil	2 tsp diet Mayonnaise for the salad
1 cup fresh Mixed Fruits	1 cup cubed Papaya	1 Kiwi	2 Plums
4 oz sugar free pudding	8 oz low-fat/ light Yogurt	8 oz Fat-free Milk	8 oz low-fat/ light Yogurt
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1 1/4 cup Watermelon	1 Orange	12 fresh Cherries	3/4 cup diced fresh Pineapple
1 oz Turkey	1oz low fat Cheese cubes	1 oz low fat String Cheese	1 oz lean Ham
4 Melba toast	14 mini Angonoa's Bread Sticks	12 Quaker mini Apple Rice Cakes	100 cals Chocolate Chunk Cookies
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
<u>Steak with Mushrooms</u>	<u>Spaghetti with Meatballs</u>	<u>Sautee Fish</u>	<u>Spinach Cheese Omelette</u>
5 oz Sirloin Steak	5oz Meatballs	5 oz Flounder or Salmon or Shrimp	2 Eggs + 1 egg white Omelette with
			2oz low fat Cheese and
1/2 cup Cooked Mushrooms	1/2 cup Herbed Green Beans	1/2 cup Aspparragus	1c sautee baby Spinach/Onion
1 baked Sweet Potato	1 cup Spaghetti	1 cup Brown Rice	1 English Muffin
1 tsp Butter or 1Tbsp low-fat	1 tsp Olive Oil for the vegetable	1 tsp Butter for the fish	1 tsp Olive Oil for saute vegetables
1 1/2 Pear	1 1/2 cup cubed Honeydew	4 medium Apricots	1 1/2 Apple
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
6 oz low-fat/ light Yogurt	8 oz Fat-free Milk	4 oz sugar free pudding	6 oz low-fat/ light Yogurt
5 Vanilla Waffles	3 cups Popcorn	14 Pretzels	100 cals Nature Valley Granola bites

Day 5	Day 6	Day 7
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
8 oz Fat-free Milk	8 oz Fat-free Milk	6 oz low-fat/ light Yogurt
1/2 pink Grapefruit	1 cup Honeydew Melon	4 oz Orange Juice
2 sl Whole Wheat Bread	10 Melba toasts	1 mixed grain English Muffin
1oz Cheese/1oz Ham	1/2 Cup cottage cheese	1 oz Ham + 1 fried Egg
1 tsp Butter or 1Tbsp low-fat		2 slices Bacon
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1 cup cubed Papaya	1 cup whole Strawberries	3/4 cup cubed fresh Pineapple
5 Vanilla Wafers	12 Quaker mini Apple Rice Cakes	6 low fat Ritz Crackers
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<u>Chicken Pasta Salad</u>	<u>Cheese Burger</u>	<u>Tuna Melt</u>
1 cup Rotini Pasta	1 Hamburger bun	2 sl Pumpernickle Bread
3 oz canned chicken	3oz lean Hamburger meat	3oz Can Tuna in water w/onion & celery
1 oz Shredded Cheese	1oz Cheese	1oz low fat Cheese
1 cup raw Mixed Vegetables	1 cup Lettuce/Tomato	1 cup Lettuce/4 slices Tomato
2 tsp diet Dressing	2tsp Ketchup/Mustard	1 Tbsp Mayonnaise
1 small Apple	1 1/4 cup Watermelon	1 small Banana
8 oz low-fat/ light Yogurt	4 oz sugar free pudding	8 oz Fat-free Milk
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
1 cup fresh Mixed Fruits	1 cup cubed Papaya	1/2 cup Applesauce
1oz low fat Cheese cubes	1 oz low fat String Cheese	1 oz lean Ham
12 baked potato chips	3 cups Popcorn	6 soda Crackers
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
<u>Oatmeal Meatloaf</u>	<u>Chicken Pasta with Cheese</u>	<u>Pork Tenderloin</u>
5 oz Meat Loaf prepared with old fashion oatmeal	4oz steamed Chicken	5oz Pork Tenderloin
	1 oz Gorgonzola cheese	
1/2 cup Zucchini	1/2 cup Broccoli	1/2 cup Carrots
3/4c diced Potato w/ onion	1 cup Fettucini Pasta	1 large baked Potato
1 tsp Olive Oil for potato dish		1 tsp Butter or 1Tbsp low-fat
18 fresh Cherries	3 Plums	2 Kiwi
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
	8 oz Fat-free Milk	8 oz Fat-free Milk
1 Yogurt Granola bar	90 calorie Special K Blueberry Bar	3/4 cup Total Cereal