



7-Day Meal Plan

Day 1

Breakfast:

- (c) Carbohydrate = oatmeal with blueberries
- (p) Protein = egg whites
- (f) Fats = almonds

Snack:

- (c) Carbohydrate = apple
- (p) Protein = 100% natural peanut butter or almond butter

Lunch:

- (c) Carbohydrate = salad with lots of veggies
- (p) Protein = chicken
- (f) Fats = salad dressing (oil and vinegar)

Snack:

- (c) Carbohydrate = Veggie sticks
- (p) Protein = Hummus

Dinner:

- (c) Carbohydrate = Brown rice and veggies
- (p) Protein = fish
- (f) Fats = cooked with olive oil

Day 2

Breakfast:

- (c) Carbohydrate = 1 piece whole grain toast with half a banana
- (p) Protein = peanut butter or almond butter
- (f) Fats = in your peanut butter

Snack:

- (c) Carbohydrate = grapefruit
- (p) Protein = almonds

Lunch:

- (c) Carbohydrate = salad with veggies
- (p) Protein = beans and lentils
- (f) Fats = avocado

Snack:

- (c) Carbohydrate = fruit
- (p) Protein = yogurt

Dinner:

- (c) Carbohydrate = couscous with veggies
- (p) Protein = chicken
- (f) Fats = salad dressing

Day 3

Breakfast:

- (c) Carbohydrate = oatmeal with blueberries
- (p) Protein = egg whites
- (f) Fats = almonds

Snack:

- (c) Carbohydrate = fruit
- (p) Protein = yogurt

Lunch:

- (c) Carbohydrate = whole grain wrap with veggies
- (p) Protein = chicken
- (f) Fats = avocado

Snack:

- (c) Carbohydrate = Veggie sticks
- (p) Protein = Hummus

Dinner:

- (c) Carbohydrate = steamed veggies and brown rice
- (p) Protein = fish
- (f) Fats = cooked with olive oil

Day 4

Breakfast:

- (c) Carbohydrate = 1 piece whole grain toast and tomato
- (p) Protein = egg whites
- (f) Fats = avocado

Snack:

- (c) Carbohydrate = grapefruit
- (p) Protein = cottage cheese

Lunch:

- (c) Carbohydrate = salad with veggies
- (p) Protein = chicken
- (f) Fats = salad dressing

Snack:

- (c) Carbohydrate = apple
- (p) Protein = peanut butter

Dinner:

- (c) Carbohydrate = whole grain pasta with veggies
- (p) Protein = chicken
- (f) Fats = pesto sauce (olive oil, garlic, basil, sun dried tomatoes) blend in food processor

Day 5

Breakfast:

- (c) Carbohydrate = 1 piece whole grain toast
- (p) Protein = almond butter or 100% natural peanut butter
- (f) Fats = is in your nut butter

Snack:

- (c) Carbohydrate = celery
- (p) Protein = cheese

Lunch:

- (c) Carbohydrate = salad with veggies
- (p) Protein = chicken
- (f) Fats =salad dressing

Snack:

- (c) Carbohydrate = fruit
- (p) Protein = cottage chasse

Dinner:

- (c) Carbohydrate = yam fries and salad
- (p) Protein = steak
- (f) Fats = olive oil dressing

Day 6

Breakfast:

- (c) Carbohydrate = 1 piece whole grain toast
- (p) Protein = egg white scramble with veggies
- (f) Fats = cheese

Snack:

- (c) Carbohydrate = fruit
- (p) Protein = yogurt

Lunch:

- (c) Carbohydrate = 2 wasa crackers with tomato
- (p) Protein = turkey breast
- (f) Fats = avocado

Snack:

- (c) Carbohydrate = apple
- (p) Protein = almonds

Dinner:

- (c) Carbohydrate = veggie stir-fry
- (p) Protein = chicken or steak
- (f) Fats = olive oil used to cook

Day 7

Breakfast:

- (c) Carbohydrate = oatmeal with blueberries
- (p) Protein = egg whites
- (f) Fats = almonds

Snack:

- (c) Carbohydrate = fruit
- (p) Protein = yogurt

Lunch:

- (c) Carbohydrate = whole grain wrap and veggies
- (p) Protein = turkey breast
- (f) Fats = avocado

Snack:

- (c) Carbohydrate = veggie sticks
- (p) Protein = hummus

Dinner:

- (c) Carbohydrate = brown rice and veggies
- (p) Protein = fish
- (f) Fats = olive oil used to cook