

One Week Meal Plan Options

Meal	Option	Meal	Whole Grain	Protein	Fruit/Vegetables	Notes
Breakfast	1	1 serving oatmeal with berries and optional tablespoon peanut butter or almond butter	Oatmeal	Nut Butter	Berries	
	2	One egg and two egg white omelet with veggies, feta cheese, and 1 piece of whole grain bread	WG Bread	Eggs	Veggies	
	3	Green Smoothie: Almond Milk, Kale or Spinach, Berries made in a blender and a Larabar.		Nut Butter or Almond Milk	Fruit/Green Veggies	
	4	One hard boiled egg with two slices whole wheat bread and piece of fruit	Bread	Hard Boiled Egg	Fruit	
	5	Greek Yogurt with Fruit and serving of healthy granola or cereal. (Look for cereal with 6 grams or less of sugar)	Granola/Cereal	Greek yogurt	Fruit	
Lunch	1	Big Salad with your choice of veggies, chicken or beans, and oil and vinegar optional: Add a whole Grain (Brown Rice, Quinoa, Kasha, Millet)	Whole Grain	Chicken or Beans	Mixed veggies	
	2	1 cup brown Rice or Quinoa and steamed Vegetables. Add chicken, fish, beef, or beans.	Brown Rice, Quinoa	Chicken, Fish or Beef	Mixed Veggies	
	3	Grilled Chicken Sandwich on Whole Wheat Bread, Pita, or wrap. Add lots of vegetables. Hummus, Salsa, or Mustard	WW Bread	Chicken	Mixed Veggies	
	4	1 serving whole wheat Pasta with a turkey meat sauce and a small salad or cut up vegetables.	Pasta	Turkey	vegetables	
	5	Vegetable and turkey chili		Turkey, Beans	Vegetables/Fruit	
Dinner	1	Stir Fried Vegetables and 1 serving soba noodles . Add chicken, beef or fish	Soba Noodles (buckwheat)	Chicken, Fish or Beef	Mixed Veggies	
	2	Chicken or fish with steamed Vegetables and 1 cup brown Rice.	Brown Rice	Chicken or Fish	Steamed Veggies	
	3	Whole Wheat Pasta with sauteed vegetables and 2 tablespoon of parmesan cheese.	Whole Wheat Pasta	Cheese	Mixed Veggies	
	4	Grilled Chicken, peppers, and onions on a 2 whole wheat tortillas. Add salsa and 1/4 avocado (Homemade Fajitas)	Whole Wheat Tortilla	Chicken	Avocado, Peppers and Onions	
	5	Rice and Beans with Salsa, avocado and steamed vegetables.	Brown Rice	Beans	Steamed Veggies	
Snacks (2 daily)	1	Rice Crackers and veggies with Hummus	Crackers	Hummus	Veggies	
	2	Handful of Nuts and piece of Fruit		Nuts	Fruit	
	3	Kale Chips			Kale	
	4	a few pieces of Dark Organic Chocolate				
	5	Veggies with Salsa			Salsa and Veggies	
	6	Celery and an apple with Peanut Butter		Peanut Butter	Celery/Apple	
	7	Edamame		Edamame		

NOTE: The above meal plan includes five options for every meal, including 7 snack suggestions, of which you can have two per day. For the other two days of the week, practice making your own smart, healthy choices. Incorporate grains ,lean proteins, healthy fats, and fruits and vegetables into each meal. Use the last column to note how different meals make you feel. Everyone is unique and reacts to different foods in their own way. Don't forget to drink lots of water and stay hydrated! Add condiments to flavor your food!