

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 2 starch 1 fruit 1 milk 2 fat Average per meal: 300 cal/57 g carbs	• 1 cup oatmeal topped with 1 cup strawberries, 2 Tbsp chopped nuts, 1 cup nonfat milk	• 2 slices whole-wheat toast with 1 Tbsp peanut butter, ½ cup fruit cocktail in water, ½ cup plain fat-free yogurt	• 1 whole-grain English muffin with ½ cup yogurt cheese and 2 tsp light jam • 1 small banana • Latte made with 1 cup nonfat milk	• 1½ cups oat-ringing cereal topped with 1 sliced small (4 oz.) banana, 2 Tbsp pumpkin seeds, 1 cup nonfat milk	• 2 whole-grain waffles • ¼ cup blueberries • 2 Tbsp chopped walnuts • ½ cup plain/ flavored fat-free yogurt	• 1 cup oatmeal with 2 Tbsp raisins, 2 Tbsp chopped peanuts, 1 cup nonfat milk	• 1 whole-grain English muffin topped with 2 tsp soft margarine • 1 small apple
Lunch 2 starch 2 veggie 1 milk 2 meat 2 fat Average per meal: 400 cal/62 g carbs	• 1 6-inch whole-wheat pita filled with 2 oz. sliced turkey breast, lettuce, tomato and mustard • Sautéed with 1 cup lettuce, 1½ cups each tomato and cucumber • Dressing of 2 tsp olive oil-vinegar of your choice • 1 cup nonfat milk	• 2 oz. grilled salmon • Medium (6 oz.) baked potato with 2 Tbsp reduced-fat sour cream • 1 cup sautéed broccoli with 1 tsp olive oil • ½ cup flavored light fat-free yogurt	• Platter with ½ cup hummus, ½ 6-inch wheat pita, 1 cup carrot sticks, 1 cup pepper slices, 1 oz. low-fat feta cheese, 8 olives • ½ cup plain fat-free yogurt	• 2 oz. lean roast beef, lettuce, tomato slices, 1 oz. reduced-fat cheese on a medium (2 oz.) whole-wheat roll • Sautéed with 1 cup lettuce, 1 cup cherry tomatoes • Dressing of 1 tsp olive oil-vinegar of your choice • 1 cup nonfat milk	• 2 oz. grilled chicken breast • ½ cup brown rice with 1 Tbsp pine nuts • 1 cup sautéed spinach with 1 tsp olive oil • Lettuce with 1 cup nonfat milk	• 1½ cups pea, lentil or bean soup • Sautéed with 1 cup lettuce, 1 cup mixture of mushrooms, peppers, carrots, tomato • Dressing of 2 tsp olive oil-vinegar of your choice • ½ cup flavored light fat-free yogurt	• 2 oz. tuna in water mixed with 1 Tbsp fat-free mayo, plus lettuce and tomato on 2 slices of whole-wheat bread • 1 cup steamed green beans topped with 2 Tbsp sliced almonds • 1 cup nonfat milk
Dinner 2 starch 2 veggie 1 fruit 3 meat 2 fat Average per meal: 500 cal/65 g carbs	• 3 oz. grilled chicken breast topped with 1 tsp pesto • ½ cup whole-wheat couscous • 1 cup grilled or roasted zucchini brushed with 1 tsp olive oil • 1 cup melon cubes	• 1 cup oil-bean chili with 2 Tbsp grated reduced-fat cheese • Sautéed with 1 cup lettuce, ½ cup each tomato and cucumber • Dressing of 2 tsp olive oil-vinegar of your choice • 100% juice frozen fruit bar	• 3 oz. grilled salmon • ½ cup brown rice • 1 cup cooked carrots • 1 cup strawberries • ½ oz. piece dark chocolate	• ½ cup whole-wheat spaghetti with ½ cup tomato sauce and 3 oz. ground turkey • ½ cup steamed green beans • 1 cup melon cubes • ½ oz. piece dark chocolate	• 3 oz. tuna in water mixed with 1 Tbsp fat-free mayo, plus ½ cup diced avocado, lettuce and tomato on a medium (2 oz.) wheat roll • 1 cup cherry tomatoes • ½ cup canned pineapple	• 3 oz. grilled pork loin • ½ cup corn • 1 slice wheat bread with 1 tsp soft margarine • 1 cup sautéed green beans with 1 tsp olive oil • 1 small banana	• 3 oz. grilled shrimp • 1 cup homemade 3 bean salad made with 1 tsp olive oil • 1 Tbsp diced avocado • 1 cup steamed broccoli • 1 cup strawberries
Snack 1 starch 1 fruit 1 milk 1 fat Average per meal: 310 cal/42 g carbs	• 4 whole-wheat crackers • 1 cup vegetable or tomato juice • 1 oz. reduced-fat cheese	• 2 small cookies • 1 cup melon cubes • 1 cup nonfat milk flavored with sugar-free syrup	• 3 graham-cracker squares with ½ Tbsp peanut butter • ¼ cup blueberries • 1 cup nonfat milk	• ½ whole-wheat English muffin with 1 oz. reduced-fat cheese and tomato slices • 1 medium peach	• 3 graham-cracker squares with ½ Tbsp peanut butter • ½ cup fruit cocktail in water • Lettuce with 1 cup nonfat milk	• 2 small cookies • 1 small apple • ½ cup plain nonfat yogurt	• ½ cup oat-ringing cereal topped with ½ cup blueberries • 1 Tbsp chopped walnuts • 1 cup nonfat milk
Lunch 2 starch 2 veggie 1 milk 2 meat 2 fat Average per meal: 400 cal/62 g carbs	• 1 6-inch whole-wheat pita filled with 2 oz. sliced turkey breast, lettuce, tomato and mustard • Sautéed with 1 cup lettuce, 1½ cups each tomato and cucumber • Dressing of 2 tsp olive oil-vinegar of your choice • 1 cup nonfat milk	• 2 oz. grilled salmon • Medium (6 oz.) baked potato with 2 Tbsp reduced-fat sour cream • 1 cup sautéed broccoli with 1 tsp olive oil • ½ cup flavored light fat-free yogurt	• Platter with ½ cup hummus, ½ 6-inch wheat pita, 1 cup carrot sticks, 1 cup pepper slices, 1 oz. low-fat feta cheese, 8 olives • ½ cup plain fat-free yogurt	• 2 oz. lean roast beef, lettuce, tomato slices, 1 oz. reduced-fat cheese on a medium (2 oz.) whole-wheat roll • Sautéed with 1 cup lettuce, 1 cup cherry tomatoes • Dressing of 1 tsp olive oil-vinegar of your choice • 1 cup nonfat milk	• 2 oz. grilled chicken breast • ½ cup brown rice with 1 Tbsp pine nuts • 1 cup sautéed spinach with 1 tsp olive oil • Lettuce with 1 cup nonfat milk	• 1½ cups pea, lentil or bean soup • Sautéed with 1 cup lettuce, 1 cup mixture of mushrooms, peppers, carrots, tomato • Dressing of 2 tsp olive oil-vinegar of your choice • ½ cup flavored light fat-free yogurt	• 2 oz. tuna in water mixed with 1 Tbsp fat-free mayo, plus lettuce and tomato on 2 slices of whole-wheat bread • 1 cup steamed green beans topped with 2 Tbsp sliced almonds • 1 cup nonfat milk
Dinner 2 starch 2 veggie 1 fruit 3 meat 2 fat Average per meal: 500 cal/65 g carbs	• 3 oz. grilled chicken breast topped with 1 tsp pesto • ½ cup whole-wheat couscous • 1 cup grilled or roasted zucchini brushed with 1 tsp olive oil • 1 cup melon cubes	• 1 cup oil-bean chili with 2 Tbsp grated reduced-fat cheese • Sautéed with 1 cup lettuce, ½ cup each tomato and cucumber • Dressing of 2 tsp olive oil-vinegar of your choice • 100% juice frozen fruit bar	• 3 oz. grilled salmon • ½ cup brown rice • 1 cup cooked carrots • 1 cup strawberries • ½ oz. piece dark chocolate	• ½ cup whole-wheat spaghetti with ½ cup tomato sauce and 3 oz. ground turkey • ½ cup steamed green beans • 1 cup melon cubes • ½ oz. piece dark chocolate	• 3 oz. tuna in water mixed with 1 Tbsp fat-free mayo, plus ½ cup diced avocado, lettuce and tomato on a medium (2 oz.) wheat roll • 1 cup cherry tomatoes • ½ cup canned pineapple	• 3 oz. grilled pork loin • ½ cup corn • 1 slice wheat bread with 1 tsp soft margarine • 1 cup sautéed green beans with 1 tsp olive oil • 1 small banana	• 3 oz. grilled shrimp • 1 cup homemade 3 bean salad made with 1 tsp olive oil • 1 Tbsp diced avocado • 1 cup steamed broccoli • 1 cup strawberries