





<b>Dinner</b>	<b>3 Category 1 Vegetables</b>	4 oz. skinless chicken breast, grilled	4 oz. skinless duck breast, grilled	<i>Cozumel Shrimp:</i> 4 oz. shrimp Black pepper to taste 1 tsp. lemon juice 1 cup chopped tomatoes, onions & cilantro	4 oz. salmon, grilled	<i>Venison with Wild Mushrooms:</i> 4 oz. venison, grilled 1 cup shiitake & cremini mushrooms, sautéed	<i>Baked Chicken &amp; Brussels Sprouts:</i> 4 oz. chicken breast 1½ cups Brussels sprouts 1½ cups chopped onions 2 Tbsp. chopped fresh rosemary 1 tsp. extra virgin olive oil Sea salt & black pepper to taste	<i>Spaghetti Squash &amp; Meatballs:</i> 4 oz. ground turkey breast 1 tsp. extra virgin olive oil 1 cup spaghetti squash ½ cup no-sugar-added, low-fat tomato pasta sauce
	<b>4 oz. Protein</b>	<i>Side:</i> 1 cup broccoli & cauliflower, cooked/steamed	<i>Side:</i> 1 cup summer squash, cooked/steamed	Simmer shrimp in water until opaque. Season with pepper and lemon juice. Serve over raw chopped veggies.	<i>Side:</i> 1 cup asparagus, cooked/steamed	<i>Salad &amp; Dressing:</i> 1 cup mixed greens 1 Tbsp. ranch dressing	Put all ingredients in pan and bake.	Bake spaghetti squash. Form meatballs and cook in skillet with oil. Warm sauce and serve over spaghetti squash.
	<b>1 Oils/Fats</b>	<i>Salad:</i> 1 cup mixed greens	<i>Salad:</i> 1 cup mixed greens	<i>Tarragon Artichoke:</i> 1 artichoke, steamed 1 tsp. butter 1 sprig tarragon Sea salt to taste				
		<i>Dressing:</i> 1 tsp. extra virgin olive oil 2 tsp. lemon juice 1 tsp. Italian seasoning	<i>Dressing:</i> 1 tsp. grapeseed oil 2 tsp. lemon juice 1 tsp. Italian seasoning	Steam artichoke. Add butter/seasonings and enjoy.				
<b>Evening Snack</b>	<b>1 Fruit</b>	¾ cup blackberries	1 cup cubed cantaloupe	12 cherries	½ cup mango	1 cup raspberries	1¼ cups cubed watermelon	17 small grapes
	<b>1 Nuts/Seeds</b>	1.5 tsp. pistachio butter	6 almonds	5 hazelnuts	1.5 Tbsp. unsweetened, grated coconut	4 pecan halves	4 walnut halves	12 pistachios



## 1500-Calorie Meal Plan

Meal/Snack	Servings/Food Category	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>Nutritional Beverage</b> (1 serving)  <b>2 oz. Protein</b>	Nutritional Beverage (1 serving)  <i>Viva Scrambled Eggs:</i> 4 egg whites 1 Tbsp. salsa	Nutritional Beverage (1 serving)  <i>Zesty Cottage Cheese:</i> ½ cup cottage cheese 1 tsp. cinnamon 1 tsp. orange zest	Nutritional Beverage (1 serving)  2 slices lean, no-sodium-added chicken breast	Nutritional Beverage (1 serving)  <i>Protein Roll-Up:</i> 1 slice mozzarella cheese (1 oz.) 1 oz. very lean beef, sliced	Nutritional Beverage (1 serving)  <i>Cabo Cottage Cheese:</i> ½ cup cottage cheese 1 Tbsp. salsa	Nutritional Beverage (1 serving)  2 medium hardboiled eggs	Nutritional Beverage (1 serving)  2 slices lean, no sodium-added turkey breast
<b>Mid-Morning Snack</b>	<b>1 Fruit</b>	2 small kiwi	1 small orange	1 medium nectarine	1 medium peach	1/2 persimmon	1 small pear	2 small plums
<b>Lunch</b>	<b>1 Whole Grain</b>  <b>5 oz. Protein</b>  <b>2 Category 1 Vegetables</b>  <b>1 Oil/Fat</b>	<i>Chicken Casserole:</i> 5 oz. grilled chicken breast, cubed ½ cup cooked whole wheat berries 2 tsp. lemon juice Sea salt & black pepper to taste  <i>Salad:</i> 2 cups salad/mixed greens  <i>Dressing:</i> 1 tsp. extra virgin olive oil 2 tsp. lemon juice 1 tsp. Italian seasoning	<i>Turkey Sandwich (Open-Faced):</i> 1 slice whole wheat bread 4 oz. turkey breast slices 1 slice nonfat mozzarella cheese 1 leaf romaine lettuce 2 tomato slices 1 onion slice 5 cucumber slices 1 tsp. reduced fat mayonnaise 1 tsp. mustard  <i>Side:</i> ½ cup broccoli, steamed	<i>Crunchy Chicken &amp; Veggie Salad:</i> 5 oz. grilled chicken breast ½ cup croutons made from whole-grain bread 2 cups chopped vegetables—lettuce, tomatoes, bell peppers, onions & cucumbers 2 Tbsp. ranch dressing	<i>Steak Sandwich (Open-Faced):</i> 1 slice whole-wheat bread 4 oz. thinly sliced, very lean flank steak/roast beef 1 oz. nonfat mozzarella cheese 2 tomato slices 1 tsp. reduced fat mayonnaise 1 tsp. mustard  Combine ingredients. Serve warm or chilled.  <i>Side:</i> 1 cup broccoli, steamed	<i>Wild Chicken Salad:</i> 5 oz. grilled chicken breast strips ½ cup cooked wild rice 1 cup romaine lettuce 1 cup chopped mushrooms, bell peppers, tomatoes & onions 1 Tbsp. ranch dressing	<i>Chicken-Veggie Fajitas:</i> 5 oz. shredded chicken breast ½ large whole-wheat tortilla 1 cup sautéed cabbage, scallions, cilantro, onions, zucchini & tomatoes 1/8 avocado ¼ cup. salsa	<i>Tuna Salad Tartine:</i> 1 slice whole-grain bread 5 oz. water-packed tuna 1 cup chopped celery & onions 1 tsp. reduced fat mayonnaise  Combine tuna with veggies and mayo. Serve open-faced on bread.  <i>Side:</i> ½ cup green beans, steamed
<b>Afternoon Snack</b>	<b>1 Dairy</b>	¾ cup plain, yogurt	1 cup, plain soy milk	1 cup coconut milk	1 cup almond milk	1 cup buttermilk	1/2 cup plain Greek yogurt	1 cup almond milk



<b>Dinner</b>	<b>1 Category 2 Vegetable</b>  <b>1 Legume</b>  <b>3 Category 1 Vegetables</b>  <b>5 oz. Protein</b>  <b>2 Oils/Fats</b>	<i>Poached Halibut:</i> 5 oz. halibut 1 clove minced garlic 1 tsp. extra virgin olive oil  <i>Rosemary Potatoes:</i> ½ cup baby red potatoes 1 tsp. rosemary  Toss potatoes with rosemary and roast in oven.  <i>Paprika Lima Beans:</i> ½ cup lima beans, cooked/steamed 1 tsp. lemon juice 1 tsp. paprika  <i>Additional Side:</i> 1 cup broccoli, steamed  <i>Salad &amp; Dressing:</i> 1 cup salad/mixed greens 1 Tbsp. ranch dressing	<i>Tilapia Marinara:</i> 5 oz. tilapia 1 tsp. extra virgin olive oil ½ cup no-sugar-added, lowfat tomato pasta sauce 1 cup shirataki noodles  Prepare shirataki noodles as instructed on package. Grill fish with oil. Warm pasta sauce. Combine and serve.  <i>Mung Bean Salad:</i> ½ cup mung beans, cooked/canned 2 Tbsp. chopped tomatoes & onions 1 tsp. extra virgin olive oil 1 tsp. lemon zest 1 tsp. curry powder  Combine and serve warm or chilled.  <i>Additional Side:</i> ½ medium sweet potato, baked	<i>Asian Shrimp:</i> 5 oz. large shrimp ½ cup carrots ½ cup broccoli ½ cup red bell peppers ½ cup snow peas 1 tsp. pureed ginger 1 tsp. minced garlic 2 tsp. soy sauce 2 tsp. lime juice 2 tsp. sesame oil  Sauté all ingredients in skillet. (Shrimp can also be grilled.)  <i>Side:</i> ½ cup green soy beans, steamed	<i>Rosemary Chicken:</i> 5 oz. chicken breast 2 Tbsp. fresh chopped rosemary 2 Tbsp. lemon juice 2 cloves minced garlic Black pepper, to taste 1 tsp. extra virgin olive oil  Sauté/grill chicken in oil. Add spices and lemon juice to chicken. Serve over lentil dish below.  <i>Warm Lentil Salad:</i> ½ cup lentils, cooked/canned 1½ cup chopped red onions, tomatoes & mushrooms 1 tsp. extra virgin olive oil 2 tsp. lemon zest  Sauté veggies in oil until onions are caramelized. Add cooked beans and lemon zest.  <i>Additional Side:</i> ½ cup butternut squash, sautéed	<i>Turkey Chili:</i> 5 oz. very lean ground turkey breast ½ cup kidney beans ½ cup tomato sauce 1 cup diced tomatoes, onions & zucchini 2 tsp. extra virgin olive oil ½ tsp. parsley ½ tsp. basil ¼ tsp. oregano ½ tsp. ground black pepper 1 bay leaf  Cook turkey in oil in skillet. Add veggies, sauce, and spices. Simmer until veggies soften.  <i>Side:</i> ½ medium sweet potato, baked	<i>Lemon Turkey Meatballs &amp; "Pasta":</i> 5 oz. very lean ground turkey breast 2 tsp. extra virgin olive oil 1 tsp. lemon zest 1 cup shirataki noodles ½ cup no-sugar added, low fat tomato sauce  Prepare shirataki noodles per package instructions. Form turkey into meatballs and cook in skillet with oil and lemon zest. Warm sauce. Serve over noodles.  <i>Cannellini &amp; Carrots:</i> ½ cup cooked cannellini beans ½ cup cooked carrots 1 tsp. lemon juice 1 tsp. Italian seasoning	<i>Stir-Fried Beef &amp; Broccoli:</i> 5 oz. lean beef 1 cup broccoli ½ cup chopped mushrooms, bell peppers & onions 2 tsp. extra virgin olive oil  Cook beef in oil. Add veggies and simmer until desired texture.  <i>Chickpeas &amp; Turnips:</i> ½ cup garbanzo beans, cooked/canned ½ cup chopped turnips 1 Tbsp. chopped tomatoes & onions 1 clove garlic, minced ½ tsp. cumin powder  Combine ingredients. Served raw, cooked, or chilled.
	<b>Evening Snack</b>	<b>1 Nut/Seed</b>  <b>1 Fruit</b>	1.5 tsp. pistachio butter  1 small apple	1.5 tsp. almond butter  ¾ cup blueberries	6 almonds  15 medium grapes	1.5 Tbsp. unsweetened, grated coconut  1 cup cubed cantaloupe	1.5 tsp. pistachios  12 cherries	5 hazelnuts  1 cup cubed honeydew melon



## 1800-Calorie Meal Plan

Meal/Snack	Servings/Food Category	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>Nutritional Beverage</b> (1 serving)  <b>1 Fruit</b> (can be blended with Nutritional Beverage)  <b>2 oz. Protein</b>	Nutritional Beverage (1 serving)  1 small orange  2 oz. nonfat string mozzarella cheese	Nutritional Beverage (1 serving)  1 small apple  2 medium hardboiled eggs	Nutritional Beverage (1 serving)  17 small grapes  2 oz. nonfat string mozzarella cheese	Nutritional Beverage (1 serving)  ¼ cup blackberries  ½ cup nonfat cottage cheese	Nutritional Beverage (1 serving)  1 medium peach  ½ cup nonfat cottage cheese ¼ tsp. cinnamon	Nutritional Beverage (1 serving)  1 large kiwi  1 cup egg substitute, scrambled	Nutritional Beverage (1 serving)  1 cup cantaloupe  ½ cup nonfat cottage cheese
<b>Mid-Morning Snack</b>	<b>1 Fruit</b>	1 small pear	1 cup raspberries	½ small mango	½ grapefruit	2 small plums	2 medium fresh figs	12 cherries
<b>Lunch</b>	<b>5 oz. Protein</b>  <b>1 Whole Grain</b>  <b>1 Legume</b>  <b>2 Category 1 Vegetables</b>  <b>1 Oils/Fats</b>	<b>Chicken fajitas:</b> 5 oz. grilled chicken breast, cut into strips 1/2 whole wheat tortilla ½ cup fat-free refried beans 1 cup chopped vegetables—onions, tomatoes, bell peppers & zucchini 1 tsp. extra virgin olive oil  Grill chicken and vegetables with oil. Serve in warm tortilla. Garnish with avocado.	<b>Roast Beef Sandwich (open face):</b> 4 oz. very lean thinly sliced roast beef 1 oz. mozzarella cheese 1 slice whole wheat bread 1 leaf romaine lettuce 2 tomato slices 1 onion slice 1 tsp. mustard  <b>Mung Bean Salad:</b> ½ cup mung beans 2 cups chopped tomatoes, onions, bell peppers & zucchini 1 tsp. extra virgin olive oil 2 tsp. lemon juice 1 tsp. cumin powder Sea salt & black pepper to taste	<b>Turkey Sandwich (open face):</b> 1 slice whole grain bread 4 oz. thinly sliced turkey breast 1 oz. mozzarella cheese 1 leaf romaine lettuce, 2 slices tomatoes, 1 slice onions 1 tsp. mustard 1 tbsp. mayonnaise  <b>Side:</b> 1 cup broccoli, steamed	<b>Tuna on Rye Crackers:</b> 5 oz. water-packed tuna 4 whole-grain rye crackers  <b>Mediterranean Salad:</b> ½ cup garbanzo beans, cooked/canned 2 cups chopped spinach, tomatoes, onions & cucumbers  <b>Dressing:</b> 1 tsp. olive oil 2 tsp. lemon juice 1 tsp. Italian seasoning	<b>White Bean Tuna Pita:</b> 5 oz. water-packed tuna 1/2 whole wheat pita bread ½ cup cannellini beans, cooked/canned 1 cup chopped celery, tomatoes & onions ½ cup roasted red peppers 1 tsp. extra virgin olive oil 1 tsp. lemon juice Black pepper, to taste  Combine ingredients and fill pita.	<b>Chicken Veggie Wrap:</b> 5 oz. grilled chicken breast, cut into strips 1/2 whole wheat tortilla ½ cup fat-free refried beans 1 cup lettuce, tomatoes, onions & bell peppers ½ cup sautéed zucchini ¼ cup salsa 1 Tbsp. avocado	<b>Turkey Burger (open face):</b> 4 oz. lean ground turkey patty 1 oz. mozzarella cheese 1/2 whole wheat hamburger bun 1 leaf romaine lettuce 1 slice tomato 1 slice onion  <b>Zucchini Black Bean Skillet:</b> ½ cup black beans, cooked/canned ½ cup finely chopped red bell pepper ½ cup shredded zucchini 1 cup chopped red onions & tomatoes 1 tsp. extra virgin olive oil 1 tsp. chili powder  Sauté all ingredients.



	<b>1 Category 1 Vegetable</b>  <b>1 Oil/Fat</b>	<i>Crudités:</i> 1 cup snap peas 1 Tbsp. ranch dressing	<b>Afternoon Snack</b>	<i>Crudités:</i> 1 cup sliced sweet red bell peppers 1 Tbsp. ranch dressing	<i>Kale Chips:</i> ½ cup kale 1 tsp. extra virgin olive oil 1 pinch salt 1 pinch black pepper 1 tsp. chopped garlic  Preheat oven to 425°. Remove kale from stalk, cutting greens into strips. Rub light coating of oil over kale on baking sheet. Bake 5 minutes or until kale starts to turn a bit brown. Turn kale over, add seasonings, and bake 5 more minutes.	<i>Garlic Green Beans:</i> ½ cup baked green beans 1 tsp. olive oil drizzled 1 tsp. garlic Sea salt to taste	<i>Tarragon Artichoke:</i> 1 steamed artichoke 1 tsp. butter 1 sprig tarragon Sea salt to taste	½ cup celery pieces  1/8 Avocado
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<b>Dinner</b>	<b>5 oz. Protein</b>	<i>Turkey &amp; Black Bean Lettuce Wraps:</i>	<i>Chicken Mozzarella Pasta:</i>	<i>Greek Chicken Salad:</i>	<i>Naked Cheeseburger:</i>	<i>Mediterranean Swordfish with Garbanzo Beans:</i>	5 oz. baked salmon	<i>Beef &amp; Lentil Soup:</i>
	<b>1 Category 2 Vegetable</b>	5 oz. very lean turkey breast	4 oz. grilled, chopped chicken breast	5 oz. chicken breast, grilled/baked and diced	4 oz. very lean ground beef patty, grilled	5 oz. baked swordfish	<i>Sautéed Garlic Spinach:</i>	5 oz. lean ground beef
	<b>2 Category 1 Vegetables</b>	1/2 cup black beans	1 oz. mozzarella cheese	2 cups chopped lettuce, onions, tomatoes & cucumbers	1 oz. mozzarella cheese	1/2 cup asparagus, steamed	1 cup spinach	1/2 cup lentils, cooked/canned
	<b>1 Legume</b>	4 leaves romaine lettuce	1/2 cup shirataki noodles	1/2 cup garbanzo beans, cooked/canned	2 leaves romaine lettuce (as "bun")	1/2 cup cooked yams	1 tsp. garlic	1/2 cup finely chopped potatoes
	<b>2 Oils/Fats</b>	1/2 cup fresh cilantro	1/2 cup no-sugar-added, tomato pasta sauce	1/2 cup peas, cooked/canned	2 tomato slices	Combine ingredients and serve over bean mixture:	1 tsp. olive oil	1/2 cup finely chopped onions
		1/2 cup finely chopped onions, tomatoes & mushrooms	2 tsp. extra virgin olive oil	<i>Dressing:</i>	1 onion slice	1/2 cup garbanzo beans cooked	<i>Navy Bean &amp; Potato Stew:</i>	1/2 cup finely chopped celery
		1 tsp. extra virgin olive oil	<i>Garlic Soy Beans:</i>	2 Tbsp. tahini	1 tbsp. mayonnaise	1 tsp. minced garlic	1/2 cup navy beans	1/2 cup stewed tomatoes
		1/8 avocado	1/2 cup soy beans, steamed	1 tsp. minced garlic	1 tsp. mustard	1 tsp. lemon juice	1/2 cup red potatoes	2 tsp. extra virgin olive oil
		1 tsp. minced garlic	1 tsp. lemon juice	1 tsp. minced parsley	<i>Spicy Potato Salad:</i>	1 tsp. paprika	1 Tbsp. tomato puree	1/2 tsp. ground cumin
		1 tsp. lemon juice	1 tsp. chili powder	1 tsp. lemon juice	1/2 cup cubed red potatoes, roasted	<i>Salad:</i>	1/4 tsp. thyme	1 tsp. thyme
		<i>Side:</i>	<i>Additional Side:</i>		1 cup chopped red onions, tomatoes, cilantro & green chilies	1 cup tossed salad greens	2 button mushrooms, sliced	1 tsp. parsley
		1/2 cup butternut squash, sautéed	1/2 medium baked sweet potato		1 tsp. extra virgin olive oil	<i>Dressing:</i>	1 tsp. extra virgin olive oil	1 tsp. minced garlic
					1 tsp. cumin powder	2 tsp. extra virgin olive oil	1 tsp. vinegar	1 tsp. minced garlic
						1 tsp. lemon juice	1/2 cup water	Sea salt & black pepper to taste
						1 tsp. Italian seasoning	Sea salt and black pepper to taste	Water to taste
							Heat oil in a pan. Add onions and potatoes. Cook 'til onions are lightly browned. Add mushrooms and thyme. Cook 'til mushrooms are tender. Stir in tomato puree. Add water and cook 'til potatoes are tender. Add beans and cook covered. Stir in vinegar. Season with pepper and salt.	Brown meat in skillet. Then combine all ingredients in a pot/crock-pot. Add water to desired consistency. Cover and simmer/cook until vegetables are desired texture.
<b>Evening Snack</b>	<b>1 Dairy</b>	1 cup almond milk	1 cup Kefir	1 cup soy milk	1 cup coconut milk	1 cup almond milk	1 cup milk	1 cup almond milk
	<b>1 Nuts</b>	6 almonds	1.5 tsp. pistachios	4 walnut halves	4 pecan halves	1.5 tsp. almond butter	5 hazelnuts	1.5 tsp. almond butter