

# 1200-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 oz. Protein</b>	Nutritional Beverage (1 serving)  1 hardboiled egg	Nutritional Beverage (1 serving)  <i>Salsa Scrambles Eggs:</i> 2 egg whites 1 Tbsp. salsa	Nutritional Beverage (1 serving)  <i>Cinnamon Cottage Cheese:</i> ¼ cup cottage cheese ½ tsp. cinnamon ½ tsp. orange zest	Nutritional Beverage (1 serving)  1 slice mozzarella cheese	Nutritional Beverage (1 serving)  ¼ cup egg substitute, scrambled	Nutritional Beverage (1 serving)  1 hardboiled egg	Proprietary Medical Food (1 serving)  1 slice no-sodium-added turkey breast
<b>Mid-Morning Snack</b>	<b>1 Legume</b>	<i>Garbanzo Bean Salad:</i> ½ cup garbanzo beans, cooked/canned 2 tsp. chopped parsley ½ tsp. lemon juice 1 Tbsp. salsa	<i>Kidney Bean "Curry":</i> ½ cup kidney beans, cooked/canned ½ tsp. lemon juice 1 tsp. curry powder	<i>Chilled Black Bean Salad:</i> ½ cup black beans, cooked/canned ½ tsp. lemon juice 1 Tbsp. salsa	<i>Mung Bean "Curry":</i> ½ cup mung beans, cooked/canned ½ tsp. lemon juice 1 tsp. curry powder	½ cup green soy beans/edamame, steamed	<i>Lentils Picante:</i> ½ cup lentils, cooked/canned 1 Tbsp. chopped tomatoes & onions ½ tsp. lemon juice	<i>Spicy Cannellini Beans:</i> ½ cup cannellini beans, cooked/canned 1 Tbsp. salsa ½ tsp. lemon juice
<b>Lunch</b>	<b>1 Whole Grain</b>  <b>3 oz. Protein</b>  <b>2 Category 1 Vegetables</b>  <b>1 Oil/Fat</b>	<i>Turkey Sandwich (Open-Faced):</i> 1 slice 100% whole-grain bread 3 oz. low-sodium, lean turkey breast, sliced 1 onion slice 2 tomato slices (thin)  <i>Side:</i> ½ cup broccoli, steamed  <i>Salad:</i> 1 cup mixed greens  <i>Dressing:</i> 1 tsp. extra virgin olive oil 1 tsp. lemon juice 1 tsp. Italian seasoning	<i>Chicken Fajitas:</i> 3 oz. skinless chicken breast 1 cup onions & bell peppers ½ large whole wheat tortilla 1/8 avocado, sliced  Grill chicken, onions, and peppers. Top with sliced avocado. Enjoy with tortilla.	<i>Turkey Burger:</i> ½ whole wheat bun 3 oz. ground turkey breast patty, grilled 1 leaf romaine lettuce 1 onion slice 1 tomato slice 1 tsp. mustard  <i>Salad:</i> 2 cups mixed greens  <i>Dressing:</i> 1 tsp. extra virgin olive oil 1 tsp. lemon juice 1 tsp. Italian seasoning	<i>Chicken Stir-Fry:</i> 3 oz. chicken breast strips, grilled 1 cup vegetables (water chestnuts, snap peas, bell peppers, onions) 1 tsp. extra virgin olive oil ½ cup cooked bulgur wheat  Grill chicken. Add oil and veggies to wok. Combine chicken and veggies and serve over bulgur.	<i>Beef Stir-Fry:</i> 3 oz. lean grilled beef, cut into cubes ½ cup chopped onions 1½ cups chopped red, yellow & green bell peppers 1 tsp. extra virgin olive oil 1 tsp. lemon juice 2 garlic cloves, minced 2 Tbsp. chopped basil Sea salt & black pepper to taste ½ cup cooked quinoa  Grill beef. In skillet, sauté veggies, seasonings, lemon juice & oil. Combine beef with veggies and serve over quinoa.	<i>Chicken Sandwich (Open-Faced):</i> 1 slice 100% whole-grain bread 3 oz. thinly sliced leftover or deli chicken breast 1 onion slice 1 tomato slice 1 tsp. mustard  <i>Spicy Eggplant:</i> 1 cup eggplant, diced 1 tsp. chili powder 1 tsp. extra virgin olive oil  Combine ingredients in skillet and sauté until desired texture.	<i>Tuna Sandwich (Open-Faced):</i> 1 slice 100% whole-grain bread 3 oz. water-packed tuna 1 Tbsp. reduced fat mayonnaise ½ cup chopped celery  <i>Mixed Vegetable Salsa:</i> 1½ cups chopped mushrooms, bell peppers, cucumbers & tomatoes 2 tsp. lemon juice 1 tsp. Italian seasoning
<b>Afternoon Snack</b>	<b>1 Fruit</b>	1 small orange	1 small apple	1 medium pear	1¼ cup sliced strawberries	1 large kiwi (or 2 small)	2 medium fresh figs	¾ cup blueberries



# 1500-Calorie Meal Plan

Meal/Snack	Servings/Food Category	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)
	2 oz. Protein	<i>Viva Scrambled Eggs:</i> 4 egg whites 1 Tbsp. salsa	<i>Zesty Cottage Cheese:</i> ½ cup cottage cheese 1 tsp. cinnamon 1 tsp. orange zest	2 slices lean, no-sodium-added chicken breast	<i>Protein Roll-Up:</i> 1 slice mozzarella cheese (1 oz.) 1 oz. very lean beef, sliced	<i>Cabo Cottage Cheese:</i> ½ cup cottage cheese 1 Tbsp. salsa	2 medium hardboiled eggs	2 slices lean, no sodium-added turkey breast
Mid-Morning Snack	1 Fruit	2 small kiwi	1 small orange	1 medium nectarine	1 medium peach	1/2 persimmon	1 small pear	2 small plums
Lunch	1 Whole Grain	<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>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>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	<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
	5 oz. Protein							
	2 Category 1 Vegetables							
	1 Oil/Fat	<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>Side:</i> ½ cup broccoli, steamed		Combine ingredients. Serve warm or chilled.  <i>Side:</i> 1 cup broccoli, steamed			Combine tuna with veggies and mayo. Serve open-faced on bread.  <i>Side:</i> ½ cup green beans, steamed
Afternoon Snack	1 Dairy	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

Dinner	<b>1 Category 2 Vegetable</b>	<i>Poached Halibut:</i> 5 oz. halibut 1 clove minced garlic 1 tsp. extra virgin olive oil	<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	<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	<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	<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	<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	<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
	<b>1 Legume</b>	<i>Rosemary Potatoes:</i> ½ cup baby red potatoes 1 tsp. rosemary	Prepare shirataki noodles as instructed on package. Grill fish with oil. Warm pasta sauce. Combine and serve.		Sauté/grill chicken in oil. Add spices and lemon juice to chicken. Serve over lentil dish below.	Cook turkey in oil in skillet. Add veggies, sauce, and spices. Simmer until veggies soften.	Prepare shirataki noodles per package instructions. Form turkey into meatballs and cook in skillet with oil and lemon zest. Warm sauce. Serve over noodles.	Cook beef in oil. Add veggies and simmer until desired texture.
	<b>3 Category 1 Vegetables</b>	<i>Paprika Lima Beans:</i> ½ cup lima beans, cooked/steamed 1 tsp. lemon juice 1 tsp. paprika	<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	Sauté all ingredients in skillet. (Shrimp can also be grilled.)	<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	½ tsp. parsley ½ tsp. basil ¼ tsp. oregano ½ tsp. ground black pepper 1 bay leaf	½ cup no-sugar added, low fat tomato sauce	
	<b>5 oz. Protein</b>	<i>Additional Side:</i> 1 cup broccoli, steamed		<i>Side:</i> ½ cup green soy beans, steamed	<i>Side:</i> Sauté veggies in oil until onions are caramelized. Add cooked beans and lemon zest.	Cook turkey in oil in skillet. Add veggies, sauce, and spices. Simmer until veggies soften.	½ cup no-sugar added, low fat tomato sauce	
	<b>2 Oils/Fats</b>	<i>Salad &amp; Dressing:</i> 1 cup salad/mixed greens 1 Tbsp. ranch dressing	Combine and serve warm or chilled.		<i>Additional Side:</i> ½ cup butternut squash, sautéed	<i>Side:</i> ½ medium sweet potato, baked	<i>Cannellini &amp; Carrots:</i> ½ cup cooked cannellini beans ½ cup cooked carrots 1 tsp. lemon juice 1 tsp. Italian seasoning	<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
Evening Snack	<b>1 Nut/Seed</b>	1.5 tsp. pistachio butter	1.5 tsp. almond butter	6 almonds	1.5 Tbsp. unsweetened, grated coconut	1.5 tsp. pistachios	5 hazelnuts	1 Tbsp. sunflower seeds, unsalted
	<b>1 Fruit</b>	1 small apple	¾ cup blueberries	15 medium grapes	1 cup cubed cantaloupe	12 cherries	1 cup cubed honeydew melon	3 small apricots

1800-Calorie Meal Plan

Meal/Snack	Servings/Food Category	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)	Nutritional Beverage (1 serving)
	1 Fruit (can be blended with Nutritional Beverage)  2 oz. Protein	1 small orange  2 oz. nonfat string mozzarella cheese	1 small apple  2 medium hardboiled eggs	17 small grapes  2 oz. nonfat string mozzarella cheese	¾ cup blackberries  ½ cup nonfat cottage cheese	1 medium peach  ½ cup nonfat cottage cheese ¼ tsp. cinnamon	1 large kiwi  1 cup egg substitute, scrambled	1 cup cantaloupe  ½ cup nonfat cottage cheese
Mid-Morning Snack	1 Fruit	1 small pear	1 cup raspberries	½ small mango	½ grapefruit	2 small plums	2 medium fresh figs	12 cherries
Lunch	5 oz. Protein  1 Whole Grain  1 Legume  2 Category 1 Vegetables  1 Oils/Fats	<i>Chicken fajitas:</i> 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.	<i>Roast Beef Sandwich (open face):</i> 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  <i>Mung Bean Salad:</i> 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	<i>Turkey Sandwich (open face):</i> 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  <i>Side:</i> 1 cup broccoli, steamed	<i>Tuna on Rye Crackers:</i> 5 oz. water-packed tuna 4 whole-grain rye crackers  <i>Mediterranean Salad:</i> ½ cup garbanzo beans, cooked/canned 2 cups chopped spinach, tomatoes, onions & cucumbers  <i>Dressing:</i> 1 tsp. olive oil 2 tsp. lemon juice 1 tsp. Italian seasoning	<i>White Bean Tuna Pita:</i> 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.	<i>Chicken Veggie Wrap:</i> 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	<i>Turkey Burger (open face):</i> 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  <i>Zucchini Black Bean Skillet:</i> 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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Dinner	5 oz. Protein	<i>Turkey &amp; Black Bean Lettuce Wraps:</i> 5 oz. very lean turkey breast 1/2 cup black beans 4 leaves romaine lettuce 1/2 cup fresh cilantro 1/2 cup finely chopped onions, tomatoes & mushrooms 1 tsp. extra virgin olive oil 1/8 avocado 1 tsp. minced garlic 1 tsp. lemon juice	<i>Chicken Mozzarella Pasta:</i> 4 oz. grilled, chopped chicken breast 1 oz. mozzarella cheese 1/2 cup shirataki noodles 1/2 cup no-sugar-added, tomato pasta sauce 2 tsp. extra virgin olive oil	<i>Greek Chicken Salad:</i> 5 oz. chicken breast, grilled/baked and diced 2 cups chopped lettuce, onions, tomatoes & cucumbers 1/2 cup garbanzo beans, cooked/canned 1/2 cup peas, cooked/canned	<i>Naked Cheeseburger:</i> 4 oz. very lean ground beef patty, grilled 1 oz. mozzarella cheese 2 leaves romaine lettuce (as "bun") 2 tomato slices 1 onion slice 1 tbsp. mayonnaise 1 tsp. mustard	<i>Mediterranean Swordfish with Garbanzo Beans:</i> 5 oz. baked swordfish 1/2 cup asparagus, steamed 1/2 cup cooked yams	5 oz. baked salmon	<i>Beef &amp; Lentil Soup:</i> 5 oz. lean ground beef 1/2 cup lentils, cooked/canned 1/2 cup finely chopped potatoes 1/2 cup finely chopped onions 1/2 cup finely chopped celery 1/2 cup stewed tomatoes 2 tsp. extra virgin olive oil 1/2 tsp. ground cumin 1 tsp. thyme 1 tsp. parsley 1 tsp. minced garlic Sea salt & black pepper to taste Water to taste
	1 Category 2 Vegetable  2 Category 1 Vegetables  1 Legume  2 Oils/Fats	<i>Side:</i> 1/2 cup butternut squash, sautéed	<i>Garlic Soy Beans:</i> 1/2 cup soy beans, steamed 1 tsp. minced garlic 1 tsp. lemon juice 1 tsp. chili powder  <i>Additional Side:</i> 1/2 medium baked sweet potato	<i>Dressing:</i> 2 Tbsp. tahini 1 tsp. minced garlic 1 tsp. minced parsley 1 tsp. lemon juice	<i>Spicy Potato Salad:</i> 1/2 cup kidney beans, cooked/canned 1/2 cup cubed red potatoes, roasted 1 cup chopped red onions, tomatoes, cilantro & green chilies 1 tsp. extra virgin olive oil 1 tsp. cumin powder	Combine ingredients and serve over bean mixture: 1/2 cup garbanzo beans cooked 1 tsp. minced garlic 1 tsp. lemon juice 1 tsp. paprika  <i>Salad:</i> 1 cup tossed salad greens  <i>Dressing:</i> 2 tsp. extra virgin olive oil 1 tsp. lemon juice 1 tsp. Italian seasoning	<i>Sautéed Garlic Spinach:</i> 1 cup spinach 1 tsp. garlic 1 tsp. olive oil  <i>Navy Bean &amp; Potato Stew:</i> 1/2 cup navy beans 1/2 cup red potatoes 1 Tbsp. tomato puree 1/4 tsp. thyme 2 button mushrooms, sliced 1 tsp. extra virgin olive oil 1 tsp. vinegar 1/2 cup water Sea salt and black pepper 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.	1/2 cup finely chopped potatoes 1/2 cup finely chopped onions 1/2 cup finely chopped celery 1/2 cup stewed tomatoes 2 tsp. extra virgin olive oil 1/2 tsp. ground cumin 1 tsp. thyme 1 tsp. parsley 1 tsp. minced garlic Sea salt & black pepper to taste Water to taste  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.
Evening Snack	1 Dairy	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
	1 Nuts	6 almonds	1.5 tsp. pistachios	4 walnut halves	4 pecan halves	1.5 tsp. almond butter	5 hazelnuts	1.5 tsp. almond butter