



Day 1

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup cooked hot multigrain cereal (prepared with water)	170.4	34.1	7.2	1.9
1 medium banana, sliced	105	27	1.3	0.4
2 Tbs chopped walnuts	96.7	2.1	2.2	9.5
1 Tbs brown sugar	33	9	0	0
TOTAL	405.1	72.2	10.7	11.8
Snack 1	Calories	Carbohydrates	Protein	Fat
25 almonds	173.4	5.9	6.4	15.2
1 cup grapes	110	26	1.2	0.3
TOTAL	283.4	31.9	7.6	15.5
Lunch	Calories	Carbohydrates	Protein	Fat
Greek Salad Wrap:				
3 oz grilled chicken breast, sliced	140	0	26.4	3
1/2 cup sliced cucumber	7.8	1.9	0.4	0
3 strips red bell pepper	1.6	0.4	0.1	0
1 oz feta cheese (diced or crumbled)	74.8	1.2	4	6
1/4 cup romaine lettuce	2	0.4	0.1	0
1 thin slice red onion	3.8	0.9	0.1	0

1 whole wheat flour tortilla	140	22	4	3
1 tsp red wine vinegar	0	0	0	0
TOTAL	370	26.8	35.1	12
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz broiled pork chop	204	0	24.4	11.1
2 cups chopped lettuce + 1 cup chopped tomato	37.8	8.1	2	0.4
1 tsp olive oil + lemon juice to taste	40	0	0	4.5
TOTAL	281.8	8.1	26.4	16
Snack 2	Calories	Carbohydrates	Protein	Fat
1/2 cup non fat vanilla frozen yogurt	200	31	9	4.5
1/2 cup blueberries	41.3	10.5	0.5	0.2
TOTAL	241.3	41.5	9.5	4.7
DAILY TOTAL	1581.6	180.5	89.3	60

Day 2

Breakfast	Calories	Carbohydrates	Protein	Fat
Pomegranate Smoothie:				
1/2 cup frozen mixed berries	41	4.7	0.5	0.3
4 fl oz unsweetened pomegranate juice	75	19	0.3	0
1/2 cup low fat vanilla yogurt	96	15.6	5.6	1.4
TOTAL	212	39.3	6.4	1.7
Snack 1	Calories	Carbohydrates	Protein	Fat
1 slice whole wheat bread, toasted	110	20	4	2
2 Tbs natural peanut butter	210	6	8	16
1 tsp low sugar fruit spread	13.3	3	0	0
1 plum	30.4	7.5	0.5	0.2
TOTAL	363.7	36.5	12.5	18.2
Lunch	Calories	Carbohydrates	Protein	Fat
Asian Salad:				
4 oz cooked shrimp	112.2	0	23.7	1.2
2 cups baby spinach + 1 cup arugula	25	5.9	1.7	0.1
1 cup sliced cucumber	15.6	3.8	0.3	0.1
1/4 cup canned mandarin oranges (packed in water)	25.8	6.5	0.4	0.2
1 tsp toasted sesame seeds	17	0.3	0.6	1.7
2 Tbs sliced almonds	83.3	2.5	2.9	7.5
1 Tbs sesame ginger salad dressing	66.5	1.3	0.5	6
TOTAL	345.4	20.3	30.1	16.8
Snack 2	Calories	Carbohydrates	Protein	Fat
1 hard boiled egg + 1 hard boiled egg white	94.7	0.8	9.9	5.4

1 medium apple	71.8	19.1	0.4	0.2
TOTAL	166.5	19.9	10.3	5.6
Dinner	Calories	Carbohydrates	Protein	Fat
Chicken Soft Tacos* (see recipe)				
• 4 oz ground chicken breast	124.7	0	26.2	1.4
• 1/4 cup chopped onion	17	4	0.4	0
• 1/2 tsp ground cumin + 1/2 tsp chili powder	9.5	0.71	0.2	0.2
• 1/2 cup shredded green cabbage	10.7	2.5	0.6	0.1
• 3 corn tortillas	104.6	21.4	2.7	1.4
• 2 Tbs salsa + 2 Tbs diced avocado	38.9	3.7	0.9	2.8
TOTAL	305.4	32.31	31	5.9
Snack 3	Calories	Carbohydrates	Protein	Fat
1 cup chopped cantaloupe	54.4	13.1	1.3	0.3
2 Tbs sunflower seeds	85	3	3.5	7.5
TOTAL	139.4	16.1	4.8	7.8
DAILY TOTAL	1532.4	164.41	95.1	56

Day 3

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup low fat cottage cheese	162.3	6.2	28	2.3
1/4 cup granola	149.5	16.2	4.5	7.4
1 cup blueberries	82.6	21	1.1	0.5
TOTAL	394.4	43.4	33.6	10.2
Snack 1	Calories	Carbohydrates	Protein	Fat
6 whole wheat crackers	60	10	2	1.5
10 cherry tomatoes	30.6	6.7	1.5	0.3
White Bean Dip* (see recipe)				
• 1/2 cup canned cannelloni beans	153.3	28.7	9.5	0.4
• 2 Tbs chopped scallion + 1 tsp olive oil + 1/2 tsp lemon zest	44.1	0.2	0	4.5
TOTAL	288	45.6	13	6.7
Lunch	Calories	Carbohydrates	Protein	Fat
Chopped Salad:				
3 cups chopped lettuce	24	4.6	1.7	0.4
1 cup chopped tomato	32.4	7.1	1.6	0.4
1/2 cup chopped carrot	22.6	5.3	0.5	0.1
5 large green olives, sliced	25	1	0	2.5
3 oz roast beef, sliced	135	0	21	4.5
1 Tbs sesame oil + 2 tsp rice vinegar	120.2	0	0	13.6
TOTAL	359.2	18	24.8	21.5

Dinner	Calories	Carbohydrates	Protein	Fat
Steak Sandwich:				
1 whole wheat English Muffin, toasted	135	26.6	5.8	1.4
4 oz grilled flank steak, thinly sliced	210.9	0	31.6	8.4
1/4 cup romaine lettuce	2	0.4	0.1	0
2 slices tomato	8	1.2	0.4	0.1
1 cup vegetable soup	90	20	3	0
TOTAL	445.9	48.2	40.9	9.9
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	71.8	19.1	0.4	0.2
DAILY TOTAL	1559.3	174.3	112.7	48.5

Day 4

Breakfast	Calories	Carbohydrates	Protein	Fat
2 eggs, poached	73.5	0.4	6.3	5
1 slice whole wheat bread, toasted	110	20	4	2
1 cup diced pineapple	74.4	19.6	0.8	0.2
1 cup strawberries	46.1	11.1	1	0.4
TOTAL	304	51.1	12.1	7.6
Snack 1	Calories	Carbohydrates	Protein	Fat
1 wedge low fat spreadable cheese (such as Light Laughing Cow)	35	1	2.5	2
10 medium baby carrots	35	8.2	0.6	0
1 oz mixed nuts	170	6	6	15
TOTAL	240	15.2	9.1	17
Lunch	Calories	Carbohydrates	Protein	Fat
1 1/2 cups Tomato Vegetable Soup	135	25.5	9	0
1/2 cup cooked pearled barley	96.6	22.2	1.8	0.3
1 cup grapes	110	26	1.2	0.3
8 fl oz skim milk	85.8	11.9	8.4	0.4
TOTAL	427.4	85.6	20.4	1
Snack 2	Calories	Carbohydrates	Protein	Fat
3 oz roasted turkey breast, low sodium	84	3	15	3
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	155.8	22.1	15.4	3.2
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz grilled tuna steak	156.4	0	25.4	5.3
1 1/2 cups steamed broccolini	72.1	6.8	8.4	1.1

1 cup sliced cucumber	15.6	3.8	0.7	0.1
1 Tbs olive oil + 2 tsp rice vinegar	120.2	0	0	13.6
TOTAL	364.3	10.6	34.5	20.1
DAILY TOTAL	1491.5	184.6	91.5	48.9

Day 5

Breakfast	Calories	Carbohydrates	Protein	Fat
1/2 whole wheat bagel, toasted	110	23.5	5.5	0.8
2 oz smoked salmon	66.3	0	10.4	2.5
1 Tbs low fat vegetable cream cheese	30	1.5	1.5	2.3
2 slices tomato	8	1.2	0.4	0.1
1/2 grapefruit	41	10.3	0.8	0.1
TOTAL	255.3	36.5	18.6	5.8
Snack 1	Calories	Carbohydrates	Protein	Fat
Trail Mix:				
2 Tbs dried cherries	70	18	0	0
2 Tbs slivered almonds	66.5	2.3	2.4	5.8
2 Tbs sunflower seeds	85	3	3.5	7.5
TOTAL	221.5	23.3	5.9	13.3
Lunch	Calories	Carbohydrates	Protein	Fat
Taco Salad:				
3 oz ground turkey, cooked w/1 tsp chili power + 1 clove garlic	155.3	1	0.2	0
3 cups mixed greens	30	6	2	0
1/4 cup vegetarian refried beans	85	13	4	2
1/2 cup chopped tomato	16.2	3.5	0.8	0
5 black olives, sliced	31.3	1.3	0	3
Lime juice to taste				
4 tortilla chips, crushed	43.1	5.5	0.6	2.2
TOTAL	360.9	30.3	7.6	7.2
Snack 2	Calories	Carbohydrates	Protein	Fat
1 medium banana	105	27	1.3	0.4
TOTAL	105	27	1.3	0.4
Dinner	Calories	Carbohydrates	Protein	Fat
Chicken & Broccoli with Peanut Sauce* (see recipe)				
• 4 oz chicken breast, sliced	124.7	0	26.2	1.4
• 1 tsp minced ginger	1.6	0.4	0	0
• 1/4 red onion, chopped	16.8	4	0.4	0
• 1 cup chopped broccoli	31	6	2.6	0.3
• 1 Tbs soy sauce + 1 tsp chili sauce	17.2	3.4	0.6	0.2
• 1 Tbs natural peanut butter	105	3	4	8
1/2 cup cooked brown rice	108	22.4	2.5	0.9

TOTAL	404.3	39.2	36.3	10.8
Snack 3	Calories	Carbohydrates	Protein	Fat
1/2 oz cashews	78.4	4.3	2.6	6.2
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	150.2	23.4	3	6.4
DAILY TOTAL	1497.2	179.7	72.7	43.9

Day 6

Breakfast	Calories	Carbohydrates	Protein	Fat
1 cup cooked oatmeal (prepared with 1 cup skim milk)	232.8	37.1	14.5	2.7
1 peach, chopped	66.3	16.2	1.6	0.4
1 tsp low sugar fruit spread	13.3	3	0	0
TOTAL	312.4	56.3	16.1	3.1
Snack 1	Calories	Carbohydrates	Protein	Fat
10 celery sticks	6	1.2	0.3	0
1 bell pepper, chopped	23.8	5.5	1	0.2
2 Tbs balsamic vinaigrette	120	0	0	12
TOTAL	149.8	6.7	1.3	12.2
Lunch	Calories	Carbohydrates	Protein	Fat
2 slices sprouted wheat bread	160	30	8	1
2 Tbs hummus	52	4.5	2.5	3
3 oz deli sliced chicken breast	90	1.5	15	2.3
1/4 cup baby spinach	3.3	0.5	0.3	0
1/4 cup shredded carrot	9.5	2.2	0.2	0
1 medium orange	61.6	15.4	1.2	0.2
TOTAL	376.4	54.1	27.2	6.5
Snack 2	Calories	Carbohydrates	Protein	Fat
2 cups air popped popcorn	61.9	12.4	2.1	0.7
10 baby carrot sticks	35	8.2	0.6	0
1 oz part skim mozzarella cheese	85.6	1.1	7.4	5.7
TOTAL	182.5	21.7	10.1	6.4
Dinner	Calories	Carbohydrates	Protein	Fat
5 oz wild salmon, grilled with 1 tsp olive oil	249.1	1.4	28.4	13.9
1 cup steamed asparagus	39.6	7.4	4.3	0.4
1 small sweet potato, diced and roasted with 2 tsp olive oil	182.4	23.6	2.3	9.2
TOTAL	471.1	32.4	35	23.5
DAILY TOTAL	1492.2	171.2	89.7	51.7

Day 7

Breakfast	Calories	Carbohydrates	Protein	Fat
Banana Berry French Toast* (see recipe)				
• 2 sliced multigrain bread	160	26	8	2
• 1/4 cup low fat milk	24.4	3	2	0.6
• 1 large egg	73.5	0.4	6.3	5
• 1 tsp vanilla extract	12.1	0.5	0	0
• 1 Tbs rolled oats, dry	18.8	3.4	0.6	0.4
• 1/4 cup sliced banana + 1/4 cup sliced strawberries	35.8	9	0.6	0.2
• 2 Tbs maple syrup	104.4	26.8	0	0
TOTAL	429	69.1	17.5	8.2
Snack 1	Calories	Carbohydrates	Protein	Fat
1 cup lentil soup	125.8	20.3	7.8	1.5
1 medium apple	71.8	19.1	0.4	0.2
TOTAL	197.6	39.4	8.2	1.7
Lunch	Calories	Carbohydrates	Protein	Fat
3 cups mixed greens	30	6	2	0
1/2 cup mushrooms, sliced	7.7	1.5	1.1	0.1
1/2 cup chopped tomato	16.2	3.5	0.8	0
1/4 cup green peas	31.2	5.7	2.1	0.1
1/4 cup diced avocado	60	3.2	0.8	5.6
2 oz smoked salmon	66.3	0	10.4	2.5
1 Tbs balsamic vinegar	14	3	0	0
TOTAL	225.4	22.9	17.2	8.3
Snack 2	Calories	Carbohydrates	Protein	Fat
1 Tbs almond butter	101.3	3	2.5	9.5
10 celery sticks	6	1.2	0.3	0
TOTAL	107.3	4.2	2.8	9.5
Dinner	Calories	Carbohydrates	Protein	Fat
3 oz ground turkey, cooked w/ 1/2 tsp oregano + 1 clove garlic	155.3	1	0.2	0
1 Tbs prepared basil pesto	50	1.5	0.8	5
1 cup cooked zucchini	28.8	7.1	1.2	0.1
1 cup cooked whole wheat pasta	173.6	37.2	7.5	0.8
3 cups chopped lettuce	24	4.6	1.7	0.4
1 Tbs olive oil + 2 tsp balsamic vinegar	124	1.3	0	14
TOTAL	555.7	52.7	11.4	20.3
DAILY TOTAL	1515	188.3	57.1	48