

# 7 DAY MEAL PLAN

## Breakfast

## Lunch

## Snack

## Dinner

Day	Breakfast	Lunch	Snack	Dinner
Day 1	<ul style="list-style-type: none"> <li>•1 Slice Whole Wheat Bread</li> <li>•1 tsp. lite margarine spread</li> <li>•120g honeydew or canteloupe</li> <li>•240 ml nonfat yogurt or 240 ml fat free milk</li> <li>•240 ml green decaf tea</li> </ul>	<b>Tuna Vegetable Pita Sandwich :</b> <ul style="list-style-type: none"> <li>•½ whole wheat pita pocket</li> <li>•120g assorted raw vegetables: lettuce, tomato, sprouts, cucumbers, onion, celery</li> <li>•90g tuna in water and 2 teaspoons low-fat mayo</li> <li>•240ml fat free milk or 240ml low fat yogurt.</li> <li>•12 grapes</li> </ul>	<ul style="list-style-type: none"> <li>•30g lowfat string cheese</li> <li>•1 apple</li> </ul>	<b>Taco night</b> <ul style="list-style-type: none"> <li>•90g 93% lean beef or turkey sautéed</li> <li>With 60g chopped onions, Red &amp; green peppers</li> <li>•1 tablespoon of taco seasoning</li> <li>•2 tablespoon ready made salsa</li> <li>•2 soft tortillas (10 cm)</li> <li>•2 tablespoons shredded low fat cheese</li> </ul>
Day 2	<ul style="list-style-type: none"> <li>•90g Cereal: high fiber more than 3g and low sugar less than 8g</li> <li>•120g blueberries or strawberries</li> <li>•240 ml fat free milk</li> <li>•240 ml green decaf tea</li> </ul>	<b>Turkey Sandwich:</b> <ul style="list-style-type: none"> <li>•90g or 3-4 slices of lean turkey</li> <li>•Garnish with lettuce and tomato</li> <li>Condiment: <ul style="list-style-type: none"> <li>•1 teaspoon mustard and/or 2 teaspoon low fat mayo</li> </ul> </li> <li>•2 slices whole wheat bread</li> <li>•120g sliced cucumbers with 2 teaspoon low fat dressing</li> </ul>	<ul style="list-style-type: none"> <li>•240 ml nonfat yogurt</li> <li>•60g berries</li> <li>•120 ml orange juice</li> <li>•Blend into smoothie</li> </ul>	<b>Orange ginger salmon:</b> <ul style="list-style-type: none"> <li>•120g broiled or grilled salmon sprinkle with ginger and garnished with sliced oranges</li> <li>•60g brown rice</li> <li>•120g steamed broccoli</li> <li>•½ steamed carrots</li> <li>•240 ml nonfat milk</li> </ul>
Day 3	<ul style="list-style-type: none"> <li>•10 cm whole wheat waffle</li> <li>•2 Teaspoon peanut butter</li> <li>•240 ml fat free milk</li> <li>•120g sliced cantaloupe</li> <li>•240 ml green decaf tea</li> </ul>	<b>Healthy Roast beef mini sub:</b> <ul style="list-style-type: none"> <li>•90g lean deli sliced roast beef</li> <li>•1 wheat sandwich thin round or 10 cm wheat roll</li> <li>•Condiment: 1 teaspoon mustard and/or 1 teaspoon lowfat mayo</li> <li>•Chopped Salad: 120g romaine lettuce, 60g chopped tomato, 60g chopped green peppers with 2 teaspoon low fat dressing</li> </ul>	<ul style="list-style-type: none"> <li>•1 medium piece of fruit: apple, orange or pear</li> <li>•10 dry-roasted almonds</li> </ul>	<b>Pasta with Chicken and Vegetables</b> <ul style="list-style-type: none"> <li>•90g grilled chicken strips</li> <li>•Assorted stir fry vegetables: <ul style="list-style-type: none"> <li>•Sauté in 1 tablespoon olive oil:</li> <li>•Chopped onions, garlic</li> <li>•120g sliced mushrooms</li> <li>•60g each sliced zucchini &amp; broccoli</li> </ul> </li> <li>•Add chicken and 120g cooked wheat pasta to cooked vegetables. Toss and serve</li> </ul>
Day 4	<ul style="list-style-type: none"> <li>•1 slice whole wheat toast</li> <li>•2 teaspoon all-natural peanut butter</li> <li>•1 apple</li> <li>•240 ml fat free milk</li> <li>•240 ml green decaf tea</li> </ul>	<b>Chicken and Veggie Wrap:</b> <ul style="list-style-type: none"> <li>•1 whole wheat tortilla</li> <li>•60g grilled chicken strips, and 30g low-fat cheese</li> <li>lettuce and tomato and 2 teaspoon low fat dressing</li> <li>•Medium apple</li> </ul>	<ul style="list-style-type: none"> <li>•240 ml nonfat yogurt</li> <li>•1 medium pear or apple</li> </ul>	<b>Simple broiled fish:</b> <ul style="list-style-type: none"> <li>•120g Tilapia, or Cod, or Trout broiled or grilled with chopped parsley, garlic, and lemon garnish</li> <li>•120g tossed salad with assorted vegetables, tomato, greens, cucumbers, peppers</li> <li>•2 teaspoon low fat dressing</li> <li>•6 steamed asparagus spears</li> <li>•1 baked medium red potato</li> <li>•120g berries</li> </ul>
Day 5	<ul style="list-style-type: none"> <li>•120 ml grapefruit juice</li> <li>•1 whole wheat English muffin</li> <li>•1 teaspoon lite margarine</li> <li>•120g strawberries</li> <li>•240 ml nonfat yogurt</li> <li>•240 ml green decaf tea</li> </ul>	<ul style="list-style-type: none"> <li>•240 ml vegetarian vegetable soup</li> <li>•<b>Salmon Spinach salad</b></li> <li>•90g grilled salmon or canned salmon</li> <li>•60g mandarin oranges</li> <li>•1 tablespoon of sliced almonds</li> <li>•1 tablespoon balsamic vinegar and olive oil dressing</li> </ul>	<ul style="list-style-type: none"> <li>•Broccoli, carrot and celery sticks 2 teaspoon low-fat ranch dip</li> <li>•240 ml non fat yogurt</li> </ul>	<b>Tortilla Pizza</b> <ul style="list-style-type: none"> <li>•1 Whole wheat tortilla</li> <li>•120 ml marinara sauce</li> <li>•90g low-fat mozzarella cheese,</li> <li>•180g each chopped vegetables including zucchini, broccoli, eggplant Bake at 175°C until cheese melts and slightly brown</li> </ul>
Day 6	<ul style="list-style-type: none"> <li>•240 ml fat free milk</li> <li>•90g cooked oatmeal</li> <li>•120g assorted berries</li> <li>•240 ml green decaf tea</li> </ul>	<b>Cheese and Tomato Caprese Sandwich:</b> <ul style="list-style-type: none"> <li>•60g low-fat mozzarella</li> <li>•Tomato slices, spinach leaves, fresh basil</li> <li>•Whole wheat roll (10 cm)</li> <li>•Condiment: <ul style="list-style-type: none"> <li>•2 Teaspoon olive oil</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•½ banana</li> <li>•240 ml non fat yogurt</li> </ul>	<b>Chicken teriyaki:</b> <ul style="list-style-type: none"> <li>•120g grilled chicken breast brushed with •1 teaspoon teriyaki sauce</li> <li>•120g sautéed vegetables</li> <li>•½ baked sweet potato</li> <li>•1 teaspoon lite margarine</li> </ul>
Day 7	<ul style="list-style-type: none"> <li>•120 ml orange juice</li> <li>•1 whole egg plus 2 egg whites, scrambled</li> <li>•1 slice whole wheat toast</li> <li>•1 teaspoon lite margarine</li> <li>•240 ml green decaf tea</li> </ul>	<b>Black Bean Salad:</b> <ul style="list-style-type: none"> <li>•60g cooked black beans</li> <li>•diced tomato</li> <li>•red bell peppers</li> <li>•red onion and scallions</li> <li>•60g diced avocado</li> <li>•1 teaspoon olive oil and 1 teaspoon vinegar</li> <li>•240g assorted greens</li> <li>•1 wheat tortilla</li> </ul>	<ul style="list-style-type: none"> <li>•4 whole wheat crackers</li> <li>•1 teaspoon all-natural peanut or almond butter</li> <li>•240 ml fat free milk</li> </ul>	<b>Pasta with ground turkey and tomato sauce</b> <ul style="list-style-type: none"> <li>•120g whole wheat pasta</li> <li>•90g ground turkey sautéed with tomato sauce</li> <li>•240g sauté broccoli with olive oil and garlic</li> </ul>

**WONDER**  
Core