

## Meal Plan Summary

|                      | Breakfast   | Lunch   | Dinner  | Snacks  |
|----------------------|---|---|---|---|
| <b>M</b><br><b>O</b> | <p>Greek Yogurt (Low Fat), 1 container (7 oz) (7.1 oz)</p> <p>Walnuts, 1 cup, in shell, edible yield (7 nuts) (1 oz)</p> <p>Apple, 1 small (2-3/4" dia) (5.3 oz)</p>  | <p>Pasta with pesto vegetables and olives, 0.5 serving (6.4 oz)</p> <p>Chicken Breast, 1 chicken breast (3.9 oz)</p>      | <p>Easy Oven Baked Salmon, 1 serving (5.6 oz)</p> <p>Mashed Cauliflower, 1 serving (7.5 oz)</p> <p>Roasted Green Beans (two ways!), 1 serving (8.3 oz)</p>  | <p>Blueberry Banana Yoghurt and Milk Smoothie, 1 serving (20.1 oz)</p> <p>Paleo Chocolate Banana Muffins (grain-free, gluten-free, dairy-free), 1 serving (3.2 oz)</p>                                |
| <b>T</b><br><b>U</b> | <p>Banana, 1 banana (4.3 oz)</p> <p>Egg, whole, cooked, scrambled, 2 whole eggs (3.2 oz)</p> <p>Sausage, chicken or turkey, italian style, lower sodium, 1 sausage (0.1 oz)</p> <p>Semi-Skimmed (2% Fat) Milk, 1 cup (8.3 oz)</p> | <p>Garlic Shrimp Pasta, 1 serving (8 oz)</p>  | <p>New York Strip (Top Loin) Beef Steak, 6 oz (6 oz)</p> <p>Wild rice, cooked, 1 cup (5.9 oz)</p> <p>Everyday Italian Salad, 1 serving (6.5 oz)</p>   | <p>Rolled Oats, 0.5 cup (1.5 oz)</p> <p>Raisins, 1 oz (60 raisins) (1 oz)</p> <p>Apple, 1 small (2-3/4" dia) (5.3 oz)</p> <p>Chia seeds, 1 teaspoon (0.1 oz)</p> <p>Honey, 1 tablespoons (0.7 oz)</p> |
| <b>W</b><br><b>E</b> | <p>Mushroom &amp; Asparagus Omelette, 1 serving (11.6 oz)</p> <p>Banana, 1 banana (4.3 oz)</p> <p>Avocado, 0.5 avocado (2.8 oz)</p>   | <p>Healthy Chicken Salad, 1 serving (8.8 oz)</p> <p>Whole Wheat Bread, 2 slice (2.3 oz)</p> <p>Grapes, 1 cup (5.4 oz)</p> | <p>Sweet Potato, 1 sweetpotato, 5" long (4.6 oz)</p> <p>Broccoli, 0.5 cup, chopped or diced (1.6 oz)</p> <p>Asado Chicken and Sauteed Zucchini, 0.5 serving (9 oz)</p> <p>French Roll Whole Wheat, 1 slice 1 serving (1.7 oz)</p> | <p>Banana Strawberry Yoghurt Smoothie, 1 serving (16.8 oz)</p>  |
| <b>T</b><br><b>H</b> | <p>Banana, 1 banana (4.3 oz)</p> <p>Egg White, 1 cup (8.7 oz)</p> <p>Bacon, turkey, low sodium, 2 slice (1 oz)</p> <p>Whole Wheat English Muffin, 1 oz (1 oz)</p>   | <p>Chicken, Rice, and Salad, 1 serving (20.8 oz)</p>  | <p>Chicken breast with potato and vegetables, 1 serving (25.5 oz)</p>   | <p>Rolled Oats, 0.3 Cup (1.3 oz)</p> <p>Blueberries, 0.25 cup (1.3 oz)</p> <p>Peanut butter, reduced sodium, 1 tbsp (0.6 oz)</p>  |
| <b>F</b><br><b>R</b> | <p>Banana Strawberry Yoghurt Smoothie, 1 serving (16.8 oz)</p>  | <p>Salmon, Rice and Feta Salad, 1 serving (12.9 oz)</p>   | <p>Pasta with Egg, Cheese, Tomato and Broccoli, 1 serving (9.6 oz)</p>  | <p>Boiled Eggs, 3 large (5.4 oz)</p> <p>Carrot, 6 small (5-1/2" long) (10.7 oz)</p> <p>Hummus, 2 tbsp (1.1 oz)</p> <p>Apple, 1 medium (3" dia) (6.5 oz)</p>   |

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|--------|---|--|---|--|
| S<br>a | <p><b>Egg, whole, cooked, scrambled,</b><br/>2 whole eggs (3.2 oz)</p> <p><b>Rolled Oats,</b> 0.5 cup (1.5 oz)</p> <p><b>Raisins,</b> 1 oz (60 raisins) (1 oz)</p> <p><b>Peanut butter, reduced sodium,</b><br/>1 tbsp (0.6 oz)</p> | <p><b>Cheddar Cheese,</b> 1 ounces<br/>(1 oz)</p> <p><b>Tomato, Fresh,</b> 2 slice,<br/>thin/small (1.1 oz)</p> <p><b>Mustard,</b> 1 tsp or 1 packet<br/>(0.2 oz)</p> <p><b>Parma Ham (Prosciutto),</b><br/>56 g</p> <p><b>Arugula (Rocket) Leaves,</b><br/>10 leaf (0.7 oz)</p> <p><b>Rye Bread,</b> 2 slice, thin (1.8<br/>oz)</p> | <p><b>Pasta with pesto<br/>vegetables and olives,</b> 1<br/>serving (12.8 oz)</p> <p><b>Chicken Breast,</b> 1 chicken<br/>breast (3.9 oz)</p> | <p><b>Yogurt, greek, nonfat, vanilla, chobani,</b><br/>5.3 oz (5.4 oz)</p> <p><b>chocolate chip cookie,</b> 1 cookie (0.5 oz)</p>  |
| S<br>u | <p><b>Blueberry Banana Yoghurt and<br/>Milk Smoothie,</b> 1 serving (20.1 oz)</p>   | <p><b>Lentil and Spinach Soup,</b><br/>1 serving (23.9 oz)</p>   | <p><b>Chicken, Rice, and Salad,</b> 1<br/>serving (20.8 oz)</p>   | <p><b>Cottage Cheese,</b> 4 oz (4 oz)</p> <p><b>Snacks, popcorn, oil-popped, white<br/>popcorn, salt added,</b> 1 cup (0.4 oz)</p> <p><b>Almonds,</b> 1 oz (23 whole kernels) (1 oz)</p> <p><b>Black Bean Brownies – No Flour<br/>Required,</b> 1 serving (1.5 oz)</p> |