

Sample Meal Plan

Daily calorie goal: 1000

Daily protein goal: 70 grams or more

Meals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 container light Greek yogurt 1/4 cup raspberries	Omelet made with egg substitute with vegetables, and 1 oz lean deli ham	1/2 cup low fat cottage cheese 1/4 cup peaches	2 scrambled eggs 1/4 cup pears	1/2 cup oatmeal with skim milk	Fruit smoothie made with skim milk, 1/2 cup frozen fruit and 1/2 scoop protein powder	One hard boiled egg 8 ounces skim milk 1/2 cup mandarin oranges
Protein Snack	1/2 protein shake (15 g protein)	1 cup light yogurt	1/2 protein shake (15 g protein)	1 cup light yogurt	1 cup light yogurt	1/2 protein shake (15 g protein)	1/2 protein shake (15 g protein)
Lunch	3 ounces sloppy joe 1/2 cup cooked vegetable	Stuffed tomato with 3 ounces of tuna	4 ounces baked cod 1/2 cup cooked vegetable	3 ounces beef with gravy 1/2 cup cooked vegetable	3 ounces salmon 1/4 cup green beans 1/4 cup wild rice	3 ounces chicken salad 1/2 cup fresh fruit	1 cup chili made with lean hamburger 1/2 cup fresh fruit
Protein Snack	1/2 protein shake (15 g protein)	1 mozzarella cheese stick	1/2 protein shake (15 g protein)	1 hard boiled egg	1 mozzarella cheese stick	1/2 protein shake (15 g protein)	1/2 protein shake (15 g protein)
Dinner	3/4 cup soup 1/2 chicken breast	Soy burger on 1/2 hamburger bun 1/2 cup fresh fruit	1/2 cup tuna/broccoli casserole 1/2 cup sliced cucumbers	3 ounces Tilapia 1/2 cup cooked vegetable	3/4 cup beef stew 1/4 cup steamed cauliflower	DATE NIGHT (choose wisely)	3 ounces lemon pepper tilapia 1/2 cup green beans