

Sample Meal Plan

Daily calorie goal: 1400

Daily protein goal: 80 grams

Meals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 container light Greek yogurt 1/2 cup raspberries	Omelet made with egg substitute with vegetables, and 1/4 cup cheese	1/2 cup low fat cottage cheese 1/4 cup peaches	2 scrambled eggs with 1/4 cup cheese 1/4 cup pears 8 oz 1% milk	1/2 cup oatmeal with skim milk, 1 oz almonds, 1 oz raisins	Fruit smoothie made with skim milk, 1/2 cup frozen fruit and 1/2 scoop protein powder	One hard boiled egg 2 slices Canadian bacon 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	2 ounces sloppy joe 1/2 hamburger bun 1/2 cup cooked vegetable	Stuffed tomato with 3 ounce tuna salad	4 ounces baked cod 1/2 cup cooked vegetable 1/4 mashed potato	3 ounces beef with gravy 1/4 cup mashed potato 1/2 cup cooked vegetable	3 ounces salmon 1/4 cup green beans 1/4 cup wild rice	3 ounces chicken salad 6 triscuit crackers	1 cup chili made with lean hamburger 1 slice whole wheat bread
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	Tilapia with cauliflower	3/4 cup beef stew 1/4 cup steamed cauliflower	DATE NIGHT (choose wisely)	3 ounces lemon pepper tilapia 1/2 cup green beans