



Sample Meal Plan

|           | Breakfast  | Snack  | Lunch  | Snack   | Dinner  | Snack   |
|-----------|--|--|--|---|---|---|
| Monday    | <input type="checkbox"/> Oatmeal<br><input type="checkbox"/> Strawberries<br><input type="checkbox"/> Coffee with skim milk                                    | <input type="checkbox"/> Rice cake with hummus                   | <input type="checkbox"/> Chicken breast<br><input type="checkbox"/> Spinach and tomato salad<br><input type="checkbox"/> Tea with lemon        | <input type="checkbox"/> Apple                            | <input type="checkbox"/> Black bean burrito with tomato, low-fat cheddar and salsa<br><input type="checkbox"/> Sparkling water with lemon                                       | <input type="checkbox"/> Orange                         |
| Tuesday   | <input type="checkbox"/> Nonfat plain yogurt<br><input type="checkbox"/> Strawberries<br><input type="checkbox"/> Coffee with skim milk                        | <input type="checkbox"/> Apple                                   | <input type="checkbox"/> Turkey sandwich with lettuce and tomato<br><input type="checkbox"/> Pickle<br><input type="checkbox"/> Tea with lemon | <input type="checkbox"/> Orange                           | <input type="checkbox"/> Peppers stuffed with brown rice<br><input type="checkbox"/> Salad<br><input type="checkbox"/> Sparkling water  | <input type="checkbox"/> Baked tortilla chips and salsa |
| Wednesday | <input type="checkbox"/> Scrambled egg beaters with vegetables<br><input type="checkbox"/> Whole wheat toast<br><input type="checkbox"/> Coffee with skim milk | <input type="checkbox"/> Fruit and nut bar                       | <input type="checkbox"/> Chicken salad<br><input type="checkbox"/> Pita chips<br><input type="checkbox"/> Tea with lemon                       | <input type="checkbox"/> Broccoli with non-fat yogurt dip | <input type="checkbox"/> Chicken and vegetable stir-fry<br><input type="checkbox"/> Sparkling water with lemon  | <input type="checkbox"/> Low-fat chocolate pudding      |
| Thursday  | <input type="checkbox"/> Oatmeal<br><input type="checkbox"/> Strawberries<br><input type="checkbox"/> Coffee with skim milk                                    | <input type="checkbox"/> Whole wheat crackers with peanut butter | <input type="checkbox"/> Chicken salad<br><input type="checkbox"/> Tea with lemon  | <input type="checkbox"/> Apple                            | <input type="checkbox"/> Baked pork loin<br><input type="checkbox"/> Steamed broccoli<br><input type="checkbox"/> Whole wheat pasta<br><input type="checkbox"/> Sparkling water | <input type="checkbox"/> Air-popped popcorn             |
| Friday    | <input type="checkbox"/> 100 percent whole wheat bread with peanut butter<br><input type="checkbox"/> Coffee with skim milk                                    | <input type="checkbox"/> Celery with low-fat cream cheese        | <input type="checkbox"/> Chicken breast<br><input type="checkbox"/> Spinach and tomato salad<br><input type="checkbox"/> Tea with lemon        | <input type="checkbox"/> Carrots with hummus              | <input type="checkbox"/> Garden salad with chicken and a baked potato<br><input type="checkbox"/> Fruit<br><input type="checkbox"/> Skim milk                                   | <input type="checkbox"/> Baked tortilla chips and salsa |
| Saturday  | <input type="checkbox"/> Scrambled egg beaters with vegetables<br><input type="checkbox"/> Coffee with skim milk   | <input type="checkbox"/> Fruit and nut bar                       | <input type="checkbox"/> Turkey sandwich with lettuce and tomato<br><input type="checkbox"/> Tea with lemon                                    | <input type="checkbox"/> Carrots with hummus              | <input type="checkbox"/> Grilled turkey burger with 100 percent whole wheat roll<br><input type="checkbox"/> Salad<br><input type="checkbox"/> Sparkling water                  | <input type="checkbox"/> Low-fat chocolate pudding      |
| Sunday    | <input type="checkbox"/> Nonfat plain yogurt<br><input type="checkbox"/> Strawberries<br><input type="checkbox"/> Coffee with skim milk                        | <input type="checkbox"/> Rice cake with peanut butter            | <input type="checkbox"/> Vegetable soup from freezer<br><input type="checkbox"/> Pita chips<br><input type="checkbox"/> Tea with lemon         | <input type="checkbox"/> Apple                            | <input type="checkbox"/> Chili from freezer with salsa, low-fat cheddar and tomato<br><input type="checkbox"/> Skim milk  | <input type="checkbox"/> Air-popped popcorn             |



Week of:

|           | Breakfast | Snack | Lunch | Snack | Dinner | Snack |
|-----------|-----------|-------|-------|-------|--------|-------|
| Monday    |           |       |       |       |        |       |
| Tuesday   |           |       |       |       |        |       |
| Wednesday |           |       |       |       |        |       |
| Thursday  |           |       |       |       |        |       |
| Friday    |           |       |       |       |        |       |
| Saturday  |           |       |       |       |        |       |
| Sunday    |           |       |       |       |        |       |