

# CHECK LIST "1-WEEK HEALTHY AND BALANCED MEAL PLAN EXAMPLE"

## DAY 1

Breakfast (271 calories)

- 1 serving Avocado Egg Toast

A.M. Snack (84 calories)

- 1 cup blueberries

Lunch (374 calories)

- 1 serving Loaded Black Bean Nacho Soup

P.M. Snack (62 calories)

- 1 medium orange

Dinner (457 calories)

- 1 serving Seared Salmon with Green Peppercorn Sauce
- 1 cup steamed green beans
- 1 baked medium red potato, drizzled with 1 tsp. olive oil, 1 Tbsp. nonfat plain Greek yogurt and a pinch of pepper.

*Daily Totals: 1,224 calories, 60 g protein, 142 g carbohydrates, 28 g fiber, 52 g fat, 11 g sat. fat., 828 mg sodium*



## DAY 2



Breakfast (265 calories)

- 1 cup bran cereal
- 1 cup skim milk
- 1/4 cup blueberries

A.M. Snack (95 calories)

- 1 medium apple

Lunch (374 calories)

- 1 serving Spinach & Strawberry Meal-Prep Salad

P.M. Snack (62 calories)

- 1 medium orange

Dinner (429 calories)

- 1 serving Charred Shrimp & Pesto Buddha Bowls

*Daily Totals: 1,225 calories, 75 g protein, 148 g carbohydrates, 39 g fiber, 50 g fat, 9 g sat. fat., 1,363 mg sodium*

## DAY 3

#### Breakfast (297 calories)

- 1 cup nonfat plain Greek yogurt
- 3/4 cup blueberries
- 1 1/2 Tbsp. slivered almonds
- 2 tsp. Honey

#### A.M. Snack (64 calories)

- 1 cup raspberries

#### Lunch (374 calories)

- 1 serving Spinach & Strawberry Meal-Prep Salad

#### P.M. Snack (62 calories)

- 1 medium orange

#### Dinner (416 calories)

- 1 serving Curried Sweet Potato & Peanut Soup
- 1 slice whole-wheat bread, toasted

*Daily Totals: 1,212 calories, 70 g protein, 132 g carbohydrates, 30 g fiber, 51 g fat, 9 g sat. fat., 1,332 mg sodium*

### DAY 4

#### Breakfast (265 calories)

- 3/4 cup bran cereal
- 3/4 cup skim milk
- 1/2 cup blueberries

#### A.M. Snack (95 calories)

- 1 medium apple

#### Lunch (374 calories)

- 1 serving Spinach & Strawberry Meal-Prep Salad

#### P.M. Snack (62 calories)

- 1 medium orange

#### Dinner (427 calories)

- 1 serving Cod with Tomato Cream Sauce
- 3/4 cup cooked brown rice
- 1 cup steamed broccoli

*Daily Totals: 1,223 calories, 67 g protein, 170 g carbohydrates, 38 g fiber, 39 g fat, 9 g sat. fat., 1,284 mg sodium*

### DAY 5

#### Breakfast (333 calories)

- 1/2 cup rolled oats, cooked in 1 cup milk



- 1 cup raspberries

Cook oats and top with raspberries and a pinch of cinnamon.

A.M. Snack (102 calories)

- 1 medium bell pepper, sliced
- 3 Tbsp. Hummus

Lunch (374 calories)

- 1 serving Spinach & Strawberry Meal-Prep Salad

P.M. Snack (84 calories)

- 1 cup blueberries

Dinner (304 calories)

- 1 1/4 cups Chicken Cauliflower Fried "Rice"

*Daily Totals: 1,198 calories, 77 g protein, 120 g carbohydrates, 30 g fiber, 48 g fat, 9 g sat. fat., 1,405 mg sodium.*

## DAY 6

Breakfast (328 calories)

- 1 cup bran cereal
- 1 cup skim milk
- 1 cup blueberries



A.M. Snack (62 calories)

- 1 medium orange

Lunch (296 calories)

- 1 serving Tuna, White Bean & Dill Salad

Meal-Prep Tip: Save a serving of the tuna salad to have for lunch on Day 7.

P.M. Snack (64 calories)

- 1 cup raspberries

Dinner (457 calories)

- 1 serving Toaster-Oven Tostada

*Daily Totals: 1,206 calories, 55 g protein, 187 g carbohydrates, 55 g fiber, 39 g fat, 8 g sat. fat., 1,203 mg sodium.*

## DAY 7

Breakfast (355 calories)

- 1 serving Avocado Egg Toast
- 1 cup blueberries

A.M. Snack (64 calories)

- 1 cup raspberries

Lunch (366 calories)

- 1 serving Tuna, White Bean & Dill Salad
- 1 slice whole-wheat bread, toasted

P.M. Snack (62 calories)

- 1 medium orange

Dinner (374 calories)

- 1 serving Skillet Lemon Chicken & Potatoes with Kale

*Daily Totals: 1,220 calories, 64 g protein, 132 g carbohydrates, 32 g fiber, 51 g fat, 9 g sat. fat., 1,275 mg sodium.*