

## 30-Day Meal Plan

### Daily Meal Plan 1

Meal 1 (Breakfast) A Whole Egg with oatmeal and Small Glass of Skim Milk

Snack 1 (Mid-Morning) Low Sugar Strawberry Yogurt used for dipping Banana

Meal 2 (Lunch) Turkey Breast with Brown Rice

Snack 2 (Late Afternoon) Low Sugar Strawberry Yogurt used for dipping Banana

Meal 3 (Dinner) Grilled Tuna with Asparagus

Snack 3 (Late Evening) Small Handful of Unsalted Walnuts on Small Salad

### Daily Meal Plan 2

Meal 1 (Breakfast) Cream of Wheat with Glass of Skim Milk

Snack 1 (Mid-Morning) Low-Fat Cottage Cheese with Blueberries

Meal 2 (Lunch) Whole Wheat wrap with Turkey and Low-Fat Cheese

Snack 2 (Late Afternoon) Low-Fat Cottage Cheese with Blueberries

Meal 3 (Dinner) Baked Chicken Breast with Broccoli

Snack 3 (Late Evening) A Low-Fat Cheese Stick with a Few Celery Sticks

### Daily Meal Plan 3

Meal 1 (Breakfast) Oatmeal with Skim Milk

Snack 1 (Mid-Morning) ½ Banana with Low-Fat Yogurt

Meal 2 (Lunch) Grilled Chicken Breast with small sweet potato

Snack 2 (Late Afternoon) Apple with ¼ handful of unsalted almonds

Meal 3 (Dinner) Grilled Salmon with Asparagus

Snack 3 (Late Evening) Celery Sticks

#### Daily Meal Plan 4

Meal 1 (Breakfast) Turkey Bacon with Egg and Whole Grain Toast

Snack 1 (Mid-Morning) Can of Tuna with Watermelon

Meal 2 (Lunch) Grilled Chicken on Bed of Salad Greens with Whole Grain Crackers

Snack 2 (Late Afternoon) Mango with Low-Fat Cheese Sticks

Meal 3 (Dinner) Broiled Salmon with Green Salad

Snack 3 (Late Evening) Celery Sticks w/ small Amount of Natural Peanut Butter

#### Daily Meal Plan 5

Meal 1 (Breakfast) 2 Slices of Whole Grain Bread, a Whole Egg and some Egg Whites

Snack 1 (Mid-Morning) Peaches with Low-Sugar Yogurt

Meal 2 (Lunch) Sweet Potato with Broiled Turkey Burgers

Snack 2 (Late Afternoon) Can of Tuna with Watermelon

Meal 3 (Dinner) Baked Tilapia with Cold Spinach Salad

Snack 3 (Late Evening) Plain Low Fat Yogurt used as Dip for Veggie Sticks

#### Daily Meal Plan 6

Meal 1 (Breakfast) Slice of whole grain bread w/ teaspoon of peanut butter and Medium Glass of Low Fat or Skim Milk

Snack 1 (Mid-Morning) Mango with Low-Fat Cheese Sticks

Meal 2 (Lunch) Whole Wheat Pasta with Boiled Shrimp

Snack 2 (Late Afternoon) Bit of High Fiber Whole Grain Cereal mixed w/low sugar apple sauce + Walnuts

Meal 3 (Dinner) Grilled Chicken Breast with Sliced Cucumbers

Snack 3 (Late Evening) Plain Low Fat Yogurt used as Dip for Veggie Sticks

### Daily Meal Plan 7

Meal 1 (Breakfast) Healthy higher fiber cold cereal with low fat or Skim milk

Snack 1 (Mid-Morning) A Couple of Low Fat Cheese Sticks and a Mango

Meal 2 (Lunch) Grilled Tilapia with a Small Serving of Whole Wheat Pasta

Snack 2 (Late Afternoon) 1 Cup of Low Sugar Yogurt with Strawberries

Meal 3 (Dinner) Grilled Turkey Breast with Cooked Spinach with Dash of Vinegar

Snack 3 (Late Evening) Small serving of Canned Chicken with a Sliced Cucumber

### Daily Meal Plan 8

Meal 1 (Breakfast) Plain Oatmeal with a whole egg and some egg whites

Snack 1 (Mid-Morning) Half a handful of unsalted almonds and a half handful of blueberries

Meal 2 (Lunch) Grilled Tuna Steak with a Medium Sweet Potato

Snack 2 (Late Afternoon) Low Fat Cottage Cheese with pineapple

Meal 3 (Dinner) Chicken and Shrimp Stir Fry with Vegetable Medley

Snack 3 (Late Evening) A Small Can of Tuna with some Raw Veggies

### Daily Meal Plan 9

Meal 1 (Breakfast) Whole Wheat Wrap with Peanut Butter and Small Glass of Skim Milk

Snack 1 (Mid-Morning) Half a handful of unsalted almonds and small apple

Meal 2 (Lunch) 1 Peanut Butter sandwich on whole grain bread

Snack 2 (Late Afternoon) 1 cup of lower sugar yogurt with a peach

Meal 3 (Dinner) Grilled Turkey Burgers with Grilled Veggie Kabobs

Snack 3 (Late Evening) A Low Fat Cheese Stick with some Cucumber Slices

### Daily Meal Plan 10

Meal 1 (Breakfast) Healthy higher fiber cold cereal with low fat or Skim milk

Snack 1 (Mid-Morning) 1 cup of lower sugar yogurt with a banana

Meal 2 (Lunch) 1 turkey sandwich (lots of turkey) with low fat cheese on whole grain bread

Snack 2 (Late Afternoon) Half a handful of unsalted almonds and small pear

Meal 3 (Dinner) Grilled Turkey Burgers with Grilled Veggie Kabobs

Snack 3 (Late Evening) Celery Sticks with a small spread of Peanut Butter

### Daily Meal Plan 11

Meal 1 (Breakfast) 1 Whole Egg, ½ Chicken Breast, and 1 Slice of Whole Grain Bread

Snack 1 (Mid-Morning) Unsalted Almonds with Pear

Meal 2 (Lunch) 1 chicken breast sandwich on whole wheat/grain w/mustard and w/out mayo

Snack 2 (Late Afternoon) Apple Slices with teaspoon Peanut Butter

Meal 3 (Dinner) Grilled Halibut with Cooked Zucchini and Yellow Squash

Snack 3 (Late Evening) Celery Sticks with Plain low-sugar yogurt for dipping

### Daily Meal Plan 12

Meal 1 (Breakfast) Cream of Wheat with 1 Whole Egg

Snack 1 (Mid-Morning) Walnuts (Unsalted) with an Orange

Meal 2 (Lunch) Mozzarella and tomato sandwich (Whole wheat or grain)

Snack 2 (Late Afternoon) Half a handful of Unsalted Pecans and a half handful of Cherries

Meal 3 (Dinner) Lean grilled pork chops w/ green beans

Snack 3 (Late Evening) Cucumber Sticks w/plain Yogurt for Dipping

### Daily Meal Plan 13

Meal 1 (Breakfast) Oatmeal with Turkey Bacon small glass of Skim Milk

Snack 1 (Mid-Morning) ½ Handful Unsalted Almonds with Pear

Meal 2 (Lunch) Peanut butter and banana sandwich on whole wheat or grain bread

Snack 2 (Late Afternoon) Half a handful of unsalted Pecans and an Orange

Meal 3 (Dinner) Grilled chicken breast and asparagus

Snack 3 (Late Evening) Raw Cauliflower Sticks w/teaspoon of low fat Dip

### Daily Meal Plan 14

Meal 1 (Breakfast) Healthy higher fiber cold cereal with low fat or Skim milk

Snack 1 (Mid-Morning) A Couple of Low Fat Cheese Sticks and a large Orange

Meal 2 (Lunch) 1 Tablespoon Almond Butter on whole grain or wheat crackers

Snack 2 (Late Afternoon) Low Fat Cottage Cheese with a small Papaya

Meal 3 (Dinner) Unsalted Pecans on Green Salad with Oil and Vinegar Dressing

Snack 3 (Late Evening) Raw Broccoli Sticks w/teaspoon of low fat Dip

### Daily Meal Plan 15

Meal 1 (Breakfast) A Whole Grain English Muffin w/slice of low-fat cheese and Small Glass of Skim Milk

Snack 1 (Mid-Morning) A Peach and a large teaspoon scoop of Peanut Butter

Meal 2 (Lunch) Black Beans and Rice (brown or wild rice)

Snack 2 (Late Afternoon) Low Sugar Plain Yogurt used for dipping Peach Slices

Meal 3 (Dinner) Grilled Shrimp with Asparagus and Mushrooms

Snack 3 (Late Evening) Small Handful of Unsalted Pecans on Small Salad

### Daily Meal Plan 16

Meal 1 (Breakfast) A Whole Grain English Muffin w/peanut butter spread and Small Glass of Skim Milk

Snack 1 (Mid-Morning) Apple Slices with Almond Butter spread

Meal 2 (Lunch) Red Beans and Rice (brown or wild rice)

Snack 2 (Late Afternoon) Low Sugar Plain Yogurt used for dipping Apple Slices

Meal 3 (Dinner) Baked Scallops with Cabbage

Snack 3 (Late Evening) Small Handful of Unsalted Walnuts on Small Salad

### Daily Meal Plan 17

Meal 1 (Breakfast) A Bran Cereal w/Skim Milk

Snack 1 (Mid-Morning) Pineapple with Low Fat Cottage Cheese

Meal 2 (Lunch) Pinto Beans and 2 Slices Whole Grain Toast

Snack 2 (Late Afternoon) Low Sugar Blueberry Yogurt and a Plum

Meal 3 (Dinner) Grilled Grouper with Fresh Onion, Cucumber, and Tomato Slices

Snack 3 (Late Evening) Small Low Sugar Yogurt and Celery Sticks

### Daily Meal Plan 18

Meal 1 (Breakfast) Puffed Wheat Cereal w/Skim Milk

Snack 1 (Mid-Morning) Mandarin Orange w/large teaspoon scoop of Almond Butter

Meal 2 (Lunch) No Skin Cornish Hen with Sweet Potato

Snack 2 (Late Afternoon) Nectarine w/ strawberry yogurt

Meal 3 (Dinner) Small Filet Mignon w/Mushrooms and Cold Spinach Salad

Snack 3 (Late Evening) Fresh Carrot Sticks w/Plain Yogurt Dip

### Daily Meal Plan 19

Meal 1 (Breakfast) Shredded Wheat Cereal w/Skim Milk

Snack 1 (Mid-Morning) Nectarine w/large teaspoon scoop of Peanut Butter

Meal 2 (Lunch) No Skin, White Meat Rotisserie Chicken w/Brown Rice

Snack 2 (Late Afternoon) Mandarin Orange w/ blueberry yogurt

Meal 3 (Dinner) Lean Flank Steak w/Cooked Summer Squash and Zucchini

Snack 3 (Late Evening) Fresh Broccoli Sticks with Plain Yogurt Dip

### Daily Meal Plan 20

Meal 1 (Breakfast) Whole Grain Waffles with Turkey Bacon and a Glass of Skim Milk

Snack 1 (Mid-Morning) Handful of Blackberries and Vanilla Yogurt

Meal 2 (Lunch) Green Salad w/Egg Whites, Cucumbers, & Tomatoes & Whole Wheat Crackers plus Olive Oil and Vinegar Based Dressing

Snack 2 (Late Afternoon) A Pear and a Handful of Almonds

Meal 3 (Dinner) Turkey Sausage (low sodium) with Sauerkraut

Snack 3 (Late Evening) Cucumber Slices w/hot sauce and a few Unsalted Walnuts

### Daily Meal Plan 21

Meal 1 (Breakfast) High Fiber Cereal with Skim Milk

Snack 1 (Mid-Morning) Handful of Blueberries and Plain Yogurt

Meal 2 (Lunch) Green Salad w/Almonds, Cucumbers, & Tomatoes & Whole Wheat Crackers

plus Olive Oil and Vinegar Based Dressing

Snack 2 (Late Afternoon) Low Fat Yogurt and Papaya

Meal 3 (Dinner) Chicken Sausage (low sodium) with Sauerkraut

Snack 3 (Late Evening) Cucumber Slices w/a few Unsalted Almonds

### Daily Meal Plan 22

Meal 1 (Breakfast) 1 Egg Yolk and 2 Egg Whites w Whole Grain Toast

Snack 1 (Mid-Morning) Handful of Strawberries and Vanilla Yogurt

Meal 2 (Lunch) Green Salad w/Pecans, Cucumbers, & Tomatoes & Whole Wheat Crackers plus Olive Oil and Vinegar Based Dressing

Snack 2 (Late Afternoon) 2 Plums with a Small Handful of Pecans

Meal 3 (Dinner) Kidney Beans w/Grilled Eggplant and Fresh Tomato Slices

Snack 3 (Late Evening) Cucumber Slices w/a few Unsalted Pecans

### Daily Meal Plan 23

Meal 1 (Breakfast) Kashi Cereal with Low Fat or Skim Milk

Snack 1 (Mid-Morning) Handful of Cherries and Plain Yogurt

Meal 2 (Lunch) Grilled Chicken Breast on a Green Salad w/Oil & Vinegar Dressing

Snack 2 (Late Afternoon) Apple w/Peanut Butter

Meal 3 (Dinner) Eggs and Fresh Salsa with Sliced Cucumbers

Snack 3 (Late Evening) Veggie Sticks and Low Fat Yogurt

### Daily Meal Plan 24

Meal 1 (Breakfast) Turkey Bacon, Whole Grain Toast and a Glass of Skim Milk

Snack 1 (Mid-Morning) Handful of Unsalted Almonds and 1/2 Handful of Fresh Strawberries

Meal 2 (Lunch) Grilled Turkey Burgers w/Brown Rice

Snack 2 (Late Afternoon) Mango Slices and ½ handful of Peanuts

Meal 3 (Dinner) Homemade Chicken and Vegetable Soup

Snack 3 (Late Evening) Cucumber Slices w/ hot sauce w/small handful or Pecans



### Daily Meal Plan 25

Meal 1 (Breakfast) Whole Egg w/ Egg Whites and a Whole Grain Waffle

Snack 1 (Mid-Morning) Low Fat Cottage Cheese with Peaches

Meal 2 (Lunch) Chicken Fajitas w/Corn or Whole Wheat Tortillas w/ Wild Rice

Snack 2 (Late Afternoon) ½ Handful of Walnuts w/an Orange

Meal 3 (Dinner) Homemade Turkey and Vegetable Soup

Snack 3 (Late Evening) Low Fat Yogurt used for Dipping Veggie Sticks

### Daily Meal Plan 26

Meal 1 (Breakfast) Plain Oatmeal and one Slice of Whole Grain Toast w/teaspoon of peanut butter

Snack 1 (Mid-Morning) Low Fat Cheese Stick and Papaya

Meal 2 (Lunch) Grilled Fish with Sweet Potato

Snack 2 (Late Afternoon) 1 Cup of Low Sugar Yogurt with Kiwi

Meal 3 (Dinner) Baked Chicken with Steamed Asparagus

Snack 3 (Late Evening) Small Green Salad w/Small handful of Walnuts

### Daily Meal Plan 27

Meal 1 (Breakfast) Cream of Wheat, Multi Grain Toast and Small Glass of Skim Milk

Snack 1 (Mid-Morning) ½ Handful of Peanuts and Mandarin Oranges

Meal 2 (Lunch) Whole Wheat Turkey Wrap w/Oil & Vinegar Based Dressing

Snack 2 (Late Afternoon) Watermelon

Meal 3 (Dinner) Green Salad w/Grilled Chicken Breast and Oil & Vinegar Dressing

Snack 3 (Late Evening) 1 Cup of Low Fat Blueberry Yogurt w/small green salad

### Daily Meal Plan 28

Meal 1 (Breakfast) Whole Grain English Muffin w/Low Fat Cheese and Small Glass of Skim Milk

Snack 1 (Mid-Morning) Low Fat Cottage Cheese w/Blueberries

Meal 2 (Lunch) Peanut Butter Sandwich on Whole Grain Bread

Snack 2 (Late Afternoon) Banana Slices w/Peanut Butter

Meal 3 (Dinner) Lean Grilled Pork Chops with Grilled Squash and Zucchini

Snack 3 (Late Evening) Cucumber Slices w/Low Fat Yogurt Used for Dipping

### Daily Meal Plan 29

Meal 1 (Breakfast) Unsweetened Natural Granola w/Skim Milk

Snack 1 (Mid-Morning) Strawberries and ½ Handful of Almonds

Meal 2 (Lunch) Kashi Bar with Yogurt

Snack 2 (Late Afternoon) Pear Slices with Peanut Butter spread

Meal 3 (Dinner) Spinach Salad w/Oil & Vinegar Based Dressing w/ Broiled Turkey Burgers

Snack 3 (Late Evening) 1 Cup of Low Fat Plain Yogurt w/cold raw carrots

### Daily Meal Plan 30

Meal 1 (Breakfast) Cream of Wheat and Turkey Bacon

Snack 1 (Mid-Morning) Papaya and 1 Low Fat Cheese Stick

Meal 2 (Lunch) Chicken Fajitas and Small Green Salad with corn or whole wheat tortillas

Snack 2 (Late Afternoon) Grapes & ½ Handful of Walnuts

Meal 3 (Dinner) Grilled Salmon w/Steamed Vegetable Medley

Snack 3 (Late Evening) Veggie Sticks w/Low Fat Yogurt