



2000 calories diet

Day 1:

Breakfast (417 calories)

Avocado-Egg Toast

- 1 slice whole-grain bread
- 1/2 medium avocado
- 1 large egg, cooked in 1/4 tsp. olive oil or coat pan with a thin layer of cooking spray (1-second spray)

Season egg with a pinch of salt and pepper.

- 1 medium banana

Morning Snack (305 calories)

- 1 medium apple
- 2 Tbsp. peanut butter

Lunch (468 calories)

- 2 cups Ravioli & Vegetable Soup
- 2 diagonal slices baguette (1/4 inch thick), preferably whole-wheat
- 3 Tbsp. shredded Cheddar cheese

Top baguette slices with 1 1/2 Tbsp. cheese each and a pinch of pepper. Toast until cheese is melted.

- 1 medium orange

Afternoon Snack (220 calories)

- 5 Tbsp. hummus
- 1 cup sliced cucumber
- 2 medium carrots

Dinner (584 calories)

Salmon & Vegetables

- 4 oz. baked salmon
- 1 cup roasted Brussels sprouts
- 1 cup brown rice
- 1/8 tsp. salt
- 1/8 tsp. pepper

- 1 1/2 Tbsp. walnuts

Vinaigrette

- Combine 1 1/2 tsp. each olive oil, lemon juice and maple syrup; season with 1/8 tsp. salt.

Toss Brussels sprouts with 1/2 tsp. olive oil and bake at 425°F until lightly browned, 15 to 20 minutes. Coat salmon with 1/4 tsp. olive oil or a thin layer of cooking spray (1-second spray) and season with 1/8 tsp. each salt and pepper. Bake at 425°F until opaque in the middle, 4 to 6 minutes. Serve Brussels sprouts, salmon and brown rice drizzled with the vinaigrette and topped with walnuts.

Day 2:

Breakfast (414 calories)

Avocado-Egg Toast

- 1 slice whole-grain bread
- 1/2 medium avocado
- 1 large egg, cooked in 1/4 tsp. olive oil or coat pan with a thin layer of cooking spray (1-second spray)

Season egg with a pinch of salt and pepper

- 1 medium pear

Morning Snack (266 calories)

- 7 dried apricots
- 7 walnut halves
- 1 oz. Cheddar cheese

Lunch (468 calories)

Leftover soup

- 2 cups Ravioli & Vegetable Soup
- 2 diagonal slices baguette (1/4 inch thick), preferably whole-wheat
- 3 Tbsp. shredded Cheddar cheese

Top each baguette slice with 1 1/2 Tbsp. cheese and a pinch of pepper. Toast until cheese is melted.

- 1 medium orange

Afternoon Snack (179 calories)

- 4 Tbsp. hummus
- 3 medium carrots

Dinner (533 calories)

- 1 1/2 cups Delicata Squash & Tofu Curry
- Serve curry over 1 cup brown rice

Evening Snack (133 calories)

- 2 Medjool dates

Plan Ahead: Make Maple-Nut Granola for tomorrow. You can also buy granola, to make things easier. Aim for a granola that has around 130 calories (or less) and less than 6 grams of sugar per 1/4 cup.

Day 3:

Breakfast (426 calories)

- 1/2 cup Maple-Nut Granola
- 1 cup nonfat plain Greek yogurt
- 1/2 cup blueberries

Morning Snack (220 calories)

- 5 Tbsp. hummus
- 2 medium carrots
- 1 cup sliced cucumbers

Lunch (466 calories)

Apple & Cheddar Pita Pocket

- 1 whole-wheat pita round (6-1/2-inch)

- 1 Tbsp. mustard
- 1/2 medium apple, sliced
- 2 oz. Cheddar cheese
- 1 cup mixed greens

Cut pita in half and spread mustard inside. Fill with apple slices and cheese. Toast until the cheese begins to melt. Add greens and serve.

Afternoon Snack (278 calories)

- 1/2 medium apple, sliced
- 1 Tbsp. peanut butter
- 1/4 cup Maple-Nut Granola

Dip apple slices into peanut butter and granola.

Dinner (507 calories)

- 1 Moroccan-Style Stuffed Pepper
- 2 cups spinach

Sauté spinach in 1 tsp. olive oil with a pinch of salt and pepper.

- 1 cup sliced carrots, steamed

Evening Snack (101 calories)

- 2 Tbsp. chocolate chips, preferably dark chocolate

Plan Ahead Hard-boil 2 eggs—save one for Day 7. Make Carrot-Ginger Vinaigrette or opt for a healthy, store-bought Asian-style dressing. When buying salad dressing, choose one made with healthy fats, such as olive oil or canola oil. Cook a chicken breast for tomorrow's lunch or substitute precooked chicken or sliced chicken or turkey breast from the grocery store. When choosing deli items, go for low-sodium, preservative-free options.

Day 4:

Breakfast (426 calories)

- 1/2 cup Maple-Nut Granola
- 1 cup nonfat plain Greek yogurt
- 1/2 cup blueberries

Morning Snack (305 calories)

- 1 medium apple
- 2 Tbsp. peanut butter

Lunch (487 calories)

- 2 cups mixed greens
- 4 oz. cooked chicken breast
- 1/2 medium red bell pepper, sliced
- 1/4 cup grated carrots
- 1 1/2 Tbsp. unsalted dry-roasted almonds
- 2 Tbsp. Carrot-Ginger Vinaigrette

Combine ingredients and top the salad with the vinaigrette.

- 1 medium orange

Afternoon Snack (198 calories)

- 8 dried apricots
- 10 walnut halves

Dinner (571 calories)

- 2 1/4 cups Warm Lentil Salad with Sausage & Apple
- 1/2 cup Quick Pickled Beets
- 1 diagonal slice baguette (1/4 inch thick), preferably whole-wheat
- Top baguette with 1 tsp. butter

Plan Ahead: Make Avocado-Yogurt Dip for tomorrow. You can substitute store-bought hummus for the dip, if desired.

Day 5:

Breakfast (432 calories)

- 1 cup all-bran cereal
- 3/4 cup skim milk
- 1 medium banana
- 2 Tbsp. unsalted dry-roasted almonds

Morning Snack (117 calories)

- 1 cup sliced cucumber
- 4 Tbsp. Avocado-Yogurt Dip

Lunch (493 calories)

- 2 Tomato-Cheddar Cheese Toasts
- 2 cups mixed greens
- 1/4 cup grated carrot
- 1/2 cup cucumber, sliced
- 1 hard-boiled egg
- 1 1/2 Tbsp. unsalted dry-roasted almonds
- 1 Tbsp. each olive oil & balsamic vinegar

Top greens with carrot, cucumber, hard-boiled egg and almonds. Toss with balsamic vinaigrette.

Afternoon Snack (288 calories)

- 1/2 cup blueberries
- 10 walnut halves
- 1 oz. Cheddar cheese

Dinner (614 calories)

- 1 1/2 cups Quick Chicken Tikka Masala
- 3/4 cup brown rice
- 2 medjool dates to enjoy after dinner

Day 6:

Breakfast (428 calories)

- 1 cup all-bran cereal
- 3/4 cup skim milk
- 1 medium pear
- 2 Tbsp. unsalted dry-roasted almonds

Morning Snack (176 calories)

- 4 Tbsp. Avocado-Yogurt Dip
- 3 medium carrots

Lunch (494 calories)

Leftover Chicken Tikka Masala

- 1 1/2 cups Quick Chicken Tikka Masala
- 2 cups spinach
- 3/4 cup brown rice

Reheat the chicken on top of spinach in the microwave.

Afternoon Snack (236 calories)

- 1 medium banana
- 10 walnut halves

Dinner (604 calories)

- 2 cups Korean Beef Stir-Fry
- 1 cup cooked buckwheat soba noodles (about 2 ounces dry noodles)

Evening Snack (62 calories)

- 1 medium orange

Plan Ahead Cook a chicken breast for tomorrow's lunch or substitute precooked chicken or sliced chicken or turkey breast from the grocery store. When choosing deli items, go for low-sodium, preservative-free options.

Day 7:

Breakfast (424 calories)

- 1 cup all-bran cereal
- 3/4 cup skim milk
- 1 medium banana
- 2 Tbsp. chopped walnuts

Morning Snack (349 calories)

- 4 Tbsp. Avocado-Yogurt Dip
- 3 medium carrots
- 1 1/2 oz. Cheddar cheese

Lunch (487 calories)

- 2 cups mixed greens
- 4 oz. cooked chicken breast
- 1/2 medium red bell pepper, sliced
- 1/4 cup grated carrots
- 2 Tbsp. Carrot-Ginger Vinaigrette
- 1 1/2 Tbsp. unsalted dry-roasted almonds

Combine ingredients and top the salad with the vinaigrette.

- 1 medium orange

Afternoon Snack (142 calories)

- 1 hard-boiled egg
- 2 diagonal slices baguette (1/4 inch thick), preferably whole-wheat
- 1 tsp. hot sauce (if desired)

Toast baguette slices and top with sliced egg and hot sauce.

Dinner (595 calories)

- 1 serving Wild Mushroom Pizza with Arugula & Pecorino
- 2 Tbsp. chocolate chips, preferably dark chocolate, to enjoy after dinner