



2200 calories diet

Day 1:

Breakfast (489 calories)

Avocado-Egg Toast

- 1 slice whole-grain bread
- 1/2 medium avocado
- 2 large eggs, 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 (508 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 pear

Afternoon Snack (245 calories)

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

Dinner (641 calories)

Salmon & Vegetables

- 5 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 (485 calories)

Avocado-Egg Toast

- 1 slice whole-grain bread
- 1/2 medium avocado
- 2 large eggs, 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 (323 calories)

- 7 dried apricots
- 7 walnut halves
- 1 1/2 oz. Cheddar cheese

Lunch (508 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 pear

Afternoon Snack (230 calories)

- 5 Tbsp. hummus
- 4 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 (488 calories)

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

Morning Snack (245 calories)

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

Lunch (518 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.

- 4 walnut halves

Afternoon Snack (331 calories)

- 1/2 medium apple, sliced
- 1 1/2 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 (488 calories)

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

Morning Snack (305 calories)

- 1 medium apple
- 2 Tbsp. peanut butter

Lunch (512 calories)

- 2 cups mixed greens
- 4 oz. cooked chicken breast
- 1/2 medium red bell pepper, sliced
- 1/4 cup grated carrots
- 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 (235 calories)

- 1 medium banana
- 10 walnut halves

Dinner (652 calories)

- 2 1/4 cups Warm Lentil Salad with Sausage & Apple
- 2/3 cup Quick Beet Salad

- 2 diagonal slices 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 (472 calories)

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

Morning Snack (192 calories)

- 4 Tbsp. Avocado-Yogurt Dip
- 1 cup sliced cucumber
- 3 medium carrots

Lunch (519 calories)

- 2 Tomato-Cheddar Cheese Toasts
- 2 cups mixed greens
- 1/4 cup grated carrot
- 1/2 cup cucumber, sliced
- 1 hard-boiled egg
- 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 (346 calories)

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

Dinner (668 calories)

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

Day 6:

Breakfast (469 calories)

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

Morning Snack (291 calories)

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

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 (249 calories)

- 1 medium banana
- 11 walnut halves

Dinner (604 calories)

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

Evening Snack (86 calories)

- 1 serving Cinnamon Oranges

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 (466 calories)

- 1 1/4 cups 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 (512 calories)

- 2 cups mixed greens
- 4 oz. cooked chicken breast
- 1/2 medium red bell pepper, sliced
- 1/4 cup grated carrots
- 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 (209 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.

- 4 dried apricots

Dinner (681 calories)

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