

# HEALTHY MEAL OPTIONS

**THE 28-DAY**

**SIZE DOWN**

**CHALLENGE™**

**Healthy eating is a key to success. And we make it easy!**

This document contains Healthy Meal Options for daily Breakfast, Lunch, Snack, and Dinner meals you can enjoy throughout the 28-Day Size Down Challenge.

These Healthy Meal Options do not constitute a diet, but rather represent guidelines for **suggested** healthy eating – during the 28-Day program and for the rest of your life!

Simply choose the Meal Options that appeal to you most, and feel free to mix-and-match or substitute.

## Breakfast

### Menu Options

#### Breakfast Option 1

- Omelet cooked with non-stick cooking spray:
  - ½ cup Egg Beaters
  - ½ cup mushrooms, green peppers, tomatoes, onions
- 1 slice whole wheat toast with 1 tsp. jelly

#### Breakfast Option 2

- ¾ cup whole grain cereal with
- ¾ cup blueberries
- 6 almonds
- 8 oz. fat-free milk

#### Breakfast Option 3

- 1 tangerine
- 8 oz. fat-free milk
- 1 cup oatmeal

#### Breakfast Option 4

- 1 orange
- 1 cup fat-free milk
- ½ bagel
- 1 Tbsp. peanut butter

#### Breakfast Option 5

- 1 whole wheat English muffin toasted
- 1 Tbsp. peanut butter
- ½ grapefruit
- ½ cup low-fat cottage cheese

#### Breakfast Option 6

- ¾ cup whole grain cereal
- 1 small banana
- 8 oz. fat-free milk
- ½ cup scrambled Egg Beaters

**Breakfast Option 7**

- ½ grapefruit
- 6 oz. low-fat yogurt
- 2 hard-boiled eggs

**Breakfast Option 8**

- ½ cup strawberries
- 1 slice whole wheat toast
- 1 tsp. almond butter
- 1 cup yogurt

**Breakfast Option 9**

- 1 poached egg
- 2 pancakes
- 1 Tbsp. maple syrup
- 1 orange

**Breakfast Option 10**

- ½ cup cantaloupe
- 1 slice whole wheat toast
- 2 tsp. almond butter
- 1 cup nonfat yogurt

**Breakfast Option 11**

- ¼ cup Egg Beaters
- ¼ cup green pepper
- 1 slice whole wheat toast
- 1 tsp. peanut butter
- 1 banana

**Breakfast Option 12**

- 1 small bagel
- 1 Tbsp. low-fat cream cheese
- ½ grapefruit with sweetener
- ¼ cup Egg Beaters

**Breakfast Option 13**

- 1-2 whole grain pancakes
- 1 Tbsp. low-cal syrup
- ¼ cup Egg Beaters

**Breakfast Option 14**

- 1 multigrain bran waffle
- 1 cup red raspberries
- 2 tsp. almond butter
- 1 tsp. maple syrup

**Breakfast Option 15**

- 1 cup oatmeal
- $\frac{3}{4}$  cup fat-free milk
- 2 Tbsp. raisins
- 1 slice whole wheat toast
- 2 tsp. peanut butter

**Breakfast Option 16**

- $\frac{1}{2}$  cup strawberries
- 1 slice whole wheat toast
- 1 tsp. almond butter
- 1 cup yogurt

**Breakfast Option 17**

- Omelet cooked with Pam:
  - $\frac{1}{4}$  cup Egg Beaters
  - $\frac{1}{2}$  cup mushrooms, green peppers, tomatoes, onions
- 1 slice cheese
- 2 slices toast with 1 tsp. jelly
- 10 grapes

**Breakfast Option 18**

- $\frac{3}{4}$  cup whole grain unsweetened cereal
- $\frac{3}{4}$  cup blueberries
- 8 oz. skim milk

**Breakfast Option 19**

- $\frac{1}{2}$  cup fat-free milk
- $\frac{3}{4}$  cup blueberries
- 1 hard-boiled egg
- $\frac{1}{2}$  cup bran flakes cereal

**Breakfast Option 20**

- $\frac{1}{2}$  cup cooked oatmeal
- 1 cup raspberries
- 1 hard-boiled egg
- 8 oz. fat-free milk

**Breakfast Option 21**

- 1 slice of toast with
- 1 Tbsp. peanut butter
- $\frac{1}{2}$  English muffin
- 1 Tbsp. jelly
- $\frac{1}{2}$  cup mandarin oranges

**Breakfast Option 22**

- ½ skim milk
- 1 cup cantaloupe, cubed
- 2 egg whites scrambled
- 1 slice whole wheat toast
- 2 tsp. reduced fat peanut butter

**Breakfast Option 23**

- 1 cup oatmeal
- ¾ cup fat-free milk
- 2 Tbsp. raisins
- 1 slice whole wheat toast
- 2 tsp. peanut butter

**Breakfast Option 24**

- 1 multigrain bran waffle
- 1 cup red raspberries
- 2 tsp. almond butter
- 1 tsp. maple syrup

**Breakfast Option 25**

- 1-2 whole grain pancakes
- 1 Tbsp. low-cal syrup
- ¼ cup scrambled Egg Beaters

**Breakfast Option 26**

- 1 poached egg
- 2 cranberry cornmeal pancakes
- 1 Tbsp. maple syrup
- 1 orange

**Breakfast Option 27**

- 3 egg whites
- 1 slice of high-fiber bread
- 1 plum

**Breakfast Option 28**

- 2 eggs scrambled
- 1 slice of toast
- 1 small apple

## Lunch

### Menu Options

#### Lunch Option 1

- 3 oz. turkey breast
- 2 slices whole wheat bread
- 1 Tbsp. fat-free mayo
- ¼ cup baby spinach
- ½ cup tomato
- 1 cup vegetable soup

#### Lunch Option 2

- 1 large egg
- 1 large salad
- 2 Tbsp. vinegar and oil
- 1 cup croutons

#### Lunch Option 3

- 3 oz. tuna in water with 1 Tbsp. reduced-fat mayo
- 1 tsp. sweet relish
- ½ whole wheat 6-inch pita
- ½ cup diced onion, tomato, lettuce

#### Lunch Option 4

- 3 oz. chicken breast
- ½ whole wheat pita
- 1 oz. low-fat cheese
- 1 tsp. mustard
- 1 cup broccoli

**Lunch Option 5**

- 2 cups romaine lettuce
- 1/3 cup cooked pasta
- 1/2 cup diced tomatoes and cooked zucchini
- 2 Tbsp. reduced-fat Italian dressing
- 2 (4-in.) rice cakes

**Lunch Option 6**

- 1 whole wheat wrap
- 2 oz. cheddar cheese
- 1 cup beans
- 1/2 cup salsa
- 1 apple

**Lunch Option 7**

- 3 oz. chicken breast
- 1 cup broccoli, frozen
- 1 medium baked potato
- 3 Tbsp. chunky salsa
- 1 cup vegetable soup

**Lunch Option 8**

- 1 cup minestrone soup
- 1 oz. low-fat mozzarella cheese, 1 fresh tomato slice
- 1 slice whole wheat bread (melt ingredients)
- 1 tsp. mustard

**Lunch Option 9**

- 1/2 cup hummus
- 1/4 cup three bean salad
- 1 whole wheat roll
- 1/2 cup skim milk

**Lunch Option 10**

- 1 cup minestrone soup
- Tomato cheese melt:
  - 1 oz. low-fat mozzarella
  - 2 tomato slices
  - 2 slices whole wheat bread

**Lunch Option 11**

- 1 ½ cups fresh spinach
- 2 oz. skinless roasted chicken breast
- 1 tsp. olive oil, 1 Tbsp. vinegar
- 1 sesame breadstick

**Lunch Option 12**

- Turkey melt on 6-inch pita with tomatoes, lettuce
- 1 slice of mozzarella cheese
- ½ cup brown rice

**Lunch Option 13**

- 3 oz. turkey
- 2 slices of whole wheat bread
- 1 cup vegetable soup
- 1 cup skim milk

**Lunch Option 14**

- 2 oz. extra lean ham
- 1 oz. fat-free Swiss cheese
- 2 tsp. mustard
- 3 slices fresh tomato
- 2 lettuce leaves
- 2 slices whole wheat bread
- 1 kiwi
- ½ cup fat-free milk

**Lunch Option 15**

- 3 oz. packet of tuna in water
- 2 slices whole grain bread
- 2 tsp. light mayo
- 2 slices fresh tomato

**Lunch Option 16**

- 1 cup minestrone soup
- 1 oz. low-fat mozzarella cheese, 1 fresh tomato slice
- 1 slice whole wheat bread (melt ingredients)
- 1 tsp. mustard



**Lunch Option 17**

- 2 slices of wheat bread
- 3 oz. turkey
- 1 slice cheese
- ½ cup raspberries
- Side salad with low-fat dressing

**Lunch Option 18**

- Turkey melt on 6-inch pita:
  - Tomatoes, lettuce
  - 1 slice mozzarella cheese
- ½ cup brown rice
- 1 peach

**Lunch Option 19**

- 3 oz. tuna in water
- 1 oz. low-fat shredded cheese
- 2 cups salad greens + 1 cup raw vegetables
- 2 Tbsp. fat-free dressing
- ½ whole wheat pita
- Spray butter

**Lunch Option 20**

- ½ whole wheat pita
- 4 oz. turkey breast
- 1 oz. low-fat cheese
- 2 leaf lettuce and 2 slices tomato
- 2 Tbsp. avocado puree
- 8 baby carrots
- 3 celery stalks

**Lunch Option 21**

- 4 oz. boneless, skinless chicken breast, cooked
- 2 cups salad greens + 1 cup raw vegetables
- 2 Tbsp. fat-free dressing
- 5 whole wheat crackers

**Lunch Option 22**

- 3 oz. tuna in water
- 2 cups romaine lettuce
- ½ cup pasta
- ½ cup tomatoes, cauliflower
- ¼ cup avocado with low-fat dressing

**Lunch Option 23**

- 3 oz. packet of tuna in water
- 2 slices whole grain bread
- 2 tsp. light mayo
- 2 slices fresh tomato

**Lunch Option 24**

- 2 oz. extra lean ham
- 1 oz. fat-free Swiss cheese
- 2 tsp. mustard, 3 slices fresh tomato, 2 leaves lettuce
- 2 slices whole wheat bread
- 1 kiwi
- ½ cup fat-free milk

**Lunch Option 25**

- 3 oz. turkey sandwich
- 1 cup vegetable soup
- 1 cup fat-free milk

**Lunch Option 26**

- ½ cup hummus
- ¼ cup three bean salad
- 1 whole wheat roll
- ½ cup fat-free milk

**Lunch Option 27**

- Sandwich with 3 oz. turkey breast
- 2 slices of high-fiber bread
- Side salad
- 8 oz. fat-free milk

**Lunch Option 28**

- Pita pocket:
  - 1 pocket bread filled with diced lettuce, tomato, 1 slice of cheese
  - 3 oz. packet of light chunk, spring water tuna
  - Mix filling with 1 Tbsp. of light mayo before filling pocket bread
- 2 cups of steamed or stir-fried vegetables

## Snack Options

### **Snack Option 1**

- 1 ¼ cup strawberries
- 6 oz. low-fat yogurt

### **Snack Option 2**

- 6 oz. low-fat yogurt
- 1 cup raspberries

### **Snack Option 3**

- 1 slice whole wheat toast with cinnamon + spray butter
- 8 oz. fat-free milk

### **Snack Option 4**

- 6 oz. low-fat yogurt

### **Snack Option 5**

- 3 cups plain popped popcorn

### **Snack Option 6**

- 8 oz. fat-free milk

### **Snack Option 7**

- 1 cup yogurt
- 1 apple

### **Snack Option 8**

- 2 whole grain crackers
- 2 tsp. peanut butter
- ½ cup fat-free milk

### **Snack Option 9**

- 1 orange
- ½ cup frozen yogurt

**Snack Option 10**

- 1 cup yogurt
- 1 pear

**Snack Option 11**

- 1 cup low-fat yogurt
- 1 orange

**Snack Option 12**

- ½ cup mandarin oranges
- 1 cup low-fat yogurt

**Snack Option 13**

- 1 cup skim milk
- 1 apple

**Snack Option 14**

- 1 mozzarella string cheese

**Snack Option 15**

- 6 oz. fat-free, sugar-free fruited yogurt
- ¾ cup blueberries

**Snack Option 16**

- 6 oz. fat-free, sugar-free fruited yogurt
- 3 cups plain popcorn with spray butter

**Snack Option 17**

- 6 oz. fat-free, sugar-free fruited yogurt
- 3 cups plain popcorn with spray butter

**Snack Option 18**

- 1 medium peach
- 2 (4-in.) rice cakes

**Snack Option 19**

- 6 oz. fat-free, sugar-free fruited yogurt
- ¼ cup low-fat granola

**Snack Option 20**

- 1 oz. pecans

## Dinner

### Menu Options

#### Dinner Option 1

- 3 oz. pork chops (grilled or broiled)
- 1 small sweet potato with spray butter
- ½ cup steamed green beans
- 1 cup vegetable side salad with 2 Tbsp. reduced-fat dressing
- 8 black olives
- 15 grapes

#### Dinner Option 2

- 3 oz. salmon (baked or grilled)
- 1 small baked potato with salsa
- 1 cup steamed fresh asparagus
- ½ cup steamed cauliflower

#### Dinner Option 3

- 3 oz. BBQ skinless turkey breast
- 2/3 cup brown rice with ¼ cup black beans and salsa
- ½ cup tomatoes, cucumbers, zucchini tossed in 1 tsp. olive oil
- 1 cup vegetable side salad with 1 Tbsp. reduced-fat dressing
- 15 grapes

#### Dinner Option 4

- 3 oz. shrimp, cooked
- ½ cup sweet potato
- ½ cup asparagus, mushrooms
- Side salad
- 1 Tbsp. olive oil and 1 Tbsp. vinegar
- ½ cup strawberries

**Dinner Option 5**

- 3 oz. skinless chicken breast (grilled or baked)
- 1 small sweet potato with spray butter
- 1 small dinner roll
- 1 tsp. reduced-fat margarine
- 1 cup vegetable side salad with 1 Tbsp. reduced-fat dressing

**Dinner Option 6**

- 3 oz. grilled halibut
- 2/3 cup brown rice
- 1 cup steamed fresh asparagus
- 1 small dinner roll
- 1 tsp. reduced-fat margarine

**Dinner Option 7**

- 3 oz. taco seasoned lean ground beef
- 2 tortilla shells
- 1/2 cup chopped onions, tomatoes, lettuce
- 1 oz. reduced-fat shredded cheddar cheese
- 1/4 cup salsa

**Dinner Option 8**

- 3 oz. broiled swordfish
- 1/2 cup sweet potato
- 1/2 cup asparagus, mushrooms
- 1 side salad
- 1 Tbsp. olive oil and 1 Tbsp. vinegar
- 1/2 cup strawberries

**Dinner Option 9**

- 4 oz. broiled salmon
- 1 cup couscous
- 1/2 cup broccoli
- 1/2 cup carrots
- 3/4 cup cucumber salad
- 1 tsp. olive oil
- 1 Tbsp. vinegar

**Dinner Option 10**

- 4 oz. broiled swordfish
- 1 sweet potato
- 5 mushrooms
- 1/2 cup asparagus
- 1 cup tossed mixed greens, 1 Tbsp. olive oil, 1 Tbsp. vinegar
- 1/2 cup strawberries

**Dinner Option 11**

- 3 oz. large shrimp
- 1 cup broccoli
- ½ cup sweet red bell pepper
- ½ cup summer squash
- 2 tsp. peanut oil
- 1 cup brown rice
- 1 cup skim milk

**Dinner Option 12**

- 3 oz. baked white fish with 1 Tbsp. tartar sauce with diced peppers, onions
- ½ cup baby carrots
- 1 small breadstick
- 10 cherries

**Dinner Option 13**

- 3 oz. baked ham
- ½ medium baked sweet potato or ½ cup canned yams
- ½ cup apple sauce
- ½ cup green beans

**Dinner Option 14**

- 4 oz. broiled haddock
- ½ cup corn
- 1 cup pea pods
- 1 cup spinach salad
- 1 Tbsp. olive oil
- 2 Tbsp. vinegar

**Dinner Option 15**

- 3 oz. pork tenderloin
- 1 cup brown rice
- ½ cup beets
- ½ cup zucchini
- 1 cup mixed salad greens
- 1 Tbsp. olive oil
- 1 Tbsp. apple cider vinegar

**Dinner Option 16**

- 3 oz. scallops
- ½ cup sweet potato
- ½ cup asparagus, mushrooms
- Side salad
- 1 Tbsp. olive oil, 1 Tbsp. vinegar
- ½ cup strawberries

**Dinner Option 17**

- 3 oz. BBQ chicken
- $\frac{3}{4}$  cup rice with  $\frac{1}{4}$  cup beans
- $\frac{1}{2}$  cup tomatoes, cucumbers, zucchini tossed in 1 tsp. olive oil
- Side salad with low-fat dressing
- $\frac{1}{2}$  cup homemade chocolate pudding

**Dinner Option 18**

- 4 oz. salmon, grilled
- $\frac{1}{2}$  cup sweet potato
- 1 cup asparagus, steamed
- Spray butter

**Dinner Option 19**

- 4 oz. flank steak, grilled
- $\frac{1}{2}$  cup sweet potato with spray butter
- $\frac{1}{2}$  cup steamed green beans

**Dinner Option 20**

- 3 oz. broiled chicken breast
- 1 cup pasta with
- 1 Tbsp. olive oil or  $\frac{1}{4}$  cup marinara
- Parmesan cheese (sprinkled)
- $\frac{1}{2}$  cup steamed broccoli

**Dinner Option 21**

- 3 oz. baked whitefish
- Tarter sauce
- Diced peppers, onions
- $\frac{1}{2}$  cup baby carrots
- 1 small breadstick
- 10 cherries

**Dinner Option 22**

- 3 oz. pork chops (grilled or broiled)
- $\frac{1}{2}$  cup mashed potatoes
- Salad medley:
  - $\frac{1}{2}$  cup green peas
  - $\frac{1}{2}$  cup tomatoes, cucumbers, beets
  - 5 olives
  - Sprinkle of parmesan cheese
  - Low-fat dressing

**Dinner Option 23**

- 3 oz. pork tenderloin
- 1 cup brown rice
- $\frac{1}{2}$  cup beets,  $\frac{1}{2}$  cup zucchini
- 1 cup mixed salad greens
- 1 Tbsp. olive oil, 1 Tbsp. cider vinegar



**Dinner Option 24**

- 4 oz. broiled haddock
- ½ cup corn
- 1 cup pea pods
- 1 cup spinach salad
- 1 Tbsp. olive oil
- 2 Tbsp. vinegar

**Dinner Option 25**

- 3 oz. baked ham
- ½ medium baked sweet potato or ½ cup canned yams
- ½ cup apple sauce
- ½ cup green beans

**Dinner Option 26**

- 6 oz. of skinless chicken breast
- 1 cup of brown rice
- 2 cups steamed vegetables
- Side salad

**Dinner Option 27**

- 6 oz. of skinless chicken breast
- 1 cup of brown rice
- 2 cups steamed vegetables
- Side salad

**Dinner Option 28**

- Chili to go:
  - ½ can of chili (200 calories per serving)
- 10 saltine crackers
- 1 slice of cheese
- Chopped onions
- 1 cup broccoli