

HEALTHY MENU OPTIONS

THE 28-DAY SIZE DOWN CHALLENGE™

This document contains all suggested menu options for daily Breakfast, Lunch, Snack, and Dinner meals.

These meal options do not constitute a diet, but rather represent some suggested healthy eating choices. Your best opportunity for losing a full size in 28 days is to follow Jaime's daily exercise program AND eat healthfully for the duration of the program (and for life!).

You'll find the items in these food menu options included in the program's grocery list.

We recommend you shop for one week of meals at a time for food freshness and cost savings!

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

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 whitefish 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:
 - 1/2 can of chili (200 calories per serving)
- 10 saltine crackers
- 1 slice of cheese
- Chopped onions
- 1 cup broccoli