MyNutrient diet plans

1200 calories plan

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|  | Breakfast | Snack | Lunch | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calores 100) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150) | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 1200 |
| Tuesday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140) | Egg salad in a whole wheat pita bread  (calories 270) | Chocolate chip Garnola bar (calories 140 | Turkey meat with salad. 1 serving  (calories 400) | 1200 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85) | Grilled steak. Serving 3oz  Steamed rice, serving 1 cup  (calories 340) | 1200 |
| Thursday | Oatmeal with skim milk. Serving 1 cup  (calories 200) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calories 100) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150) | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 1200 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140) | Egg salad in a whole wheat pita bread  (calories 270) | Chocolate chip Garnola bar (calories 140 | Turkey meat with salad. 1 serving  (calories 400) | 1200 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | 1200 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140)  Grilled chicken with rice | Grilled chicken with mushrooms and wild rice.  Serving 1 piece  (calories 300) | 1200 |

1400 calories

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|  | Breakfast | Snack | Lunch | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  1 medium banana (calories 140) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calores 100) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 1400 |
| Tuesday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  Raw mix vegetables (100 calories) | Egg salad in a whole wheat pita bread  (calories 270)  Strawberry 1 cup (55 calories)  Kiwi fruit, 1 serving. (45 calories) | Chocolate chip Garnola bar (calories 140 | Turkey meat with salad. 1 serving  (calories 400) | 1400 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Grilled steak. Serving 3oz  Steamed rice, serving 1 cup  (calories 340) | 1400 |
| Thursday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  2 egg omelet (100 calories) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230 | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 1400 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | Chocolate chip Garnola bar (calories 140 | Turkey meat with salad. 1 serving  (calories 400) | 1400 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | 1400 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140)  Grilled chicken with rice | Grilled chicken with mushrooms and wild rice.  Serving 1 piece  (calories 300) | 1400 |

1600 calories

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|  | Breakfast | Snack | Lunch | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  1 medium banana (calories 140) | Banana. Serving 1 (calories 100) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 1600 |
| Tuesday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  5 Sushi rolls (caloires 200) | Egg salad in a whole wheat pita bread  (calories 270)  Strawberry 1 cup (55 calories)  Kiwi fruit, 1 serving. (45 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Turkey meat with salad. 1 serving  (calories 400) | 1600 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Grilled steak. Serving 3oz  Steamed rice, serving 1 cup  (calories 340) | 1600 |
| Thursday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  2 egg omelet (100 calories) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  1 cup Mash potatoes-(calories 200) | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 1600 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chocolate chip Garnola bar (calories 140 | Turkey meat with salad. 1 serving  (calories 400) | 1600 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85) | Grilled steak. Serving 5oz  Steamed rice, serving 1/2 cup  (calories 540) | 1600 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140) | Grilled chicken with mushrooms and wild rice.  Serving 1 piece  (calories 300) | 1600 |

1800

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|  | Breakfast | Snack | Lunch | Snack | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  1 medium banana (calories 140) | Banana. Serving 1 (calories 100) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Cashews 1.5oz  (calories 200) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 1800 |
| Tuesday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  5 Sushi rolls (caloires 200) | Egg salad in a whole wheat pita bread  (calories 270)  Strawberry 1 cup (55 calories)  Kiwi fruit, 1 serving. (45 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Grapefruit jucie fresh 1 cup  (calories 150)  Strawberries 1 cup (calories 50) | Turkey meat with salad. 1 serving  (calories 400) | 1800 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Sushi 5 rolls  (calories 200) | Grilled steak. Serving 3oz  Steamed rice, serving 1 cup  (calories 340) | 1800 |
| Thursday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  2 egg omelet (100 calories) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  1 cup Mash potatoes-(calories 200) | 1 cup mango cubes with 3oz vanilla yogurt (calories 200) | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 1800 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chocolate chip Garnola bar (calories 140 | 2 Waffles with apple butter (calories 200) | Turkey meat with salad. 1 serving  (calories 400) | 1800 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85) | Apple with 1 tablespoon peanut butter (200 calories | Grilled steak. Serving 5oz  Steamed rice, serving 1/2 cup  (calories 540) | 1800 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140) | 1 english muffin (200 calories) | Grilled chicken with mushrooms and wild rice.  Serving 1 piece  (calories 300) | 1800 |

2000

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|  | Breakfast | Snack | Lunch | Snack | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  1 medium banana (calories 140) | Banana. Serving 1 (calories 100) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Cashews 1.5oz  (calories 200)  Crackers with 1 ounce cheese (200) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 2000 |
| Tuesday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  5 Sushi rolls (caloires 200) | Tuna sandwich  (calories 470)  Strawberry 1 cup (55 calories)  Kiwi fruit, 1 serving. (45 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Grapefruit jucie fresh 1 cup  (calories 150)  Strawberries 1 cup (calories 50) | Turkey meat with salad. 1 serving  (calories 400) | 2000 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Sushi 5 rolls  (calories 200)  3chicken nuggets(calories 200) | Grilled steak. Serving 3oz  Steamed rice, serving 1 cup  (calories 340) | 2000 |
| Thursday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  2 egg omelet (100 calories) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  1 cup Mash potatoes-(calories 200) | Fish fillet  Serving 2. (400 calories) | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 2000 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chocolate chip Garnola bar (calories 140 | 2 Waffles with apple butter (calories 200)  Cashews 1.5oz (200 calories) | Turkey meat with salad. 1 serving  (calories 400) | 2000 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 4 chicken nuggets (calories 285) | Apple with 1 tablespoon peanut butter (200 calories) | Grilled steak. Serving 5oz  Steamed rice, serving 1/2 cup  (calories 540) | 2000 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140) | 2 english muffin (400 calories) | Grilled chicken with mushrooms and wild rice.  Serving 1 piece  (calories 300) | 2000 |

2200

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|  | Breakfast | Snack | Lunch | Snack | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200) | Grilled chicken sandwich (440) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Cashews 1.5oz  (calories 200)  Crackers with 1 ounce cheese (200) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 2200 |
| Tuesday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  10 Sushi rolls (caloires 400) | Tuna sandwich  (calories 470)  Strawberry 1 cup (55 calories)  Kiwi fruit, 1 serving. (45 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Grapefruit jucie fresh 1 cup  (calories 150)  Strawberries 1 cup (calories 50) | Turkey meat with salad. 1 serving  (calories 400) | 2200 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  Cashews 2oz (285 calories) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Sushi 5 rolls  (calories 200)  3chicken nuggets(calories 200) | Grilled steak. Serving 3oz  Steamed rice, serving 1 cup  (calories 340) | 2200 |
| Thursday | Chicken patty sandwich  2 egg omelet (100 calories) | Fresh Strawberries. Serving 1 cup (calories 50)  Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  1 cup Mash potatoes-(calories 200) | Fish fillet  Serving 2. (400 calories) | Salmon fish, cooked, dry heat. Serving 0.5 fillet  (Calories 250) | 2200 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chocolate chip Garnola bar (calories 140 | 2 Waffles with apple butter (calories 200)  Cashews 3oz (400 calories) | Turkey meat with salad. 1 serving  (calories 400) | 2200 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 4 chicken nuggets (calories 285) | Apple with 1 tablespoon peanut butter (200 calories) | Grilled steak. Serving 7oz  Steamed rice, serving 1/2 cup  (calories 740) | 2200 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140) | 2 english muffin (400 calories) | Grilled chicken with mushrooms and wild rice.  Serving 2 piece  (calories 300) | 2200 |

2400

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|  | Breakfast | Snack | Lunch | Snack | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  2 eggs omelets (100 calories) | Grilled chicken sandwich (440)  1 medium banana (100 calories) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Cashews 1.5oz  (calories 200)  Crackers with 1 ounce cheese (200) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 2400 |
| Tuesday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  10 Sushi rolls (caloires 400) | Tuna sandwich  (calories 470)  Grilled chicken breast (300 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Grapefruit jucie fresh 1 cup  (calories 150)  Strawberries 1 cup (calories 50) | Turkey meat with salad. 1 serving  (calories 400) | 2400 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  Cashews 2oz (285 calories) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Sushi 5 rolls  (calories 200)  3chicken nuggets(calories 200) | Grilled steak. Serving 5oz  Steamed rice, serving 1 cup  (calories 540) | 2400 |
| Thursday | Chicken patty sandwich  2 egg omelet (100 calories) | Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  1 cup Mash potatoes-(calories 200) | Fish fillet  Serving 2. (400 calories) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 450) | 2400 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chocolate chip Garnola bar (calories 140 | 2 Waffles with apple butter (calories 200)  Cashews 3oz (400 calories) | Turkey meat with salad. 1 serving  (calories 400)  Pasta cooked 1 cup (200 caloires) | 2400 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 4 chicken nuggets (calories 285) | Apple with 2 tablespoon peanut butter (400 calories) | Grilled steak. Serving 7oz  Steamed rice, serving 1/2 cup  (calories 740) | 2400 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140)  Cashews 1.5oz (calories 200) | 2 english muffin (400 calories) | Grilled chicken with mushrooms and wild rice.  Serving 2 piece  (calories 300) | 2400 |

2600

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|  | Breakfast | Snack | Lunch | Snack | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  Chicken Panini, serving 1  (300 calories) | Grilled chicken sandwich (440)  1 medium banana (100 calories) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Cashews 1.5oz  (calories 200)  Crackers with 1 ounce cheese (200) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 2600 |
| Tuesday | Skim milk. 1 cup (calories 85)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat 3/4 cup  (calories 170)  10 Sushi rolls (caloires 400) | Tuna sandwich  (calories 470)  Grilled chicken breast (300 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Grapefruit jucie fresh 1 cup  (calories 150)  Chicken Panini, 1 serving (300 calories | Turkey meat with salad. 1 serving  (calories 400) | 2600 |
| Wednesday | Original cereal with skim milk, serving 1 cup (calories 140)  Cashews 2oz (285 calories) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Sushi 5 rolls  (calories 200)  3chicken nuggets(calories 200) | Grilled steak. Serving 6oz  Steamed rice, serving 1 cup  (calories 740) | 2600 |
| Thursday | Chicken patty sandwich (400)  2 egg omelet (100 calories) | Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  1 cup Mash potatoes-(calories 200) | Fish fillet  Serving 3. (600 calories) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 450) | 2600 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chow mein chicken (340 calories | 2 Waffles with apple butter (calories 200)  Cashews 3oz (400 calories) | Turkey meat with salad. 1 serving  (calories 400)  Pasta cooked 1 cup (200 caloires) | 2600 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 6 chicken nuggets (calories 485) | Apple with 2 tablespoon peanut butter (400 calories) | Grilled steak. Serving 7oz  Steamed rice, serving 1/2 cup  (calories 740) | 2600 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140)  Cashews 1.5oz (calories 200) | 2 english muffin (400 calories) | Grilled chicken with mushrooms and wild rice.  Serving 4 piece  (calories 500) | 2600 |

2800

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|  | Breakfast | Snack | Lunch | Snack | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  Chicken Panini, serving 1  (300 calories) | Grilled chicken sandwich (440)  1 medium banana (100 calories)  Cashews 1.5 oz(200 calories) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Cashews 1.5oz  (calories 200)  Crackers with 1 ounce cheese (200) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 2800 |
| Tuesday | Skim milk. 1 cup (calories 85)  Baby carrots. 1 cup (calories 85)  1 apple with 1 tablespoon peanut butter (200 calories) | Cottage cheese low-fat 3/4 cup  (calories 170)  10 Sushi rolls (caloires 400) | Tuna sandwich  (calories 470)  Grilled chicken breast (300 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Grapefruit jucie fresh 1 cup  (calories 150)  Chicken Panini, 1 serving (300 calories | Turkey meat with salad. 1 serving  (calories 400) | 2800 |
| Wednesday | Beef wrap (340 calories)  Cashews 2oz (285 calories) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Sushi 5 rolls  (calories 200)  3chicken nuggets(calories 200) | Grilled steak. Serving 6oz  Steamed rice, serving 1 cup  (calories 740) | 2800 |
| Thursday | Chicken patty sandwich (400)  2 egg omelet (100 calories) | Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  1 cup Mash potatoes-(calories 200) | Fish fillet  Serving 4. (800 calories) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 450) | 2800 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chow mein chicken (340 calories )  Rice noodle cooked. Serving 1 (200 calories) | 2 Waffles with apple butter (calories 200)  Cashews 3oz (400 calories) | Turkey meat with salad. 1 serving  (calories 400)  Pasta cooked 1 cup (200 caloires) | 2800 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 8 chicken nuggets (calories 685) | Apple with 2 tablespoon peanut butter (400 calories) | Grilled steak. Serving 7oz  Steamed rice, serving 1/2 cup  (calories 740) | 2800 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140)  Cashews 1.5oz (calories 200) | 2 english muffin (400 calories)  Mash potatoes, 1 cup serving (calories 200) | Grilled chicken with mushrooms and wild rice.  Serving 4 piece  (calories 500) | 2800 |

3000

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|  | Breakfast | Snack | Lunch | Snack | Snack | Dinner | Calories total |
| Monday | Oatmeal with skim milk. Serving 1 cup  (calories 200)  Chicken Panini, serving 1  (300 calories) | Grilled chicken sandwich (440)  1 medium banana (100 calories)  Cashews 1.5 oz(200 calories) | BBQ chicken salad. Serving one plate (calories 450) | Gronola bar. Serving 1. Calories (150)  1 medium orange (60 calories | Cashews 1.5oz  (calories 200)  Crackers with 2 ounce cheese (400) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 500) | 3000 |
| Tuesday | Skim milk. 1 cup (calories 85)  Baby carrots. 1 cup (calories 85)  1 apple with 2 tablespoon peanut butter (400 calories) | Cottage cheese low-fat 3/4 cup  (calories 170)  10 Sushi rolls (caloires 400) | Tuna sandwich  (calories 470)  Grilled chicken breast (300 calories) | Chocolate chip Garnola bar (calories 140  Raw mix vegetables (100 calories) | Grapefruit jucie fresh 1 cup  (calories 150)  Chicken Panini, 1 serving (300 calories | Turkey meat with salad. 1 serving  (calories 400) | 3000 |
| Wednesday | Beef wrap (340 calories)  Cashews 2oz (285 calories) | Garnola Bar. Serving 1. (calories 140)  Greek side salad. 1 serving (calories 150)  5 Sushi rolls (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 1 medium apple (calories 85)  1 kiwi fruit (calories 50 | Sushi 10 rolls  (calories 400)  3chicken nuggets(calories 200) | Grilled steak. Serving 6oz  Steamed rice, serving 1 cup  (calories 740) | 3000 |
| Thursday | Chicken patty sandwich (400)  2 egg omelet (100 calories) | Banana. Serving 1 (calories 100)  Watermelon ½ cup (20 calories) | BBQ chicken salad. Serving one plate (calories 450) | 1 plain bagel 230  2 cup Mash potatoes-(calories 400) | Fish fillet  Serving 4. (800 calories) | Salmon fish, cooked, dry heat. Serving 1 fillet  (Calories 450) | 3000 |
| Friday | Skim milk. 1 cup (calories 85)  One medium orange (calories 80)  Baby carrots. 1 cup (calories 85) | Cottage cheese low-fat ½ cup  (calories 140)  1 chicken breast cooked/roasted (calories 200) | Tuna sandwich 6inch  (calories 470) | Chow mein chicken (340 calories )  Rice noodle cooked. Serving 1 (200 calories) | 4 Waffles with apple butter (calories 400)  Cashews 3oz (400 calories) | Turkey meat with salad. 1 serving  (calories 400)  Pasta cooked 1 cup (200 caloires) | 3000 |
| Saturday | Original cereal with skim milk, serving 1 cup (calories 140)  1 medium apple (calories 85) | Garnola Bar. Serving 1. (calories 140)  Shrimp-cooked breaded and fried, serving 3 0z (calories 200) | Egg salad in a whole wheat pita bread  (calories 270) | 8 chicken nuggets (calories 685) | Apple with 2 tablespoon peanut butter (400 calories) | Grilled steak. Serving 9oz  Steamed rice, serving 1/2 cup  (calories 940) | 3000 |
| Sunday | 2 egg white omelet  (calories 95)  Fat free yogurt vanilla (100)  Cereal with skim milk, serving 1 ½ cup(calories 200) | Fresh carrot juice 1 cup (calories 80)    1 medium banana (calories 142)  Mash potatoes. Serving 1 cup (200) | Grilled steak. Serving 3oz  Steamed rice, serving 1/2 cup  (calories 340) | Garnola Bar. Serving 1. (calories 140)  Cashews 1.5oz (calories 200) | 2 english muffin (400 calories)  Mash potatoes, 1 cup serving (calories 200) | Grilled chicken with mushrooms and wild rice.  Serving 6 piece  (calories 700) | 3000 |