

SAMPLE SEVEN DAY MEAL PLAN

MONDAY

Breakfast

1 100% whole grain bagel

3 Eggs

1 cup low fat or skim milk

1 mozzarella string cheese made with skim milk

2 tbsp. peanut butter

Lunch

Grilled Chicken Salad

3 cups celery, carrots, peppers and onions

3 oz. grilled lean chicken breast

2 tbsp. olive oil and balsamic vinegar

1 small box raisins

Water

Post-Workout

8 oz. low-fat yogurt

1 banana

Dinner

2 cups cooked brown rice

5 oz. turkey without the skin

2 cups cooked veggies

1 cup low-fat frozen yogurt with 1 cup strawberries

1 cup skim or almond milk

Snack

Raw veggies with 2 tbsp. hummus

****Nutrition Information: Calories: 2,911; Protein: 142g; Fat: 56g; Carbs: 384g**

TUESDAY

Breakfast

1 cup whole grain cereal

1 cup skim or almond milk

1 apple with 2 tablespoons of natural peanut butter

Lunch

2 slices 100% whole wheat bread

4 oz. lean turkey lunch meat

3 oz. whole-wheat pretzels with 2 tablespoons of natural peanut butter

1 orange

Post-Workout

8 oz. yogurt

1 banana

Dinner

5 oz. lean beef or grilled chicken

Cooking spray to cook meat

2 high-fiber whole grain tortillas

2 cups of grilled peppers and onions

1 cup salsa

Snack

Fruit with peanut butter

****Nutrition Information Calories: 2,774; Protein: 16 g; Fat: 39g; Carbs: 367g**

WEDNESDAY

Breakfast

1 100% whole-grain English muffin

1 tbsp. peanut butter

1 cup calcium-fortified orange juice

Lunch

Grilled salmon with salad

Sweet Potato

1 cup of mixed celery, carrots, peppers and onions

2 tbsp. olive oil and lemon juice dressing

1 piece of fruit

Post-Workout

1 protein bar or shake

1 cup yogurt with fresh fruit

Water

Dinner

2 cups whole wheat pasta

5 oz. lean ground sirloin added to sauce

1 cup pasta sauce

1 cup onions and peppers added to sauce

Snack

½ cup fat-free frozen yogurt

1 slice watermelon or 1 pear

1 cup milk

****Nutrition Information: Calories: 2,683; Protein: 145g; Fat: 52g; Carbs: 334g**

THURSDAY

Breakfast

2 packets instant oatmeal

2 Eggs

1 cup milk or almond milk

Fruit or wheat toast

Lunch

2 slices 100% whole-wheat bread

4 oz. turkey

Lettuce, tomato, onion for sandwich

2 tbsp. light mayo or salad dressing

1 orange

Post-Workout

8 oz. yogurt with fruit and small handful of granola

2 scoops protein powder (approx. 30 g)

Dinner

2 cups stir-fried vegetables

2 cups brown rice

5 oz. lean chicken or pork

1 cup fresh or canned pineapple

1 cup skim milk

Snack

3 oz. whole-grain pretzels

Nut Butter

****Nutrition Information: Calories: 3,406; Protein: 177g; Fat: 62g; Carbs: 460g**

FRIDAY

Breakfast

1 whole grain bagel

3 Eggs

1 tbsp. low-fat cream cheese

1 cup skim milk

1 banana

Lunch

3 oz. grilled lean chicken breast

2 tbsp. low-fat ranch dressing

1 piece of fruit

1 whole-grain roll with 1 tsp. olive-oil-based margarine

Post-Workout

8 oz. yogurt

Chocolate Milk

1 banana

Dinner

1 whole grain bun

4 oz. lean burger

1 slice low-fat cheese

mustard, ketchup, lettuce, tomato

1 handful of whole grain tortilla chips

1 cup low-fat frozen yogurt

1 cup skim milk

Snack

1 large stalk of celery with 2 tbsp. peanut butter

****Nutrition Information: Calories: 2,914; Protein: 149g; Fat: 78g; Carbs: 353g**

SATURDAY

Breakfast

4 Eggs

1 tbsp. light margarine or sugar free jelly

2 whole wheat pancakes, with low sugar syrup

1 cup skim milk

1 banana

Lunch

2 slices 100% whole-wheat bread

4 oz. lean turkey, ham or chicken with lettuce, tomato, onion for sandwich

2 tbsp. light or fat free mayo

1 orange

1 cup 1% or skim milk

3 oz. whole-grain pretzels

Post-Workout

Protein Smoothie

1 banana

Dinner

Turkey Chili

3 oz. lean ground turkey

1 cup red beans

1 cup of black beans

1 cup peppers and onions

1 small piece of cornbread

Snack

Handful of grapes

****Nutrition Information: Calories: 2,990; Protein: 160g; Fat: 37g; Carbs: 42 g**

SUNDAY

Breakfast

1 cup whole grain cereal

1 cup 1% milk

1 orange

2 eggs

1 piece of wheat toast

Lunch

2 slices 100% whole-wheat bread with 4 oz. lean turkey lunch meat

Lettuce, tomato, for sandwich

2 tbsp. light mayo or salad dressing

Fruit

1 small handful baked tortilla chips

1 cup trail mix

Dinner

2 cups cooked whole-wheat pasta

5 oz. Grilled chicken breast

2 cups fresh veggies

2 tbsp. fat-free Italian dressing

1 cup low-fat frozen yogurt with 1 cup strawberries

1 cup 1% milk

Snack

3 oz. whole-grain pretzels

Peanut butter and jelly sandwich with wheat bread

****Nutrition Information: Calories: 3,130; Protein: 147g; Fat: 63g; Carbs: 442g**