



**Daily Meal Plan For Fat Loss  
and to Build Muscle**



# Daily Meal Plan

For weight management



## DAY 1

### Breakfast

1 low-fat plain Greek yogurt (6oz)  
¾ cup blueberries  
12 almonds or 2 tablespoons  
of ground flaxseed meal  
Coffee with milk and a sugar substitute

### Lunch

1 piece of grilled chicken (4oz)  
1 whole grain wrap (substitute corn  
as a gluten-free option)  
Fill with onions, peppers, spinach,  
and # avocado  
1¼ cup of strawberries on the side

### Snack

1 small apple with 1 tablespoon all  
natural nut butter (peanut, almond,  
cashew, sunflower seed)

### Dinner

1 grilled \*turkey burger (4oz)  
1 medium baked sweet potato  
topped with cinnamon  
1 cup spinach (sautéed with garlic  
and 1 teaspoon olive oil)  
Side salad with 1 tablespoon dressing  
\* Made with 99% lean ground white meat

## DAY 2

### Breakfast

3 egg whites and 1 whole egg,  
scrambled  
2 slices of whole grain bread  
(100% whole wheat, rye, oat  
or gluten-free bread)  
½ cup cooked spinach  
¼ cup low-fat shredded cheese

### Lunch - Quinoa Bowl

Skinless roasted chicken, diced (3oz)  
1 cup cooked quinoa  
1 cup chopped tomatoes  
and carrots  
# avocado or 6 olives, diced

### Snacks

1 \*Kind® bar  
\* Avoid bars with coconut or yogurt

### Dinner

Shrimp (4oz)  
Sauté with garlic, olive oil, and lemon  
1 cup spaghetti squash or zucchini  
½ cup herb roasted potatoes

## DAY 3

### Breakfast

1 whole grain English muffin  
1 tablespoon peanut butter  
¾ cup blueberries  
2 slices low-sodium turkey

### Lunch: Tuna Salad

1 can of tuna in water, drained  
1 whole grain wrap  
Mix with spinach, cucumber,  
carrots, ½ cup beans (if using  
canned, make sure to rinse)  
Dress with 1 teaspoon olive oil,  
vinegar, and lemon (fresh garlic  
and hot pepper optional)

### Snacks

20 baby carrots with 2 tablespoons  
hummus or 2 tablespoons guacamole

### Dinner: Chicken and Vegetable Stir-Fry

1 cup brown rice  
1 piece of grilled chicken (4oz)  
1 cup broccoli  
1 cup bell peppers  
1 tablespoon olive oil

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## DAY 4

### Breakfast

½ cup oatmeal  
(cooked in water)  
½ cup cup canned or frozen peaches  
(unsweetened)  
2 hard-boiled egg whites

### Snack

3 cups air popped popcorn

### Lunch - Salad

1 - 2 cups mixed greens or spinach  
Add chicken, broccoli and peppers  
(use leftovers from Day 3's dinner)  
1 small piece of fruit

### Dinner: Grilled Chicken Burgers with Onions and Peppers

1 whole wheat bun  
\*Ground chicken (4oz)  
Add onions and peppers  
1 cup cauliflower mash  
1 cup grilled asparagus  
\* Make extra burger for next day's lunch

## DAY 5

### Breakfast: Grilled Peanut Butter and Strawberry Sandwich

1 whole grain bread sandwich thin  
(at least 3 grams of fiber)  
1½ tablespoons all natural nut  
butter (peanut, almond, cashew,  
sunflower seed)  
½ cup sliced strawberries  
(or other berry variety)

### Snacks

1½ cups edamame in shell  
(sprinkle with sea salt)

### Lunch - Chicken Burger Fiesta Salad

1 leftover chicken burger  
(from Day 4's dinner)  
2 cups lettuce  
Add ½ cup black beans, (if using  
canned, make sure to rinse)  
¼ cup low-fat cheddar cheese, and  
# avocado  
1 tablespoon \*salsa  
Dress with 1 tablespoon lemon  
and vinegar  
\* Avoid salsa if you have high blood  
pressure, as it can be high in sodium

### Dinner: Egg White, Veggie Omelet

3 egg whites and 1 whole egg  
Add veggies of your choice  
2 slices of whole grain bread  
or 1 medium baked sweet potato

## DAY 6

### Breakfast

(mix together)  
1 low-fat plain Greek yogurt (6oz)  
½ cup low-fat cottage cheese  
1 slice whole grain bread  
¾ cup blueberries  
2 tablespoons chopped almonds

### Snacks

Small orange and 15 nuts

### Lunch: Lettuce Wraps

4 slices low-sodium roast turkey  
or ham (wrapped in lettuce)  
1 slice of cheese  
2 - 4 Whole Grain Wasa® crackers  
Side salad or carrots with  
2 tablespoons hummus

### Dinner

Grilled salmon or preferred fish (5oz)  
Unlimited steamed broccoli  
1 medium baked sweet potato  
(Top with cinnamon and 1 dollop  
of low-fat Greek yogurt)

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## DAY 7

### Breakfast: Pumpkin Quinoa Blueberry Bowl

(mix together)

½ cup cooked \*quinoa  
½ cup unsweetened almond milk  
¼ cup 100% pure pumpkin puree  
¼ cup blueberries (frozen or fresh)  
¼ cup chopped walnuts or slivered almonds  
1 teaspoon cinnamon, 1 teaspoon nutmeg, and 1 teaspoon vanilla extract  
\* Quinoa is a low-glycemic index, high-fiber, high-protein grain. It is a great substitution for oatmeal and is naturally gluten-free.

### Snack

8 Triscuits® with bean dip spread and chopped parsley

### Lunch - Salmon Salad

Canned, boneless, and skinless wild salmon (6oz)  
½ cup chickpeas (if using canned, make sure to rinse)  
½ cup chopped red onion  
½ cup chopped red bell pepper  
Dress with 1 tablespoons extra-virgin olive oil and 2 tablespoons red wine vinegar

### Dinner

Lean beef or your choice of meat (4oz)  
1 medium potato or sweet potato (6oz)  
1 cup salad with 1 tablespoon of oil-based dressing  
1 cup fruit salad

## DAY 8

½ cup oatmeal (cooked in water)  
½ cup blueberries  
½ cup 1% milk  
Co"ee or tea without sugar

### Snacks

½ - ¾ cup whole grain cereal (Cheerios®, Barbara's Bakery Cinnamon Pulns®, or Kashi Heart to Heart® cereal)  
12 raw almonds  
1 tablespoon raisins (unsweetened)

### Lunch

1 piece of grilled chicken (4oz)  
1 cup brown rice  
1 - 2 cups salad with 1 tablespoon oil-based dressing

### Dinner: Egg White, Veggie Omelet

Baked fish (4oz)  
( 1 cup whole wheat pasta  
½ cup cooked non-starchy vegetables (i.e. string beans, broccoli, cabbage, spinach)  
1 cup melon

## DAY 9

### Breakfast

1¼ cup plain Cheerios®  
Low-fat or non-fat Greek yogurt (6oz)  
¾ cup berries  
12 chopped almonds  
Co"ee with milk and sugar substitute

### Lunch: Three Bean Salad

(combine all ingredients)  
½ cup canned cannellini beans, (if using canned, make sure to rinse)  
½ cup canned black beans, (if using canned, make sure to rinse)  
1 cup cooked French cut string beans (frozen or fresh)  
1/4 cup chopped onion  
Dress with 1 tablespoon olive oil, red wine vinegar, and balsamic vinegar

### Snacks

½ medium apple  
Top with 1 thin slice of low-fat cheddar cheese (1oz)  
Broil 3 minutes with ½ teaspoon chives

### Dinner

99% lean \*ground turkey (4oz)  
2 slices of whole rye bread  
½ cup baby spinach  
¼ cup chopped artichoke hearts (kept in water, not oil)  
1 tablespoon vinaigrette dressing  
\* You can substitute for roast turkey but the sodium content will double. When buying deli meats, choose the low-sodium option.

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## DAY 10

### Breakfast:

1 whole wheat English muffin  
1 tablespoon creamy peanut butter, unsalted  
3/4 cup blueberries

### Lunch

1 cup tossed salad mix—add any non-starchy vegetables (i.e. string beans, broccoli, cabbage, spinach)  
Add 3 hard-boiled egg whites or grilled shrimp (4oz)  
Dress with 1 tablespoon vinegar and olive oil  
1 slice of whole grain bread (rye, whole wheat, or another variety)  
1/2 cup fresh cantaloupe

### Snack

small 16oz non-fat, iced cappuccino

### Dinner

1 cup cooked quinoa  
Roast pork tenderloin or grilled London broil with mushrooms and onions (4oz)  
3/4 cup sliced, cooked carrots  
1 cup strawberries on the side

## DAY 11

### Breakfast:

(mix together)  
1 low-fat plain Greek yogurt (6oz)  
1/2 cup low-fat cottage cheese  
1 whole grain waffle  
3/4 cup blueberries  
2 tablespoons chopped almonds

### Lunch

1 cup low-sodium lentil soup  
Side salad with 1 tablespoon vinaigrette dressing

### Snacks

2 brown rice cakes  
2 tablespoons hummus

### Dinner: Fish Tacos

Grilled fish (4oz)  
1 whole corn soft small tortilla wrap  
Chopped tomatoes, peppers, onions, and scallions (stir fried with 1 tablespoon olive oil)  
1/4 cup shredded low-fat cheese  
or 1/3 avocado

## DAY 12

### Breakfast

1 medium banana  
1 tablespoon nut butter (almond, cashew, sunflower seed, peanut)  
1 hard-boiled egg

### Lunch: Three Bean Salad

2 slices of whole grain bread (rye, whole wheat or another variety)  
Low-sodium turkey or ham (4oz)  
Lettuce, tomato, peppers or onions

### Snacks

1/2 cup low-fat cottage cheese  
3/4 cup raspberries  
5 chopped almonds

### Dinner

Baked chicken (4oz) (without skin)  
1 cup brussels sprouts  
3/4 cup diced sweet potato  
Roast vegetables in garlic, black pepper, and 2 teaspoons olive oil



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## DAY 13

### Breakfast: Healthy French Toast

(dip bread into batter, then cook in pan)  
2 slices of whole grain bread  
Mix 1 egg, ¼ cup unsweetened almond or soy milk, 1 teaspoon vanilla, 1 teaspoon cinnamon

### Lunch: Quinoa and Veggie Bowl

½ cup cooked quinoa  
½ cup diced broccoli and tomatoes  
¼ cup black beans, (if using canned, make sure to rinse)  
1 teaspoon lemon juice  
2 teaspoons olive oil  
1 cup apple slices on the side

### Snack

1 low-fat plain Greek yogurt (6oz) or low-fat cottage cheese  
½ cup Kashi 7 Whole Grain Flakes® cereal  
1 teaspoon cinnamon

### Dinner: Pan-Seared Salmon over Kale Salad

1 piece of salmon, pan seared (4oz)  
2 cups kale  
1/2 cup chick peas, (if using canned, make sure to rinse)  
1 tablespoon lemon juice  
1 tablespoon olive oil Salt and pepper, to taste  
(Whisk together lemon juice, olive oil, salt and pepper. Add kale, toss to coat and top with pan seared salmon.)

## DAY 14

### Breakfast: Egg White Omelet with Peppers, Onions, Mushrooms

3 egg whites  
1 - 2 slices whole grain bread  
Peppers, onions, mushrooms  
1 tablespoon shredded low-fat cheese

### Lunch: Roast Turkey Wrap

Low-sodium turkey (4oz)  
1 whole grain wrap, Chopped lettuce, tomato, cucumber, and peppers  
1 tablespoon mustard Side salad with 1 tablespoon vinaigrette dressing 1 small pear

### Snacks

1 frozen whole grain wa)e  
1 Cup plain Greek non-fat yogurt (6 oz)  
5 sliced strawberries or 2 tablespoons blueberries, blackberries or raspberries

### Dinner: Spaghetti Squash with Grilled Chicken

1 piece of grilled chicken (4 oz)  
1 cup spaghetti squash  
½ cup of corn  
Sauté with garlic, olive oil, and lemon

## DAY 15

### Breakfast: Banana Smoothie

1 Banana  
1 cup low-fat milk  
2 tablespoons ground flax, hemp or chia seed  
1 scoop protein powder, ice  
(Add spinach/kale for extra vitamins and minerals)

### Lunch: Tuna on Whole Grain Pita

Mix 1 can of tuna in water, drained with # avocado  
or 2 tablespoons hummus  
Add chopped onions, celery, and carrots  
Scoop into 1 whole grain pita  
Stu" with 9 spinach leaves

### Snacks

2 Hearty Rye Wasa® Crispbreads or 1 slice of whole grain toast  
½ cup low-fat cottage cheese and 2 tablespoons salsa (warmed in microwave)

### Dinner

Poached fish (4 oz)  
1 cup roasted potatoes (with skin)  
1 - 2 cups string beans

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## DAY 16

### Breakfast: Homemade Egg McMuffinn

Low-sodium turkey or ham (1oz)  
2-3 scrambled egg whites  
1 whole grain English muffin or  
1 whole grain sandwich thin  
1 tablespoon shredded,  
low-fat cheddar  
2 slices medium tomato

### Snack

\*Kind® bar  
\* Avoid bars with coconut or yogurt

### Lunch:

1 whole grain wrap (substitute rice or  
corn as gluten free option)  
Grilled chicken breast (4oz)  
Fill with onions, peppers, spinach,  
and ½ avocado  
1 cup fruit salad

### Dinner: Shrimp and Vegetable Stir-Fry

Shrimp (4oz)  
1 - 2 cups mixed vegetables  
(i.e. eggplant, peppers, onion, broccoli,  
mushroom, etc.)  
½ cup brown rice  
½ cup black beans

## DAY 17

### Breakfast: Peach Oatmeal

½ cup oatmeal (cooked in water)  
½ cup frozen peaches  
(warmed in microwave)  
1 teaspoon cinnamon  
2 tablespoons chopped walnuts  
1 dollop of low-fat Greek vanilla yogurt

### Lunch: Tuna Spinach Salad

1 can of tuna in water, drained  
1-2 cups spinach  
Slices of cucumber, carrots, and  
any other non-starchy vegetables  
½ cup beans, (if using canned, make  
sure to rinse)  
Dress with 1 teaspoon olive oil  
and vinegar

### Snacks

5 celery stalks  
1 tablespoon peanut butter  
and 15 raisins (unsweetened)

### Dinner: Lemon Chicken Tacos

1 whole grain corn tortilla (warmed)  
1 piece of grilled chicken (4oz)  
Marinate in 1 teaspoon lemon, garlic,  
1 teaspoon olive oil, pepper, and salt  
Sauté 1-2 cups of carrots, scallions,  
zucchini, and peppers with  
1 teaspoon olive oil

## DAY 18

### Breakfast:

2 hard-boiled eggs  
1 slice of whole grain bread  
1 medium apple, sliced  
with cinnamon

### Lunch:

1 low-fat plain Greek yogurt (6oz)  
1 cup berries  
2 tablespoons chopped nuts  
¾ cup low-sugar cereal

### Snacks

1 medium apple  
2 tablespoons hummus

### Dinner

Salmon fillet (4oz)  
(Marinate in garlic, 1 teaspoon  
olive oil, and lemon).  
Add 1 tablespoon capers and bake  
Serve with:  
1 cup roasted butternut squash  
1 cup roasted cauliflower

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## DAY 19

### Breakfast: Blueberry Smoothie

1 cup blueberries  
1 cup low-fat milk  
2 tablespoons ground flax, hemp or chia seed  
1 scoop protein powder, ice  
(Add spinach or kale for extra vitamins and minerals)

### Snack

15 baby carrots  
1 tablespoon peanut butter

### Lunch:

2 cups mixed greens  
Roasted low-sodium turkey (4oz)  
Unlimited non-starchy vegetables  
(i.e. string beans, broccoli, cabbage, spinach)  
¼ cup goat cheese  
2 tablespoons oil-based dressing

### Dinner:

95% lean ground beef burger (4oz)  
1 whole grain roll  
Mushrooms, onions, peppers,  
and tomatoes  
Side salad  
½ cup melon

## DAY 20

### Breakfast: Quinoa Bowl

(mix together)  
½ cup cooked quinoa  
½ apple or pear, diced  
2 tablespoons chopped nuts  
½ cup skim or low-fat milk

### Snacks

1 sliced whole bell pepper (any color)  
2 tablespoons hummus or guacamole

### Lunch: Peanut Butter and Banana Sandwich

2 slices of whole grain bread  
1 tablespoon nut butter (peanut,  
almond, cashew, sunflower seed)  
½ banana, sliced  
Side of carrots

### Dinner: Shrimp and Veggie Stir-Fry

Shrimp (4oz)  
1 - 2 cups mixed vegetables of your choice (i.e.  
eggplant, peppers, onion, broccoli, mushroom, etc.)  
1 cup of brown rice

## DAY 21

### Breakfast:

3 scrambled egg whites  
2 slices of whole grain bread  
Add feta (1 oz), chopped tomatoes  
and spinach or leftover vegetables  
from night before 1/3 avocado

### Snacks

1¼ cup sliced strawberries with  
cinnamon and 12 almonds

### Lunch: Brown Rice Bowl

( 1 cup brown rice (leftover from  
night before)  
1 piece of grilled chicken or other  
protein source (4oz)  
½ cup mixed vegetables

### Dinner: Turkey Meatballs with Quinoa and Roasted Kale

Lean ground turkey (3-4oz)  
( 1 cup quinoa  
1 cup roasted kale  
(Toss with olive oil, garlic, salt, and pepper)



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## DAY 22

### Breakfast:

1 cup plain oatmeal (regular or instant)  
¾ cup sliced berries  
¼ chopped walnuts  
or silvered almonds

### Snack

15 baby carrots  
2 tablespoons hummus

### Lunch:

Low-sodium turkey or ham (4oz)  
Lettuce and tomato salad  
1 tablespoon oil-based dressing  
1 pear

### Dinner: Fish Tacos

Grilled fish (4oz)  
1 whole corn soft small tortilla wrap  
Chopped tomatoes, peppers, onions, scallions (stir  
fried with 1 tablespoon olive oil)  
¼ cup shredded low-fat cheese or 1/3 avocado

## DAY 23

### Breakfast:

1 low-fat plain Greek yogurt (6oz)  
½ cup low-fat cottage cheese  
½ cup sliced peaches  
2 tablespoons chopped almonds

### Snacks

1 \*Kind® bar  
\* Avoid bars with coconut or yogurt

### Lunch:

1 piece of grilled chicken (4oz)  
1 whole grain wrap (substitute corn as a gluten-free  
option)  
Fill with onions, peppers, spinach, and ½ avocado  
1¼ cup strawberries on the side

### Dinner:

Shrimp (4oz)  
(Sauté with garlic, olive oil, and lemon)  
1 cup spaghetti squash or zucchini  
½ cup herb roasted potatoes

## DAY 24

### Breakfast:

1¼ cup whole grain cereal  
(Cheerios®, Barbara's Bakery Cinnamon  
Pulns®, or Kashi Heart to Heart®)  
Low-fat or non-fat Greek yogurt (6oz)  
¾ cup berries  
Coffee with milk and sugar substitute

### Snacks

Small orange and 15 nuts

### Lunch: Tuna Salad Sandwich

1 whole grain bread sandwich thin  
(at least 3 grams of fiber)  
Mix 1 can of tuna in water, drained,  
with spinach, cucumber, and carrots  
Dress with 1 teaspoon olive oil, vinegar, and lemon

### Dinner: Grilled Chicken Burgers with Onions and Peppers

1 whole wheat bun  
Ground chicken (4oz)  
Add onions and peppers  
Side salad with 1 tablespoon  
vinaigrette dressing

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**Smarter Health**  
Medical Clinic  
PRIMARY CARE & WEIGHT MANAGEMENT



## DAY 25

### Breakfast:

3 scrambled egg whites  
2 slices of whole grain bread  
(100% whole wheat, rye, oat  
or gluten-free bread)  
½ cup cooked spinach  
¼ cup low-fat shredded cheese

### Lunch:

- 2 cups lettuce  
Add ½ cup black beans, (if using  
canned, make sure to rinse)  
¼ cup low-fat cheddar cheese,  
and # avocado  
Dress with 1 tablespoon lemon  
and vinegar  
1 small apple

### Snack

24 unsalted almonds

### Dinner:

Grilled salmon or preferred fish (5oz)  
½ cup whole wheat cous cous  
1 cup cauliflower mash  
1 cup grilled asparagus

## DAY 26

### Breakfast:

1 whole grain bread sandwich thin  
(at least 3 grams of fiber)  
1½ tablespoons all natural nut butter  
(peanut, almond, cashew,  
sunflower seed)  
½ cup sliced strawberries  
(or other berry variety)

### Lunch:

1 cup tossed salad mix—with any  
non-starchy vegetables (i.e. string beans, broccoli,  
cabbage, spinach)  
Add 3 hard-boiled egg whites  
Dress with 1 tablespoon vinegar and olive oil  
½ cup melon

### Snacks

8 Triscuits® with bean dip spread  
and chopped parsley

### Dinner: Chicken and Vegetable Stir-Fry

1 cup brown rice  
1 piece of grilled chicken (4oz)  
1 cup broccoli

## DAY 27

### Breakfast:

1 boiled egg  
1 cup fat-free milk (8oz)  
1 cup of Fiber One® cereal or  
1½ cups Cheerios®

### Lunch: Peanut Butter and Banana Sandwich

2 slices of whole grain bread  
1 tablespoon nut butter (peanut,  
almond, cashew, sunflower seed)  
½ banana, sliced

### Snacks

1 whole bell pepper, sliced (any color)  
2 tablespoons hummus or guacamole

### Dinner: Lemon Chicken Pasta

1 piece of grilled chicken (4oz)  
1 cup whole grain pasta  
Add carrots, scallions, zucchini,  
and peppers  
Sauté in 1 teaspoon lemon, garlic,  
1 teaspoon olive oil, pepper, and salt

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## DAY 28

### Breakfast:

(mix together)

- ½ cup plain oatmeal
- 1 small, diced apple
- 1 cup fat-free milk (8oz)
- 1 teaspoon cinnamon

### Snack

- 3 cups air popped popcorn

### Lunch:

- Low-sodium turkey (4oz)
- 1 cup cooked quinoa
- 1 cup chopped tomatoes and carrots
- 1/3 avocado

### Dinner:

- Roast pork tenderloin (4oz)
- 1 medium baked sweet potato
- 1 cup salad or cooked non-starchy vegetables (i.e. string beans, broccoli, cabbage, spinach)
- ½ cup berries

## DAY 29

### Breakfast:

- 1 whole grain English muffin
- 2 tablespoons peanut butter
- ½ cup non-fat Greek yogurt
- ¾ cup sliced berries

### Lunch: Lettuce Wraps

- 4 slices low-sodium roast turkey or ham wrapped in lettuce
- 1 slice of cheese
- 2 - 4 Whole Grain Wasa® crackers
- Side salad or carrots with
- 2 tablespoons hummus

### Snacks

- 1 small 16oz non-fat, iced cappuccino

### Dinner: Chicken and Vegetable Stir-Fry

- Baked fish (4oz)
- 1 cup whole wheat pasta
- ½ cup cooked non-starchy vegetables (i.e. string beans, broccoli, cabbage, spinach)
- 1 - 2 cups melon or berries

## DAY 30

### Breakfast:

- 2 egg whites and 1 whole egg
- Add veggies of your choice
- 2 slices of whole grain bread or
- 1 whole grain wrap
- Coffee or tea, without sugar

### Lunch: Tuna on Whole Grain Pita

- Mix 1 can of tuna in water, drained with ½ avocado
- or 2 tablespoons hummus
- Add chopped onions, celery and carrots
- 1 whole grain pita
- Stuffed with 9 spinach leaves

### Snacks

- 1 cup non-fat Greek yogurt or low-fat cottage cheese
- ½ cup Kashi 7 Whole Grain Flakes® cereal
- 1 teaspoon cinnamon

### Dinner:

- 95% lean ground beef burger (4oz)
- 1 whole grain roll
- Mushrooms, onions, peppers, and tomatoes
- Side salad with 1 tablespoon dressing



## Notes

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