

Fit & Lean in 2014

2.5: 1500 Calorie 5-Day Meal Plan Example

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	½ cup steel-cut oatmeal, cooked 1 tsp. brown sugar ¼ cup skim milk 1 cup mixed berries 1tbsp chopped pecans	Smoothie: ¾ plain, fat-free yogurt ½ cup frozen mixed berries ½ med. Banana 2 tsp. ground flaxseeds	2 hard-boiled eggs 2 slices tomato ½ grapefruit 1 cup low fat soy or skim milk	½ cup whole-grain or bran cereal ¾ cup plain, fat-free yogurt ¾ cup fresh berries	Omelette (1 egg, 3 egg whites, ½ cup spinach & tomato, 2 tsp. feta) 1 slice multi-grain bread
Morning Snack	½ cup 1% cottage cheese Sprinkle w/cinnamon	10 raw almonds	15 baby carrots w/2 tbsp. roasted red pepper hummus	3 whole-grain crackers & 1 tbsp. hummus	1 cup fresh fruit salad with 2 tbsp. granola
Lunch	4 oz. grilled chicken 3 cups mixed greens ¼ cup sliced avocado ½ cup sliced orange w/2 tsp. olive oil & 1 tbsp. lemon juice	1.5 cups low sodium minestrone soup 1 oz. mozzarella with tomato & basil on ½ whole-grain roll	4 oz turkey breast 1 oz. low-fat cheese Lettuce, tomato, mustard in 1 whole-grain tortilla wrap	Greek Salad: 4 oz. grilled chicken, ½ cup tomato, 1 oz. feta cheese, ½ cup cucumber, ¼ cup black olives, 1 tsp. olive oil & 2 tsp. lemon juice	Tex-Mex Salad: 2 cups mixed greens w/4 oz. grilled chicken, 2 tbsp. salsa, 2 tbsp. shredded low-fat cheese, 1/3 cup black beans
Afternoon Snack	¾ cup edamame (in shell) 1 cup strawberries	1 medium apple w/1 tbsp. natural nut butter	¾ cup plain low-fat yogurt with 1 tsp. honey	3 graham crackers with 1 tbsp. low-fat cream cheese and 2 tsp. fruit spread	2 small oatmeal raisin cookies
Dinner	4 oz. grilled salmon marinated in 2 tbsp. balsamic vinegar & 1 tsp. honey 2 cups steamed spinach 1 small baked sweet potato 1 cup green beans	5 oz. white fish, broiled, baked or grilled 1 cup basmati rice 1 green salad w/1 tsp FF salad dressing 1 cup cooked broccoli 1 whole-grain dinner roll	3 oz. extra lean sirloin steak 2 cups grilled peppers and zucchini with 2 tsp. olive oil	4 oz. roasted chicken 2 cups spinach, tomato and fresh garlic sautéed in 2 tsp. olive oil and topped with 2 tbsp. parmesan cheese 3 fingerling potatoes	4 oz. chicken breast w/2 tbsp. low sodium teriyaki sauce 5 spears asparagus ½ cup steamed brown rice
Evening Snack	1 cup low sugar hot cocoa	3 cups air-popped popcorn		½ cup low-fat frozen yogurt with ½ cup strawberries	