

Fit & Lean in 2014

2.6: 1800 Calorie 5-Day Meal Plan Example

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|-----------------|---|--|--|--|--|
| Breakfast | 1 cup cooked oatmeal 3 egg whites 1 banana 6 almonds 8 oz. skim milk | 1 cup high-fiber cereal 8 oz. skim milk 1 small banana | 1 WW English muffin 1 poached egg ½ grapefruit | 2 slices whole-grain bread topped with 2 tbsp. natural nut butter, banana slices and 1 tbsp. honey | 1 WW English muffin 2 tbsp. light cream cheese 1 egg 1 small banana 8 oz. skim milk |
| Morning Snack | 1 medium apple | 1 medium orange | 1 kiwi | 2 small plums | 1 cup frozen berries |
| Lunch | 4 oz. turkey breast 2 slices whole-grain bread 1 oz. low-fat cheese ½ cup carrots 1 cup vegetable soup | 4 oz. tuna, 2 tbsp. light mayo ½ cup pretzels ½ cup sliced zucchini | 4 tbsp. hummus 1 WW pita Carrot & celery sticks ½ tomato, sliced | 1 WW pita with 2 oz. melted low-fat cheese and tomato slices 1 cup noodle or rice soup | 4 oz. turkey 1 WW roll Lettuce, tomato, 3 slices avocado |
| Afternoon Snack | 6 oz. low-fat yogurt 1 plum 6 whole-grain crackers | 1 oz. low-fat string cheese 15 grapes 12 walnuts | 6 oz. low-fat yogurt 2 tbsp raisins | 6 oz. low-fat yogurt 1 medium apple | 6 oz. low-fat yogurt 12 nuts 1 small pear |
| Dinner | 4 oz. salmon 1 medium sweet potato 1 cup steamed asparagus 2 cups green salad w/2 tbsp. light dressing, 2 tsp. olive oil & 1 small whole-grain dinner roll | 4 oz. lean beef 2/3 cup brown rice 1.5 cup stir-fry vegetable mix 3 tsp. canola oil | 4 oz. shrimp 2/3 cup quinoa 1 cup steamed spinach or kale 2 cups salad 2 tbsp. low-fat dressing, 2 tsp. olive oil | 4 oz. ground turkey made into meatballs, 1 cup marinara sauce 1 cup cooked WW spaghetti 2 cups salad 2 tbsp. low-fat dressing | 4 oz. broiled, skinless chicken breast 1 medium baked potato 1 cup green beans 2 tsp. olive oil |