

Fit & Lean in 2014

1.9 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