

Note: Calorie amounts are approximate and will vary depending on the exact brand of product chosen.

Week 1

Day one

Breakfast

1 large egg – 73.5 calories

2 large egg whites – 34.3 calories

1/4 cup chopped tomato – 8.1 calories

2 Tbs grated parmesan cheese – 43.1 calories

2 Tbs chopped fresh basil – 1.4 calories

Snack

25 almonds – 173.4 calories

1 medium apple – 71.8 calories

Lunch

4 oz grilled chicken breast, diced 2 Tbs dried cranberries – 187.1 calories

2 Tbs diced avocado – 48 calories

3 cups baby spinach – 30 calories

1 Tbs olive oil + 2 tsp balsamic vinegar – 124 calories

Snack

6 oz non fat fruit yogurt – 160.2 calories

Dinner

4 oz grilled chicken breast, diced – 187.1 calories

1 cup cooked penne pasta – 220 calories

1/2 cup marinara sauce 2 Tbs - 92.5 calories

Grated parmesan cheese - 43.1 calories

3 cups chopped lettuce – 24 calories

2 tsp olive oil + 2 tsp balsamic vinegar – 39.8 calories

Snack

1 medium banana – 105 calories

1 oz whole wheat pretzels – 102 calories

DAY TOTAL CALORIES = 1793.4

Day two

Breakfast

1 cup cooked steel cut oatmeal (prepared with water) – 200 calories

2 Tbs chopped walnuts – 81.8 calories

1 Tbs honey – 63.8 calories

1/2 cup blueberries – 41.3

Snack

1 cup green grapes – 110 calories

3/4 cup low fat cottage cheese – 122 calories

6 whole wheat crackers – 60 calories

Lunch

4 oz roasted chicken breast – 120 calories

1/2 roasted red pepper – 15.5

1 oz part skims mozzarella cheese – 80 calories

2 slices multigrain bread, toasted – 220 calories

Dinner

4 oz grilled flank steak – 210.9 calories

1 cup steamed green beans with 2 tsp flax oil – 148.7 calories

3/4 cup cooked whole wheat couscous – 142.5 calories

Snack

1/4 cup dried cranberries – 96 calories

10 almonds – 69.4 calories

DAY TOTAL CALORIES = 1781.9

Day three

Breakfast

Peanut Butter & Banana Shake

1 oz vanilla protein powder – 104 calories

1 Tbs natural peanut butter – 105 calories

1 medium banana - 105 calories

1 Tbs wheat germ – 25 calories

8 fl oz skim milk – 85.8 calories

Snack

1 slice sprouted wheat bread, toasted – 80 calories

1 oz low fat Swiss cheese – 50 calories

1 cup green grapes – 110 calories

Lunch

2 cups lentil soup – 251.7 calories

4 oz roasted chicken breast – 120 calories

3 cups chopped lettuce – 24 calories

2 tsp olive oil + 2 tsp balsamic vinegar – 86.2 calories

Snack

1 bell pepper, sliced – 23.8 calories

1 hardboiled egg – 77.5 calories

Dinner

5 oz grilled chicken breast with 1 tsp olive oil + 1 tsp chilli powder – 281.8 calories

1 large baked sweet potato + 1 Tbs low fat plain yogurt – 180.8 calories

2 cups broccoli roasted with 2 tsp olive oil – 141.4 calories

DAY TOTAL CALORIES = 1852

Day four

Breakfast

1/2 cup granola – 180 calories

6 oz low fat vanilla yogurt – 140 calories

1 medium apple, chopped + 1/2 tsp cinnamon – 74.76 calories

Snack

2 Tbs dried cranberries – 48 calories

10 almonds – 69.4 calories

Lunch

Roast Pork & Spinach Wrap

3 oz roast pork – 135 calories

1/2 cup black beans – 109.2 calories

2 Tbs salsa – 10 calories

1 cup baby spinach – 10 calories

2 Tbs diced avocado – 30 calories

1 whole wheat flour tortilla – 140 calories

Snack

1 medium banana – 105 calories

1/2 cup low fat cottage cheese – 81.4 calories

Dinner

5 oz grilled salmon – 327.3 calories

2 cups steamed swiss chard with 1 tsp flax oil + lemon juice – 110 calories

1 cup sliced cucumber – 15.6 calories

Snack

1/2 cup blueberries – 41.3 calories

1 oz walnuts – 185.4 calories

DAY TOTAL CALORIES = 1812.36

Day five

Breakfast

- 2 oz cooked chicken – 213.9 calories
- 4 egg whites scrambled – 68.6 calories
- 1 cup steamed spinach – 41.4 calories
- 1 whole wheat flour tortilla – 140 calories

Snack

- 1 medium apple – 71.8 calories
- 1 oz part skims mozzarella cheese – 80 calories

Lunch

Asian Shrimp Salad

- 5 oz cooked shrimp – 140.3 calories
- 3 cups mixed greens – 30 calories
- 1 cup sliced cucumber – 15.6 calories
- 1/2 cup canned mandarin oranges (packed in water) – 51.6 calories
- 1 tsp toasted sesame seeds – 17 calories
- 2 Tbs sliced almonds – 83.3 calories
- 2 Tbs sesame ginger salad dressing – 123 calories

Dinner

Spicy chicken Sloppy Joes* (see recipe)

- 4 oz ground chicken breast sautéed in 1 tsp olive oil – 209.6 calories
- 2 Tbs diced onion – 8.4 calories
- 1 Tbs tomato paste – 12.5 calories
- 1 tsp chilli powder – 8.2 calories
- 1 cup chopped spinach – 6.9 calories
- 1 (6.5 in) large whole wheat pita bread – 170.2 calories
- 1 cup steamed broccoli with 1 tsp olive oil + lemon juice – 94.6 calories

Snack

- 6 oz non fat fruit yogurt – 160.2 calories
- 1/2 cup blueberries – 41.3 calories

Spicy Chicken Sloppy Joes

Serves: 1

Prep Time: 10 minutes

Cook Time: 10 minutes

1 tsp olive oil

2 Tbs diced onion

3 oz ground turkey breast

1 Tbs tomato paste

1 tsp chilli powder

1 cup chopped spinach

Heat oil in a small skillet over medium heat

Add onion and turkey and sauté for 5 minutes; season with salt and pepper to taste

Add tomato paste, chilli powder and spinach and continue to toss and cook for 5 additional minutes until turkey is completely cooked

DAY TOTAL CALORIES = 1788.4

Day six

Breakfast

- 8 oz low fat plain yogurt – 133.3 calories
- 2 Tbs wheat germ – 50 calories
- 1 Tbs honey – 63.8 calories
- 1 cup blueberries – 82.6 calories
- 1/2 whole wheat English muffin, toasted – 67.4 calories

Snack

Trail Mix:

- 1/4 cup dried cranberries – 96 calories
- 2 Tbs chopped almonds – 66.5 Calories
- 2 Tbs sunflower seeds – 85 calories

Lunch

- 5 oz chicken burger, cooked – 266.5 calories
- 3 cups mixed greens – 30 calories
- 1/4 cup chopped tomato – 8.1 calories
- 2 Tbs diced avocado – 30 calories
- 1 Tbs olive oil + lemon juice – 124 calories

Snack

- 1 bell pepper, sliced – 23.8 calories
- 1/2 cup canned cannelloni beans – 153.3 calories
- 2 Tbs chopped scallion + 1 tsp olive oil + 1/2 tsp lemon zest – 44.1 calories

Dinner

- 4 oz cooked chicken cutlet (breast meat), sliced – 154 calories
- 1 cup steamed green beans with 2 tsp flax oil – 148.7 calories
- 1 cup cooked brown rice – 216.5 calories

DAY TOTAL CALORIES = 1843.6

Day seven

Breakfast

2 whole grain waffles – 165.2 calories

1 Tbs natural peanut butter – 105 calories

1 medium apple – 71.8 calories

Snack

1 cup green grapes – 110 calories

1 oz low fat Swiss cheese – 50 calories

Lunch

3 cups mixed greens – 30 calories

4 oz roasted chicken breast – 120 calories

1/2 cup chopped tomato – 16.2 calories

1 hardboiled egg – 77.5 calories

2 Tbs grated parmesan cheese – 43.1 calories

2 Tbs chopped fresh basil + 1 Tbs olive oil + lemon juice – 124 calories

1 oz whole wheat pretzels – 102 calories

Snack

1 slice whole wheat bread, toasted – 110 calories

1 Tbs natural peanut butter – 105 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

1/2 cup cooked quinoa – 106 calories

2 cups steamed Swiss chard with 1 tsp flax oil + lemon juice -110 calories

Snack

2 Tbs sunflower seeds – 85 calories

1 cup sliced cucumber – 15.6 calories

DAY TOTAL CALORIES = 1771.9

Week 2

Day one

Breakfast

1 egg + 3 egg whites scrambled – 125 calories

1/2 whole wheat English muffin, toasted – 67 calories

1 medium orange – 61.6 calories

Snack

2 Tbs dried cherries - 48.8 calories

1 oz walnuts – 185.4 calories

Lunch

1 whole wheat flour tortilla – 140 calories

1 slice low fat Muenster cheese – 76.7 calories

1/4 yellow bell pepper – 12.6 calories

1/4 cup baby spinach – 2.5 calories

1 Tbs avocado – 15 calories

4 oz roasted chicken breast – 130.8 calories

Snack

1 medium pear – 96.3 calories

1 granola bar – 140 calories

Dinner

4 oz wild salmon, grilled – 262 calories

1 small sweet potato, diced and roasted with 2 tsp olive oil – 182.4

1 cup steamed asparagus – 39.6 calories

Snack

6 oz low fat vanilla yogurt – 140 calories

1 cup strawberries – 57.1 calories

DAY TOTAL CALORIES = 1782.8

Day two

Breakfast

1 cup cooked oatmeal (prepared with skim milk) – 232.8 calories

1/2 oz cashews – 78.4 calories

1 Tbs brown sugar – 33 calories

1 cup chopped cantaloupe – 54.4 calories

Snack

3 oz roast pork – 135 calories

10 baby carrot sticks – 35 calories

Lunch

Spinach & Cheese Stuffed Potato

1 medium baked potato – 161 calories

1 cup steamed spinach – 41.4 calories

1/4 cup shredded low fat cheddar cheese – 48.8 calories

3 slices cooked turkey bacon, chopped – 105 calories

Snack

1 slice whole wheat bread, toasted – 110 calories

2 Tbs almond butter – 202.6 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

2 cups steamed zucchini – 57.6 calories

3/4 cup cooked brown rice – 162.3

Snack

1 medium pear – 96.3 calories

DAY TOTAL CALORIES = 1779.1

Day 3

Breakfast

Chocolate Dipped Strawberry Shake

1 cup strawberries 1 oz chocolate protein powder – 57.1 calories

4 ice cubes – 0 calories

8 fl oz skim milk – 85.8 calories

2 hard boiled eggs – 155 calories

Snack

1 oz walnuts – 185.4 calories

1 medium orange – 61.6 calories

Lunch

Tuna Pasta Salad* (see recipe)

2 oz whole wheat penne pasta – 190 calories

3 oz chunk light tuna in water – 90 calories

1/4 cup chopped carrot – 13.1 calories

1 Tbs chopped scallion – 1.9 calories

1 Tbs light mayonnaise – 49 calories

3 cups mixed greens – 30 calories

10 cherry tomatoes – 30.6 calories

Snack

6 whole wheat crackers – 60 calories

1 slice low fat Muenster cheese – 76.7 calories

10 baby carrot sticks – 35 calories

Dinner

3 corn tortillas – 104.6 calories

1/2 cup shredded green cabbage - 10.7 calories

2 Tbs salsa + 2 Tbs diced avocado – 38.9 calories

1 cup sliced cucumber – 15.6 calories

2 tsp olive oil + 2 tsp lime juice – 82.1 calories

Day 4

Breakfast

1 cup Kashi Go Lean Crunch Cereal – 190 calories

8 fl oz skim milk – 85.8 calories

2 Tbs dried cherries – 48.8 calories

Snack

2 Tbs dried cherries - 48.8 calories

1 oz walnuts – 185.4 calories

Lunch

1 whole wheat flour tortilla – 140 calories

1 slice low fat Muenster cheese - 76.7 calories

1/4 yellow bell pepper – 12.6 calories

1/4 cup baby spinach – 2.5 calories

1 Tbs avocado – 15 calories

4 oz roasted turkey breast – 130.8 calories

Snack

1 medium pear – 96.3 calories

1 granola bar – 140 calories

Dinner

4 oz wild salmon, grilled – 262 calories

1 small sweet potato, diced and roasted with 2 tsp olive oil – 182.4 calories

1 cup steamed asparagus – 39.6 calories

Snack

6 oz low fat vanilla yogurt – 140 calories

1 cup strawberries – 57.1 calories

Day 5

Breakfast

1/2 whole wheat english muffin, toasted – 67 calories

2 oz smoked salmon – 66.3 calories

1 Tbs low fat vegetable cream cheese – 30 calories

2 slices tomato – 8 calories

1 medium orange – 61.6 calories

Snack

4 oz roasted chicken breast – 130.8 calories

20 baby carrot sticks – 70 calories

Lunch

2 slices whole wheat bread, toasted – 220 calories

2 Tbs almond butter – 202.6 calories

1 cup chopped cantaloupe – 54.4 calories

Dinner

5 oz chicken breast, sliced – 155.8 calories

1 cup cooked quinoa – 212 calories

1 cup grilled asparagus – 39.6 calories

10 cherry tomatoes – 30.6 calories

3 cups chopped lettuce – 24 calories

10 cherry tomatoes – 30.6 calories

2 tsp olive oil + red wine vinegar – 82.1 calories

Snack

1 oz cashews – 156.8 calories

1/4 dried cherries – 97.6 calories

DAY TOTAL CALORIES = 1739.8

Day 6

Breakfast

1 cup low fat cottage cheese – 162.3 calories

1 cup chopped cantaloupe – 54.4 calories

1 cup strawberries – 57.1 calories

1 oz walnuts – 185.4 calories

Snack

10 baby carrot sticks – 35 calories

1 granola bar – 140 calories

Lunch

Greek Salad:

3 oz grilled chicken breast, sliced – 140 calories

1 cup sliced cucumber – 15.6 calories

10 cherry tomatoes – 30.6 calories

2 oz feta cheese (diced or crumbled) – 150 calories

3 cups mixed greens – 30 calories

2 tsp olive oil + red wine vinegar – 82.1 calories

Snack

3 oz roast beef, sliced – 135 calories

1/2 cup shredded green cabbage – 10.7 calories

1 slice whole wheat bread – 110 calories

Dinner

4 oz broiled sole with 1 tsp olive + lemon juice – 132.6 calories

2 cups steamed zucchini – 57.6 calories

1 sweet potato, baked – 162 calories

Snack

1 Tbs almond butter – 101 calories

1 medium pear – 96.3 calories

DAY TOTAL CALORIES = 1888

Day 7

Breakfast

1 cup cooked hot multigrain cereal (prepared with water) – 170.4 calories

1 medium pear, chopped – 96.3 calories

2 Tbs chopped walnuts – 96.7 calories

1 Tbs brown sugar – 33 calories

Snack

1 slice whole wheat bread, toasted – 110 calories

2 Tbs almond butter – 202.6 calories

1 cup chopped cantaloupe – 54.4 calories

Lunch

2 cups lentil soup – 251.7 calories

5 oz chicken breast, sliced – 155.8 calories

1 cup sliced cucumber – 15.6 calories

2 tsp walnut oil + 2 tsp lime juice – 82.1 calories

Dinner

4 oz grilled flank steak – 210.9 calories

1 Tbs reduced sodium soy sauce + 1 tsp honey – 21.3 calories

1 cup chopped broccoli – 31 calories

1 cup chopped asparagus – 26.8 calories

1 cup cooked brown rice pasta – 210 calories

DAY TOTAL CALORIES = 1768.6

Week 3

Day 1

Breakfast

2 hard boiled eggs – 155 calories

1 slice whole wheat bread, toasted – 110 calories

1 Tbs apricot jam – 48.4 calories

1 grapefruit – 81.9 calories

Snack

10 celery sticks – 6 calories

1/4 cup hummus – 103.8 calories

Lunch

5 oz wild salmon, grilled with 1 tsp olive oil – 249.1 calories

1/4 cup chick peas – 71.4 calories

3 cups mixed greens – 30 calories

2 Tbs balsamic vinaigrette – 120 calories

Snack

1 cup low fat cottage cheese – 162.3 calories

1 Tbs ground flax seed – 37.4 calories

1 medium green apple – 71.8 calories

Dinner

Chicken & Peppers

5 oz raw chicken breast, sliced – 155.9 calories

1 tsp minced ginger – 1.6 calories

1/4 red onion, chopped – 16.8 calories

1 bell pepper, chopped – 23.8 calories

1 Tbs soy sauce + 1 tsp chilli sauce – 17.2 calories

1 cup cooked brown rice – 216.5 calories

Snack

1/2 oz pecans – 98 calories

1 cup blackberries – 61.9 calories

Day two

Breakfast

1 1/4 cups raisin bran – 221.9 calories

8 fl oz skim milk – 85.8 calories

Snack

1/4 cup dried apricots – 78.8 calories

Lunch

4 oz roasted chicken breast – 120 calories

1 slice low fat cheddar cheese – 49.1 calories

1 cup lettuce – 5.4 calories

1/4 cup hummus – 103.8 calories

2 slices whole grain rye bread, toasted – 165.8 calories

Snack

Roasted Eggplant Dip

2 cups eggplant + 1 cup red bell pepper roasted with 2 tsp olive Oil – 153 calories

1 clove garlic + 1 Tbs parsley – 5.8 calories

6 whole wheat crackers – 60 calories

Dinner

5 oz pork cutlets grilled with 1 tsp olive oil – 272.25 calories

1 medium baked Yukon gold potato – 161 calories

1 cup steamed Swiss chard – 35 calories

Snack

25 almonds – 173.4 calories

1 medium green apple – 71.8 calories

DAY TOTAL CALORIES = 1762.85

Day 3

Breakfast

- 2 Tbs natural peanut butter – 210 calories
- 1 whole wheat English muffin, toasted – 126.4 calories
- 1 cup blackberries – 61.9 calories

Snack

- 2 cups air popped popcorn – 61.9 calories
- 1/4 cup dried apricots – 78.8 calories

Lunch

- 1 hardboiled egg – 77.5 calories
- 1 oz low fat feta cheese, crumbled – 58.4 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens – 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories
- 1 Tbs ground flax seed – 37.4 calories
- 1 medium green apple, chopped – 71.8 calories

Snack

- 25 almonds – 173.4 calories
- 20 celery sticks – 12 calories

Dinner

Mustard Glazed Cod

- 5 oz wild cod – 116.2 calories
- 2 tsp Dijon mustard – 10 calories
- 1 tsp olive oil – 40 calories
- 2 tsp honey – 21.3 calories
- 1/4 red onion, chopped – 16.8 calories
- 1 bell pepper, chopped – 23.8 calories

Snack

- 1 grapefruit – 81.9 calories
- 1 cup low fat cottage cheese – 162.3 calories

Day 4

Breakfast

1 cup cooked oatmeal (prepared with 1 cup skim milk) – 232.8 calories

1/2 oz pecans – 98 calories

2 tsp honey – 21.3 calories

1 cup blackberries – 61.9 calories

Snack

3 oz roast pork sliced – 135 calories

10 baby carrot sticks – 35 calories

Lunch

5 oz chicken burger, cooked – 266.5 calories

3 cups mixed greens – 30 calories

1/4 cup chopped tomato – 8.1 calories

2 Tbs diced avocado – 30 calories

1 Tbs olive oil + lemon juice – 124 calories

Snack

1/2 oz pecans – 98 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

2 cups steamed zucchini – 57.6 calories

3/4 cup cooked brown rice – 162.3

Snack

2 cups air popped popcorn – 61.9 calories

1/4 cup dried apricots – 78.8 calories

Day 5

Breakfast

- 1 slice whole wheat bread, toasted – 110 calories
- 2 Tbs natural peanut butter – 210 calories
- 1 Tbs apricot jam – 48.4 calories

Snack

- 4 oz roasted chicken breast – 120 calories
- 1 slice low fat cheddar cheese – 49.1 calories
- 1 medium green apple, sliced – 71.8 calories

Lunch

- 1 1/4 cup cooked brown rice pasta – 210 calories
- 1/2 cup marinara sauce – 92.5 calories
- 1 cup lettuce – 5.4 calories
- 1 Tbs balsamic vinaigrette - 60 calories

Snack

- ½ oz pecans – 98 calories

Dinner

Steak Salad:

- 4 oz grilled flank steak, thinly sliced – 210.9 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens - 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories

Snack

- 1 cup low fat cottage cheese – 162.3 calories
- 1 cup blackberries – 61.9 calories

Day 7

Breakfast

2 slices whole grain rye bread, toasted – 165.8 calories

1 slice low fat cheddar cheese – 49.1 calories

4 oz roasted turkey breast – 120 calories

1 grapefruit – 81.9 calories

Snack

2 cups air popped popcorn – 61.9 calories

1 bell pepper, sliced – 23.8 calories

1/4 cup hummus – 103.8 calories

Lunch

Roasted Potato Salad:

1 medium Yukon gold potato, boiled, drained and chopped – 161 calories

10 celery sticks, chopped – 6 calories

¼ cup chick peas – 71.4 calories

3 cups mixed greens – 30 calories

3 oz grilled chicken breast, sliced – 140 calories

2 Tbs balsamic vinaigrette – 120 calories

Snack

2 Tbs natural peanut butter – 210 calories

6 whole wheat crackers – 60 calories

1 cup blackberries - 61.9 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

2 cups steamed zucchini – 57.6 calories

3/4 cup cooked brown rice – 162.3

Week 4

Day 1

Breakfast

- 1/2 cup granola – 180 calories
- 6 oz low fat vanilla yogurt – 140 calories
- 1 cup strawberries, sliced – 57.1 calories

Snack

- 1 cup green grapes – 110 calories
- 1 oz pistachio nuts – 170 calories

Lunch

- 1 hardboiled egg – 77.5 calories
- 1 oz low fat feta cheese, crumbled – 58.4 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens – 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories
- 1 Tbs ground flax seed – 37.4 calories
- 1 medium green apple, chopped – 71.8 calories

Snack

- 6 oz non fat fruit yogurt – 160.2 calories
- 1/4 cup dried cranberries – 96 calories

Dinner

- 5 oz grilled salmon – 327.3 calories
- 1 large baked sweet potato with 1 Tbs low fat plain yogurt – 180.8 calories
- 3 cups mixed greens – 30 calories
- 10 cherry tomatoes – 30.6 calories
- 2 tsp sesame oil + 2 tsp rice vinegar – 86.2 calories

Snack

- 6 oz non fat fruit yogurt – 160.2 calories
- 1/4 cup dried cranberries – 96 calories

Day 2

Breakfast

2 slices sprouted wheat bread, toasted – 160 calories

2 Tbs natural peanut butter – 210 calories

1 medium banana, sliced – 105 calories

Snack

1 cup green grapes – 110 calories

Lunch

Spinach Salad with Strawberries

4 oz roasted pork – 120 calories

1 cup sliced cucumber – 15.6 calories

3 cups lettuce – 30 calories

1 oz soft goat cheese – 76 calories

1 cup strawberries, sliced – 57.1 calories

Dinner

5 oz grilled salmon – 327.3 calories

1 large baked sweet potato with 1 Tbs low fat plain yogurt – 180.8 calories

3 cups mixed greens – 30 calories

10 cherry tomatoes – 30.6 calories

2 tsp sesame oil + 2 tsp rice vinegar – 86.2 calories

Snack

6 oz non fat fruit yogurt – 160.2 calories

1/4 cup dried cranberries – 96 calories

Day 3

Breakfast

1 egg + 3 egg whites scrambled – 125 calories

1/2 whole wheat English muffin, toasted – 67 calories

1 medium orange – 61.6 calories

Snack

1/4 cup dried cranberries – 96 calories

2 Tbs chopped walnuts – 81.8 calories

Lunch

1 whole wheat flour tortilla - 140 calories

4 oz roasted chicken breast – 130.8 calories

1 oz low fat Swiss cheese – 50 calories

1 cup lettuce – 5.4 calories

Snack

6 oz low fat vanilla yogurt – 140 calories

2 Tbs chopped walnuts – 81.8 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

2 cups steamed green beans – 87.5 calories

3/4 cup cooked brown rice – 162.3 calories

Snack

1/2 cup vanilla frozen yogurt - 200 calories

1 cup strawberries, sliced – 57.1 calories

Day 4

Breakfast

2 cups bran flakes cereal – 192 calories

8 fl oz skim milk – 85.8 calories

2 Tbs dried cranberries – 48 calories

Snack

6 oz non fat fruit yogurt – 160.2 calories

2 Tbs sunflower seeds – 85 calories

Lunch

Grilled Cheese & Tomato

10 cherry tomatoes – 30.6 calories

2 oz soft goat cheese – 152 calories

2 tsp olive oil – 80 calories

2 slices sprouted wheat bread, toasted – 160 calories

Snack

1 cup green grapes – 110 calories

4 oz roasted pork – 120 calories

Dinner

5 oz grilled shrimp – 140.3 calories

1 cup chopped kale sautéed with 1 tsp olive oil + 1 tsp garlic – 73.5 calories

1 cup cooked yellow squash – 22.5 calories

1 cup cooked quinoa – 212 calories

Snack

1 cup chopped carrot – 52.4 calories

1 oz pistachio nuts – 170 calories

Day 5

Breakfast

2 cups bran flakes cereal – 192 calories

8 fl oz skim milk – 85.8 calories

2 Tbs dried cranberries – 48 calories

Snack

Orange Banana Shake

1/4 cup vanilla frozen yogurt – 100 calories

1 medium banana, sliced – 105 calories

1 medium orange, juiced – 38.7 calories

1/4 cup water – 0 calories

Lunch

3 cups chopped lettuce – 24 calories

1 cup chopped tomato – 32.4 calories

1/2 cup chopped carrot – 22.6 calories

3 oz roast chicken – 135 calories

1 Tbs sesame oil + 2 tsp rice vinegar – 120.2 calories

Snack

2 hard boiled eggs – 155 calories

1 cup chopped carrot – 52.4 calories

Dinner

5 oz grilled chicken breast, sliced – 155.9 calories

1 large baked sweet potato with 1 Tbs low fat plain yogurt – 180.8 calories

1 cup steamed green beans – 43.5 calories

Snack

4 oz roasted pork – 130.8 calories

10 cherry tomatoes – 30.6 calories

2 tsp sesame oil + 2 tsp rice vinegar – 86.2 calories

Day 6

Breakfast

- 1 Tbs natural peanut butter – 105 calories
- 2 whole grain waffles – 140 calories
- 1 medium banana, sliced – 105 calories

Lunch

- 5 oz wild salmon, grilled with 1 tsp olive oil – 249.1 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens – 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories

Snack

- 1/4 cup dried cranberries – 96 calories
- 2 Tbs chopped walnuts – 81.8 calories

Dinner

- 5 oz cooked turkey burger – 333.1 calories
- 3 cups chopped lettuce – 24 calories
- 1 cup chopped tomato – 32.4 calories
- 2 tsp olive oil + lemon juice – 80 calories

Snack

- 2 cups green grapes – 220 calories
- 6 oz low fat vanilla yogurt – 140 calories

Day 7

Breakfast

2 slices whole grain rye bread, toasted – 165.8 calories

1 slice low fat cheddar cheese – 49.1 calories

4 oz roasted turkey breast – 120 calories

1 grapefruit – 81.9 calories

Snack

2 cups air popped popcorn – 61.9 calories

1 bell pepper, sliced – 23.8 calories

1/4 cup hummus – 103.8 calories

Lunch

Roasted Potato Salad:

1 medium Yukon gold potato, boiled, drained and chopped – 161 calories

10 celery sticks, chopped – 6 calories

¼ cup chick peas – 71.4 calories

3 cups mixed greens – 30 calories

3 oz grilled chicken breast, sliced – 140 calories

2 Tbs balsamic vinaigrette – 120 calories

Snack

2 Tbs natural peanut butter – 210 calories

6 whole wheat crackers – 60 calories

1 cup blackberries - 61.9 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

2 cups steamed zucchini – 57.6 calories

3/4 cup cooked brown rice – 162.

Week 5

Day one

Breakfast

1 cup shredded wheat cereal – 166.6 calories

8 fl oz skim milk – 85.8 calories

1 medium banana, sliced – 105 calories

Snack

1 oz low fat Swiss cheese – 50 calories

25 almonds – 173.4 calories

1 cup strawberries, sliced – 57.1 calories

Lunch

5 oz wild salmon, grilled with 1 tsp olive oil – 249.1 calories

1/4 cup chick peas – 71.4 calories

3 cups mixed greens – 30 calories

2 Tbs balsamic vinaigrette – 120 calories

Snack

1 cup diced pineapple – 74.4 calories

6 oz low fat vanilla yogurt – 140 calories

Dinner

4 oz grilled chicken breast – 187.1 calories

2 Tbs salsa – 10 calories

1 small sweet potato, diced and roasted with 2 tsp olive oil – 182.4 calories

1 cup steamed Swiss chard – 35 calories

8 fl oz skim milk – 85.8 calories

Snack

2 Tbs raisins - 54.2 calories

25 almonds – 173.4 calories

Day 2

Breakfast

Chicken & Egg White Wrap

- 4 egg whites, scrambled – 68.6 calories
- 2 oz deli sliced pepper chicken – 60 calories
- 1 whole wheat flour tortilla – 140 calories
- 1 large peach – 61.2 calories

Snack

- 1/2 cup dried apple rings – 72.7 calories
- 3 oz roast pork – 135 calories

Lunch

Cheese & Tomato Sandwich:

- 2 slices whole wheat bread, toasted – 220 calories
- 1 oz low fat Swiss cheese – 50 calories
- 2 slices tomato + 5 fresh basil leaves - 8.7 calories

Snack

- 1 cup low fat cottage cheese – 162.3 calories
- 1 cup strawberries – 57.1 calories

Dinner

- 4 oz roasted pork tenderloin – 225.5 calories
- 2 cups steamed green beans – 87.5 calories
- 3 cups baby spinach – 30 calories
- 2 tsp olive oil + 2 tsp rice vinegar – 79.6 calories
- 1/2 cup canned cannellini beans – 153.3 calories

Snack

- 6 oz non fat fruit yogurt – 160.2 calories

Day 3

Breakfast

- 1 large egg – 73.5 calories
- 2 large egg whites – 34.3 calories
- 1/4 cup chopped tomato – 8.1 calories
- 2 Tbs grated parmesan cheese – 43.1 calories
- 2 Tbs chopped fresh basil – 1.4 calories

Snack

- 25 almonds – 173.4 calories
- 1 medium apple – 71.8 calories

Lunch

- 4 oz grilled chicken breast, diced 2 Tbs dried cranberries – 187.1 calories
- 2 Tbs diced avocado – 48 calories
- 3 cups baby spinach – 30 calories
- 1 Tbs olive oil + 2 tsp balsamic vinegar – 124 calories

Snack

- 6 oz non fat fruit yogurt – 160.2 calories

Dinner

- 4 oz grilled chicken breast, diced – 187.1 calories
- 1 cup cooked penne pasta – 220 calories
- 1/2 cup marinara sauce 2 Tbs - 92.5 calories
- Grated parmesan cheese - 43.1 calories
- 3 cups chopped lettuce – 24 calories
- 2 tsp olive oil + 2 tsp balsamic vinegar – 39.8 calories

Snack

- 1 medium banana – 105 calories
- 1 oz whole wheat pretzels – 102 calories

DAY TOTAL CALORIES = 1793.4

Day 4

Day four

Breakfast

1/2 cup granola – 180 calories

6 oz low fat vanilla yogurt – 140 calories

1 medium apple, chopped + 1/2 tsp cinnamon – 74.76 calories

Snack

2 Tbs dried cranberries – 48 calories

10 almonds – 69.4 calories

Lunch

1/2 cup black beans – 109.2 calories

2 Tbs salsa – 10 calories

1 cup baby spinach – 10 calories

2 Tbs diced avocado – 30 calories

1 whole wheat flour tortilla – 140 calories

Snack

1 medium banana – 105 calories

1/2 cup low fat cottage cheese – 81.4 calories

Dinner

5 oz grilled salmon – 327.3 calories

2 cups steamed swiss chard with 1 tsp flax oil + lemon juice – 110 calories

1 cup sliced cucumber – 15.6 calories

Snack

1/2 cup blueberries – 41.3 calories

1 oz walnuts – 185.4 calories

DAY TOTAL CALORIES = 1812.36

Day two

Breakfast

1 cup cooked steel cut oatmeal (prepared with water) – 200 calories

2 Tbs chopped walnuts – 81.8 calories

1 Tbs honey – 63.8 calories

1/2 cup blueberries – 41.3

Snack

1 cup green grapes – 110 calories

3/4 cup low fat cottage cheese – 122 calories

6 whole wheat crackers – 60 calories

Lunch

4 oz roasted turkey breast – 120 calories

1/2 roasted red pepper – 15.5

1 oz part skims mozzarella cheese – 80 calories

2 slices multigrain bread, toasted – 220 calories

Dinner

4 oz grilled flank steak – 210.9 calories

1 cup steamed green beans with 2 tsp flax oil – 148.7 calories

3/4 cup cooked whole wheat couscous – 142.5 calories

Snack

1/4 cup dried cranberries – 96 calories

10 almonds – 69.4 calories

DAY TOTAL CALORIES = 1781.9

Day three

Breakfast

Peanut Butter & Banana Shake

1 oz vanilla protein powder – 104 calories

1 Tbs natural peanut butter – 105 calories

1 medium banana - 105 calories

1 Tbs wheat germ – 25 calories

8 fl oz skim milk – 85.8 calories

Snack

1 slice sprouted wheat bread, toasted – 80 calories

1 oz low fat Swiss cheese – 50 calories

1 cup green grapes – 110 calories

Lunch

2 cups lentil soup – 251.7 calories

4 oz roasted turkey breast – 120 calories

3 cups chopped lettuce – 24 calories

2 tsp olive oil + 2 tsp balsamic vinegar – 86.2 calories

Snack

1 bell pepper, sliced – 23.8 calories

1 hardboiled egg – 77.5 calories

Dinner

5 oz grilled chicken breast with 1 tsp olive oil + 1 tsp chilli powder – 281.8 calories

1 large baked sweet potato + 1 Tbs low fat plain yogurt – 180.8 calories

2 cups broccoli roasted with 2 tsp olive oil – 141.4 calories

DAY TOTAL CALORIES = 1852

Day 4

Breakfast

2 cups bran flakes cereal – 192 calories

8 fl oz skim milk – 85.8 calories

2 Tbs dried cranberries – 48 calories

Snack

6 oz non fat fruit yogurt – 160.2 calories

2 Tbs sunflower seeds – 85 calories

Lunch

Grilled Cheese & Tomato

10 cherry tomatoes – 30.6 calories

2 oz soft goat cheese – 152 calories

2 tsp olive oil – 80 calories

2 slices sprouted wheat bread, toasted – 160 calories

Snack

1 cup green grapes – 110 calories

4 oz roasted turkey breast – 120 calories

Dinner

5 oz grilled shrimp – 140.3 calories

1 cup chopped kale sautéed with 1 tsp olive oil + 1 tsp garlic – 73.5 calories

1 cup cooked yellow squash – 22.5 calories

1 cup cooked quinoa – 212 calories

Snack

1 cup chopped carrot – 52.4 calories

Day five

Breakfast

- 8 oz low fat plain yogurt – 133.3 calories
- 2 Tbs wheat germ – 50 calories
- 1 Tbs honey – 63.8 calories
- 1 cup blueberries – 82.6 calories
- 1/2 whole wheat English muffin, toasted – 67.4 calories

Snack

Trail Mix:

- 1/4 cup dried cranberries – 96 calories
- 2 Tbs chopped almonds – 66.5 Calories
- 2 Tbs sunflower seeds – 85 calories

Lunch

- 5 oz turkey burger, cooked – 266.5 calories
- 3 cups mixed greens – 30 calories
- 1/4 cup chopped tomato – 8.1 calories
- 2 Tbs diced avocado – 30 calories
- 1 Tbs olive oil + lemon juice – 124 calories

Snack

- 1 bell pepper, sliced – 23.8 calories
- 1/2 cup canned cannelloni beans – 153.3 calories
- 2 Tbs chopped scallion + 1 tsp olive oil + 1/2 tsp lemon zest – 44.1 calories

Dinner

- 4 oz cooked turkey cutlet (breast meat), sliced – 154 calories
- 1 cup steamed green beans with 2 tsp flax oil – 148.7 calories
- 1 cup cooked brown rice – 216.5 calories

DAY TOTAL CALORIES = 1843.6

Day 6

Breakfast

- 1 Tbs natural peanut butter – 105 calories
- 2 whole grain waffles – 140 calories
- 1 medium banana, sliced – 105 calories

Lunch

- 5 oz wild salmon, grilled with 1 tsp olive oil – 249.1 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens – 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories

Snack

- 1/4 cup dried cranberries – 96 calories
- 2 Tbs chopped walnuts – 81.8 calories

Dinner

- 5 oz cooked turkey burger – 333.1 calories
- 3 cups chopped lettuce – 24 calories
- 1 cup chopped tomato – 32.4 calories
- 2 tsp olive oil + lemon juice – 80 calories

Snack

- 2 cups green grapes – 220 calories
- 6 oz low fat vanilla yogurt – 140 calories

Day seven

Breakfast

2 whole grain waffles – 165.2 calories

1 Tbs natural peanut butter – 105 calories

1 medium apple – 71.8 calories

Snack

1 cup green grapes – 110 calories

1 oz low fat Swiss cheese – 50 calories

Lunch

3 cups mixed greens – 30 calories

4 oz roasted turkey breast – 120 calories

1/2 cup chopped tomato – 16.2 calories

1 hardboiled egg – 77.5 calories

2 Tbs grated parmesan cheese – 43.1 calories

2 Tbs chopped fresh basil + 1 Tbs olive oil + lemon juice – 124 calories

1 oz whole wheat pretzels – 102 calories

Snack

1 slice whole wheat bread, toasted – 110 calories

1 Tbs natural peanut butter – 105 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

1/2 cup cooked quinoa – 106 calories

2 cups steamed Swiss chard with 1 tsp flax oil + lemon juice -110 calories

Snack

2 Tbs sunflower seeds – 85 calories

1 cup sliced cucumber – 15.6 calories

DAY TOTAL CALORIES = 1771.9

Week six

Day 1

Breakfast

- 2 hard boiled eggs – 155 calories
- 1 slice whole wheat bread, toasted – 110 calories
- 1 Tbs apricot jam – 48.4 calories
- 1 grapefruit – 81.9 calories

Snack

- 10 celery sticks – 6 calories
- 1/4 cup hummus – 103.8 calories

Lunch

- 5 oz wild salmon, grilled with 1 tsp olive oil – 249.1 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens – 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories

Snack

- 1 cup low fat cottage cheese – 162.3 calories
- 1 Tbs ground flax seed – 37.4 calories
- 1 medium green apple – 71.8 calories

Dinner

Chicken & Peppers

- 5 oz raw chicken breast, sliced – 155.9 calories
- 1 tsp minced ginger – 1.6 calories
- 1/4 red onion, chopped – 16.8 calories
- 1 bell pepper, chopped – 23.8 calories
- 1 Tbs soy sauce + 1 tsp chilli sauce – 17.2 calories
- 1 cup cooked brown rice – 216.5 calories

Snack

- 1/2 oz pecans – 98 calories
- 1 cup blackberries – 61.9 calories

Day two

Breakfast

1 1/4 cups raisin bran – 221.9 calories

8 fl oz skim milk – 85.8 calories

Snack

1/4 cup dried apricots – 78.8 calories

Lunch

4 oz roasted turkey breast – 120 calories

1 slice low fat cheddar cheese – 49.1 calories

1 cup lettuce – 5.4 calories

1/4 cup hummus – 103.8 calories

2 slices whole grain rye bread, toasted – 165.8 calories

Snack

Roasted Eggplant Dip

2 cups eggplant + 1 cup red bell pepper roasted with 2 tsp olive Oil – 153 calories

1 clove garlic + 1 Tbs parsley – 5.8 calories

6 whole wheat crackers – 60 calories

Dinner

5 oz turkey cutlets grilled with 1 tsp olive oil – 272.25 calories

1 medium baked Yukon gold potato – 161 calories

1 cup steamed Swiss chard – 35 calories

Snack

25 almonds – 173.4 calories

1 medium green apple – 71.8 calories

DAY TOTAL CALORIES = 1762.85

Day 3

Breakfast

- 2 Tbs natural peanut butter – 210 calories
- 1 whole wheat English muffin, toasted – 126.4 calories
- 1 cup blackberries – 61.9 calories

Snack

- 2 cups air popped popcorn – 61.9 calories
- 1/4 cup dried apricots – 78.8 calories

Lunch

- 1 hardboiled egg – 77.5 calories
- 1 oz low fat feta cheese, crumbled – 58.4 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens – 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories
- 1 Tbs ground flax seed – 37.4 calories
- 1 medium green apple, chopped – 71.8 calories

Snack

- 25 almonds – 173.4 calories
- 20 celery sticks – 12 calories

Dinner

Mustard Glazed Cod

- 5 oz wild cod – 116.2 calories
- 2 tsp Dijon mustard – 10 calories
- 1 tsp olive oil – 40 calories
- 2 tsp honey – 21.3 calories
- 1/4 red onion, chopped – 16.8 calories
- 1 bell pepper, chopped – 23.8 calories

Snack

- 1 grapefruit – 81.9 calories
- 1 cup low fat cottage cheese – 162.3 calories

Day 4

Breakfast

1 cup cooked oatmeal (prepared with 1 cup skim milk) – 232.8 calories

1/2 oz pecans – 98 calories

2 tsp honey – 21.3 calories

1 cup blackberries – 61.9 calories

Snack

3 oz roast beef, sliced – 135 calories

10 baby carrot sticks – 35 calories

Lunch

5 oz turkey burger, cooked – 266.5 calories

3 cups mixed greens – 30 calories

1/4 cup chopped tomato – 8.1 calories

2 Tbs diced avocado – 30 calories

1 Tbs olive oil + lemon juice – 124 calories

Snack

1/2 oz pecans – 98 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

2 cups steamed zucchini – 57.6 calories

3/4 cup cooked brown rice – 162.3

Snack

2 cups air popped popcorn – 61.9 calories

1/4 cup dried apricots – 78.8 calories

Day 5

Breakfast

- 1 slice whole wheat bread, toasted – 110 calories
- 2 Tbs natural peanut butter – 210 calories
- 1 Tbs apricot jam – 48.4 calories

Snack

- 4 oz roasted turkey breast – 120 calories
- 1 slice low fat cheddar cheese – 49.1 calories
- 1 medium green apple, sliced – 71.8 calories

Lunch

- 1 1/4 cup cooked brown rice pasta – 210 calories
- 1/2 cup marinara sauce – 92.5 calories
- 1 cup lettuce – 5.4 calories
- 1 Tbs balsamic vinaigrette - 60 calories

Snack

- ½ oz pecans – 98 calories

Dinner

Steak Salad:

- 4 oz grilled flank steak, thinly sliced – 210.9 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens - 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories

Snack

- 1 cup low fat cottage cheese – 162.3 calories
- 1 cup blackberries – 61.9 calories

Day 6

Breakfast

- 1 Tbs natural peanut butter – 105 calories
- 2 whole grain waffles – 140 calories
- 1 medium banana, sliced – 105 calories

Lunch

- 5 oz wild salmon, grilled with 1 tsp olive oil – 249.1 calories
- 1/4 cup chick peas – 71.4 calories
- 3 cups mixed greens – 30 calories
- 2 Tbs balsamic vinaigrette – 120 calories

Snack

- 1/4 cup dried cranberries – 96 calories
- 2 Tbs chopped walnuts – 81.8 calories

Dinner

- 5 oz cooked turkey burger – 333.1 calories
- 3 cups chopped lettuce – 24 calories
- 1 cup chopped tomato – 32.4 calories
- 2 tsp olive oil + lemon juice – 80 calories

Snack

- 2 cups green grapes – 220 calories
- 6 oz low fat vanilla yogurt – 140 calories

Day 7

Breakfast

2 slices whole grain rye bread, toasted – 165.8 calories

1 slice low fat cheddar cheese – 49.1 calories

4 oz roasted turkey breast – 120 calories

1 grapefruit – 81.9 calories

Snack

2 cups air popped popcorn – 61.9 calories

1 bell pepper, sliced – 23.8 calories

1/4 cup hummus – 103.8 calories

Lunch

Roasted Potato Salad:

1 medium Yukon gold potato, boiled, drained and chopped – 161 calories

10 celery sticks, chopped – 6 calories

¼ cup chick peas – 71.4 calories

3 cups mixed greens – 30 calories

3 oz grilled chicken breast, sliced – 140 calories

2 Tbs balsamic vinaigrette – 120 calories

Snack

2 Tbs natural peanut butter – 210 calories

6 whole wheat crackers – 60 calories

1 cup blackberries - 61.9 calories

Dinner

4 oz roasted pork tenderloin – 225.5 calories

2 cups steamed zucchini – 57.6 calories

3/4 cup cooked brown rice – 162.3