

# DAILY MEAL PLAN - 1700CAL

Pick one option for each meal/snack

## BREAKFAST MENU MEAL #1

Bottled water (drink with meal)

### OPTION 1

- cup of weight-control oatmeal
- cup of skim, ff carb count-down milk, or light soy milk
- cup Egg Beaters or 4 egg whites with 2 tsp salsa
- 1 orange or any fruit

### OPTION 2

- 2 slices 100% whole-wheat bread
- 1 Tbsp natural peanut butter
- banana or any fruit
- 1 cup of skim, ff carb count-down milk, or light soy milk

### OPTION 3

- 1 cup of Cheerios, Hi Lo, Uncle Sam's, All Bran, South Beach diet cereal (Whole grain cereal)
- 1 cup of skim, ff carb count-down milk, or light soy milk
- 1 apple or any fruit

### OPTION 4

- 1 mini bagel
- cup of cottage cheese
- 1 tbsp of natural peanut butter

## LUNCH MENU MEAL #2

Bottled water (drink with meal)

### OPTION 1

- Whole-wheat sandwich
- 2 slices of 100% whole-wheat bread
- Fat-free or reduced-fat sliced cheese
- 4 oz. of Boars Head lean turkey
- 1 cup of watermelon or any fruit

### OPTION 2

- Whole-wheat wrap
- 4 oz. chicken, turkey, fish, or steak
- Fat-free or reduced-fat cheese
- 1 plum or any fruit

### OPTION 3

- Salad
- 4 oz. chicken, turkey, fish, or steak
- Fat-free or reduced-fat dressing (Walden Farms, Lite House) or 1 tbsp oil and 1 tbsp vinegar
- 1 serving pumpnickel pretzels (UTZ or Snyder's brand)
- 1 peach or any fruit

## DINNER MENU MEAL #3

Bottled water (drink with meal)

### OPTION 1

- 4 oz. grilled chicken
- 1/3 cup of brown rice
- 1 cup cooked veggies or 2 cups of raw veggies

### OPTION 2

- 4 oz. 96% lean beef
- 3 oz. sweet potato
- 1 cup cooked veggies or 2 cups raw veggies

### OPTION 3

- 4 oz. salmon or any fish
- cup of whole-wheat pasta
- 1 cup cooked veggies or 2 cups of raw veggies

## MID MORNING SNACK #1

Bottled water (drink with meal)

### OPTION 1

- 3 Wasa crackers or 10 reduced-fat Triscuits
- cup cottage cheese
- Option 2
- 6 Finn crisps
- 1 serving of reduced-fat Laughing Cow cheese or Stringers low-fat string cheese

### OPTION 2

- 1 mini bagel (Thomas' or Pepperidge Farms)
- 1 tbsp natural peanut butter

### OPTION 4

- 15 raw almonds box of raisins or any fruit

## MID AFTERNOON SNACK #2

### OPTION 1

- EAS Carb Advantage or Myoplex Lite protein shake
- Apple or any fruit

### OPTION 2

- 10 reduced-fat Triscuits
- 1 Tbsp of natural peanut butter
- 1 apple or any fruit

### OPTION 3

- Protein Bar (Balance bar, Luna, Zone, EAS Carb Advantage, South Beach Diet Bar) \*Stay under 250 calories
- 1 cup of cantaloupe of any fruit

### OPTION 4

- Yogurt (under 120 calories)
- 1 pear or any fruit