

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 cups of cold cereal</li> <li>• 1 cup of low-fat milk</li> <li>• 1 piece of fruit</li> <li>• 1 boiled egg</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 5 oz of sliced chicken breast</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 4 oz of turkey</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 tbsp of mayo or mustard</li> <li>• 1 slice of low-fat cheese</li> <li>• 1 handful of pretzels</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 5 oz of fish</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of cold cereal</li> <li>• 1 cup of low-fat milk</li> <li>• 1 medium banana</li> <li>• 1 cup of juice</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 2 cups of vegetables</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 1 cup of soup</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 5 oz of sliced chicken breast</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 tbsp of mayo or mustard</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 5 oz of grilled fish</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2-4 egg whites</li> <li>• 2 strips of turkey bacon</li> <li>• 1 cup of low-fat milk</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 6 oz of yogurt</li> <li>• 1 cup of fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of fruit</li> <li>• 1 cup of vegetables</li> <li>• 1 cup of brown rice</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 5 oz of chicken breast</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 5 oz of lean steak</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of hot cereal</li> <li>• 1 cup of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 small fresh fruit smoothie (under 300 calories)</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 3 oz of ham</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 piece of fruit</li> <li>• ½ cup of soup</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 small veggie burger</li> <li>• 2 slices whole wheat or multi-grain bread</li> <li>• ½ cup of brown rice</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 egg whites with veggies</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 small whey protein shake (under 300 calories)</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of beans</li> <li>• 1 cup of brown rice</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 oz of fish</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 6 oz of yogurt</li> <li>• ½ cup of berries</li> <li>• 1 slice of cantaloupe</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 cup of mixed fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 small veggie burger</li> <li>• ½ cup of beans</li> <li>• ½ cup of brown rice</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 2 cups of vegetables</li> <li>• 5 oz of sliced chicken breast</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1½ cups of cold cereal</li> <li>• 1 cup of low-fat milk</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 2 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of brown rice</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1½ cups of whole wheat pasta</li> <li>• ½ cup of tomato sauce</li> <li>• 5 oz of diced chicken breast</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 egg whites</li> <li>• 2 strips of turkey bacon</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 small fresh fruit smoothie (under 300 calories)</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 4 oz of chicken</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 tbsp of mayo or mustard</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 oz of lean steak</li> <li>• 1½ cups of brown rice</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of hot cereal</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 2 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 1 cup of soup</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 4 oz of chicken</li> <li>• 2 slices whole wheat or multi-grain bread</li> <li>• 1 tbsp of mayo or mustard</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 5 oz of fish</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 egg whites</li> <li>• 2 strips of turkey bacon</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 4 oz of tuna fish</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 piece of fruit</li> <li>• ½ cup of soup</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 6 oz of yogurt</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 2 small pizza slices</li> <li>• ½ cup of beans</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 4-inch pancakes</li> <li>• 1 tbsp of syrup</li> <li>• ½ cup of strawberries</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 6 oz of yogurt</li> <li>• 1 cup of fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 5 oz of fish</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 oz of chicken</li> <li>• 1 cup of vegetables</li> <li>• ½ cup of brown rice</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 scrambled egg</li> <li>• 2 slices whole wheat or multi-grain bread</li> <li>• 1 slice of American cheese</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 5 oz of chicken breast</li> <li>• 2 cups of vegetables</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of black beans</li> <li>• 1 cup of brown rice</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 oz of lean steak</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 small bagel</li> <li>• 1 tbsp of cream cheese</li> <li>• 1 cup of low-fat milk</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 turkey pita wrap (under 300 calories)</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 small veggie burger</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 6 pieces of sushi</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 low-fat waffles</li> <li>• 1 tbsp of syrup</li> <li>• 1 cup of juice</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 cup of mixed fruit</li> <li>• 1 cup of vegetables</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 turkey club sandwich (2 slices of whole wheat or multi-grain bread)</li> <li>• 1 small bag of chips</li> <li>• 1 piece of fruit</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 3-inch square of lasagna</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 English muffin</li> <li>• 2 tsp of peanut butter</li> <li>• 6 oz of yogurt</li> <li>• ½ cup of berries</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 cup of soup</li> <li>• 3 crackers</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of soup</li> <li>• 2 cups of salad</li> <li>• 3 tbsp low-fat dressing</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 5 oz of meatloaf</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of cold cereal</li> <li>• 1 cup of low-fat milk</li> <li>• 1 medium banana</li> <li>• 1 cup of juice</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 plate of grilled vegetables</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 5 oz of lean steak</li> <li>• 1 baked sweet potato</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 oz of roast beef</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 tbsp of mayo</li> <li>• 1 cup of soup</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• Boiled eggs</li> <li>• 6 oz of yogurt</li> <li>• ½ cup of strawberries</li> <li>• 1 cup of juice</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 cup of soup</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 large slice of pizza</li> <li>• 2 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 oz of salmon</li> <li>• 1 mashed sweet potato</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of hot cereal</li> <li>• 2 strips of turkey bacon</li> <li>• 1 cup of juice</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 4 oz of turkey</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 tbsp of mayo</li> <li>• 1 slice of low-fat cheese</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of whole wheat pasta</li> <li>• 2 small meatballs</li> <li>• ½ cup of tomato sauce</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 cup of vegetable stew</li> <li>• 1 cup of brown rice</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 egg whites</li> <li>• 1 cup of vegetables</li> <li>• 1 piece of fruit</li> <li>• 1 cup of juice</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 small fresh fruit smoothie (under 300 calories)</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• ½ cup of beans</li> <li>• 2 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 pork chop</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 ½ cups of cold cereal</li> <li>• 1 cup of low-fat milk</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 small whey protein shake (under 300 calories)</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 5 oz of fish</li> <li>• 2 cups of vegetables</li> <li>• ½ cup of brown rice</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 small veggie burger</li> <li>• 1 cup of brown rice</li> <li>• ½ cup of beans</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 3-inch pancakes</li> <li>• 1 2-inch piece of ham</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 cup of mixed fruit</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 1 cup of beans</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 2 small slices of pizza</li> <li>• 2 cups of salad</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 scrambled eggs</li> <li>• 1 cup of juice</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 small fresh fruit smoothie (under 300 calories)</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of whole wheat pasta</li> <li>• ½ cup of tomato sauce</li> <li>• 4 oz of chicken</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 2 hard-boiled egg whites</li> <li>• 1 cup of soup</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of hot cereal</li> <li>• ½ cup of low-fat milk</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 cup of soup</li> <li>• 3 saltines</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of brown rice</li> <li>• 3 cups of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 small veggie burger</li> <li>• ½ cup of beans</li> <li>• ½ cup of soup</li> </ul> <p><b>SNACK 2</b></p> <p>• Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 slice of low-fat cheese</li> <li>• 6 oz of yogurt</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 4 oz of roast beef</li> </ul> <p>• 2 slices of whole wheat or multi-grain bread</p> <ul style="list-style-type: none"> <li>• 1 tbsp of mayo</li> <li>• 1 handful of pretzels</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 1 cup of beans</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 5 oz of salmon</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of yogurt</li> <li>• 1 tbsp of granola</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 4 oz of turkey</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 cup of whole wheat pasta</li> <li>• ½ cup of tomato sauce</li> <li>• 2 small meatballs</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 waffles</li> <li>• 1 tbsp of syrup</li> <li>• 1 2-inch piece of ham</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 whole wheat pita</li> <li>• 3 oz of turkey</li> <li>• sliced vegetables</li> <li>• 1 tbsp of mayo</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 cup of chili</li> <li>• 1 cup of brown rice</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 4 oz of chicken</li> <li>• 2 cups of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 2 egg whites</li> <li>• 1 slice of low-fat cheese</li> <li>• Unlimited vegetables</li> <li>• 2 slices of whole wheat or multi-grain bread</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 1 plate of fruit</li> <li>• 6 oz of yogurt</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• ½ cup of macaroni and cheese</li> <li>• 4 oz of chicken breast</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 6-inch plate of vegetable stir-fry</li> <li>• 1 cup of brown rice</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>	<p><b>MEAL 1</b></p> <ul style="list-style-type: none"> <li>• 1 cup of hot cereal</li> <li>• 2 slices of whole wheat or multi-grain bread</li> <li>• 1 piece of fruit</li> </ul> <p><b>MEAL 2</b></p> <ul style="list-style-type: none"> <li>• 3 cups of salad</li> <li>• 3 tbsp of low-fat dressing</li> <li>• 1 cup of beans</li> </ul> <p><b>MEAL 3</b></p> <ul style="list-style-type: none"> <li>• 1 hamburger</li> <li>• 15 small skinny fries</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 1</b></p> <p>Choose from the list</p> <p><b>MEAL 4</b></p> <ul style="list-style-type: none"> <li>• 1 4-inch square of lasagna</li> <li>• 1 cup of vegetables</li> </ul> <p><b>SNACK 2</b></p> <p>Choose from the list</p>

**Day 29**

**MEAL 1**

- 1 cup of mixed fruit
- 1 cup of cottage cheese

**MEAL 2**

- 4 oz of tuna salad
- 2 slices of whole wheat or multi-grain bread
- 1 small smoothie (under 200 calories)

**MEAL 3**

- 5 small shrimp
- 2 tbsp of dipping sauce
- 2 cups of salad

**SNACK 1**

Choose from the list

**MEAL 4**

- 1½ cups of beef stew
- 2 cups of vegetables
- 1 cup of brown rice

**SNACK 2**

Choose from the list

**Day 30**

**MEAL 1**

- 1 scrambled egg
- 1 slice of whole wheat or multi-grain bread
- 6 oz of yogurt
- 1 cup of fruit

**MEAL 2**

- 1 cup of soup
- 3 saltines
- 4 oz of turkey
- 1 slice of whole wheat or multi-grain bread

**MEAL 3**

- 1 cup of whole wheat pasta
- 1 cup of vegetables
- ½ cup of tomato sauce

**SNACK 1**

Choose from the list

**MEAL 4**

- 4 oz of turkey
- 2 cups of vegetables

**SNACK 2**

Choose from the list



**Congratulations!**

You've successfully completed Dr. Ian's 30-Day Meal Plan. Keep making progress—continue using the meal plan to maintain a smarter, healthier lifestyle.