

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> Oatmeal with fruit and nuts (1 cup oats, 1/2 cup berries, 1/4 cup nuts) 	<ul style="list-style-type: none"> Salad with grilled chicken or fish (1 salad, 3 ounces grilled chicken or fish) Snack: Fruit (1 piece fruit) 	<ul style="list-style-type: none"> Grilled salmon with roasted vegetables (3 ounces salmon, 1 cup roasted vegetables) Snack: Yogurt (1 cup yogurt)
<ul style="list-style-type: none"> Whole-wheat toast with peanut butter and banana (1 slice toast, 2 tablespoons peanut butter, 1/2 banana) 	<ul style="list-style-type: none"> Soup and salad (1 cup soup, 1 salad) Snack: Hard-boiled eggs (1 hard-boiled egg) 	<ul style="list-style-type: none"> Chicken stir-fry with brown rice (3 ounces chicken, 1 cup brown rice, 1 cup vegetables) Snack: Trail mix (1/4 cup trail mix)
<ul style="list-style-type: none"> Yogurt with berries and granola (1 cup yogurt, 1/2 cup berries, 1/4 cup granola) 	<ul style="list-style-type: none"> Sandwich on whole-wheat bread with lean protein, vegetables, and low-fat cheese (1 sandwich on whole-wheat bread, 3 ounces lean protein, 1 cup vegetables, 1 slice low-fat cheese) Snack: Nuts (1 ounce nuts) 	<ul style="list-style-type: none"> Lentil soup (1 cup lentil soup)
<ul style="list-style-type: none"> Smoothie with protein powder, fruit, and spinach (1 scoop protein powder, 1 cup fruit, 1 cup spinach) 	<ul style="list-style-type: none"> Leftovers from dinner 	<ul style="list-style-type: none"> Black bean burgers with sweet potato fries (2 black bean burgers, 1/2 cup sweet potato fries)
<ul style="list-style-type: none"> Oatmeal with fruit and nuts (1 cup oats, 1/2 cup berries, 1/4 cup nuts) 	<ul style="list-style-type: none"> Salad with grilled chicken or fish (1 salad, 3 ounces grilled chicken or fish) Snack: Fruit (1 piece fruit) 	<ul style="list-style-type: none"> Turkey chili with whole-wheat crackers (1 cup turkey chili, 10 whole-wheat crackers)
<ul style="list-style-type: none"> Whole-wheat toast with peanut butter and banana (1 slice toast, 2 tablespoons peanut butter, 1/2 banana) 	<ul style="list-style-type: none"> Soup and salad (1 cup soup, 1 salad) Snack: Hard-boiled eggs (1 hard-boiled egg) 	<ul style="list-style-type: none"> Grilled salmon with roasted vegetables (3 ounces salmon, 1 cup roasted vegetables) Snack: Trail mix (1/4 cup trail mix)
<ul style="list-style-type: none"> Yogurt with berries and granola (1 cup yogurt, 1/2 cup berries, 1/4 cup granola) 	<ul style="list-style-type: none"> Sandwich on whole-wheat bread with lean protein, vegetables, and low-fat cheese (1 sandwich on whole-wheat bread, 3 ounces lean protein, 1 cup vegetables, 1 slice low-fat cheese) Snack: Nuts (1 ounce nuts) 	<ul style="list-style-type: none"> Chicken stir-fry with brown rice (3 ounces chicken, 1 cup brown rice, 1 cup vegetables)

*Note :Be sure to talk to your doctor or a registered dietitian to get personalized meal planning advice.