

## 8-Day Meal Plan

### Eating Healthy

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	1 whole wheat English Muffin 2 Tbsp natural peanut butter ½ cup fresh fruit 4 oz. skim milk or juice	Mix together= 1 cup yogurt ½ cup blueberries ½ cup oatmeal 4 oz skim milk or juice	1 cup cereal (high protein/fiber) skim milk for cereal 2 egg whites or 1 hard egg 4 oz skim milk or juice	1 slice whole wheat toast 2 egg whites ½ cup fresh fruit 4 oz skim milk or juice
<b>Snack</b>	Kashi Bar	2 Tbsp Humus ½ cup raw carrots or celery	Unsweetened applesauce ¼ cup walnuts	Kashi Bar
<b>Lunch</b>	Mixed green salad w/3 oz grilled chicken oil-based salad dressing ½ cup fresh fruit	Whole wheat pita or bread 3 ounces diced grilled chicken ½ cup lettuce 1 apple	Salad with baked fish Oil-based dressing yogurt	whole wheat bun 3 oz diced grilled chicken lettuce 1 apple
<b>Snack</b>	Unsweetened applesauce ¼ cup walnuts	½ banana 2 Tbsp natural peanut butter	2 Tbsp Humus ½ cup raw carrots or celery	½ banana 2 Tbsp natural peanut butter
<b>Dinner</b>	3 oz turkey meatloaf 1 cup broccoli ½ cup Quinoa	1 cup salad oil-based salad dressing 1 cup spaghetti (whole wheat pasta, lean ground beef)	3 ounces turkey or pork tenderloin 1 cup green beans ½ cup brown rice	3-4 oz baked fish 1 cup brussel sprouts ½ cup Quinoa

	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>
<b>Breakfast</b>	1 cup yogurt 1/4 cup blueberries 1/2 cup oatmeal 4 oz skim milk or juice	1 cup high-fiber, high protein cereal w/skim milk 1/2 cup fresh fruit	1 whole wheat English muffin 1 egg 1 patty veggie sausage 1/2 cup skim milk or juice	mix together= 1 cup light yogurt 1/2 cup blueberries 1/2 cup oatmeal 4 oz skim milk or juice
<b>Snack</b>	1/2 cup fresh fruit 1 serving FF cottage cheese	apple 2 Tbsp peanut butter	Kashi Bar	1/4 cup unsalted peanuts/walnuts/almonds 1/2 cup fresh fruit
<b>Lunch</b>	3 oz turkey breast 2 slices whole wheat bread 1 cup low-sodium tomato soup	mixed green salad with 3 oz grilled chicken breast oil-based salad dressing Yogurt	Whole wheat pita or bread 3 oz diced grilled chicken lettuce Fresh fruit	Salad with baked fish Oil-based salad dressing Yogurt
<b>Snack</b>	2 Tbsp Humus 1/2 cup carrots/celery	1/2 cup fresh fruit 1/4 cup unsalted peanuts/walnuts/almonds	2 Tbsp natural peanut butter 1 serving graham crackers	1 cup carrots/celery sticks 2 Tbsp Humus
<b>Dinner</b>	Burger w/lean ground beef 1 whole wheat bun 1/2 sweet potato	3 oz baked chicken breast 1 cup broccoli 1/2 cup brown rice	Hearty Vegetable Soup (made at home) 1 slice whole wheat bread	3-4 oz baked fish 1 cup brussel sprouts 1/2 sweet potato

- Protein shakes are always a good idea for a snack. For weight loss, be sure the protein powder is sugar-free.
- The main idea is to eat small amounts often. Snacks are a must in order to keep your portion sizes small.
- Try not to eat out. Always have foods ready to prepare at home, so you are not searching for something to eat when you're hungry.