

2,100 -2,300 Calorie Sample Meal Plan

Day	Meals	Menu	Veg	Fruit	Protein	Carbs/ Starch	Nuts/ Cheese	Seeds/ Oils
			5	4	6	4	1	12
Sunday	Break	2 egg cups, toast/PB, berries	0.5	1	2	1		2
	Snack	cucumber slices, cottage cheese	1		1			
	Lunch	2 chicken quesadillas, salad, pear	2	1	2	2	1	3
	Snack	apple slices, peanut butter		1				3
	Dinner	steak, ½ potato, salad, orange	1	1	1	1		3
Monday	Break	2 waffles, banana, 1 T. PB		2		2		3
	Snack	Greek yogurt, blueberries, 1 t. flax		1	1			1
	Lunch	large Greek salad/beans, peach	2	1	2	1	1	6
	Snack	cottage cheese, tomatoes	1		1			
	Dinner	2 squash/chicken, rice	2		2	1		2
Tuesday	Break	Greek yogurt, berries, dry oatmeal		1	1	1		
	Snack	raw vegetables and hummus	1				1	
	Lunch	chicken, salad, seeds, beans, plum	2	1	2	1		9
	Snack	Apple slices, 1 T. almond butter		1				3
	Dinner	2 turkey/black bean chili, berries	2	1	2	2		
Wednesday	Break	2 eggs, toast/2 tsp. PB, honeydew		1	1	1		2
	Snack	pear, celery	1	1				
	Lunch	2 chicken quinoa salad, watermelon	2	1	2	2	1	2
	Snack	2 hardboiled eggs, grapes		1	1			
	Dinner	2 salmon burgers, salad, sw. pot fries	2		2	1		8
Thursday	Break	1 c. oatmeal, 1/2 banana, 2 tsp. PB		1		2		2
	Snack	Greek yogurt, strawberries		1	1			
	Lunch	chef salad, WG pita bread, orange	2	1	2	1		6
	Snack	cottage cheese, peaches		1	1			
	Dinner	cauliflower pizza + chicken, lg. salad	3		2		1	4
Friday	Break	2 breakfast burrito, orange slices	2	1	2	2	1	2
	Snack	Apple, 1 1/2 T. peanut butter		1				5
	Lunch	tuna salad, veggies, berries, crackers	1	1	2	1		2
	Snack	Greek yogurt, mango		1	1			
	Dinner	chicken, quinoa, eggplant, salad	2		1	1		3
Saturday	Break	2 pancakes, turkey bacon, berries		1	1	2		
	Snack	Greek yogurt, raspberries, 1T. flax		1	1			3
	Lunch	chicken (extra) apple salad, crackers	2	1	2	1		6
	Snack	cottage cheese, baby carrots	1		1			
	Dinner	chicken enchiladas, salad, melon	2	1	1	1	1	3

*food items highlighted can be found in the recipe booklet