

## A Sample Healthy Meal Plan

### Day One

#### Breakfast

1 cup skim milk  
½ cup whole grain cereal  
½ grapefruit with Splenda  
¼ scrambled egg substitute  
1 tsp light Benecol

#### Lunch

Turkey sandwich:  
2 oz turkey  
2 slices whole wheat bread  
lettuce and tomato  
1 tsp. fat-free mayo  
1 tsp. mustard  
raw carrots or celery sticks  
1 small apple

#### Snack

1 small fruit  
2 graham crackers  
4 pecans

#### Supper

2 oz lemon breast chicken with mushrooms  
½ cup mashed potatoes  
1 corn on the cob  
1 cup of cooked broccoli  
1 small pear

#### Snack

1 cup of nonfat yogurt

### Day Two

#### Breakfast

1 cup of oatmeal with Splenda  
1 cup skim milk  
2 oz soy sausage

#### Lunch

1 cup of fat-free vegetable soup  
Large garden salad with 2 tbs.  
vinegar and  
olive oil dressing  
2 oz of alpine lace cheese on 6  
unsalted crackers  
½ mandarin oranges

#### Snack

4 unsalted crackers and peanut butter

#### Supper

3 oz grilled or broiled fish  
1 small baked potato  
1 whole-wheat roll  
1 cup cooked squash and onions  
½ cup pineapple

#### Snack

1 cup skim milk and whole wheat  
Cereal

### **Day Three**

#### Breakfast

---

1 bran muffin  
½ cup fresh fruit

#### Lunch

---

½ chicken salad (water packed)  
    With celery, egg whites, onion,  
    And fat free mayo  
Stuffed in whole wheat pita bread  
½ cup slice tomatoes  
12 fresh fruit

#### Snack

---

1 bag “Lite” unsalted popcorn

#### Supper

Grilled marinated chicken  
½ cup brown rice  
½ cup lima beans  
1 cup steamed carrots  
2 unsweetened peach halves

#### Snack

12 almonds

### **Day Four**

#### Breakfast

---

½ scrambled egg substitute  
1 slice whole wheat toast  
    With 1 tsp Benecol  
1 cup skim milk

#### Lunch

---

Garden burger on whole wheat  
    bun with lettuce, tomato,  
    fat-free mayo  
1 cup diet fruit Jell-O

#### Snack

---

½ cup baby carrots  
6 whole-grain crackers & 1 slice  
    alpine lace cheese

#### Supper

1.2 spaghetti sauce (no meat)  
1 cup noodles (whole-wheat)  
1 slice French bread  
½ tsp Benecol  
small garden salad and 2 tbs. vinegar  
and olive oil dressing  
15 grapes

#### Snack

1 cup nonfat yogurt

**Day Five**Breakfast

2 small pancakes made  
    With light biscuick  
2 tbs. light syrup  
¼ egg substitute  
1 cup skim milk

Lunch

½ cup pinto beans  
½ cup green beans  
1 whole-wheat roll  
½ cup broccoli  
½ cup fruit cocktail

Snack

1 cup raw vegetables

Supper

3 oz fresh fish grilled or broiled  
½ cup coleslaw (fat-free mayo)  
Sliced tomatoes on lettuce  
3 new potatoes with parsley  
1 slice whole wheat bread  
1 small apple

Snack

1 whole wheat bagel with  
    Fat-free cream cheese

**Day Six**Breakfast

1 slice whole wheat toast  
½ tsp Bencol  
1 small orange  
¼ cup egg substitute

Lunch

1 cup ground turkey with  
    taco seasoning  
2 steamed tortillas  
1 cup rice and beans

Snack

2 graham crackers  
1 tbs. low fat peanut butter

Supper

1 grilled light cheese sandwich on  
    whole wheat bread  
large garden salad  
2 tbs. vinegar and olive oil dressing  
    or a light dressing  
1 banana

Snack

1 cup skim milk and bran cereal

## **Day Seven**

### Breakfast

2 slices of French toast on wheat bread  
    Made with egg substitute  
2 tbs. light syrup  
½ cup grape juice  
1 cup skim milk

### Lunch

½ chicken salad (water packed)  
    With celery, egg whites, onion,  
    And fat free mayo  
Stuffed in whole wheat pita bread  
½ cup slice tomatoes  
½ cup fresh fruit

### Snack

1 small fruit

### Supper

3 oz BBQ marinade chicken  
½ cup grilled vegetables  
½ cup corn  
1 whole wheat roll  
1 tsp. Benecol

### Snack

9 cashews