


## Your Whole-Month Meal Planner

### A carbohydrate-wise, calorie-conscious plan can help control your condition

Eating healthfully is key to controlling diabetes, heart disease, arthritis and more. You want to keep your weight down and your carbohydrate intake within reasonable levels. So how is that done without sacrificing taste or feeling hungry all day? Each of the following pages maps out a full week of meals for you to enjoy. Each day's consumption equals about 1,800 calories and 200 grams of carbs, based on food-group averages. (You can reduce it to about 1,500 calories by eliminating the snack.) Post these pages on your fridge and find that a healthy meal plan can be great for you! 

—Mindy Hermann, RD



### Weekly Shopping List

The quantities on this shopping list represent the approximate amounts needed to prepare a full week of meals for one person. Change quantities accordingly if you are feeding family members or friends. You also may choose to stock up or purchase larger quantities of items on sale or available only in larger packages.

#### ■ Grains

Brown rice	1-lb. bag*
Oat-ring cereal	1 box*
Oats	1 carton*
Whole-grain or whole-wheat English muffins	1 package
Whole-grain waffles	1 package*
Whole-wheat bread	1 loaf
Whole-wheat pita, 6-inch	1 package
Whole-wheat couscous	1 box*
Whole-wheat crackers	1 box*
Whole-wheat roll, medium (2 oz.)	2
Whole-wheat spaghetti	1 box*

#### ■ Fruits

Apple, small	2
Banana, small (4 oz.)	3
Blueberries	1 pint
Cantaloupe	1
Fruit cocktail in water	16 oz. can
Honeydew melon	1
Peach, medium	1
Pineapple, canned in juice	16 oz. can*
Raisins	1 box*
Strawberries	1 pint

#### ■ Vegetables

Broccoli	1 lb.
Carrots	1-2 lb.
Corn, canned	1 small can
Cucumber	1 medium
Green beans	1 lb.
Greens (kale, collard, turnip greens)	½ lb.
Lettuce	1 head or bag
Mushrooms	2-3
Pepper, red or green	1 small
Potato, 6 oz.	1
Spinach, fresh	½ lb.
Tomato	1 lb.
Tomato, cherry or grape	½ pint
Vegetable juice	1 can
Zucchini	1 small

#### ■ Protein

Bean chili	1 can
Beans, canned	3 cans
Chicken breast	½ lb.
Hummus	1 container*
Pork loin	¼ lb.
Roast beef (deli)	¼ lb.
Salmon	½ lb.
Shrimp	¼ lb.
Soup (pea, lentil or bean)	1 can
Tuna, water-packed	2 cans
Turkey breast (deli)	¼ lb.
Turkey, ground	¼ lb.

#### ■ Fats

Almonds, slivered	1 bag*
Margarine, soft	1 tub*
Mayonnaise, fat-free	1 jar*
Olive oil	1 bottle*
Olives	16
Peanut butter	1 jar*
Peanuts	1 bag*
Pine nuts	1 container*
Pumpkin seeds	1 bag*
Walnuts, chopped	1 bag*

#### ■ Dairy

Cheddar cheese, reduced-fat	4 ounces
Feta cheese, low-fat	small package*
Milk, nonfat	½ gallon
Sour cream, reduced-fat	1 container*
Yogurt, light and flavored	3 6-oz. containers
Yogurt, nonfat plain	3 6-oz. containers or 1 quart

#### ■ Condiments

Coffee	varies*
Jam, light	1 jar*
Mustard	1 jar*
Pesto	1 container*
Syrup, sugar-free	1 bottle*
Vinegar	1 or more bottles*

#### ■ Sweets

Chocolate, dark	small bar*
Cookies, small (½ oz. each)	small box*
Frozen fruit bar, 100% juice	1 box*
Graham crackers	1 box*

\*may not need to purchase every week

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p><b>Breakfast</b></p> <p>2 starch 1 fruit 1 milk 2 fat</p> <p><b>Average per meal: 390 cal/57 g carbs</b></p>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal topped with 1 cup strawberries, 2 Tbsp chopped nuts, 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole-wheat toast with 1 Tbsp peanut butter</li> <li>• ½ cup fruit cocktail in water</li> <li>• ⅔ cup plain fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 whole-grain English muffin with ½ cup yogurt cheese and 2 tsp light jam</li> <li>• 1 small banana</li> <li>• Latte made with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cups oat-ring cereal topped with 1 sliced small (4 oz.) banana, 2 Tbsp pumpkin seeds, 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 whole-grain waffles</li> <li>• ¼ cup blueberries</li> <li>• 2 Tbsp chopped walnuts</li> <li>• ⅔ cup plain/flavored fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal with 2 Tbsp raisins. 2 Tbsp chopped peanuts, 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 whole-grain English muffin topped with 2 tsp soft margarine</li> <li>• 1 small apple</li> </ul>
<p><b>Lunch</b></p> <p>2 starch 2 veggie 1 milk 2 meat 2 fat</p> <p><b>Average per meal: 490 cal/52 g carbs</b></p>	<ul style="list-style-type: none"> <li>• 1 6-inch whole-wheat pita filled with 2 oz. sliced turkey breast, lettuce, tomato and mustard</li> <li>• Salad with 1 cup lettuce, 1½ cups each tomato and cucumber</li> <li>• Dressing of 2 tsp olive oil+vinegar of your choice</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. grilled salmon</li> <li>• Medium (6 oz.) baked potato with 2 Tbsp reduced-fat sour cream</li> <li>• 1 cup sautéed broccoli with 1 tsp olive oil</li> <li>• ⅔ cup flavored light fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Platter with ⅓ cup hummus, ½ 6-inch wheat pita, 1 cup carrot sticks, 1 cup pepper slices, 1 oz. low-fat feta cheese, 8 olives</li> <li>• ⅔ cup plain fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. lean roast beef, lettuce, tomato slices, 1 oz. reduced-fat cheese on a medium (2 oz.) whole-wheat roll</li> <li>• Salad with 1 cup lettuce, 1 cup cherry tomatoes</li> <li>• Dressing of 1 tsp olive oil+vinegar of your choice</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. grilled chicken breast</li> <li>• ⅔ cup brown rice with 1 Tbsp pine nuts</li> <li>• 1 cup sautéed spinach with 1 tsp olive oil</li> <li>• Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cups pea, lentil or bean soup</li> <li>• Salad with 1 cup lettuce, 1 cup mixture of mushrooms, peppers, carrots, tomato</li> <li>• Dressing of 2 tsp olive oil+vinegar of your choice</li> <li>• ⅔ cup flavored light fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. tuna in water mixed with 1 Tbsp fat-free mayo, plus lettuce and tomato on 2 slices of whole-wheat bread</li> <li>• 1 cup steamed green beans topped with 2 Tbsp slivered almonds</li> <li>• 1 cup nonfat milk</li> </ul>
<p><b>Dinner</b></p> <p>2 starch 2 veggie 1 fruit 3 meat 2 fat</p> <p><b>Average per meal: 530 cal/55 g carbs</b></p>	<ul style="list-style-type: none"> <li>• 3 oz. grilled chicken breast topped with 1 tsp pesto</li> <li>• ⅔ cup whole-wheat couscous</li> <li>• 1 cup grilled or roasted zucchini brushed with 1 tsp olive oil</li> <li>• 1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup all-bean chili with 2 Tbsp grated reduced-fat cheese</li> <li>• Salad with 1 cup lettuce, ½ cup each tomato and cucumber</li> <li>• Dressing of 2 tsp olive oil+vinegar of your choice</li> <li>• 100% juice frozen fruit bar</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled salmon</li> <li>• ⅔ cup brown rice</li> <li>• 1 cup cooked carrots</li> <li>• 1 cup strawberries</li> <li>• ½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• ⅔ cup whole-wheat spaghetti with ½ cup tomato sauce and 3 oz. ground turkey</li> <li>• ½ cup steamed green beans</li> <li>• 1 cup melon cubes</li> <li>• ½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. tuna in water mixed with 1 Tbsp fat-free mayo, plus ¼ cup diced avocado, lettuce and tomato on a medium (2 oz.) wheat roll</li> <li>• 1 cup cherry tomatoes</li> <li>• ½ cup canned pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled pork loin</li> <li>• ½ cup corn</li> <li>• 1 slice wheat bread with 1 tsp soft margarine</li> <li>• 1 cup sautéed green beans with 1 tsp olive oil</li> <li>• 1 small banana</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled shrimp</li> <li>• 1 cup homemade 3-bean salad made with 1 tsp olive oil</li> <li>• 1 Tbsp diced avocado</li> <li>• 1 cup steamed broccoli</li> <li>• 1 cup strawberries</li> </ul>
<p><b>Snack</b></p> <p>1 starch 1 fruit 1 milk 1 fat</p> <p><b>Average per meal: 310 cal/42 g carbs</b></p>	<ul style="list-style-type: none"> <li>• 4 whole-wheat crackers</li> <li>• 1 cup vegetable or tomato juice</li> <li>• 1 oz. reduced-fat cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 2 small cookies</li> <li>• 1 cup melon cubes</li> <li>• 1 cup nonfat milk flavored with sugar-free syrup</li> </ul>	<ul style="list-style-type: none"> <li>• 3 graham-cracker squares with ½ Tbsp peanut butter</li> <li>• ¾ cup blueberries</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ whole-wheat English muffin with 1 oz. reduced-fat cheese and tomato slices</li> <li>• 1 medium peach</li> </ul>	<ul style="list-style-type: none"> <li>• 3 graham-cracker squares with ½ Tbsp peanut butter</li> <li>• ½ cup fruit cocktail in water</li> <li>• Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 small cookies</li> <li>• 1 small apple</li> <li>• ⅔ cup plain nonfat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cup oat-ring cereal topped with ¾ cup blueberries</li> <li>• 1 Tbsp chopped walnuts</li> <li>• 1 cup nonfat milk</li> </ul>

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<p><b>Lunch</b></p> <p>2 grain 2 veggie 2 meat 2 fat</p> <p><b>Average per meal:</b> 490 kcal/52 g carbs</p>	<ul style="list-style-type: none"> <li>• 2 oz. sliced turkey breast, lettuce, tomato and mustard on 2 slices whole-wheat bread</li> <li>• Salad with 1 cup lettuce, ½ cup each tomato, cucumber</li> <li>• Dressing with 2 tsp olive oil+vinegar of your choice</li> <li>• 1 cup nonfat milk flavored with sugar-free syrup</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. grilled salmon</li> <li>• ¾ cup brown rice with 1 Tbsp pine nuts</li> <li>• 1 cup sautéed broccoli with 1 tsp olive oil</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Platter with ½ cup hummus, ½ 6-inch wheat pita, 1 cup carrot sticks, 1 cup pepper slices, 1 oz. low-fat feta cheese, 8 olives</li> <li>• Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 6-inch whole-wheat pita filled with 2 oz. lean roast beef, lettuce, tomato slices, 1 oz. reduced-fat cheese, ¼ cup diced avocado</li> <li>• 1 cup cherry tomatoes</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. grilled chicken breast</li> <li>• Medium (6 oz.) baked potato with 2 Tbsp reduced-fat sour cream</li> <li>• Salad with 1 cup lettuce, ½ cup each tomato, cucumber</li> <li>• Dressing with 1 tsp olive oil+vinegar of your choice</li> <li>• ⅔ cup plain fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cup pea, lentil or bean soup</li> <li>• Salad with 1 cup lettuce, 1 cup mixture of mushrooms, peppers, carrots, tomato</li> <li>• Dressing with 2 tsp olive oil+vinegar of your choice</li> <li>• ⅔ cup flavored light yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. tuna in water mixed with 1 Tbsp fat-free mayo, lettuce and tomato on a medium (2 oz.) wheat roll</li> <li>• 2 cup spinach salad with 1 tsp olive oil</li> <li>• 1 cup nonfat milk</li> </ul>
<p><b>Dinner</b></p> <p>2 grain 2 veggie 1 fruit 3 meat 2 fat</p> <p><b>Average per meal:</b> 530 kcal/55 g carbs</p>	<ul style="list-style-type: none"> <li>• 3 oz. grilled chicken breast topped with 1 tsp pesto</li> <li>• ⅔ cup brown rice</li> <li>• 1 cup steamed green beans topped with 1 Tbsp chopped nuts</li> <li>• 1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup all-bean chili topped with 2 Tbsp grated reduced-fat cheese</li> <li>• 1 cup grilled or roasted zucchini brushed with 1 tsp olive oil</li> <li>• 100% juice frozen fruit bar</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled salmon</li> <li>• ½ cup corn</li> <li>• 1 slice wheat bread with 1 tsp soft margarine</li> <li>• 1 cup cooked carrots</li> <li>• 1 cup strawberries</li> <li>• ½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• ⅔ cup whole-wheat spaghetti with ½ cup tomato sauce and 3 oz. ground turkey</li> <li>• Salad with 1 cup lettuce, 1 cup cherry tomatoes</li> <li>• Dressing of 2 tsp olive oil+vinegar of your choice</li> <li>• ½ cup canned pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. tuna in water mixed with 1 Tbsp fat-free mayo, lettuce and tomato on a medium (2 oz.) wheat roll</li> <li>• ½ cup steamed green beans</li> <li>• ¾ cup blueberries</li> <li>• ½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled pork loin</li> <li>• ⅔ cup whole-wheat couscous with 1 Tbsp slivered almond</li> <li>• 1 cup sautéed greens with 1 tsp olive oil</li> <li>• 1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled shrimp</li> <li>• 1 cup homemade 3-bean salad made with 1 tsp olive oil, 1 Tbsp diced avocado</li> <li>• 1 cup cooked broccoli</li> <li>• 1 small banana</li> </ul>
<p><b>Snack</b></p> <p>1 grain 1 fruit 1 milk 1 fat</p> <p><b>Average per meal:</b> 310 kcal/42 g carbs</p>	<ul style="list-style-type: none"> <li>• 3 graham cracker squares with ½ Tbsp peanut butter</li> <li>• 1 cup vegetable or tomato juice</li> </ul>	<ul style="list-style-type: none"> <li>• 2 small cookies</li> <li>• 1 medium peach</li> <li>• Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 4 whole-wheat crackers</li> <li>• 1 oz. reduced-fat cheese</li> <li>• ½ cup fruit cocktail</li> <li>• ⅔ cup flavored light fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• ½ whole-wheat English muffin with 1 oz. reduced-fat cheese, tomato slices</li> <li>• 1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• 3 graham-cracker squares with ½ Tbsp peanut butter</li> <li>• 1 sliced small apple</li> <li>• ⅔ cup plain fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 small cookies</li> <li>• ½ cup fruit cocktail</li> <li>• ⅔ cup plain nonfat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cup oat-ring cereal topped with 2 Tbsp raisins and 2 Tbsp chopped peanuts</li> <li>• 1 cup nonfat milk</li> </ul>

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<p><b>Lunch</b></p> <p>2 grain 2 veggie 1 milk 2 meat 2 fat</p> <p><b>Average per meal: 490 kcal/52 g carbs</b></p>	<ul style="list-style-type: none"> <li>• 2 oz. sliced turkey breast, lettuce, tomato and mustard on 1 whole-grain English muffin</li> <li>• 2 cups spinach salad with 1 tsp olive oil</li> <li>• Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. grilled salmon</li> <li>• Medium (6 oz.) baked potato with 2 Tbsp reduced-fat sour cream</li> <li>• 1 cup steamed green beans topped with 1 Tbsp chopped nuts</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Platter with ⅓ cup hummus, ½ 6-inch wheat pita, 1 cup carrot sticks, 1 cup pepper slices, 1 oz. low-fat feta cheese, 8 olives</li> <li>• 1 cup nonfat milk flavored with sugar-free syrup</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. lean roast beef, lettuce, tomato slices, 1 oz. reduced-fat cheese, mustard on medium (2 oz.) wheat roll</li> <li>• 1 cup cherry tomatoes drizzled with 1 tsp olive oil+vinegar of your choice</li> <li>• ⅔ cup plain fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. grilled chicken breast</li> <li>• ⅔ cup brown rice with 1 Tbsp pine nuts</li> <li>• 1 cup sautéed greens with 1 tsp olive oil</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cup pea, lentil or bean soup</li> <li>• Salad with 1 cup lettuce; 1 cup mixture of mushrooms, peppers, carrots, tomato; ¼ cup diced avocado</li> <li>• Dressing with 1 tsp olive oil+vinegar of your choice</li> <li>• ⅔ cup flavored light fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 6-inch whole-wheat pita filled with 2 oz. tuna in water mixed with 1 Tbsp fat-free mayo, lettuce, tomato</li> <li>• Salad with 1 cup lettuce, ½ cup each tomato and cucumber</li> <li>• Dressing with 2 tsp olive oil+vinegar of your choice</li> <li>• 1 cup nonfat milk</li> </ul>
<p><b>Dinner</b></p> <p>2 grain 2 veggie 1 fruit 3 meat 2 fat</p> <p><b>Average per meal: 530 kcal/55 g carbs</b></p>	<ul style="list-style-type: none"> <li>• 3 oz. grilled chicken breast</li> <li>• ½ cup corn</li> <li>• 1 slice wheat bread with 1 tsp soft margarine</li> <li>• 1 cup sautéed broccoli with 1 tsp olive oil</li> <li>• 1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup all-bean chili topped with 2 Tbsp grated reduced-fat cheese</li> <li>• Salad with 1 cup lettuce, ½ cup each tomato, cucumber</li> <li>• Dressing with 1 tsp olive oil+vinegar of your choice</li> <li>• 100% juice frozen fruit bar</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled salmon topped with 1 tsp pesto</li> <li>• ⅔ cup whole-wheat couscous</li> <li>• 1 cup cooked carrots</li> <li>• 1 cup strawberries</li> <li>• ½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• ⅔ cup whole-wheat spaghetti with ½ cup tomato sauce and 3 oz. ground turkey</li> <li>• ½ cup steamed green beans</li> <li>• ½ cup canned pineapple in juice</li> <li>• ½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. tuna in water mixed with 1 Tbsp fat-free mayo, lettuce and tomato on a medium (2 oz.) wheat roll</li> <li>• Salad with 1 cup lettuce and 1 cup cherry tomatoes</li> <li>• Dressing of 2 tsp olive oil+vinegar of your choice</li> <li>• ¾ cup blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled pork loin</li> <li>• ⅔ cup brown rice with 1 Tbsp slivered almond</li> <li>• 1 cup grilled or roasted zucchini brushed with 1 tsp olive oil</li> <li>• 1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. grilled shrimp</li> <li>• 1 cup homemade 3-bean salad made with 1 tsp olive oil, 1 Tbsp diced avocado</li> <li>• 1 cup cooked broccoli</li> <li>• 1 small apple</li> </ul>
<p><b>Snack</b></p> <p>1 grain 1 fruit 1 milk 1 fat</p> <p><b>Average per meal: 310 kcal/42 g carbs</b></p>	<ul style="list-style-type: none"> <li>• 3 graham-cracker squares with ½ Tbsp peanut butter</li> <li>• 1 cup vegetable or tomato juice</li> <li>• ⅔ cup flavored fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 small cookies</li> <li>• 1 cup melon cubes</li> <li>• Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 4 whole-wheat crackers</li> <li>• 1 oz. reduced-fat cheese</li> <li>• ½ cup fruit cocktail</li> </ul>	<ul style="list-style-type: none"> <li>• ½ whole-wheat English muffin with 1 oz. reduced-fat cheese and tomato slices</li> <li>• 1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• 3 graham-cracker squares with ½ Tbsp peanut butter</li> <li>• ⅔ cup plain fat-free yogurt with 2 Tbsp raisins</li> </ul>	<ul style="list-style-type: none"> <li>• 2 small cookies</li> <li>• ½ cup fruit cocktail</li> <li>• 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cup oat-ring cereal topped with ¾ cup blueberries, 2 Tbsp chopped walnuts</li> <li>• 1 cup nonfat milk</li> </ul>

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p><b>Breakfast</b></p> <p>2 grain 1 fruit 1 milk 2 fat</p> <p><b>Average per meal: 390 kcal/57 g carbs</b></p>	<ul style="list-style-type: none"> <li>1 cup oatmeal topped with 2 Tbsp raisins, 2 Tbsp chopped walnuts</li> <li>Latte made with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>2 whole-grain waffles topped with 1 cup strawberries, 2 Tbsp slivered almonds</li> <li>¾ cup plain/flavored fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>2 slices whole-wheat toast topped with 2 tsp soft margarine</li> <li>1 medium peach</li> <li>1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>1½ cup oat-ring cereal topped with ¾ cup blueberries, 2 Tbsp chopped peanuts</li> <li>1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>1 whole-grain English muffin with ½ cup yogurt cheese</li> <li>1 small banana</li> <li>Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>1 cup oatmeal with 2 Tbsp pumpkin seeds</li> <li>1 cup melon cubes</li> <li>1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>2 slices whole-wheat bread with 2 tsp light jam and 1 Tbsp peanut butter</li> <li>1 cup melon cubes</li> </ul>
<p><b>Lunch</b></p> <p>2 grain 2 veggie 1 milk 2 meat 2 fat</p> <p><b>Average per meal: 490 kcal/52 g carbs</b></p>	<ul style="list-style-type: none"> <li>1 whole-grain English muffin with ⅓ cup hummus, 1 oz. low-fat feta cheese, lettuce and tomato</li> <li>Salad with 1 cup lettuce, ½ cup each tomato and cucumber</li> <li>Dressing with 1 tsp olive oil+vinegar of your choice</li> <li>⅔ cup plain nonfat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>2 oz. grilled salmon</li> <li>Medium (6 oz.) baked potato with 2 Tbsp reduced-fat sour cream</li> <li>1 cup steamed green beans topped with 1 Tbsp chopped nuts</li> <li>1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>Platter with 2 oz. sliced turkey breast, 1 6-inch wheat pita, 1 cup carrot sticks, 1 cup pepper slices, 8 olives, 1 Tbsp diced avocado</li> <li>1 cup nonfat milk flavored with sugar-free syrup</li> </ul>	<ul style="list-style-type: none"> <li>2 oz. tuna in water mixed with 1 Tbsp fat-free mayo, lettuce and tomato slices on medium (2 oz.) wheat roll</li> <li>1 cup cherry tomatoes drizzled with 1 tsp olive oil+vinegar of your choice</li> <li>¾ cup plain fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>2 oz. grilled chicken breast</li> <li>½ cup corn</li> <li>1 slice wheat bread with 1 tsp soft margarine</li> <li>1 cup sautéed greens with 1 tsp olive oil</li> <li>1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>1½ cup pea, lentil or bean soup</li> <li>Salad with 1 cup lettuce, ½ cup each tomato and cucumber</li> <li>Dressing with 2 tsp olive oil+vinegar of your choice</li> <li>¾ cup flavored light fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>3 oz. tuna in water with 1 Tbsp fat-free mayo, lettuce and tomato on a medium (2 oz.) wheat roll</li> <li>Salad with 1 cup lettuce; 1 cup mixture of mushrooms, peppers, carrots, tomato; ¼ cup diced avocado</li> <li>Dressing with 1 tsp olive oil+vinegar of your choice</li> <li>1 cup steamed non-fat milk with 1 Tbsp sugar-free syrup</li> </ul>
<p><b>Dinner</b></p> <p>2 grain 2 veggie 1 fruit 3 meat 2 fat</p> <p><b>Average per meal: 530 kcal/55 g carbs</b></p>	<ul style="list-style-type: none"> <li>3 oz. grilled chicken breast topped with 1 tsp pesto</li> <li>⅔ cup brown rice with 1 Tbsp pine nuts</li> <li>1 cup cooked carrots</li> <li>1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>1 cup all-bean chili topped with 2 Tbsp grated reduced-fat cheese</li> <li>2 cups spinach salad with 1 tsp olive oil</li> <li>100% juice frozen fruit bar</li> </ul>	<ul style="list-style-type: none"> <li>3 oz. grilled salmon</li> <li>⅔ cup whole-wheat couscous with 1 Tbsp slivered almonds</li> <li>1 cup steamed broccoli</li> <li>1 cup strawberries</li> <li>½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>⅔ cup whole-wheat spaghetti with ½ cup tomato sauce and 3 oz. ground turkey</li> <li>1 cup zucchini sautéed in 1 tsp olive oil</li> <li>½ cup canned pineapple</li> <li>½ oz. piece dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>1 6-inch whole-wheat pita filled with 2 oz. lean roast beef, 1 oz. reduced-fat cheese, mustard, lettuce, tomato</li> <li>Salad with 1 cup lettuce and 1 cup cherry tomatoes</li> <li>Dressing of 1 tsp olive oil+vinegar of your choice</li> <li>¾ cup blueberries</li> </ul>	<ul style="list-style-type: none"> <li>3 oz. grilled shrimp</li> <li>⅔ cup brown rice with 1 Tbsp slivered almonds</li> <li>1 cup sautéed green beans with 1 tsp olive oil</li> <li>1 sliced small apple</li> </ul>	<ul style="list-style-type: none"> <li>3 oz. grilled pork loin</li> <li>1 cup homemade 3-bean salad with 1 tsp olive oil</li> <li>1 cup sautéed broccoli with 1 tsp olive oil</li> <li>1 sliced small banana</li> </ul>
<p><b>Snack</b></p> <p>1 grain 1 fruit 1 milk 1 fat</p> <p><b>Average per meal: 310 kcal/42 g carbs</b></p>	<ul style="list-style-type: none"> <li>3 graham-cracker squares with ½ Tbsp peanut butter</li> <li>½ cup fruit cocktail</li> <li>⅔ cup flavored light fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>½ whole-wheat English muffin with 1 oz. reduced-fat cheese and tomato slices</li> <li>1 cup melon cubes</li> </ul>	<ul style="list-style-type: none"> <li>2 small cookies</li> <li>1 sliced small banana</li> <li>1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>2 small cookies</li> <li>1 cup melon cubes</li> <li>Latte with 1 cup nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>3 graham-cracker squares with ½ Tbsp peanut butter</li> <li>⅔ cup plain fat-free yogurt with 1 chopped small apple</li> </ul>	<ul style="list-style-type: none"> <li>4 whole-wheat crackers</li> <li>1 oz. reduced-fat cheese</li> <li>1 cup vegetable or tomato juice</li> </ul>	<ul style="list-style-type: none"> <li>¾ cup oat-ring cereal topped with 2 Tbsp chopped walnuts</li> <li>½ cup fruit cocktail</li> <li>1 cup nonfat milk</li> </ul>