



Sample Meals

Day One

Breakfast

Scrambled egg or omelette with ¼ cup mushrooms, ½ cup spinach, and 1 tablespoon parmesan cheese (optional)
½ grapefruit
1 cup green tea

Mid-morning Fueling

1 serving sugar-free Jello with ¼ cup cottage cheese

Lunch Fueling

½ whole wheat English muffin, toasted, with 1 teaspoon all-natural peanut butter

Mid-afternoon Fueling

Veggies dipped into ½ cup low-fat ranch dressing

Dinner

Mixed green salad with red peppers and cucumber
Balsamic vinegar and olive oil
Broiled cod (scrod) with lemon pepper
3 oz of whole wheat angel hair pasta tossed with chicken broth or bouillon, lightly sprinkled with parmesan cheese

Evening Fueling

1 medium hard-boiled egg



Day Two

Breakfast

Sugar-free natural muesli

½ cup skim milk

1 cup raspberries

Mid-morning Fueling

10 almonds

Lunch Fueling

1 ounce fresh mozzarella

1 sliced tomato on a bed of lettuce and basil, drizzled with olive oil and vinegar

Mid-afternoon Fueling

Low-glycemic, 100-calorie protein bar

1 cup coffee, black

Dinner

Grilled herbed chicken breast

Grilled zucchini and yellow squash mix

1 slice sourdough bread

Evening Fueling

3–4 oz fat-free natural yogurt



Day Three

Breakfast

1 slice rye toast with nonfat cream cheese
1 orange
1 cup Green tea

Mid-morning Fueling

½ sliced apple with 2 teaspoons all-natural peanut butter

Lunch Fueling

Fresh spinach with red peppers and minced garlic or onion and 1 tablespoon parmesan cheese, sprinkled with balsamic vinegar

Mid-afternoon Fueling

10 almonds

Dinner

Roasted pork tenderloin
1 cup cooked cauliflower, mashed with 1 tablespoon parmesan cheese and garlic (optional)
3 oz cooked whole grain pasta with ½ fresh tomato and herbs, drizzled lightly with olive oil and tossed

Evening Fueling

8 medium strawberries dipped in light Cool Whip

Don't skip breakfast! It's one of the keys to successful weight maintenance. In fact, according to studies, 80 percent of people who've maintained a 35-pound or greater weight loss make breakfast a part of their day. . . every day.



Day Four

Breakfast

Poached egg

½ whole wheat English muffin

Baked half tomato sprinkled with parmesan

Mid-morning Fueling

1 cup raspberries

Lunch Fueling

1 slice whole grain bread

Sugar-free fruit spread

Mid-afternoon Fueling

½ cup cherry tomatoes with balsamic vinegar and hummus

Dinner

Montreal grilled beef

Steamed asparagus

1 cup sautéed mushrooms with 1 teaspoon olive oil

Evening Fueling

½ cup fat-free herbed cottage cheese



Day Five

Breakfast

¾ cup rolled oats with ½ cup diced apples and raspberries
and 1 teaspoon sliced almonds
½ cup skim milk

Mid-morning Fueling

2 tablespoons sunflower seeds

Lunch Fueling

1 ounce Gouda cheese
1 romaine leaf seasoned with ½ teaspoon olive oil and fresh black pepper

Mid-afternoon Fueling

1 cup Bell Pepper strips and cucumber

Dinner

Herbed poached salmon
Fresh steamed spinach
1 slice toasted rye bread lightly drizzled with olive oil

Evening Fueling

1 cup low-glycemic mixed fruit



Day Six

Breakfast

1 slice whole grain toast

½ cup low-fat cottage cheese with ½ cup blackberries

Mid-morning Fueling

½ grapefruit

Lunch Fueling

Mixed green salad with herbed olive oil and red wine vinegar

Mid-afternoon Fueling

1 cup tomato soup with celery stalk

Dinner

Sautéed chicken with lemon and capers

Steamed broccoli

Evening Fueling

Fat-free Yoplait vanilla yogurt



Week Two Menu

Day Eight

Breakfast

Baked eggs with chopped broccoli
1 slice whole wheat bread

Mid-morning Fueling

Nectarine

Lunch Fueling

Yoplait Light Smoothie

Mid-afternoon Fueling

½ cup edamame (soybeans)

Dinner

Mixed green salad with red peppers, cucumber, balsamic vinegar, and olive oil
Marinated turkey cutlet
⅓ cup whole wheat pasta lightly drizzled with olive oil and sprinkled with
parmesan cheese

Evening Fueling

½ cup fat-free cottage cheese



Day Nine

Breakfast

1 biscuit Shredded Wheat

½ cup skim milk

½ cup strawberries and ½ cup raspberries

Mid-morning Fueling

½ cup walnuts

Lunch Fueling

1 ounce fresh mozzarella

Slice of tomato

Mid-afternoon Fueling

Large dill pickle wrapped in a thin slice of turkey

Dinner

Sirloin and vegetable kabobs

Small green salad

Evening Fueling

1 medium pear



Day Ten

Breakfast

1 slice rye toast
1 teaspoon nonfat herbed cream cheese
2 oz smoked salmon
Orange slices

Mid-morning Fueling

4 oz low-fat yogurt

Lunch Fueling

Fresh spinach with red peppers and minced garlic or onion

Mid-afternoon Fueling

½ cup almonds

Dinner

Grilled sea bass with tomato salsa
Endive seasoned with fresh herbs and malt vinegar

Evening Fueling

1 ounce cheddar cheese



Day Eleven

Breakfast

- 1 hard-boiled egg
- 1 ounce lean ham
- 1 slice whole wheat rye bread
- ½ grapefruit

Mid-morning Fueling

- 1 cup strawberries

Lunch Fueling

- 2 cups tossed salad (lettuce, tomato, cucumber, 2 tablespoons low-cal salad dressing)

Mid-afternoon Fueling

- ½ apple with 2 teaspoons peanut butter

Dinner

- Sautéed chicken with basil and lemon
- Asparagus
- 3 oz whole wheat linguini

Evening Fueling

- ½ cup fat-free herbed cottage cheese



Day Twelve

Breakfast

Cinnamon rolled oats oatmeal

½ cup skim milk

1 apricot

Mid-morning Fueling

1 hard-boiled egg and three strawberries

Lunch Fueling

1 ounce gouda cheese

1 romaine leaf seasoned with ½ teaspoon olive oil and fresh black pepper

Mid-afternoon Fueling

Red pepper strips dipped in 3 tablespoons hummus

Dinner

Seared sea scallops

Mixed field greens drizzled with balsamic vinegar

1 slice sourdough bread with a drizzle of olive oil

Evening Fueling

Mixed berries



Day Thirteen

Breakfast

1 slice whole grain wheat bread
1 cooked egg
Sautéed fresh spinach
1 cup green tea

Mid-morning Fueling

½ grapefruit

Lunch

Mixed green salad with herbed olive oil and red wine vinegar

Mid-afternoon Fueling

Sugar-free Jello with ½ cup raspberries

Dinner

Sautéed ginger beef
Steamed broccoli
3 oz whole wheat spaghetti

Evening Fueling

Fat-free Yoplait vanilla yogurt



Day Fourteen

Breakfast

Omelette with chopped tarragon and cheddar cheese

½ grapefruit

Mid-morning Fueling

20 cherries

Lunch Fueling

Alfalfa sprouts, olives, and tomato slice

Mid-afternoon Fueling

Carrot and cucumber sticks

Dinner

Balsamic glazed chicken with rosemary grilled portabella mushroom

One slice whole wheat rye bread, toasted

Evening Fueling

4 Brazil nuts

You now have two weeks of meal plans, as well as the recipes you need to prepare your evening meal. You can repeat the two-week cycle or mix it up with meals you like.