

5-Day Meal Plan

Daily Calories: 2400

Try to eat meals and snacks 2 ½ to 3 hours apart

Eat meals 4-5 hours apart

Carbohydrates: 226g – 38%

Protein: 167g – 28%

Fat: 90g – 34%

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 42g of carbs	1 whole wheat English muffin 2 eggs 1 tsp butter 1 cup milk	1 cup oatmeal 1 cup milk 1.5 tsp nut spread 2 eggs	2 4" waffles 2T nut spread 1 cup milk 4 walnut halves, chopped	½ bagel 1T cream cheese 1 cup milk 2 eggs	1 cup oatmeal 2/3 cup Greek yogurt 2T nut spread 1T pumpkin seeds
Snack 27g of carbs	8 animal crackers 1T nut spread 1 cup milk	¼ cup granola 2/3 cup Greek yogurt 1T nut spread	3 PB sandwich crackers 1oz low-fat cheese 1 cup milk	½ a 6" pita 1/3 cup hummus 1 cup milk	3 graham crackers (2.5" squares) 1oz low-fat cheese 1 cup milk
Lunch 50g of carbs	4oz grilled, skinless chicken 1 cup salad greens 20 oyster crackers 2T reduced fat salad dressing ¾ cup blueberries ¾ cup pretzels	1 cup (8oz) baked tofu cubes 1 cup edamame 2/3 cup Udon stir-fry noodles ½ cup cooked baby corn and peppers ½ cup pineapple 6 cashews	3oz grilled, skinless chicken 1/2 cup lentils 1/3 brown rice ½ cup cooked greens 6 almonds 17 small grapes	2oz skinless chicken 1 cup edamame 1 6" tortilla 1 cup salad greens 2T avocado ½ cup sliced kiwifruit	1 cup baked tempeh slices 2 slices whole wheat toast 1 cup raw greens & tomato 2T avocado ½ cup mango
Snack 30g of carbs	6 round, butter-type crackers 1/3 cup hummus 1oz low-fat cheese	1.5 cup pretzels 2oz low-fat cheese	2 4" rice cakes 1/3 cup hummus 1oz low-fat cheese	3 cups popcorn ¾ cup blueberries 2oz low-fat cheese	1.5 cup pretzels 2T nut spread
Dinner 50g of carbs	2 veggie burgers 2-5" taco shells 4 oz low-fat shredded cheese 1 cup salad greens/tomatoes 2T avocado ½ cup fruit cocktail	6oz grilled or baked salmon 2/3 cup whole wheat pasta ½ cup cooked greens 1 tsp vegetable oil 2 small clementines	6oz flank or sirloin steak 1 cup baked sweet potato ½ cup cooked broccoli 1 tsp butter ½ cup applesauce	5oz skinless roasted chicken ½ cup peas 3oz baked potato with skin 1 tsp butter ½ cup roasted carrots ½ large pear	6oz grilled or baked salmon 2/3 cup brown rice ½ cup cooked greens 1 tsp vegetable oil 12 cherries
Snack 27g of carbs	¼ cup granola 1 cup milk 1T nut spread	5 whole wheat crackers 1oz low-fat cheese 1 cup milk	2/3 cup Greek yogurt ¼ cup granola 1T nut spread	1 slice whole wheat bread 1T nut spread 1 cup milk	½ cup cereal 1 cup milk 1T nut spread

Nut spread = almond butter, peanut butter, cashew butter, soy nut butter, etc.

Low-fat cheese = contains 3 grams or less fat per 1 ounce serving

Serving size of plain, non-starchy vegetables (ex.: greens, carrots, peppers, broccoli, tomatoes, baby corn, etc.) can be increased from ½ cup cooked or 1 cup raw listed above, if desired