



1,300 Calorie Plan

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven	
	Meal One	Meal One	Meal One	Meal One	Meal One	Meal One	Meal One	
Breakfast	2 eggs (boiled)	2 eggs scrambled	fat free vanilla yogurt	2 eggs scrambled	2 eggs (boiled)	yogurt	1 1/2 cups strawberries	
	1/2 cup blackberries or berry of choice	skinny cow cheese (opt)	1/2 cup berry of choice	skinny cow cheese (opt)	1/2 cup blackberries or berry of choice	1/2 cup berry of choice	omelet (2 eggs)	
	1/2 cup strawberries	tomato slice 3-4	Handful raw almonds	tomato slice 3-4	1/2 cup strawberries	eggo nutrigrain whole wheat waffle	1 slice wheat toast	
	1 slice of wheat toast	1/2 cup strawberries		1/2 cup strawberries	1 slice of wheat toast	1 TBS Maple Syrup	1/2 cup pineapples	
	1 slice wheat toast	1 slice wheat toast		1 slice wheat toast				
	254 cal	288 cal	284 cal	288 cal	254 cal	248 cal	309 cal	
Morning Snack	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two	Meal Two	
	Light yogurt smoothie	tomato sliced (medium)	apple	Light yogurt smoothie	tomato sliced (medium)	apple	SMOOTHIE	
	3/4 cup strawberries	cucumber- 20 slices	2 TBS all natural peanut butter	3/4 cup strawberries	cucumber- 20 slices	2 TBS all natural peanut butter	see below	
		2 TBS Vinegarette dressing			2 TBS Vinegarette dressing			
	150 cal	108 cal	200 cal	150 cal	108 cal	200 cal		
Lunch	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three	Meal Three	
	chicken breast	Tuna 3oz	thin sliced turkey-2	chicken breast	chicken breast	Tuna 3oz	thin sliced turkey- 2	
	spinach 2 cups	Grapes 3/4 cup	low fat swiss cheese	green beans	spinach 2 cups	Grapes 3/4 cup	low fat swiss cheese	
	Grapes 3/4 cup	Spinach 2 cups	Spinach	choice of bean	Grapes 3/4 cup	Spinach 2 cups	Spinach	
	Vinegarette dressing 2 tbs	chopped walnuts	pear slice	pear slice	Vinegarette dressing 2 tbs	chopped walnuts	pear slice	
	Vinegarette dressing 2 tbs	honey dijon mustard			Vinegarette dressing 2 tbs	honey dijon mustard		
	300 cal	300 cal	400 cal	310 cal	300 cal	300 cal	400 cal	
Afternoon Snack	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four	Meal Four	
	1/2 cup strawberries and 6 oz lite flavored yogurt	1 cup of strawberries and handful of almonds	carrots and celery	carrots and celery	1 Apple and peanutbutter	your choice from list below	your choice from list below	
Dinner	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five	Meal Five	
	Chicken Breast	shrimp	Tilapia - grilled	salmon grilled	Tilapia - grilled	Chicken Breast	Salmon	
	Italian dressing 3tbs	zucchini /squash/asparagus	vegetables 1 1/2 cups	vegetables 1 1/2 cups	vegetables 1 1/2 cups	Italian dressing 3tbs	1 cup mixed vegetables	
	Spinach salad 2cups	olive oil 1tbs	1tbs sauce of choice	1 tbs sauce of choice	1tbs sauce of choice	Spinach salad 2cups	Spinach Salad 2 cups	
	1 cup of mixed vegetables	garlic and basil				1 cup of mixed vegetables	1 TBS of dressing	
	250-300 cal	250-300 cal	250-300 cal	250-300 cal	250-300 cal	250-300cal	250-300 cal	
	ADDITIONAL SNACK OPTIONS	ADDITIONAL SNACK OPTIONS	ADDITIONAL SNACK OPTIONS	ADDITIONAL SNACK OPTIONS	ADDITIONAL SNACK OPTIONS	ADDITIONAL SNACK OPTIONS	ADDITIONAL SNACK OPTIONS	
CHOOSE FROM SNACK LIST BELOW (below 150 cal on higher calorie days) SELECT ONE OPTION FROM THE SNACK LIST BELOW								
	soy chips	1/2 cup low fat cottage cheese	apple	soy chips	edamame	soy chips	2 medium kiwis	
	edamame	string cheese	oatmeal cookie	watermelon	fruit bar	string cheese	fruit bar	
	100 cal popcorn	100 cal popcorn	100 cal popcorn	100 cal popcorn	100 cal popcorn	100 cal popcorn	100 cal popcorn	
	yogurt	yogurt	almonds	fruit and nut bar	yogurt	yogurt	fruit and nut bar	
	chocolate covered almonds	chocolate covered almonds	chocolate covered almonds	chocolate covered almonds	chocolate covered almonds	chocolate covered almonds	chocolate covered almonds	
	Eating Out	Smoothie						
	side salads	2 handfuls of spinach						
	balsamic vinaigrette	1 large apple						
	fruit options	mango chunks- 1 cup						
	simple sandwich (no additives)	1 cup frozen strawberries						
	grilled chicken	10 grapes						
	no fried foods	2 TBS flax seeds						
	water	water						