

bridalicious[®]
 **BOOT CAMP**
— BY *the knot* —



THE BIG DAY DIET
Comprehensive Nutritional Plan

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 BOOT CAMP
— BY the knot —

Health Advisory: Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. Any use of this exercise program assumes the risk of injury resulting from performing these exercises. You should consult your health care provider before beginning this or any other exercise program.

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Jump-Start Your New Eating Habits!

The following detox is an optional plan that provides you with a way to focus your mind and body on your new supportive eating habits. The menu below can be followed for three to seven consecutive days. If you prefer to start with “Day 1” of the standard menu, that is not a problem and the choice is yours.

Nutrition is the most critical element to achieving the exciting results you deserve—amazing arms, sexy shoulders, a tight tummy and more!

You cannot exercise your way through a poor diet. Eating in a way that supports your fitness goals is the most critical component in making transformational changes. It is the difference between looking good, and looking your absolute “bridalicious” best!

The Big Day Diet starts you off with an optional detox plan, and then gives you easy-to-follow daily menus with the choice of following a 1200-, 1400- or 1600-calorie plan. An easy way to figure out your calorie intake is to multiply your weight by 10-11 calories per pound. This amount is an estimate of your resting metabolic rate (RMR). This is the number of calories you need to just stay at the weight you are at; not taking into account any exercise you may be doing.

It is not recommended to eat fewer than 1200 calories on a regular basis, regardless of your goal.

3- to 7-Day Detox Plan

For use between 30-day menu cycles

If you like this detox plan, you can use it every 30 days between menu cycles.

Morning Liver Cleanse Cocktail

4 oz purified water

½ lemon, squeezed

2 oz unsweetened cranberry juice

1 Tbsp organic apple cider vinegar

Breakfast***Digestive Health Protein Smoothie***

- 1 scoop Vega Sport Performance (Vegan) Protein Powder
- ½ cup purified water
- ¼ cup GT's Organic Kombucha (available at your local health foods store)
- ¼ cup Ecco Brand Coconut Kefir
- 1 cup fresh or frozen organic berries
- 1 cup fresh organic spinach
- 1 tsp – 1 Tbsp organic coconut oil

A.M. Snack (eat only if hungry)

- 1 small organic apple (tennis-ball-size)

Lunch***Lean and Green Meal***

- | | | |
|---------------------------------|----|-------------------------|
| 3-5 oz poultry or fish | or | 3-5 oz poultry or fish |
| 3-4 cups salad greens | | 1-2 cups cooked veggies |
| 2 Tbsp oil and vinegar dressing | | |

P.M. Snack (eat only if hungry)

- ½ organic pear or 1 cup organic berries

Dinner****Protein Smoothie***

- 1 scoop Jay Robb Whey (or Vegan Protein Powder from breakfast)
- 1 cup water or unsweetened almond milk
- 1 cup fresh or frozen organic berries
- 1 cup organic fresh spinach
- 1 tsp–1 Tbsp hemp oil

Evening Liver Cleanse Cocktail

- 4 oz purified water
- ½ lemon, squeezed
- 2 oz unsweetened cranberry juice
- 1 Tbsp organic apple cider vinegar
- Hot Sleepytime tea if needed before bed

**You may change the dinner protein shake to lunch if needed and have the solid meal in the evening.*

The Big Day Diet Eating Plans

The Big Day Diet gives you the choice of following your choice of a 1200-, 1400-, or 1600-calorie/day menu. Which one should you choose for optimal results? One very broad rule of thumb is to take your target goal weight (what you would like to weigh on your wedding day) and add a zero to the end of it.

Example: If you want to weigh 140 pounds on your wedding day, you would choose the 1400-calorie daily menus.

Regardless of your goal, no bride participating in the Bridalicious® Boot Camp by The Knot program should consume fewer than 1200 calories daily on a regular basis.

1200-Calorie Menu 30-Day Plan

Day 1

Breakfast

- 1 egg
- ½ grapefruit
- ½ whole-grain English muffin with 1 tsp butter

Snack

- 1 small apple
- 6 raw almonds

Lunch

Southwest Salad

- 3 cups salad greens
- 3 oz grilled chicken
- ½ cup black beans
- ¼ avocado
- Salsa for dressing

Snack

- 4 oz Greek yogurt
- 1 Tbsp raw, unsalted sunflower seeds

Dinner

- 3 oz grilled pacific salmon
- 1½ cups steamed broccoli
- 1 small roasted new potato

Day 2**Breakfast*****Protein Smoothie***

- 1 scoop whey protein powder
- 1 cup unsweetened almond milk
- 1 cup fresh or frozen berries

Snack

- 5 small rice crackers
- ¼ cup homemade guacamole (or 100-calorie Wholly Guacamole packet)

Lunch***3 Romaine Lettuce Wraps with:***

- 1 oz all natural turkey breast
- 1 Tbsp hummus spread
- Cucumber, tomato
- 1 cup cubed watermelon

Snack

- Celery sticks
- 1 Tbsp almond butter or natural peanut butter

Dinner

- 3 oz grilled chicken breast (cook 1 extra for Day 3 lunch)
- 1½ cups oven-roasted veggies
- ⅓ cup wild or brown rice

Day 3**Breakfast**

- ½ cup 2% cottage cheese
- ¾ cup fresh pineapple chunks
- 1 Tbsp slivered almonds

Snack

15 small red grapes
1 oz low-fat cheese

Lunch

½ whole-grain pita
3 oz leftover chicken
Lettuce, tomato, bell peppers, onions
1 Tbsp 2% olive-oil-based mayo
1 clementine

Snack

Carrot sticks
⅓ cup hummus spread

Dinner

3 oz baked pork chop
½ medium sweet potato, baked with 1 tsp butter and cinnamon
1 cup sautéed spinach

Day 4**Breakfast**

1 cup cooked oatmeal
1 Tbsp ground flaxseed
1 Tbsp chopped walnuts
Cinnamon, 1 packet Truvia (if needed)
1 link Applegate Farms chicken sausage

Snack

1 hard-boiled egg
8-10 cherries

Lunch

½ cup tuna salad made with 2% olive oil mayo and mustard
¼ avocado
3 cups field greens
2 Tbsp balsamic vinaigrette dressing

Snack

½ cup 2% cottage cheese
Cherry tomatoes

Dinner

⅔ cup cooked whole-grain pasta
⅔ cup >90% lean meat sauce
6-8 stalks stir-fried asparagus

Day 5**Breakfast**

4 oz Greek yogurt
½ cup raspberries
1 Tbsp slivered almonds
2 Tbsp Peak Protein granola

Snack

1 rice cake
1 Tbsp natural peanut butter

Lunch

1½ cups vegetable beef soup
5 whole-grain crackers
Carrots and celery sticks w/1 Tbsp Annie's Naturals ranch dressing

Snack

2 Tbsp raisins
6-8 cashews

Dinner

3 oz slow cooker salsa chicken
3 cups spinach salad
⅓ cup pinto beans

Day 6**Breakfast**

1 egg + 3 whites, scrambled with spinach and mushrooms
2 slices turkey bacon
1 cup sliced cantaloupe

Snack

4 oz Greek yogurt
½ cup blueberries

Lunch

1 whole-grain tortilla (6")
3 oz all natural chicken breast, sliced
¼ avocado, lettuce, tomato, pico
1 cup leftover fajita veggies (Day 5, dinner)

Snack

5 rice crackers
1 oz goat cheese

Dinner

3 oz grilled mahimahi with mango salsa
⅓ cup black beans
1 cup green beans with almonds

Day 7**Breakfast**

2 high-protein pancakes with 2 tsp butter & 2 tsp agave nectar
2 links chicken sausage
Sliced tomatoes

Snack

1 small orange
4 walnut halves

Lunch***Greek Salad***

3 cups romaine salad greens
2 oz grilled chicken
1 oz lite feta
Cucumbers, tomatoes, pepperocinis, 2-3 black olives
2 Tbsp lite Greek salad dressing

Snack

3 cups air-popped popcorn

Dinner***Turkey Tacos***

2 corn tortillas

3 oz lean ground turkey taco meat (with low-sodium taco seasoning)

Lettuce, tomato, pico

1 cup sautéed bell peppers, onions, zucchini (in olive oil)

Day 8**Breakfast*****Breakfast Sandwich***

2 egg whites + 1 link turkey sausage, scrambled

1 whole-grain English muffin

Snack

4 oz Greek yogurt

½ cup blackberries

Lunch***½ Turkey Sandwich***

1 slice whole-grain bread (or 2 slices 40-calorie bread)

2 slices lean turkey breast

Lettuce, tomato, mustard

1 small apple

5 cherry tomatoes

Snack

½ cup 2% cottage cheese

2 Tbsp pumpkin seeds

Dinner

3 oz grilled haddock

1½ cups roasted broccoli and carrots (with olive oil and sea salt)

⅓ cup quinoa pilaf (may substitute brown rice)

Day 9**Breakfast*****Protein Smoothie***

- 1 scoop Jay Robb Protein Powder
- 1 cup unsweetened almond milk
- 1 cup frozen tropical fruit blend
- 1 tsp organic coconut oil

Snack

- 1 rice cake
- 1 Tbsp almond butter

Lunch***3 Romaine Lettuce Wraps with:***

- 1 oz lean roast beef
- Cucumber, shredded carrots
- Shredded 2% mozzarella cheese
- 12 large green grapes

Snack

- Cucumber spears
- 1/3 cup hummus spread

Dinner

- 3 oz baked chicken breast
- 1 1/2 cups steamed zucchini
- 1/2 baked potato with salsa (1 tsp butter optional)

Day 10**Breakfast*****High-Protein Parfait***

- 1/4 cup 2% cottage cheese
- 2 oz Greek yogurt
- 1/4 cup blueberries
- 2 Tbsp low-sugar granola

Snack

- 1/2 pear
- 1 oz low-fat cheese

Lunch

- 1 whole-grain tortilla (6")
- 3 oz leftover chicken
- Lettuce, tomato, salsa
- 2 Tbsp 2% shredded cheese
- 1 cup cantaloupe

Snack

- 2 Tbsp raisins
- 6 almonds

Dinner

- 3 oz baked pot roast
- 1½ cups cooked green beans
- 1 cup cooked carrots and potatoes

Day 11**Breakfast**

- 1 cup cooked hot quinoa cereal
- 1 Tbsp chopped pecans
- 1 Tbsp dried cherries
- Cinnamon, 1 packet Truvia (if needed)
- 2 slices turkey bacon

Snack

- 1 hard-boiled egg
- 1 nectarine

Lunch***Seafood Salad***

- ½ cup shrimp & crabmeat salad made with 2 Tbsp 2% olive oil mayo
- 3 cups field greens
- 2 Tbsp balsamic vinaigrette dressing

Snack

- ½ cup 2% cottage cheese
- ½ cup raspberries

Dinner

½ cup cooked whole-grain pasta (toss with 1 tsp olive oil + 1 tsp minced garlic)
3 oz chicken breast sautéed with 1 cup diced tomatoes, peppers, onions
and mushrooms

Day 12**Breakfast**

1 slice whole-grain toast
1 Tbsp natural peanut butter
4 oz Greek yogurt

Snack

1 plum
10 peanuts

Lunch

1½ cups minestrone soup
3 cups spinach salad
2 Tbsp vinaigrette dressing

Snack

5 whole-grain crackers
¼ cup guacamole
10 carrot sticks

Dinner

3 oz rotisserie chicken (no skin, white meat)
1½ cups brussels sprouts with pine nuts (sautéed in 1 tsp olive oil and sea salt)
⅓ cup pinto beans

Day 13**Breakfast**

1 egg + 3 whites, scrambled with 2 Tbsp black beans, spinach and tomatoes
1 link Applegate Farms chicken sausage
1 cup cubed papaya

Snack

½ cup 2% cottage cheese
Dash of cinnamon
1 tsp honey

Lunch

1 whole-grain tortilla (6")
3 oz all-natural turkey breast, sliced
¼ avocado
Lettuce, tomato, pico
1 cup leftover fajita veggies

Snack

5 whole-grain pita chips
2 Tbsp hummus

Dinner

3 oz grilled swordfish (with garlic, olive oil, sea salt)
½ cup mashed sweet potatoes (with cinnamon)
6-8 stalks sautéed asparagus (with olive oil, sea salt)

Day 14**Breakfast**

1 slice French toast (made with egg, cinnamon, skim milk)
1 tsp butter
1 tsp maple syrup
2 slices turkey bacon
1 mandarin orange

Snack

Celery sticks
1 Tbsp natural peanut butter

Lunch***Waldorf Salad***

3 cups romaine salad greens
½ cup chicken salad made with 2 Tbsp olive oil mayo
4 pecan halves (or 1 Tbsp chopped)
Cucumbers, tomatoes, shredded carrots
2 Tbsp vinaigrette dressing

Snack

¼ cup cashews (~15)

Dinner

3 oz broiled scallops
1½ cups roasted broccoli, yellow and red bell peppers
½ cup couscous

Day 15**Breakfast**

1 egg
1 kiwi fruit
1 slice whole-grain toast with 1 tsp natural peanut butter

Snack

½ cup 2% cottage cheese
Cucumber and tomato slices

Lunch***Harvest Salad***

3 cups mixed field greens
3 oz roasted turkey breast
½ pear, sliced
4 walnut halves, toasted
2 Tbsp balsamic vinaigrette dressing

Snack

4 oz Greek yogurt
1 Tbsp raw, unsalted sunflower seeds

Dinner***Chicken Stir-Fry***

3 oz chicken breast
1½ cups stir-fried veggies
⅓ cup brown rice

Day 16**Breakfast*****Protein Smoothie***

1 scoop Jay Robb Whey Protein Powder
1 cup unsweetened almond milk
½ banana
2 tsp natural peanut butter

Snack

1 rice cake
1 oz low-fat mozzarella cheese

Lunch***3 Romaine Lettuce Wraps with:***

1 oz leftover chicken breast
Leftover fajita veggies
½ medium mango, sliced

Snack

¼ cup raw, unsalted pumpkin seeds

Dinner

3 oz grilled tilapia
1½ cups grilled zucchini and yellow squash (with 1 tsp olive oil, sea salt and pepper)
1 small corn on the cob, grilled

Day 17**Breakfast**

- ½ cup 2% cottage cheese
- 1¼ cups sliced strawberries
- ½ Tbsp ground flaxseed
- 1 Tbsp chopped pecans
- 1 packet Truvia (if needed)

Snack

- 1 small apple
- 1 oz low-fat cheese

Lunch

- ½ whole-grain pita
- 3 oz leftover chicken made into chicken salad with 1 Tbsp olive oil mayo
- Lettuce, tomato slice
- 1 cup raw veggies: colored bell pepper strips
- May add relish and mustard as needed

Snack

- Carrot sticks
- 2 Tbsp Greek yogurt ranch dip*
- *Substitute plain Greek yogurt for sour cream, add dry ranch dip mix*

Dinner

- 3 oz grilled pork tenderloin
- 1 cup cooked spaghetti squash
- ½ cup marinara sauce
- 2 cups spinach salad
- 2 Tbsp lite honey mustard salad dressing

Day 18**Breakfast**

- ½ whole-grain English muffin
- 2 tsp natural peanut butter
- 4 oz Greek yogurt

Snack

- 1 hard-boiled egg
- 1 fresh peach

Lunch

- 1½ cups chicken, rice and vegetable soup
- 2 cups raw veggies: sugar snap peas, radishes, broccoli

Snack

- 1 WASA light rye crispbread
- 2 wedges light Laughing Cow cheese

Dinner***Open-Faced Turkey Burger***

- 1 turkey burger patty
- ½ whole-grain bun
- 1 cup roasted cauliflower
- 2 cups salad w/2 Tbsp vinaigrette dressing
- Top with roasted onions and mushrooms

Day 19**Breakfast**

- ¾ cup Kashi Go Lean cereal
- 1 cup unsweetened almond milk

Snack

- ½ cup 2% cottage cheese mixed with salsa
- 5 whole-grain crackers

Lunch***Healthy Cobb Salad***

- 3 cups romaine lettuce
- 2 oz grilled chicken breast
- 2 egg whites
- 1 slice crumbled turkey bacon
- ¼ avocado
- 1-2 Tbsp Annie's Naturals ranch dressing

Snack***Protein Smoothie***

½ scoop Jay Robb Whey Protein Powder
1 cup unsweetened almond milk
½ cup berries

Dinner

3 oz grilled flank steak
½ acorn squash, baked with 1 tsp butter (cinnamon, sea salt optional)
6-8 grilled asparagus spears (with olive oil, sea salt and garlic)

Day 20**Breakfast*****Healthy Mexican Scramble***

1 egg + 3 whites, scrambled with peppers and onions and 1 oz crumbled chicken sausage
2 Tbsp black beans, 2 Tbsp 2% cheese
1 cup fresh fruit medley
Sliced tomatoes and cucumber

Snack

Carrot sticks
1 Tbsp natural peanut butter

Lunch

2 corn tortillas
3 oz leftover flank steak
Tomatoes, lettuce, salsa
¼ avocado

Snack

5 rice crackers
100-calorie pack Wholly Guacamole

Dinner

3 oz baked chicken breast
⅓ cup cooked quinoa pilaf
1½ cups sautéed brussels sprouts (with olive oil and sea salt)

Day 21**Breakfast**

1 whole-grain waffle w/1 tsp butter and 1 tsp honey
2 oz Canadian bacon
15 black grapes

Snack

½ cup natural applesauce with cinnamon
1 Tbsp chopped walnuts

Lunch***Bean Burrito***

1 whole-grain tortilla (6")
¼ cup pinto beans
2 Tbsp 2% cheese
Lettuce, tomato, pico
2 Tbsp guacamole

Snack

8 pecan halves
1 cup celery sticks

Dinner

3 oz turkey meatloaf
1½ cups cooked zucchini and red peppers

Day 22**Breakfast**

1 hard-boiled egg
2 slices turkey bacon
½ grapefruit

Snack

½ cup 2% cottage cheese
½ cup blackberries

Lunch***Chicken Caesar Salad***

- 3 cups romaine salad greens
- 3 oz grilled chicken breast
- Cucumber, tomato
- 2 Tbsp Newman's Own lite Caesar dressing

Snack

- 1 small apple
- 1 Tbsp natural peanut butter

Dinner

- 1 cup turkey chili
- 3 cups dark leafy salad greens
- 2 Tbsp lite dressing

Day 23**Breakfast*****Protein Smoothie***

- 1 scoop Jay Robb Whey Protein Powder
- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup blueberries

Snack

- $\frac{1}{2}$ pear, sliced (save $\frac{1}{2}$ for P.M. snack)

Lunch***3 Romaine Lettuce Wraps with:***

- 1 oz lean turkey breast
- Tomatoes, bell peppers, cucumbers
- Mustard
- 4 oz Greek yogurt

Snack

- $\frac{1}{2}$ pear, sliced

Dinner

- 3 oz baked cod
- 1½ cups roasted carrots and broccoli (with olive oil, sea salt, pepper and garlic)
- 2 cups salad greens
- 2 Tbsp Annie's Naturals lite raspberry vinaigrette dressing

Day 24**Breakfast**

- 1 cup cooked oatmeal with cinnamon
- 1 packet Truvia
- ½ cup raspberries

Snack

- 12 cherries

Lunch

- Leftovers
- 1 cup turkey chili
- 1½ cups roasted carrots and broccoli

Snack

- Carrot sticks
- 2 Tbsp hummus spread

Dinner

- 3 oz honey Dijon baked chicken breast
- 1½ cups steamed green beans
- ½ cup cooked spaghetti squash
- ½ cup marinara

Day 25**Breakfast**

- 1 egg + 3 whites, scrambled with spinach; top with salsa
- 2 slices turkey bacon
- 1 cup cubed honeydew melon

Snack

1 small orange

Lunch

Leftovers

3 oz honey Dijon baked chicken

1 cup spaghetti squash with $\frac{3}{4}$ cup marinara

1½ cups steamed broccoli

Snack

Celery sticks

2 Tbsp lite ranch dressing

Dinner

3 oz bison burger patty (no bun)

1 serving sweet potato fries (~8-10 fries)

1½ cups stir-fried cabbage

Day 26**Breakfast*****Protein Smoothie***

1 scoop Jay Robb Whey Protein Powder

1 cup unsweetened almond milk

$\frac{1}{2}$ cup sliced strawberries

$\frac{1}{4}$ banana (freeze the rest for later smoothies)

Snack

1 cup cubed watermelon

Lunch***Tuna Salad***

3 cups dark leafy salad greens

$\frac{3}{4}$ cup tuna salad made with 2 Tbsp lite olive oil mayo

Bell pepper strips

Snack

6-8 raw almonds
Cucumber spears

Dinner***Chicken Fajita Salad***

3 cups romaine lettuce
3 oz baked chicken
1/3 cup black or pinto beans
1/4 avocado, sliced
Salsa for dressing

Day 27**Breakfast**

1 cup cooked oatmeal
Cinnamon, Truvia (if needed)
2 Tbsp raisins

Snack

3/4 cup fresh pineapple chunks

Lunch***3 Romaine Lettuce Wraps with:***

1 oz leftover chicken breast
1 Tbsp black beans
1 Tbsp guacamole
Salsa, pico

Snack

5 rice crackers
2 Tbsp hummus spread

Dinner

3 oz turkey tenderloin
1 1/2 cups sautéed spinach (with garlic, olive oil, sea salt and lemon)
1/2 cup roasted butternut squash (with olive oil, sea salt and thyme)

Day 28**Breakfast*****Breakfast Tacos***

1 egg + 3 whites, scrambled with spinach, 1 oz turkey sausage
Chopped tomatoes or pico de gallo
1 corn tortilla

Snack

1 plum

Lunch***Chicken Apple Pecan Salad***

3 cups mixed field greens
3 oz baked chicken breast
4 pecan halves, toasted
½ apple, sliced
2 Tbsp balsamic vinaigrette dressing

Snack

1 small apple

Dinner

3 oz grilled trout
Steamed asparagus with garlic and sea salt
⅓ cup brown rice

Day 29**Breakfast**

¾ cup bran flakes
½ cup skim milk
½ cup blueberries
1 Tbsp slivered almonds

Snack

4 oz Greek yogurt

Lunch

2 oz turkey breast
½ whole-wheat pita
½ cup alfalfa sprouts
3 slices tomato, mustard
15 red grapes

Snack

¼ cup roasted macadamia nuts

Dinner

3 oz skinless roasted chicken breast
½ cup baked yams (with cinnamon)
½ cup carrots
1 cup snap green beans

Day 30**Breakfast**

½ cup liquid egg whites, scrambled with onion, green pepper, mushroom
1 slice whole-wheat toast
1 tsp natural peanut butter

Snack

1 medium orange

Lunch

2 cups salad greens
2 oz. skinless roasted chicken breast
1 Tbsp olive oil & 1 Tbsp cider vinegar for dressing
1 sesame breadstick
1 medium peach

Snack

½ cup 2% cottage cheese
Cinnamon + 1 tsp agave nectar

Dinner

3 oz large shrimp, pan-seared

1½ cups sautéed colored peppers, diced tomatoes, onions, mushrooms

2 tsp olive oil, sea salt, garlic

Serve over 1 cup cooked spaghetti squash, cooked

1400-Calorie Menu

30-Day Plan

Day 1

Breakfast

Breakfast Sandwich

2 egg whites + 1 link turkey sausage, scrambled
1 whole-grain English muffin

Snack

4 oz Greek yogurt
½ cup blackberries

Lunch

Turkey Sandwich

2 slices whole-grain bread
3 slices lean turkey breast
Lettuce, tomato, mustard
1 small apple
5 cherry tomatoes

Snack

½ cup 2% cottage cheese
2 Tbsp pumpkin seeds

Dinner

4 oz grilled haddock
1½ cups roasted broccoli and carrots (with olive oil and sea salt)
⅔ cup quinoa pilaf (or may substitute brown rice)

Day 2

Breakfast

1 cup cooked oatmeal
Cinnamon, Truvia (if needed)
2 Tbsp raisins

Snack

$\frac{3}{4}$ cup fresh pineapple chunks

Lunch***4 Romaine Lettuce Wraps with:***

1 oz leftover chicken breast

1 Tbsp black beans

1 Tbsp guacamole

Salsa, pico

Snack

5 rice crackers

2 Tbsp hummus spread

Dinner

4 oz turkey tenderloin

1½ cups sautéed spinach (with garlic, olive oil, sea salt and lemon)

1 cup roasted butternut squash (with olive oil, sea salt and thyme)

Day 3**Breakfast*****Protein Smoothie***

1 scoop Jay Robb Protein Powder

1 cup unsweetened almond milk

1 cup frozen tropical fruit blend

1 tsp organic coconut oil

Snack

2 rice cakes

1 Tbsp almond butter

Lunch***3 Romaine Lettuce Wraps with:***

1 oz lean roast beef

Cucumber, shredded carrots

Shredded 2% mozzarella cheese

12 large green grapes

Snack

Cucumber spears
1/3 cup hummus spread

Dinner

4 oz baked chicken breast
1 1/2 cups steamed zucchini
1 baked potato with salsa (1 tsp butter optional)

Day 4**Breakfast**

1 egg + 3 whites, scrambled with spinach; top with salsa
2 slices turkey bacon
1 cup cubed honeydew melon

Snack

1 small orange

Lunch

Leftovers
4 oz honey dijon baked chicken
1 cup spaghetti squash with 3/4 cup marinara
1 1/2 cups steamed broccoli

Snack

Celery sticks
2 Tbsp lite ranch dressing

Dinner

4 oz bison burger patty (no bun)
1 serving sweet potato fries (~8-10 fries)
2 cups stir-fried cabbage

Day 5**Breakfast*****High-Protein Parfait***

- ½ cup 2% cottage cheese
- 2 oz Greek yogurt
- ¼ cup blueberries
- 3 Tbsp low-sugar granola

Snack

- 1 pear
- 1 oz low-fat cheese

Lunch

- 1 whole-grain 6" tortilla
- 3 oz leftover chicken
- Lettuce, tomato, salsa
- 2 Tbsp 2% shredded cheese
- 1 cup cantaloupe

Snack

- 2 Tbsp raisins
- 6 almonds

Dinner

- 4 oz baked pot roast
- 1½ cups cooked green beans
- 1 cup cooked carrots and potatoes

Day 6**Breakfast**

- 1 cup cooked oatmeal with cinnamon
- 1 packet Truvia
- ½ cup raspberries

Snack

- 12 cherries
- 4 pecan halves

Lunch

Leftovers

1½ cups turkey chili

1½ cups roasted carrots and broccoli

Snack

Carrot sticks

2 Tbsp hummus spread

Dinner

4 oz honey dijon baked chicken breast

1½ cups steamed green beans

1 cup cooked spaghetti squash

½ cup marinara

Day 7**Breakfast**

1 cup cooked hot quinoa cereal

1 Tbsp chopped pecans

1 Tbsp dried cherries

Cinnamon, 1 packet Truvia (if needed)

2 slices turkey bacon

Snack

1 hard-boiled egg

1 nectarine

Lunch***Seafood Salad***

½ cup shrimp & crabmeat salad made with 2 Tbsp 2% olive oil mayo

3 cups field greens

2 Tbsp balsamic vinaigrette dressing

1 sesame breadstick

Snack

½ cup 2% cottage cheese

½ cup raspberries

Dinner

1 cup cooked whole-grain pasta (toss with 1 tsp olive oil + 1 tsp minced garlic)
4 oz chicken breast sautéed with 1 cup diced tomatoes, peppers, onions
and mushrooms

Day 8**Breakfast**

1 slice whole-grain toast
1 Tbsp natural peanut butter
4 oz Greek yogurt

Snack

1 plum
10 peanuts

Lunch

2 cup minestrone soup
3 cups spinach salad
2 Tbsp vinaigrette dressing

Snack

5 whole-grain crackers
¼ cup guacamole
10 carrot sticks

Dinner

4 oz rotisserie chicken (no skin, white meat)
1½ cups brussels sprouts with pine nuts (sautéed in 1 tsp olive oil and sea salt)
⅔ cup pinto beans

Day 9**Breakfast**

1 egg + 3 whites, scrambled with 2 Tbsp black beans, spinach and tomatoes
1 link Applegate Farms chicken sausage
1 cup cubed papaya

Snack

½ cup 2% cottage cheese
Cinnamon
1 tsp honey

Lunch

1 whole-grain tortilla (6")
3 oz all natural chicken breast, sliced
¼ avocado, lettuce, tomato, pico
1 cup leftover fajita veggies

Snack

5 whole-grain pita chips
2 Tbsp hummus

Dinner

4 oz grilled swordfish (with garlic, olive oil, sea salt)
1 cup mashed sweet potatoes (with cinnamon)
6-8 stalks sautéed asparagus (with olive oil, sea salt)

Day 10**Breakfast**

1 slice French toast (made with egg, cinnamon, skim milk)
1 tsp butter
1 tsp maple syrup
2 slices turkey bacon
1 mandarin orange

Snack

Celery sticks
1 Tbsp natural peanut butter

Lunch***Waldorf Salad***

3 cups romaine salad greens
¾ cup chicken salad made with 2 Tbsp olive oil mayo
4 pecan halves (or 1 Tbsp chopped)
Cucumbers, tomatoes, shredded carrots
2 Tbsp vinaigrette dressing

Snack

¼ cup cashews (~15)

Dinner

4 oz broiled scallops

1½ cups roasted broccoli, yellow and red bell peppers

1 cup couscous

Day 11**Breakfast**

1 egg

1 kiwi fruit

2 slices whole-grain toast with 1 tsp natural peanut butter

Snack

½ cup 2% cottage cheese

Cucumber and tomato slices

Lunch***Harvest Salad***

3 cups mixed field greens

3 oz roasted turkey breast

½ pear, sliced

4 walnut halves, toasted

2 Tbsp balsamic vinaigrette dressing

Snack

4 oz Greek yogurt

1 Tbsp raw, unsalted sunflower seeds

Dinner***Chicken Stir-Fry***

4 oz chicken breast

1½ cups stir-fried veggies

2 tsp sesame oil

1 tsp lite soy sauce

⅔ cup brown rice

Day 12**Breakfast*****Protein Smoothie***

- 1 scoop Jay Robb Whey Protein Powder
- 1 cup unsweetened almond milk
- ½ banana
- 2 tsp natural peanut butter

Snack

- 2 rice cakes
- 1 oz low-fat mozzarella cheese

Lunch***3 Romaine Lettuce Wraps with:***

- 1 oz leftover chicken breast
- Leftover fajita veggies
- ½ medium mango, sliced

Snack

- ¼ cup raw, unsalted pumpkin seeds

Dinner

- 4 oz grilled tilapia
- 1½ cups grilled zucchini and yellow squash (with 1 tsp olive oil, sea salt and pepper)
- 1 medium corn on the cob, grilled

Day 13**Breakfast**

- ½ cup 2% cottage cheese
- 1¼ cups sliced strawberries
- ½ Tbsp ground flaxseed
- 1 Tbsp chopped pecans
- 1 packet Truvia (if needed)

Snack

- 1 small apple
- 1 oz low-fat cheese

Lunch

½ whole-grain pita
3 oz leftover chicken made into chicken salad with 1 Tbsp olive oil mayo
Lettuce, tomato slice
1 cup raw veggies: colored bell pepper strips
May add relish and mustard as needed

Snack

5 pita chips
Carrot sticks
2 Tbsp Greek yogurt ranch dip*
**Substitute plain Greek yogurt for sour cream, add dry ranch dip mix*

Dinner

4 oz grilled pork tenderloin
1 cup cooked spaghetti squash
¾ cup marinara sauce
2 cups spinach salad
2 Tbsp lite honey mustard salad dressing

Day 14**Breakfast**

½ whole-grain English muffin
2 tsp natural peanut butter
4 oz Greek yogurt

Snack

1 hard-boiled egg
1 fresh peach

Lunch

2 cups chicken, rice and vegetable soup
2 cups raw veggies: sugar snap peas, radishes, broccoli

Snack

1 WASA light rye crispbread
2 wedges light Laughing Cow cheese

Dinner***Open-Faced Turkey Burger***

- 1 turkey burger patty
- ½ whole-grain bun
- 1 cup roasted cauliflower
- 2 cups salad w/2 Tbsp vinaigrette dressing
- Top with roasted onions and mushrooms

Day 15**Breakfast**

- 1 cup Kashi Go Lean cereal
- 1 cup unsweetened almond milk

Snack

- ½ cup 2% cottage cheese mixed with salsa
- 5 whole-grain crackers

Lunch***Healthy Cobb Salad***

- 3 cups romaine lettuce
- 2 oz grilled chicken breast
- 2 egg whites
- 1 slice crumbled turkey bacon
- ¼ avocado
- 1-2 Tbsp Annie's Naturals ranch dressing

Snack***Protein Smoothie***

- ½ scoop Jay Robb Whey Protein Powder
- 1 cup unsweetened almond milk
- ½ cup berries

Dinner

- 4 oz grilled flank steak
- 1 acorn squash, baked with 1 tsp butter (cinnamon, sea salt optional)
- 6-8 grilled asparagus spears (with olive oil, sea salt and garlic)

Day 16**Breakfast**

- ½ cup 2% cottage cheese
- ¾ cup fresh pineapple chunks
- 2 Tbsp slivered almonds

Snack

- 15 small red grapes
- 1 oz low-fat cheese

Lunch

- ½ whole-grain pita
- 3 oz leftover chicken
- Lettuce, tomato, bell peppers, onions
- 1 Tbsp 2% olive-oil-based mayo
- 1 clementine

Snack

- Carrot sticks
- ⅓ cup hummus spread

Dinner

- 4 oz baked pork chop
- 1 medium sweet potato, baked with 1 tsp butter and cinnamon
- 1 cup sautéed spinach

Day 17**Breakfast*****Healthy Mexican Scramble***

- 1 egg + 3 whites, scrambled with peppers and onions and 1 oz crumbled chicken sausage
- 2 Tbsp black beans, 2 Tbsp 2% cheese
- 1 cup fresh fruit medley
- Sliced tomatoes and cucumber

Snack

- Carrot sticks
- 1 Tbsp natural peanut butter

Lunch

2 corn tortillas
3 oz leftover flank steak
Tomatoes, lettuce
¼ avocado, salsa

Snack

10 rice crackers
100-calorie pack Wholly Guacamole

Dinner

4 oz baked chicken breast
⅔ cup cooked quinoa pilaf
1½ cups sautéed brussels sprouts (with olive oil and sea salt)

Day 18**Breakfast**

4 oz Greek yogurt
½ cup raspberries
1 Tbsp slivered almonds
2 Tbsp Peak Protein granola

Snack

1 rice cake
1 Tbsp natural peanut butter

Lunch

1½ cups vegetable beef soup
10 whole-grain crackers
Carrots and celery sticks w/1 Tbsp Annie's Naturals ranch dressing

Snack

2 Tbsp raisins
6 cashews

Dinner

- 4 oz slow cooker salsa chicken
- 3 cups spinach salad
- 1 corn tortilla
- ½ cup pinto beans

Day 19**Breakfast**

- 2 whole-grain waffles with 1 tsp butter and 1 tsp honey
- 2 oz Canadian bacon
- 15 black grapes

Snack

- ½ cup natural applesauce with cinnamon
- 1 Tbsp chopped walnuts

Lunch***Bean Burrito***

- 1 whole-grain tortilla (6")
- ½ cup pinto beans
- 2 Tbsp 2% cheese
- Lettuce, tomato, pico
- 2 Tbsp guacamole

Snack

- 8 pecan halves
- 1 cup celery sticks

Dinner

- 4 oz turkey meatloaf
- 1½ cups cooked zucchini and red peppers

Day 20**Breakfast**

- 1 egg
- ½ grapefruit
- ½ whole-grain English muffin with 1 tsp butter

Snack

- 1 small apple
- 6 raw almonds

Lunch***Southwest Salad***

- 3 cups salad greens
- 3 oz grilled chicken
- $\frac{2}{3}$ cup black beans
- $\frac{1}{4}$ avocado
- Salsa for dressing

Snack

- 4 oz Greek yogurt
- 2 Tbsp raw, unsalted sunflower seeds

Dinner

- 4 oz grilled pacific salmon
- 1 $\frac{1}{2}$ cups steamed broccoli
- 2 small roasted new potatoes

Day 21**Breakfast*****Protein Smoothie***

- 1 scoop Jay Robb Protein Powder
- 1 cup unsweetened almond milk
- 1 cup fresh or frozen strawberries

Snack

- 10 small rice crackers
- $\frac{1}{4}$ cup homemade guacamole (or 100-calorie Wholly Guacamole packet)

Lunch***3 Romaine Lettuce Wraps with:***

- 1 oz all natural turkey breast
- 1 Tbsp hummus spread
- Cucumber, tomato
- 1 cup cubed watermelon

Snack

Celery sticks
2 Tbsp almond butter or natural peanut butter

Dinner

4 oz grilled chicken breast
1½ cups oven-roasted veggies
¾ cup wild or brown rice

Day 22**Breakfast**

½ cup liquid egg whites, scrambled with onion, green pepper and mushroom
1 slice whole-wheat toast
1 tsp natural peanut butter

Snack

1 medium orange

Lunch

2 cups salad greens
3 oz skinless roasted chicken breast
1 Tbsp olive oil & 1 Tbsp cider vinegar for dressing
2 sesame breadsticks
1 medium peach

Snack

½ cup 2% cottage cheese
Cinnamon + 1 tsp agave nectar

Dinner

4 oz large shrimp, pan-seared
1½ cups sautéed colored peppers, diced tomatoes, onions, mushrooms
2 tsp olive oil, sea salt, garlic
Serve over 1 cup cooked spaghetti squash, cooked

Day 23**Breakfast**

- 1 cup cooked oatmeal
- 1 Tbsp ground flaxseed
- 1 Tbsp chopped walnuts
- Cinnamon, 1 packet Truvia (if needed)
- 1 link Applegate Farms chicken sausage

Snack

- 1 hard-boiled egg
- 8-10 cherries

Lunch

- ½ cup tuna salad made with 2% olive oil mayo and mustard
- ¼ avocado
- ⅓ cup garbanzo beans
- 3 cups field greens
- 2 Tbsp balsamic vinaigrette dressing

Snack

- ½ cup 2% cottage cheese
- Cherry tomatoes

Dinner

- 1 cup cooked whole-grain pasta
- 1 cup >90% lean meat sauce
- 6-8 stalks stir-fried asparagus

Day 24**Breakfast**

- 1 egg + 3 whites, scrambled with spinach and mushrooms
- 2 slices turkey bacon
- 1 cup sliced cantaloupe

Snack

- 4 oz Greek yogurt
- ½ cup blueberries

Lunch

1 whole-grain tortilla (6")
3 oz all-natural chicken breast, sliced
¼ avocado
Lettuce, tomato, pico
1 cup leftover fajita veggies

Snack

10 rice crackers
1 oz goat cheese

Dinner

4 oz grilled mahimahi with mango salsa
⅔ cup black beans
1 cup green beans with almonds

Day 25**Breakfast**

2 high-protein pancakes with 2 tsp butter & 2 tsp agave nectar
2 links chicken sausage
Sliced tomatoes

Snack

1 small orange
4 walnut halves

Lunch***Greek Salad***

3 cups romaine salad greens
2 oz grilled chicken
1 oz lite feta
Cucumbers, tomatoes, pepperocinis, 2-3 black olives
2 Tbsp lite Greek salad dressing
½ pita w/2 Tbsp hummus

Snack

3 cups air-popped popcorn

Dinner***Turkey Tacos***

2 corn tortillas

4 oz lean ground turkey taco meat (with low-sodium taco seasoning)

Lettuce, tomato, pico

1 cup sautéed bell peppers, onions, zucchini (in olive oil)

Day 26**Breakfast**

1 hard-boiled egg

2 slices turkey bacon

½ grapefruit

Snack

½ cup 2% cottage cheese

½ cup blackberries

Lunch***Chicken Caesar Salad***

3 cups romaine salad greens

4 oz grilled chicken breast

Cucumber, tomato

2 Tbsp Newman's Own lite Caesar dressing

Snack

1 small apple

1 Tbsp natural peanut butter

Dinner

1½ cups turkey chili

4 cups dark leafy salad greens

2 Tbsp lite dressing

Day 27**Breakfast*****Protein Smoothie***

1 scoop Jay Robb Whey Protein Powder

1 cup unsweetened almond milk

$\frac{3}{4}$ cup blueberries

Snack

$\frac{1}{2}$ pear, sliced (save $\frac{1}{2}$ for P.M. snack)

Lunch***4 Romaine Lettuce Wraps with:***

1 oz lean turkey breast

Tomatoes, bell peppers, cucumbers

Mustard

4 oz Greek yogurt

Snack

$\frac{1}{2}$ pear, sliced

Dinner

4 oz baked cod

2 cups roasted carrots and broccoli (with olive oil, sea salt, pepper and garlic)

2 cups salad greens

2 Tbsp Annie's Naturals lite raspberry vinaigrette dressing

Day 28**Breakfast*****Breakfast Tacos***

1 egg + 3 whites, scrambled with spinach, peppers and onions

Chopped tomatoes or pico de gallo

1 corn tortilla

Snack

1 plum

4 walnut halves

Lunch***Chicken Apple Pecan Salad***

- 3 cups mixed field greens
- 4 oz baked chicken breast
- 4 pecan halves, toasted
- ½ apple, sliced
- 2 Tbsp balsamic vinaigrette dressing

Snack

- 1 small apple
- 1 oz low-fat cheese

Dinner

- 4 oz grilled trout
- Steamed asparagus with garlic and sea salt
- ⅓ cup brown rice

Day 29**Breakfast**

- 1 cup rice Chex
- ½ cup skim milk
- ½ cup blueberries
- 1 Tbsp slivered almonds

Snack

- 4 oz Greek yogurt

Lunch

- 2 oz turkey breast
- ½ whole-wheat pita
- ½ cup alfalfa sprouts
- 3 slices tomato, mustard
- 15 red grapes

Snack

- ¼ cup macadamia nuts

Dinner

- 4 oz skinless roasted chicken breast
- 1 cup baked yams (with cinnamon)
- ½ cup carrots
- 1 cup snap green beans

Day 30**Breakfast*****Protein Smoothie***

- 1 scoop Jay Robb Whey Protein Powder
- 1 cup unsweetened almond milk
- ½ cup sliced strawberries
- ¼ banana (freeze the rest for later smoothies)

Snack

- 1 cup cubed watermelon

Lunch***Tuna Salad***

- 3 cups dark leafy salad greens
- 1 cup tuna salad made with 2 Tbsp lite olive oil mayo
- Bell pepper strips

Snack

- 6-8 raw almonds
- Cucumber spears

Dinner***Chicken Fajita Salad***

- 4 cups romaine lettuce
- 4 oz baked chicken
- ⅔ cup black or pinto beans
- ¼ avocado, sliced
- Salsa for dressing

1600-Calorie Menu

30-Day Menu

Day 1

Breakfast

Breakfast Tacos

1 egg + 3 whites, scrambled with spinach, peppers and onions

Chopped tomatoes or pico de gallo

1 corn tortilla

Snack

4 oz Greek yogurt

Lunch

Chicken Apple Pecan Salad

4 cups mixed field greens

4 oz baked chicken breast

4 pecan halves, toasted

½ apple, sliced

2 Tbsp balsamic vinaigrette dressing

Snack

1 small apple

2 Tbsp sunflower seeds

Dinner

5 oz grilled trout

Steamed asparagus with garlic and sea salt

⅓ cup brown rice

Day 2

Breakfast

½ cup 2% cottage cheese

1¼ cups sliced strawberries

½ Tbsp ground flaxseed

1 Tbsp chopped pecans

1 packet Truvia (if needed)

Snack

15 red grapes
6-8 cashews

Lunch

½ whole-grain pita
4 oz leftover chicken made into chicken salad with 1 Tbsp olive oil mayo
Lettuce, tomato slice
1 cup raw veggies: colored bell pepper strips
May add relish and mustard as needed

Snack

5 pita chips
Carrot sticks
2 Tbsp Greek yogurt ranch dip*
**Substitute plain Greek yogurt for sour cream, add dry ranch dip mix*

Dinner

5 oz grilled pork tenderloin
1 cup cooked spaghetti squash
¾ cup marinara sauce
3 cups spinach salad
2 Tbsp lite honey mustard salad dressing

Day 3**Breakfast*****Protein Smoothie***

1 scoop Jay Robb Whey Protein Powder
1 cup unsweetened almond milk
½ banana
2 tsp natural peanut butter

Snack

2 rice cakes
1 oz low-fat mozzarella cheese

Lunch**4 Romaine Lettuce Wraps with:**

- 1 oz leftover chicken breast
- Leftover fajita veggies
- ½ medium mango, sliced

Snack

- ¼ cup raw unsalted pumpkin seeds

Dinner

- 5 oz grilled tilapia
- 2 cups grilled zucchini and yellow squash (with 1 tsp olive oil, sea salt and pepper)
- 1 medium corn on the cob, grilled

Day 4**Breakfast**

- 1 whole-grain English muffin
- 1 Tbsp natural peanut butter
- 4 oz Greek yogurt

Snack

- 1 hard-boiled egg
- 1 fresh peach

Lunch

- 2 cups chicken, rice and vegetable soup
- 2 cups raw veggies: sugar snap peas, radishes, broccoli

Snack

- 1 WASA light rye crispbread
- 2 wedges light Laughing Cow cheese

Dinner**Open-Faced Turkey Burger**

- 1 turkey burger patty
- ½ whole-grain bun
- 1 cup roasted cauliflower
- 2 cups salad w/2 Tbsp vinaigrette dressing
- Top with roasted onions and mushrooms

Breakfast

- 1 cup Kashi Go Lean cereal
- 1 cup unsweetened almond milk

Snack

- ½ cup 2% cottage cheese mixed with salsa
- 5 whole-grain crackers

Lunch***Healthy Cobb Salad***

- 4 cups romaine lettuce
- 3 oz grilled chicken breast
- 2 egg whites
- 1 slice crumbled turkey bacon
- ¼ avocado
- 1-2 Tbsp Annie's Naturals ranch dressing

Snack***Protein Smoothie***

- ½ scoop Jay Robb Whey Protein Powder
- 1 cup unsweetened almond milk
- ½ cup berries

Dinner

- 5 oz grilled flank steak
- 1 acorn squash, baked with 1 tsp butter (cinnamon, sea salt optional)
- 6-8 grilled asparagus spears (with olive oil, sea salt and garlic)

Day 6**Breakfast*****Healthy Mexican Scramble***

- 1 egg + 3 whites, scrambled with peppers and onions and 1 oz crumbled chicken sausage
- 2 Tbsp black beans, 2 Tbsp 2% cheese
- 1 cup fresh fruit medley
- Sliced tomatoes and cucumber

Snack

Carrot sticks
1 Tbsp natural peanut butter

Lunch

2 corn tortillas
4 oz leftover flank steak
Tomatoes, lettuce
¼ avocado, salsa

Snack

10 rice crackers
100-calorie pack Wholly Guacamole

Dinner

4 oz baked chicken breast
⅔ cup cooked quinoa pilaf
2 cups sautéed brussels sprouts (with olive oil and sea salt)

Day 7**Breakfast**

2 whole-grain waffles w/1 tsp butter and 1 tsp honey
2 oz Canadian bacon
15 black grapes

Snack

½ cup natural applesauce with cinnamon
2 Tbsp chopped walnuts

Lunch***Bean Burrito***

1 whole-grain tortilla (6")
⅓ cup pinto beans
2 Tbsp 2% cheese
Lettuce, tomato, pico
2 Tbsp guacamole

Snack

- 8 pecan halves
- 1 cup celery sticks

Dinner

- 5 oz turkey meatloaf
- 2 cups cooked zucchini and red peppers

Day 8**Breakfast**

- 2 hard-boiled eggs
- 2 slices turkey bacon
- ½ grapefruit

Snack

- ½ cup 2% cottage cheese
- ½ cup blackberries

Lunch***Chicken Caesar Salad***

- 4 cups romaine salad greens
- 4 oz grilled chicken breast
- Cucumber, tomato
- 2 Tbsp Newman's Own lite Caesar dressing

Snack

- 1 small apple
- 1 Tbsp natural peanut butter

Dinner

- 2 cups turkey chili
- 4 cups dark leafy salad greens
- 2 Tbsp lite dressing

Day 9**Breakfast*****Protein Smoothie***

1½ scoops Jay Robb Whey Protein Powder

1 cup unsweetened almond milk

¾ cup blueberries

Snack

½ pear, sliced (save ½ for P.M. snack)

Lunch***4 Romaine Lettuce Wraps with:***

1 oz lean turkey breast

Tomatoes, bell peppers, cucumbers

Mustard

4 oz Greek yogurt

Snack

½ pear, sliced

Dinner

5 oz baked cod

2 cups roasted carrots and broccoli (with olive oil, sea salt, pepper and garlic)

2 cups salad greens

2 Tbsp Annie's Naturals lite raspberry vinaigrette dressing

Day 10**Breakfast**

2 eggs

½ grapefruit

½ whole-grain English muffin with 1 tsp butter

Snack

1 small apple

6 raw almonds

Lunch***Southwest Salad***

3 cups salad greens
4 oz grilled chicken
 $\frac{2}{3}$ cup black beans
 $\frac{1}{4}$ avocado
Salsa for dressing

Snack

4 oz Greek yogurt
2 Tbsp raw, unsalted sunflower seeds

Dinner

5 oz grilled pacific salmon
2 cups steamed broccoli
2 small roasted new potatoes

Day 11**Breakfast**

$\frac{3}{4}$ cup 2% cottage cheese
 $\frac{3}{4}$ cup fresh pineapple chunks
2 Tbsp slivered almonds

Snack

15 small red grapes
1 oz low-fat cheese

Lunch

$\frac{1}{2}$ whole-grain pita
4 oz leftover chicken
Lettuce, tomato, bell peppers, onions
1 Tbsp 2% olive-oil-based mayo
1 clementine

Snack

Carrot sticks
 $\frac{1}{3}$ cup hummus spread

Dinner

- 5 oz baked pork chop
- 1 medium sweet potato, baked with 1 tsp butter and cinnamon
- 1 cup sautéed spinach
- 1 cup cucumber and tomato salad (in vinegar and olive oil)

Day 12**Breakfast**

- 1 cup cooked oatmeal
- 1 Tbsp ground flaxseed
- 1 Tbsp chopped walnuts
- Cinnamon, 1 packet Truvia (if needed)
- 2 links Applegate Farms chicken sausage

Snack

- 1 hard-boiled egg
- 8-10 cherries

Lunch

- $\frac{3}{4}$ cup tuna salad made with 2% olive oil mayo and mustard
- $\frac{1}{4}$ avocado
- $\frac{1}{3}$ cup garbanzo beans
- 3 cups field greens
- 2 Tbsp balsamic vinaigrette dressing

Snack

- $\frac{1}{2}$ cup 2% cottage cheese
- Cherry tomatoes

Dinner

- 1 cup cooked whole-grain pasta
- 1 cup >90% lean meat sauce
- 6-8 stalks stir-fried asparagus

Day 13**Breakfast**

- 4 oz Greek yogurt
- ½ cup raspberries
- 1 Tbsp slivered almonds
- 2 Tbsp Peak Protein granola

Snack

- 1 rice cake
- 1 Tbsp natural peanut butter

Lunch

- 2 cups vegetable beef soup
- 10 whole-grain crackers
- Carrots and celery sticks w/1 Tbsp Annie's Naturals ranch dressing

Snack

- 2 Tbsp raisins
- 6 cashews

Dinner

- 5 oz slow cooker salsa chicken
- 4 cups spinach salad
- 1 corn tortilla
- ⅓ cup pinto beans

Day 14**Breakfast**

- 1 egg + 3 whites, scrambled with spinach and mushrooms
- 2 slices turkey bacon
- 1 cup sliced cantaloupe

Snack

- 4 oz Greek yogurt
- ½ cup blueberries

Lunch

- 1 whole-grain tortilla (6")
- 4 oz all natural chicken breast, sliced
- ¼ avocado, lettuce, tomato, pico
- 1 cup leftover fajita veggies

Snack

- 10 rice crackers
- 1 oz goat cheese

Dinner

- 5 oz grilled mahimahi with mango salsa
- ⅔ cup black beans
- 2 cups green beans with almonds

Day 15**Breakfast**

- 2 high-protein pancakes with 2 tsp butter & 2 tsp agave nectar
- 2 links chicken sausage
- Sliced tomatoes

Snack

- 1 small orange
- 4 walnut halves

Lunch***Greek Salad***

- 3 cups romaine salad greens
- 3 oz grilled chicken
- 1 oz lite feta
- Cucumbers, tomatoes, pepperocinis, 2-3 black olives
- 2 Tbsp lite Greek salad dressing
- ½ pita w/2 Tbsp hummus

Snack

- 3 cups air-popped popcorn

Dinner***Turkey Tacos***

2 corn tortillas

5 oz lean ground turkey taco meat (with low-sodium taco seasoning)

Lettuce, tomato, pico

1 cup sautéed bell peppers, onions, zucchini (in olive oil)

Day 16**Breakfast*****Protein Smoothie***

1 scoop Jay Robb Protein Powder

1 cup unsweetened almond milk

1 cup fresh or frozen strawberries

Snack

10 small rice crackers

¼ cup homemade guacamole (or 100 calorie Wholly Guacamole packet)

Lunch***4 Romaine Lettuce Wraps with:***

1 oz all-natural turkey breast

1 Tbsp hummus spread

Cucumber, tomato

1 cup cubed watermelon

Snack

Celery sticks

2 Tbsp almond butter or natural peanut butter

Dinner

5 oz grilled chicken breast

2 cups oven-roasted veggies

⅔ cup wild or brown rice

Day 17**Breakfast*****Breakfast Sandwich***

2 egg whites + 1 link turkey sausage, scrambled
1 whole-grain English muffin

Snack

4 oz Greek yogurt
½ cup blackberries

Lunch***Turkey Sandwich***

2 slices whole-grain bread
4 slices lean turkey breast
Lettuce, tomato, mustard
1 small apple
5 cherry tomatoes

Snack

½ cup 2% cottage cheese
2 Tbsp pumpkin seeds

Dinner

5 oz grilled haddock
2 cups roasted broccoli and carrots (with olive oil and sea salt)
⅔ cup quinoa pilaf (or may substitute brown rice)

Day 18**Breakfast**

1 cup bran flakes
¾ cup skim milk
½ cup blueberries
1 Tbsp slivered almonds

Snack

4 oz Greek yogurt

Lunch

2 oz turkey breast
½ whole-wheat pita
½ cup alfalfa sprouts
3 slices tomato, mustard
15 red grapes

Snack

¼ cup roasted macadamia nuts

Dinner

3 oz skinless roasted chicken breast
½ cup baked yams (with cinnamon)
½ cup carrots
1 cup snap green beans

Day 19**Breakfast****Protein Smoothie**

1 scoop Jay Robb Protein Powder
1 cup unsweetened almond milk
1 cup frozen tropical fruit blend
1 tsp organic coconut oil

Snack

1 rice cake
1 Tbsp almond butter

Lunch***4 Romaine Lettuce Wraps with:***

1 oz lean roast beef
Cucumber, shredded carrots
Shredded 2% mozzarella cheese
12 large green grapes

Snack

Cucumber spears
⅓ cup hummus spread

Dinner

- 5 oz baked chicken breast
- 2 cups steamed zucchini
- 1 small baked potato with salsa (1 tsp butter optional)

Day 20**Breakfast**

- ½ cup liquid egg whites, scrambled with onion, green pepper, mushroom
- 1 slice whole-wheat toast
- 1 tsp natural peanut butter

Snack

- 1 medium orange

Lunch

- 2 cups salad greens
- 2 oz. skinless roasted chicken breast
- 1 Tbsp olive oil & 1 Tbsp cider vinegar for dressing
- 1 sesame breadstick
- 1 medium peach

Snack

- ½ cup 2% cottage cheese
- Cinnamon + 1 tsp agave nectar

Dinner

- 3 oz large shrimp, pan-seared
- 1½ cups sautéed colored peppers, diced tomatoes, onions, mushrooms
- 2 tsp olive oil, sea salt, garlic
- Serve over 1 cup cooked spaghetti squash

Day 21**Breakfast*****High-Protein Parfait***

- ½ cup 2% cottage cheese
- 2 oz Greek yogurt
- ¼ cup blueberries
- ¼ cup low-sugar granola

Snack

- 1 pear
- 1 oz low-fat cheese

Lunch

- 1 whole-grain 6" tortilla
- 4 oz leftover chicken
- Lettuce, tomato, salsa
- 2 Tbsp 2% shredded cheese
- 1 cup cantaloupe

Snack

- 2 Tbsp raisins
- 6 almonds

Dinner

- 5 oz baked pot roast
- 2 cup cooked green beans
- 1 cup cooked carrots and potatoes

Day 22**Breakfast**

- 1 cup cooked hot quinoa cereal
- 1 Tbsp chopped pecans
- 1 Tbsp dried cherries
- Cinnamon, 1 packet Truvia (if needed)
- 2 slices turkey bacon

Snack

- 1 hard-boiled egg
- 1 nectarine

Lunch***Seafood Salad***

- $\frac{3}{4}$ cup shrimp & crabmeat salad made with 2 Tbsp 2% olive oil mayo
- 3 cups field greens
- 2 Tbsp balsamic vinaigrette dressing
- 1 sesame breadstick

Snack

½ cup 2% cottage cheese

½ cup raspberries

Dinner

1 cup cooked whole-grain pasta (toss with 1 tsp olive oil + 1 tsp minced garlic)

4 oz chicken breast sautéed with 1 cup diced tomatoes, peppers, onions, and mushrooms

Day 23**Breakfast*****Protein Smoothie***

1½ scoop Jay Robb Whey Protein Powder

1 cup unsweetened almond milk

½ cup sliced strawberries

¼ banana (freeze the rest for later smoothies)

Snack

1 cup cubed watermelon

Lunch***Tuna Salad***

3 cups dark leafy salad greens

1 cup tuna salad made with 2 Tbsp lite olive oil mayo

Bell pepper strips

Snack

6-8 raw almonds

Cucumber spears

Dinner***Chicken Fajita Salad***

4 cups romaine lettuce

5 oz baked chicken

⅔ cup black or pinto beans

¼ avocado, sliced

Salsa for dressing

Day 24**Breakfast**

- 2 eggs
- 1 kiwi fruit
- 2 slice whole-grain toast with 1 tsp natural peanut butter

Snack

- ½ cup 2% cottage cheese
- Cucumber and tomato slices

Lunch***Harvest Salad***

- 3 cups mixed field greens
- 4 oz roasted turkey breast
- ½ pear, sliced
- 4 walnut halves, toasted
- 2 Tbsp balsamic vinaigrette dressing

Snack

- 4 oz Greek yogurt
- 1 Tbsp raw, unsalted sunflower seeds

Dinner***Chicken Stir-Fry***

- 5 oz chicken breast
- 2 cups stir-fried veggies
- ⅔ cup brown rice

Day 25**Breakfast**

- 1 slice whole-grain toast
- 1 Tbsp natural peanut butter
- 4 oz Greek yogurt

Snack

- 1 plum
- 10 peanuts

Lunch

- 2 cup minestrone soup
- 3 cups spinach salad
- 2 Tbsp vinaigrette dressing

Snack

- 5 whole-grain crackers
- ¼ cup guacamole
- 10 carrot sticks

Dinner

- 5 oz rotisserie chicken (no skin, white meat)
- 2 cups brussels sprouts with pine nuts (sautéed in 1 tsp olive oil and sea salt)
- ⅔ cup pinto beans

Day 26**Breakfast**

- 1 egg + 3 whites, scrambled with 2 Tbsp black beans, spinach, and tomatoes
- 1 link Applegate Farms chicken sausage
- 1 cup cubed papaya

Snack

- ½ cup 2% cottage cheese
- Cinnamon
- 1 tsp honey

Lunch

- 1 whole-grain tortilla (6")
- 4 oz all natural chicken breast, sliced
- ¼ avocado, lettuce, tomato, pico
- 1½ cups leftover fajita veggies

Snack

- 5 whole-grain pita chips
- 2 Tbsp hummus

Dinner

- 5 oz grilled swordfish (with garlic, olive oil, sea salt)
- 1 cup mashed sweet potatoes (with cinnamon)
- 6-8 stalks sautéed asparagus (olive oil, sea salt)

Day 27**Breakfast**

- 2 slices French toast (made with egg, cinnamon, skim milk)
- 2 tsp butter
- 2 tsp maple syrup
- 2 slices turkey bacon
- 1 mandarin orange

Snack

- Celery sticks
- 1 Tbsp natural peanut butter

Lunch***Waldorf Salad***

- 3 cups romaine salad greens
- $\frac{3}{4}$ cup chicken salad made with 2 Tbsp olive oil mayo
- 4 pecan halves (or 1 Tbsp chopped)
- Cucumbers, tomatoes, shredded carrots
- 2 Tbsp vinaigrette dressing

Snack

- $\frac{1}{4}$ cup cashews (~15)

Dinner

- 5 oz broiled scallops
- 2 cups roasted broccoli, yellow and red bell peppers
- 1 cup couscous

Day 28**Breakfast**

- 1 cup cooked oatmeal with cinnamon
- 1 packet Truvia (if needed)
- 1 cup raspberries

Snack

12 cherries
6-8 pecan halves

Lunch

Leftovers
1½ cups turkey chili
1½ cups roasted carrots and broccoli

Snack

Carrot sticks
2 Tbsp hummus spread

Dinner

5 oz honey Dijon baked chicken breast
2 cups steamed green beans
1 cup cooked spaghetti squash
½ cup marinara

Day 29**Breakfast**

1 egg + 3 whites, scrambled with spinach; top with salsa
2 slices turkey bacon
1 cup cubed honeydew melon

Snack

1 small orange
1 oz low-fat cheese

Lunch

Leftovers
4 oz honey dijon baked chicken
1 cup spaghetti squash with ¾ cup marinara
2 cups steamed broccoli

Snack

Celery
2 Tbsp lite ranch dressing

Dinner

5 oz bison burger patty (no bun)
1 serving sweet potato fries (~8-10 fries)
2 cups stir-fried cabbage

Day 30**Breakfast**

1 cup cooked oatmeal
Cinnamon, Truvia (if needed)
2 Tbsp raisins

Snack

$\frac{3}{4}$ cup fresh pineapple chunks
 $\frac{1}{2}$ cup 2% cottage cheese

Lunch**4 Romaine Lettuce Wraps with:**

1 oz leftover chicken breast
1 Tbsp black beans
1 Tbsp guacamole
Salsa, pico

Snack

5 rice crackers
2 Tbsp hummus spread

Dinner

5 oz turkey tenderloin
1½ cups sautéed spinach (with garlic, olive oil, sea salt and lemon)
1 cup roasted butternut squash (with olive oil, sea salt and thyme)