

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--|---|---|---|---|-------------------------------------|--------------------------------------|
| BREAKFAST | 1 Egg & 2 Slices Turkey Bacon | Light & Fit Greek Yogurt | 1 Cup Oatmeal with Toppings* ⁴ | Homemade Smoothie* ⁶ | 1 Medium Apple, 2 Tbsp Peanut Butter (no sugar added) | 1/2 Cup Low Fat Cottage Cheese | Omelet* ¹⁰ |
| LUNCH | Turkey Roll, Cucumber & Hummus* ¹ | Leftover Grilled Chicken Fajita Bowl | Leftover Tilapia, Cauliflower Rice & Corn | Leftover Taco Bowl | Leftover Pork Tenderloin, Carrots, & Potatoes | Leftover Turkey Chili | Tuna Salad & Crackers* ¹¹ |
| DINNER | Grilled Chicken Fajita Bowl* ² | Tilapia with Cauliflower Rice, & Corn* ³ | Taco Bowl* ⁵ | Pork Tenderloin, Roasted Carrots & Potatoes* ⁷ | 1 Cup Turkey Chili* ⁸ | Shrimp & Zoodle Pasta* ⁹ | Night Out* ¹² |
| SNACK | 1 Cup Strawberries | 1/4 Cup Nuts | 1 Medium Banana | 1 Low Fat String Cheese | 1 P3 Pack | 1 Cup Watermelon | 1/2 Cup Unsweetened Applesauce |
| NUTRITION | 816 CALORIES 71 Grams Protein | 796 CALORIES 85 Grams Protein | 726 CALORIES 60 Grams Protein | 752 CALORIES 59 Grams Protein | 852 CALORIES 64 Grams Protein | 639 CALORIES 64 Grams Protein | 763 CALORIES 70 Grams Protein |

* Check Next Page For Complete Ingredient Lists and Meal Prep Suggestions

RECIPES:

- 1. TURKEY ROLL** - 2 oz deli turkey rolled low fat cheese and light mayo. 1 cup of raw cucumbers on the side with 1/4 cup hummus
- 2. GRILLED CHICKEN FAJITA BOWL** - 2 oz chicken, 1/2 cup sliced peppers and onions, 1/2 cup black beans, 1 oz low fat shredded cheese
- 3. TILAPIA** - 3 oz tilapia, 1/2 cup cauliflower rice, 1/2 cup corn
- 4. OATMEAL** - 1 cup cooked oatmeal flavored with 3/4 cup skim milk, 1/2 cup frozen blueberries (zero calorie sweetener, as needed)
- 5. TACO BOWL** - 3 oz ground turkey, 1/2 cup diced tomatoes, 1/2 cup pinto beans, 2 Tbsp salsa
- 6. HOMEMADE SMOOTHIE** - 1 1/2 cups skim milk, 1/2 cup low fat greek yogurt, 1/2 cup frozen strawberries, 1/2 cup frozen blueberries, 1/4 cup spinach (1 tsp zero calorie sweetener, if desired)
- 7. PORK TENDERLOIN** - 3 oz pork tenderloin with 1 cup roasted carrots and potatoes
- 8. TURKEY CHILI** - 1 cup chili using ground turkey & chili beans
- 9. SHRIMP & ZOODLE PASTA** - 3 oz shrimp mixed with 1 cup of zucchini noodles and 1/4 cup cherry tomatoes, lightly coated with olive oil and 1/4 cup low fat parmesan cheese
- 10. OMELET** - 2 egg omelet with 1 oz turkey sausage, 1 oz low fat cheese, 1/2 cup diced tomatoes and peppers
- 11. TUNA SALAD & CRACKERS** - 1 can of tuna mixed with 1 tsp light mayo, 4 whole wheat crackers, and 1/2 cup of grapes
- 12. NIGHT OUT** - choose meals with lean protein such as chicken, turkey, or fish with cooked vegetables and a starch such potatoes, corn, squash, beans, or fruit

SUGGESTIONS:

- Cook these meals in bulk, but weigh/measure out foods as described above for your portions with meals and leftovers
- With any dairy products (yogurt, cheese, milk), aim for low fat options (<2 grams of saturated fat per serving)
- Try to avoid drinking during and for 30 minutes after your meal to prevent overeating or snacking in between meals!
- Desired seasonings with various meals should not significantly alter the nutritional content

GROCERY LIST:
