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7 DAY MEAL PLAN

BY RENEE WICKLIFF BSN, RN, RD, CDE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Plain Greek yogurt with frozen berries and almonds	Apple cinnamon oatmeal with peanut butter	Egg sandwich, apple	Oatmeal with berries and peanut butter	4 Egg muffins and 4 clementine's	Smoothie	Egg, potato, salsa
Lunch	Vegetable and hummus sandwich, baby carrots, apple, nuts	Chicken wrap with salsa, cucumber slices, clementine's, nuts	Tuna pack, whole wheat crackers, grapes, baby carrots with hummus, nuts	Ground turkey and brown rice bowl	Pasta salad, cheese stick and almonds	Sweet potato and refried bean stuffed wrap, almonds and baby carrots	Tomato pesto sandwich, salad, nuts
Dinner	Chicken fajitas (chicken tenderloins, bell peppers and onions, high fiber wrap)	Black beans and sweet potato bowl	Stuffed bell peppers (ground turkey, brown rice)	Pasta with veggie/chicken sauce	Taco salad (greens, black beans, corn, salsa, tomatoes)	Salmon, roasted broccoli and potatoes	Chicken stir fry
Snack	Triscuits and a cheese stick	2 hardboiled eggs	Whole wheat toast with peanut butter	Apple and cheese stick	Hummus and baby carrots	Greek yogurt	Grapes and almonds

*Days that are color coded are days when part of the meal prep you do connects to the next day. For example, on day 1 dinner, you cook extra chicken for day 2 lunch.

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Day 1

Breakfast	Lunch	Dinner	Snack
• 1 ½ cups (386 grams) nonfat or low fat plain Greek yogurt • 1 cup (140 grams) frozen berries • ¼ cup (28 grams) almonds Mix everything together and dig in.	• 2 tablespoons (30 grams) of hummus • Half an avocado (60 grams or less) • 2 slices of 35 calorie bread • Sliced cucumber and tomato Spread the hummus and avocado on the bread then layer with cucumber and tomato. Sides: • 1 cup (or more) baby carrots • 1 apple • 2 hardboiled eggs	Chicken fajitas- see recipe below • Cook 8 ounces of chicken, but only have 4 ounces at dinner. The other 8 ounces are for lunch tomorrow.	• 6 whole wheat crackers • 1 cheese stick
Calories: 450	Calories: 505	Calories: 588	Calories: 211
Carbohydrates: 36 grams	Carbohydrates: 70 grams	Carbohydrates: 46 grams	Carbohydrates: 30 grams
Fiber: 6 grams	Fiber: 20 grams	Fiber: 25 grams	Fiber: 4 grams
Fat: 15 grams	Fat: 20 grams	Fat: 34 grams	Fat: 8 grams
Saturated Fat: 1.5 grams	Saturated Fat: 4.5 grams	Saturated Fat: 10 grams	Saturated Fat: 3 grams
Cholesterol: 18 milligrams	Cholesterol: 328 milligrams	Cholesterol: 27 milligrams	Cholesterol: 10 milligrams
Protein: 44 grams	Protein: 21 grams	Protein: 46 grams	Protein: 7 grams
Sodium: 148 milligrams	Sodium: 609 milligrams	Sodium: 1180 milligrams	Sodium: 290 milligrams
Vitamin D: 0 IU	Vitamin D: 77 IU	Vitamin D: 6 IU	Vitamin D: 0 IU
Calcium: 540 milligrams	Calcium: 194 milligrams	Calcium: 443 milligrams	Calcium: 87 milligrams
Iron: 2 milligrams	Iron: 5 milligrams	Iron: 4 milligrams	Iron: 2 milligrams
Potassium: 723 milligrams	Potassium: 1188 milligrams	Potassium: 380 milligrams	Potassium: 115 milligrams

Chicken Fajitas

Ingredients:

- 2 teaspoons canola oil
- 1-2 tablespoons minced garlic
- Cook 8 ounces of chicken
- ½ (100 grams) onion, diced (Time saving tip- many stores sell frozen fajita mix of peppers and onions. If you use this mix, the ice on the vegetables may add extra water to your dish as it melts, so you may need to drain the pan or use a spoon with holes when you serve yourself)
- 1 colored pepper, diced
- ¼ teaspoon black pepper
- 2 high protein high fiber wraps
- ¼ a cup (28 grams) shredded Mexican cheese
- ¼ a cup (64 grams) salsa

1. Heat 2 teaspoons canola oil in a frying pan on medium heat. Using a nonstick spray or heating 1-2 tablespoons of water cuts off 80 calories and 9 grams of fat. Wait until the oil smokes or the pan is hot.
2. Add 1-2 tablespoons of minced garlic and stir for 1-2 minutes, or until fragrant.
3. Add 8 ounces of chicken tenderloin, peppers, and onion to the pan.
4. Sprinkle with ¼ teaspoon black pepper.
5. Cook for 7-10 minutes. The chicken will turn white as it cooks.
6. Check the temperature of the chicken with a meat thermometer. Once it reaches 165, the chicken is cooked.
7. Spoon the mixture into a wrap. Top with salsa and shredded Mexican cheese.

Totals for the day: Calories 1754, carbohydrates 183 grams, fiber 55 grams, fat 77 grams, saturated fat 19 grams, cholesterol 384 milligrams, protein 118 grams, sodium 2227 milligrams, Vitamin D 83 IU, calcium 1254 milligrams, iron 13 milligrams, potassium 2,406 milligrams.

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Day 2

Breakfast	Lunch	Dinner	Snack
• ½ a cup (40 grams) plain instant oatmeal mixed with 1 cup water • Microwave for 2 minutes • Slice an apple into bites size pieces • Mix with finished oatmeal and add 2 tablespoons (32 grams) of peanut butter • Stir and sprinkle with cinnamon.	• 2 wraps high protein/ high fiber wraps • Spread 1 ½ tablespoons (21 grams) of hummus on each • Add 2 ounces of chicken to each wrap Sides • Slice half a cucumber • 4 clementine's • ¼ a cup of almonds.	Black beans and sweet potato bowl • Canned black beans, rinsed in a strainer until the water runs clear • Small (4 ounces or 114 grams) sweet potato, cut into bite size pieces and roasted at 375 for 20 minutes or until fork tender • Mix the sweet potatoes, 1 cup black beans, and ½ (60 grams or less) avocado. Flavor tips: Try cooking the sweet potato with 1 teaspoon of cumin tossed in or add fresh cilantro to the bowl at the end.	• 2 Hardboiled eggs • 1 cup of grapes
Calories: 395	Calories: 679	Calories: 415	Calories: 240
Carbohydrates: 51 grams	Carbohydrates: 72 grams	Carbohydrates: 73 grams	Carbohydrates: 28 grams
Fiber: 8 grams	Fiber: 32 grams	Fiber: 25 grams	Fiber: 1 gram
Fat: 19 grams	Fat: 34 grams	Fat: 7 grams	Fat: 10 grams
Saturated Fat: 4 grams	Saturated Fat: 6 grams	Saturated Fat: 1 gram	Saturated Fat: 3 grams
Cholesterol: 0 milligrams	Cholesterol: 0 milligrams	Cholesterol: 0 milligrams	Cholesterol: 238 milligrams
Protein: 12 grams	Protein: 48 grams	Protein: 18 milligrams	Protein: 12 grams
Sodium: 114 milligrams	Sodium: 803 milligrams	Sodium: 704 milligrams	Sodium: 112 milligrams
Vitamin D: 0	Vitamin D: 0 IU	Vitamin D: 0 IU	Vitamin D: 77 IU
Calcium: 163 milligrams	Calcium: 390 milligrams	Calcium: 168 milligrams	Calcium: 60 milligrams
Iron: 11 milligrams	Iron: 6 milligrams	Iron: 5 milligrams	Iron: 2 milligrams
Potassium: 446 milligrams	Potassium: 700 milligrams	Potassium: 1421 milligrams	Potassium: 400

Totals for the day: Calories 1730, carbohydrates 224 grams, fiber 67 grams, fat 71 grams, saturated 14 grams, cholesterol 328 milligrams, protein 90 grams, vitamin D 77 IU, calcium 780 milligrams, iron 23 milligrams, potassium 2967 milligrams

Day 3

Breakfast	Lunch	Dinner	Snack
• Spray a microwave safe bowl with nonstick spray • Crack 2 eggs in the bowl and cover with a paper towel (eggs pop when you cook them in the microwave) • Cook for 2 minutes the microwave on power 7 or until eggs are cooked through • Toast the bread and slice the tomato • Make a sandwich and sprinkle with ¼ a cup (28 grams) of cheese • Apple	"Adult lunchable": • 12 whole wheat crackers • Tuna packet • 1 or more cups baby carrots • 2 tablespoons (30 grams) hummus as dip • 1 cup of grapes • ¼ a cup (28 grams) almonds	Stuffed bell peppers- see recipe below	• 2 slices of 35 calorie bread • 2 tablespoons (32 grams) peanut butter
Calories: 402	Calories: 673	Calories: 419	Calories: 261
Carbohydrates: 45 grams	Carbohydrates: 86 grams	Carbohydrates: 56 grams	Carbohydrates: 22 grams
Fiber: 10 grams	Fiber: 19 grams	Fiber: 14 grams	Fiber: 6 grams
Fat: 17 grams	Fat: 25 grams	Fat: 5 grams	Fat: 17 grams
Saturated Fat: 7 grams	Saturated Fat: 3 grams	Saturated Fat: 1 gram	Saturated Fat: 3 grams
Cholesterol: 348 milligrams	Cholesterol: 21 milligrams	Cholesterol: 82 milligrams	Cholesterol: 0 milligrams
Protein: 22 grams	Protein: 33 grams	Protein: 43 grams	Protein: 11 grams
Sodium: 365 milligrams	Sodium: 674 milligrams	Sodium: 345 milligrams	Sodium: 215 milligrams
Vitamin D: 77 IU	Vitamin D: 112 IU	Vitamin D: 21 IU	Vitamin D: 0 IU
Calcium: 287 milligrams	Calcium: 197 milligrams	Calcium: 114 milligrams	Calcium: 51 milligrams
Iron: 3 milligrams	Iron: 8 milligrams	Iron: 4 milligrams	Iron: 2 milligrams
Potassium: 594 milligrams	Potassium: 1309 milligrams	Potassium: 1834 milligrams	Potassium: 215 milligrams

Stuffed bell peppers

Ingredients:

- ½ a cup (90 grams) dry brown rice
- 2 teaspoons of canola oil (optional)
- 1 tablespoon minced garlic
- 1 small (200 grams) onion, diced
- 1-pound (500 grams) ground turkey
- 14.5 ounces diced tomato in a can
- 3 green peppers

1. Cook the brown rice according to package or using a rice cooker. You can make the rice earlier if you want or leave it to cook while you do something else.
2. Preheat the oven to 375.
3. Heat 2 teaspoons canola oil in a frying pan on medium heat. Using a nonstick spray or heating 1-2 tablespoons of water cuts off 80 calories and 9 grams of fat. Wait until the oil smokes or the pan is hot.
4. Add 1 tablespoon minced garlic.
5. Add the diced onion and cook for five minutes or until the onion of soft.
6. Add the 1-pound ground turkey.
7. Cook until the turkey is brown and drain.
8. Add all the cooked brown rice and the can of tomatoes into the mixture, heat through.
9. Slice the tops off the 3 peppers and fill with the mixture.
10. Place the peppers in a baking dish and cover with foil. Cook for 30 minutes if you like a crunchier pepper. If you like a softer pepper, cook for 45 minutes.
11. This recipe makes a lot of the turkey/rice mixture. Some of it will be for lunch tomorrow, but you can also freeze any leftovers. Other ideas are to use the leftovers in a soup with vegetable broth or make a wrap.

Totals for the day: Calories 1716, carbohydrates 200 grams, fiber 44 grams, fat 65 grams, saturated fat 14 grams, protein 108 grams, sodium 1594 milligrams, calcium 627 milligrams, iron 15 milligrams, potassium 3601 milligrams

Day 4

Breakfast	Lunch	Dinner	Snack
• ½ a cup (40 grams) dry instant oatmeal with 1 cup of water • Microwave on high for 2 minutes • 1 cup frozen berries (140 grams) berries • 2 tablespoons (32 grams) peanut butter Mix together.	• 3 cups (500 grams) leftovers of the turkey mix • 3 cups salad greens • ¼ a cup (28 grams) shredded cheese • ¼ a cup (64 grams) salsa Layer last night's leftovers over the salad greens. Mix in cheese and salsa. Microwave until heated through and cheese is melted.	Pasta with vegetable/ chicken sauce- see recipe below • Double the serving of pasta because half will be for lunch tomorrow.	• Apple • Cheese stick
Calories: 414	Calories: 765	Calories: 659	Calories: 139
Carbohydrates: 54 grams	Carbohydrates: 70 grams	Carbohydrates: 75 grams	Carbohydrates: 17 grams
Fiber: 9 grams	Fiber: 13 grams	Fiber: 17 grams	Fiber: 3 grams
Fat: 20 grams	Fat: 17 grams	Fat: 22 grams	Fat: 6 grams
Saturated Fat: 4 grams	Saturated Fat: 7 grams	Saturated Fat: 5 grams	Saturated Fat: 4 grams
Cholesterol: 0 milligrams	Cholesterol: 189 milligrams	Cholesterol: 0 milligrams	Cholesterol: 15 milligrams
Protein: 13 grams	Protein: 87 grams	Protein: 51 grams	Protein: 8 grams
Sodium: 129 milligrams	Sodium: 1612 milligrams	Sodium: 1040 milligrams	Sodium: 201 milligrams
Vitamin D: 0 IU	Vitamin D: 48 IU	Vitamin D: 0 IU	Vitamin D: 0 IU
Calcium: 223 milligrams	Calcium: 395 milligrams	Calcium: 239 milligrams	Calcium: 207 milligrams
Iron: 11 milligrams	Iron: 6 milligrams	Iron: 12 milligrams	Iron: 0 milligram
Potassium: 325 milligrams	Potassium: 2412 milligrams	Potassium: 1613 milligrams	Potassium: 121 milligrams

Pasta with vegetable/chicken sauce

Ingredients:

- 2 servings (4 ounces/112 grams) of dry plant-based pasta (one serving will be for tomorrow's pasta salad)
- 2 teaspoons canola oil
- 1 tablespoon minced garlic
- ½ a small (100 grams) onion, diced
- 2 stalks of celery, diced
- 4 ounces (113 grams) chicken tenderloin, diced in bite size pieces
- 3 cups (90 grams) baby spinach, chopped
- 1 cup (250 grams) marinara sauce

1. Cook 2 servings of the pasta according to package directions. Half of the cooked pasta will be for dinner tonight and the other half will be for the pasta salad tomorrow.
2. Heat 2 teaspoons canola oil in a medium size saucepan on medium heat. Using a nonstick spray or heating 1-2 tablespoons of water cuts off 80 calories and 9 grams of fat. Wait until the oil smokes or the pan is hot.
3. Add minced garlic to the hot pan and cook for 1 minute.
4. Add diced onion and celery. Cook for 2-3 minutes, until they start to soften.
5. Add the chicken and cook until the outside is white.
6. Add the chopped baby spinach. Continue cooking until the spinach starts to wilt.
7. Add the marinara sauce. You can add less or more depending on personal preference. Cook until the sauce starts to boil. Check the temperature of the diced chicken with a meat thermometer. Once it reaches 165°, it's done.
8. Mix with half of the cooked pasta.

Totals for the day: Calories 1977, carbohydrates 215 grams, fiber 42 grams, fat 64 grams, saturated fat 20 grams, cholesterol 204 milligrams, protein 159 grams, sodium 2982 milligrams, vitamin D 48 IU, calcium 1064 milligrams, iron 29 milligrams, potassium 4472 milligrams

Day 5

Breakfast	Lunch	Dinner	Snack
Egg muffins- see recipe below • 4 clementine's The nutrition facts per egg muffin are listed under the recipe	Pasta salad • Other half of pasta from last night • ½ a cucumber, diced • ½ a pepper, diced • 2 stalks of celery, diced Mix together and add the dressing. Dressing- you can buy a vinaigrette or make your own. See the recipe below. Sides: • Cheese sick • ¼ a cup (28 grams) almonds	Taco salad- • Several handfuls of salad greens • Can of kidney beans, rinsed • ½ a cup of corn (steam in bag). • Add any leftover tomato (save half a tomato for day 7's lunch), cucumber, pepper, celery, and avocado. • ¼ a cup (62 grams) salsa You can eat this cold or heat in the microwave.	• ¼ a cup (60 grams) hummus • 1 cup (200 grams) baby carrots
Calories: 536	Calories: 590	Calories: 522	Calories: 177
Carbohydrates: 41 grams	Carbohydrates: 54 grams	Carbohydrates: 92 grams	Carbohydrates: 28 grams
Fiber: 7 grams	Fiber: 14 grams	Fiber: 26 grams	Fiber: 9 grams
Fat: 28 grams	Fat: 35 grams	Fat: 9 grams	Fat: 6 grams
Saturated Fat: 11 grams	Saturated Fat: 6 grams	Saturated Fat: 2 grams	Saturated Fat: 1 gram
Cholesterol: 684 milligrams	Cholesterol: 10 milligrams	Cholesterol: 0 milligrams	Cholesterol: 0 milligrams
Protein: 34 grams	Protein: 25 grams	Protein: 28 grams	Protein: 6 grams
Sodium: 384 milligrams	Sodium: 224 milligrams	Sodium: 1334 milligrams	Sodium: 420 milligrams
Vitamin D:159 IU	Vitamin D: 0 IU	Vitamin D: 0 IU	Vitamin D: 0 IU
Calcium: 448 milligrams	Calcium: 225 milligrams	Calcium: 273 milligrams	Calcium: 119 milligrams
Iron: 5 milligrams	Iron: 7 milligrams	Iron: 6 milligrams	Iron: 3 milligrams
Potassium: 1258 milligrams	Potassium: 498 milligrams	Potassium: 1527 milligrams	Potassium: 569 milligrams

Egg muffins

Ingredients:

- 4 eggs
- 1 cup (30 grams) baby spinach, chopped
- ¼ a cup (28 grams) shredded Mexican cheese

1. Preheat the oven to 375 degrees.
2. Spray a muffin tin with cooking spray or use muffin liners.
3. In a large glass bowl, crack 4 eggs. Whisk.
4. Add the baby spinach and shredded cheese to eggs. Stir these ingredients together.
5. Pour the egg mixture into the muffin tin, filling each about halfway.
6. Bake for 15-20 minutes or until a fork comes out clean.
   Per muffin: Calories 99, carbohydrate 1 gram, fiber 1 gram, fat 7 grams, saturated fat 3 grams, cholesterol 171 milligrams, protein 8 grams, sodium 95 milligrams, vitamin D 40 IU, calcium 90 milligrams, iron 1 milligram, potassium 184 milligrams

Pasta Salad Dressing

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- ½ teaspoon rosemary
- ½ teaspoon oregano
- ½ teaspoon thyme
- 1 teaspoon

1. Place all the ingredients in a small bowl or Tupperware with lid.
2. Whisk or place lid on Tupperware and shake ingredients.
3. Pour over your pasta salad and eat right away.

Totals for the day: Calories 1825, carbohydrates 215 grams, fiber 56 grams, fat 77 grams, saturated fat 19 grams, cholesterol 694 milligrams, protein 92 grams, sodium 2362 milligrams, Vitamin D 159 IU, calcium 1064 milligrams, iron 22 milligrams, potassium 3852 milligrams.

Day 6

Breakfast	Lunch	Dinner	Snack
Smoothie- blend together: • 1 cup (140 grams) frozen berries • 1 cup Greek yogurt (260 grams) • Any leftover spinach • 2 tablespoons (32 grams) peanut butter • ¼ a cup (20 grams) of cooked instant plain oatmeal. Drink right away.	Stuffed wrap- see wrap recipe below • 1 medium sized sweet potato • 1 cup (260 grams) fat free refried beans • High protein/high fiber wrap • ¼ a cup (62 grams) salsa Sides: • ¼ a cup (28 grams) almonds • 1 cup raw baby carrots.	• 4 ounces salmon-see recipe below • 2 cups roasted broccoli • 4-ounce baked potato	1 cup (145 grams) Greek yogurt
Calories: 506	Calories: 640	Calories: 564	Calories: 145
Carbohydrates: 52 grams	Carbohydrates: 113 grams	Carbohydrates: 80 grams	Carbohydrates: 9 grams
Fiber: 9 grams	Fiber: 47 grams	Fiber: 14 grams	Fiber: 0 grams
Fat: 19 grams	Fat: 19 grams	Fat: 11 grams	Fat: 1 gram
Saturated Fat: 4 grams	Saturated Fat: 1 gram	Saturated Fat: 2 grams	Saturated Fat: 0 grams
Cholesterol: 12 milligrams	Cholesterol: 0 milligrams	Cholesterol: 81 milligrams	Cholesterol: 12 milligrams
Protein: 38 grams	Protein: 31 grams	Protein: 42 grams	Protein: 25 grams
Sodium: 231 milligrams	Sodium: 1956 milligrams	Sodium: 787 milligrams	Sodium: 88 milligrams
Vitamin D: 0 IU	Vitamin D: 0 IU	Vitamin D: 395 IU	Vitamin D: 0 IU
Calcium: 506 milligrams	Calcium: 471 milligrams	Calcium: 178 milligrams	Calcium: 270 milligrams
Iron: 9 milligrams	Iron: 9 milligrams	Iron: 6 milligrams	Iron: 0 milligrams
Potassium: 1072 milligrams	Potassium: 2115 milligrams	Potassium: 2637 milligrams	Potassium: 346 milligrams

Sweet potato and refried bean stuffed wrap

Ingredients:

- 1 medium sized sweet potato, baked
- 1 cup (260 grams) refried beans
- 2 High protein/high fiber wrap
- ¼ a cup (62 grams) salsa

1. Wash the sweet potato and poke holes in it with a fork. You can cook it in the microwave for 5 minutes or bake in the oven at 375 for 45 minutes. The potato should be fork tender when it is done.
2. Once the potato is cooked, mash with a fork and mix with 1 cup (260 grams) refried beans. Mix with salsa.
3. Spoon in the wrap, fold, and eat. Heat in the microwave for an additional 30 seconds if you prefer it warm.

Salmon with ginger glaze

Ingredients:

- 1, 4-ounce salmon filet
- 2 teaspoons canola oil
- 1 tablespoon minced garlic
- 1 tablespoon low sodium soy sauce
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- ½ teaspoon ginger

1. Preheat the oven to 375.
2. Line a baking dish with tin foil and spray with nonstick spray. Place 4 ounces of salmon in the dish. Cover the fish with foil and cook for 15 minutes. The fish is done when it flakes with a fork.
3. While the fish is cooking heat 2 teaspoons of canola oil in a small pan until it smokes. Add 1 tablespoon minced garlic, then 1 tablespoon low sodium soy sauce, 1 tablespoon balsamic vinegar, 1 tablespoon honey, and 1/2 teaspoon of ginger.
4. Bring mixture to a boil, then reduce heat to low and stir for 5 minutes or until mixture is thick. Remove from heat.
5. Once the salmon is done, pour mixture on top.

Broccoli

Ingredients:

- 2 heads of broccoli
- Optional- 1 tablespoon olive oil
- Optional- garlic powder

1. In the same oven as the salmon, cut the broccoli into bite size pieces and cook for 15 minutes or until fork tender. You can add 1 tablespoon olive oil and a few sprinkles of garlic powder for flavor. Time saving tip- use broccoli that steams in a bag.

Baked Potato

Ingredients:

- 2, 4-ounce red potatoes

1. Cook potato the same way you did for lunch using the microwave or oven.
2. Cook 2 because one will be for breakfast tomorrow.

Totals for the day: Calories 1854, carbohydrates 253 grams, fiber 70 grams, fat 49 grams, saturated fat 7 grams, protein 137 grams, sodium 3062 milligrams, calcium 1425 milligrams, iron 24 milligrams, potassium 6169 milligrams

Day 7

Breakfast	Lunch	Dinner	Snack
• Spray a bowl with nonstick spray. • Crack 2 eggs in the bowl and microwave for 1 minute on power 7 (cover dish with paper towel). • Dice the 4-ounce cooked potato from the night before and add to egg mixture, microwave another minute. • Continue adding 30 seconds until eggs are cooked through. • Top with ¼ a cup (62 grams) salsa	• Spread 2 tablespoons (25 grams) pesto on a slice of 35 calorie bread • Add a few slices of tomato • For the salad, on a bed of greens, add any leftover tomato, cucumber, baby carrots, broccoli, baby spinach, and peppers. • Top with 2 tablespoons dressing from the pasta salad • ¼ cup (28 grams) almonds	Chicken stir fry- see recipe below	• 1 cup (150 grams) grapes • ¼ cup almonds
Calories: 307	Calories: 522	Calories: 510	Calories: 266
Carbohydrates: 40 grams	Carbohydrates: 41 grams	Carbohydrates: 51 grams	Carbohydrates: 33 grams
Fiber: 4 grams	Fiber: 14 grams	Fiber: 6 grams	Fiber: 5 grams
Fat: 10 grams	Fat: 37 grams	Fat: 15 grams	Fat: 14 grams
Saturated Fat: 3 grams	Saturated Fat: 4 grams	Saturated Fat: 4 grams	Saturated Fat: 1 gram
Cholesterol: 328 milligrams	Cholesterol: 4 milligrams	Cholesterol: 0 milligrams	Cholesterol: 0 milligrams
Protein: 16 grams	Protein: 15 grams	Protein: 41 grams	Protein: 7 grams
Sodium: 357 milligrams	Sodium: 901 milligrams	Sodium: 2334 milligrams	Sodium: 3 milligrams
Vitamin D: 77 IU	Vitamin D: 1 IU	Vitamin D: 0 IU	Vitamin D: 0 IU
Calcium: 80 milligrams	Calcium: 250 milligrams	Calcium: 72 milligrams	Calcium: 90 milligrams
Iron: 3 milligrams	Iron: 5 milligrams	Iron: 4 milligrams	Iron: 2 milligrams
Potassium: 1126 milligrams	Potassium: 1048 milligrams	Potassium: 224 milligrams	Potassium: 494 milligrams

Stir Fry

Ingredients:

- ¼ a cup brown rice
- 2 teaspoon canola oil
- 1-2 tablespoons minced garlic
- 4 ounces chicken tenderloin
- 2 cups frozen stir fry vegetables
- ¼ a cup low sodium soy sauce
- ½ teaspoon ginger

1. Cook ¼ a cup brown rice following the directions on the pan or using a rice cooker.
2. Heat 2 teaspoons canola oil in a medium size saucepan on medium heat. Using a nonstick spray or heating 1-2 tablespoons of water cuts off 80 calories and 9 grams of fat. Wait until the oil smokes or the pan is hot.
3. Add the minced garlic to the pan. Cook for 1 minute.
4. Add the 4 ounces chicken tenderloin, 2 cups stir fry vegetables, ¼ a cup of low sodium soy sauce, and ½ a teaspoon of ginger.
5. Cook until the stir fry vegetables are hot, and the chicken reaches a temperature of 165° with a meat thermometer.

Totals for the day: Calories 1605, carbohydrates 166 grams, fiber 29 grams, fat 76 grams, saturated fat 12 grams, cholesterol 332 milligrams, protein 79 grams, sodium 3595 milligrams*, vitamin D 76 IU, calcium 492 milligrams, iron 14 milligrams, potassium 2892 milligrams

*The reason sodium is high is because of the soy sauce. You won't be eating all the soy sauce as it will be used to flavor the chicken/vegetables, so you won't be eating this much sodium.

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Grocery List for 7 Day Meal Plan

Fridge	Frozen
1 tub (32 ounce) of nonfat or low-fat plain Greek yogurt	Frozen berries
Hummus	Corn in a steamable bag
12 eggs	Stir fry vegetables
16-ounce bag Shredded Mexican cheese	Optional- frozen fajita mix
Low fat cheese sticks	Optional- broccoli in a steamable bag (get this OR fresh broccoli)

Produce-Vegetables	Produce- Fruit
2 cucumbers	5 Apples
1-pound bag of baby carrots	Bag of Clementine's
2 tomatoes	2 Avocados
2 colored peppers	Grapes
3 onions	
2 small sweet potatoes	
3 green peppers	
8 ounces of salad greens	
Celery	
8 ounces of fresh baby spinach	
1-2 heads of broccoli	
1 pound of red potatoes	

Extra	Grains
Optional- Day 5 pasta salad dressing:	35 calorie bread
Olive oil	Whole wheat crackers (I recommend Triscuits or similar)
Red wine vinegar	Plain instant oatmeal
Lemon juice	High protein/high fiber wraps
Rosemary	Brown rice
Thyme	Plant based penne pasta
Oregano	
Basil	

Canned	Spices
15.25 ounce can of black beans	Cinnamon
Tuna packet	Minced garlic
14.5-ounce canned diced tomatoes	Black pepper
15.25 ounce can of kidney beans	Ginger
15.25 ounce can of fat free refried beans	Optional: fresh cilantro
	Optional: cumin

Other	Meat
Almonds	1-pound chicken tenderloin
Salsa	1-pound ground turkey
Peanut butter	4-ounce salmon filets (frozen)
Canola oil	
Marinara sauce	
Muffin liners (for egg muffins)	
Vinaigrette dressing	
Nonstick spray (Pam or generic brand)	
Honey	
Low sodium soy sauce	
Balsamic vinegar	