

4 Week Meal Plan

Week 1							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-Workout Snack	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1 slice of Toast w. 1 tbsp Fruit Spread
Breakfast	Fruit Berry Smoothie	Fruit Berry Smoothie	Green Smoothie	1 Hard Boiled Egg 1/2 cup of Oatmeal Orange (1)	Berry Jam Smoothie	Smoked Salmon Egg Muffins	Breakfast Veggie Omelette 1 Orange
AM Snack	Apple (1 cup quartered), 1 tbsp. Peanut Butter or 1/3 cup Hummus	1/2 cup carrot sticks, 1/3 cup Hummus	Strawberries (1 cup) and 1 cup Vanilla Greek Low-fat Yogurt	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	Green Smoothie	Greek Yogurt (8 oz) 1/2 cup berries
Lunch	The Big Salad, Orange (1)	Strawberry Walnut Salad with Feta Cheese and Balsamic, Melon (1 cup)	The Big Salad 1 cup berries	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice
Afternoon Snack	1/3 cup Almonds ½ cup grapes	3 cups Light Popcorn 1 Apple	1/3 cup Almonds ½ cup grapes	1 cup of Melon	1 wedge Laughing Cow Cheese wedge 5 Wheat Crackers	1/3 cup Almonds ½ cup grapes	3 cups Light Popcorn (100 cal pkg)
Dinner	Romaine Salad with Orange, Feta & Beans	2 cups Vegetable Soup, 1/2 cup Sautéed Broccoli	Veggie Burger Pita, 1/2 cup Carrot sticks	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice
All Lunches & Dinners can be substituted with a Meal Replacement Shake for convenience							

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Week 2							
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Pre-Workout Snack	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1 slice of Toast w. 1 tbsp Fruit Spread
Breakfast	Berry Jam Smoothie	1 slice of Toast w. 1 tbsp Fruit Spread 2 Eggs (scrambled) 1 cup Fruit	Smoked Salmon Egg Muffins	1 Hard Boiled Egg 1/2 cup of Oatmeal Orange (1)	Veggie Egg Frittata Muffins	Berry Jam Smoothie	Breakfast Veggie Omelette 1 cup Fruit Salad
AM Snack	1 medium Apple 1 tbsp PB	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	1 Hard Boiled Egg Orange (1)	Greek Yogurt (8 oz) 1/2 cup berries
Lunch	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice
Afternoon Snack	1 wedge Laughing Cow Cheese wedge 1 Small Pear	1/3 cup Almonds 1/2 cup grapes	1 wedge Laughing Cow Cheese 5 Wheat Crackers	3 cups Light Popcorn (100 cal pkg)	1 wedge Laughing Cow Cheese 5 Wheat Crackers	1/3 cup Almonds 1/2 cup grapes	3 cups Light Popcorn (100 cal pkg)
Dinner	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice
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Week 3							
	Day15	Day16	Day17	Day18	Day19	Day20	Day21
Pre-Workout Snack	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1 slice of Toast w. 1 tbsp Fruit Spread
Breakfast	Berry Jam Smoothie	1 slice of Toast w. 1 tbsp Fruit Spread 2 Eggs (scrambled) 1 cup Fruit	Green Smoothie	1 Hard Boiled Egg 1/2 cup of Oatmeal Orange (1)	Berry Jam Smoothie	Smoked Salmon Egg Muffins	Breakfast Veggie Omelette 1 Orange
AM Snack	1 medium Apple 1 tbsp PB	Greek Yogurt (8 oz) 1/2 cup berries	1 wedge Laughing Cow Cheese 5 Wheat Crackers	1/3 cup Almonds ½ cup grapes	1 medium Apple 1 tbsp PB	Green Smoothie	Greek Yogurt (8 oz) 1/2 cup berries
Lunch	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice
Afternoon Snack	1 wedge Laughing Cow Cheese 1 Small Pear	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	3 cups Light Popcorn (100 cal pkg)	1 wedge Laughing Cow Cheese 5 Wheat Crackers	Greek Yogurt (8 oz) 1/2 cup berries	3 cups Light Popcorn (100 cal pkg)
Dinner	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice
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Week 4							
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Pre-Workout Snack	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1/2 Banana	1 slice of Toast w. 1 tbsp Fruit Spread	1 slice of Toast w. 1 tbsp Fruit Spread
Breakfast	Berry Jam Smoothie	1 slice of Toast w. 1 tbsp Fruit Spread 2 Eggs (scrambled) 1 cup Fruit	Green Smoothie	1 Hard Boiled Egg 1/2 cup of Oatmeal Orange (1)	Berry Jam Smoothie	Smoked Salmon Egg Muffins	Breakfast Veggie Omelette 1 cup Fruit Salad
AM Snack	1 medium Apple 1 tbsp PB	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	Greek Yogurt (8 oz) 1/2 cup berries	1 medium Apple 1 tbsp PB	Green Smoothie	Greek Yogurt (8 oz) 1/2 cup berries
Lunch	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice	Lunch Choice
Afternoon Snack	1 wedge Laughing Cow Cheese wedge 1 Small Pear	1/3 cup Almonds 1/2 cup grapes	1 wedge Laughing Cow Cheese 5 Wheat Crackers	3 cups Light Popcorn (100 cal pkg)	1 wedge Laughing Cow Cheese 5 Wheat Crackers	1/3 cup Almonds 1/2 cup grapes	3 cups Light Popcorn (100 cal pkg)
Dinner	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice	Dinner Choice
All Lunches & Dinners can be substituted with a Meal Replacement Shake for convenience							