

# 7 Day Sample Meal Plan

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	<p>Cinnamon Oats -1/2 cup oats -1 teaspoon cinnamon -1 cup low fat milk -2 tablespoons walnuts -1/2 cup blueberries</p> <p><b>Calories:</b> 390 <b>Fat:</b> 11 <b>Protein:</b> 18 <b>Carbs:</b> 58</p>	<p>Sweet Greens Smoothie -1 handful kale leaves -1 cup low fat milk -1 cup frozen mango chunks -1 tablespoon ground flax seeds -1/2 cup plain nonfat Greek yogurt</p> <p><b>Calories:</b> 310 <b>Fat:</b> 6 <b>Protein:</b> 24 <b>Carbs:</b> 44</p>	<p>Tex-Mex Breakfast Bowl -2 egg whites -1/2 cup pinto beans -1/4 cup chopped bell pepper -1/2 cup chopped potato -1 tablespoon tomato salsa -2 tablespoons mashed avocado -1 tablespoon cheddar cheese</p> <p><b>Calories:</b> 345 <b>Fat:</b> 12 <b>Protein:</b> 19 <b>Carbs:</b> 43</p>	<p>PB &amp; J French Toast <i>*See recipe in Wellness resources</i> 1/2 cup fresh strawberries 1/2 small banana, sliced</p> <p><b>Calories:</b> 410 <b>Fat:</b> 15 <b>Protein:</b> 17 <b>Carbs:</b> 62</p>
<b>Lunch</b>	<p>Pasta Primavera -2 ounces whole wheat pasta -1/2 cup chopped zucchini -1/2 cup green peas -1/2 cup sliced red bell pepper -1/2 cup cherry tomatoes -2 teaspoons olive oil -1 tablespoon parmesan cheese</p> <p><b>Calories:</b> 405 <b>Fat:</b> 12 <b>Protein:</b> 16 <b>Carbs:</b> 63</p>	<p>Vegetarian BLT Pasta Salad <i>*See recipe in Wellness resources</i> 1 medium orange</p> <p><b>Calories:</b> 470 <b>Fat:</b> 12 <b>Protein:</b> 22 <b>Carbs:</b> 74</p>	<p>BBQ Chopped Salad -2 cups romaine lettuce -1/2 cup black beans -1/3 cup corn -1/4 cup sliced red onion -1/2 cup sliced cucumber -2 tablespoons BBQ sauce -1/4 cup crushed tortilla chips</p> <p><b>Calories:</b> 300 <b>Fat:</b> 5 <b>Protein:</b> 11 <b>Carbs:</b> 56</p>	<p>Homestyle 3-Bean Chili <i>*See recipe in Wellness resources</i> 1 tablespoon cheddar cheese 1/4 cup mashed avocado</p> <p><b>Calories:</b> 390 <b>Fat:</b> 16 <b>Protein:</b> 16 <b>Carbs:</b> 48</p>
<b>Dinner</b>	<p>Black Bean Veggie Burgers <i>*See recipe in Wellness resources</i> 1 whole wheat bun 2 slices fresh tomato 2 large leaves butter lettuce 2 teaspoons yellow mustard</p> <p><b>Calories:</b> 420 <b>Fat:</b> 8 <b>Protein:</b> 21 <b>Carbs:</b> 72</p>	<p>Loaded Baked Potato -1 large Yukon gold potato, baked -1 cup each broccoli, kale, mushrooms, sautéed in 2 teaspoons olive oil -2 tablespoons nutritional yeast -1 tablespoon green onions</p> <p><b>Calories:</b> 275 <b>Fat:</b> 6 <b>Protein:</b> 13 <b>Carbs:</b> 35</p>	<p>Pasta Primavera -2 ounces whole wheat pasta -1/2 cup chopped zucchini -1/2 cup green peas -1/2 cup sliced red bell pepper -1/2 cup cherry tomatoes -2 teaspoons olive oil -1 tablespoon parmesan cheese</p> <p><b>Calories:</b> 405 <b>Fat:</b> 12 <b>Protein:</b> 16 <b>Carbs:</b> 63</p>	<p>Tofu Sandwich -2 pieces whole wheat bread -2 ounces thinly sliced tofu, grilled -2 sliced fresh tomato -1 slice fresh onion -2 large leaves butter lettuce -2 teaspoons yellow mustard -2 teaspoons Vegenaïse -1/2 cup fresh sprouts</p> <p><b>Calories:</b> 330 <b>Fat:</b> 11 <b>Protein:</b> 14 <b>Carbs:</b> 44</p>
<b>Snack</b>	<p>1 cup plain nonfat Greek yogurt 1 cup raspberries</p> <p><b>Calories:</b> 185 <b>Fat:</b> 1 <b>Protein:</b> 23 <b>Carbs:</b> 23</p>	<p>1/4 cup raw almonds 1 medium apple</p> <p><b>Calories:</b> 250 <b>Fat:</b> 14 <b>Protein:</b> 6 <b>Carbs:</b> 23</p>	<p>Yogurt Ranch Dip <i>*See recipe in Wellness resources</i> 1 cup carrot sticks 1 cup celery sticks</p> <p><b>Calories:</b> 170 <b>Fat:</b> 2 <b>Protein:</b> 15 <b>Carbs:</b> 20</p>	<p>2 cups air popped popcorn 1/4 cup walnuts</p> <p><b>Calories:</b> 160 <b>Fat:</b> 11 <b>Protein:</b> 4 <b>Carbs:</b> 14</p>

**AMERICAN**



# 7 Day Sample Meal Plan

	Day 5	Day 6	Day 7
<b>Breakfast</b>	<p>Cinnamon Oats -1/2 cup oats -1 teaspoon cinnamon -1 cup low fat milk -2 tablespoons walnuts -1/2 cup blueberries</p> <p><b>Calories:</b> 390 <b>Fat:</b> 11 <b>Protein:</b> 18 <b>Carbs:</b> 58</p>	<p>PB &amp; J French Toast <i>*See recipe in Wellness resources</i></p> <p>1/2 cup fresh strawberries 1/2 small banana, sliced</p> <p><b>Calories:</b> 410 <b>Fat:</b> 15 <b>Protein:</b> 17 <b>Carbs:</b> 62</p>	<p>Sweet Greens Smoothie -1 handful kale leaves -1 cup low fat milk -1 cup frozen mango chunks -1 tablespoon ground flax seeds -1/2 cup plain nonfat Greek yogurt</p> <p><b>Calories:</b> 310 <b>Fat:</b> 6 <b>Protein:</b> 24 <b>Carbs:</b> 44</p>
<b>Lunch</b>	<p>Homestyle 3-Bean Chili <i>*See recipe in Wellness resources</i></p> <p>1 tablespoon cheddar cheese 1/4 cup mashed avocado</p> <p><b>Calories:</b> 390 <b>Fat:</b> 16 <b>Protein:</b> 16 <b>Carbs:</b> 48</p>	<p>Loaded Baked Potato -1 large Yukon gold potato, baked -1 cup each broccoli, kale, mushrooms, sautéed in 2 teaspoons olive oil -2 tablespoons nutritional yeast -1 tablespoon green onions</p> <p><b>Calories:</b> 275 <b>Fat:</b> 6 <b>Protein:</b> 13 <b>Carbs:</b> 35</p>	<p>Vegetarian BLT Pasta Salad <i>*See recipe in Wellness resources</i></p> <p>1 medium orange</p> <p><b>Calories:</b> 470 <b>Fat:</b> 12 <b>Protein:</b> 22 <b>Carbs:</b> 74</p>
<b>Dinner</b>	<p>BBQ Chopped Salad -2 cups romaine lettuce -1/2 cup black beans -1/3 cup corn -1/4 cup sliced red onion -1/2 cup sliced cucumber -2 tablespoons BBQ sauce -1/4 cup crushed tortilla chips</p> <p><b>Calories:</b> 300 <b>Fat:</b> 5 <b>Protein:</b> 11 <b>Carbs:</b> 56</p>	<p>Black Bean Veggie Burgers <i>*See recipe in Wellness resources</i></p> <p>1 whole wheat bun 2 slices fresh tomato 2 large leaves butter lettuce 2 teaspoons yellow mustard</p> <p><b>Calories:</b> 420 <b>Fat:</b> 8 <b>Protein:</b> 21 <b>Carbs:</b> 72</p>	<p>Tofu Sandwich -2 pieces whole wheat bread -2 ounces thinly sliced tofu, grilled -2 sliced fresh tomato -1 slice fresh onion -2 large leaves butter lettuce -2 teaspoons yellow mustard -2 teaspoons Vegenaïse -1/2 cup fresh sprouts</p> <p><b>Calories:</b> 330 <b>Fat:</b> 11 <b>Protein:</b> 14 <b>Carbs:</b> 44</p>
<b>Snack</b>	<p>1/4 cup raw almonds 1 medium apple</p> <p><b>Calories:</b> 250 <b>Fat:</b> 14 <b>Protein:</b> 6 <b>Carbs:</b> 23</p>	<p>1 cup plain nonfat Greek yogurt 1 cup raspberries</p> <p><b>Calories:</b> 185 <b>Fat:</b> 1 <b>Protein:</b> 23 <b>Carbs:</b> 23</p>	<p>Yogurt Ranch Dip <i>*See recipe in Wellness resources</i></p> <p>1 cup carrot sticks 1 cup celery sticks</p> <p><b>Calories:</b> 170 <b>Fat:</b> 2 <b>Protein:</b> 15 <b>Carbs:</b> 20</p>

Living  Whole  
Wellness Program

A Recipe for Success

