



7 DAY | MEAL PLAN GUIDE



DAY 1 - 7 Day Meal Plan Guide

FOOD	SERVING SIZE	PROTEIN	CARBS	FIBER	FAT	CALORIES (ENERGY)
BREAKFAST						
<u>Southwest Omelet</u>						
2 Egg Omelet	2 large eggs	13	1	0	14	185
Salsa	2 tbsp	0	2	1	0	9
Low Fat Cheddar or Colby Cheese	1 oz	7	1	0	2	49
Cooked Onions	1 tbsp, chopped	0	2	0	0	7
Cooked Mushrooms	1 tbsp	0	1	0	0	3
Raspberries, raw	1 pint	3	36	21	2	153
Coffee	4 fl oz	0	0	0	0	2
Breakfast Total		23	42	22	18	408
MORNING SNACK						
Plain, Lowfat Greek Yogurt	7 oz	20	8	0	4	148
Grapes, Red or Green	.5 cup, with seeds	0	14	1	0	55
Morning Snack Total		20	22	1	4	203
LUNCH						
<u>Roasted Chicken Salad</u>						
Roasted Chicken Breast	.5 breast, bone and skin removed	27	0	0	3	142
Green Peppers, raw	1 cup, sliced	1	6	2	0	25
Lettuce, looseleaf, raw	1 cup, shredded	1	2	1	0	10
Cucumber, Peeled	1 cup, sliced	1	3	1	0	14
Italian Salad Dressing	3 tbsp	0	2	0	4	47
Croutons	.5 oz	2	10	1	1	58
Lunch Total		31	23	4	9	296
AFTERNOON SNACK						
Almond Milk, unsweetened	1 cup	1	1	1	3	29
Complete Protein & Vitamin Shake Mix - Decadent Chocolate	2 scoops	15	10	6	3	110
Afternoon Snack Total		16	11	7	6	139
DINNER						
<u>Lean Braised Pot Roast</u>	3 oz	25	0	0	14	238
Au Jus	.5 cup	1	3	0	0	19
Steamed Carrots	.5 cup, slices	1	8	3	0	35
Grilled Summer Squash	.5 cup, slices	1	4	1	0	18
Low Fat Cottage Cheese, 1% milkfat	4 oz	14	3	0	1	81
Dessert - Peaches with Cinnamon	1 half can, with liquid	0	6	1	0	24
	1 tsp	0	2	1	0	6
Dinner Total		43	26	6	16	421
Daily Total		133	124	41	53	1467
	Calories of each	531	498		478	
	Percent of Calories	36%	34%		33%	

DAY 2 - 7 Day Meal Plan Guide

FOOD	SERVING SIZE	PROTEIN	CARBS	FIBER	FAT	CALORIES (ENERGY)
BREAKFAST						
<u>Bagel with Salmon</u>						
Smoked Salmon	3 oz	16	0	0	4	99
Cream Cheese	2 tbsp	2	1	0	10	101
Capers	1 tbsp, drained	0	0	0	0	2
Onions, raw	1 tbsp chopped	0	1	0	0	4
Oat Bran Bagel	.5 small bagel	4	18	1	0	88
Coffee	4 fl oz	0	0	0	0	2
Breakfast Total		22	21	2	14	297
MORNING SNACK						
Hard Boiled Eggs	2, large	13	1	0	11	155
Hot Tea	1 tea bag	0	0	0	0	0
Morning Snack Total		13	1	0	11	155
LUNCH						
<u>Asian Chicken Salad</u>						
Roasted Chicken Breast	.5 breast, bone and skin removed	27	0	0	3	142
Spinach, raw	2 cup	2	2	2	0	13
Water chestnuts	.5 cup, slices	1	9	2	0	35
Tangerine	1 large	1	11	2	0	43
Almonds, blanched	1 tbsp	2	2	1	5	53
Salad dressing, sesame seed	2 tbsp	1	3	0	14	136
Club Soda	1 can	0	0	0	0	0
Lunch Total		33	23	7	22	422
AFTERNOON SNACK						
Complete Protein & Vitamin Shake Mix -						
Vanilla Bean	2 scoops	15	13	5	2	120
Skim Milk	1 cup	8	12	0	3	105
Afternoon Snack Total		23	25	5	5	225
DINNER						
Broiled Pork Chops, bone-in	1 chop, excluding refuse	19	0	0	7	143
Sour Cream	1 oz	1	2	0	6	59
Grilled Summer Squash	.5 cup, slices	1	4	1	0	18
Grilled Zucchini, includes skin	.5 cup, slices	1	4	1	0	14
Steamed Broccoli	.5 cup	3	5	3	0	26
Blackberries, raw	1 cup	1	18	8	1	75
Dinner Total		25	33	13	13	335
Daily Total		116	106	26	66	1433
	Calories of each	464	424		590	
	Percent of Calories	32%	30%		41%	

DAY 3 - 7 Day Meal Plan Guide

FOOD	SERVING SIZE	PROTEIN	CARBS	FIBER	FAT	CALORIES (ENERGY)
BREAKFAST						
<i>Turkey Ham on Oat Bran Toast</i>						
Turkey Ham	4 slices	21	0	0	6	145
Oat Bran Toast	1 slice	2	9	3	1	45
Red Grapefruit	.5 fruit	0	9	1	0	37
Breakfast Total		23	19	4	7	227
MORNING SNACK						
Complete Protein & Vitamin Shake Mix -						
Decadent Chocolate	2 scoops	15	7	4	3	110
Almond Milk, unsweetened	1 cup	1	1	1	3	29
Almonds	1 oz	6	6	4	14	164
Morning Snack Total		22	14	9	19	303
LUNCH						
<i>Chicken Garden Salad</i>						
Roasted Chicken Breast	.5 breast, bone and skin removed	27	0	0	3	142
Romaine Lettuce	2 cup, shredded	2	3	2	0	16
Parmesan Cheese, grated	2 tbsp	4	0	0	3	46
Red Tomato	1 cup, chopped or sliced	2	8	2	1	38
Cucumber, with peel	.5 cup slices	0	1	0	0	7
Fat Free Ranch dressing	2 tbsp	0	11	0	0	48
Hot Tea	1 teabag	0	0	0	0	0
Lunch Total		35	24	5	7	296
AFTERNOON SNACK						
Turkey breast meat	3 slices	14	0	0	1	69
Roasted Almonds	1 oz	6	5	3	16	170
Gala Apple	1 medium	0	25	4	1	95
Afternoon Snack Total		20	30	7	18	334
DINNER						
Baked Cod	3 oz	19	0	0	1	89
Almonds	2 tbsp	4	4	2	9	106
Parsley	1 tbsp	0	0	0	0	1
Lemon Juice	1 tbsp	0	1	0	0	3
Steamed Carrots	.5 cup slices	1	8	3	0	35
Green Beans	1 cup	2	10	4	0	44
Dessert - Low Calorie Gelatin with Pears, canned	.5 cup 1 half, with liquid	1 0	1 6	0 1	0 0	8 22
Dinner Total		28	30	10	11	309
Daily Total		129	117	34	61	1469
	Calories of each	516	467		553	
	Percent of Calories	35%	32%		38%	

DAY 4 - 7 Day Meal Plan Guide

FOOD	SERVING SIZE	PROTEIN	CARBS	FIBER	FAT	CALORIES (ENERGY)
BREAKFAST						
Oatmeal, old fashioned rolled oats	.5 cup	5	27	4	2.5	150
Complete Protein & Vitamin Shake Mix - Vanilla Bean	2 scoops	15	13	5	2	120
Raspberries	.25 cup	1	11	6	0	47
Breakfast Total		21	51	15	4.5	317
MORNING SNACK						
Trail Mix	1.5 oz	6	19	2	13	196
Tea	4 fl oz	0	0	0	0	0
Morning Snack Total		6	19	2	13	196
LUNCH						
<u><i>Greek Salad with Turkey</i></u>						
Turkey breast meat	3 slices	14	0	0	1	69
Artichoke Hearts	.5 cup, hearts	3	9	5	0	42
Green Peppers	2 cup, sliced	2	12	3	0	50
Zucchini	1 cup, sliced	1	3	1	0	16
Feta Cheese	2 oz	8	2	0	12	150
Italian Salad Dressing	3 tbsp	0	2	0	4	47
Basil	5 leaves	0	0	0	0	1
Club Soda	1 can	0	0	0	0	0
Lunch Total		28	29	9	18	374
AFTERNOON SNACK						
Complete Protein & Vitamin Shake Mix - Vanilla Bean	2 scoops	15	10	6	3	110
Almond Milk, unsweetened	1 cup	1	1	1	3	29
Afternoon Snack Total		16	11	7	6	139
DINNER						
Lobster	6 oz	35	2	0	1	167
Manhattan Clam Chowder	1 cup	2	12	1	2	78
Lemon Juice	2 tbsp	0	2	0	0	6
Steamed Asparagus	12 spears	5	8	3	1	43
Dessert - Low Calorie Gelatin	.5 cup	1	1	0	0	8
Dinner Total		43	25	4	4	302
Daily Total		114	135	38	45	1329
	Calories of each	457	541		405	
	Percent of Calories	34%	41%		30%	

DAY 5 - 7 Day Meal Plan Guide

FOOD	SERVING SIZE	PROTEIN	CARBS	FIBER	FAT	CALORIES (ENERGY)
BREAKFAST						
Scrambled Egg	1 large	7	1	0	7	101
Canadian Bacon	2 slices	11	1	0	4	86
Ketchup	1 tbsp	0	4	0	0	16
Navel Orange	1 fruit	1	16	3	0	64
Coffee	4 fl oz	0	0	0	0	2
Breakfast Total		20	23	4	12	270
MORNING SNACK						
Complete Protein & Vitamin Shake Mix -						
Decadent Chocolate	2 scoops	15	10	6	3	110
Nonfat Milk	1 cup	8	12	0	0	86
Morning Snack Total		23	22	6	3	196
LUNCH						
Breaded Chicken	6 pieces	18	15	0	21	319
Barbecue Sauce	1 packet	0	1	0	0	7
Grapes	10 grapes	0	4	0	0	16
Lunch Total		18	21	0	21	342
AFTERNOON SNACK						
Cheddar Cheese	1 oz	7	0	0	9	115
Whole Wheat Crackers	6 crackers	11	19	3	4	118
Tea	1 tea bag	0	0	0	0	0
Afternoon Snack Total		18	19	3	13	233
DINNER						
Turkey, diced	.25 lb	21	1	0	7	157
Baked Squash	1 cup, cubes	2	18	6	1	80
Cooked Spinach	.5 cup	3	5	3	0	27
Onion Soup	1 packet	1	4	1	0	20
Dinner Total		27	28	9	9	283
Daily Total		106	112	22	58	1324
	Calories of each	426	449		518	
	Percent of Calories	32%	34%		39%	

DAY 6 - 7 Day Meal Plan Guide

FOOD	SERVING SIZE	PROTEIN	CARBS	FIBER	FAT	CALORIES (ENERGY)
BREAKFAST						
Lowfat Cottage Cheese	8 oz	28	6	0	2	163
Almonds	1 tbsp	2	2	1	5	53
Blackberries, raw	1 cup	1	18	8	1	75
Coffee	4 fl oz	0	0	0	0	2
Breakfast Total		31	27	9	7	293
MORNING SNACK						
Oatmeal, old fashioned rolled oats	.5 cup	5	27	4	2.5	150
Complete Protein & Vitamin Shake Mix - Vanilla Bean	1 scoop	8	7	3	1	60
Morning Snack Total		13	34	7	4	210
LUNCH						
<u>Garden Tuna Salad</u>						
Tuna	3 oz	20	0	0	3	109
Nonfat Salad Dressing	2 tbsp	0	5	1	1	27
Lettuce	1 cup, shredded	1	2	1	0	10
Red Tomato	1 cup, chopped	2	8	2	1	38
Sweet Pickle Relish	1 tbsp	0	5	0	0	20
Celery	1 cup diced	1	4	2	0	19
Scallions	1 tbsp, chopped	0	0	0	0	2
Parsley	1 tbsp	0	0	0	0	1
Club Soda	1 can	0	0	0	0	0
Lunch Total		24	26	6	4	226
AFTERNOON SNACK						
Almond Milk, unsweetened	1 cup	1	1	1	3	29
Complete Protein & Vitamin Shake Mix - Vanilla Bean	2 scoops	15	10	6	3	110
Afternoon Snack Total		16	11	7	6	139
DINNER						
<u>Pork Teriyaki</u>						
Lean Pork Chop	3 oz	24	0	0	11	198
Garlic	1 tsp	0	1	0	0	4
Mushrooms, raw	1 cup, whole	3	4	1	0	24
Onions, raw	1 tbsp chopped	0	1	0	0	4
Broccoli, raw	1 cup, chopped	3	5	3	0	25
Water chestnuts, raw	.5 cup, slices	1	9	2	0	35
Sesame Seeds	1 tbsp	2	2	1	4	52
Baked Potato	1 medium	3	26	5	0	115
Teriyaki Sauce	2 tbsp	2	6	0	0	30
Dinner Total		36	53	11	16	486
Daily Total		119	150	40	37	1354
	Calories of each	478	599		332	
	Percent of Calories	35%	44%		24%	

DAY 7 - 7 Day Meal Plan Guide

FOOD	SERVING SIZE	PROTEIN	CARBS	FIBER	FAT	CALORIES (ENERGY)
BREAKFAST						
<i>Turkey Ham on Oat Bran Toast</i>						
Turkey Ham	4 slices	21	0	0	6	145
Oat Bran Toast	1 slice	2	9	3	1	45
Red Grapefruit	.5 fruit	0	9	1	0	37
Tea	4 fl oz	0	0	0	0	0
Breakfast Total		23	19	4	7	227
MORNING SNACK						
Plain, Lowfat Greek Yogurt	7 oz	20	8	0	4	148
Raspberries	.75 cup	2	17	9	0	70
Morning Snack Total		22	25	9	4	218
LUNCH						
<i>Southwestern Salad</i>						
Ground Beef	3 oz	21	0	0	17	240
Yellow Corn	.5 cup	2	16	2	0	66
Kidney Beans	1 tbsp	1	2	1	0	14
Lettuce	2 cups, shredded	1	4	2	0	20
Salsa	3 tbsp	1	3	1	0	13
Lunch Total		26	25	6	18	353
AFTERNOON SNACK						
Complete Protein & Vitamin Shake Mix -						
Decadent Chocolate	2 scoops	15	7	4	3	110
Roasted Almonds	1 oz	6	5	3	16	170
Afternoon Snack Total		21	12	7	19	280
DINNER						
Roasted Chicken Breast	.5 breast, bone and skin removed	27	0	0	3	142
Cooked Carrots	.5 cup, slices	1	8	3	0	35
Cooked Cauliflower	.5 cup	1	3	2	0	14
Boiled Cabbage	.5 cup, shredded	1	3	2	0	17
Baked Potato	1 medium	3	26	5	0	115
Dessert - Watermelon	1 cup, diced	1	11	1	1	49
Dinner Total		33	51	12	4	371
Daily Total		125	133	38	51	1449
	Calories of each	501	531		460	
	Percent of Calories	35%	37%		32%	

See product packaging for most updated nutritionals - which may vary slightly

Note: Any of Nature's Bounty® Optimal Solutions® powders can be used interchangeably, check product label for exact nutritionals

Disclaimer: Before you start: It is important to check with your healthcare provider before beginning any diet or exercise program. Portion size as well as total calories consumed may need to be adjusted depending on your individual metabolism and daily energy expenditure. Strive for 30 minutes of moderate physical activity on a daily basis and make sure to consume at least eight 8-fluid ounce cups of water per day. Additional servings of low-calorie fruits and veggies are always encouraged. It is generally recommended that most dieters consume a multi-vitamin and calcium supplement, to ensure adequate intake of all the major vitamins and minerals.

Please see our other recipes for meal and snack substitutions.

All caloric values are approximations.