

7 Day Meal Plan w/calorie count



These meal plans includes three meals and three snacks which are sure to keep you satisfied throughout the day. There are even some plans that include a glass of beer or wine. You may add more water, coffee or herbal tea to any day, but keep in mind that adding cream or sugar also adds calories.

Swapping out similar menu items are fine, but keep cooking methods in mind. Replacing a sirloin steak with grilled chicken is fine, but replacing it with chicken-fried steak isn't going to work because the breading changes the fat, carb and sodium counts, and ultimately the calories.

Finally, you can adjust your calorie intake by eliminating rice or carbs at dinner or certain snacks if you want to lose weight or eat larger snacks if you want to gain weight.

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Day One

Today's meal plan contains about 2,250 calories, with 55 percent of those calories coming from carbohydrates, 20 percent fat, and 25 percent from protein. It also has about 34 grams fiber.

Breakfast

One grapefruit

Two poached eggs (or fried in a non-stick pan)

Two slices whole grain toast with one pat butter each

One cup low-fat milk

One cup black coffee or herbal tea

(Macronutrients: approximately 555 calories with 27 grams protein, 63 grams carbohydrates, and 23 grams fat)

Snack

One banana

One cup plain yogurt with two tablespoons honey

Glass of water

(Macronutrients: 360 calories, 14 grams protein, 78 grams carbohydrates, 1 gram fat)

Lunch

Chicken breast (6-ounce portion), baked or roasted (not breaded or fried)

Large garden salad with tomato and onion with one cup croutons, topped with one tablespoon oil and vinegar (or salad dressing)

Glass of water

(Macronutrients: 425 calories, 44 grams protein, 37 grams carbohydrates, 9 grams fat)

Snack

One cup carrot slices

Three tablespoon hummus

One-half piece of pita bread

Glass of water or herbal tea

(Macronutrients: 157 calories, 6 grams protein, 25 grams carbohydrates, 5 grams fat)

Dinner

One cup steamed broccoli

One cup brown rice

Halibut (four-ounce portion)

Small garden salad with one cup spinach leaves, tomato, and onion topped with two tablespoons oil and vinegar or salad dressing
One glass white wine (regular or dealcoholized)
Sparkling water with lemon or lime slice
(646 calories, 42 grams protein, 77 grams carbohydrates, 8 grams fat)

Snack

One cup blueberries
Two tablespoons whipped cream (the real stuff—whip your own or buy in a can)
Glass of water
(Approximately 100 calories, 1 gram protein, 22 grams carbohydrates, 2 grams fat)

Day Two

If you eat this whole menu, you get about 2,150 calories, with 51 percent of those calories coming from carbohydrates, 21 percent from fat, and 28 percent from protein. The meal plan also has 30 grams fiber.

Breakfast

One whole wheat English muffin with two tablespoons peanut butter
One orange
Large glass (12 ounces) nonfat milk
One cup black coffee or herbal tea
(Macronutrients: approximately 521 calories with 27 grams protein, 69 grams carbohydrates, and 18 grams fat)

Snack

Two oatmeal cookies with raisins
Glass of water, hot tea or black coffee
(Macronutrients: 130 calories, 2 grams protein, 21 grams carbohydrates, 1 gram fat)

Lunch

A turkey sandwich (six ounces of turkey breast meat, large tomato slice, green lettuce and mustard on two slices of whole wheat bread)
One cup low-sodium vegetable soup
Glass of water
(Macronutrients: 437 calories, 59 grams protein, 37 grams carbohydrates, 6 grams fat)

Snack

One cup (about 30) grapes

Glass of water or herbal tea

(Macronutrients: 60 calories, 0.6 grams protein, 12 grams carbohydrates, 0 grams fat)

Dinner

Five-ounce sirloin steak

One cup mashed potatoes

One cup cooked spinach

One cup green beans

One glass beer (regular, lite or non-alcohol)

Sparkling water with lemon or lime slice

(671 calories, 44 grams protein, 63 grams carbohydrates, 18 grams fat)

Snack

Two slices whole wheat bread with two tablespoons jam (any variety of fruit)

One cup nonfat milk

Glass of water

(Approximately 337 calories, 14 grams protein, 66 grams carbohydrates, 3 grams fat)

Day Three

Today's meal has about 2,260 calories, with 55 percent of those calories coming from carbohydrates, 20 percent from fat, and 25 percent from protein. It also has 50 grams fiber.

Breakfast

One medium bran muffin

One serving turkey breakfast sausage

One orange

One cup nonfat milk

One cup black coffee or herbal tea

(Macronutrients: approximately 543 calories with 26 grams protein, 84 grams carbohydrates, and 15 grams fat)

Snack

One fresh pear

One cup flavored soy milk

Glass of water, hot tea or black coffee

(Macronutrients: 171 calories, 6 grams protein, 34 grams carbohydrates, 2 grams fat)

Lunch

Low sodium chicken noodle soup with six saltine crackers

One medium apple

Water

(Macronutrients: 329 calories, 8 grams protein, 38 grams carbohydrates, 17 grams fat)

Snack

One apple

One slice Swiss cheese

Sparkling water with lemon or lime slice

(Macronutrients: 151 calories, 5 grams protein, 21 grams carbohydrates, 6 grams fat)

Dinner

Eight-ounce serving of turkey breast meat

One cup baked beans

One cup cooked carrots

One cup cooked kale

One glass of wine

(784 calories, 84 grams protein, 76 grams carbohydrates, 3 grams fat)

Snack

One cup of frozen yogurt

One cup fresh raspberries

(Approximately 285 calories, 7 grams protein, 52 grams carbohydrates, 7 grams fat)

Day Four

By the end of today, you'll consume about 2,230 calories, with 54 percent of those calories coming from carbohydrates, 24 percent from fat, and 22 percent from protein. You'll also get about 27 grams fiber.

Breakfast

One cup whole wheat flakes with one cup nonfat milk and one teaspoon sugar

One banana

One slice whole grain toast with one tablespoon peanut butter

One cup black coffee or herbal tea

(Macronutrients: approximately 557 calories with 18 grams protein, 102 grams carbohydrates, and 12 grams fat)

Snack

One cup grapes and one tangerine

Glass of water, hot tea or black coffee

(Macronutrients: 106 calories, 1 gram protein, 27 grams carbohydrates, 1 gram fat)

Lunch

Tuna wrap with one wheat flour tortilla, one-half can water-packed tuna (drained), one tablespoon mayonnaise, lettuce, and sliced tomato

One sliced avocado

One cup nonfat milk

(Macronutrients: 419 calories, 27 grams protein, 37 grams carbohydrates, 19 grams fat)

Snack

One cup cottage cheese (1-percent fat)

One fresh pineapple slice

Four graham crackers

Sparkling water with lemon or lime slice

(Macronutrients: 323 calories, 29 grams protein, 38 grams carbohydrates, 5 grams fat)

Dinner

One serving lasagna

Small garden salad with tomatoes and onions topped with one tablespoon salad dressing

One cup nonfat milk

(585 calories, 34 grams protein, 61 grams carbohydrates, 23 grams fat)

Snack

One apple

One cup nonfat milk

(Approximately 158 calories, 9 grams protein, 31 grams carbohydrates, 1 gram fat)

Day Five

This delicious meal plan includes three meals and three snacks and has approximately 2,250 calories, with 53 percent of those calories coming from carbohydrates, 25 percent from fat, and 21 percent from protein. And lots of fiber—over 40 grams.

Breakfast

One piece French toast with one tablespoon maple syrup

One scrambled or poached egg

One serving turkey bacon

One cup orange juice

One cup black coffee or herbal tea

(Macronutrients: approximately 449 calories with 16 grams protein, 57 grams carbohydrates, and 18 grams fat)

Snack

One cup sliced carrots

One cup cauliflower pieces

Two tablespoons ranch dressing

Glass of water, hot tea or black coffee

(Macronutrients: 223 calories, 4 grams protein, 18 grams carbohydrates, 16 grams fat)

Lunch

Veggie burger on a whole grain bun

One cup northern (or other dry) beans

One cup nonfat milk

(Macronutrients: 542 calories, 38 grams protein, 85 grams carbohydrates, 8 grams fat)

Snack

One apple

One pita with two tablespoons hummus

Sparkling water with lemon or lime slice

(Macronutrients: 202 calories, 5 grams protein, 41 grams carbohydrates, 4 grams fat)

Dinner

One trout fillet

One cup green beans

One cup brown rice

One small garden salad with two tablespoons salad dressing

One glass of beer

Sparkling water with lemon or lime slice

(634 calories, 27 grams protein, 78 grams carbohydrates, 13 grams fat)

Snack

One cup cottage cheese

One fresh peach

(Approximately 201 calories, 29 grams protein, 16 grams carbohydrates, 2 grams fat)

Day Six

Today's meals and snacks have about 2,200 calories, with 55 percent of those calories coming from carbohydrates, 19 percent from fat, and 26 percent from protein. You'll also get about 31 grams fiber.

Breakfast

One cup corn flakes with two teaspoons sugar and one cup nonfat milk

One banana

One hard-boiled egg

One cup black coffee or herbal tea

(Macronutrients: approximately 401 calories with 18 grams protein, 72 grams carbohydrates, and 6 grams fat)

Snack

One cup plain yogurt with one tablespoon honey, one-half cup blueberries, and one tablespoon almonds

Glass of water, hot tea or black coffee

(Macronutrients: 302 calories, 15 grams protein, 46 grams carbohydrates, 8 grams fat)

Lunch

One cup whole wheat pasta with one-half cup red pasta sauce

Medium garden salad with tomatoes and onions and two tablespoons salad dressing

Glass of water

(Macronutrients: 413 calories, 11 grams protein, 67 grams carbohydrates, 12 grams fat)

Snack

One and one-half cup cottage cheese

One fresh peach

Glass of water

(Macronutrients: 303 calories, 43 grams protein, 23 grams carbohydrates, 4 grams fat)

Dinner

Four and one-half ounce serving of pork loin

Small garden salad with tomatoes and onions topped with two tablespoons oil and vinegar (or salad dressing)

One small baked sweet potato

One cup asparagus

One glass wine (regular or dealcoholized)

Sparkling water with lemon or lime slice

(500 calories, 46 grams protein, 35 grams carbohydrates, 10 grams fat)

Snack

Five graham crackers

One cup nonfat milk

One cup strawberries

(Approximately 279 calories, 10 grams protein, 50 grams carbohydrates, 3 grams fat)

Day Seven

Today's menu contains about 2,200 calories, with 54 percent of those calories coming from carbohydrates, 22 percent from fat, and 24 percent from protein. There's also 46 grams fiber.

Breakfast

One cup cooked oatmeal with one-half cup blueberries, one-half cup nonfat milk, and one tablespoon almond slivers

Two slices turkey bacon

One cup nonfat milk to drink

One cup black coffee or herbal tea

(Macronutrients: approximately 442 calories with 26 grams protein, 59 grams carbohydrates, and 14 grams fat)

Snack

One cup plain yogurt with one tablespoon honey, one-half cup strawberries, and two tablespoons almond slivers

Glass of water, hot tea or black coffee

(Macronutrients: 343 calories, 17 grams protein, 41 grams carbohydrates, 13 grams fat)

Lunch

Six-ounce baked chicken breast

Large garden salad with tomatoes and onions and two tablespoons salad dressing

One baked sweet potato

One whole-wheat dinner roll.

Glass of water

(Macronutrients: 498 calories, 47 grams protein, 63 grams carbohydrates, 6 grams fat)

Snack

One cup raw broccoli florets

One cup raw sliced carrot

Two tablespoons veggie dip or salad dressing

One fresh peach

Glass of water

(Macronutrients: 112 calories, 3 grams protein, 25 grams carbohydrates, 1 gram fat)

Dinner

Three-ounce serving of baked or grilled salmon

One-half cup black beans

One cup Swiss chard

One cup brown rice

One whole wheat dinner roll with a pat of butter

Sparkling water with lemon or lime slice

(671 calories, 38 grams protein, 91 grams carbohydrates, 19 grams fat)

Snack

One Orange

(Approximately 62 calories, 1 gram protein, 15 grams carbohydrates, 0 grams fat)

