

1400 Calorie Meal Plan - Day 1

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 10 medium strawberry (30g) of Fruit, fresh: Strawberries, raw
- 2 biscuit oblong (0.9 oz) of Breakfast Cereals, Ready To Eat: Shredded Wheat

Lunch

- 1 sandwich of Submarina California Subs: Sandwiches & Burgers: Sub Favorites on Wheat Bread (6"), ATC Avocado Turkey & Cheese, without condiments or sides
- 1 fruit, 2-7/8" dia (4.9 oz) of Fresh Fruits: Oranges, California Navels, edible portion

Dinner

- 1 medium, cooked (6 oz) of Beef Steaks: Steak, Sirloin, Lean, broiled
- 1 medium, 2" dia, 5" long, raw (4 oz) of Vegetables, Fresh: Sweet Potato, baked in skin, no salt added, edible portion
- 1 cup (4.4 oz) of Vegetables, Fresh: Beans, green snap or string, boiled, drained, no salt added
- 1 cup, cubes (6 oz) of Fresh Fruits: Casaba Melons, raw, edible portion

Snack

No snack for this day

1400 Calorie Meal Plan - Day 2

Breakfast

2 slice, thick (40g) of Bread: Mixed Grain

2 egg, extra large (60g) of Eggs: Chicken Egg, whole, boiled or poached

1 small, 2-3/8" dia (3.4 oz) of Fresh Fruits: Oranges, Average all Varieties, raw

Lunch

1 cup (9.3 oz) of Soups: Condensed, Chili Beef, canned

1 cup (8.8 oz) of Canned or Bottled Fruits: Fruit salad, in juice, solids & liquids

Dinner

2 shredded, 1/2 cup (40g) of Vegetables, fresh: Cabbage, Chinese, raw

1 slices or diced, 1/2 cup (70g) of Vegetables, fresh: Carrots, raw

1/2 tablespoon (25g) of Sauces: Thai Sweet Chilli

1/2 tablespoon (15mL) of Kikkoman: Sauces: Soy, 43% Less Salt

1 breast, double (whole) (8.3 oz) of Chicken: Broilers or Fryers, Breast, raw, meat only, without skin

1/4 cup (0.6 oz) of Vegetables, Fresh: Cilantro (coriander), leaves, raw, edible portion

1/4 cup (8.6 fl.oz) of Fruit & Vegetable Juices: Lime, fresh

3 teaspoon, unpacked (0.1 oz) of Sugars: Brown

2 teaspoon (0.1 oz) of Vegetables, Fresh: Ginger root, raw, edible portion

3/4 cup (6.9 oz) of Rice: Brown, medium-grain, cooked

Snack

No snack for this day

1400 Calorie Meal Plan - Day 3

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 2 biscuit oblong (0.9 oz) of Breakfast Cereals, Ready To Eat: Shredded Wheat
- 1 extra small, less than 6" long (2.9 oz) of Fresh Fruits: Banana, raw

Lunch

- 1 serving of Strawberry and Chicken Salad
- 1 cup (8.6 oz) of Yogurts: Fruit Flavored, Fat-Free
- 1 small , 4" dia (1 oz) of Breads: Pita; Khoubiz; Pocket, whole wheat

Dinner

- 1 cup cubes/balls (150g) of Fruit, fresh: Melon, Watermelon, raw, peeled
- 1 serving (6 oz) of Omaha Steaks: Fish, Fresh: Mahi-Mahi Steaks
- 1 medium (5.3 oz) of Vegetables, Fresh: Sweet Potato, boiled, no skin, no salt added
- 2 serving, 4 spears, 1/2" base (2.1 oz) of Vegetables, Fresh: Asparagus, boiled, drained, no salt added
- 4 serving, 1/4 teaspoon of Mrs Dash: Seasonings: Blend, Garlic & Herb
- 1 tablespoon (0.5 fl.oz) of Oils: Olive
- 2 small size (0.5 oz) of Cookies: Biscotti, Almond (Stella D'oro)

Snack

No snack for this day

1400 Calorie Meal Plan - Day 4

Breakfast

- 2 egg, extra large (60g) of Eggs: Chicken Egg, whole, boiled or poached
- 1 serving (4 oz) of Chipotle: Meal Components: Black Beans
- 1/2 cup, chopped or sliced (6.3 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
- 1/4 cup, sliced (5.1 oz) of Fresh Fruits: Avocados, average all types, raw
- 1/4 cup, chopped (5.6 oz) of Vegetables, Fresh: Onions, all types, raw, edible portion

Lunch

- 10 medium strawberry (30g) of Fruit, fresh: Strawberries, raw
- 1 sandwich of Sandwiches, Wraps: Sandwich, BLT (5 strips bacon, 2 tbsp mayo) w. 3 oz Bread

Dinner

- 1 serving, 1/2 cup (80g) of Rice: Rice, White, cooked
- 1 tablespoon (15mL) of Kikkoman: Sauces: Soy, 43% Less Salt
- 1/4 serving (20g) of Always Fresh: Vegetables, packaged: Garlic, Minced
- 1 pouch (120g) of Birds Eye: Vegetables, frozen: Steam Fresh, Asian Mix
- 4 teaspoon (0.1 oz) of Vegetables, Fresh: Ginger root, raw, edible portion
- 2 serving (4 oz) of Shellfish, Fresh: Shrimp, raw

Snack

- No snack for this day

1400 Calorie Meal Plan - Day 5

Breakfast

- 10 medium strawberry (30g) of Fruit, fresh: Strawberries, raw
- 1 cup (250mL) of Milk: Light (1% fat)
- 2 biscuit oblong (0.9 oz) of Breakfast Cereals, Ready To Eat: Shredded Wheat

Lunch

- 2 slice, thick (40g) of Bread: Mixed Grain
- 4 slice (1 oz) of Deli & Luncheon Meat: Ham, 11% fat, sliced
- 1 slice (1 oz) of Cheese: Swiss
- 2 leaf inner (0.2 oz) of Vegetables, Fresh: Lettuce, cos or romaine, raw, edible portion
- 2 slice, thick/large, 1/2" thick (1 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
- 4 teaspoon (0.2 oz) of Condiments: Mustard, yellow, prepared
- 1 medium, 3" dia (6.4 oz) of Fresh Fruits: Apples, with Skin, raw

Dinner

- 1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 1 serving, 1/2 cup, slices (1.8 oz) of Vegetables, Fresh: Cucumber with Peel, raw
- 1 cup, cherry tomatoes (5.3 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
- 1 serving, 3 cups (3 oz) of Fresh Express: Salads: Tender Lettuce Mixes, Fancy Field Greens
- 1/2 cup, slices (2.5 oz) of Vegetables, Fresh: Mushrooms, brown, Italian or Crimini, raw, edible portion
- 1 serving, 2 tablespoons of Fresh Choice: Salad Components: Red Onions
- 1 potato, 2-1/2" dia, sphere (4.8 oz) of Vegetables, Fresh: Potatoes, boiled, flesh & skin w. salt
- 6 oz of Fish, Fresh: Salmon, pink, cooked, dry heat

Snack

No snack for this day

1400 Calorie Meal Plan - Day 6

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 1 miniature box (0.5 oz) of Dried Fruits: Raisins, seedless
- 1 serving, 1/3 cup (1 oz) of Breakfast Cereals, Cooked: Oats, regular & quick & instant, dry

Lunch

- 1 tablespoon (25g) of Sauces: Chilli
- 1 pita of Pita Pit: Sandwiches & Burgers: Meat Pitas, Club, with White Pita, without toppings, sauces & cheese
- 2 slice, thin (0.3 oz) of Vegetables, Fresh: Onions, all types, raw, edible portion
- 1/4 cup, shredded (2.5 oz) (2.5 oz) of Vegetables, Fresh: Cabbage, average all types, raw, edible portion
- 2 tablespoon of Greek: Meals, Tzatziki (cucumber & yogurt dip)

Dinner

- 1 tablespoon (0.2 oz) of A Taste Of Thai: Sauces: Mix, Peanut Salad Dressing
- 1/2 serving, cup prepared (2 oz) of Thai Kitchen: Rice: Jasmine Rice Mixes, Green Chili Garlic, prep. as directed
- 1 serving of Thai: Salad, Thai Chicken
- 2 roll of Vietnamese: Meals, Goi Cuon (Cold Spring Rolls)
- 1 medium, 2-5/8" dia (4.6 oz) of Fresh Fruits: Oranges, Average all Varieties, raw

Snack

- No snack for this day

1400 Calorie Meal Plan - Day 7

Breakfast

- 2 egg, extra large (60g) of Eggs: Chicken Egg, whole, boiled or poached
- 1 serving (4 oz) of Chipotle: Meal Components: Black Beans
- 1/2 cup, chopped or sliced (6.3 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
- 1/4 cup, sliced (5.1 oz) of Fresh Fruits: Avocados, average all types, raw
- 1/4 cup, chopped (5.6 oz) of Vegetables, Fresh: Onions, all types, raw, edible portion
- 1 slice (0.9 oz) of Breads: Wheat Bread (includes wheat berry)

Lunch

- 1 medium serving, 2 thin slices or 1 thick slice, cooked (5 oz) of Beef: Roast, Average All Cuts, Round, Lean & Fat (1/8")
- 1 cup (7.4 oz) of Vegetables, Fresh: Potatoes, mashed, home-prepared, whole milk & margarine added
- 1 serving, 1/4 cup (2.1 oz) of Gravy: Meat or Poultry, prepared
- 4 spear, about 5" long (1.3 oz) of Vegetables, Fresh: Broccoli, boiled, drained, no salt added

Dinner

- 1/2 serving, 1/2 jar (172g) of Bertolli: Sauces: Pasta Vegetable, Eggplant, Mushroom & Olive
- 1 cup, spaghetti (5 oz) of Pasta, Spaghetti, Macaroni: Whole wheat, cooked
- 1 serving (4 oz) of Fish, Canned, Packaged: Tuna, Light, canned in water, drained solids

Snack

No snack for this day

1400 Calorie Meal Plan - Day 8

Breakfast

- 1 medium (140g with skin) (90g) of Fruit, fresh: Banana, Common, without skin
- 1 cup (250mL) of Milk: Light (1% fat)
- 2 serving (30g) of Muesli: Muesli Swiss-style
- 1 pitted, 5 (30g) of Fruit, dried: Date

Lunch

- 1 small bunch, 22 medium size (120g) of Fruit, fresh: Grapes, Green, average all types, raw
- 2 slice, thick (40g) of Bread: Mixed Grain
- 2 serving of Boris' Omelette

Dinner

- 1 serving, 2 teaspoons (10g) of Kraft: Cheese: Parmesan, Grated, non-refrigerated
- 1 small (118g) of Vegetables, fresh: Zucchini, raw
- 1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 1 serving, 1 1/2 cups (3 oz) of Dole: Salads: Fresh Discoveries, Baby Spinach
- 1 1/2 cup, spiral shaped (4.7 oz) of Pasta, Spaghetti, Macaroni: Plain, cooked
- 2 serving, 1/2 cup (4.4 oz) of Del Monte: Pasta Sauces: Spaghetti, with Meat

Snack

- 1 medium, 8 per kg (115g) of Fruit, fresh: Peach, raw

1400 Calorie Meal Plan - Day 9

Breakfast

2 slice, thick (40g) of Bread: Mixed Grain

1 small, 2" dia, approx 5 per lb (2.8 oz) of Fresh Fruits: Peaches, raw

3 meal of Egg Dishes: Scrambled Eggs, 1 large egg w. 1 tbsp non-fat milk, no added fat

Lunch

1 serving of cup of mixed vegetables/salad

1 serving, 1 1/2 cups of Vietnamese: Soups, Pho Ga (Chicken Noodle Soup)

Dinner

2 serving of cups of mixed vegetables/salad

1 small, cooked (4 oz) of Beef Steaks: Steak, Sirloin, Lean, broiled

1 serving (3 oz) of Ore-Ida: Vegetables, Frozen / Refrigerated: Potato Wedges w. Skins

2 serving (0.3 oz) of Wendy's: Sauces & Condiments: Ketchup

1 serving, 50 berries (2.4 oz) of Fresh Fruits: Blueberries, raw

Snack

No snack for this day

1400 Calorie Meal Plan - Day 10

Breakfast

- 2 small, 32 per kg (30g) of Fruit, fresh: Apricot, raw
- 3/4 cup (250mL) of Milk: Light (1% fat)
- 1 cup (3 oz) of Breakfast Cereals, Ready To Eat: Muesli, dried fruit & nuts

Lunch

- 2 serving, 1/2 cup of Fresh Choice: Salads: Prepared, Brown Rice w. Vegetables
- 4 tablespoon of Greek: Meals, Tzatziki (cucumber & yogurt dip)

Dinner

- 1 serving of cup of mixed vegetables/salad
- 2 taco of Wahoo's Fish Taco: Tacos: A la Carte, Charbroiled Fish
- 1 serving, 1/2 cup (3 oz) of Fresh or Dried Legumes: Beans, black, mature seeds, boiled, no salt added
- 1 serving, 1/2 cup (2.9 oz) of Rice: White, long-grain, precooked or instant, prepared

Snack

- No snack for this day

1400 Calorie Meal Plan - Day 11

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 1 miniature box (0.5 oz) of Dried Fruits: Raisins, seedless
- 1 large (1.8 oz) (1.8 oz) of Eggs: Chicken Egg, whole, hard-boiled
- 1 serving, 1/3 cup (1 oz) of Breakfast Cereals, Cooked: Oats, regular & quick & instant, dry

Lunch

- 1 sub, 6" (266g) of Subway: Burgers / Sandwiches: 6" Subs w. 6g Fat or Less, Sweet Onion Chicken Teriyaki, no dressing, cheese or oil
- 1 medium, 3" dia (6.4 oz) of Fresh Fruits: Apples, with Skin, raw

Dinner

- 1 small bunch, 22 medium size (120g) of Fruit, fresh: Grapes, Green, average all types, raw
- 5 small (10g) of Vegetables, fresh: Mushrooms, Button
- 1 small (118g) of Vegetables, fresh: Zucchini, raw
- 1 serving, 2 teaspoons (10g) of Kraft: Cheese: Parmesan, Grated, non-refrigerated
- 1 tablespoon (0.5 fl.oz) of Oils: Olive
- 6 oz of Pork: Fresh, top loin (chops), boneless, lean only, raw
- 4 serving, 1/4 teaspoon of Mrs Dash: Seasonings: Blend, Lemon Pepper
- 1 small (2.1 oz) of Vegetables, Fresh: Sweet Potato, baked in skin, no salt added, edible portion

Snack

- No snack for this day

1400 Calorie Meal Plan - Day 12

Breakfast

- 1/2 medium (180g) of Fruit, fresh: Mango, raw, peeled
- 3/4 cup (250mL) of Milk: Light (1% fat)
- 1 cup (2.1 oz) of Breakfast Cereals, Ready To Eat: Raisin Bran (Kellogg's)
- 1 cup (8 fl.oz) of Coffees: Caffe Latte, non-fat milk (Starbucks)

Lunch

- 1 fillet (6.8 oz) of Foster Farms: Chicken: Breasts, Fillets, boneless skinless
- 4 serving, 1/4 teaspoon of Mrs Dash: Seasonings: Grilling Blend, Chicken
- 1 serving, 1 1/2 cups (7.3 oz) of Salads: Mixed vegetable tossed, no dressing
- 1 cup (8.1 fl.oz) of Trader Joe's: Soups: Butternut Squash
- 1 serving (3 oz) of Fresh Express: Salads: Speciality, Cole Slaw Kit w. Sweet & Creamy Dressing
- 2 tablespoon (0.5 fl.oz) of Lawry's: Cooking Sauces: 30 Minute Marinade, Hawaiian

Dinner

- 1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw
- 1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled
- 5 small (10g) of Vegetables, fresh: Mushrooms, Button
- 1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 1 serving, 1 1/2 cups (3 oz) of Dole: Salads: Fresh Discoveries, Baby Spinach
- 1 1/2 cup, spiral shaped (4.7 oz) of Pasta, Spaghetti, Macaroni: Plain, cooked
- 2 serving, 1/2 cup (4.4 oz) of Del Monte: Pasta Sauces: Spaghetti, with Meat

Snack

No snack for this day

1400 Calorie Meal Plan - Day 13

Breakfast

- 1 cup (200g) of Fruit, fresh: Fruit Salad
- 1 cup (8.6 oz) of Yogurts: Plain, Fat-Free
- 2 tablespoon (0.3 oz) of Nuts: Walnuts, black, dried, edible portion

Lunch

- 1 serving of Tuna and Green Bean Salad with Vinaegrette Dressing
- 1 serving, 10 grapes (1.7 oz) of Fresh Fruits: Grapes, Red or Green (European type, such as Thompson seedless), raw

Dinner

- 1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 2 serving, cooked (4 oz) of Fish, Fresh: Halibut, cooked, dry heat
- 1 cup of Near East: Rice: Rice Pilaf, Long Grain & Wild Rice, Garlic & Herb, prep. as directed
- 1 cup (2.8 oz) of Birds Eye: Vegetables, Frozen / Refrigerated: Deluxe, Broccoli, Cauliflower & Peppers
- 3 tablespoon (0.5 fl.oz) of Lawry's: Cooking Sauces: 30 Minute Marinade, Sesame Ginger

Snack

No snack for this day

1400 Calorie Meal Plan - Day 14

Breakfast

- 1/2 cup (200g) of Fruit, fresh: Fruit Salad
- 2 tablespoon (0.6 oz) of Nut Spreads: Peanut Butter, smooth style, with salt
- 1 muffin (2.2 oz) of Thomas': Muffins: English, Hearty Grains, Whole Wheat
- 1 tablespoon (0.7 oz) of Honeys: Plain

Lunch

- 1 medium, 8 per kg (115g) of Fruit, fresh: Peach, raw
- 1 serving of French: Meals, Salade Nicoise, tuna & olives & vegetables

Dinner

- 2 serving of Vegetable & Garlic Chicken with Rice

Snack

- No snack for this day