

1600 Calorie Meal Plan - Day 1

Breakfast

6 medium strawberry (30g) of Fruit, fresh: Strawberries, raw
1 cup (250mL) of Milk: Light (1% fat)
1 serving, 1 1/4 cup (2 oz) of Quaker: Breakfast Cereals, Ready To Eat: Oat Bran, Cold
1/4 cup, sliced (3.2 oz) of Nuts: Almonds, raw

Lunch

1 serving of Turkey Ham & Salad
1 carton (200g) of Yoghurt: Fruit Flavoured, fat-free
2 slice (0.9 oz) of Breads: Wheat Bread (includes wheat berry)

Dinner

1 medium, cooked (6 oz) of Beef Steaks: Steak, Sirloin, Lean, broiled
1 serving, 1 1/2 cups (7.3 oz) of Salads: Mixed vegetable tossed, no dressing
2 tablespoon (0.5 oz) of Salad Dressings: Italian
1 cup (4.4 oz) of Vegetables, Fresh: Beans, green snap or string, boiled, drained, no salt added
1 medium, 2" dia, 5" long, raw (4 oz) of Vegetables, Fresh: Sweet Potato, baked in skin, no salt added, edible portion

Snack

No snack for this day

1600 Calorie Meal Plan - Day 2

Breakfast

2 egg, extra large (60g) of Eggs: Chicken Egg, whole, boiled or poached
2 slice, thick (40g) of Bread: Mixed Grain
1 medium, 2-5/8" dia (4.6 oz) of Fresh Fruits: Oranges, Average all Varieties, raw
1 serving, 5 leaves (0.1 oz) of Herbs & Spices: Basil, fresh
1 tablespoon, chopped (0.4 oz) of Vegetables, Fresh: Shallots, raw, edible portion
1 tablespoon (0.5 fl.oz) of Oils: Olive
2 cup (8 fl.oz) of Coffees: Brewed w. 2 Tbsp Half & Half

Lunch

1 serving (3 oz) of Salads: Tuna
2 serving (1 oz) of Breadsmith: Breads: Marble Rye
2 leaf inner (0.2 oz) of Vegetables, Fresh: Lettuce, cos or romaine, raw, edible portion
3 slice, thin/small (0.5 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
1 extra small, 2-1/2" dia (3.6 oz) of Fresh Fruits: Apples, with Skin, raw

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 serving, 2 teaspoon (12g) of Gourmet Garden: Herbs: Lemongrass Blend
1/2 tablespoon (15mL) of Kikkoman: Sauces: Soy, 43% Less Salt
1/2 serving, 2 teaspoons (11g) of Gourmet Garden: Herbs: Ginger Blend
6 oz of Tyson: Chicken: Breasts, Boneless, Skinless, raw
1 cup (6.9 oz) of Rice: Brown, long-grain, cooked
1 serving, 1/4 cup (0.1 oz) of Vegetables, Fresh: Cilantro (coriander), leaves, raw, edible portion
1 lime yields (1.3 fl.oz) of Fruit & Vegetable Juices: Lime, fresh
2 teaspoon, packed (0.2 oz) of Sugars: Brown
4 stalk, small, 5" long (0.6 oz) of Vegetables, Fresh: Celery, raw, edible portion
2 serving, 3 florets (2.5 oz) of Vegetables, Fresh: Broccoli, raw, edible portion

Snack

No snack for this day

1600 Calorie Meal Plan - Day 3

Breakfast

- 24 medium strawberry (30g) of Fruit, fresh: Strawberries, raw
- 1 cup (250mL) of Milk: Light (1% fat)
- 1 cup (2.1 oz) of Breakfast Cereals, Ready To Eat: Raisin Bran (Kellogg's)

Lunch

- 1 salad (12.8 oz) of McDonald's: Salads: Asian with Grilled Chicken, without dressing
- 1 cup (8.6 oz) of Yogurts: Fruit Flavored, Fat-Free
- 1 cup, cubes (5.6 oz) of Fresh Fruits: Cantaloupe Melon, raw
- 2 tablespoon (0.5 oz) of Salad Dressings: Ranch

Dinner

- 10 mL of Always Fresh: Oils: Olive, Extra Light
- 1 cup cubes/balls (150g) of Fruit, fresh: Melon, Watermelon, raw, peeled
- 100 g of Vegetables, cooked: Asparagus, boiled
- 1 medium (5.3 oz) of Vegetables, Fresh: Sweet Potato, boiled, no skin, no salt added
- 1 serving, cooked (4 oz) of Fish, Fresh: Swordfish, cooked, dry heat

Snack

No snack for this day

1600 Calorie Meal Plan - Day 4

Breakfast

1 serving, 2 waffles (2.5 oz) of Eggo: Waffles: Nutri-Grain, Whole Wheat, frozen

1/2 cup, thawed (9 oz) of Frozen Fruits: Strawberries, sweetened, sliced

1 cup (8.6 oz) of Yogurts: Plain, Fat-Free

Lunch

1 sub (6") (9.9 oz) of Subway: Sandwiches & Burgers: 6 Grams of Fat or Less Subs on Wheat Bread, Sweet Onion Chicken Teriyaki

2 serving, 10 grapes (1.7 oz) of Fresh Fruits: Grapes, Red or Green (European type, such as Thompson seedless), raw

1 serving (8 oz) of Target Food Court: Menu Items: V-8 Splash, Berry Blend

Dinner

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

1/4 serving (20g) of Always Fresh: Vegetables, packaged: Garlic, Minced

2 pouch (120g) of Birds Eye: Vegetables, frozen: Steam Fresh, Asian Mix

4 serving, 4 large, cooked (0.8 oz) of Shellfish, Fresh: Shrimp, cooked, moist heat

1 serving, 2 tablespoons (1.1 fl.oz) of Annie's Naturals: Cooking Sauces: Organic Marinade, Spicy Ginger

1 cup (6.9 oz) of Rice: Brown, long-grain, cooked

1/4 cup, sliced (3.2 oz) of Nuts: Almonds, raw

Snack

No snack for this day

1600 Calorie Meal Plan - Day 5

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 1 cup (1.9 oz) of Kashi: Breakfast Cereals, Ready To Eat: GoLEAN, Crunch! Original
- 1 small, 2" dia, approx 5 per lb (2.8 oz) of Fresh Fruits: Peaches, raw

Lunch

- 1 serving of medium serving of fruit
- 3 3 slices 1 NLEA serving (2.2 oz) of Deli & Luncheon Meat: Ham, Extra Lean 5% Fat, sliced
- 2 slice (0.9 oz) of Breads: Wheat Bread (includes wheat berry)
- 3 teaspoon (0.2 oz) of Condiments: Mustard, yellow, prepared
- 2 slice (1 oz) of Cheese: Swiss
- 1/4 avocado, NS as to Florida or California (7.1 oz) of Fresh Fruits: Avocados, average all types, raw
- 1/2 cup (1.2 oz) of Seeds: Alfalfa Seeds, sprouted, raw

Dinner

- 1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 5 small (10g) of Vegetables, fresh: Mushrooms, Button
- 1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled
- 1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw
- 1 serving, 1/3 packet (50g) of Coles / Farmland: Salads: Salads, Baby Spinach
- 1 fillet, cooked (8.7 oz) of Fish, Fresh: Salmon, pink, cooked, dry heat
- 1 potato small, 1-3/4" to 2-1/2" dia (4.9 oz) of Vegetables, Fresh: Potatoes, red, baked, flesh & skin

Snack

No snack for this day

1600 Calorie Meal Plan - Day 6

Breakfast

- 1 bagel (3.7 oz) of Einstein Bros. / Noah's Bagels: Bakery: Bagels, Everything
- 2 tablespoon (0.6 oz) of Nut Spreads: Peanut Butter, smooth style, with salt

Lunch

- 2 medium slice, 1/4" (20g) of Vegetables, fresh: Tomato, ripe, raw
- 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 small, 2-3/8" dia (3.4 oz) of Fresh Fruits: Oranges, Average all Varieties, raw

Snack

- No snack for this day

1600 Calorie Meal Plan - Day 7

Breakfast

- 2 egg, extra large (60g) of Eggs: Chicken Egg, whole, boiled or poached
- 1 medium, 2-5/8" dia (4.6 oz) of Fresh Fruits: Oranges, Average all Varieties, raw
- 2 slice (0.9 oz) of Breads: Wheat Bread (includes wheat berry)
- 1 tablespoon (0.5 fl.oz) of Oils: Olive

Lunch

- 3 baby gourmet (50g) of Vegetables, fresh: Potatoes, Average All Types, raw
- 1 serving, tablespoon (20g) of Taylor's: Salad Dressings: Avocado & Garlic
- 4 oz of Beef Steaks: Steak, Sirloin, Lean, broiled
- 2 serving (4 oz) of Shoney's: Sides: Carrots, cooked

Dinner

- 1/2 serving, 1/2 jar (172g) of Bertolli: Sauces: Pasta Vegetable, Eggplant, Mushroom & Olive
- 1 1/2 cup, spaghetti (5 oz) of Pasta, Spaghetti, Macaroni: Whole wheat, cooked
- 1 small (2.6 oz) of Vegetables, Fresh: Peppers, bell or sweet, red, raw, edible portion
- 1 cup, whole (3.1 oz) of Vegetables, Fresh: Mushrooms, brown, Italian or Crimini, raw, edible portion
- 1 cup, chopped (5.6 oz) of Vegetables, Fresh: Onions, all types, raw, edible portion
- 3 clove (0.1 oz) of Vegetables, Fresh: Garlic, raw, edible portion
- 1 tablespoon (0.5 fl.oz) of Oils: Olive
- 1 medium (6.9 oz) of Vegetables, Fresh: Squash, summer, zucchini, with skin, raw

Snack

No snack for this day

1600 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)

1 cup (3 oz) of Breakfast Cereals, Ready To Eat: Muesli, dried fruit & nuts

Lunch

1 serving (1 lb 9 oz) of Mimis Cafe: Breakfast: Fresh & Fit, Five-Alarm Santa Fe Omelette with Egg White, without sides

2 serving, 10 grapes (1.7 oz) of Fresh Fruits: Grapes, Red or Green (European type, such as Thompson seedless), raw

Dinner

6 oz of Pork: Fresh, top loin (chops), boneless, lean only, raw

3 tablespoon (0.5 fl.oz) of Lawry's: Cooking Sauces: 30 Minute Marinade, Hawaiian

3/4 cup (5.6 oz) of Rice: White, long-grain, regular, unenriched, cooked, without salt

2 slice or ring, 3" dia with liquid (1.7 oz) of Canned or Bottled Fruits: Pineapple, in juice, solids & liquids

4 spear, about 5" long (1.3 oz) of Vegetables, Fresh: Broccoli, boiled, drained, no salt added

Snack

No snack for this day

1600 Calorie Meal Plan - Day 9

Breakfast

- 1 cup cubes (150g) of Fruit, fresh: Melon, Honey Dew, raw, peeled
- 2 slice (0.9 oz) of Breads: Wheat Bread (includes wheat berry)
- 1 meal of Egg Dishes: Scrambled Eggs, 2 large eggs w. 1 tbsp milk and 1 tsp fat

Lunch

- 2 slice, 1/8 pizza (3.5 oz) of Pizza Hut: Pizzas: Thin 'n Crispy (12"), Veggie Lover's
- 1 serving, 1 1/2 cups (7.3 oz) of Salads: Mixed vegetable tossed, no dressing
- 1 tablespoon (0.5 oz) of Salad Dressings: Italian

Dinner

- 1 medium, cooked (6 oz) of Beef Steaks: Steak, Sirloin, Lean, broiled
- 1 small (3 oz) of Vegetables, Fresh: Potatoes, French Fries, cooked in oil
- 2 serving, 4 spears, 1/2" base (2.1 oz) of Vegetables, Fresh: Asparagus, boiled, drained, no salt added
- 1 cup, whole (5.1 oz) of Fresh Fruits: Strawberries, raw
- 1 cup (8.5 oz) of Soups: Ready-to-Serve, Vegetable, Chunky, canned

Snack

No snack for this day

1600 Calorie Meal Plan - Day 10

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 3 pancake, 4" dia (1.3 oz) of Pancakes: Blueberry, prepared from recipe
- 1 cup (5.1 oz) of Fresh Fruits: Blueberries, raw
- 3 tablespoon (0.7 oz) of Syrups: Maple

Lunch

- 1 leg (3.4 oz) of Chicken: Leg, meat only, roasted
- 1 cup (7.4 oz) of Vegetables, Fresh: Potatoes, mashed, home-prepared, whole milk & margarine added
- 1 cup (4.4 oz) of Vegetables, Fresh: Beans, green snap or string, boiled, drained, no salt added
- 3 pat, 1" sq, 1/3" high (0.1 oz) of Butters: Regular, salted

Dinner

- 1 serving of French: Meals, Salade Nicoise, tuna & olives & vegetables

Snack

- No snack for this day

1600 Calorie Meal Plan - Day 11

Breakfast

- 1 cup (8 fl.oz) of Milk & Flavored Milk: Cow, Light or Low-Fat (1% fat)
- 1 cup (1 oz) of Cheerios: Breakfast Cereals, Ready To Eat: Cheerios, Oat
- 1 medium, 7" to 7-7/8" long (4.2 oz) of Fresh Fruits: Banana, raw

Lunch

- 1 container (5.3 oz) of McDonald's: Desserts: Fruit 'n Yogurt Parfait, with Granola
- 20 cracker (0.1 oz) of Crackers: Wheat, thin

Dinner

- 1 small bunch, 22 medium size (120g) of Fruit, fresh: Grapes, Green, average all types, raw
- 1 serving, 1/2 dish of Pei Wei Asian Diner: Meals: Pad Thai, Chicken
- 3 roll of Pei Wei Asian Diner: Appetizers: Spring Rolls

Snack

No snack for this day

1600 Calorie Meal Plan - Day 12

Breakfast

- 1 bagel (4.5 oz) of Panera Bread - Saint Louis Bread Co.: Bakery: Freshly Baked Bagels, Whole Grain
- 2 tablespoon (0.6 oz) of Nut Spreads: Peanut Butter, smooth style, with salt
- 1 tablespoon (0.7 oz) of Honeys: Plain
- 1 cup (8 fl.oz) of Milk & Flavored Milk: Cow, Light or Low-Fat (1% fat)

Lunch

- 1 serving, 3 cups (3 oz) of Fresh Express: Salads: Tender Lettuce Mixes, Fancy Field Greens
- 1 cup, sliced (4.3 oz) of Vegetables, Fresh: Mushrooms, portabella, grilled
- 1 serving, 2 filets (4.5 oz) of Long John Silvers: Seafood: Grilled Pacific Salmon
- 1 serving (1 oz) of Davanni's: Salad Dressings & Condiments: Balsamic Vinegarette

Dinner

- 1 serving of cup of mixed vegetables/salad
- 1 patty (4 oz) of Foster Farms: Turkey: Burger Patties
- 1 serving, 2 tablespoons of Fresh Choice: Salad Components: Red Onions
- 2 slice, thick/large, 1/2" thick (1 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
- 2 leaf inner (0.2 oz) of Vegetables, Fresh: Lettuce, cos or romaine, raw, edible portion
- 1 roll (1 oz) of Bread Rolls: Hamburger or Hot Dog Bun, plain
- 1 cup (8.6 oz) of Yogurts: Fruit Flavored, Fat-Free

Snack

No snack for this day

1600 Calorie Meal Plan - Day 13

Breakfast

- 1 serving, 1/2 cup dry (1.4 oz) of Quaker: Breakfast Cereals, Cooked: Quaker Oats, Old Fashioned, dry
- 2 fl.oz of Milk & Flavored Milk: Cow, Light or Low-Fat (1% fat)
- 1 miniature box (0.5 oz) of Dried Fruits: Raisins, seedless
- 1/4 cup, chopped (4.1 oz) of Nuts: Walnuts, english, edible portion

Lunch

- 1 1/2 serving of Tuna and Green Bean Salad with Vinaegrette Dressing
- 1 medium (180g) of Fruit, fresh: Mango, raw, peeled
- 1 medium (60g) of Bread: Pitta, Pocket Bread

Dinner

- 1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled
- 5 small (10g) of Vegetables, fresh: Mushrooms, Button
- 1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw
- 1 serving, 1/3 packet (50g) of Coles / Farmland: Salads: Salads, Baby Spinach
- 6 serving of black olives
- 1 serving, cooked (4 oz) of Chicken: Broilers or Fryers, Breast, roasted, meat only, without skin
- 3 oz of Sauces: Barbecue

Snack

No snack for this day

1600 Calorie Meal Plan - Day 14

Breakfast

- 1 tablespoon (25g) of Philadelphia: Cheese Spread: Cream Cheese Spreadable Tub, Extra Light
- 1/2 cup (200g) of Fruit, fresh: Fruit Salad
- 1 medium bagel, 3-1/2" to 4" dia (3.7 oz) of Bagels: Plain (onion, poppy, sesame)
- 3 oz (1 oz) of Kosher / Deli Foods: Lox, smoked salmon
- 2 slice, thick/large, 1/2" thick (1 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion

Lunch

- 1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled
- 1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw
- 1 wrap (12 oz) of Sandella's: Sandwiches & Burgers: Wraps, Hummus
- 5 serving (0.5 oz) of Canned or Bottled Fruits: Olives, Greek Black, ripe (Castella)

Dinner

- 2 cup of Souplantation & Sweet Tomatoes: Soups: Vegetable Beef Stew

Snack

- No snack for this day