



## WEIGHT MANAGEMENT SAMPLE MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	4 oz. non-fat Greek yogurt ¼ c. low fat granola ¾ c. blueberries	1 slice whole wheat toast 1 tbsp. natural peanut butter ½ banana	½ c. cooked oatmeal 1 hard-boiled egg 1 c. skim milk	1 small pear ½ c. cottage cheese 1 slice whole wheat toast	1 whole wheat tortilla 1 scrambled egg 1-1/4 c. whole strawberries	4 oz. non-fat Greek yogurt ¾ c. fresh pineapple 2 tbsp. walnuts	½ c. cooked oatmeal 2 tbsp. raisins ¼ c. almonds
<b>AM SNACK</b>	Kashi TLC Chewy Bar	17 small grapes 1 mozzarella string cheese stick	4 oz. non-fat Greek yogurt	Kashi TLC Chewy bar	1 small apple 1 tbsp. natural peanut butter	8 Triscuits 1 oz. low fat cheese	1 whole wheat tortilla 1 oz. turkey breast
<b>LUNCH</b>	1 whole wheat bun 3 oz. chicken breast Side salad (3 c.) 2 tbsp. light dressing	2 slices whole wheat bread 3 oz. turkey breast 2 c. cucumber and tomato salad 2 tbsp. light vinaigrette	½ large sweet potato 3 oz. pork loin chop 2 c. cooked broccoli 1 tbsp. Light Smart Balance	1 c. black beans 3 c. green leaf lettuce, tomatoes ¼ c. shredded low fat mozzarella Salsa 1/8 avocado	1 whole wheat pita ¾ c. tuna 12 baby carrots 1 tbsp. light mayo	2 corn tortillas ½ c. black beans 2 oz. lean beef or chicken 1 c. grilled vegetables	1 whole wheat bun 3 oz. chicken breast 2-3 c. salad 2 tbsp. light dressing
<b>PM SNACK</b>	3 graham cracker squares 1 tbsp. natural peanut butter	4 oz. non-fat Greek yogurt	3 c. popped popcorn 1 mozzarella string cheese stick	1 slice whole wheat bread 1 tbsp. natural peanut butter	Kashi TLC Chewy bar	¼ c. cottage cheese ½ c. canned peaches (no sugar added)	1 small apple ¼ c. natural nuts
<b>DINNER</b>	3 oz. grilled sirloin ½ large baked sweet potato ½ plate asparagus 1 tbsp. light Smart Balance	3 oz. chicken breast 1 c. steamed broccoli 1 large corn on the cob 1 tbsp. light Smart Balance	2/3 c. cooked whole wheat pasta ½ c. tomato sauce ¾ c. ground lean beef 2 c. salad 2 tbsp. light dressing	3 oz. grilled salmon ½ c. green peas 4 whole wheat melba toast 1 c. cooked zucchini 1 tbsp. light Smart Balance	6 egg whites 1 c. tomato, onion, spinach, etc. 2 slices whole wheat toast 1 tbsp. light Smart Balance	3 oz. chicken breast 1 c. steamed vegetables 2/3 c. cooked brown rice 1 tsp. olive oil	3 oz. chicken breast 1 c. mandarin oranges 3 c. baby spinach, onions 2 tbsp. light dressing
<b>BEDTIME</b>	1 whole wheat tortilla 1 mozzarella string cheese salsa for dipping	1 slice whole wheat bread 1 oz. turkey breast	1 c. skim milk 3 graham cracker squares 1 tbsp. natural peanut butter	8 Triscuits 1 oz. Babybel light cheese	3 c. popped popcorn ¼ c. shredded parmesan (melted on popcorn)	4 oz. non-fat Greek yogurt ¼ c. low fat granola	4 melba toast ¼ c. shredded mozzarella diced tomatoes (heat in oven)

\*\* This meal plan is for use prior to weight loss surgery, not during the 2-week liquid pre-op diet or as a diet after surgery \*\*



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