



## Supportive Eating Food Plan

### Day 1

Breakfast	Whole wheat toast (low calorie), 1 Tbl Peanut Butter, ½ Banana
Mid Morning Snack	Fat Free cheese on whole wheat crackers, grapes
Lunch	Garden salad w/grilled chicken, flaxseed
Mid Afternoon Snack	Fat Free Yogurt w/low calorie granola
Dinner	Pistachio crusted Salmon w/balsamic sauce, brown rice, broccoli
After Dinner Snack	Fruit Salad

### Day 2

Breakfast	Steel Cut Oatmeal, low fat milk, flaxseed, raspberries
Mid morning Snack	Protein Shake
Lunch	All Natural Turkey breast on whole grain pita, with spinach, tomato, cucumbers, light mayo (if any)
Mid Afternoon Snack	Apple, ¼ cup raisins
Dinner	Lemon Pepper Chicken Breast, Sweet Potato, String Beans Almandine
After Dinner Snack	Celery w/Peanut Butter

### Day 3

Breakfast	Egg Omelet (2 whites, 1 yoke), red & green peppers, low fat cheese
Mid Morning Snack	Protein Shake
Lunch	Cubed Chicken, low fat cheddar, ½ avocado on whole wheat soft tortilla wrap
Mid Afternoon Snack	Whole wheat tortilla chips w/Salsa
Dinner	Turkey burger on Sandwich thin (Arnolds -100 cal) ½ avocado, tomato, cucumber
After Dinner Snack	¼ cup pistachio nuts

#### **Day 4**

Breakfast	Shredded Wheat cereal, ½ banana, strawberries
Mid Morning Snack	Fat Free Yogurt w/low calorie granola
Lunch	Tuna Salad (light mayo) on Sandwich thin, lettuce tomato, fruit salad
Mid Afternoon Snack	1 slice all natural turkey breast (rolled & sliced into 4 pieces) on 4 whole wheat crackers, topped with slice of cucumber or tomato
Dinner	Swordfish w/pineapple salsa, baked butternut squash, spinach
After Dinner Snack	½ cup fat free frozen yogurt

#### **Day 5**

Breakfast	Whole Wheat or Oatmeal bread toast (low calorie), 1 Tbl Peanut Butter, Strawberries
Mid Morning Snack	Apple, low fat cheese
Lunch	Soy or Veggie Burger on whole wheat sandwich thin, Hummus, carrots
Mid Afternoon	

Snack	Protein fruit smoothie
Dinner	Steak Stir Fry (w/olive oil), red & green peppers, onions, snap peas, brown rice
After Dinner Snack	¼ cup almonds

## Day 6

Breakfast	Steel Cut Oatmeal, low fat milk, flaxseed, blueberries
Mid Morning Snack	Low calorie granola bar
Lunch	All natural turkey breast, low fat cheese on whole wheat sandwich thin, light mayo, Apple
Mid Afternoon Snack	Carrots & Celery, low-fat Ranch dressing
Dinner	Chicken Picatta, whole wheat pasta, salad
After Dinner Snack	½ cup fat free frozen yogurt

## Day 7

Breakfast	Hard boiled egg, whole wheat toast, slice of low fat cheese
Mid Morning Snack	Protein shake, raspberries
Lunch	Soup (clear broth not cream) & Salad,
Mid Afternoon Snack	Whole wheat tortilla chips topped with avocado & tomato
Dinner	Turkey meatloaf, spinach, mashed cauliflower, whole wheat roll
After Dinner Snack	Fat Free Chocolate Pudding topped with strawberries