



# SAMPLE 1800 CALORIE MEAL PLAN

## Lunch, dinner and Snack

*(Does not include breakfast - 1/4 of the calories)*

### MONDAY

CHICKEN AVOCADO RICE BOWL WITH MARINATED DICED CHICKEN, AVOCADO, DICED CUCUMBER, TOMATO, RED ONION, ROMAINE LETTUCE, BROWN RICE SERVED WITH HOMEMADE CHAMPAGNE DIJON VINAIGRETTE DRESSING

HOMEMADE MEATLOAF SERVED WITH LONG GRAIN AND WILD RICE AND FRESH ZUCCHINI AND YELLOW SQUASH BLEND.

VEGGIE STICKS (CELERY, CARROTS, CUCUMBERS) AND HOMEMADE HUMMUS

### TUESDAY

YELLOW LENTIL SOUP SERVED WITH A WHOLE WHEAT DINNER ROLL AND FRESH FRUIT

WHOLE WHEAT PENNE PASTA WITH PESTO SAUCE AND GRILLED CHICKEN SERVED WITH ITALIAN VEGETABLES

GRANOLA AND VANILLA GREEK YOGURT

### WEDNESDAY

MARINATED GRILLED BBQ CHICKEN BREAST SANDWICH WITH LETTUCE, TOMATO AND RED ONION ON WHOLE WHEAT BUN SERVED WITH THREE BEAN SALAD

KOREAN BEEF ENTREE: KOREAN STYLE GROUND BEEF SERVED OVER BROWN RICE WITH SAUTÉED ASIAN VEGETABLES

ROASTED NUTS AND CHEESE

### THURSDAY

CHINESE CHICKEN SALAD WITH A BLEND OF CABBAGES, CARROTS, ROMAINE LETTUCE WITH CUCUMBERS, MANDARIN ORANGES, ALMONDS, CHOW MEIN NOODLES, GARLIC CHICKEN AND SESAME DRESSING ON THE SIDE

SAUTÉED LEMON GARLIC SHRIMP WITH CATALINA BLEND VEGETABLES AND ROASTED POTATO MEDLEY

COTTAGE CHEESE AND FRUIT

### FRIDAY

THREE BEAN CHILI MADE WITH TOMATOES, ONIONS, BEANS AND TOMATO SAUCE SERVED WITH CORNBREAD AND SAUTÉED GARLIC GREEN BEANS

CHICKEN FAJITA PLATE SERVED WITH BROWN RICE, BLACK BEANS, SAUTÉED PEPPERS AND ONIONS, AND ROASTED BROCCOLI

NATURAL PEANUT BUTTER AND APPLE SLICES

### SATURDAY

ROASTED BEET AND GOAT CHEESE SALAD ON A BED OF MIXED GREENS WITH TOASTED PECANS AND GRILLED CHICKEN SERVED WITH HOMEMADE BALSAMIC DRESSING ON THE SIDE

TERIYAKI CHICKEN OVER BROWN RICE SERVED WITH STIR FRY VEGETABLES

HOMEMADE TRAIL MIX AND FRUIT

### SUNDAY

TURKEY BURGER ON WHOLE WHEAT BUN WITH TOMATO, LETTUCE AND ONION SERVED WITH COLESLAW AND FRESH FRUIT

WHOLE WHEAT SPAGHETTI WITH HOMEMADE BEEF BOLOGNESE AND GARLIC GREEN BEANS

ROASTED SPICED EDAMAME