

# Meal Plan



## BREAKFAST OPTIONS

- 2 slices whole wheat/grain bread + 1 scrambled egg + ½ small avocado (Hass)
- 1 slice whole wheat/grain bread + ½ small avocado +
- Fruit smoothie: 1 cup berries, 2 scoops protein powder, 1 tbsp ground flaxseeds, ½ cup low-fat or dairy-free milk, ice (optional: spinach)

## SNACK OPTIONS

- 1 cup strawberries + 4–5 oz nonfat Greek yogurt (e.g., Dannon Light & Fit)
- Apple + 2 Tbsp nut butter
- 1 medium banana + 1 Tbsp nut butter
- 100-calorie pack of mixed nuts + 1 cup raspberries
- ¼ cup hummus + cucumber, celery, and carrots

## LUNCH OPTIONS

- 4 oz grilled chicken + 3 oz sweet potato + mixed greens with 1–2 Tbsp balsamic or oil/vinegar-based dressing
- 4 oz shredded chicken + 1 cup zucchini & yellow squash + ½ cup brown rice
- 4 oz ground turkey burger (93% lean) + 100% whole wheat bun + lettuce, tomato, onion + 1 cup steamed broccoli

## DINNER OPTIONS

- 4–5 oz skirt steak + 2 sautéed bell peppers + ½ cup quinoa
- 4–5 oz salmon + ½ cup quinoa or rice (brown or white) + 1½ cups mixed vegetables
- 4–5 oz grilled chicken + ½ cup rice + 1 cup green beans



This general meal plan was reviewed and approved by  
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