sample meal plan

heather's healthy habits
heather reichert, rd

	sun	mon	tue	wed	thur	fri	sat
B	5 oz non-fat Greek yogurt 1/4 c low fat granola 3/4 c blueberries	1 slice whole wheat toast 1 tbsp natural peanut butter 1/2 banana	1/2 c cooked oatmeal 2 tbsp raisins 1 hard-boiled egg	1 small pear 1/2 c reduced fat cottage cheese 1/2 whole wheat English muffin	1 corn tortilla 1 scrambled egg 1 c whole strawberries	5 oz non-fat Greek yogurt 1 c raspberries 2 tbsp walnuts	1/2 c cooked oatmeal 2 tbsp raisins 1/4 c almonds
L	2 slices whole wheat bread 3 oz turkey breast 1.5 c cucumber salad	1 c black beans 3 c salad (mixed greens, tomato, etc.) 1/4 c shredded mozzarella 3 tbsp salsa	1 whole wheat bun 3 oz chicken breast 2-3 c salad 1-2 tbsp basic vinaigrette	1 c frest fruit 2-3 c salad 3 oz chicken, shrimp or lean beef 2 tbsp basic vinaigrette	2 corn tortillas 3 oz chicken breast 2 slices avocado 1 c spring mix 1/2 c tomato	2 hard-boiled eggs 1/2 c hummus fresh veggies of choice (cucumber, carrots, celery, etc.)	1 whole wheat pita 3/4 c tuna 12 baby carrots 1 tsp olive oil 1 tsp vinegar
Sn	1 rice cake 1 tbsp peanut butter or almond butter	1/4 c egg salad 1/2 whole wheat pita	1 c grapes 1/4 c almonds	3 c popped popcorn 1/4 c pecans or walnuts	5 oz non-fat Greek yogurt 1/2 c fresh fruit	1 small apple 1 mozzarella string cheese stick	1/2 c edamame (shelled) 6 baby carrots
D	6 egg whites 1 c tomato, onion, spinach, etc. 2 slices whole wheat toast 1/4 avocado	3 oz chicken breast 1 c mandarin oranges 3 c baby spinach 1/4 red onion 1-2 tbsp vinaigrette	1/2 large sweet potato 3 oz pork loin 2 c steamed broccoli 1-2 tsp olive oil	2/3 c whole wheat pasta 1/2 c tomato sauce 3/4 c lean beef or turkey breast (ground) 2 c mixed green salad 1-2 tbsp basic vinaigrette	3 oz grilled salmon 1/2 c black beans 1 grilled zucchini 1 tsp olive oil	3 oz turkey tenderloin 1 c steamed cabbage 2/3 c brown rice	2 corn tortillas 3 oz shredded chicken 1/2 c tomatillo 1/2 c black beans 1-2 c southwestern chopped salad
+	At least 64 oz water per day At least 6 hours sleep per night	At least 64 oz water per day At least 6 hours sleep per night	At least 64 oz water per day At least 6 hours sleep per night	At least 64 oz water per day At least 6 hours sleep per night	At least 64 oz water per day At least 6 hours sleep per night	At least 64 oz water per day At least 6 hours sleep per night	At least 64 oz water per day At least 6 hours sleep per night