

1400 Calorie Menu Plan

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|---|--|---|---|--|--|
| <p><u>Protein shake (140-200 calories, 15-25 g protein)</u> Atkins Boost glucose control Boost calorie smart Muscle Milk Light Pure Protein Slim Fast High Protein <u>Protein Bar (140-210 calories, 15-20 g protein)</u> NuGo Slim Quest Zone Atkins Meal South Beach <i>If choosing a shake or bar with 110-150 calories, add an extra serving of fruit with the product</i> <i>1 fruit serving =</i> <i>1 cup melon or berries</i> <i>½ banana</i> <i>½ cup pineapple, mango, grapes</i> <i>1 small fruit (tennis ball size)</i></p> | <p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> 4 cups of salad with ½ cup chickpeas, 2 oz turkey, 1 hard boiled egg, 1 oz reduced-fat cheese, 2 T. low-fat salad dressing</p> <p><u>Dinner</u> 4 oz flank steak ½ cup sweet potato with cinnamon ½ cup sautéed mushrooms and onions sautéed in 1 teas. olive oil 1 cup steamed broccoli 1 small peach</p> <p><u>Snack</u> 6 oz vanilla greek yogurt</p> <p><u>Snack</u> Protein bar</p> | <p><u>Breakfast</u> Protein Bar</p> <p><u>Lunch</u> ½ cup whole wheat pasta mixed with 2 cups veggies, 4 oz canned tuna packed in water, and 2 Tbs. low-fat Italian dressing 1 cup melon</p> <p><u>Dinner</u> 4 ounces white fish with lemon ½ cup brown rice 2 cups steamed green beans 1 small apple</p> <p><u>Snack</u> 1 cup low-fat cottage cheese</p> <p><u>Snack</u> Protein shake</p> | <p><u>Breakfast</u> 1 cup low-fat cottage cheese</p> <p><u>Lunch</u> <u>Roll-up</u> 1 small whole wheat tortilla (like Flat Out) 1 slice cheese 3 oz turkey 1 cup Cucumbers/lettuce/tomato 2 Tbs hummus 1 cup baby carrots Fresh small peach</p> <p><u>Dinner</u> 4 oz chicken breast ½ cup whole wheat pasta with/ ¼ cup marinara sauce 2 cups salad w/ tomatoes, green peppers, carrots 2 T. low-fat salad dressing 1 cup strawberries</p> <p><u>Snack</u> Protein bar</p> <p><u>Snack</u> Protein shake</p> | <p><u>Breakfast</u> Protein Bar</p> <p><u>Lunch</u> 3 oz ham 1 slice cheese 2 slices 45 calorie bread Mustard or light mayo 2 cups broth based vegetable soup 1 plum</p> <p><u>Dinner</u> 4 oz. chicken or turkey burger open face on ½ bun Mustard or salsa to top burger 2 cups salad with 2 Tbs low-fat dressing</p> <p><u>Snack</u> Protein shake</p> <p><u>Snack</u> Protein bar</p> | <p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> ½ whole wheat pita bread w/ chicken salad- 4 oz chicken breast Celery, onion. lettuce 2 teas. light mayonnaise 2 cups of cucumber and onion salad with rice vinegar, salt and pepper 15 grapes</p> <p><u>Dinner</u> 4 oz grilled shrimp ½ cup wild rice 2 cups Spinach Salad w/ ½ cup mandarin oranges 2 T. low-fat salad dressing</p> <p><u>Snack</u> Protein Bar</p> <p><u>Snack</u> 1 cup low-fat cottage cheese</p> |