

1500 Calorie Menu Plan

	Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Protein shake (160-200 calories, 15-20 g protein)</u> Atkins Boost glucose control Boost calorie smart Muscle Milk Light Slim Fast High Protein Glucerna Hunger Smart</p> <p><u>Protein Bar (140-210 calories, 15-20 g protein)</u> Atkins Meal Zone Perfect South Beach Protein Fit</p> <p><u>1 fruit serving =</u> 1 cup melon 1 cup berries ½ banana 1 small apple 1 medium orange ½ cup pineapple ½ cup mango ½ cup grapes</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar + 1 fruit + 2 hard boiled eggs</p> <p><u>Snack</u> ¾ cup Greek yogurt with 1 fruit serving</p> <p><u>Dinner</u> 4 oz flank steak 1 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> 1 apple + 2 Tbs peanut butter 1 cup raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar + 1 fruit + ½ cup cottage cheese</p> <p><u>Snack</u> ¾ cup Greek yogurt with 1 fruit serving</p> <p><u>Dinner</u> 4 ounces white fish with lemon 1 cup brown rice 2 cups steamed green beans 1 small apple</p> <p><u>Snack</u> ¼ cup nuts + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar + 1 fruit + ¼ cup nuts</p> <p><u>Snack</u> ¾ cup Greek yogurt with 1 fruit serving</p> <p><u>Dinner</u> 4 oz chicken breast 1 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> 1 Greek yogurt + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar + 1 fruit + string cheese and 1 oz turkey meat</p> <p><u>Snack</u> ¾ cup Greek yogurt with 1 fruit serving</p> <p><u>Dinner</u> 4 oz. chicken or turkey burger open face on whole wheat bun Mustard or salsa to top burger 2 cups salad with 2 Tbs low-fat dressing</p> <p><u>Snack</u> 1/3 cup hummus 2 cups raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar + 1 fruit + ¼ cup nuts</p> <p><u>Snack</u> ¾ cup Greek yogurt with 1 fruit serving</p> <p><u>Dinner</u> 4 oz grilled shrimp 1 cup wild rice 2 cups Spinach Salad w/ ½ cup mandarin oranges 2 T. low-fat salad dressing</p> <p><u>Snack</u> 1 apple + 2 Tbs peanut butter 1 cup raw vegetables</p>