

sample 3-day menu*

DAY 1

breakfast 1 hard-cooked egg with 2 whole-grain crackers (like Wasa Crispbread Multigrain or Light Rye), tomato slices, ½ grapefruit

A.M. snack ½ cup plain lowfat yogurt, ½ cup fresh or frozen berries

lunch 3 slices fresh roasted turkey (like Applegate Farms), apple slices, 1 slice lowfat Jarlsberg cheese and Dijon mustard in a high-fiber wrap

P.M. snack Precut veggies (baby carrots, celery, bell pepper strips), 1–2-oz hummus mini-container (like Tribe hummus)

dinner 5 small turkey meatballs (frozen or premade) with quick homemade tomato sauce (heat 2 tsp olive oil; sauté 1 clove garlic and ½ small diced yellow onion until translucent; add 15-oz can crushed tomatoes, salt and freshly ground pepper to taste; simmer for 20 minutes while cooking meatballs). Serve with 2 Tbsp grated Parmesan, ½ cup cooked whole-wheat or multigrain pasta (like Barilla Plus), steamed spinach

DAY 2

breakfast 1 whole-wheat English muffin, 1 Tbsp all-natural peanut butter, banana slices

A.M. snack All-natural granola bar

lunch ½ cup Mediterranean lite tuna salad (4 oz tuna, 1 tsp olive oil, 2 tsp balsamic vinegar, salt and pepper to taste), cucumber slices, grape tomatoes, 1 small whole-wheat pita

dinner 4 oz roasted chicken (precooked, from the grocery store), 2 cups frozen broccoli (steam, then lightly sauté with 1 tsp olive oil and 1 clove minced garlic for 45 seconds), baked sweet potato

evening snack/dessert ½ cup speedy-stewed apples (peel, core and roughly chop 1 Granny Smith apple; put in saucepan and add 1 tsp cinnamon and 1 Tbsp honey; cook on low heat for 15–20 minutes until apple is soft).

DAY 3

breakfast 1 packet plain microwavable oatmeal (like McCann's Irish oatmeal, Kashi GoLean hot cereal or Amy's Steel-Cut Oats Hot Cereal Bowl), ½ cup blueberries or 1 small banana, cinnamon

A.M. snack 1 pear, 1 mini-Babybel light cheese wedge

lunch Grab-n-go takeout: Grilled chicken or steak salad, balsamic vinaigrette on the side

P.M. snack 10 almonds, 3 dried apricots

dinner 4 oz grilled salmon or shrimp (marinate in ½ Tbsp low-sodium soy sauce, 1 tsp fresh minced garlic, 1 tsp fresh minced ginger, 2 tsp honey and ¼ tsp red chili flakes), ½ cup brown rice or whole-wheat couscous, steamed mixed veggies ▶

*Breakfasts are about 300 calories; lunches are about 400 calories; dinners are about 500 calories; snacks are 150 calories or less.