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SAMPLE DIET PLAN

**Structure of meal plan:**

Breakfast- *meal replacement shake or bar*

Snack- *100 calorie or less*

Lunch- *protein, vegetable, starch*

Snack- *100 calorie or less*

Dinner- *protein, vegetable, starch*

**Day 1:**

Breakfast- *shake/bar of your choice*

Snack- *1 medium apple with skin*

Lunch- *5 oz chicken breast, 2-3 cups of kale, ½ c of quinoa*

Snack- *1 cup of blueberries*

Dinner- *5 oz turkey burger on PITA bread, 6 spears of asparagus*

**Day 2:**

Breakfast- *shake/bar of your choice*

Sneak- *2 medium kiwis*

Lunch- *2 oz of lean beef on a salad with 1 tbsp of olive oil and vinegar of your choice (no limit on amount of vinegar)*

Snack- *13 whole almonds*

Dinner- *5 oz of salmon, ½ an avocado, ½ c brown rice*

**Day 3:**

Breakfast- *shake/bar of your choice*

Sneak- *½ c low fat yogurt*

Lunch- *turkey, lettuce and tomato sandwich on PITA bread, ¾ oz sharp cheddar cheese*

Snack- *3 tbsp of hummus with vegetable sticks of choice (1 c)*

Dinner- *5 oz grilled chicken breast, 1 c sweet potato, 1 c green beans*

**Day 4:**

Breakfast- *shake/bar of your choice*

Snack- *1 large hard-boiled egg*

Lunch- *salad with 3 oz grilled shrimp and 1 tbsp of olive oil and lemon (no limit on amount of lemon)*

Snack- *25 unsalted pistachios*

Dinner- *1 c cooked whole-wheat pasta with 3 oz chicken, 1 tbsp olive oil and ½ c mushrooms and ½ cup tomato*

**Day 5:**

Breakfast- *shake/bar of your choice*

Snack- *3 tbsp all natural granola*

Lunch- *1 c low sodium, low fat vegetable soup, 10 natural blue corn tortilla chips*

Snack- *2 c unbuttered popcorn*

Dinner- *5 oz grilled swordfish, ½ c cooked lentils, ½ c cooked spinach*