

Menu for Women: 1500 – 1600 calories

Breakfast-DAY1	Breakfast-DAY2	Breakfast-DAY 3	Breakfast-DAY 4	Breakfast-DAY 5	Breakfast-DAY 6	Breakfast-DAY 7
2 slice whole grain toast 1 Boiled egg 2 tsp margarine/butter 1 peach 1½ cup 1% or soy milk	1 cup Kashi Go lean Cereal pear 1½ cup 1% or soy milk	1 Whole Wheat English muffin 2 tbsp natural peanut butter Mandarin orange 1½ cup 1% or soy milk	2 slices whole grain toast 1 scrambled egg 2 tsp margarine/butter ½ cup blueberries 1½ cup 1% or soy milk	1 cup Kashi Go lean Cereal ½ cup strawberries 1½ cup 1% or soy milk	Omelet (2 eggs) with mushrooms, peppers 1 slice toast, 1 tsp margarine/butter 1 orange 1½ cup 1% or soy milk	1 cup oatmeal 2 tbsp slivered almonds 2 tbsp pumpkin seeds 2 tbsp dried cranberries 1½ cup 1% or soy milk
Snack	Snack	Snack	Snack	Snack	Snack	Snack
15 almonds 1 apple	Yogurt 1 cup blueberries	15 almonds 1 cup grapes	1 oz light cheese 1 cup strawberries	15 almonds Small banana	½ cup cottage cheese 1 cup mixed fruit	Yogurt 1 cup strawberries
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Tuna Wrap Large whole wheat fajita 2 oz tuna mix with 1 tbsp light mayo, celery onion. Lettuce, tomato	Chicken sandwich 2 oz chicken 2 slices bread 1 cup spinach, tomato mustard & ½ tsp honey	Pork Bun 2 oz sliced pork 1 oz provolone cheese 1 whole wheat bun Roast red peppers, onion & lettuce	Soup & ½ Sandwich 1 cup butternut squash soup 1 slice whole grain bread 2 oz sliced turkey, mustard Sliced tomato	Chicken Wrap 2 oz chicken 1 oz part skim mozzarella Large Wrap Lettuce, tomato, sliced cucumber, mustard	Leftover Prawn Stir-fry 4-5 prawns 1 cups bok choy & red pepper 1 cup buckwheat noodles	Salmon Sandwich 2 oz salmon 1 tbsp light mayonnaise 2 slices whole grain bread Lettuce, tomato, etc
Snack	Snack	Snack	Snack	Snack	Snack	Snack
yogurt ¼ cup granola	Kashi bar 1 light cheese string	1/3 cup Hummus grape tomatoes	Kashi bar	Yogurt ¼ cup granola	Kashi bar	1/3 cup Hummus 1 cup snap peas
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Stir-fry 3-4 oz chicken breast 2 cups red pepper, onion & broccoli, soy sauce & pinch sugar ½ cup buckwheat noodles 1 tsp olive oil	4 oz Pork Tenderloin 3-4 nugget potatoes 2 cups Asparagus 2 tsp olive oil	Turkey Fajitas 1 large fajita 3 oz turkey 1 cup Stir-fry red & green peppers, onion with hoi sin sauce. Salsa Side salad with balsamic vinegar & 1 tsp olive oil	Chicken & Pasta 3 oz chicken breast 1 cup Mushrooms & roast red peppers, tomato sauce ½ cup pasta (cooked) 1 cup fresh spinach (add to sauce at end of cooking just to wilt it)	Prawn Stir-fry 7-8 prawns 2 cups bok choy & red pepper ½ cup buckwheat noodles 1 tsp olive oil 1 tbsp sesame seeds	Salmon 4 oz salmon ½ cup yam 2 cups spinach salad with tomato, roast red pepper, low fat salad dressing	Chicken Fajita 3 oz chicken-stir-fry 1 oz grated cheese 1 cup stir-fry green & red peppers, onion. salsa 1 large fajita 2 tsp olive oil side salad