

Menu for Men: 1800-2000 calories

Breakfast-DAY1	Breakfast-DAY2	Breakfast-DAY 3	Breakfast-DAY 4	Breakfast-DAY 5	Breakfast-DAY 6	Breakfast-DAY 7
Breakfast Sandwich 1 scrambled egg 1 slice ham 1 English muffin 1 orange 1½ cup 1% or soy milk	1 ½ cup oatmeal ½ cup blueberries ¼ cup slivered almonds 1½ cup 1% or soy milk	2 slices whole grain toast 2 tbsp Natural peanut butter 1 banana 1½ cup 1% or soy milk	Breakfast Sandwich 1 scrambled egg 1 slice ham 1 English muffin orange 1½ cup 1% or soy milk	Protein Shake ½ scoop protein powder (~15 g protein) with ½ cup mixed fruit, splash of orange juice & ½ cup yogurt 1 cup oatmeal	Omelet (2 eggs) with mushrooms, peppers 2 slice toast, 2 tsp margarine/butter 1 orange 1½ cup 1% or soy milk	1 ½ cup oatmeal 1 small banana ¼ cup slivered almonds 1½ cup 1% or soy milk
Snack	Snack	Snack	Snack	Snack	Snack	Snack
1 cup yogurt 1 cup blueberries	½ cup cottage cheese banana	1 cup yogurt 1 cup strawberries	1 cup yogurt Apple	1 oz light cheese 1 banana	1 cup yogurt 1 grapefruit	½ cup cottage cheese 1 apple
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Turkey sandwich 2 oz Roast turkey 2 slices bread Lettuce, tomato Light miracle whip	Chicken Wrap 2 oz chicken & 1 oz part skim mozzarella Large Whole Wheat Wrap spinach, tomato mustard & ½ tsp honey	Sushi 6 pieces sashimi 1 set rolls (6 pieces) Miso soup 1 cup edemame	Turkey Sandwich 2 oz leftover turkey 1 tbsp light mayonnaise 2 slices whole grain bread Lettuce, tomato	Pasta & Meat sauce 3 oz extra lean ground beef 1 cup Mushroom, onion, tomato & tomato sauce 1 cup pasta (cooked)	Chicken Stir-fry 3 oz sliced chicken breast 1 cup broccoli 1 cup spaghettini 1 tsp olive oil	Tuna Wrap Large whole wheat wrap 1 slice light cheddar 2 oz tuna mix with 1 tbsp light mayo, celery onion. Lettuce, tomato
Snack	Snack	Snack	Snack	Snack	Snack	Snack
3 Ryvita crackers 2 tbsp almond butter	1 cup yogurt ½ cup granola	Kashi Bar 1 oz light cheese	3 Ryvita crackers 2 tbsp almond butter	1½ cup 1% or soy milk Kashi bar	3 Ryvita cracker, ½ cup hummus, raw vegetables	Protein bar (~ 200 calories)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
4 oz Roast chicken Breast ½ cup brown rice 2 cups Greek salad (cucumber, green pepper, etc) 2 tbsp light salad dressing	4 oz salmon ½ cup brown rice Grilled Asparagus (~20 spears) with balsamic vinegar & 1 tsp olive oil 1 tsp olive oil	4 oz Roast Turkey Breast 2 cups mixed green salad with tomato, onion, cucumber, etc 2 tbsp light salad dressing 1 small whole grain dinner roll	Pasta & Meat sauce 3 oz extra lean ground beef 1 oz grated parmesan 1 cup Mushroom, onion, tomato & tomato sauce 1 cup pasta (cooked) 1 cup fresh spinach (at end of cooking just to wilt it) Side salad	Chicken Stir-fry 4 oz sliced chicken breast 2 cups broccoli, stir-fry with Hoi sin sauce 1 cup spaghettini (cooked) 1 tsp olive oil	4 oz Beef Tenderloin ½ cup yam Large spinach salad 2 tbsp light dressing	Pork Fajitas 1 large fajita wrap 4 oz sliced pork 1 cup Stir-fry red & green peppers, onion with hoi sin sauce. Salsa Side salad with balsamic vinegar & 1 tsp olive oil