

## SAMPLE MEAL PLAN

1,506 Calorie Diet – 152g P, 148g C, 34g F

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### BREAKFAST

4 large egg whites (scrambled)  
Lightly coated pan with cooking spray  
1 slice multigrain toast  
1 cup strawberries  
1 cup skim milk, coffee or tea

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### MORNING SNACK

water  
1/2 banana  
6 oz. nonfat plain Greek yogurt

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### LUNCH

4 oz. chicken breast, skin removed  
2 tomato slices  
1 tablespoon light mayonnaise  
2 slices multigrain bread  
2 cups baby spinach  
seltzer

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### AFTERNOON SNACK

water  
2 hard-boiled egg whites  
6 unsalted dry-roasted almonds

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### DINNER

6 oz. grilled salmon  
1/2 cup cooked brown rice  
1 cup steamed green beans  
2 cups romaine lettuce  
nonfat salad dressing  
seltzer

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### EVENING SNACK

water  
1 small apple  
1/4 cup of nonfat cottage cheese

