

# 3500 Calorie Meal Plan

## DAY 1

M: Three whole eggs, Five egg whites, Natural peanut butter, one tablespoon  
S: Whey protein, two scoops, Milk, 12 oz., One banana, large, Natural peanut butter, one tablespoon, Oatmeal, 2/3 cup  
A: Chicken, six to eight oz., Brown rice, one cup, One sweet potato  
S: Whey protein, two scoops, One apple, large, Milk, 12 oz.  
E: Grilled fish, six to eight oz., One sweet potato, Steamed vegetables, one cup

## DAY 3

M: One bagel, medium, One large banana, Egg whites omelet, four eggs, One medium egg, hard-boiled, Whole-wheat bread, one slice  
S: Low-fat yogurt, one cup, Granola, half cup, Fruit and nut trail mix, 3/4 cup  
A: Ground beef, three oz., One medium bagel, Pasta with pasta sauce  
S: Whey protein, two scoops, Milk, 12 oz., One orange, medium, Natural peanut butter, one tablespoon  
E: Tuna fish in water with regular white rice.

## DAY 5

M: Whole-grain cereal, two cups, Almond slivers, one oz., Raspberries, one cup, One orange, medium, Milk, reduced-fat  
S: Granola, one cup, Low-fat yogurt, one cup, Walnuts, half oz.  
A: Whole-wheat pasta, two cups, Meat sauce, 3/4 cup, Salad with vinegar and oil dressing (two tablespoons), Whole-wheat dinner roll with non-trans-fat margarine (one tablespoon), Reduced-fat milk, eight oz., Strawberries, 1/4 cup  
S: Cottage cheese, low-fat (one cup), Peaches, one cup  
E: Grilled chicken, four oz., Brown rice, one cup, Margarine, one tablespoon (non-trans-fat), Steamed vegetables, one cup, Reduced-fat milk, eight oz.

## DAY 7

M: Three whole eggs, Five egg whites, Natural peanut butter, one tablespoon  
S: Whey protein, two scoops, Milk, 12 oz., One apple, large, Natural peanut butter, one tablespoon, Oatmeal, 2/3 cup  
A: Tuna, six to eight oz., Brown rice, one cup, One sweet potato  
S: Whey protein, two scoops, Berries, one cup, Milk, 12 oz.

## DAY 2

M: Whole-grain cereal, two cups, Almond slivers, one oz., Raspberries, one cup, One orange, medium, Milk, reduced-fat  
S: Granola, one cup, Low-fat yogurt, one cup, Walnuts, half oz.  
A: Whole-wheat pasta, two cups, Meat sauce, 3/4 cup, Salad with vinegar and oil dressing (two tablespoons), Whole-wheat dinner roll with non-trans-fat margarine (one tablespoon), Reduced-fat milk, eight oz., Strawberries, 1/4 cup  
S: Cottage cheese, low-fat (one cup), Peaches, one cup  
E: Grilled chicken, four oz., Brown rice, one cup, Margarine, one tablespoon (non-trans-fat), Steamed vegetables, one cup, Reduced-fat milk, eight oz.

## DAY 4

M: Three whole eggs, Five egg whites, Natural peanut butter, one tablespoon  
S: Whey protein, two scoops, Milk, 12 oz., One pear, large, Natural peanut butter, one tablespoon, Oatmeal, 2/3 cup  
A: Sirloin steak, six to eight oz., Brown rice, one cup, One sweet potato  
S: Whey protein, two scoops, One banana, large, Milk, 12 oz.  
E: Grilled fish, six to eight oz., Brown rice, one cup, Steamed vegetables, one cup

## DAY 6

M: One bagel, medium, One large banana, Egg whites omelet, four eggs, One medium egg, hard-boiled, Whole-wheat bread, one slice  
S: Low-fat yogurt, one cup, Granola, half cup, Fruit and nut trail mix, 3/4 cup  
A: Ground beef, three oz., One medium bagel, Pasta with pasta sauce  
S: Whey protein, two scoops, Milk, 12 oz., One orange, medium, Natural peanut butter, one tablespoon  
E: Tuna fish in water with regular white rice.

