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, hardboiled, While-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 nontrans-ft margarine (one tablespoon), Reduced-fat milk, eight oz., Strawberries, 11/4 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-ft margarine (one tablespoon), Reduced-fat milk, eight oz., Strawberries, 11/4 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, hardboiled, While-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.

