

SAMPLE MEAL PLAN

Week One or Week Three

DAY	BREAKFAST	LUNCH	DINNER
Sunday	Whole Wheat Pancakes Veggie Sausage	Meal Replacement	Fish (wild caught) Baked Beans (vegetarian) Pasta Grilled Asparagus
Monday	Oatmeal	Meal Replacement	Fish (wild caught) Baked Beans (vegetarian) Pasta Grilled Asparagus
Tuesday	Fiber One Bar	Meal Replacement	Sloppy Joes Baked French Fries
Wednesday	Oatmeal	Meal Replacement	Enchiladas or Tacos Spanish Rice Green Beans
Thursday	Fiber One Bar	Meal Replacement	Salmon Croquettes Mashed Potatoes Broccoli
Friday	Oatmeal	Meal Replacement	Tuna Casserole
Saturday	Fiber One Bar	Meal Replacement	Chicken/Veggie Wrap Salad

Schedule:

- 7am healthy snack, if needed (protein bar, vegetables, or fruit)
- 10am meal replacement, if needed (shake or drink)
- 1pm first half of balanced meal
- 4pm meal replacement, if needed (shake or drink)
- 7pm second half of balanced meal
- 9pm healthy snack, if needed (protein bar, vegetables, or fruit)

SAMPLE MEAL PLAN

Week Two or Week Four

DAY	BREAKFAST	LUNCH	DINNER
Sunday	Whole Wheat Pancakes Veggie Sausage	Meal Replacement	Baked Mostaccioli or Ziti Zucchini and Squash
Monday	Oatmeal	Meal Replacement	Baked Mostaccioli or Ziti Zucchini and Squash
Tuesday	Fiber One Bar	Meal Replacement	Dirty Rice w/Sausage Green Beans
Wednesday	Oatmeal	Meal Replacement	Veggie Burgers Baked French Fries
Thursday	Fiber One Bar	Meal Replacement	Baked or Grilled Fish Spaghetti
Friday	Oatmeal	Meal Replacement	Vegetable Fried Rice w/ Salmon
Saturday	Fiber One Bar	Meal Replacement	Tuna Melt Corn

Schedule:

- 7am healthy snack, if needed (protein bar, vegetables, or fruit)
- 10am meal replacement, if needed (shake or drink)
- 1pm first half of balanced meal
- 4pm meal replacement, if needed (shake or drink)
- 7pm second half of balanced meal
- 9pm healthy snack, if needed (protein bar, vegetables, or fruit)