



YOUR GUIDE TO HEALTHIER CHOICES – MEAL PLAN, GROCERY LIST AND RECIPES

Planning what and when to eat can be challenging. Let us help you make it easier, by giving you a weekly plan to follow with better choices.

The plans below are based on 1800 calories a day. Reduce or increase the calories based on your daily needs.

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This week's Grocery List:

Produce

3 Bags Salad Mix, 2 Bananas
2 Grapefruits, 4 Clementines
Cucumber, Red Pepper, etc (for raw veggies) , Celery
4 apples, Broccoli, Zucchini
Blueberries, 1 Cantaloupe
1 Red Pepper, Green Beans
2 Tangerines, Baby Carrots
2 Oranges, 1 Tomato
Asparagus, 1 Avocado
Grapes, 1 Medium Ear of Corn

Canned, Spices, Misc

Olive Oil, Almonds or other nuts
Light Mayo, Pinto Beans
Salsa, Low Fat Black Bean Soup
Raisins, Light Salad Dressing
Whole Wheat Pasta Salad
Low Fat Tomato Soup
100 Calorie Popcorn
Black Bean Spread
Peanut Butter

Poultry, Meat, Fish (can be replaced w/ soy or other imitation meat products)

4 oz. Salmon
6 oz. Buffalo Burger
4 oz. Lean Steak
2 Lean Turkey Sausages
20 oz. Chicken Breast
6 oz. Cod
6 oz. Pork Tenderloin
3 oz. Deli Lean Roast Beef
4 oz. Deli Lean Turkey
1 C Precooked Shrimp

Dairy (can be replaced w/ soy or other imitation dairy products)

Low Fat Feta Cheese, Eggs
1 6oz. Low Fat or Fat Free Greek Yogurt, Light Cream Cheese
Low Fat or Fat Free Cottage Cheese
String Cheese
Low Fat or Fat Free Milk
Low Fat or Fat Free Shredded Cheddar Cheese
4 6oz. Low Fat or Fat Free Yogurt, Light Whipped Cream
100 Calorie Pudding Cups

Frozen

Stir-Fry Veggie Mix
Frozen Berries

Breads, Grains, Cereal

High Fiber-Low Fat Cereal
Low Fat Granola
Whole Wheat Mini Bagels
Whole Grain Sandwich Rolls/Buns
Whole Grain Wraps
6 in Corn Tortillas
Whole Grain Bread
Instant Oatmeal
Whole Grain Couscous
Wild Rice, Brown Rice
Whole Grain English Muffins

This plan provides food portion guidance and information, intended to help readers reach their weight management goals. This meal plan is for informational purposes only and does not account for each individual user's medical conditions or specific needs or tastes. Users are responsible to make any substitutions necessary to accommodate medical conditions, allergies, food sensitivities, likes/dislikes, ingredient cost and availability. The ingredients used in this meal plan are suggestions only and the use of brand name products does not imply an endorsement by Galileo Health Partners, LLC. Recipes & Calories from: CalorieKing.com, Oxygenmag.com, Weightwatchers.com



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| | Breakfast | Snack | Lunch | Snack | Dinner | Snack |
|------------------|---|--------------------|--|--|--|--|
| Monday | 6 oz. low fat Greek-style yogurt ¼ C granola ½ grapefruit 1 TBS chopped nuts | 2 clementines | 4 oz. grilled salmon ½ C cottage cheese 1 mini bagel 1 C raw veggies 12 almonds | 1 apple 1 string cheese | 6 oz. buffalo burger 1 whole grain bun 1 C steamed broccoli | 100 calorie pudding cup w/ 2 TBS whipped cream |
| Tuesday | 1 instant oatmeal packet 1 C blueberries 1 C milk | ½ whole cantaloupe | Whole grain wrap w/ ½ C black bean spread, 1 oz. cheese, ½ C red peppers, lettuce | 6 oz. yogurt ½ grapefruit | 4 oz. lean beef 2/3 C couscous 1 C steamed green beans | 100 calorie popcorn |
| Wednesday | 1 egg, 2 slices whole grain toast, 1 TBS peanut butter 1 grapefruit | 1 small banana | Mix 4 oz. chicken w/ 2 TBS mayo & 1 TBS chopped celery. 1 mini bagel 1 C baby carrots | 1 orange 10 almonds | 4 oz. chicken, 1 C pinto beans, 2 oz cheese ½ C salsa wrapped in 1 whole grain tortilla 1 C steamed zucchini | 6 oz yogurt |
| Thursday | 1 C cereal 1 C milk 1 banana | 1 apple | 2 corn tortillas each w/ 3 oz. chicken, 1 oz. cheese, lettuce, tomato 1 C black bean soup | 1 string cheese 12 almonds ¼ C raisins | 6 oz. cod ½ C wild rice 1 C steamed asparagus 2 C salad w/ 2 TBS light dressing | 1 C blueberries |
| Friday | 1 instant oatmeal w/ 2 TBS raisins 3 scrambled egg whites | 1 peach | 2 slices whole grain bread w/ 4 oz. turkey, lettuce, tomato, 3 slices avocado 1 C whole grain pasta salad | 6 oz. yogurt 15 grapes | 6 oz. pork tenderloin 1 medium ear of corn 2 C salad w/ 2 TBS light dressing | 1 orange |

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|----------|---|---------------|--|----------------------------|--|---|
| Saturday | 8 oz milk blended w/ 1 C frozen berries, 1 mini bagel w/ 2 TBS light cream cheese | 1 tangerine | 2 turkey sausages sliced & 1 C sliced zucchini sautéed w/ 1 TBS olive oil ½ C couscous | 1 apple 1 string cheese | Shrimp, Black Bean & Feta Tacos 2 C salad w/ 2 TBS light dressing | ½ whole cantaloupe |
| Sunday | 1 English muffin, 2 TBS light cream cheese, 1 egg 1 medium apple 1 C milk | 2 clementines | 3 oz. lean roast beef on 1 whole grain roll w/ 1-2 TBS mustard 1 C raw veggies 1 C tomato soup | 6 oz. yogurt | 6oz. cubed chicken breast stir fried w/ mixed veggies in 2 TBS olive oil ½ C brown rice | 100 calorie pudding cup w/ 2 TBS whipped cream. |

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Shrimp, Black Bean and Feta Cheese Tacos

Ingredients: 1 TBS olive oil, divided; 1 C precooked shrimp, shelled; 1 C canned black beans; ½ C salsa; 2 oz. low-fat crumbled feta cheese; 4 corn tortillas

Place ½ TBS of olive oil in a large skillet over medium-high heat. Add precooked shrimp and heat until thoroughly cooked, about 6 minutes. Add black beans and salsa. Continue to heat, mixing thoroughly. Cool mixture slightly and add feta cheese. Spoon equally into tortillas. (Save 2 for leftovers)

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