



# 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.

-----Cut Here-----

## This week's Grocery List:

**Produce**

1 Cucumber, 1 Red Pepper  
 Baby Carrots, 2 Plums  
 1 Medium Sweet Potato  
 Broccoli, Spinach  
 2-3 Packages Salad Mix  
 3 Apples, Cherry Tomatoes  
 Red Onion, Celery, Grapes  
 1 Tomato, 2 Oranges  
 2 Peaches, 2 Zucchini  
 1 Medium Ear of Corn  
 Berries, 1 Pear, 1 Kiwi  
 3 Small Bananas, 1 Avocado

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

1% or Fat Free Milk  
 5- 6oz. Fat Free or Low Fat Yogurt  
 Low Fat String Cheese  
 Low Fat or Fat Free Shredded Cheddar Cheese  
 1% or Fat Free Cottage Cheese  
 Eggs  
 Low Fat or Fat Free Feta Cheese  
 Butter  
 8oz Low Fat Plain Yogurt  
 8oz Fat Free Sour Cream

**Canned, Spices, Misc**

Cooking Spray, Sunflower Seeds  
 Peanut Butter, Jam, Orange Juice, Red Beans & Rice  
 Light Dressing, Almonds  
 Light Greek or Balsamic Dressing, Maple Syrup, Olive Oil  
 Large Black Olives, Chick Peas  
 Fat Free Hot Chocolate  
 White Tuna, Light Mayo  
 Relish, Mustard, Ketchup  
 Mixed Fruit in JUICE, BBQ Sauce  
 Teddy Grahams, Hummus  
 High Fiber-Low Fat Fruit/Cereal Bar  
 Low Fat/Fat Free Granola Bar  
 Minestrone Soup, Peanuts  
 Spaghetti Sauce  
 100 Calorie Pretzel Packs  
 Spicy Black Beans  
 100 Calorie Pudding Cups  
 1 Packet Veggie or Onion Soup Mix

**Frozen**

Chopped Spinach  
 100% Fruit Popsicle  
 BAKED French Fries  
 Veggie Burgers

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

4 oz. Salmon  
 6 oz. Lean Deli Turkey  
 9 oz. Chicken Breast  
 8 oz. Lean Ground Beef

**Breads, Grains, Cereal**

Whole Grain English Muffins  
 Fat Free Popcorn  
 Oatmeal, Whole Grain Pita  
 Whole Grain Bread  
 Whole Grain Rolls  
 High Fiber-Low Fat Cereal  
 Whole Grain Crackers  
 Whole Wheat Pancake Mix  
 Whole/Multi Grain Spaghetti  
 1-6in Whole Grain Sub Roll  
 Whole Wheat Tortilla

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. Calories and recipes: CalorieKing.com and UNC Center for Healthy Students



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

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Toasted English Muffin 1 TBS peanut butter 2 tsp jam 4 oz. orange juice	6 oz. yogurt	1 ½ C red beans & rice 1 C raw veggies 2 plums	¼ C almonds	4 oz. grilled salmon 1 medium sweet potato 1 C steamed broccoli 2 C salad w/ 1 TBS dressing	1 C milk 3 C popcorn
Tuesday	1 C oatmeal w/ ¼ C milk mixed in 4 oz. orange juice	1 string cheese	2 slices bread w/ 3 oz turkey, spinach leaves, mustard 100 calorie pack pretzels 1 apple	1 celery stalk 1 TBS peanut butter	<u>Mediterranean Salad</u> 1 roll dipped in 2 tsp olive oil	1 C hot chocolate made w/ milk
Wednesday	1 ½ C cereal 1 C milk 1 hardboiled egg 4 oz. orange juice	6 oz. yogurt	¾ C tuna salad made w/ 2 TBS mayo, 1 TBS relish, celery 6 crackers 1 C baby carrots ½ C mixed fruit	22 Teddy Grahams 1 orange	Veggie Burger on roll w/ 1 slice Swiss cheese, lettuce, tomato, onion, mustard & ketchup ½ C oven baked fries 1 C steamed broccoli	1 fruit juice popsicle
Thursday	2 scramble eggs (made w/ cooking spray) 2 slices toast 1 tsp butter 4 oz. orange juice	1 fruit/cereal bar 1 C milk	1 small pita w/ ¼ C hummus, lettuce & tomato 1 C salad w/ 1 TBS dressing 1 peach	6 crackers 1 TBS peanut butter	3 oz. BBQ skinless chicken breast 1 medium ear of corn 1 C zucchini, tomatoes & onion sautéed w/ garlic & 1 tsp olive oil	1 ¼ C berries 1 C milk

*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. Calories and recipes: CalorieKing.com and UNC Center for Healthy Students*



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

Friday	6 oz. yogurt w/ ½ C mixed fruit (banana, kiwi, berries, etc) 1 granola bar 4 oz. orange juice	1 apple 10 almonds	2 C minestrone soup 6 crackers 1 string cheese 1 pear	1/8 C peanuts 1 C milk	1 C spaghetti w/ 1 C tomato sauce w/ ¼ C extra lean beef 2 C salad w/ 2 TBS dressing 1 roll	1 C grapes
Saturday	2- 4in round pancakes w/ 1 tsp butter 1 TBS jam or maple syrup 4 oz. orange juice	6 oz yogurt	6 in sub sandwich w/ 3 oz turkey, 1 slice Swiss cheese, lettuce, peppers, tomatoes, cucumbers, vinegar 1 apple 100 calorie pretzel bag	¼ C sunflower seeds	<a href="#">Chicken Fajita</a> 1 C spicy black beans 2 C salad w/ 2 TBS avocado & 1 TBS dressing	100 calorie pudding cup
Sunday	2 slices toast 1 TBS peanut butter 2 tsp jam 4 oz. orange juice	1 banana	1 C cottage cheese 6 crackers 3 C salad w/ 2 TBS dressing 1 Peach	6 oz yogurt	6 oz. lean beef burger on roll w/ mustard & ketchup 1 C raw veggies ¼ C <a href="#">Spinach Dip</a>	1 fruit popsicle

*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. Calories and recipes: [CalorieKing.com](http://CalorieKing.com) and [UNC Center for Healthy Students](http://UNC Center for Healthy Students)*



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

### **Mediterranean Salad:**

**Combine:** 3 C Salad mix, ½ of red pepper, 10 cherry tomatoes, 1-2TBS chopped red onion, 3 large black olives, 3 oz. grilled chicken breast, 1oz. feta cheese, ¼ C chick peas, 2 TBS low fat Greek or balsamic vinaigrette dressing

### **Chicken Fajita:**

**Top** 1 small whole wheat tortilla w/ ½ C sautéed zucchini, broccoli, onions & tomatoes, 3 oz. grilled chicken breast, ¼ C salsa, 2 TBS cheddar cheese

### **Low Fat Spinach Dip:**

**Combine:** 1 C low fat plain yogurt, 1 C fat free sour cream, 1 box frozen spinach (thawed & drained well), 1 packet dried onion or veggie soup mix. Store unused portion covered in the refrigerator.

---

*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. Calories and recipes: CalorieKing.com and UNC Center for Healthy Students*