



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 Cantaloupe, 3 Apples,
Baby Carrots, 1 Sweet Potato
3 Packages Salad Greens
Grapes, Baby Spinach, 1 Pear
Celery, Strawberries, Scallions
Blueberries, 2 Plum Tomatoes
1 Tomato, 1 Peach
1 Baked Potato, Mushrooms
1 Red or Yellow Pepper
2 Oranges, Broccoli
Squash, 1 Banana, 1 Onion

Canned, Spices, Misc

Cooking Spray, Sunflower Seeds
Peanut Butter, Jam, Apple Juice
Light Dressing, Baked Chips
Salsa, Dijon Mustard, Peanuts
Light Mayo, Walnuts, Almonds
100 Calorie Jello Cups
BBQ Sauce, Black Beans
Hummus, Fruit/Cereal Bar
Raisins, Dried Coconut, Pecans
White Tuna in Water
Roasted Peppers, Olive Oil
Black Olives

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

10 oz. Salmon
12 Large Shrimp
4 oz. Ground Turkey
13 oz. Chicken Breast
5 oz. Center Cut Pork
3 oz. Lean Deli Turkey

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

Eggs
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
Low Fat or Fat Free Goat Cheese
Butter
8oz Yogurt
8oz Fat Free Sour Cream
Light Whipped Cream

Frozen

Black Bean Burgers
Fruit Sorbet

Breads, Grains, Cereal

Whole Wheat/Grain Bread
Brown Rice
Wild Rice
Whole Grain Tortillas
Whole Grain Roll
Oatmeal
Bran Flakes
Whole Grain Crackers
Rye Bread
Whole Grain Pita
Whole Grain Pasta

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 RD411



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	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	1 C cantaloupe 1 C cottage cheese 6 crackers	6 oz. yogurt	2 slices bread w/ 2 TBS peanut butter & 1 TBS jam 1 apple	1 C baby carrots	5 oz. broiled/grilled chicken breast ½ Sweet Potato 2 C salad w/ 2 TBS dressing	1 C grapes
Tuesday	1 egg, 1 egg white scrambled w/ 1 TBS cheese, 2 TBS salsa 1 slice rye toast w/ 1 tsp butter 1 C milk	1 string cheese	2 slices bread w/ 3 oz turkey, spinach leaves, mustard 1 svg baked chips 1 pear	1 celery stalk 1 TBS peanut butter	Turkey Burrito 1 apple	1 Jello w/ 2 TBS whipped cream
Wednesday	1 C oatmeal topped w/ 2 TBS almonds ½ C strawberries 6 oz. milk	6 oz. yogurt	Pasta Salad 1 C pineapple chunks	20 peanuts	1 black bean burger on roll topped w/ 1 slice of cheese & 1 TBS bbq sauce 2 C spinach salad w/ 1 TBS dressing	¾ C fruit sorbet
Thursday	1 C bran flakes w/ 2 TBS walnuts, 1/3 C blueberries 8 oz milk	1 fruit/cereal bar 1 C milk	1 small pita w/ 1/3 C hummus, lettuce & tomato 1 6oz. yogurt 1 medium peach	6 crackers 1 TBS peanut butter	5 oz. grilled or broiled pork chop ¾ C black beans ½ baked potato w/ 1 TBS sour cream 1 C steamed spinach	1 ¼ C berries 1 C milk
Friday	1 C oatmeal topped w/ 2 TBS raisins, 2 TBS dried coconut, 2 TBS pecans 1 hardboiled egg	1 apple 10 almonds	Tuna salad made w/ 1 TBS light mayo & 1 TBS Dijon mustard 2 C salad w/ 1 TBS dressing 1 orange	1/8 C peanuts 1 C milk	12 grilled large shrimp 1 C steamed broccoli 1 C wild rice	¾ C fruit sorbet

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Saturday	Scrambled: 3 egg whites & 1 whole egg 1 slice whole wheat bread 1 TBS jam	6 oz yogurt	2 slices whole grain bread 4 oz. shredded chicken 1 TBS mayo 1 C salad w/ 1 TBS dressing	¼ C sunflower seeds	(double for tomorrow) 5 oz. grilled salmon 1 C brown rice 1 C steamed squash 1 C watermelon	1 Jello w/ 2 TBS whipped cream
Sunday	Smoothie: 8 oz. apple juice, 1 cup strawberries, 8 oz. yogurt, ½ banana	1 orange	Leftover salmon, rice, squash and watermelon	6 oz yogurt	Chicken Burrito ½ C cantaloupe	¾ c fruit sorbet

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Turkey Burrito:

Mix 4 oz. ground turkey w/ 2 oz. roasted peppers, 3 tbs. onion, in 1 tsp. olive oil
Fill a whole grain tortilla top w/ 1 TBS cheese, 1 TBS salsa, ½ C lettuce

Pasta Salad:

Combine 1 ½ C whole grain pasta w/ 2 diced plum tomatoes, 5 sliced mushrooms, ½ C chopped red or yellow pepper, 2 TBS chopped scallions, 3 slice black olives, 2 oz. goat cheese & 1 tsp olive oil

Chicken Burrito:

Top a whole grain tortilla w/ ½ cup brown rice, 4 oz. chicken breast, 1 TBS cheese, 1 TBS salsa, ½ C lettuce

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