



**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 Tomato, 1 Orange
 1 Baked Potato, Broccoli
 2 Packages Salad Greens
 Baby Carrots, Grapes
 1 Sweet Potato, String Beans
 1 Zucchini, 1 Yellow Squash
 Asparagus, 1 Banana
 2 Apples, 2 Oranges

Canned, Spices, Misc

Cooking Spray, Salsa, Peanuts
 Black Beans, Applesauce
 Pineapple Chunks, Raisins
 100 Calorie Snack Pack
 Light Salad Dressing
 Cashews, Almonds
 Rice & Beans Mix
 Graham Crackers, Light Mayo
 1 Can Tuna packed in water
 Peanut Butter, Marinara Sauce
 Chicken & Veggie Soup
 Orange Juice, Tomato Soup

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

Lean Turkey Bacon
 21 oz. Chicken Breast
 Canadian Bacon
 6 oz. Lean Steak
 8 oz. Shrimp
 6 oz. Turkey Breast
 6 oz. Tilapia

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

Eggs
 Low Fat Shredded Cheese
 6-6oz. Low Fat or Fat Free
 Yogurt
 Low Fat String Cheese
 Low Fat or Fat Free Cottage
 Cheese
 Hummus
 1% or Fat Free Milk

Frozen

Veggie Pizza

Breads, Grains, Cereal

Whole Grain Bread
 Whole Grain Crackers
 Oatmeal, Grape Nuts Cereal
 Whole Grain English Muffins
 Whole Grain Couscous
 Brown Rice, Whole Grain Pasta
 Whole Grain Pita

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 from: CalorieKing.com



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	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	2 slices turkey bacon 1 scrambled egg 2 slices tomato 1 slice whole grain toast	100 calorie snack pack 15 grapes	Leftover <i>Shrimp, Black Bean & Feta Tacos</i> 2 C salad w/ 2 TBS light dressing	15 cashews	½ C beans & rice 6 oz chicken 1 C broccoli	6 oz. yogurt
Tuesday	1 English muffin ¾ C cottage cheese 2 slices Canadian bacon ½ C orange juice	12 baby carrots 4 TBS hummus	3 oz. grilled chicken on pita ½ C applesauce 6 oz. yogurt 1 oz. raisins 6 almonds	1 string cheese 5 whole grain crackers	2/3 C whole wheat pasta 1 C steamed shrimp 1 C marinara sauce 1 C asparagus	100 calorie snack pack
Wednesday	½ C Grape-Nuts 1 ½ C milk 1 hardboiled egg 1 banana	1 C cottage cheese & 1/3 C pineapple chunks	1 Baked Potato topped w/ 1 C broccoli, ¼ C cheese, ¼ C black beans & ½ C salsa 12 almonds	100 calorie snack pack 15 grapes	6 oz. tilapia 1 C zucchini 1 C yellow squash ½ C couscous	2 graham cracker squares 1 C milk
Thursday	1 C cooked oatmeal 6 oz. yogurt 2 slices turkey bacon ¾ C grapes	2 graham cracker squares & 1 TBS peanut butter	3 oz. tuna w/ 1 TBS mayo on 2 slices whole grain bread 1 C milk 1 apple 10 peanuts	15 cashews	6 oz. turkey breast ½ C brown rice Small salad w/ unlimited veggies & 1 TBS dressing	1 C pineapple chunks
Friday	2 slices whole grain toast ¾ C cottage cheese 2 slices Canadian bacon 1 orange	6 oz. yogurt w/ 2 TBS grape nuts	Large Salad w/ 6 oz. sliced chicken, ¼ C cheese, 2 TBS dressing 5 whole grain crackers ¾ C grapes 6 cashews	12 baby carrots 4 TBS hummus	6oz. lean steak ½ sweet potato 1 C string beans	15 almonds

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Saturday	1 English Muffin 6 oz. yogurt 1 hardboiled egg 1 oz. raisins	15 almonds	1 C chicken & veggie soup 5 whole grain crackers 1 string cheese ½ C applesauce 1 orange	1 string cheese 5 whole grain crackers	2 slices veggie pizza Small salad w/ 1 TBS dressing	100 calorie snack pack
Sunday	1 C cooked oatmeal 1 ½ C milk 2 slices turkey bacon ½ C orange juice	½ medium apple w/ 1 TBS peanut butter	Grilled Cheese Sandwich w/ 2 slices cheese, 2 slices tomato, 2 slices whole grain bread 1 C tomato soup ¾ C grapes	½ medium apple 1 string cheese	½ C beans & rice 6 oz chicken 1 C asparagus	6 oz. yogurt

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