



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

1 Red Onion, 1 Red Pepper
1 Tomato, Garlic, Grapes
4 Small Bananas, 2 Apples
Baby Carrots, 1 Plum, 1 Kiwi
1 Small Pear, 1 Medium Pear
2 Small Apricots, 2 Oranges
1 Small Mango, Asparagus
1 Medium Sweet Potato
3 Bags Salad Greens, Celery
1 Cucumber, 1 C Green Beans
1 Medium Baked Potato
1 C Broccoli, 1 Avocado
1 Grapefruit, 1 Zucchini

Canned, Spices, Misc

Capers, Cooking Spray
Sea Salt, Black Pepper, Honey
Dried Apricots, Dried Cherries
Cinnamon, Walnuts, Almonds
Low Sodium Veggie Soup
1 Can White Tuna in Water
Light Mayo, Raisins
Low Fat/Light Dressing
Low Sodium Chicken Noodle or Rice Soup, Marinara Sauce
Almond or Peanut Butter
Dried Papaya, Chick Peas
1 Salmon (canned or in pouch)
100 Calorie Hot Chocolate

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

1 6oz Tilapia Filet
2 3 oz. Chicken Breast
1 4oz. Chicken Breast
8 oz. Lean Deli Turkey
4 oz. Shrimp, 4 oz. Lean Beef
Lean Turkey Meatballs

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

Low Fat or Fat Free Milk
1 8oz. Fat Free Plain Yogurt
Eggs, Low Fat Sliced Cheese
5 6oz. Fat Free Yogurts
Light Cream Cheese
Hummus, Low Fat String Cheese
100 Calorie Pudding Cups
Light Whipped Cream

Frozen

Stir-Fry Veggie Mix
Frozen Berries

Breads, Grains, Cereal

High Fiber-Low Fat Cereal
Cream of Wheat, Brown Rice
Small Whole Grain Rolls
Oatmeal, Whole Grain Crackers
Whole Grain Pita Bread
Whole Grain Couscous
Whole Wheat Spaghetti
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	1 C cooked oatmeal, 1 hardboiled egg, 1 banana, 6 almonds, 8oz. milk	1 apple, 1 TBS peanut butter	Turkey Sandwich: 4 oz. turkey, 2 slices whole grain bread, 1 oz. cheese, ½ C baby carrots, 1 C veggie soup	6 oz. yogurt, 1 plum, 6 whole grain crackers	4 oz. salmon, 1 medium sweet potato, 1 C steamed asparagus, 2 C salad w/ 2 TBS light dressing	1 grapefruit
Tuesday	1 C cereal, 8 oz. milk 1 small banana	1 orange	Tuna Sandwich: 4 oz. tuna, 2 TBS mayo, ½ C cucumbers, ½ C pretzels	1 string cheese, 15 grapes, 12 walnuts	4 oz. lean beef, 2/3 C brown rice, 1 ½ C stir-fry veggie mix (in 3 tsp olive oil)	100 calorie pudding cup w/ 2 TBS whipped cream
Wednesday	1 C cooked oatmeal, 1 hardboiled egg, ½ C frozen berries, 6 almonds, 8 oz. milk	1 kiwi	4 TBS hummus on 1 whole wheat pita w/ lettuce, tomato & sprouts, 1 C baby carrots & celery sticks	6 oz. yogurt, 12 almonds, 1 small pear	4 oz. broiled chicken breast, 1 medium baked potato, 1 C green beans	100 calorie popcorn
Thursday	2 slices whole-grain bread topped w/ 2 TBS peanut butter, ½ sliced banana, 1 TBS honey	2 small apricots	1 whole grain pita w/ 2 oz. melted cheese & tomato slices, 1 C chicken rice or noodle soup	6 oz. yogurt, 2 TBS raisins	4oz. shrimp, ¼ C couscous, 1 C steamed broccoli, 2 C salad w/ 2 TBS light dressing	100 calorie pudding cup w/ 2 TBS whipped cream
Friday	1 whole grain English muffin, 2 TBS light cream cheese, 1 egg, 1 small banana, 8 oz. milk	1 C frozen berries	4 oz. turkey on whole wheat roll w/ lettuce, tomato and 3 slices of avocado	6 oz. yogurt, 1 apple	4 oz. turkey meatballs, 1 C marinara sauce, 1 C whole wheat spaghetti, 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 slice whole grain toast w/ 1 TBS almond or peanut butter	1 medium pear	Grape & Walnut Chicken Salad	1 string cheese, 12 almonds, 1 slice dried papaya	3 C salad greens, topped w/ 3 oz. chicken, 1 oz. shredded cheese, 1/3 C chickpeas, 3 TBS light dressing, 1 whole grain roll	100 calorie hot chocolate w/ 2 TBS whipped cream
Sunday	1 C cooked oatmeal, 1 hardboiled egg, ½ C frozen berries, 6 almonds, 8 oz. milk	1 small mango	Salmon Salad: 3 ½ oz salmon, 2 TBS mayo, 1 slice whole grain bread, 2 C salad w/ 2 TBS light dressing	6 oz. yogurt	Tilapia w/ Peppers, Tomatoes & Capers ½ C brown rice 1 C steamed zucchini	100 calorie pudding cup w/ 2 TBS whipped cream.

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Grape & Walnut Chicken Salad: *(Makes 1 Serving, 462 Calories)*

Ingredients: 3 oz. cooked chicken breast, ½ C plain nonfat yogurt, ½ C halved grapes, 1/8 C coarsely chopped walnuts, 1 whole grain sandwich roll, (lettuce, tomato, onion if desired).

Chop the chicken into bite-size pieces. Mix the chicken thoroughly w/ yogurt. Mix in the grapes & walnuts. Spread mixture on the whole grain roll. Top w/ lettuce, tomato or onion if desired.

Tilapia w/ Peppers, Tomatoes & Capers: *(Makes 1 serving, 255 calories per serving)*

Ingredients: Cooking spray, 6 oz. tilapia fillet, sea salt & pepper to taste, ¼ C chopped red onion, ½ C chopped red bell peppers, ¼ C chopped tomato, ½-1 TBS capers, ½ clove minced garlic

Spray a non-stick skillet and heat over medium-high heat. Add fish & season w/ salt & pepper. Cook until opaque throughout, about 4-6 minutes per side. When the fish is cooking, spray a second skillet and heat over medium-high heat. Cook the onion & peppers until tender, stirring often, about 8 minutes. Stir in tomato, capers & garlic. Serve w/ fish.

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