



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

Strawberries, Blueberries,
Asparagus, Baby Carrots,
4 Apples, Celery, 3 Packages
Salad Greens
2 Tomatoes, 1 Cucumber,
Broccoli
1 Orange, White Mushrooms
1 Onion, Grapes, Green Beans
1 Banana, 1 Bag Spinach
2 Medium Potatoes
California-blend Veggie Medley

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

Eggs, Fat Free Cream Cheese
Hummus, 1% or Skim Milk
3-6oz. Yogurt, Egg Beaters
Sliced Light or Fat Free Cheese
Light or Fat Free String Cheese
Light or Fat Free Whipped
Cream
Fat Free Cottage Cheese
Reduced Fat Parmesan Cheese
Shredded Fat Free Mozzarella
Fat Free Sour Cream

Canned, Spices, Misc

Light Maple Syrup, Almonds
Chocolate Chips, Apple Butter
Minced Garlic, All-Purpose
Seasoning, Spicy Mustard,
Thyme, Pecans
Mustard, Peanut Butter
Light Salad Dressing
Light Balsamic Vinaigrette
Raisins or Craisins
100 Calorie Canned Soup
Orange Juice, Marinara Sauce
Fat Free BBQ Sauce
Salt & Pepper, Hummus
Fat Free Beef Gravy
Roasted Red Peppers (Jar)
Sliced Mushrooms (Jar or Can)
Light Balsamic Vinaigrette

Frozen

Whole Grain Waffles
Skinny Cow[®] Ice Cream

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

Lean Deli Turkey
Low Fat Turkey Bacon
2-5oz Salmon Steaks
1 package PERDUE[®] SHORT
CUTS[®] Carved Chicken Breast,
Grilled
3-6oz. chicken breasts
Lean Turkey Meatballs
6 oz. Lean Beef (Pot Roast)

Breads, Grains, Cereal

Whole Wheat Couscous
Brown Rice
100 Calorie Popcorn
Instant Oatmeal Packets
Whole Wheat Lasagna Noodles
Whole Grain Penne or other
pasta
Light Whole Grain Bread
Whole Wheat Pitas
Whole Grain Wraps
Light Whole Grain English
Muffins, Whole Grain Crackers
Low Fat Granola
Granola Bars (less than 200
calories)

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: Calorie Counter.Com, The Everything Flat Belly Cookbook (Koehler, F & Acevedo, M), The Everything Calorie Counting Cookbook (Conway, P), Weight Watchers: Make it In Minutes, Perdue.com, CalorieKing.com



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	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	1 whole grain waffle 1 TBS light syrup 1 C strawberries	2 hardboiled eggs ½ C blueberries	Wrap w/ TBS mustard, 4 slices deli turkey, unlimited veggies 1 apple	1 C baby carrots 4 TBS hummus	Nutty Coated Salmon Steaks 1 C asparagus ½ C whole wheat couscous	1 6 oz yogurt
Tuesday	1 whole grain wrap spread w/ 1 TBS peanut butter & topped w/ ½ sliced apple	2 celery stalks 2 TBS fat free cream cheese	Leftover Nutty Coated Salmon Steaks 1 C asparagus ½ C whole wheat couscous	6oz yogurt 10 almonds	1 Serving Vegetable Lasagna 1-2 C salad greens w/ 1 TBS light dressing	100 calorie popcorn 1 TBS chocolate chips
Wednesday	2 “fried” eggs (in cooking spray) on 1 English muffin topped w/ 1 slice light cheese & 1 slice of tomato	100 Calorie Soup 5 whole grain crackers	1 Serving Leftover Vegetable Lasagna 1-2 C salad greens w/ 1 TBS light dressing	2 slices deli turkey 1 string cheese ½ C sliced cucumbers	Barbecue Pizza 1 C steamed broccoli	1 Skinny Cow Ice Cream
Thursday	1 oatmeal packet 1 TBS chopped nuts 1 TBS raisins or craisins 1 C milk	1 apple 1 TBS peanut butter	Barbecue Pizza 1 C steamed broccoli	1 C baby carrots 3 TBS hummus	Large salad w/ unlimited veggies, 6 oz. sliced chicken breast, 2 TBS light dressing	100 calorie popcorn 1 TBS chocolate chips
Friday	1 English Muffin 2 slices light cheese 1 C strawberries	1 C grapes 1 string cheese	Large Salad w/ 6 oz. turkey, 2 TBS light dressing	6 oz yogurt ¼ C Granola	Balsamic Chicken Salad 1 C grapes	½ Banana rolled in 1 TBS chocolate chips
Saturday	1 English Muffin 2 slices light cheese 1 C strawberries	1 C grapes 1 string cheese	1 serving Leftover Balsamic Chicken Salad 1 orange	½ C cereal ½ C milk	Turkey Meatball Stroganoff 1 C steamed green beans	1 Skinny Cow Ice Cream

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Sunday	3 egg white omelet (or Egg Beaters) w/ unlimited veggies 2 slices turkey bacon 1 slice whole grain toast	1 granola bar package	Leftover Turkey Meatball Stroganoff 1 C steamed green beans	1 apple 1 TBS peanut butter	Crock Pot Roast Beef 2 C salad w/ 1 TBS light dressing	1 C berries 2 TBS light whipped cream
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Nutty Coated Salmon Steaks: (makes 2 servings, 207 Calories per serving)

Ingredients: 2-5oz Salmon steaks, ½ TBS apple butter, 1 tsp minced garlic, 1/8 tsp all-purpose seasoning, 1 tsp spicy mustard, pinch of dried thyme, 1 ½ TBS chopped pecans

Spray a 9”X13” baking dish with cooking spray. Place salmon steaks in the dish. Mix apple butter, garlic, all-purpose seasoning, mustard and thyme. Spoon mixture over salmon. Top w/ pecans. Bake at 365 degrees for 15 minutes or until fish flakes easily.

Vegetable Lasagna: (makes 5 servings, 343 Calories per serving)

Ingredients: 5 oz bagged spinach, 2 C California-blend vegetable medley, 1 C fat-free cottage cheese, 1/8 C grated reduced-fat Parmesan cheese, ½ clove minced garlic, ½ tsp all-purpose seasoning, ¼ C Egg Beaters, ½ C sliced white mushrooms, ¼ C chopped yellow onions, ½ C marinara sauce, ½ box whole wheat lasagna noodles (cooked), ½ C shredded fat free mozzarella.

Mix first 9 ingredients and set aside. Coat a 9”X13” baking dish w/ nonstick spray. Spread ¼ C marinara sauce over bottom of the dish. Layer 1/3 of the lasagna noodles over marinara. Cover w/ half of the veggie mixture. Cover w/ another 1/3 of the lasagna noodles and top w/ remaining veggie mixture. Top w/ remaining 1/3 of lasagna noodles, ½ C marinara, and mozzarella cheese. Cover w/ foil and bake in oven at 375degrees for 35 minutes.

Barbecue Pizza: (makes 2 servings, 362 Calories per serving)

Ingredients: 1 C PERDUE® SHORT CUTS® Carved Chicken Breast, Grilled, 2 whole wheat pitas, 4 TBS fat free BBQ sauce, ½ C fat free mozzarella cheese, dash salt & pepper.

Top pita w/ BBQ sauce, chicken, mozzarella, salt & pepper. Cook @ 350degrees for 6-8 minutes or until cheese is melted.

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Crock Pot Roast Beef: (makes 2 servings, 347 Calories per serving)

6oz. lean beef, ¼ lb baby carrots, ¼ C celery, 1 ½ medium potatoes, ¼ yellow onion, ¼ C water, salt & pepper to taste.

Chop onion to desired size. Chop celery to desired size. Slice potatoes into ¾ inch cubes. Place onion, celery, potatoes and baby carrots in crock pot. Add salt and pepper. Add water. Add beef. Cook on High for 4-6 hours.

Balsamic Chicken Salad: (makes 2 servings, 250 Calories per serving)

Ingredients: 2-6oz. grilled sliced chicken breasts, 3.5oz. roasted red peppers (drained & coarsely chopped), 2 oz. fat free cubed mozzarella cheese, 1/8 C light balsamic vinaigrette, 6 C salad greens.

In a bowl, combine chicken, peppers and cheese. Drizzle w/ dressing and toss until evenly coated. Serve over salad greens.

Turkey Meatball Stroganoff: (Makes 2 servings, 343 Calories per serving)

Ingredients: 8 lean turkey meatballs, 6oz. fat free beef gravy, ½ C fat free sour cream, ½ TBS fat free milk, 1-2oz. jar sliced mushrooms (drained), ½ C whole grain pasta.

Mix gravy, sour cream and milk in large saucepan. Add meatballs and mushrooms; stir gently. Cook on low heat for 15-20 minutes; stirring occasionally. Meanwhile, cook pasta according to package directions; drain. Serve Stroganoff over noodles.

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