

# MAINTAIN 7 Day Meal Plan

Maintain 3

Day 1	
Breakfast	<ul style="list-style-type: none"> <li>• 1 cup dry cereal</li> <li>• ½ cup skim milk</li> <li>• ½ cup whole strawberries</li> <li>• ½ large banana</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 1/4 cup hummus dip</li> <li>• 1 cup raw carrots</li> </ul>
Lunch	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Southwest Chicken Salad               <ul style="list-style-type: none"> <li>○ 2 cup mixed greens</li> <li>○ 5 oz grilled chicken</li> <li>○ ½ cup vegetable salad toppings</li> <li>○ ½ cup corn</li> <li>○ ½ cup black beans</li> <li>○ 2 Tbsp Chipotle Ranch reduced fat salad dressing</li> </ul> </li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 1 hard-boiled egg</li> <li>• 3oz grapes (~17)</li> </ul>
Dinner	Make Your Own Meal: <ul style="list-style-type: none"> <li>• 6 oz grilled shrimp</li> <li>• 1 cup cooked quinoa</li> <li>• 1 cup cooked squash made with 2 tsp olive oil</li> </ul>
Evening Snack	~200 Calorie snack or an evening snack from the Celebrate Cookbook

Daily Nutrition Facts: 1552 Calories, 166g Carbohydrates, 134g Protein, 47.8g Fat, and 31g Fiber

\*This total does not include nutrition information from evening snack

Day 2	
Breakfast	<ul style="list-style-type: none"> <li>• 1 cup cooked oatmeal</li> <li>• <math>\frac{3}{4}</math> cup blueberries</li> <li>• 1 Tbsp nut butter</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> cup edamame</li> <li>• 1 cup cubed melon</li> </ul>
Lunch	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Turkey Sandwich               <ul style="list-style-type: none"> <li>• 2 slices whole grain bread</li> <li>• 4 oz low-sodium, reduced fat turkey slices</li> <li>• 1 oz low-fat cheese of choice</li> <li>• Vegetable toppings of choice (tomato, lettuce, etc.)</li> <li>• 1 tsp mustard of choice</li> </ul> </li> <li>• 1 Dill pickle</li> <li>• 1 cup mixed greens for side salad</li> <li>• 2 Tbsp reduced fat salad dressing</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 1 Apple</li> <li>• 1 Meat snack stick</li> </ul>
Dinner	Make Your Own Meal: <ul style="list-style-type: none"> <li>• 6 oz tilapia</li> <li>• 1 cup brown rice</li> <li>• 1 cup cooked green beans made with 2 tsp olive oil</li> </ul>
Evening Snack	~200 Calorie snack or an evening snack from the Celebrate Cookbook

Daily Nutrition Facts: 1691 Calories, 190g Carbohydrates, 121g Protein, 54.5g Fat, and 29g Fiber

\*This total does not include nutrition information from evening snack

Day 3	
Breakfast	<ul style="list-style-type: none"> <li>• 2 medium (4" diameter) pancakes</li> <li>• ½ cup whole strawberries</li> <li>• ½ large banana, sliced</li> <li>• 1 Tbsp maple syrup</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 4 oz cottage cheese</li> <li>• ½ cup raspberries</li> </ul>
Lunch	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Ham Sandwich               <ul style="list-style-type: none"> <li>○ 2 Slices whole wheat bread</li> <li>○ 4 oz low-sodium, reduced fat deli ham</li> <li>○ 1 slice cheese of choice</li> <li>○ 1 Tbsp mustard</li> <li>○ Vegetable slices (tomato, lettuce, etc.)</li> </ul> </li> <li>• 1 Dill pickle</li> <li>• 1 cup raw carrots</li> <li>• 2 Tbsp reduced fat Ranch dressing for dipping</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 1 hard-boiled egg</li> <li>• 1 medium orange</li> </ul>
Dinner	Make Your Own Meal: <ul style="list-style-type: none"> <li>• 6 oz baked boneless, skinless chicken breast</li> <li>• ½ cup mashed potato with 1 tsp butter</li> <li>• ½ cup corn</li> <li>• 1 cup cooked brussels sprouts made with 1 tsp olive oil</li> </ul>
Snack	~200 Calorie snack or an evening snack from the Celebrate Cookbook

Daily Nutrition Facts: 1637 Calories, 195g Carbohydrates, 127g Protein, 46.9g Fat, and 32g Fiber

\*This total does not include nutrition information from evening snack

Day 4	
Breakfast	<ul style="list-style-type: none"> <li>• 1 cup cooked oatmeal</li> <li>• 1 Tbsp nut butter</li> <li>• ½ cup blueberries</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• ¼ cup hummus</li> <li>• 1 cup raw celery sticks</li> </ul>
Lunch	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Veggie Salad               <ul style="list-style-type: none"> <li>• 2 cup mixed salad greens</li> <li>• 5 oz chicken</li> <li>• ½ cup vegetable toppings of choice</li> <li>• 2 Tbsp reduce-fat salad dressing</li> <li>• ½ cup lentils</li> </ul> </li> <li>• 1 small whole wheat roll with 1 tsp butter</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 5oz Greek Yogurt</li> <li>• ¼ cup granola</li> </ul>
Dinner	Make Your Own Meal: <ul style="list-style-type: none"> <li>• 5 oz beef burger from 90/10 ground beef</li> <li>• 1 whole wheat hamburger bun</li> <li>• Vegetable toppings (tomatoes, onions, etc.)</li> <li>• Condiments of choice</li> <li>• 1 cup cooked broccoli made with 2 tsp butter</li> </ul>
Evening Snack	~200 Calorie snack or an evening snack from the Celebrate Cookbook

Daily Nutrition Facts: 1807 Calories, 160g Carbohydrates, 143g Protein, 73.0g Fat, and 35g Fiber

\*This total does not include nutrition information from evening snack

Day 5	
Breakfast	<ul style="list-style-type: none"> <li>• 1 cup dry cereal</li> <li>• ½ cup skim milk</li> <li>• ½ cup blueberries</li> <li>• ½ large banana, sliced</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 4 oz cottage cheese</li> <li>• ½ cup whole strawberries</li> </ul>
Lunch	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Greek Salad               <ul style="list-style-type: none"> <li>◦ 2 cup romaine lettuce</li> <li>◦ 4 oz chopped chicken</li> <li>◦ 1 oz feta cheese</li> <li>◦ 2 Tbsp reduced-fat Greek dressing</li> <li>◦ ½ cup vegetable toppings (tomatoes, red onions, cucumbers, etc.)</li> </ul> </li> <li>• 1 small whole wheat roll with 1 tsp butter</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 1 cup air popped popcorn</li> <li>• 1 light cheese stick</li> </ul>
Dinner	Make Your Own Meal: <ul style="list-style-type: none"> <li>• 6 oz lean ground turkey</li> <li>• 1.5 cup whole grain pasta</li> <li>• ½ cup marinara sauce</li> <li>• ½ cup mixed vegetables made with 2 tsp olive oil</li> </ul>
Evening Snack	~200 Calorie snack or an evening snack from the Celebrate Cookbook

Daily Nutrition Facts: 1808 Calories, 183 Carbohydrates, 139g Protein, 65.5g Fat, and 28.4g Fiber

\*This total does not include nutrition information from evening snack

Day 6	
Breakfast	<ul style="list-style-type: none"> <li>• 1 egg, scrambled for an omelet</li> <li>• 1 cup sauteed vegetables (mushrooms, onions, spinach, etc.)</li> <li>• 1 slice whole grain bread made with 1 tsp butter</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 1 Meat snack stick</li> <li>• 1 medium orange</li> </ul>
Lunch	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Veggie Burger               <ul style="list-style-type: none"> <li>◦ 2 Vegetarian burger patties</li> <li>◦ 1 Whole wheat hamburger bun</li> <li>◦ Vegetable toppings of choice (tomatoes, lettuce, etc.)</li> <li>◦ 3 thin slices of avocado</li> <li>◦ Condiments of choice</li> </ul> </li> <li>• 1 baked sweet potato made with 1 tsp butter</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 5 oz Greek yogurt</li> <li>• ½ cup raspberries</li> </ul>
Dinner	Make Your Own Meal: <ul style="list-style-type: none"> <li>• 6 oz salmon</li> <li>• 1 cup brown rice</li> <li>• ½ cup cooked brussels sprouts made with 1 tsp olive oil</li> <li>• ½ cup cooked spinach made with 1 tsp olive oil</li> </ul>
Evening Snack	~200 Calorie snack or an evening snack from the Celebrate Cookbook

Daily Nutrition Facts: 1783 Calories, 180g Carbohydrates, 132g Protein, 62.4g Fat, and 37g Fiber

\*This total does not include nutrition information from evening snack

Day 7	
Breakfast	<ul style="list-style-type: none"> <li>• 1 egg pan fried with oil spray</li> <li>• 1 slices whole grain bread with 1 tsp butter</li> <li>• 1 cup asparagus</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 1 hard-boiled egg</li> <li>• ½ cup applesauce</li> </ul>
Lunch	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Tuna Salad Sandwich               <ul style="list-style-type: none"> <li>○ 2 slices whole grain bread</li> <li>○ 4 oz tuna salad made with 1 Tbsp reduced fat mayonnaise</li> <li>○ Vegetable toppings (lettuce, tomatoes, etc.)</li> </ul> </li> <li>• 1 cup sweet bell pepper slices</li> <li>• ¼ cup hummus dip</li> </ul>
Snack	Make Your Own Snack: <ul style="list-style-type: none"> <li>• 3 oz grapes</li> <li>• 1 oz mixed nuts</li> </ul>
Dinner	Make Your Own Meal: <ul style="list-style-type: none"> <li>• Chicken Fajita Bowl               <ul style="list-style-type: none"> <li>○ 6 oz skinless, boneless chicken breast</li> <li>○ ½ cup brown rice</li> <li>○ ½ cup cooked black beans</li> <li>○ 1 cup sauteed peppers and onions with 1 tsp olive oil</li> <li>○ ¼ cup chopped romaine</li> <li>○ 2 Tbsp sour cream</li> <li>○ 1 Tbsp Salsa or taco sauce</li> </ul> </li> </ul>
Evening Snack	~200 Calorie snack or an evening snack from the Celebrate Cookbook

Daily Nutrition Facts: 1721 Calories, 166g Carbohydrates, 129g Protein, 66.6g Fat, and 32g Fiber

\*This total does not include nutrition information from evening snack