Meal Plan

**Day 1  
Breakfast:**  
Strawberry Parfait: 1 cup fat-free low-sugar strawberry yogurt, 1/3 cup low-fat granola, and 1 1/4 cup chopped strawberries (fresh or frozen and thawed) layered in a tall glass   
[Substitute strawberries with blueberries, raspberries, or blackberries.]  
  
1 cup calcium- and vitamin D-fortified orange juice  
**Snack:**  
1 cup 1% milk, warmed and flavored with a dash of vanilla or almond extract (or add to coffee for a low-fat latte)   
  
**Lunch:**  
Bagel Melt: Halve a 4-ounce 100% whole wheat bagel. Top one side with 3 slices tomato, 1 slice red onion, and 2 ounces reduced-fat cheese. Broil until cheese bubbles. Top with remaining bagel half.   
  
Cole Slaw: 1 cup shredded cabbage mixed with 1 tablespoon low-fat salad dressing   
  
**Snack:**  
20 baby carrots and 1/2 medium apple, sliced, with 2 tablespoons chunky peanut butter   
  
**Dinner:**  
Broiled Halibut with Corn Salsa: Brush a 5-ounce halibut steak with juice 1/2 lemon and season with freshly ground black pepper and salt to taste. Place halibut on broiler pan 4" from heat and broil 10 minutes per inch of thickness or until fish flakes easily. Top with 1/2 cup corn salsa.  
  
2/3 cup cooked instant brown rice mixed with 1/3 cup cooked green peas  
  
15 asparagus spears saut? in 2 teaspoons olive oil with 1 clove garlic, minced.   
[Substitute asparagus with 3 cups zucchini or 2 1/4 cups eggplant cubes.]  
  
**Snack:**  
1 cup canned mandarin oranges, drained and topped with 1 teaspoon crystallized ginger

**Day 2  
Breakfast:**  
1 cup shredded-wheat cereal with 2/3 cup 1% milk topped with 2 tablespoons slivered almonds and 2 tablespoons sweetened dried cranberries or raisins  
  
1/2 cup cubed honeydew melon   
  
**Snack:**  
1/2 cup grapes  
  
3/4 cup 1% milk with a shot of espresso   
  
**Lunch:**  
Shrimp Wrap: Fill a 10 1/2" flour tortilla with 3 ounces cooked shrimp, 2 slices avocado, 1/4 cup canned black beans (rinsed and drained), 1/4 cup chopped lettuce, and 2 tablespoons salsa. [ Substitute shrimp with 2 ounces grilled chicken or 1 1/2 ounces reduced-fat cheese.]   
  
**Snack:**  
1/2 cup cubed cantaloupe  
  
16 ounces Crystal Light or other low-calorie fruit-flavored drink   
  
**Dinner:**  
Rainbow Rigatoni: Combine 1 1/2 cups cooked rigatoni with 1/2 cup cooked broccoli florets, 1/2 cup cooked cauliflower florets, 1/4 cup chopped sun-dried tomatoes, 1 tablespoon extra virgin olive oil, and 1 tablespoon freshly squeezed lemon juice. Top with 1 tablespoon reduced-fat grated Parmesan cheese.  
  
10 leaves Romaine lettuce drizzled with 2 tablespoons fat-free creamy Caesar dressing  
  
**Snack:**  
2 whole wheat fig bar cookies   
  
1 medium red pear  
  
1 cup 1% milk