

3-Day Plan



DAY 1

BREAKFAST

- Banana and peanut butter smoothie

LUNCH

- Hummus sandwich on pita bread, lettuce, tomato, shredded carrots, onions, green pepper slices
- Triscuit® Thin Crisps, Onion flavor
- Vanilla yogurt with added fresh fruit (strawberry slices, blue berries, apple or pear chunks, etc.)
- Water

DINNER

- Bean, lentil soup
- Salad with lite dressing
- Microwaved sweet potato
- Water

SNACK

- Nutrition bar
- Fat free milk
- Orange slices

DAY 2

BREAKFAST

- Instant oatmeal prepared with fat free milk
- High calcium orange juice

LUNCH

- Turkey & cheese roll up (use flour tortilla) with avocado, shredded lettuce, tomato and mustard or lite mayo
- Baked Chips
- Red grapes
- Water

DINNER

- Whole grain pasta with tomato sauce topped with grilled chicken chunks
- 1 cup microwaved broccoli (sprinkled with cheese if desired)
- Slice multi-grain garlic toast
- Lite ice cream or frozen yogurt

SNACK

- Fat free chocolate milk
- Trail mix
- Baby carrots

DAY 3

BREAKFAST

- Whole grain bagel with peanut butter
- Fat free milk

LUNCH

- Grilled chicken sandwich from restaurant, with lettuce & tomato
- Fruit smoothie
- Iced tea, unsweetened (you can add your own alternative sweetener if desired)

DINNER

- Bean & cheese burrito
- Acorn squash, microwaved whole
- Pear, chopped and topped with vanilla yogurt and almond slivers
- Water

SNACK

- Mixed nuts
- Banana
- Mini rice cakes
- Flavored seltzer water