



Food Swap Meal Plan



Breakfast

- ¾ cup whole grain cereal, unsweetened (instead of sweetened cereal)
- ½ cup skim milk (instead of whole milk)
- ½ cup plain tropical fruit medley, from frozen or fresh (instead of canned tropical fruit)
- Optional:* coffee with skim milk (instead of whole milk), green tea with lemon (instead of honey)

Lunch

- 6 oz salmon filet, shredded for salmon tacos (instead of beef tacos)
- 1 whole grain tortilla (instead of white flour tortilla)
- ½ cup dark green leafies, shredded (instead of lettuce; for a vitamin boost)
- 1 dollop nonfat, plain Greek yogurt (instead of sour cream)
- 1/8th an avocado, sliced for topping (instead of cheddar cheese)
- 1 glass water (instead of juice)

Dinner

- 1 chicken breast, grilled (instead of fried chicken)
- ½ cup roasted potatoes with skin, baked in olive oil (instead of French fries)
- 1 cup side salad with 1 Tbsp dressing (instead of canned corn or green beans)
- 1 glass water (instead of soda)

Snacks & Dessert

- 1 cup air-popped popcorn (instead of potato chips)
- 1 small peach (instead of canned peaches)

