



# American Meal Plan

(based on portions for one person)



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Breakfast

1 cup Greek yogurt  
2 Tbsp granola  
½ cup blueberries  
1 Tbsp pepita seeds  
8oz drip coffee (black preferred; add cream or sugar if desired)

1 whole grain English muffin  
1 turkey sausage patty (preferably lean)  
1 slice cheese  
1 egg  
¼ cup sauteed spinach  
Hot sauce to taste  
8oz drip coffee  
1 orange

12oz fruit smoothie (fruit, nut butter, dark green leafies, ice)  
1 small snack bar  
8oz drip coffee

1 slice toast with butter and jam  
8oz skim milk  
8oz drip coffee  
1 banana

1-2 whole grain blueberry pancakes with syrup drizzle  
1 Tbsp crushed walnuts  
1-2 small breakfast sausage links (preferably lean)  
8oz drip coffee  
1 orange

¾ cup whole grain cereal with skim milk  
1 small snack bar  
8oz drip coffee

2 eggs scrambled  
1-2 bacon slices  
1oz cheese  
8oz skim milk  
8oz drip coffee  
1 banana

### Lunch

*May be eaten as brunch:*  
1 eggs benedict (preferably ½ serving; English muffin, poached egg, Candadian bacon, hollandaise sauce)  
1 cup fresh fruit cubes  
½ cup hash browns or roasted potatoes  
8oz drip coffee

¾ cup tuna salad  
½ cup raw veggies  
5 whole grain crackers  
1 apple  
8oz skim milk  
8oz drip coffee

2 cups cobb salad with chicken, avocado, tomato, Roquefort cheese, egg and vinaigrette  
8oz skim milk  
8oz drip coffee

1 BLT sandwich (preferably whole grain bread)  
1 cup raw veggies  
2 Tbsp ranch dressing for dipping  
8oz drip coffee

½ everything bagel with cream cheese, salmon lox, dill and cucumber  
1 cup pear and beet salad  
8oz drip coffee

1 grilled Swiss and tomato sandwich (preferably whole grain bread)  
¼ cup macaroni salad  
8oz skim milk  
8oz drip coffee

*May be eaten as brunch:*  
1-2 Belgian style waffles with syrup drizzle and nut butter  
1 cup strawberries with mint and lemon  
8oz drip coffee

### Dinner

Served family style. Eat bite-size portions of several foods.

6 cold jumbo shrimp and cocktail sauce  
Small surf 'n turf (lobster and steak)  
¾ cup grilled asparagus  
1 small slice apple pie with ice cream

¾ cup baked ziti  
½ cup roasted vegetable medley  
¾ cup wedge salad

1-2 salmon tacos (shredded salmon with taco seasoning on flour or corn tortillas)  
1oz shredded cheese  
¾ cup shredded lettuce  
¾ cup mango avocado salsa  
Hot sauce to taste

1 shrimp po' boy sandwich (Cajun shrimp, lettuce, tomato, Remoulade sauce, bun)  
½ cup creole green beans  
¾ cup bread pudding

1 cup fajita veggies  
1-2 tortillas (flour or corn)  
¾ cup salsa with tortilla chips  
¾ cup guacamole

1 lean turkey burger (preferably whole grain bun)  
1 cup side salad (lettuce, tomato, black olives)  
8oz ice cream float

1 cup spaghetti and meatballs (preferably whole grain pasta and lean meatballs)  
¾ broccoli and arugula salad  
1-2 s'mores

### Snack

1oz almonds

8oz skim milk

½ cup strawberry halves  
½ cup nonfat cottage cheese  
1 Tbsp honey

1oz mixed nuts and dried fruit

8oz skim milk

1 apple  
2 Tbsp peanut butter

¾ cup hummus  
5 whole wheat crackers  
¾ cup raw veggies