A WEIGHT-LOSS MEAL PLAN DOESN’T REQUIRE SPECIAL DIET FOODS, BUT RATHER ATTENTION TO PORTION SIZES AND GOOD NUTRITION.

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**Day 1**

**Breakfast**
- Easy Egg Pita (see recipe 1, page 2)
- 5- to 6-oz nonfat plain Greek yogurt; stir in 2 kiwifruit, chopped, and 1 tsp honey

**Morning Snack**
- 5 small (5-inch) celery sticks; fill with ½ cup 2% cottage cheese and 2 tbsp sunflower seeds

**Lunch**
- Hamburger: 1 thin bun, 3 oz cooked 95%-lean ground beef patty, 2 lettuce leaves and 2 tsp Dijon mustard
- 2 small cucumbers, sliced
- 1 oz tortilla chips

**Afternoon Snack**
- 1 oz reduced-fat cheddar cheese
- 4 saltine crackers

**Dinner**
- Feta Chicken (see recipe 2, page 2)
- 2 kiwifruit

**Day 2**

**Breakfast**
- Green Smoothie: Blend 8 oz 1% milk, 1½ cups baby spinach, 1 small sliced frozen banana, 1 tbsp peanut butter and 1 tsp honey

**Morning Snack**
- 1 hard-boiled egg
- 3 saltine crackers

**Lunch**
- Chicken Pita (see recipe 3, page 2)
- 2 kiwifruit

**Afternoon Snack**
- ½ cup 2% cottage cheese; stir in 1 medium pear, chopped, and ¼ tsp cinnamon

**Dinner**
- Quick Chili: Brown 8 oz lean ground beef with ½ cup chopped red onion. Add a 15-oz can kidney beans (undrained), 2 cups jarred diced tomatoes, 1 tbsp chili powder, 1 tsp ground cumin and dash salt. Simmer until heated. Makes 4 servings; save leftovers.
- 7 saltine crackers
- 1 small banana dipped in 1 oz melted dark chocolate

**Day 3**

**Breakfast**
- 5- to 6-oz nonfat plain Greek yogurt; stir in 1 chopped, medium pear and 1 tsp honey

**Morning Snack**
- 1 hard-boiled egg
- 3 saltine crackers

**Lunch**
- 3 cups baby spinach, topped with 1 serving Chickpea Salad (see recipe 5, page 2)
- 5 saltine crackers
- 1 small banana

**Afternoon Snack**
- ½ cup 2% cottage cheese; stir in ½ cup fresh pineapple

**Dinner**
- 1 serving Pasta Salad with Chicken, Fennel and Feta (see recipe, page 3)
- 2 rye crispbread crackers
- 1 cup fresh pineapple

**Day 4**

**Breakfast**
- Breakfast Couscous (see recipe 4, page 2)
- ½ medium grapefruit; top with 1 tsp honey

**Morning Snack**
- 3 small celery sticks; fill with 1 tsp peanut butter

**Lunch**
- Egg Salad: Mash 2 hard-boiled eggs with 2 tbsp nonfat Greek yogurt, ¼ cup diced celery, ½ tsp Dijon mustard and dash each salt and pepper.
- 7 saltine crackers
- 1 kiwifruit

**Afternoon Snack**
- ½ cup 2% cottage cheese; stir in ½ cup fresh pineapple

**Dinner**
- 1 serving Quick Chili (leftovers of Day 2 Dinner) served over 3 cups lettuce with 1 oz crushed tortilla chips and ¼ cup 2% shredded cheddar

Daily total:
- Day 1: 1,501 cal, 39g fat (7g mono, 7g poly, 11g sat), 110mg chol, 2,222mg sodium, 172g carb (26g fiber, 58g sugars), 122g protein
- Day 2: 1,497 cal, 41g fat (9g mono, 4g poly, 15g sat), 257mg chol, 1,302mg sodium, 196g carb (32g fiber, 95g sugars), 89g protein

Note: These 1,500-calorie menus are generally appropriate for moderately active women who want to lose weight but can be adjusted based on your individual needs, such as by adding or subtracting snacks.
DAY 5

**BREAKFAST**
Egg Breakfast Sandwich:
- 1 thin bun, toasted and topped with 1 tsp butter, 1 hard-cooked egg and 1 oz 2% shredded cheddar
- ½ grapefruit topped with 1 tsp honey

**MORNING SNACK**
5- to 6-oz nonfat plain Greek yogurt; stir in 1 kiwifruit

**LUNCH**
- 1 pita pocket stuffed with 1 cup baby spinach and 1 serving Chickpea Salad (see recipe 5, right)

**AFTERNOON SNACK**
1 medium pear, sliced; drizzle with 1 oz melted dark chocolate

**DINNER**
- 1 serving Pasta Salad with Chicken, Fennel and Feta (leftovers of Day 3 Dinner)
- 1 kiwifruit

Daily total: 1,512 cal, 53g fat (25g mono, 8g poly, 16g sat), 265mg chol, 1,654mg sodium, 187g carb (25g fiber, 69g sugars), 75g protein

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DAY 6

**BREAKFAST**
1 thin bun, toasted; top with 4 tsp peanut butter and 1 small banana, sliced

**MORNING SNACK**
1 cup 2% cottage cheese 1 tbsp roasted sunflower seeds

**LUNCH**
Feta Tomato Salad: Stir 1 tsp balsamic vinegar, 1 tsp EVOO, ¼ tsp dried oregano and dash each salt and pepper; drizzle over 1½ cups sliced cherry tomatoes. Top with ¼ cup feta.

**AFTERNOON SNACK**
1 oz 2% cheddar 7 saltine crackers

**DINNER**
3 oz wild-caught salmon, brushed with ½ tsp olive oil and broiled; top with sprinkle of fresh lemon juice

Daily total: 1,501 cal, 55g fat (19g mono, 11g poly, 20g sat), 478mg chol, 2,272mg sodium, 165g carb (21g fiber, 46g sugars), 98g protein

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DAY 7

**BREAKFAST**
5- to 6-oz nonfat plain Greek yogurt; stir in 1 kiwifruit, chopped, and 1 tsp honey

**MORNING SNACK**
6 saltine crackers; spread with 4 tsp peanut butter

**LUNCH**
1 pita pocket, stuffed with Egg Salad (use same recipe as Day 4 Lunch)

**AFTERNOON SNACK**
1 medium pear, sliced; drizzle with 1 oz melted dark chocolate

**DINNER**
Cheeseburger: 1 thin bun, 3 oz cooked 95%-lean ground beef patty, 1 oz 2% cheddar, 2 romaine lettuce leaves and 1 tsp Dijon mustard

½ cup cherry tomatoes 1 oz tortilla chips

Daily total: 1,500 cal, 56g fat (14g mono, 6g poly, 20g sat), 469mg chol, 1,397mg sodium, 166g carb (23g fiber, 71g sugars), 84g protein

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Quick Recipes to Complete Your Menus (each makes 1 serving unless otherwise noted)

1. **Easy Egg Pita**
   Sauté 1 cup spinach and 2 tbsp minced red onion in ½ tsp oil over medium-high heat for 2 minutes. Add 2 beaten eggs and dash of black pepper, cooking until eggs are firm. Stuff egg mixture in a pita and top with 2 tbsp feta.

2. **Feta Chicken**
   Marinate a 4-oz boneless, skinless chicken breast in low-fat Italian dressing for 30–60 minutes. Remove from marinade and place in a baking dish sprayed with cooking spray. Sprinkle with ¼ tsp Italian seasoning; top with ¼ cup chopped cherry tomatoes and 2 tbsp feta. Bake at 350° for 40 minutes.

3. **Chicken Pita**
   Stuff a warmed pita with 3 ounces cooked chopped chicken breast, 2 tbsp 2% cheddar, ½ cup sliced cherry tomatoes, 1 cup shredded romaine and 2 tbsp salsa.

4. **Breakfast Couscous**
   Heat ½ cup 1% milk, 1 tsp honey and 1 tsp cinnamon over medium heat. When milk starts to boil, add ¼ cup couscous. Remove from heat and cover for 5 minutes. Fluff and stir in 2 tbsp chopped, dried apricots and 2 tbsp shelled, roasted pistachios.

5. **Chickpea Salad**
   Toss a 15-oz can drained chickpeas with 1 cup chopped cherry tomatoes, ½ cup chopped red onion, 2 tbsp EVOO, 1 tsp balsamic vinegar, 2 tbsp lemon juice, ¼ tsp black pepper and ¼ tsp salt. Chill at least 1 hour. Makes 4 servings. Top each serving with 2 tbsp feta.
Shopping List

Here’s everything you’ll need to make the week’s worth of menus on pages 34 and 35 for one person.

**FRUITS & VEGETABLES**
- 4 small bananas
- 1 medium grapefruit
- 7 kiwifruit
- 2 lemons
- 4 medium pears
- 4 cups fresh pineapple
- 1 cup dried apricots (TRY: Made in Nature Organic Apricots, Dried & Unsulfured)
- 7 cups baby spinach
- 1 package celery hearts
- 3 small cucumbers
- 2 cups green beans (fresh, frozen or canned)
- 5 cups romaine lettuce
- 6 cups cherry tomatoes
- 2 cups jarred, diced tomatoes (TRY: Jovial 100% Organic Diced Tomatoes)
- 1 small fennel bulb
- 1 clove garlic
- 1 medium red onion
- 1 bunch fresh parsley

**PROTEINS & DAIRY**
- 1 lb boneless, skinless chicken breasts
- 1 lb 95%-lean ground beef
- 4 oz wild-caught salmon fillet
- 8 eggs
- 1 quart 1% milk
- 5 (5- to 6-oz) containers nonfat plain Greek yogurt (TRY: Wallaby Organic Nonfat Plain Greek Yogurt)
- 3 cups 2% cottage cheese (TRY: Kalona Super Natural Organic Reduced Fat 2% Cottage Cheese)
- 8 oz 2% cheddar
- 6 oz 2% feta cheese
- 1 (15-oz) can chickpeas (garbanzo beans) (TRY: Eden Organic Garbanzo Beans, No Salt Added)
- 1 (15-oz) can kidney beans

**NUTS & NUT BUTTERS**
- 1 jar natural peanut butter
- ½ cup shelled, dry-roasted pistachios
- ¼ cup sunflower seeds

**GRAINS**
- 8 ounces regular or whole-wheat orecchiette or elbow macaroni
- 1 tablespoon fresh lemon juice
- 1 tablespoon white wine vinegar
- 1½ tablespoons Dijon mustard
- ½ teaspoon minced garlic
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground black pepper
- ½ teaspoon salt

**MISCELLANEOUS**
- 1 cup cherry tomatoes, halved
- ¾ cup cored, thinly sliced fennel bulb (about 1 small bulb)
- 1 small cucumber, peeled, seeded, and diced
- 1 cup cooked, skinless, diced chicken breast
- ½ cup chopped fresh parsley
- ½ heaping cup (2 ounces) crumbled feta

1. Cook pasta according to package instructions. Drain, rinse with cool water, and then drain again. Set aside.
2. Whisk together lemon juice, vinegar, mustard, garlic, olive oil, pepper and salt. Toss with pasta. Add tomatoes, fennel, cucumber and chicken; toss. (May be made 2 hours ahead.) Stir in parsley and feta just before serving.

**PER SERVING:** 390 cal, 12g fat (7g mono, 1g poly, 4g sat), 42mg chol, 345mg sodium, 47g carb (3g fiber), 21g protein