

Fat Burning Meal Plan

Any individual mean can be substituted for another day's (breakfast for breakfast, etc.)

Days Average: 1,400-1,800 calories, 22-33 grams of fat if you stick to portion sizes.

Day 1

Breakfast:

2-egg (whole egg or substitute) omelet w/ 2 oz. any low-fat cheese
1 ½ cups mixed tomatoes and chopped green and / or chili peppers

Lunch:

1 ½ cups mixed green salad w/ 1 Tbsp. low-fat dressing
1 cup brown rice w/ ½ cup vegetable broth
1 ½ cups steamed broccoli, red peppers, onions, mushrooms, zucchini
½ cup sugar-free applesauce

Snack:

¼ cup raw pumpkin seeds

Dinner:

1 cup vegetable soup
1 ½ cups salad with 1 Tbsp. walnut oil & vinegar
6 oz. baked, skinless chicken breast
1 ½ cups sauteed pea pods w/ mushrooms and asparagus
½ cup sugar free sherbet

Day 2

Breakfast:

1 cup oatmeal
1 cup sugar-free low-fat yogurt
1 cup strawberries

Lunch:

1 ½ cups spinach salad w/ 1 Tbsp. walnut oil & vinegar
1 cup whole wheat pasta
1 cup mixed broccoli, peppers, onions, and mushrooms
½ cup marinara sauce

Snack:

½ honeydew melon

Dinner:

1 ½ cups mixed green salad w/ 1 Tbsp. low-fat dressing
4 oz. salmon fillet, baked or poached
1 cup asparagus
1 cup zucchini
½ cup sugar-free gelatin desert

Day 3

Breakfast:

2-egg substitute omelet
2 oz. low-fat cottage cheese w/ cinnamon
½ grapefruit

Day 3 Cont...

Lunch:

1 cup vegetable soup
1 ½ cups mixed green salad w/ lemon juice
1 cup brown rice w/ curry sauce w/
1 cup mixed peas, onions, corn, green peppers

Snack:

½ papaya

Dinner:

1 ½ cups mixed green salad w/ 1 Tbsp. walnut oil and vinegar
1 cup low-sodium onion soup
4 oz. roast lamb
1 ½ cups fresh spinach and mushrooms
½ cup non-fat tapioca

Day 4

Breakfast:

8 oz. non-fat milk
1 cup low-fat granola
½ cup blueberries

Lunch:

1 pita pocket bread stuffed w/ sliced eggplant, tomato, chopped scallion
1 Tbsp. low-fat ranch dressing
1 medium apple

Snack:

¼ cup raisins

Dinner:

1 ½ cups mixed green salad w/ 1 Tbsp. walnut oil & vinegar
4 oz. roast turkey, dark & light meat
1 medium baked yam
1 ½ cups steamed green beans
½ cup non-fat pudding or frozen yogurt

Day 5

Breakfast:

2 scrambled egg substitute
2 links turkey sausage
sliced tomato & onions

Lunch:

1 ½ cups mixed green salad w/ 1 Tbsp. low-fat dressing
1 cup vegetarian chili
1 slice whole grain bread

Snack:

¼ fresh pineapple or ½ cup canned

Dinner:

1 cup wonton soup
1 ½ cups spinach salad w/ 1 Tbsp. walnut oil & vinegar
10 medium shrimp stir fried w/ 1 cup pea pods and red peppers
1 cup bean sprouts
¼ cup sliced almonds or cashews & ¼ cup non-fat tapioca

Day 6

Breakfast:

1 cup sugar-free low-fat yogurt
¼ cup wheat germ
½ grapefruit

Lunch:

1 medium baked potato
½ cup peas and pearl onions
½ cup corn and red bell peppers
½ cup raspberries

Snack:

2 carrots

Dinner:

1 cup vegetable soup
1 ½ cups mixed green salad w/ 1 Tbsp. walnut oil & vinegar
3 oz. baked lean pork chop
1 cup collard greens and onions
½ cup corn w/ red peppers
½ cup sugar free gelatin dessert

Day 7

Breakfast:

2-egg substitute scrambled w/ 1 oz. smoked salmon
¼ cup chopped onion
½ tsp. capers
1 sliced tomato

Lunch:

1 ½ cups mixed green salad w/ 1 Tbsp. low-fat dressing
1 medium baked yam
½ cup pineapple
1 slice whole grain bread

Snack:

¼ cup almonds or cashews

Dinner:

1 cup vegetable soup
1 ½ cups spinach salad w/ 1 Tbsp. walnut oil & vinegar
4 oz. (unbreaded) eggplant parmesan made w/ low-fat ricotta, skim milk mozzarella, marinara sauce
1 cup steamed green beans
½ cup sugar-free sherbet