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7 Day Healthy Eating Meal Plan

Welcome to your free 7 day healthy eating weight loss guide.

We recommend using this guide in conjunction with our [Ultimate Weight Loss & Healthy Eating Guide](#), but it can also be used as a standalone plan if you just want to get started.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	3/4 cup bran flakes 1 banana 1 cup fat-free milk	Smoothie: Blend 1 cup frozen berries, 1/2 banana, and 8 ounces fat-free milk 1/2 English muffin spread with 1 teaspoon light margarine	Oatmeal: In the microwave, cook 1/2 cup quick-cooking oats with 3/4 cup fat-free milk; 1/2 apple, chopped; 1 teaspoon honey; and a pinch of cinnamon	1/2 toasted English muffin topped with 1/2 small apple, sliced, and 1 ounce shredded reduced-fat cheese, any type. Microwave 30 seconds on High 6 ounces light yogurt sprinkled with 1 tablespoon slivered almonds	1 cup Cheerios, 1/2 cup berries, 1 tablespoon slivered almonds, 8 ounces fat-free milk	1 toasted frozen waffle, spread with 1 tablespoon peanut butter and topped with 1/2 sliced banana 8 ounces fat-free milk	1/2 toasted English muffin layered with 1 ounce reduced-fat cheese, sliced; 1 tomato slice; 1/2 cup steamed spinach, drained; and 1 poached egg 1 grapefruit
Lunch	Sandwich: 1 mini whole wheat pita, 3 ounces turkey breast, 1/2 roasted pepper, 1 teaspoon light mayonnaise, mustard, lettuce 1 stick part-skim mozzarella string cheese 2 kiwifruits	1 cup vegetarian vegetable soup 1 veggie burger in a mini whole wheat pita with lettuce and salsa 6 ounces light yogurt 15 grapes	Chicken salad: Toss 4 ounces shredded skinless roast chicken breast with 1/4 cup sliced red grapes, 1 tablespoon slivered almonds, 1 tablespoon light mayonnaise, and 1 tablespoon fat-free sour cream. Serve over lettuce 1 banana	1 cup tomato soup Sandwich: 1 mini whole wheat pita, 3 ounces thinly sliced roast beef, 1 teaspoon horseradish, mustard, tomato slices, lettuce 1 cup raw veggies 1 Pear	Quesadilla: Spread 1/4 cup fat-free refried beans over 1 small whole wheat tortilla. Sprinkle on 1 ounce shredded reduced-fat cheese. Top with salsa and another tortilla; microwave 45 seconds on High 1/2 cup low-fat cottage cheese topped with 1/2 cup mandarin orange sections 1/2 cup low-fat cottage cheese topped with 1/2 cup mandarin orange sections Cucumber spears	Tuna pita: 1 mini whole wheat pita, 2 ounces water-packed light tuna, 1 tablespoon light mayonnaise, mustard, and cucumber and onion slices 10 baby carrots 6 ounces light yogurt mixed with 1/2 banana	Black bean salad: Toss 1/2 cup canned black beans, 1/2 cup mandarin orange sections, and chopped red bell peppers, red onion, and scallions with 1 teaspoon vinegar. Serve over salad greens 1 mini whole wheat pita 1 pear
Dinner	4 ounces broiled flounder or sole 2 sliced plum tomatoes sprinkled with 2 tablespoons grated Parmesan cheese, broiled until just golden 1 cup cooked couscous 1 cup steamed broccoli 1 fat-free pudding cup	BBQ chicken: Brush 4 ounces boneless, skinless breast with barbecue sauce and grill 1/2 cup vegetarian baked beans 3 small boiled red potatoes topped with 1 teaspoon light margarine and a pinch of dill	4 ounces steamed shrimp 1 baked potato topped with 3 tablespoons salsa and 1 tablespoon fat-free sour cream 3 cups spinach, steamed 1 low-fat frozen fudge bar	3 ounces poached salmon Slaw: Toss 1 1/4 cups coleslaw mix and 2 sliced green onions with 2 tablespoons fat-free dressing (no more than 30 calories per 2 tablespoons) 3/4 cup cooked brown rice 1/2 cup pineapple chunks in juice	3 ounces roasted pork tenderloin 1 cup baked acorn squash, mashed with a pinch of cinnamon 2 to 3 cups salad greens with 2 tablespoons fat-free dressing 1/2 cup vanilla fat-free frozen yogurt topped with 1 cup berries	Jambalaya: Combine 3/4 cup cooked brown rice; 1/2 cup corn; 2 ounces cooked turkey sausage, sliced; 1/3 cup salsa; and 1/4 cup canned kidney beans. Heat through 3 cups spinach, steamed 1 medium apple	3 ounces broiled or grilled flank steak 1 baked sweet potato with 1 teaspoon light margarine 1 cup steamed zucchini 1/2 cup pineapple chunks in juice