

Week 1-2 meal plan ( High protein)

<p><b>AM Meal</b></p> <p><u>  8  </u> oz Dairy  <u>  3  </u> oz Protein  <u>  4  </u> oz Fruit  <u>     </u> oz Grains/Bread/Cereal</p>	<p><b><u>Protein Sources:</u></b>  All fish, seafood, and Shellfish  Chicken/Turkey  Pork/Ham/Canadian Bacon  Eggs/Egg substitute  Deli Meat  Beef, Veal, Lamb  Tofu, Edamame, Dried Beans (pinto,black,kidney,soy)</p>
<p><b>AM Snack</b></p> <p><u>  2  </u> oz Protein  <u>  4  </u> oz fruit  <u>     </u> oz Grain</p>	<p><b><u>Dairy:</u></b>  Plain Yogurt/Low Carb  Cottage Cheese/Ricotta Cheese  Skim or 1% Milk  (All 2 % Cheese)</p>
<p><b>Noon Meal</b></p> <p><u>  4  </u> oz Protein  <u>     </u> oz Fruit  <u>  4  </u> oz NonStarchy Vegetable unlimited  <u>     </u> oz Grains</p>	<p><b><u>Fruits:</u></b>  Fresh, Frozen, Dried, or canned with no sugar added.</p> <p><b><u>Grains:</u></b>  All flour produces, Cereals, Rice,(See list)  1 piece or 1/2- 3/4 cup servings. (read labels)</p>
<p><b>Afternoon Snack</b></p> <p><u>     </u> oz Dairy (Cheese or 1 yogurt)  <u>     </u> oz fruit  <u>     </u> oz Grain</p>	<p><b><u>Starchy Vegetables:</u></b> See list. 1/2 cup servings.</p> <p><b><u>Non Starchy Vegetables:</u></b>  Broccoli, Kale, Mustard greens, Spinach  Turnip greens/roots, Watercress, Bok Choy, Artichoke  Hearts, Asparagus Tops, Bean sprouts, Beets,  Brussels sprouts, Cabbage, Cauliflower, Cucumbers,  Eggplant, Green beans, Bell peppers, Mushrooms,  Okra, Onions, Tomatoes,  Wax beans, Zucchini/Yellow Squash, Carrots, Nori  seaweed sheets</p>
<p><b>PM Meal</b></p> <p><u>  4  </u> oz Protein  <u>     </u> oz Fruit  <u>  4  </u> oz NonStarchy Vegetable unlimited  <u>     </u> oz Grain</p>	<p><b><u>Fats:</u></b>  Oils: Olive, Canola, Peanut, Sunflower, safflower, flax  Light Mayonnaise, Light Sour Cream, Reduced Fat  Cream Cheese, Low Carb Salad Dressings</p>
<p><b>Evening Snack</b></p> <p><u>  1  </u> oz Dairy (Cheese or 1 yogurt)  <u>     </u> oz Grain  <u>  4  </u> oz Fruit</p>	<p><b><u>Reminders:</u></b>  Don't skip meals.  Eat every 3-4 hours.  Drink 73-100 oz fluid daily.  If you do not want a fruit, you may exchange it for 1 oz  of grain.</p>
<p>Goals:  <u>  </u> Kcal/Day  <u>     </u> g of Protein/ <u>  </u> oz of Protein  <u>     </u> g of Fat  <u>     </u> g of Carbohydrate</p>	<p>Limit your starchy vegetables to 1/2 cup per day.  You may always have more green vegetables, they  are almost calorie free.</p>