

Foundation Meal Plan Guide



Breakfast

Calories	Start with <i>one</i> of these
140	2 Eggs
70	4 Egg Whites
90	1 cup of skim milk
200	2 slices of turkey bacon
90	2 slices of Canadian bacon
180	1 cup low-fat Greek yogurt
70	2 slices of deli ham
120	2 chicken sausage patty

Calories	Then add 1 - 2 of these
75	1 slice of bread (wheat)
160	1 cup of oatmeal
200	1 cup Kashi GoLean Crunch
55	1/2 fresh grapefruit
110	1 apple, sprinkled with cinnamon
50	1 cup of fresh mixed berries
45	2 tomatoes, sliced
140	1/2 multigrain bagel

Lunch

Calories	Start with <i>one</i> of these
245	5 oz. chicken breast (deck of cards)
200	5 oz. baked halibut
155	5 oz. seared tuna
275	5 oz. flank steak
135	5 oz. baked tilapia
120	5 oz. Mahi Mahi
345	5 oz. sirloin

Calories	Then add 1 - 2 of these
115	1 small sweet potato
110	1/2 cup brown rice
115	1/2 cup quinoa
110	1/2 cup black beans
30	1 cup of broccoli
15	4 asparagus spears

Snack

Calories	Start with <i>one</i> of these
165	30 Almonds
80	1 Horizon low-fat mozzarella stick
200	2 tbsp. almond butter
190	2 tbsp. peanut butter
45	2 slices of turkey
70	1 pouch low-sodium tuna packed in water or hot-sauce
100	1 cup nonfat Greek Yogurt

Calories	Then add 1 - 2 of these
60	15 carrot sticks
110	1 apple
140	10 Whole Wheat Crackers
15	20 Celery Sticks
16	20 blueberries
120	14 baked corn chips
165	1/2 avocado

Dinner

Calories	Start with <i>one</i> of these
240	5 oz. grilled salmon
100	5 large shrimp
265	5 oz. broiled pork chops
225	5 oz. grilled lamb chops
120	4 oz. turkey breast

Calories	Then add 1 - 2 of these
55	1 cup Steamed broccoli
60	1 1/2 cups cooked carrots
45	1 cup steamed green beans
70	1 cup sautéed spinach
30	1 cup spaghetti squash

- ❖ Goal is 300 – 400 calories for each meal (breakfast, lunch, dinner and snack). DO NOT eat less than 1200 calories per day.
- ❖ Meats/Proteins are interchangeable for lunch and dinner
- ❖ Don't eat foods you are allergic to!
- ❖ Drink half your body weight in water. Avoid sodas and all other sweetened beverages.