

Clean & Simple Meatless Meal Plan – 1000 Calories

Breakfast <i>250 calories</i>	Lunch <i>280 calories</i>	Dinner <i>310 calories</i>	Snack <i>160 calories – choose 1 per day</i>
5 egg whites scrambled with 1 cup vegetables* 1 oz avocado 1 small piece fruit**	2 oz tuna and 1 hardboiled egg 2 cups salad**** 2 tsp olive oil & 1 tsp balsamic vinegar	3 oz shrimp 1 cup steamed or grilled vegetables 1 cup whole wheat pasta	2 tbsp raw, unsalted nuts (almonds, cashews, walnuts) 1 medium piece of fruit**
1 cup plain oatmeal 1 tbsp unsalted almond butter	4 oz grilled tilapia 1 cup steamed or grilled vegetables* 2 oz avocado	3 oz salmon or sea bass 1 cup steamed or grilled vegetables 1/3 cup brown rice	6 oz plain, nonfat Greek yogurt 1.5 tbsp raw, unsalted nuts (chopped)
¾ cup plain, nonfat Greek yogurt 1 cup fresh berries*** 1 tbsp slivered almonds 1 tbsp ground flax seed CMWL Shake or Bar	CMWL Cream of Tomato soup 2 cups salad 1-2 tbsp reduced-fat salad dressing (less than 60 calories) CMWL Shake, Crisps, Bar	½ cup cooked quinoa ½ cup black beans ¾ cup sautéed onions, peppers, zucchini, squash 1 oz avocado with 1 tbsp salsa CMWL Shake, Soup, Crisps, Bar	1 cup fresh vegetables (carrots, celery, peppers, cherry tomatoes) ¼ cup hummus 1 medium apple 1 reduced-fat string cheese stick CMWL Shake, Soup, Crisps, Bar

For more flavor and variation, consider using the following healthy seasonings: fresh/dried herbs, black pepper, cayenne pepper, chili powder, cinnamon, cumin, curry, garlic, ginger, nutmeg, paprika, saffron, turmeric, vinegar, and fresh lemon or lime juice

*Vegetables: asparagus, broccoli, cauliflower, green beans, carrots, kale, mushrooms, onions, peppers, spinach, squash, tomatoes, and/or zucchini

**Fruit: apple, orange, or pear

***Berries: blackberries, blueberries, strawberries, raspberries

****Salad: lettuce, tomatoes, cucumbers, carrots, celery, onions, and/or peppers