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Clean & Simple Meal Plan – 1200 Calories

| Breakfast <i>250 calories</i> | Lunch <i>300 calories</i> | Dinner <i>330 calories</i> | Snacks <i>160 calories each – choose 2 per day</i> |
|---|---|---|--|
| 5 egg whites scrambled with 1 cup vegetables* 1 oz avocado 1 small piece fruit** | 3 oz grilled chicken breast (boneless, skinless) 2 cups salad**** 2 tsp olive oil & 1 tsp balsamic vinegar ¼ cup fresh berries | 4 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 1.5 cup steamed or grilled vegetables* 2 oz avocado | 3 oz salmon 1 cup steamed or grilled vegetables 1/2 cup brown rice | 1 cup fresh vegetables (carrots, celery, peppers, cherry tomatoes) ¼ cup hummus |
| ¾ cup plain, nonfat Greek yogurt 1 cup fresh berries*** 1 tbsp slivered almonds 1 tbsp ground flax seed | CMWL Cream of Tomato or Cream of Chicken soup 2 cups salad 1-2 tbsp reduced-fat salad dressing (less than 60 calories) ½ medium orange | 3 oz top round or sirloin steak 1 cup steamed or grilled vegetables 1 small baked potato | 6 oz plain, nonfat Greek yogurt 1.5 tbsp raw, unsalted nuts (chopped) |
| CMWL Shake or Bar | CMWL Shake, Crisps, Bar | CMWL Shake, Soup, Crisps, Bar | 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, 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