

Meal Plan: 1,800-calorie plan for WOMEN

Breakfast

- 1 cup Oatmeal or Whole-Grain Cereal
- 2 egg whites & 1 whole egg
- 1/2 cup berries (fresh or frozen)
- 1 cup fat-free or low-fat milk
- Coffee or tea (if desired)

Mid-morning snack

- Whey protein shake
- Small apple

Lunch

- **Sandwich:** one 6-inch whole-wheat pita, spread with 1 tablespoon light mayonnaise (flavored with 1/2 teaspoon horseradish) and stuffed with 2 oz deli-style roast beef, 1 -oz slice of reduced-fat Cheddar cheese, 3 tomato slices and lettuce
- 6 baby carrots
- 1 banana, sprinkled with cinnamon

Afternoon snack

- 8 oz fat-free plain or light yogurt (any flavor)
- 3 vanilla wafers

Dinner

- 3 oz grilled or broiled fish: Salmon; Tilapia; Mahi-mahi
(Brushed with honey mustard and 1/2 teaspoon dried dill weed before cooking)
- 2/3 cup brown rice
- 3/4 cup sliced asparagus spears, steamed or microwaved

Dinner salad:

- 1 - 1/2 cups baby spinach leaves topped with 1 tangerine, peeled and sectioned; 2 scallions, chopped; and 1 tablespoon chopped almonds; drizzled with 1 tablespoon sesame seed vinaigrette salad dressing
- 1/2 cup light ice cream (any brand that's about 100 calories for 1/2 cup)
- H₂O or other no-cal beverage

Source: goodhousekeeping.com