LOSE WEIGHT IN 7 Days

A MEAL PLAN

A daily 1,500-calorie eating plan designed to help you stay trim and satisfied.
Breakfast
Greens, Eggs & Ham Quesadillas
2 La Tortilla Factory Smart & Delicious Soft Wrap Minis
White Whole Wheat wraps
2 large egg whites, scrambled and cooked
¼ cup arugula
3 oz lean deli ham
2 Tbsp crumbled feta
¼ cup blueberries

Top each wrap with half the eggs, arugula, ham, and feta. Fold in half and warm in a skillet. Serve with blueberries.

* This antioxidant-packed fruit helps protect against obesity in mice—likely a good sign for humans.

Total: 337 calories

Snack #1
6 oz plain low-fat yogurt
1 kiwi, sliced
½ cup Barbara’s High Fiber, Flax & Granola cereal
1 tsp fresh mint leaves*

Layer the first three ingredients a few times, then garnish with mint.

* The smell of mint is a proven appetite suppressant. So... mint leaves in every dish?

Total: 208 calories

Lunch
Salmon Cucumber Boats
3 oz canned pink salmon, drained
1 Tbsp capers*
1 tsp yellow mustard
2 Tbsp plain low-fat yogurt
Dash salt
Dash pepper
1 cucumber

Combine the first six ingredients. Halve cucumber lengthwise, hollow out each half, and stuff with salmon mixture.

* Capers add a salty zing with just 2 (2!) calories per tablespoon. Pile ’em on.

Side Salad
¼ cup romaine lettuce
2 Tbsp chopped macadamia nuts
1 clementine, peeled and sectioned
2 tsp olive oil
½ Tbsp cider vinegar
Dash salt
Dash pepper

Combine the first three ingredients. Dress with the remaining ingredients.

Total: 431 calories

Snack #2
1 The Laughing Cow Original Creamy Swiss wedge
1 large cinnamon graham cracker rectangle
¼ cup grated carrot
2 Tbsp raisins*

Spread cheese on cracker and top with carrot and raisins.

* A study says raisins increase levels of leptin, a hormone that may quiet cravings.

Total: 174 calories

Dinner
Light Lasagna
¼ cup cooked whole wheat spaghetti*
¼ cup part-skim ricotta
¼ tsp crushed red chili flakes
1 Coleman Natural Mild Italian Chicken Sausage link, cooked
2 cups spinach

Combine pasta, ricotta, sauce, and chili flakes, then crumble sausage on top. Add spinach and let wilt.

* Whole wheat pastas have more fiber than their empty-calorie, white-flour counterparts.

Total: 350 calories
Breakfast
Ricotta Swirl* 
1 cup part-skim ricotta
1 tsp honey
½ cup chopped papaya
½ tsp flaxseeds
Stir ricotta with honey, then top with papaya and flaxseeds.
* With 29 grams of protein, this bowl will keep your tummy quiet all morning.

Snack #1 
1 cup sliced pear
1 Tbsp almond butter*
1 Tbsp shredded coconut
* Almond cell walls help reduce the amount of fat absorbed by the body.

Lunch 
Egg Salad Sandwich 
1 tsp Dijon mustard* 
2 slices multigrain bread
1 hard-boiled egg, sliced
2 Tbsp shredded Cheddar
¼ cup chopped scallion
¼ cup raw spinach
Juice of ¼ lemon
Spread mustard onto bread slices, then layer egg, cheese, scallion, and spinach on top. Drizzle with lemon juice.
* Unlike some of its sugary condiment cousins, Dijon mustard tallies just 5 calories per teaspoon.

Dinner 
Shrimp Ceviche 
½ cup chopped cucumber
½ cup chopped jicama
¼ cup chopped mango
1 Tbsp chopped onion
¼ cup sliced avocado*
1 tomato, sliced
1 cup cooked shrimp
¼ cup lemon juice
1 tsp red pepper
* Avocado’s mono-unsaturated fats can play a role in warding off belly fat.

Snack #2 
1 cooked artichoke*
1 tsp olive oil
¼ cup balsamic vinegar
Dash salt
* A list published by The American Journal of Clinical Nutrition ranked the stealth-health artichoke No. 1 for antioxidant levels among vegetables. Who knew it was such a little powerhouse?

Total: 400 calories
Total: 207 calories
Total: 303 calories
Total: 160 calories
Total: 430 calories

Indulge without Bulge
> Add: 1 Starbucks Tall Caffé Vanilla Frappuccino Light Blended Coffee, no whipped cream (135 calories)
> Subtract: Nut butter and coconut from the morning snack and scallions from lunch (135 calories)
Lose Weight in 7 Days: A MEAL PLAN

Day 3

Breakfast
Orange-Pomegranate Ricotta Toast

- ¼ cup low-fat ricotta mixed with 2 tsp honey
- 1 slice whole wheat toast
- 1 navel orange
- 1 Tbsp pomegranate seeds*
- ⅛ tsp nutmeg

* This crimson fruit may increase fat burn and weight loss, research shows. The seeds appear to activate proteins that control fat metabolism.

Total: 281 calories

Snack #1
13 Mary’s Gone Crackers Original Seed crackers
1 Wholly Guacamole 100-Cal Snack Pack, Classic*
12 strips yellow pepper

* Avocado contains healthy fats that can curb snack urges.

Total: 257 calories

Lunch
Wild Rice & Kale Salad

- ½ cup cooked wild rice*
- 1 cup kale, chopped
- ½ cup cauliflower pieces
- 1 cup cherry tomatoes
- 2 Tbsp sunflower seeds
- 1 oz crumbled blue cheese
- 2 tsp olive oil
- ½ tsp lemon juice

Toss first six ingredients. Combine oil and lemon juice, and drizzle on top.

* Technically a grass, this grain has fewer calories, more protein, and less fat than the almighty brown rice.

Total: 431 calories

Dinner
Cod with Rosemary Polenta & Beans

- 3 oz cod
- 1 tsp chopped fresh parsley
- Dash salt
- Dash pepper
- ¼ cup dry polenta
- ½ cup milk, 1% fat
- 1 Tbsp pine nuts
- ½ tsp rosemary*
- ½ cup cooked green beans

Season cod with parsley, salt, and pepper, then steam for 8 minutes. Cook polenta with milk, per package instructions, then top with pine nuts and rosemary. Serve with green beans.

* Fight flab with flavor: This herb’s carnosic acid appears to help reduce weight gain.

Total: 352 calories

Snack #2*
1 medium sweet potato, microwaved
2 Tbsp nonfat Greek yogurt
½ tsp cinnamon
1 Tbsp chopped pecans

* Creating healthy treats is key for dieting without feeling deprived. Think of this as sweet-potato pie minus the trans fat, which has been linked to belly blub.

Total: 169 calories

Indulge without Bulge

> Add: 3 Late July Organic Dark Chocolate sandwich cookies (150 calories)
> Subtract: Cheese from lunch and pecans from afternoon snack (147 calories)
**Day 4**

**Breakfast**
**Tofu Scramble**
1 tsp olive oil
4 oz soft tofu, crumbled*
½ large red bell pepper, chopped
¾ cup chopped baby portobello mushrooms
1 cup chopped spinach
1 Arnold Sandwich Thins 100% Whole Wheat
1 oz part-skim mozzarella
½ tsp oregano

Heat oil in a sauté pan, then add tofu and vegetables. Cook for 5 to 7 minutes, stirring often. Serve on sandwich thin and top with cheese and oregano.

*Happy news, vegetarians: Soy foods are as good as other proteins for helping you drop pounds on a low-calorie diet, a study found.

**Total: 328 calories**

---

**Snack #1**
1 large apple, sliced
2 tsp almond butter
¼ tsp cinnamon*

*This spice helps rein in blood sugar spikes after a meal, making you less likely to crash—and inhale an entire bag of pretzels—before lunchtime.

**Total: 187 calories**

---

**Lunch**
**Autumn Pumpkin Mix**
¾ cup brussels sprouts
1 cup cubed pumpkin*
2 tsp olive oil
1 oz crumbled goat cheese
2 Tbsp pistachios
¼ medium pear, sliced
2 Tbsp balsamic vinegar
2 tsp yellow mustard

Toss brussels sprouts and pumpkin with oil and roast for 30 minutes at 350°F, turning halfway through. Remove from oven and toss with remaining ingredients.

*Roasting squash brings out its natural sweetness. It’s no brownie, but it will help satisfy your sweet tooth.

**Total: 387 calories**

---

**Snack #2**
2 cups cauliflower florets*
1 Tbsp olive oil
3 Tbsp grated Parmesan
Dash salt
Dash pepper

Toss together and roast under a broiler for 10 minutes.

*Not all white foods are bad. With immune-boosting vitamin C and more than 4 grams of fiber, this veggie should be on your plate.

**Total: 238 calories**

---

**Dinner**
**Chicken with Cheesy Broccoli Soup***
1 cup chopped broccoli
1 cup chopped parsnips
½ cup nonfat chicken stock
¼ cup low-fat shredded Cheddar
1 Tbsp sliced almonds
4 oz chicken breast
1 tsp lemon juice
Dash salt
Dash pepper

Steam broccoli and parsnips, then puree with stock and cheese; sprinkle with nuts. Bake chicken, top with lemon juice, and season.

*Clear soups can help fill you up, but pureed ones taste richer, which can be more satiating.

**Total: 360 calories**

---

**Indulge without Bulge**
> Add: 8 Dove Roasted Almonds Covered in Silky Smooth Dark Chocolate (129 calories)
> Subtract: Pistachios and half the oil from lunch (126 calories)
**Day 5**

**Breakfast**

**Muesli with Cherries**

- ½ cup steel-cut oats
- ½ cup unsweetened almond milk
- 1 tsp ground cloves
- 2 tsp honey
- 2 Tbsp chopped dried tart cherries*

Soak oats in almond milk in the fridge overnight. In the morning, stir in remaining ingredients.

*Pigments in tart cherries may help reduce body weight and body fat, according to an animal study conducted by researchers from the University of Michigan Health System.

Total: 336 calories

---

**Snack #1**

½ cup canned black beans, rinsed and drained*
½ medium tomato, chopped
1 tsp chopped red onion
1 tsp cumin
½ yellow pepper, sliced
6 baby carrots
6 radishes
1 stalk celery, cut into pieces

Combine black beans, tomato, onion, and cumin in a blender until chunky. Serve as a dip with the vegetables.

*These beans are good for your waist! The 7 grams of fiber will keep you so full, you won’t even think about sweets.

Total: 182 calories

---

**Lunch**

**Open-Faced Turkey & Feta Sandwich**

- 1 slice whole grain bread
- 3 oz sliced turkey breast
- ¼ cup baby spinach
- ¼ cup sun-dried tomatoes
- 1 Tbsp feta

Top bread with turkey, spinach, sun-dried tomatoes, and feta. Broil 6 to 8 minutes, or until golden. Serve with salad.

**Side Salad***

- 12 yellow or red cherry tomatoes, halved
- ¼ cup chopped cucumber
- 4 large black olives, chopped
- 1 Tbsp chopped scallion
- ½ Tbsp olive oil
- ½ tsp fresh lemon juice
- 1 tsp fresh mint

*Variety is more than the spice of life; it’s the key to a skinny salad. An assortment of colors and textures may make a meal more satiating, finds research at the Smell & Taste Treatment and Research Foundation.

Total: 367 calories

---

**Snack #2**

- 6 oz plain nonfat Greek yogurt
- 5 fresh apricots, chopped
- 1 Tbsp agave*
- 1 tsp lemon zest

*Although it has around the same number of calories as honey, agave is sweeter, so you can use less.

Total: 245 calories

---

**Dinner**

**Cilantro Shrimp with Squash, Chard & Wild Rice**

- 8 large shrimp*
- 1 Tbsp olive oil
- 2 tsp fresh cilantro
- 2 tsp fresh lime juice
- 1 yellow squash, sliced
- 1 cup Swiss chard
- ¼ cup dry wild rice blend

Sear shrimp in olive oil over medium heat for 3 to 4 minutes, seasoning with cilantro and lime juice. Steam squash and chard for 5 to 7 minutes, and cook rice according to package directions.

*With fewer calories per ounce than most fish, these crustaceans are the ideal seafood if you’re trying to slim down.

Total: 370 calories

---

**Indulge without Bulge**

> **Add:** Woodchuck Crisp Hard Cider (120 calories)
> **Subtract:** Oil at dinner (120 calories). Steam the shrimp instead of searing them.
**Day 6**

### Breakfast

**Ricotta-Blueberry Crepes**

- ½ cup whole wheat flour
- 2 egg whites
- 2 tsp canola oil
- ½ cup low-fat buttermilk
- ¼ tsp salt
- 1 Tbsp part-skim ricotta
- ½ cup blueberries
- 1 tsp slivered almonds
- 1 tsp ground allspice

Mix first five ingredients. Add half the batter to a skillet over medium-high heat and swirl to coat. Cook 30 seconds, flip, and cook 20 seconds. Make second crepe. Fill with ricotta and berries, roll up, and top with almonds and allspice.

* Antioxidants in these berries can keep your mind sharp.

**Total: 259 calories**

### Snack #1

**¼ cup dried cranberries**

12 pecan halves*

1 Tbsp pumpkin seeds

* Compared with other nuts, pecans have the most mono-unsaturated fat—the healthy kind that battles belly blubber.

**Total: 427 calories**

### Lunch

**Salmon Tacos with Salsa**

- 3 oz wild Atlantic salmon*
- 1 tsp olive oil
- 1 clove garlic, minced
- ¼ cup diced papaya
- ¼ medium lime, diced
- 2 flour tortillas (6“)

Rub salmon with oil and bake at 350°F for 15 minutes. Combine garlic, papaya, and lime. Fill tortillas with fish and salsa.

* The omega-3s in fish such as salmon may help lower levels of cortisol; higher amounts of this hormone have been associated with increased body fat.

**Total: 376 calories**

### Snack #2

**1 cup watermelon**

½ cup 100% pomegranate juice

1 tsp fresh lemon juice

½ cup ice

Combine all ingredients in a blender.

* This juicy treat is chock-full of arginine, an amino acid that one study shows enhances fat oxidation and boosts lean muscle.

**Total: 117 calories**

### Dinner

**Zesty Tofu & Quinoa**

- 1 cup cooked quinoa*
- 2 oz extra-firm tofu, cubed
- 3 Tbsp diced red pepper
- 3 Tbsp diced green pepper
- 1 tsp cilantro
- 2 Tbsp diced avocado
- 2 tsp fresh lime juice

* Quinoa is packed with fiber and protein, so hunger doesn’t stand a chance.

**Total: 321 calories**

---

**Indulge without Bulge**

- **Add:** 1 container Kozy Shack Simplywell Dark Chocolate Pudding (100 calories)
- **Subtract:** Half the almonds from breakfast and one tortilla from lunch (100 calories)
Lose Weight in 7 Days: A MEAL PLAN

**Day 7**

**Breakfast**
Tomato, Artichoke & Feta Frittata

1 egg
1 egg white
Cooking spray
¼ cup chopped tomato
½ cup canned artichoke hearts, drained and chopped
1 tsp chopped shallot
3 Tbsp crumbled feta cheese
1 slice whole grain bread, toasted*

Whisk together egg and egg white. In a skillet misted with cooking spray, cook tomato, artichoke, and shallot for 2 minutes over medium heat. Reduce heat to low and add eggs. Cover and cook 3 minutes until eggs are firm. Top with feta. Serve with toast.

* Eating whole grains may decrease inflammation, which is associated with decreased belly fat.

**Total: 286 calories**

**Snack #1**
4 slices pineapple
2 slices 95% fat-free deli ham*

* Give ham a chance! While turkey breast is the go-to healthy deli choice, extra-lean ham has only 13 more calories for two slices, plus an extra gram of satiating protein.

**Total: 226 calories**

**Lunch**
Tabbouleh & Tuna on Greens

3 oz canned water-packed light tuna, drained
½ cups red leaf lettuce
1 cup romaine lettuce
1 medium carrot, shredded
1 4” whole wheat pita

**TABBOULEH**
Combine:
½ cup cooked bulgur*
3 Tbsp finely chopped fresh parsley
½ medium tomato, chopped
½ Tbsp olive oil
1 Tbsp fresh lemon juice
2 Tbsp chopped scallions
½ clove garlic, minced
Dash salt

* This grain's resistant starch could make you resistant to mindless afternoon grazing.

**Total: 374 calories**

**Snack #2**
1 cup 1% cottage cheese mixed with 1 sprig fresh dill, chopped
1 cup sliced cucumber*
½ cup sliced red bell pepper

* Cukes are 95% water, so they fill you up—for a piddling 16 calories a cup.

**Total: 200 calories**

**Dinner**
Lemon Chicken with Gazpacho

3½ oz chicken breast
1 Tbsp olive oil
½ lemon, sliced
1 tsp fresh rosemary

GAZPACHO
1 cup stewed tomatoes
3 cloves garlic, minced*
½ cup chopped cucumber
¼ cup chopped green pepper
1 Tbsp white wine vinegar

Coat chicken with olive oil. Cover with lemon slices and rosemary and bake at 350°F for 25 to 30 minutes. Combine gazpacho ingredients in a blender, then serve at room temp with chicken.

* Garlic does more than add flavor: It may help with weight loss and reduce body fat.

**Total: 414 calories**

**Indulge without Bulge**

> Add: 3 Lucy’s Maple Bliss cookies (120 calories)
> Subtract: 2 Tbsp feta at breakfast and the pita at lunch (124 calories)

**Note:** For optimal weight management, combine this nutrient-dense meal plan with exercise.