

14 DAY BIGGEST WINNER MEAL PLAN

1500 Calories- Eat all three meals and choose one snack

1600-1700 Calories- Eat both of the snack options

1800-1900 Calories- Eat both snacks and add one oz to all meats.

2000 Calories- Eat 3 Snacks per day and add one oz to all meats.

For example: instead of 4 oz chicken, eat 5oz.

**Be mindful of portion sizes. Be careful of hidden calories; added calories from sweeteners & cream in coffee/ tea, sweetened beverages, high fat condiments& sauces!
Don't forget to exercise!**

	Breakfast	Lunch	Dinner	Snack Options	
Day1	Spinach Omelet 1 egg + 2 egg Whites 1 Slice whole wheat toast 1 Slice reduced fat cheese 1 C spinach	Caprese Grilled Chicken Salad 4 oz grilled Chicken 2 C salad Greens ½ cucumber 1 tomato 2 oz fresh Mozzarella balsamic vinegar & 1 tsp olive oil	Sweet & Spicy Salmon 5oz baked salmon Filet seasoned with ½ tsp brown sugar & ½ tsp steak seasoning 1 C steamed broccoli 1 C brown rice 1 tsp soy sauce	1 C honeydew 1 string cheese	3 C low fat microwave popcorn
Day2	Fruit & Nut Yogurt 6oz container Greek Yogurt 25 Almonds 1 C Blueberries	Tuna Roll up 1 taco Sized whole wheat tortilla 6 oz tuna salad (low fat mayo or Greek yogurt to bind, onions, celery etc) ½ C salad greens 1 C berries or apple	Spaghetti Squash & Turkey Meat Sauce 1 ½C spaghetti squashed (cooked) 1 C meat sauce made with 99% Fat free ground turkey 2 Tbsp Parmesan cheese	8oz Cottage Cheese	8 chocolate covered almonds
Day3	Cereal & Fruit 1 C plain Cheerios, Wheaties, Shredded Wheat 1 banana or 1 C berries 1 C skim milk	Grilled Veggies & Brown Rice 1 C cooked brown rice 2 C grilled zucchini, onions, peppers & mushrooms	Honey Mustard Pork Chops 1 thin center cut pork chop marinated in 1 tsp Dijon, 1 tsp honey, grilled or baked 1 small baked sweet potato 10 roasted Brussels sprouts	2 Tbsp hummus & 15 baked pita chips	protein Shake <150 calories, < 10 g sugar
Day 4	Fruit & Cottage Cheese 1 C cottage cheese- low fat 1 Cup fresh pineapple/ peaches	Lean Burger 5oz Burger, made with 95% lean beef romaine lettuce bed tomato slices onion Slices ketchup/ mustard	Lemon Baked Haddock 4 oz haddock filet seasoned with garlic, salt, pepper, parsley & fresh squeezed lemon 1 C whole wheat linguini 1 C Steamed Zucchini	apple & string cheese	1 Skinny cow ice cream sandwich

Day 5	Turkey Bacon & Egg White 1 1 English muffin 4 egg whites 2 Slices turkey bacon 2 Slices whole wheat bread	Apple Walnut Salad 2 C salad Greens 1 apple 10 grapes, halved 8 walnuts chopped 1 oz crumbled feta/ goat cheese 2 Tbsp light vinaigrette dressing	Stuffed Red Peppers 4oz ground beef, 95% lean 1 oz cheddar shredded cheese ¼ C cooked brown rice side salad 2 tbsp light dressing	1 C berries, 1 6oz plain Greek yogurt	8 chocolate covered almonds
Day 6	Greek Yogurt Smoothie 6 oz Greek Yogurt 1 Banana 1 Orange ½ C ice ½ C water	Roast Beef Pita 1 Whole wheat pita 4 oz lean roast beef 1 oz reduced fat cheese lettuce, tomato, onion 2 tsp Dijon mustard 1 Clementine	Greek Chicken Salad 2 C salad greens 4 oz chicken 1 oz crumbled feta cheese 5 olives ½ C diced tomatoes & cucumbers sliced red onion light Greek vinaigrette	½ apple & 1 Tbsp almond butter	15 baked tortilla chips & 2 Tbsp Salsa
Day 7	Egg White Breakfast Wrap 1 whole wheat Taco sized soft tortilla 4 egg whites ¾ C peppers, onions, tomatoes 2 Tbsp Salsa	Chili 1 ½ C turkey chili made with 99% fat free turkey ¼ avocado 15 Baked Tortilla Chips	Warm Quinoa Salad 1 C cooked Quinoa 1 C grilled vegetables such as egg plant, mushrooms, ½ c diced cucumbers and tomatoes 3 Tbsp balsamic or lemon vinaigrette dressing 3 Tbsp chopped parsley	¼ C trail mix	16 grapes, 1 string cheese
Day 8	Oatmeal with Apples ¼ C dry oats 1 C water 1 apple cinnamon/ Spices to taste	Chopped Chef Salad 2 C salad Greens 2 oz chopped chicken 1 hardboiled egg chopped 1 slice turkey bacon chopped 1 oz reduced fat cheese ¼ cucumber, ¼ tomato 2 Tbsp low fat Ranch dressing	Grilled Steak 4 oz grilled ribeye 12 stalks asparagus 1 Small sweet potato	25 almonds	granola bar < 150 calories
Day 9	Loaded Veggie Omelet 2 Eggs & 1 Egg white ¾ C broccoli, peppers, onions, tomatoes 2 slices reduced fat cheese	Berry Salad 2 C baby spinach 1 C strawberries ¼ cucumber 10 walnuts crushed Balsamic Vinegar & 1 tsp olive oil	Pork Tenderloin 4 oz BBQ Roast pork tenderloin 2 Tbsp BBQ sauce 1 C coleslaw (low fat mayo, Greek yogurt to bind) 1 Ear corn on cob	2 rice cakes, 1 Tbsp peanut butter	1 C fresh pineapple

Day 10	Apple & Peanut butter 1 medium apple 2 Tbsp Peanut butter	Fajita Salad 2 C shredded lettuce 4oz taco seasoned chicken 1 oz reduced fat cheese 2 Tbsp salsa 1/2 tomato ¼ green pepper diced	Whole Wheat Pasta 1 C cooked whole wheat pasta ½ C marinara 1 link Italian turkey sausage side salad 2 Tbsp light dressing	1 medium banana	1 oz dark chocolate
Day 11	Vanilla Spice French Toast 1 egg+ 2 egg whites 1 Tsp vanilla, dash cinnamon & nutmeg 2 Slices whole wheat bread ½ Sliced apple for topping	Turkey Cucumber Wrap 1 small whole wheat wrap 4 oz Turkey breast 10 thin slices cucumber 1 oz reduced fat cream cheese ½ C salad greens 1 C watermelon	Grilled Flank Steak 4 oz marinated grilled flank Steak 1 C grilled sliced Portobello & onions 1 C mashed cauliflower	25 almonds	1 Cup watermelon/cantaloupe
Day 12	Pumpkin & Granola Parfait 1 6 oz container Greek yogurt 2 teaspoons honey ¼ C low fat granola 6oz canned pumpkin -layered in a bowl or mug	Turkey Burger Pita 5 oz 99% fat free turkey burger 3 oz roasted red peppers 1/c C spinach leaves 1 oz crumbled feta sliced onion and tomato drizzle balsamic vinegar 1 C watermelon	Shrimp Skewers 6 medium shrimp, seasoned to taste cherry tomatoes, peppers, onions & zucchini on skewers 5 baby red potatoes 1 tsp olive oil for grilling	1 granola bar <150 calories	1 medium peach
Day 13	Eggs & Toast 2 eggs any style 1 slice reduced fat cheese 1 slice Whole wheat Toast	Caprese Salad 2 C salad Greens 3 oz fresh Mozzarella 1 tomato, ¼ cucumber sliced thin 10 fresh basil leaves chopped Balsamic Vinegar & 1 tsp olive oil	Chicken Stir-fry 4 oz chicken breast 1 C frozen Asian stir-fry veg. mix 1 C brown rice 2 Tbsp Asian stir fry sauce	1 grapefruit	1 6oz Greek yogurt
Day14	Waffles & Fruit 2 whole wheat waffles 1 C fresh or frozen berries (any kind) 1 Tsp Butter/ margarine	Chili 1 ½ C turkey Chili made with 99% fat free turkey ¼ avocado 15 Baked Tortilla Chips	Chicken Caesar Salad 4 oz grilled Chicken 2 C chopped romaine 2 Tbsp parmesan cheese 10 low fat croutons 2 Tbsp low fat Caesar dressing	3 C low fat microwave popcorn	1 Skinny Cow ice cream sandwich

The meal suggestions above are to inspire you to choose new foods and be aware of your portion sizes. Feel free to change the way the foods are prepared to better suite your palate as long as minimal additional fat or calories are added. Baking, grilling, and pan frying with cooking spray are all acceptable.

Add flavor without adding calories by using more: salt free spice blends (Mrs. Dash), herbs, spices, garlic, onion, vinegar, pepper, mustard, soy sauce, & hot sauce.