

BIGGEST WINNER WINTER 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.

It's WINTER- we all want to be comfy and warm but remember that we can't eat all the heavy starchy foods we desire! Make sure you are still getting in all of those good summery foods- fresh fruits, salads & tons of fresh veggies.

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

	Breakfast	Lunch	Dinner	Snack Options	
Day1	Whole Wheat Frozen Waffles Topped with ½ C Vanilla yogurt & pumpkin pie spice	Garden Tuna Salad 4 oz tuna prepared with 1 tsp low fat mayo, 1 Tbsp Greek yogurt, Celery & apple cubs, salt pepper to taste 2 C salad greens ½ Tomato slices	Center cut pork chop with Apple Cider Glaze 1/4c cider, ½ tsp mustard, salt pepper 4 oz pork chop ½ cup roasted butter nut squash (salt/pepper) 1 cup Brussels Sprouts	1 Granola bar <150 calories	16 grapes, 1 string cheese
Day2	Loaded Veggie Omelet 2 Eggs & 1 Egg white ¾ C broccoli, peppers, onions, tomatoes 2 slices reduced fat cheese	Vegetable Soup Use Weight Watcher's recipe 5 Whole wheat crackers 1 apple	Chicken Fajitas 4 oz Fajita seasoned chicken 1 c peppers and onions, sautéed 1 slice tomato ½ c shredded lettuce ¼ C reduced fat cheese	1 Cup watermelon/cantaloupe	1 Baby bell Cheese, 5 Whole wheat crackers
Day3	Turkey Bacon & Egg White 1 English muffin 4 egg whites 2 Slices turkey bacon 2 Slices whole wheat bread	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	Baked Stuffed Chicken 4 oz Chicken with Roasted Red Peppers, 2 Tbsp feta and ¼ c spinach 10 Stalks roasted asparagus 4 Roasted baby potatoes	1 6oz Greek yogurt	8 chocolate covered almonds
Day 4	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	Open Face Caprese Sandwich 1 slice whole wheat bread 1 Tomato Sliced 2 oz Fresh Mozzarella Fresh or dried basil Drizzle of Balsamic & Olive oil 1 Cup berries	Chili 1 ½ C turkey Chili made with 99% fat free turkey ¼ avocado 15 Baked Tortilla Chips	1 Orange	1 Skinny Cow/ Weight watchers ice cream sandwich or cone

Day 5	Apple & Peanut butter 1 medium apple 2 Tbsp Peanut butter	Grilled Veggies & Brown Rice 1 C cooked brown rice 2 C grilled zucchini, onions, peppers & mushrooms	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	¼ C mixed nuts	1 Banana
Day 6	Eggs & Toast 2 eggs any style 1 slice reduced fat cheese 1 slice Whole wheat Toast	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	Chicken Nuggets 2 in Cubed Chicken Crushed corn flakes seasoned with ¼ tsp each of garlic powder, pepper, and onion powder 1 egg for breading ½ Baked sweet potato 1 c steamed green beans	Apple & string cheese	1 Orange
Day 7	Stuffed Apples 1 Apple cored and hollowed out Stuffed with ¼ Cup oats 2 Tbsp water ¼ Tsp cinnamon Dash Vanilla Baked until apple is soft and oats are cooked	Greek Yogurt Chicken Salad Wrap Low Carb whole wheat wrap 4 oz Chopped Chicken Salad prepared with 1 Tbsp plain Greek Yogurt 1 Tsp low fat mayo Chopped celery 5 halved grapes Salt/ pepper Dash mustard	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	½ Grapefruit	¼ C Trail mix
Day 8	Oatmeal with Apples ¼ C dry oats 1 C water 1 apple cinnamon/ Spices to taste	Apple Cabbage Salad 2 C bagged coleslaw mix ½ Apple Dressing of 1 Tbsp low fat mayo, 1 Tbsp cider vinegar, ¼ Tsp mustard, salt/ pepper 25 Almonds on side	Crock Pot Balsamic Pork 1 Pork Tenderloin 1 onion, chopped ¼ C balsamic vinegar 1 Clove chopped garlic Salt/ pepper 1 Cup sautéed carrots	1 Skinny Cow/ Weight watchers ice cream sandwich or cone	1 6oz Greek yogurt
Day 9	Pumpkin Spice Smoothie ½ C Pumpkin puree ½ C Greek ¼ Tsp Pumpkin pie spice 1 Scoop Vanilla protein powder 4 Ice cubes	Tomato Soup and Grilled cheese 1 C Low fat tomato soup <3g fat 2 Slices “Light Bread” 2 Slices Swiss Cheese ½ tsp butter/ margarine	Burrito Bowl ½ C Brown rice 4 oz Spicy shredded chicken ½ C Black beans ¼ C Salsa ¼ C Reduced fat cheese	1 medium banana with 1 Tbsp almond butter	Veggies & 2 Tbsp Hummus

Day 10	Berry Parfait 1 Vanilla Greek yogurt 1 C thawed frozen berries ½ C Kashi Go Lean cereal (Vanilla Graham flavor) Layer yogurt fruit and cereal top with a sprinkle of walnuts	Big Chopped Caesar 1 Hard Boiled Egg ¼ C Chopped grilled chicken 1 ½ C Chopped Romaine ½ Chopped Tomato ½ C Shredded Carrots ½ C Chopped cucumber 2 Tbsp Light Caesar, toss then serve	Lean Mushroom Burger 5oz Burger, made with 95% lean beef ½ C Sautéed mushrooms, onions 1 slice Swiss cheese Baby green lettuce bed ketchup/ mustard	Veggies & 2 Tbsp Hummus Or Low fat Dip	1 oz Dark chocolate
Day 11	Avocado Toast 2 Slices Whole Wheat toast 2 Slices Tomato ¼ Mashed avocado, salt pepper to taste	Open Face Tuna Melt 4 oz Tuna Salad prepared with low fat mayo, celery, and onion 1 Slice Reduced fat cheese 1 Slice Light Whole Wheat bread 1 Apple	Taco Lettuce Wraps 4 oz 90/10 Ground beef Low sodium Taco Seasoning Romaine Lettuce leaves Salsa 2 Tbsp low fat Sour cream or avocado Chopped Tomato	30 Pistachios	3 C low fat microwave popcorn
Day 12	Waffles & Fruit 2 whole wheat waffles 1 C Fresh or frozen berries (any kind) 1 Tsp Butter/ margarine	Winter Salad 4 oz Chicken 2 C Spring Mix 2 Tbsp dried Cranberries 2 Tbsp Crumbled Blue or Feta cheese ¼ Chopped apple 2 Tbsp Light Vinaigrette	Whole Wheat Pasta with Garlic and Shrimp 1 C cooked whole wheat pasta 4 Large shrimp 1 Tbsp Olive Oil 1 Clove Garlic 2 Tbsp Shredded parmesan cheese	1 C fresh pineapple	8oz Cottage Cheese
Day 13	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	Cranberry Turkey Burger 4 oz Ground turkey mixed with 1 Tbsp oats, 1 tsp chopped dried cranberries, salt pepper 1 Slice Swiss Cheese Bed of baby lettuce Vinaigrette dressing	Breakfast for Dinner 1 Egg and 1 Egg White Omelet 2 Slices Swiss Cheese Veggies of your preference ½ Cup Baked breakfast potatoes	25 almonds	Veggies & 2 Tbsp Hummus Or Low fat Dip
Day 14	Egg White Breakfast Wrap 1 whole wheat Taco sized soft tortilla 4 egg whites ¾ C peppers, onions, tomatoes 2 Tbsp Salsa	Minestrone Soup & Salad Low fat Minestrone Soup <3g fat 2 C salad greens 2 Tbsp olives 10 croutons 2 Tbsp Light Italian Dressing ½ C Chopped cucumbers/ tomatoes	Turkey Bacon BLT 2 Slices turkey bacon 2 Slices Light Whole Wheat bread 2 Slices Tomato 1 Tbsp Light Mayo	2 rice cakes, 1 Tbsp peanut butter	1 Pear

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.