

MONDAY

Breakfast: Coat 1 medium barely-ripe banana with 1 Tbsp natural-style peanut butter; roll into 1 whole-wheat tortilla. (277 cal, 5.6gm fiber, 9gm fat)

Snack: Dip 1 cup cucumber slices or celery sticks into a mixture of ½ cup plain low-fat yogurt, 1 tsp honey, 1 tsp lemon zest, 1 squeeze fresh lemon juice, and dash each salt and curry powder. (115 cal, 1.4gm fiber, 2gm fat)

Lunch: Fill 1 whole-wheat pita with a mixture of 4 oz solid white tuna in water (drained), 1 Tbsp light mayonnaise, and 2 Tbsp dried cranberries. (375 cal, 4.4gm fiber, 9.6gm fat)

Snack: Have ¾ cup plain low-fat yogurt with 1 cup cubed peeled cantaloupe. (177 cal, 1.5gm fiber, 3gm fat)

Dinner: Combine ½ cup cooked chilled orzo, ¼ cup chopped baby spinach, 1 Tbsp chopped red onion, 1 tsp crumbled feta, 1 tsp pine nuts, and dash each dried basil and black pepper; serve cold with grilled asparagus and 5 oz boneless skinless chicken breast sautéed in 2 tsp olive oil. (470 cal, 2.6gm fiber, 17gm fat)

Snack: Top 1½ cups sliced strawberries with ½ oz mascarpone and 1 tsp brown sugar. (149 cal, 5.7gm fiber, 7.5gm fat)

TUESDAY

Breakfast: Layer 1 cup plain fat-free yogurt with 1 cup blueberries, 2 Tbsp sliced almonds, and 1 Tbsp ground flaxseed. (288 cal, 7gm fiber, 10gm fat)

Snack: Nosh on a high-fiber granola bar. (130 cal, 5gm fiber, 3gm fat)

Lunch: Spread 1 Tbsp natural-style peanut butter onto 2 slices whole-grain bread, and top with ½ medium sliced barely ripe banana; have 10 each carrot and celery sticks. (394 cal, 14gm fiber, 11.6gm fat)

Snack: Eat 1 cup non-cream-based tomato soup sprinkled with 1 oz shredded part-skim mozzarella. (180 cal, 1gm fiber, 7gm fat)

Dinner: Combine ½ cup cooked chilled quinoa with ½ cup mixture of chopped tomato, cucumbers, and onion; 1 garlic clove, minced; 1 Tbsp lemon juice; 1 tsp olive oil; and salt and pepper to taste. Serve with 5 oz roasted pork loin topped with 2 Tbsp low-calorie (50 calories or less) marinade. (470 cal, 2.7gm fiber, 15.5gm fat)

Snack: Enjoy ¾ oz dark chocolate (70 percent or more cacao content). (115 cal, 2gm fiber, 7gm fat)

WEDNESDAY

Breakfast: Eat 1 cup high-fiber, whole-grain cereal, 1 cup skim milk, and 1 cup strawberries. (106 cal, .3gm fiber, 7gm fat)

Snack: Layer 1 large tomato slice with 1 oz part-skim mozzarella and 2 basil leaves; drizzle with olive oil and balsamic vinegar to taste, and sprinkle with dash of salt. (106 cal, .3gm fiber, 7gm fat)

Lunch: Stir-fry 5 oz grilled firm tofu with 1 cup mixed vegetables and 2 tsp peanut oil; serve over ½ cup brown rice. (382 cal, 10gm fiber, 15gm fat)

Snack: Make ahead by tossing ¼ cup drained canned chickpeas with 1 tsp each canola oil and sugar; spread on ungreased baking sheet, and roast at 350° 45 minutes or until crunchy, stirring occasionally. Toss beans with dash each of cinnamon and salt. (124 cal, 3gm fiber, 5.7gm fat)

Dinner: Heat 1½ Tbsp olive oil and 1 garlic clove, minced; add 1 squeeze fresh lemon juice. Pour over 1 cup cooked whole-wheat spaghetti, 6 oz cooked peeled shrimp, and 1 cup chopped tomato; top with 1 Tbsp Parmesan. (492 cal, 4.6gm fiber, 25 gm fat)

Snack: Squeeze juice of 1 lime wedge over 1 broiled mango. (134 cal, 3.7gm fiber, .5gm fat)

THURSDAY

Breakfast: Blend 1 cup mixed berries, 1 cup plain fat-free yogurt, 1 Tbsp agave nectar, 2 Tbsp wheat germ, and 1 cup ice. (357 cal, 6gm fiber, 1.8gm fat)

Snack: Sprinkle 5 cups low-fat microwave popcorn with Cheddar-flavored salt. (120 cal, 4gm fiber, 2.75gm fat)

Lunch: Place 3 oz turkey breast, lettuce, tomato, one-fourth of a peeled sliced avocado, and 1 Tbsp hummus on 2 slices whole-wheat bread; serve with ½ cup grapes. (394 cal, 8gm fiber, 13gm fat)

Snack: Have ¾ cup shelled edamame. (150 cal, 1.5gm fiber, 3.75gm fat)

Dinner: Top 1 whole-wheat pita with ¼ cup marinara sauce, 2 oz shredded mozzarella, ¼ cup chopped broccoli, ¼ cup sliced tomato, ¼ cup sliced mushrooms, 2 oz low-fat turkey Italian sausage; bake at 350° until cheese melts. (440 cal, 6.8gm fiber, 11.6gm fat)

Snack: Enjoy 1 low-fat ice-cream sandwich. (140 cal, 3gm fiber, 2gm fat)

FRIDAY

Breakfast: Mix 2 Tbsp chopped walnuts and 8 diced dried apricots into ½ cup cooked plain oatmeal. (285 cal, 6.5gm fiber, 12gm fat)

Snack: Nosh on 1 small pear and 1 Tbsp

almonds. (133 cal, 4.5gm fiber, 5gm fat)

Lunch: Combine ½ cup beans (any kind), ½ cup reduced-fat shredded cheese, 2 Tbsp salsa, 2 Tbsp guacamole; roll into 1 whole-wheat tortilla. (390 cal, 13gm fiber, 12gm fat)

Snack: Spread 1 Tbsp almond butter onto mini-whole-wheat pita. (177 cal, 3gm fiber, 9gm fat)

Dinner: Have 1 cup miso soup, ½ cup edamame, and 1 non-tempura sushi roll. (490 cal, 15gm fiber, 18gm fat)

Snack: Microwave 1 chocolate kiss candy and 1 marshmallow between 2 graham cracker halves. (106 cal, 0.5gm fiber, 2.88gm fat)

SATURDAY

Breakfast: Spread 1 Tbsp cashew butter onto 1 frozen multigrain waffle; serve with 1 cup fat-free yogurt. (300 cal, 2gm fiber, 12.5gm fat)

Snack: Dip 1 cup baby carrots into 2 Tbsp hummus. (100 cal, 4gm fiber, 2.5gm fat)

Lunch: Serve 2 cups bean or lentil soup with 1 cup mixed-greens salad, ½ oz chopped nuts, and 1 Tbsp light vinaigrette. (392 cal, 20gm fiber, 20gm fat)

Snack: Wrap ¼ cup arugula, 1 oz prosciutto, and ½ oz Parmesan in a mini-tortilla. (170 cal, 1gm fiber, 8gm fat)

Dinner: Top a veggie burger with 1 oz light cheese, 1 Tbsp ketchup, one-eighth of an avocado, lettuce, tomato, onion, and sprouts; serve on whole-wheat bun with 1 ear corn. (488 cal, 15gm fiber, 15gm fat)

Snack: Microwave ¾ cup pitted frozen cherries until warm; top with 2 Tbsp part-skim ricotta and 2 tsp slivered almond. (155 cal, 3gm fiber, 6gm fat)

SUNDAY

Breakfast: Scramble 1 egg and 2 egg whites with 1 cup vegetables; serve with 1 whole-wheat English muffin. (276 cal, 7gm fiber, 7gm fat)

Snack: Top 1 cup raspberries with 2 Tbsp plain low-fat yogurt, and 1 tsp honey. (100 cal, 8gm fiber, 1 gm fat)

Lunch: Combine 4 oz cooked cooled unpeeled cubed potato, 1 hard-boiled egg, 2 hard-boiled egg whites, ¼ cup corn, ¼ cup chopped green bell pepper, ¼ cup chopped onion, 2 Tbsp light mayonnaise, and cracked black pepper and sea salt to taste; serve over arugula. (382 cal, 5gm fiber, 15gm fat)

Snack: Crunch on 1 oz baked tortilla chips with 3 Tbsp black bean dip. (155 cal, 3.5gm fiber, 1gm fat)

Dinner: Top 6 oz halibut with 2 Tbsp light mayonnaise and 2 Tbsp Parmesan; bake at 350° 15–18 minutes or until fish flakes easily. Serve with ½ cup wild rice and 1 cup mixed greens with 2 Tbsp light vinaigrette. (498 cal, 2.6gm fiber, 15.7gm fat)

Snack: Have ½ cup sorbet. (100 cal, 0gm fiber, 0gm)