



Your week's worth of feel great weight menus

This delicious 1,600-calories-a-day menu is just what the average 5-foot-4-inch woman needs to shed up to a pound-and-a-half per week without ever feeling hungry or deprived. (For every inch taller or shorter, add or subtract 50 calories to adjust for differences in your basal metabolic rate.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Blend 1 cup berries, 1 cup skim milk, 1 tablespoon flaxseed, and 3 ice cubes	Prepare an egg-white omelet with 4 egg whites and 1 ounce farmer cheese; enjoy with 1 slice whole-grain toast	Have 1 whole-grain English muffin with 1 ounce melted low-fat cheese and 2 tomato slices	Layer 6 ounces nonfat Greek yogurt, 1 cup berries, and ½ cup whole-grain, high-fiber cereal in a parfait glass	Layer 2 scrambled egg whites and 1 frozen veggie patty on a whole-grain English muffin with 1 (1-ounce) slice low-fat cheese	Prepare 2 frozen whole-grain waffles with 2 tablespoons apple butter	Have 2 ounces smoked salmon on a 2-ounce whole-wheat bagel with 2 slices tomato and 1 teaspoon capers
Snack	¼ cup shelled pistachios	2 no-sugar-added fruit leathers or roll-ups	1 tablespoon almond butter on 4 rice crackers	2 cups papaya drizzled with 1 teaspoon fresh lime juice	1 small (5-inch) banana with 2 teaspoons peanut butter	15 raw almonds	1 cup blueberries with 3 ounces low-fat yogurt
Lunch	Layer 4 ounces sliced ham, 1 ounce low-fat Swiss cheese, arugula leaves, and Dijon mustard on a 4-inch (3-ounce) whole-grain baguette	Mix 3 ounces chopped grilled chicken breast, 1 tablespoon light mayonnaise, and 2 tablespoons chopped celery; place evenly in centers of 3 romaine lettuce leaves and roll each with a slice of avocado (½ avocado total)	Place 4 ounces smoked turkey breast, 2 tablespoons hummus, lettuce, and tomato on 2 slices whole-grain bread	Buy 1 sushi roll (no tempura or spicy; with brown rice, if available); enjoy with mixed salad greens with 2 tablespoons light dressing	Have 8 large shrimp with 2 tablespoons cocktail sauce; eat with mixed salad greens, 2 tablespoons light dressing, and 1 ounce crumbled goat cheese	Mix 5 ounces grilled firm tofu with 1 teaspoon sesame oil, 2 cups thinly sliced summer squash, yellow and/or red peppers, and 2 tablespoons light teriyaki sauce	Wrap ¼ cup canned and rinsed black beans, 2 tablespoons grated low-fat cheese in a corn tortilla; serve with a side of 1 cup chilled gazpacho
Snack	1 pear and 1 ounce piece skim-milk string cheese	1 small bag soy chips	10 dried apricot halves	1 cup minestrone soup and 5 whole-grain crackers	1 nutrition bar (with less than 150 calories, more than 5 grams of fiber)	2 kiwifruit	10 walnuts and a small apple
Dinner	Grill 5 ounces chicken breast, cut into cubes, onion wedges, and cubed tomatoes, peppers, and eggplant on 2 skewers; serve with ¼ cup hummus and about ½ of a large pita pocket, toasted and cut into triangles	Sauté 4 ounces cubed lean pork chop with 2 cups assorted vegetables (such as broccoli, mushrooms, water chestnuts, baby corn) in 2 tablespoons low-sodium soy sauce; serve over ½ cup brown rice	Sauté 3 ounces lean sirloin with onions and peppers in 1 teaspoon olive oil, and divide between 2 small tortillas; serve with ⅓ cup bottled salsa and 3 tablespoons grated low-fat cheese	Combine 1 cooked cup quinoa, ¼ cup canned or fresh corn, ½ cup diced zucchini, ⅛ cup sliced scallions, 1 teaspoon cilantro, 2 tablespoons pine nuts; drizzle with 1 teaspoon olive oil and 1 tablespoon orange juice	Drizzle 6 ounces baked tilapia with lemon juice, salt, and pepper; serve with 1 medium plantain sautéed in 1 teaspoon oil, plus 2 cups steamed broccoli	Serve 4 ounces roasted turkey breast with ¼ cup cranberry sauce, 1 medium baked sweet potato sprinkled with cinnamon, and mixed salad greens with 2 tablespoons light dressing	Bread a 5-ounce chicken breast with ¼ cup bread-crumbs and bake; serve over 1½ cup spaghetti squash with ½ cup spaghetti sauce, ½ cup sliced mushrooms, and 10 sliced ripe olives
Snack	Put 2 tablespoons frozen fat-free whipped topping between 2 graham crackers; freeze for 1 hour	Sprinkle 4 cups air-popped popcorn with 2 tablespoons Cajun seasoning	Drizzle 1 cup berries with 1 tablespoon chocolate syrup	A fat-free pudding cup or 1 cup of your favorite pudding made with skim milk	Cut 1 medium apple into slices, add a dash of cinnamon and 2 teaspoons raisins; bake at 350° for 15 minutes	1 Italian ice	1 cup fat-free chocolate milk