Your free 3-day meal-plan sample

Days 1–3

Aim for at least eight glasses of water a day. For a refreshing flavor boost, infuse water with cucumber, lemon or berries.

Day 1

BREAKFAST

2 cups cold cereal + 1 cup low-fat milk + 1 piece of fruit + 1 boiled egg

Layered Breakfast Parfait Bowl

- Layer cereal with milk in a wide bowl
- Slice fruit (banana or berries work best) between layers
- Chop boiled egg and sprinkle on top with a pinch of black pepper
- Optional: add 1 tbsp chopped nuts for crunch

Tweaks

- Add cinnamon to milk for flavor without calories
- Cut fruit directly into cereal for integrated flavors

Prep

- Quick, convenient breakfast option

LUNCH

3 cups salad + 5 oz sliced chicken breast + 3 tbsp low-fat dressing + 1 piece of fruit

Southwest Chicken Power Bowl

- Base: Mixed greens, chopped romaine, and shredded cabbage
- Protein: Season chicken with cumin, chili powder, and lime before grilling
- Toppings: Diced tomatoes, corn, black beans (½ cup)
- Dressing: Cilantro-lime vinaigrette (lime juice, olive oil, chopped cilantro)
- Serve fruit on the side or chop it into salad for a sweet contrast

Tweaks

- Build your salad with at least three different colored vegetables

- Make your dressing with two parts vinegar, 1 part oil, and herbs
- Add 1–2 tbsp seeds (sunflower, pumpkin) for crunch

AFTERNOON MEAL

4 oz turkey + 2 slices whole wheat bread + 1 tbsp mayo/mustard + 1 slice low-fat cheese + pretzels

Elevated Turkey Club Stack

- Toast bread lightly to prevent sogginess
- Spread: Mix 2 tsp mayo with 1 tsp mustard and fresh herbs
- Layer: Turkey, cheese, lettuce, tomato, thin-sliced cucumber, red onion
- Cut diagonally and serve with a small handful of pretzels
- Add a pickle spear on the side for brightness

Tweaks

- Add leafy greens and a tomato slice for vegetables and freshness
- Try mixing mayo with hot sauce or herbs for flavor dimension
- Choose pretzels without added flavors/seasonings to control sodium

AFTERNOON SNACK

Air-popped popcorn dusted with garlic powder or cinnamon — Popcorn, air popped (3 cups, no butter)

DINNER

5 oz baked fish + 2 cups steamed vegetables

Mediterranean Sheet Pan Fish Dinner

- Marinate fish in lemon juice, olive oil, garlic, and herbs (10 min)
- On a sheet pan, arrange fish with chopped vegetables (bell peppers, zucchini, cherry tomatoes, red onion)
- Season everything with salt, pepper, and herbes de Provence
- Bake at 400°F for 12–15 minutes until fish flakes easily
- Finish with fresh lemon zest and chopped parsley

Tweaks

- Season fish with herbs, lemon, and garlic before baking
- Mix different colored vegetables
- Add 2 tsp olive oil or a small pat of butter

Prep

- Plan ahead: the marinade needs 10 minutes before cooking

EVENING SNACK

a handful of lightly toasted cashews with sea salt, garlic powder or cinnamon — 10 cashews

Day 2

BREAKFAST

1 cup cold cereal + 1 cup low-fat milk + 1 medium banana + 1 cup orange juice

Banana Bread Breakfast Bowl

- Mix cereal with cinnamon and a dash of nutmeg
- Slice half the banana into cereal and milk
- Mash the other half with 1 tbsp nut butter (if available) for a “banana bread” topping.
- Sip orange juice on the side rather than pouring it over cereal

Tweaks

- Consider diluting the juice 50/50 with water to reduce the sugar impact
- Add 1 tbsp ground flaxseed or chia

Photo to come

LUNCH

2 cups mixed vegetables + 3 tbsp low-fat dressing + 1 cup soup

Warm & Cool Vegetable Plate

- Heat the soup and pour it into a wide, shallow bowl
- Arrange raw vegetables in groups around half the bowl
- For warm vegetables, quickly steam broccoli, cauliflower, or green beans
- Make a quick dressing with Greek yogurt, lemon, herbs, and drizzle over vegetables
- Add a few whole-grain crackers if desired for crunch

Tweaks

- Choose a broth-based soup with beans or lentils for protein
- Use half the dressing and add vinegar or lemon juice for flavor
- Include crunchy vegetables (carrots, bell peppers) for texture contrast

AFTERNOON MEAL

5 oz chicken breast sandwich with vegetables

Bistro-Style Chicken Sandwich

- Season chicken with herbs and grill or bake
- Layer: Bottom bread, spread, lettuce, tomato, chicken, cucumber, spread, top bread
- Quick pickle vegetables: Thinly slice cucumber, red onion; soak in vinegar with a pinch of salt/sugar for 10 minutes
- Serve open-faced for fewer carbs or as a traditional sandwich.

Tweaks

- Slice chicken thinly for a better sandwich structure
- Toast the bread lightly to prevent sogginess from the vegetables
- Add an avocado slice or a hummus spread

AFTERNOON SNACK

soft dried apricots paired with chilled skim milk — 8 halves dried apricots and ½ cup skim milk

DINNER

5 oz grilled fish + 2 cups vegetables

Citrus-Herb Grilled Fish with Charred Vegetable Medley

- Make a simple herb rub with lemon zest, dried herbs, and garlic powder
- Grill fish over medium heat (or use a grill pan indoors)
- Toss vegetables in minimal oil, salt, pepper, and grill until tender-crisp
- Finish with fresh herbs and a squeeze of lemon juice

Tweaks

- Use a foil packet for fish to lock in moisture and flavor
- Try a dry rub of herbs and spices instead of a marinade

- Grill vegetables alongside fish for smoky flavor

EVENING SNACK

crunchy animal crackers with a juicy orange wedge — 4 animal crackers and 1 small orange

Photo to come

Day 3

BREAKFAST

2–4 egg whites + 2 strips turkey bacon + 1 cup low-fat milk

Savory Breakfast Scramble

- Sauté diced bell pepper and spinach in a small amount of cooking spray
- Add egg whites and scramble until just set
- Serve with turkey bacon on the side
- Sprinkle with fresh herbs (chives, parsley) and black pepper
- Serve milk cold or warmed with cinnamon as a beverage

Tweaks

- Add vegetables to egg whites for volume
- Consider using one whole egg + two egg whites for better flavor
- Warm the milk with cinnamon for a comforting drink

LUNCH

6 oz yogurt + 1 cup fruit + 1 cup vegetables + 1 cup brown rice

Mediterranean Yogurt Power Bowl

- Layer: Brown rice (warm or cold), seasoned with lemon zest and herbs
- Top with cucumber, cherry tomatoes, bell peppers, and carrots
- Add yogurt mixed with a pinch of salt, garlic powder, and lemon juice
- Crown with fresh or dried fruit (berries, pomegranate, or chopped apple)
- Garnish with fresh mint and a sprinkle of cinnamon

Tweaks

- Choose plain yogurt and add your fruit to control sugar
- Roast vegetables ahead of time for better flavor
- Season rice with herbs or lemon zest for interest

AFTERNOON MEAL

5 oz chicken breast + 2 cups vegetables

One-Pan Herb Roasted Chicken & Rainbow Vegetables

- Season chicken breast with herbs, garlic, lemon zest, salt, and pepper
- On a sheet pan, arrange chicken and vegetables (choose 3+ colors)
- Drizzle everything with 2 tsp olive oil and roast at 425°F for 20–25 minutes
- Finish with fresh lemon juice and herbs just before serving
- For added flavor, include 1 tbsp capers or olives if desired

Tweaks

- Marinate chicken for at least 15 minutes before cooking
- Roast vegetables instead of steaming for a deeper flavor
- Add herbs, spices, or a small amount of healthy fat like olive oil

Prep

- Plan ahead: the marinade needs 15 minutes before cooking
- Adaptable to many flavor profiles and cooking methods

AFTERNOON SNACK

crisp baby carrots with a side of spicy hummus

DINNER

5 oz lean steak + 2 cups vegetables

Steakhouse-Inspired Dinner Plate

- Season steak simply with salt, pepper, and garlic powder; let rest at room temperature for 15 minutes
- Pan-sear steak 3–4 minutes per side for medium-rare, rest for 5 minutes before slicing against the grain
- Prepare two vegetable sides with different preparations:
- Quick-roasted broccoli with lemon (high heat, 10 minutes)
- Sautéed mushrooms with thyme and a touch of butter
- Serve with mustard or homemade chimichurri (parsley, garlic, vinegar, oil)

Tweaks

- Choose leaner cuts like sirloin, flank, or filet
- Marinate steak with acid (vinegar, citrus) to tenderize
- Vary vegetable cooking methods for textural contrast

EVENING SNACK

sharp cheddar paired with warm gingersnaps — 2 gingersnaps and ½ oz cheddar cheese

Photo to come

Week 1 grocery list

Proteins

- Egg (boiled)
- Chicken breast
- Sliced turkey
- Fish
- Egg whites
- Turkey bacon
- Lean steak
- Ham

Grains & Starches

- Cold cereal
- Whole wheat bread
- Brown rice
- Oatmeal
- Whole wheat pasta

Fruits & Vegetables

- Fruit
- Salad
- Vegetables

- Banana
- Beans
- Berries
- Cantaloupe
- Mixed fruit

Dairy & Alternatives

- Low-fat milk
- Low-fat cheese
- Low-fat yogurt

Other Items

- Low-fat dressing
- Mayo/mustard
- Pretzels
- Orange juice
- Soup
- Fruit smoothie
- Veggie burger
- Whey protein shake
- Tomato sauce

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Fresh Start 30– Healthy Snack Options

Each snack below is a measured portion. Mix and match, or pick your favorites from the list.

- 7 saltine crackers
- Popcorn, air popped (3 cups, no butter)
- 6 saltine-type crackers topped with 2 tsp low-sugar jelly
- 2 tbsp sunflower seeds
- 10–14 almonds
- 1 low-fat granola bar
- 10 cashews

- 2 tbsp raisins and 10 peanuts
- 4 slices melba toast
- Smoothie snacks (1 snack)
- 4 animal crackers and 1 small orange
- 1 cup unsweetened applesauce
- 1 medium banana, frozen
- 1½ cups baby carrots
- 1/3 cup plain low-fat yogurt dip and 2 cups raw vegetables
- 15 grapes and ½ cup of low-fat milk
- 8 halves dried apricots and ½ cup skim milk
- ½ cup sherbet
- 2 graham cracker squares and 2 tsp low-sugar jelly
- ½ cup sugar-free chocolate pudding with 2 tbsp whipped topping
- 2 small chocolate chip cookies
- ½ small pack of licorice
- 1 small brownie
- 2 rice cakes topped with 1 tsp peanut butter
- 2 gingersnaps and ½ oz cheddar cheese
- ½ cup of plain low-fat yogurt