

# 5-day high-energy meal plan

Each breakfast is about 300 calories; lunch, 400; and dinner, 500. We've maximized flavor, fullness, and nutrition here, but feel free to swap within categories. See the snack picks on page 43.

## BREAKFAST

## LUNCH

## DINNER

MONDAY

### Powered-Up Purple Smoothie

Blend 4 oz. each fat-free milk and nonfat plain Greek yogurt, 2/3 c. kale, 1 c. blueberries, 1/2 banana, 1 tsp. ground flax, and 1 tsp. honey.



### Smoked-Salmon Sandwich

Mash 1/4 avocado with 1 tsp. lemon juice. Spread on half of a toasted Thomas' Whole Wheat Bagel Thin. Top with 2 oz. smoked salmon; 1 hard-cooked egg, sliced; 2 thin tomato slices; several sprigs watercress; 1 slice red onion; and other bagel half.

### Chipotle-Honey-Glazed Pork Tenderloin\*



TUESDAY

### Quick Cereal

Have 1 c. Nature's Path Organic Optimum Slim Low-Fat Vanilla Cereal (or 1 c. Wheat Chex); 1/2 c. strawberries, sliced; and 6 oz. fat-free milk.

### Curried Chicken Salad

Combine 1/2 Tbsp. nonfat plain Greek yogurt, 1 Tbsp. light mayonnaise, and 1 tsp. curry powder. Add 3/4 c. cubed chicken breast; 1/4 apple, diced; 1/4 stalk celery, diced; 1 Tbsp. raisins; and 1 Tbsp. almonds, chopped. Serve over lettuce with 3 Triscuits.

### Garlicky Shrimp & White Beans\*

WEDNESDAY

### Tropical Paradise Parfait

Layer mixture of 8 oz. nonfat plain Greek yogurt and 2 tsp. chopped crystallized ginger with 2 Tbsp. Wheat Chex, 3/4 c. pineapple chunks, and 8 almonds.



### Snappy Roast Beef Sandwich

Spread half of a toasted whole wheat bagel thin with 1 Tbsp. light mayo and 2 tsp. horseradish. Layer on 3 oz. deli-sliced roast beef (no nitrates or nitrites added), 1 slice roasted red pepper, and 1/4 cucumber, sliced. Serve with 20 grapes.

### Lentil Salad with Roasted Veggies\*

THURSDAY

### Overnight Muesli

Mix 1/3 c. old-fashioned oats with 2 dried apricots, diced; 4 oz. nonfat plain Greek yogurt; 1/4 c. fat-free milk; and 2 tsp. chopped nuts. Refrigerate; in A.M., add 1/2 c. berries.

### Black Bean Salad

Combine 1/2 c. cooked brown rice, 1/2 c. reduced-sodium black beans, 1/4 c. corn kernels, 2 Tbsp. salsa, 1 Tbsp. crumbled feta, 1 Tbsp. chopped cilantro, 1 Tbsp. lime juice, and 1/2 tsp. olive oil. Serve with 2/3 c. pineapple chunks.



### Crunchy Salmon with Apple & Baby Kale Salad\*

FRIDAY

### Cherry-Nut Granola Square\*

Serve with 1 c. fat-free milk and 1 kiwi fruit or medium tangerine.



### Soup & Sandwich

On a 100% whole wheat wrap, spread 3 Tbsp. hummus. Add 4 olives, chopped; 2 oz. turkey (no nitrites or nitrates added); and 1/2 roasted red pepper. Side: 1 c. Pacific Foods Light Sodium Tomato Soup.

### Orzo Salad with Chicken Meatballs\*

\*For easy recipes, turn to page 44

➔ Distract yourself for five minutes and see what happens. Toxic hunger will pass, says Dr. Oz, but true hunger will intensify.

➔ When you do eat, pay close attention to how your food tastes. "When we are truly hungry, our taste buds are stimulated. Food tastes good," says Dr. Oz. If you barely taste what you're eating, he adds, chances are you're feeding toxic hunger.

