



Balance Your Plate Meal Plan

We've partnered with **Balance Your Plate** from Nestlé to bring you two weeks of menus to keep your diet in check and meet USDA's MyPlate guidelines. Use the plan to enjoy the food you love—including frozen entrees—while keeping your diet in check. The menus are geared toward a 1,800-calorie daily diet, however, can be customized for a 1,600 or 2,000-calorie daily plan.



Meal Plan: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 cup instant oatmeal, plain 1 cup skim milk 1 Tbsp. dried cranberries ½ medium banana, sliced Tea or coffee	3 egg white and 1 egg omelet with ¼ cup mixed vegetables (i.e. spinach, onion, mushrooms, tomato), 1 oz. feta cheese, 2 slices of whole grain toast with 1 tbsp 100% fruit spread Tea or Coffee	1 cup whole grain cereal (frosted shredded wheat) with 1 cup skim milk ½ grapefruit Tea or coffee	3 hardboiled eggs (1 whole egg, 2 whites) mashed with mustard, pepper, and pinch of salt, topped with tomato on 1 slice whole grain toast 1 cup mixed berries or sliced fruit coffee latte made w/ ½ cup nonfat milk	Strawberry banana smoothie: ½ cup strawberries, 1 small banana, ½ cup skim milk, ice cubes 2 slice wheat toast topped with 1 Tbsp. peanut butter NESTLÉ® PURE LIFE® WATER	1 Light Whole Wheat English muffin with 1 tbsp. almond butter 1 medium banana 6 oz. plain nonfat Greek yogurt Tea or coffee	2 whole wheat frozen waffles 2 tbsp maple syrup 1 small banana sliced 1 hard-cooked egg Tea or coffee
SNACK	3 cups air popped popcorn	1 apple with ½ oz (~25) unsalted pistachios	1 oz whole grain, reduced sodium crackers with 1 oz. part-skim mozzarella cheese stick	2 light cheese wedges (1 ½ oz) with 4 whole grain crackers	6 oz. Greek yogurt with fruit, with 6 almonds	Black Bean Salsa: ¼ cup unsalted black beans with 1 Tbsp. balsamic vinegar, 1 Tbsp. diced onion, 2 Tbsp. chopped tomato 4 whole wheat crackers	8 oz. glass skim milk 2 small chocolate chip cookie
LUNCH	LEAN CUISINE® Honestly Good Lemongrass Salmon 1 cup grapes 6 oz. nonfat plain Greek yogurt Nestlé Pure Life Water	Lean Cuisine Salad Additions - Asian Style Chicken Salad 3 cups romaine lettuce 1 oz whole grain roll 2 tsp. trans fat free margarine Nestlé Pure Life Water	Mediterranean Couscous Salad: ½ cup whole grain couscous with 1 oz. crumbled feta, arugula, chopped tomato, cucumber, and 3 oz. cubed, grilled chicken breast. Dress with 1 tsp. olive oil, lemon juice and chopped dill and oregano 1 medium pear Nestlé Pure Life Water	Tuna Salad Pita: 2 oz. tuna packed in water mixed with diced cucumber, tomato, and celery, mixed with 1 Tbsp. Greek dressing and 1 tsp. Dijon mustard. Served in ½ whole grain toasted pita 1 EDY'S® OUTSHINE™ Fruit Bar Nestlé Pure Life Water	Lean Cuisine Salad Additions — Harvest Fruit & Chicken 3 cups leafy greens 1 small toasted whole wheat pita Nestlé Pure Life Water	Veggie Burger: 3-oz veggie patty on 1 whole wheat hamburger bun with lettuce, tomato, ketchup, mustard and ¼ avocado, sliced 1 cup reduced sodium Minestrone Soup 1 piece fresh fruit- orange Nestlé Pure Life Water	1 6-inch flour tortilla topped with 1 oz. turkey breast, 1 ½ oz. shredded Monterey Jack cheese, sliced red onion, ½ medium tomato, ¼ avocado 1 cup broccoli and cauliflower florets Nestlé Pure Life Water
SNACK	1 cup fresh vegetables (baby carrots, red peppers) with ¼ cup hummus	6 oz. nonfat Greek yogurt with ½ cup berries	12 oz. nonfat latte, 10 almonds (unsalted)	6 oz. 2% Greek yogurt with fruit, with 2 Tbsp. mixed, chopped nuts	½ cup low fat cottage cheese with ½ cup fresh berries 2 graham cracker squares	1 cup cut veggies with 2 Tbsp. Swiss cheese dip	2 celery stalks with 1 Tbsp. peanut butter ¼ cup dried cranberries
DINNER	4 oz. skinless chicken breast grilled in 1 Tbsp. prepared barbecue sauce 1 cup brown or wild rice 1 cup roasted broccoli with 2 tbsp lowfat shredded cheddar cheese 1 packet SKINNY COW® Milk or Dark Chocolate Dreamy Clusters Nestlé Pure Life Water	STOUFFER'S® Lasagna with Meat Sauce (single serving) 2 cups mixed greens with ¼ cup unsalted garbanzo beans and ¼ cup chopped tomatoes 2 tbsp. olive oil & balsamic vinegar 1 oz. slice Italian bread 1 cup nonfat milk Nestlé Pure Life Water	1 cup whole wheat BUITONI® Three Cheese Tortellini ¼ cup Buitoni Marinara Sauce 3 oz. roasted chicken breast 1 cup steamed broccoli w/ ½ tsp olive oil Nestlé Pure Life Water	Lean Cuisine Meat Loaf with Potatoes 2 oz dinner roll w/1 tsp trans-fat free margarine 1 cup green beans w/ ½ tsp olive oil 1 cup nonfat milk 1 small apple Nestlé Pure Life Water	4 oz. baked or grilled fish prepared with 1 tsp. olive oil, garlic, and pepper 1 cup sautéed zucchini w/ 1 tsp olive oil 1 cup whole grain pasta with 1 tbsp parmesan 1 packet Skinny Cow Milk or Dark Chocolate Dreamy Clusters Nestlé Pure Life Water	½ DIGIORNO® Classic Thin Crust Cheese Pizza topped with 1 cup veggies of your choice (broccoli, mushrooms, red pepper) 1 cups Tossed salad with ½ cup chopped tomatoes and cucumber with 2 tsp. olive oil/balsamic vinegar dressing Nestlé Pure Life Water	Lean Cuisine Steak Tips Dijon 1 oz whole grain roll 1 tsp. trans-fat free margarine 2 cups tossed salad with 2 tsp. olive oil/red wine vinegar dressing 1 cup diced watermelon 1 cup nonfat milk Nestlé Pure Life Water
OPTION: 1600 CALORIES	Reduce to 1½ cups popcorn, 3 oz chicken breast; omit hummus	Omit pistachios; reduce to 1 slice whole wheat toast	Omit whole grain crackers; omit almonds	Reduce to 1 light cheese wedge and 3 whole grain melba toasts; reduce to 1 tbsp mixed nuts	Reduce to 1 slice of toast at breakfast; omit almonds at snack 1; omit graham crackers at snack 2	Reduce to ½ English muffin at breakfast; omit avocado at lunch	Reduce to 1 waffle and 1 tbsp syrup at breakfast; reduce to 1 cookie at snack 1
OPTION: 2000 CALORIES	Increase to 1 medium banana & 2 tbsp dried cranberries; add 2 tbsp slivered almonds to yogurt; add 1 tsp olive oil to rice	Add 1 cup orange juice to breakfast; replace fruit spread with peanut butter at breakfast	Add 1 cup apple juice to snack 1; increase to ½ cup Marinara sauce; add 2 tsp parmesan cheese to dinner	Increase to 2 slices toast at breakfast; add 1 cup cran-raspberry juice at lunch	Add 1 cup orange juice at lunch; increase cottage cheese to 1 cup	Add ½ cup nonfat milk to breakfast; add 6 oz apricot nectar to snack 2; add ½ oz unsalted sunflower seeds to dinner salad	Add 1 cup apple juice to snack 2; add ¼ cup unsalted garbanzo beans to dinner salad



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For more info on healthy eating visit **AppforHealth.com** and go to meals.com/balance to learn more about the **Balance Your Plate** Program.

Meal Plan: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 cup whole-grain breakfast cereal (raisin bran) with 1 cup skim milk 6 oz. vanilla Greek yogurt Tea or coffee	Spinach, Mushroom and Leek Frittata: *Go to http://wp.me/p1zPLw-7N0 for recipe ½ grapefruit 12 oz. nonfat latte or soy latte or 8 oz. skim or soy milk	2 whole grain waffles topped with ¼ cup nonfat plain yogurt (Greek) with 1 Tbsp. slivered almonds, ½ cup raspberries and 1Tbsp. pure maple syrup 1 cup nonfat milk Tea or Coffee	Avocado Melt: 1 whole wheat English muffin, toasted with ¼ avocado and 1 slice Canadian bacon and 1 thin slice cheddar cheese ½ grapefruit Tea or Coffee	1 cup cooked oatmeal, ½ cup Greek yogurt, 3 prunes, chopped and 8 pecan halves 12 oz. nonfat latte	1 Whole-Wheat English Muffin, 1 Tbsp. peanut butter, topped with 1 Tbsp. 100% fruit spread 1 small banana 1 cup skim milk Tea or coffee	Spinach & Feta Wrap: 1 egg scrambled with ½ cup spinach, chopped tomatoes and 1 oz. Feta cheese served in 6-inch flour tortilla 12 oz. nonfat latte
SNACK	¼ cup hummus with ½ cup baby carrots	2 Date Bars (total under 200 calories) ½ cup pineapple juice	1 cup steamed edamame	12 oz. nonfat latte 1 small banana	3 cups no-fat or salt added popcorn topped with 1 Tbsp. Parmesan cheese	Fresh veggies (½ cup baby carrots) and 1 oz baked tortilla chips with ¼ cup guacamole	1 cup grapes 4 reduced sodium whole grain crackers
LUNCH	Lean Cuisine Butternut Squash Ravioli ¼ cup shredded part-skim mozzarella cheese 2 cups leafy greens, ½ cup chopped cucumber, ½ oz unsalted sunflower seeds, 1 Tbsp. fat-free vinaigrette 1 6-inch whole-wheat pita Nestlé Pure Life Water	2 oz. lean roast beef on 2 slices whole wheat bread with 1 slice Swiss cheese, lettuce, tomato, 1 tsp. mustard and 2 tsp. mayo 1 Skinny Cow Lowfat Ice Cream Sandwich Nestlé Pure Life Water	½ California Pizza Kitchen Barbeque Chicken Pizza Tomato and Avocado Salad: 1 cup halved grape tomatoes, ¼ avocado sliced, 1 oz. fresh mozzarella cheese Top with ½ tsp. olive oil and 1 tsp. chopped cilantro or parsley and flavor with a pinch of salt and pepper Nestlé Pure Life Water	Lentil Salad: 2 cups spinach with ½ cup lentils, 1 hard-boiled egg, sliced, ¼ cup cucumbers, sliced, ½ cup mandarin oranges, drizzled with 1 tsp olive oil and 2 tsp balsamic vinegar served with 1 small whole wheat pita Nestlé Pure Life Water	Lean Cuisine Honestly Good Plum Ginger Grain-Crusted Fish 1 ½ cups melon cubes	Turkey and Portobello Sandwich: 1 whole-wheat sandwich roll spread with 2 tsp. fat-free mayo with ¼ tsp. minced horseradish. 1 slice of reduced fat cheddar cheese, 1 oz. thin sliced turkey breast, and ½ cup sliced grilled Portobello mushrooms. 1 apple Nestlé Pure Life Water	1 cup low-sodium tomato soup Tuna melt: 2 oz light tuna, 2 tsp light mayo, ½ whole grain bagel, 1 slice provolone cheese Nestlé Pure Life Water
SNACK	12 oz. skim latte 1 piece fresh fruit (medium pear)	1 apple with 1 tbsp. nut butter	1 oz. smoked salmon on ½ whole wheat bagel with 1 oz. low-fat cream cheese	6 whole wheat crackers with 1 oz. low-fat cheese	Fresh veggies with ¼ cup hummus 3 whole grain crackers Nestlé Pure Life Water	6 oz lowfat Greek fruit yogurt 4 graham cracker squares	6-oz plain or vanilla yogurt with 2 Tbsp. low-fat granola and ½ cup sliced strawberries
DINNER	3 oz. scallops, sautéed with 2 tsp. olive oil Sautéed asparagus 1 cup brown rice 1 Edy's Outshine Fruit Bar Nestlé Pure Life Water	Lean Cuisine Salad Additions - Southwest-Style Chicken Salad 2 cups romaine or other leafy greens 1 cup Steamed broccoli with lemon, garlic and ½ tsp. olive oil 1 small whole grain roll with 1 tsp trans-fat free margarine Nestlé Pure Life Water	Ginger Shrimp and Broccoli (reduce cashew halves to ½ cup in recipe) ½ cup brown rice *Go to http://wp.me/p1zPLw-7u6 for recipe ½ cup DRYER'S® Slow Churned Fat Free Vanilla Yogurt Blend with 1 cup sliced strawberries Nestlé Pure Life Water	Stouffer's Stuffed Green Pepper (single serve box) 1 medium baked potato with 1 tbsp sour cream 1 small whole grain roll 1 cup nonfat milk Nestlé Pure Life Water	Beef Tacos: 2½ oz. ground 90% lean beef prepared with reduced sodium taco seasoning, ¼ cup unsalted black beans, 1 oz shredded cheddar, 2 Tbsp. guacamole, ½ cup chopped tomato shredded lettuce and fresh cilantro. Serve with 2 6-inch soft corn tortillas. ½ cup Spanish rice (brown rice/salsa) 1 cup nonfat milk	Lean Cuisine Beef Pot Roast 2 cups Tossed salad with ¼ cup chopped cucumbers, ½ oz roasted pumpkin seeds, 2 Tbsp. olive oil/balsamic vinegar ½ cup Edy's Slow Churned Ice Cream Nestlé Pure Life Water	Stouffer's Baked Chicken with mashed potatoes (1 serving) ½ cup green beans 1 small whole wheat roll with 1 tsp trans-fat free margarine 2 cups tossed salad with ½ cup chopped cucumber, bell peppers and 2 Tbsp. olive oil/red wine vinegar 1 serving Skinny Cow Mini Fudge Pop (2 each) Nestlé Pure Life Water
OPTION: 1600 CALORIES	Omit pita bread at lunch; reduce to 1 tsp olive oil at dinner	Omit ice cream sandwich at lunch; omit margarine at dinner	Reduce to 1 waffle at breakfast; reduce to ½ tsp maple syrup; omit almonds at breakfast; reduce to ¼ avocado at lunch	Reduce to ½ English muffin at breakfast; omit avocado at breakfast; reduce to small baked potato at dinner	Reduce pecans to 4 halves at breakfast; omit Spanish rice at dinner	Omit graham crackers at snack 2; omit ice cream at dinner	Omit granola at snack 1; reduce to ½ cup tomato soup at lunch; omit margarine at dinner; reduce to 1 mini fudge pop at dinner
OPTION: 2000 CALORIES	Add 1 cup melon cubes at breakfast; add 6 roasted almonds at snack 2; add ½ tsp olive oil to asparagus or rice	Add 1 slice of toast with fruit spread at breakfast; increase pineapple juice to 1 cup at snack 1; add 1 tsp Parmesan cheese to broccoli	Increase almonds at breakfast to 2 tsp; add 1 cup 100% juice at lunch; increase frozen yogurt to ¾ cup	Increase to whole grapefruit at breakfast; add 2 cups of light popcorn at snack 1; add 1 tsp trans-fat free margarine at dinner	Add ½ cup grapes to snack 1; increase guacamole to ¼ cup	Add 1 tsp peanut butter to breakfast; add ½ cup berries to dinner	Add ½ bagel at lunch; add 1 tsp peanut butter to snack 2