

SIMPLE 30-DAY SUMMER MEAL PLAN FOR WEIGHT LOSS

Week 1

Week 2

	Breakfast Aim for 250 - 300 cal.	A.M. Snack Aim to fulfill calories	Lunch Aim for 250 - 300 cal.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cal.
Day 1	1 serving Spinach & Egg Scramble with Raspberries	1/4 cup unsalted dry-roasted almonds and 1 cup blackberries	1 serving Mason Jar Power Salad with Chickpeas & Tuna	1 large pear	1 serving Grilled Salmon with Sweet Peppers and 1/2 cup cooked brown rice
Day 2	1 serving Muesli with Raspberries	1 cup low-fat plain Greek yogurt, 1/4 cup blueberries, and 2 Tbsp. chopped walnuts	1 serving Brussels Sprouts Salad with Crunchy Chickpeas	1 medium apple	1 serving Herb-Grilled Chicken Frites
Day 3	1 serving Greek Muffin-Tin Omelets with Feta & Peppers and 1 medium peach	1 cup low-fat plain Greek yogurt, 1/4 cup blueberries, and 2 Tbsp. chopped walnuts	1 serving Brussels Sprouts Salad with Crunchy Chickpeas	1 medium peach and 8 walnut halves	1 serving Grilled Eggplant & Tomato Pasta
Day 4	1 serving Muesli with Raspberries	1 cup low-fat plain Greek yogurt, 1/4 cup blueberries, and 2 Tbsp. chopped walnuts	1 serving Brussels Sprouts Salad with Crunchy Chickpeas	1 medium peach	1 serving Grilled Chicken Tacos with Slaw & Lime Crema and 1 serving Guacamole Chopped Salad
Day 5	1 serving Greek Muffin-Tin Omelets with Feta & Peppers and 1 medium peach	1 cup low-fat plain Greek yogurt, 1 cup blackberries, and 2 Tbsp. chopped walnuts	1 serving Brussels Sprouts Salad with Crunchy Chickpeas	1/4 cup unsalted dry-roasted almonds	1 serving Chicken Caesar Pasta Salad
Day 6	1 serving Muesli with Raspberries	1/4 cup unsalted dry-roasted almonds and 1/2 cup blueberries	1 serving Chicken Caesar Pasta Salad	1 (5-oz.) container low-fat plain Greek yogurt and 1/4 cup raspberries	1 serving Spring Green Frittata and 1 serving Guacamole Chopped Salad
Day 7	1 serving Spinach & Egg Scramble with Raspberries	1/4 cup unsalted dry-roasted almonds and 1 cup blackberries	1 serving Chicken Caesar Pasta Salad	1 plum and 8 walnut halves	1 serving Greek Salad with Edamame and 1-oz. slice whole-wheat baguette
Day 8	1 cup low-fat plain Greek yogurt, 1 medium peach, sliced, and 2 Tbsp. chopped walnuts	1 cup blackberries and 1/4 cup unsalted dry-roasted almonds	1 serving White Bean & Avocado Toast, 1 (5-oz.) container low-fat plain Greek yogurt, and 1 plum	1/4 cup walnut halves	1 serving Superfood Chopped Salad with Salmon & Creamy Garlic Dressing
Day 9	1 serving Spinach, Peanut Butter & Banana Smoothie	1/4 cup unsalted dry-roasted almond	1 serving Spicy Slaw Bowls with Shrimp & Edamame	1/2 cup raspberries and 14 walnut halves	1 serving Chicken & Veggie Fajitas
Day 10	1 serving Spinach, Peanut Butter & Banana Smoothie	1 cup raspberries	1 serving Spicy Slaw Bowls with Shrimp & Edamame	1 cup blackberries and 20 walnut halves	1 serving Grilled Flank Steak with Tomato Salad and 1-oz. slice whole-wheat baguette
Day 11	1 cup low-fat plain Greek yogurt, 1 medium peach, sliced, and 2 Tbsp. chopped walnuts	1 cup raspberries and 1/4 cup unsalted dry-roasted almonds	1 serving Spicy Slaw Bowls with Shrimp & Edamame	1 plum and 8 walnut halves	1 serving Greek Summer-Squash Grilled Pizza
Day 12	1 cup low-fat plain Greek yogurt, 1 medium peach, sliced, and 2 Tbsp. chopped walnuts	1 cup raspberries	1 serving Spicy Slaw Bowls with Shrimp & Edamame	1 plum and 1/4 cup unsalted dry-roasted almonds	1 serving Chicken Pesto Pasta with Asparagus
Day 13	1 serving Spinach, Peanut Butter & Banana Smoothie	1 cup blackberries	1 serving Chicken Pesto Pasta with Asparagus	1/4 cup unsalted dry-roasted almonds	1 serving Better-Than-Takeout Burgers with Sweet Potato Fries
Day 14	1 cup low-fat plain Greek yogurt, 1 medium peach, sliced, and 2 Tbsp. chopped walnuts	1 (5-oz.) container low-fat plain Greek yogurt and 1 cup blackberries	1 serving Chicken Pesto Pasta with Asparagus	1 cup raspberries	1 serving Cobb Salad with Herb-Rubbed Chicken

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Week 3

Week 4

Week 5

Breakfast

Aim for 250 - 300 cal.

A.M. Snack

Aim to fulfill calories

Lunch


Aim for 250 - 300 cal.

P.M. Snack

Aim to fulfill calories

Dinner

Aim for 400 - 500 cal.

Day 15	1 serving Spinach & Egg Scramble with Raspberries	1/4 cup unsalted dry-roasted almonds	1 serving Green Salad with Edamame & Beets	1/3 cup walnut halves and 1 medium peach	1 serving Simple Grilled Salmon & Vegetables and 1/2 cup cooked brown rice
Day 16	1 serving Cinnamon Roll Overnight Oats and 3/4 cup low-fat plain Greek yogurt	1 cup raspberries 	1 serving Spinach & Strawberry Meal-Prep Salad	1 cup blackberries and 30 unsalted dry-roasted almonds	1 serving Chicken, Brussels Sprouts & Mushroom Salad
Day 17	1 serving Cinnamon Roll Overnight Oats and 3/4 cup low-fat plain Greek yogurt	3/4 cup blackberries and 1/4 cup unsalted dry-roasted almonds	1 serving Spinach & Strawberry Meal-Prep Salad	1 cup raspberries	1 serving Bruschetta Chicken Pasta
Day 18	1 serving Cinnamon Roll Overnight Oats and 3/4 cup low-fat plain Greek yogurt	1 medium peach	1 serving Spinach & Strawberry Meal-Prep Salad	1 cup blackberries and 1/2 cup low-fat plain Greek yogurt	1 serving Grilled Chicken Tacos with Slaw & Lime Crema and 1 serving Guacamole Chopped Salad
Day 19	1 serving Cinnamon Roll Overnight Oats and 3/4 cup low-fat plain Greek yogurt	1 large pear	1 serving Spinach & Strawberry Meal-Prep Salad	1 cup blueberries and 25 unsalted dry-roasted almonds	1 serving Spring Green Frittata and 1 serving Cucumber & Avocado Salad
Day 20	1 serving Cinnamon Roll Overnight Oats and 3/4 cup low-fat plain Greek yogurt	1 plum and 1/4 cup unsalted dry-roasted almonds	1 serving Veggie & Hummus Sandwich and 1 medium peach	1 cup raspberries	1 serving Peanut Zucchini Noodle Salad with Chicken, 2 cups mixed salad greens, and 1 serving Citrus Vinaigrette
Day 21	1 serving Spinach & Egg Scramble with Raspberries	1/4 cup unsalted dry-roasted almonds	1 serving Veggie & Hummus Sandwich and 1 medium peach	1/4 cup walnut halves	1 serving Speedy Crab Cakes and 1 serving Citrus-Arugula Salad
Day 22	1 serving Greek Muffin-Tin Omelets with Feta & Peppers and 1 medium peach	1 cup blackberries 	1 serving Mason Jar Power Salad with Chickpeas & Tuna	1 cup raspberries and 1/4 cup unsalted dry-roasted almonds	1 serving Shrimp & Pepper Kebabs with Grilled Red Onion Slaw
Day 23	1 serving Greek Muffin-Tin Omelets with Feta & Peppers and 1 medium peach	1 cup blackberries	1 serving Chicken Caprese Pasta Salad Bowls	1 cup raspberries and 5 walnut halves	1 serving Grilled Chicken with Red Pepper-Pecan Romesco Sauce and 1 serving Cucumber & Avocado Salad
Day 24	1 serving Spinach, Peanut Butter & Banana Smoothie	1 cup raspberries	1 serving Chicken Caprese Pasta Salad Bowls	1 cup blackberries and 8 walnut halves	1 serving Grilled Flank Steak with Tomato Salad and 1-oz. slice whole-wheat baguette
Day 25	1 serving Spinach, Peanut Butter & Banana Smoothie	1 cup raspberries	1 serving Chicken Caprese Pasta Salad Bowls	1 cup blackberries and 8 walnut halves	1 serving Spicy Shrimp Tacos
Day 26	1 serving Greek Muffin-Tin Omelets with Feta & Peppers and 1 medium peach	1 cup raspberries and 5 walnut halves	1 serving Chicken Caprese Pasta Salad Bowls	1 large pear 	1 serving Greek Summer-Squash Grilled Pizza
Day 27	1 serving Greek Muffin-Tin Omelets with Feta & Peppers and 1 medium peach	1 medium each and 8 walnut halves	1 serving White Bean & Avocado Toast, 1 (5-oz.) container low-fat plain Greek yogurt, and 1 plum	1/3 cup unsalted dry-roasted almonds	1 serving Chicken & Kale Taco Salad with Jalapeño-Avocado Ranch
Day 28	1 serving Spinach, Peanut Butter & Banana Smoothie	1 medium peach	1 serving White Bean & Avocado Toast, 1 (5-oz.) container low-fat plain Greek yogurt, and 1 plum	1 cup low-fat plain Greek yogurt	1 serving Vegetarian Quinoa-Stuffed Peppers and 1 serving Guacamole Chopped Salad
Day 29	1 serving Muesli with Raspberries	1/4 cup unsalted dry-roasted almonds	1 serving Vegetarian Quinoa-Stuffed Peppers and 1 medium peach	1/4 cup walnut halves	1 serving Grilled Salmon with Sweet Peppers and 3/4 cup cooked brown rice
Day 30	1 serving Muesli with Raspberries	1/4 cup unsalted dry-roasted almonds	1 serving Vegetarian Quinoa-Stuffed Peppers and 1 medium peach	3/4 cup blueberries 	1 serving Spiced Grilled Chicken with Cauliflower "Rice" Tabbouleh and 1 serving Cucumber & Avocado Salad

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