

# Your Weight-Loss Meal Plan

Whether you're losing weight as part of a diet club or going it alone, get a jump-start with this plan. Match each dinner with 1 breakfast, 1 lunch and 2 snacks shown below to get about 1,500 calories—the daily amount recommended for most people to lose weight. —JEM ROMANOFF

## Breakfasts



1

342 CALORIES



2

325 CALORIES



3

349 CALORIES

① Oatmeal (1 cup cooked) with 6 chopped dried apricots, 1 Tbsp. unsweetened coconut and a pinch of cinnamon, plus 8 oz. skim milk.

② An egg scrambled with 2 oz. low-fat Swiss cheese and 2 Tbsp. chives, topped with 2 tomato slices, on 1 slice multi-grain toast, plus 2 clementines.

③ Nonfat plain Greek yogurt (6 oz.) with 1 cup sliced strawberries, 20 chopped dry-roasted, unsalted almonds and 2 tsp. honey.

## Snacks



1

144 CALORIES



2

134 CALORIES



3

78 CALORIES

① Low-fat Swiss cheese (1 oz.) and 4 Light Rye Waise crisp-breads.

② A clementine and 13 dry-roasted, unsalted almonds.

③ Hard-boiled egg with a pinch of salt and pepper.

## Lunches



1

365 CALORIES



2

394 CALORIES



3

375 CALORIES

① A salad of sliced chicken breast (4 oz.), 1 cup cucumber, 6 cherry tomatoes and 2 oz. low-fat Swiss cheese on 3 cups chopped romaine, tossed with 1 Tbsp. Tangy Green Goddess Dressing,\* plus a pear.

② A sandwich of sliced chicken breast (4 oz.), ¼ avocado and 2 tomato slices on 2 slices multi-grain toast, plus a clementine.

③ A salad of shrimp (3 oz.) and ½ avocado on shredded romaine (2 cups) and cabbage (1½ cups) with 3 Tbsp. Orange-Sesame Dressing,\* plus a pear.

\*Recipes at [eatingwell.com](http://eatingwell.com)

## Dinners



1

513 CALORIES

Quinoa-Pilaf with Seared Scallops (p. 34) and 1 cup puréed butternut squash topped with 5 toasted pecans.



2

545 CALORIES

Sweet Potato Macaroni & Cheese (p. 28) and 1 cup steamed collard greens with a splash of cider vinegar.



3

525 CALORIES

Stuffed Delicata Squash (p. 30) with ½ cup brown rice and 1½ cups steamed green beans with lemon.



4

490 CALORIES

Broccoli Rabe & Chicken White Pizza (p. 30) and 2 cups baby spinach with 1 Tbsp. Garlic-Dijon Vinaigrette\*



5

465 CALORIES

Spaghetti Squash & Meatballs (p. 32) and 2 cups mixed greens with 1 Tbsp. Garlic-Dijon Vinaigrette\*



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Download and print an expanded version of this meal plan, with a shopping list, at [eatingwell.com/go/janmealplan](http://eatingwell.com/go/janmealplan)

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**Jim Wasserman, Jiab Wasserman**



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