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Nutrients to Focus on During Your Weight Loss Journey

7-DAY 1200 CALORIE MEAL PLAN - Your day on a plate

This meal plan provides you with the right balance of **protein**, **fiber** from carbohydrates, **healthy fats** and **fluids** to support your weight management journey. These guidelines should be individualized based on current nutritional status, weight and weight goals, but it is important to prioritize protein (aim for a minimum of 60- 75 grams per day).

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
						
<p>½ cup of 2% plain Greek yogurt; ½ cup of strawberries; ½ cup of granola; 1 tsp honey</p> <p><i>Carbs: 34 g, Fiber: 4 g, Protein: 13 g, Fat: 7 g</i></p> <p>.....</p> <p>Tuna salad with: 3 oz of drained canned tuna; 2 tbsp 2% plain Greek yogurt; 1 tbsp pickle relish; 6 whole wheat crackers; 1 cup of carrot sticks</p> <p><i>Carbs: 38 g, Fiber: 6 g, Protein: 29 g, Fat: 5 g</i></p> <p>Snack: ½ cup of steamed edamame + sprinkle of salt; 1 medium orange</p> <p><i>Carbs: 23 g, Fiber: 7 g, Protein: 10 g, Fat: 4 g</i></p> <p>.....</p> <p>1 oz of cooked 90/10 ground beef; ½ cup of marinara sauce; 1 cup of cooked pasta; 1 cup steamed broccoli; 2 tbsp grated parmesan cheese (to top pasta or broccoli); 1 tbsp olive oil (for broccoli)</p> <p><i>Carbs: 55 g, Fiber: 9 g, Protein: 23 g, Fat: 23 g</i></p> <p>Nutritional breakdown</p> <p>Daily Total: Carbs: 149 g, Fiber: 26 g, Protein: 75 g, Fat: 39 g</p> 	<p>2 tbsp peanut butter; 1 piece of whole wheat bread; 1 medium sized pear</p> <p><i>Carbs: 45 g, Fiber: 9 g, Protein: 12 g, Fat: 17 g</i></p> <p>.....</p> <p>½ cup of hummus; ½ cup red bell pepper slices; 6 whole wheat crackers</p> <p><i>Carbs: 35 g, Fiber: 9 g, Protein: 9 g, Fat: 19 g</i></p> <p>Snack: ½ cup of 2% cottage cheese; 3 cups of air-popped popcorn</p> <p><i>Carbs: 23 g, Fiber: 3 g, Protein: 15 g, Fat: 3 g</i></p> <p>.....</p> <p>3 oz of rotisserie chicken breast, no skin; 3 cups of sauteed spinach; 1 tbsp olive oil (for sauteing spinach); ½ baked medium potato; 1 tbsp 2%, plain Greek yogurt (to top potato)</p> <p><i>Carbs: 22 g, Fiber: 4 g, Protein: 30 g, Fat: 17 g</i></p> <p>Nutritional breakdown</p> <p>Daily Total: Carbs: 153 g, Fiber: 25 g, Protein: 65 g, Fat: 55 g</p> 	<p>1 ½ cups of ready-to-eat, whole grain cereal; 1 cup of 2% milk; 1 hard boiled egg; 1 cup of strawberries</p> <p><i>Carbs: 53 g, Fiber: 7 g, Protein: 19 g, Fat: 12 g</i></p> <p>.....</p> <p>1 part-skim mozzarella cheese stick; 1 cup of carrot sticks; 6 whole wheat crackers; ½ cup of raspberries</p> <p><i>Carbs: 48 g, Fiber: 10 g, Protein: 12 g, Fat: 11 g</i></p> <p>.....</p> <p>Tacos with: 3 oz of cooked 90/10 ground beef; 2 tbsp of shredded cheddar; 2 tbsp of tomato salsa; 2 6" flour tortillas; ½ cup of frozen or canned corn</p> <p><i>Carbs: 52 g, Fiber: 4 g, Protein: 35 g, Fat: 20 g</i></p> <p>Nutritional breakdown</p> <p>Daily Total: Carbs: 132 g, Fiber: 22 g, Protein: 66 g, Fat: 42 g</p> 	<p>Smoothie with: 1 cup of 2% milk; 1 small (6") banana; ½ cup of strawberries; ½ cup of 2% plain Greek yogurt</p> <p><i>Carbs: 45 g, Fiber: 4 g, Protein: 19 g, Fat: 6 g</i></p> <p>.....</p> <p>1 small apple; 2 tbsp peanut butter</p> <p>.....</p> <p>1 part-skim mozzarella cheese stick; 4 cups of air-popped popcorn</p> <p><i>Carbs: 52 g, Fiber: 10 g, Protein: 19 g, Fat: 22 g</i></p> <p>.....</p> <p>Stir fry with: ½ cup of cooked brown rice; ½ cup of firm tofu; ½ cup of broccoli; ½ cup red bell pepper slices; 1 tbsp olive oil (to cook veggies)</p> <p><i>Carbs: 35 g, Fiber: 8 g, Protein: 26 g, Fat: 25 g</i></p> <p>Nutritional breakdown</p> <p>Daily Total: Carbs: 128 g, Fiber: 22 g, Protein: 64 g, Fat: 53 g</p> 	<p>2 scrambled eggs; 1 piece of whole wheat bread; ½ cup of avocado; 1 small (6") banana</p> <p><i>Carbs: 43 g, Fiber: 10 g, Protein: 18 g, Fat: 26 g</i></p> <p>.....</p> <p>3 oz of rotisserie chicken breast, no skin; ½ cup of cooked broccoli; ½ cup of cooked wild rice; 1 tbsp olive oil (for broccoli and rice); ½ cup of grapes</p> <p><i>Carbs: 37 g, Fiber: 4 g, Protein: 30 g, Fat: 17 g</i></p> <p>Snack: 3 cups of air-popped popcorn</p> <p><i>Carbs: 19 g, Fiber: 3 g, Protein: 3 g, Fat: Nil</i></p> <p>.....</p> <p>3 oz roasted pork tenderloin; 1 cup of steamed asparagus; 1 baked medium sweet potato</p> <p><i>Carbs: 29 g, Fiber: 7 g, Protein: 28 g, Fat: 3 g</i></p> <p>Nutritional breakdown</p> <p>Daily Total: Carbs: 128 g, Fiber: 23 g, Protein: 78 g, Fat: 45 g</p> 	<p>½ cup of rolled oats; 1 small (6") banana; 2 tbsp peanut butter; 1 cup of 2% milk</p> <p><i>Carbs: 55 g, Fiber: 7 g, Protein: 20 g, Fat: 22 g</i></p> <p>.....</p> <p>¾ cup of 2% plain Greek yogurt; ½ cup of raspberries; 1 teaspoon honey; 1 hard boiled egg</p> <p><i>Carbs: 28 g, Fiber: 4 g, Protein: 25 g, Fat: 9 g</i></p> <p>Snack: ½ cup of edamame, steamed + sprinkle of salt</p> <p><i>Carbs: 8 g, Fiber: 4 g, Protein: 9 g, Fat: 4 g</i></p> <p>.....</p> <p>1 cup of cooked pasta; ½ cup of marinara sauce; 1 cup of steamed broccoli; 2 tbsp grated parmesan cheese (to top pasta or broccoli)</p> <p><i>Carbs: 55 g, Fiber: 9 g, Protein: 15 g, Fat: 6 g</i></p> <p>Nutritional breakdown</p> <p>Daily Total: Carbs: 145 g, Fiber: 24 g, Protein: 68 g, Fat: 41 g</p> 	<p>¾ cup of 2% plain Greek yogurt; ½ cup of granola; 1 cup of strawberries</p> <p><i>Carbs: 37 g, Fiber: 5 g, Protein: 20 g, Fat: 8 g</i></p> <p>.....</p> <p>6 whole wheat crackers; ½ cup of hummus; 1 part-skim mozzarella cheese stick; 1 cup of carrot sticks; ½ cup of grapes</p> <p><i>Carbs: 60 g, Fiber: 11 g, Protein: 18 g, Fat: 25 g</i></p> <p>.....</p> <p>3 oz of baked salmon; 1 cup of steamed green beans; ½ cup of cooked wild rice</p> <p><i>Carbs: 45 g, Fiber: 7 g, Protein: 28 g, Fat: 11 g</i></p> <p>Nutritional breakdown</p> <p>Daily Total: Carbs: 141 g, Fiber: 23 g, Protein: 65 g, Fat: 44 g</p> 

AIM FOR 2-3 LITERS OF FLUID PER DAY

 Vegetarian  Incorporate a **BOOST®** nutritional drink into this meal plan as an **on-the-go swap** for a mini-meal or an additional snack. Can be consumed up to twice daily

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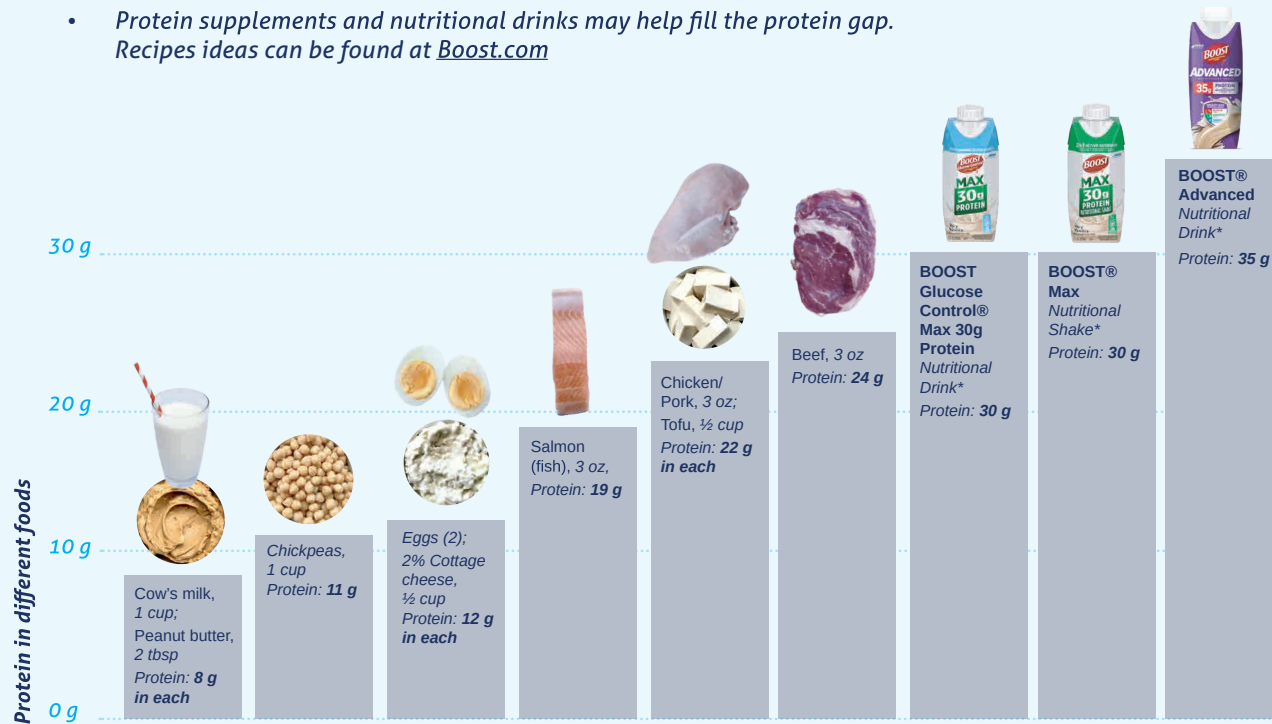
The right nutrition to complement your weight management journey

TOP TIPS FOR SUCCESS:



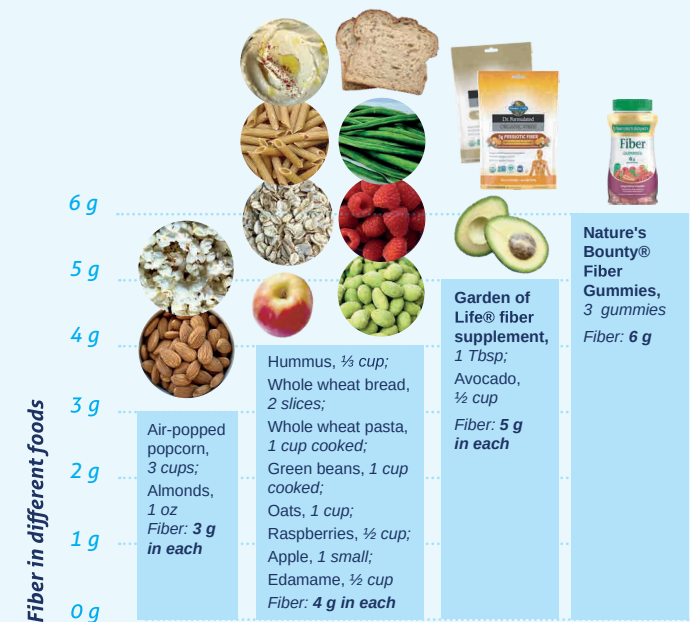
Prioritize Protein:

- Target dietary intake: at least 60 – 75 grams per day up to as much as 120 grams per day in some adults based on individualized goals
- Protein supplements and nutritional drinks may help fill the protein gap. Recipes ideas can be found at [Boost.com](https://www.boost.com)



Focus on Fiber for Gut Health

- Target dietary intake for women: 21 – 25 g of fiber daily; men 30 – 38 g of fiber daily
- Fiber supplements can help meet fiber goals



Stay Hydrated:

- Target dietary intake: 2-3 liters of fluid daily
- Aim for no sugar, decaffeinated beverages



Be Mindful of Vitamins and Minerals:

- A multivitamin supplement and individual vitamins can help fill the micronutrient gap when eating a well-balanced diet is not enough



SIMPLE WAYS TO ADD FLAVOR TO YOUR MEALS:



Sprinkle on spices like garlic powder, cumin, or cinnamon



Add fresh herbs like chives, cilantro, basil or mint



Squeeze a lemon or lime or add the zest



Mix in a little mustard



Drizzle a little balsamic vinegar

*Use BOOST® nutritional drinks as a food supplement only. Do not use for weight reduction.

Add BOOST® nutritional drinks into your diet to help increase protein during weight loss. Use these nutritional drinks as part of a nutritionally balanced diet with exercise.

These meal plans are intended to be for general guidance and educational purposes only and should not be considered medical advice nor intended to replace the advice of a healthcare professional. Please consult with your healthcare professional about the appropriate daily protein goals and calorie targets that are right for you. The information in these meal plans is not intended to diagnose, treat, cure, or prevent any disease or condition.



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7-DAY 1500 CALORIE MEAL PLAN - Your day on a plate

This meal plan provides you with the right balance of **protein**, **fiber** from carbohydrates, **healthy fats** and **fluids** to support your weight management journey. These guidelines should be individualized based on current nutritional status, weight and weight goals, but it is important to prioritize protein (aim for a minimum of 60- 75 grams per day).

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
						
<p>¾ cup of 2% plain Greek yogurt; 1 cup of strawberries; ½ cup of granola; 1 tsp honey <i>Carbs: 43 g, Fiber: 5 g, Protein: 20 g, Fat: 9 g</i></p> <p>.....</p> <p>Tuna salad with: 3 oz of drained canned tuna; 2 tbsp 2% plain Greek yogurt; 1 tbsp pickle relish; 6 whole wheat crackers; 1 cup of carrot sticks <i>Carbs: 38 g, Fiber: 6 g, Protein: 29 g, Fat: 5 g</i></p> <p>Snack: ½ cup of steamed edamame + sprinkle of salt; 1 medium orange <i>Carbs: 23 g, Fiber: 7 g, Protein: 10 g, Fat: 4 g</i></p> <p>.....</p> <p>2 oz of cooked 90/10 ground beef; 1 cup of marinara sauce; 1 ½ cup of cooked pasta; 1 cup steamed broccoli; 2 tbsp grated parmesan cheese (to top pasta or broccoli); 1 tbsp olive oil (for broccoli) <i>Carbs: 82 g, Fiber: 13 g, Protein: 36 g, Fat: 28 g</i></p> <p>Nutritional breakdown Daily Total: <i>Carbs: 185 g, Fiber: 31 g, Protein: 95 g, Fat: 46 g</i></p> 	<p>2 tbsp peanut butter; 1 piece of whole wheat bread; 1 medium (7") banana; 1 hard boiled egg <i>Carbs: 45 g, Fiber: 7 g, Protein: 19 g, Fat: 22 g</i></p> <p>.....</p> <p>½ cup of hummus; ½ cup red bell pepper slices; 6 whole wheat crackers; 1 small apple <i>Carbs: 55 g, Fiber: 12 g, Protein: 9 g, Fat: 19 g</i></p> <p>Snack: ¾ cup of 2% cottage cheese; 4 cups of air-popped popcorn <i>Carbs: 32 g, Fiber: 4 g, Protein: 22 g, Fat: 4 g</i></p> <p>.....</p> <p>3 oz of rotisserie chicken breast, no skin; 3 cups of sauteed spinach; 1 tbsp olive oil (for sauteing spinach); 1 baked medium potato; 2 tbsp 2%, plain Greek yogurt (to top potato) <i>Carbs: 41 g, Fiber: 6 g, Protein: 35 g, Fat: 17 g</i></p> <p>Nutritional breakdown Daily Total: <i>Carbs: 171 g, Fiber: 29 g, Protein: 82 g, Fat: 61 g</i></p> 	<p>1 ½ cups of ready-to-eat, whole grain cereal; 1 cup of 2% milk; 1 hard boiled egg; 1 cup of strawberries <i>Carbs: 53 g, Fiber: 7 g, Protein: 19 g, Fat: 12 g</i></p> <p>.....</p> <p>Tuna salad with: 3 oz of drained canned tuna; 2 tbsp 2%, plain Greek yogurt; 1 tbsp pickle relish; 1 cup of carrot sticks; 1 cup red bell pepper slices; 9 whole wheat crackers; ½ cup of raspberries <i>Carbs: 68 g, Fiber: 13 g, Protein: 32 g, Fat: 8 g</i></p> <p>Snack: 1 part-skim mozzarella cheese stick; 1 medium orange <i>Carbs: 17 g, Fiber: 3 g, Protein: 8 g, Fat: 6 g</i></p> <p>.....</p> <p>Tacos with: 3 oz of cooked 90/10 ground beef; 2 tbsp of shredded cheddar; 2 tbsp of tomato salsa; 2 6" flour tortillas; ½ cup of canned corn <i>Carbs: 52 g, Fiber: 4 g, Protein: 35 g, Fat: 20 g</i></p> <p>Nutritional breakdown Daily Total: <i>Carbs: 190 g, Fiber: 27 g, Protein: 93 g, Fat: 46 g</i></p> 	<p>Smoothie with: 1 cup of 2% milk; 1 small (6") banana; ½ cup of strawberries; ½ cup of 2% plain Greek yogurt <i>Carbs: 45 g, Fiber: 4 g, Protein: 19 g, Fat: 6 g</i></p> <p>.....</p> <p>Sandwich with: 2 pieces of whole wheat bread; ½ cup of hummus; 1 oz slice of cheddar cheese, 5 slices of cucumber; ¼ cup of grated carrot; 1 small apple <i>Carbs: 61 g, Fiber: 13 g, Protein: 20 g, Fat: 26 g</i></p> <p>Snack: ¾ cup of 2% cottage cheese <i>Carbs: 7 g, Fiber: Nil, Protein: 18 g, Fat: 4 g</i></p> <p>.....</p> <p>Stir fry with: ½ cup of cooked brown rice; ½ cup of firm tofu; ½ cup of broccoli; ½ cup red bell pepper slices; 1 tbsp olive oil (to cook veggies); ½ cup of edamame, steamed + sprinkle of salt <i>Carbs: 42 g, Fiber: 12 g, Protein: 35 g, Fat: 29 g</i></p> <p>Nutritional breakdown Daily Total: <i>Carbs: 155 g, Fiber: 29 g, Protein: 92 g, Fat: 65 g</i></p> 	<p>2 scrambled eggs; 2 tbsp of shredded cheddar; 1 piece of whole wheat bread; ½ cup of avocado; 1 small (6") banana <i>Carbs: 44 g, Fiber: 10 g, Protein: 21 g, Fat: 31 g</i></p> <p>.....</p> <p>3 oz of rotisserie chicken breast, no skin; 1 cup of cooked broccoli; 1 cup of cooked wild rice; 1 tbsp olive oil (for broccoli and rice); 1 cup of grapes <i>Carbs: 74 g, Fiber: 8 g, Protein: 35 g, Fat: 17 g</i></p> <p>Snack: 1 part-skim mozzarella cheese stick; 4 cups of air-popped popcorn <i>Carbs: 26 g, Fiber: 4 g, Protein: 11 g, Fat: 6 g</i></p> <p>.....</p> <p>3 oz roasted pork tenderloin; 1 cup of steamed asparagus; 1 baked medium sweet potato <i>Carbs: 29 g, Fiber: 7 g, Protein: 28 g, Fat: 3 g</i></p> <p>Nutritional breakdown Daily Total: <i>Carbs: 172 g, Fiber: 28 g, Protein: 95 g, Fat: 56 g</i></p> 	<p>1 cup of rolled oats; 1 small (6") banana; 2 tbsp peanut butter; 1 cup of 2% milk <i>Carbs: 69 g, Fiber: 9 g, Protein: 23 g, Fat: 24 g</i></p> <p>.....</p> <p>¾ cup of 2% plain Greek yogurt; ½ cup of raspberries; 1 teaspoon honey; 1 hard boiled egg <i>Carbs: 28 g, Fiber: 4 g, Protein: 25 g, Fat: 9 g</i></p> <p>Snack: ½ cup of edamame, steamed + sprinkle of salt <i>Carbs: 8 g, Fiber: 4 g, Protein: 9 g, Fat: 4 g</i></p> <p>.....</p> <p>1 cup of cooked pasta; ½ cup of marinara sauce; ½ cup of lentils; 1 cup of steamed broccoli; 2 tbsp grated parmesan cheese (to top pasta or broccoli); 1 tbsp olive oil (for broccoli and pasta) <i>Carbs: 75 g, Fiber: 17 g, Protein: 24 g, Fat: 19 g</i></p> <p>Nutritional breakdown Daily Total: <i>Carbs: 179 g, Fiber: 34 g, Protein: 80 g, Fat: 56 g</i></p> 	<p>¾ cup of 2% plain Greek yogurt; ½ cup of granola; 1 cup of strawberries <i>Carbs: 37 g, Fiber: 5 g, Protein: 20 g, Fat: 8 g</i></p> <p>.....</p> <p>Sandwich with: 2 pieces of whole wheat bread; 3 oz of sliced turkey; 1 oz slice of cheddar cheese; 2 romaine lettuce leaves; 1 tbsp of mustard; ½ cup of grapes; 1 cup of carrot sticks <i>Carbs: 59 g, Fiber: 8 g, Protein: 29 g, Fat: 15 g</i></p> <p>Snack: 1 small (6") banana; 2 tbsp peanut butter <i>Carbs: 29 g, Fiber: 5 g, Protein: 9 g, Fat: 16 g</i></p> <p>.....</p> <p>4 oz of baked salmon; 1 cup of steamed green beans; 1 cup of cooked wild rice <i>Carbs: 45 g, Fiber: 7 g, Protein: 34 g, Fat: 15 g</i></p> <p>Nutritional breakdown Daily Total: <i>Carbs: 169 g, Fiber: 25 g, Protein: 92 g, Fat: 54 g</i></p> 

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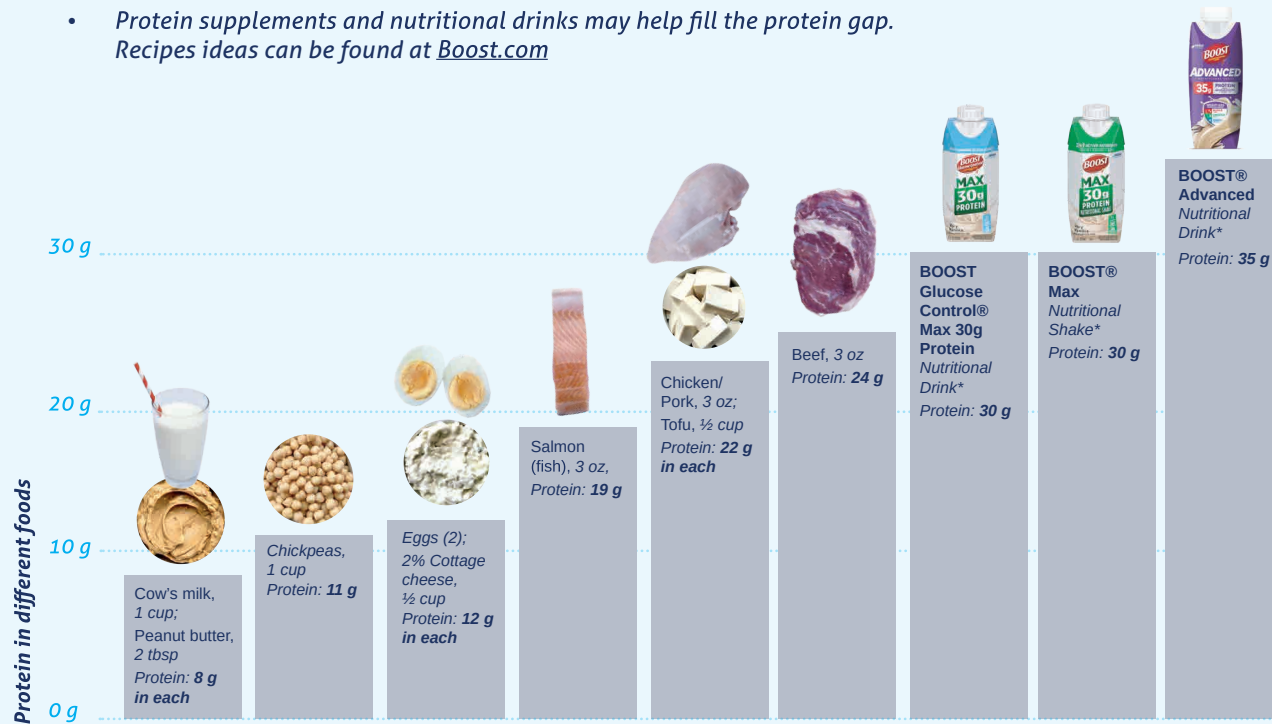
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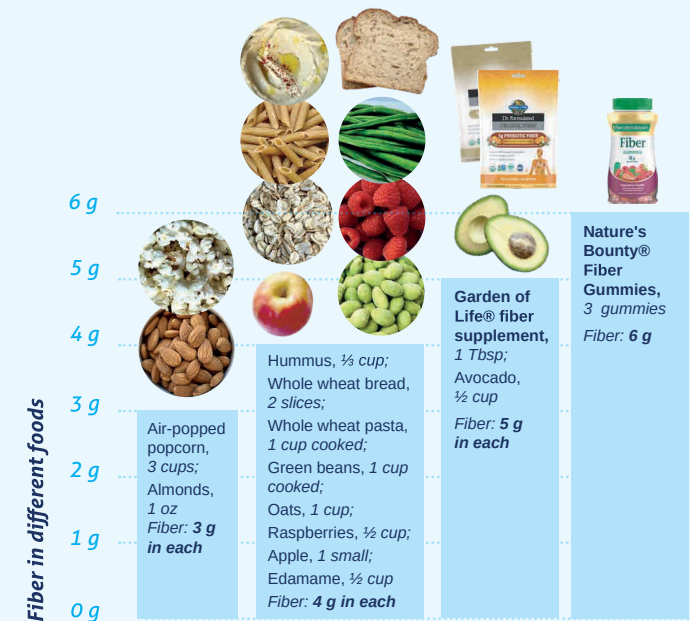
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Focus on Fiber for Gut Health

- Target dietary intake for women: 21 – 25 g of fiber daily; men 30 – 38 g of fiber daily
- Fiber supplements can help meet fiber goals



Stay Hydrated:

- Target dietary intake: 2-3 liters of fluid daily
- Aim for no sugar, decaffeinated beverages



Be Mindful of Vitamins and Minerals:

- A multivitamin supplement and individual vitamins can help fill the micronutrient gap when eating a well-balanced diet is not enough



SIMPLE WAYS TO ADD FLAVOR TO YOUR MEALS:



Sprinkle on spices like garlic powder, cumin, or cinnamon



Add fresh herbs like chives, cilantro, basil or mint



Squeeze a lemon or lime or add the zest



Mix in a little mustard



Drizzle a little balsamic vinegar

*Use BOOST® nutritional drinks as a food supplement only. Do not use for weight reduction.

Add BOOST® nutritional drinks into your diet to help increase protein during weight loss. Use these nutritional drinks as part of a nutritionally balanced diet with exercise.

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7-DAY 1800 CALORIE MEAL PLAN - Your day on a plate

This meal plan provides you with the right balance of **protein**, **fiber** from carbohydrates, **healthy fats** and **fluids** to support your weight management journey. These guidelines should be individualized based on current nutritional status, weight and weight goals, but it is important to prioritize protein (aim for a minimum of 60- 75 grams per day).

<div>DAY 1</div> <div></div> <div><p>¾ cup of 2% plain Greek yogurt; 1 cup of strawberries; ½ cup of granola; 1 tsp honey</p><p>1 oz of dry roasted almonds; 1 oz of raisins</p><p><i>Carbs: 72 g, Fiber: 9 g, Protein: 26 g, Fat: 24 g</i></p><p>.....</p><p>Tuna salad with: 3 oz of drained canned tuna; 2 tbsp 2% plain Greek yogurt; 1 tbsp pickle relish; 6 whole wheat crackers; 1 cup of carrot sticks; 1 cup red bell pepper slices</p><p><i>Carbs: 44 g, Fiber: 7 g, Protein: 29 g, Fat: 5 g</i></p><p>Snack: ½ cup of steamed edamame + sprinkle of salt; 1 medium orange</p><p><i>Carbs: 23 g, Fiber: 7 g, Protein: 10 g, Fat: 4 g</i></p><p>.....</p><p>2 oz of cooked 90/10 ground beef; 1 cup of marinara sauce; 1 ½ cup of cooked pasta; 1 cup steamed broccoli; 2 tbsp grated parmesan cheese (to top pasta or broccoli); 1 tbsp olive oil (for broccoli)</p><p><i>Carbs: 82 g, Fiber: 13 g, Protein: 36 g, Fat: 28 g</i></p><p>Nutritional breakdown</p><p>Daily Total: Carbs: 219 g, Fiber: 36 g, Protein: 101 g, Fat: 61 g</p><div></div></div>	<div>DAY 2</div> <div></div> <div><p>2 tbsp peanut butter; 1 piece of whole wheat bread; 1 medium (7") banana; 1 hard boiled egg</p><p><i>Carbs: 45 g, Fiber: 7 g, Protein: 19 g, Fat: 22 g</i></p><p>Swap</p><p>3 oz of sliced turkey; ½ cup of hummus; 1 cup red bell pepper slices; ½ cup of cucumber slices; 9 whole wheat crackers; 1 small apple</p><p><i>Carbs: 77 g, Fiber: 14 g, Protein: 24 g, Fat: 23 g</i></p><p>Snack: 1 cup of 2% cottage cheese; 4 cups of air-popped popcorn</p><p><i>Carbs: 35 g, Fiber: 4 g, Protein: 28 g, Fat: 5 g</i></p><p>.....</p><p>4 oz of rotisserie chicken breast, no skin; 3 cups of sauteed spinach; 1 tbsp olive oil (for sauteing spinach); 1 baked medium potato; 2 tbsp 2%, plain Greek yogurt (to top potato)</p><p><i>Carbs: 41 g, Fiber: 6 g, Protein: 43 g, Fat: 18 g</i></p><p>Nutritional breakdown</p><p>Daily Total: Carbs: 206 g, Fiber: 30 g, Protein: 111 g, Fat: 68 g</p><div></div></div>	<div>DAY 3</div> <div></div> <div><p>1 ½ cups of ready-to-eat, whole grain cereal; 1 cup of 2% milk; 2 hard boiled egg; 1 cup of strawberries</p><p><i>Carbs: 53 g, Fiber: 7 g, Protein: 25 g, Fat: 17 g</i></p><p>.....</p><p>Tuna salad with: 3 oz of drained canned tuna; 2 tbsp 2%, plain Greek yogurt; 1 tbsp pickle relish; 1 cup of carrot sticks; 1 cup red bell pepper slices; 9 whole wheat crackers; ½ cup of raspberries</p><p><i>Carbs: 68 g, Fiber: 13 g, Protein: 32 g, Fat: 8 g</i></p><p>Snack: 1 part-skim mozzarella cheese stick; 1 medium orange</p><p><i>Carbs: 17 g, Fiber: 3 g, Protein: 8 g, Fat: 6 g</i></p><p>.....</p><p>Tacos with: 4 oz of cooked 90/10 ground beef; 3 tbsp of shredded cheddar; 3 tbsp of tomato salsa; 3 6" flour tortillas; 2 romaine chopped lettuce leaves, ½ cup of canned corn</p><p><i>Carbs: 68 g, Fiber: 5 g, Protein: 47 g, Fat: 28 g</i></p><p>Nutritional breakdown</p><p>Daily Total: Carbs: 206 g, Fiber: 28 g, Protein: 111 g, Fat: 58 g</p><div></div></div>	<div>DAY 4</div> <div></div> <div><p>Smoothie with: 1 cup of 2% milk; 1 medium (7") banana; 1 cup of strawberries; ½ cup of 2% plain Greek yogurt; 1 teaspoon honey</p><p><i>Carbs: 61 g, Fiber: 6 g, Protein: 19 g, Fat: 6 g</i></p><p>Swap</p><p>.....</p><p>Sandwich with: 2 pieces of whole wheat bread; ½ cup of hummus, 1 oz slice of cheddar cheese, 5 slices of cucumber; ¼ cup of grated carrot; 1 small apple</p><p><i>Carbs: 61 g, Fiber: 13 g, Protein: 20 g, Fat: 26 g</i></p><p>Snack: ¾ cup of 2% cottage cheese</p><p><i>Carbs: 7 g, Fiber: Nil, Protein: 18 g, Fat: 4 g</i></p><p>.....</p><p>Stir fry with: ¾ cup of cooked brown rice; ¾ cup of firm tofu; 1 cup of broccoli; 1 cup red bell pepper slices; 1 tbsp olive oil (to cook veggies); ½ cup of steamed edamame + sprinkle of salt</p><p><i>Carbs: 55 g, Fiber: 14 g, Protein: 47 g, Fat: 35 g</i></p><p>Nutritional breakdown</p><p>Daily Total: Carbs: 192 g, Fiber: 36 g, Protein: 106 g, Fat: 71 g</p><div></div></div>	<div>DAY 5</div> <div></div> <div><p>3 scrambled eggs; 2 tbsp of shredded cheddar; 1 piece of whole wheat bread; ½ cup of avocado; 1 small (6") banana</p><p><i>Carbs: 44 g, Fiber: 10 g, Protein: 27 g, Fat: 37 g</i></p><p>.....</p><p>4 oz of rotisserie chicken breast, no skin; 1 cup of cooked broccoli; 1 cup of cooked wild rice; 1 tbsp olive oil (for broccoli and rice); 1 cup of grapes</p><p><i>Carbs: 74 g, Fiber: 8 g, Protein: 43 g, Fat: 18 g</i></p><p>Snack: 1 part-skim mozzarella cheese stick; 4 cups of air-popped popcorn; 1 oz of raisins</p><p><i>Carbs: 49 g, Fiber: 5 g, Protein: 11 g, Fat: 6 g</i></p><p>.....</p><p>3 oz roasted pork tenderloin; 1 cup of steamed asparagus; 1 baked medium sweet potato</p><p><i>Carbs: 29 g, Fiber: 7 g, Protein: 28 g, Fat: 3 g</i></p><p>Nutritional breakdown</p><p>Daily Total: Carbs: 196 g, Fiber: 29 g, Protein: 117 g, Fat: 64 g</p><div></div></div>	<div>DAY 6</div> <div></div> <div><p>1 cup of rolled oats; 1 medium (7") banana; 2 tbsp peanut butter; 1 cup of 2% milk; 1 hard boiled egg</p><p><i>Carbs: 73 g, Fiber: 9 g, Protein: 29 g, Fat: 27 g</i></p><p>Swap</p><p>¾ cup of 2% plain Greek yogurt; ½ cup of raspberries; 1 teaspoon honey</p><p>Avocado toast with: 1 piece of whole wheat bread; ½ cup of avocado</p><p><i>Carbs: 46 g, Fiber: 11 g, Protein: 24 g, Fat: 16 g</i></p><p>Snack: 1 part-skim mozzarella cheese stick; ½ cup of edamame, steamed + sprinkle of salt</p><p><i>Carbs: 8 g, Fiber: 4 g, Protein: 9 g, Fat: 4 g</i></p><p>.....</p><p>1 cup of cooked pasta; ½ cup of marinara sauce; ½ cup of lentils; 1 cup of steamed broccoli; 2 tbsp grated parmesan cheese (to top pasta or broccoli); 1 tbsp olive oil (for broccoli and pasta)</p><p><i>Carbs: 75 g, Fiber: 17 g, Protein: 24 g, Fat: 19 g</i></p><p>Nutritional breakdown</p><p>Daily Total: Carbs: 202 g, Fiber: 41 g, Protein: 93 g, Fat: 74 g</p><div></div></div>	<div>DAY 7</div> <div></div> <div><p>¾ cup of 2% plain Greek yogurt; ½ cup of granola; 1 cup of strawberries; 1 hard boiled egg</p><p><i>Carbs: 37 g, Fiber: 5 g, Protein: 26 g, Fat: 13 g</i></p><p>.....</p><p>Sandwich with: 2 pieces of whole wheat bread; 3 oz of sliced turkey; 1 oz slice of cheddar cheese; 2 romaine lettuce leaves; 1 tbsp of mustard; ½ cup of grapes; 1 cup of carrot sticks; 3 cups of air-popped popcorn</p><p><i>Carbs: 77 g, Fiber: 11 g, Protein: 32 g, Fat: 15 g</i></p><p>Snack: 1 small (6") banana; 2 tbsp peanut butter</p><p><i>Carbs: 29 g, Fiber: 5 g, Protein: 9 g, Fat: 16 g</i></p><p>.....</p><p>4 oz of baked salmon; 1 cup of steamed green beans; 1 cup of cooked wild rice; 1 tbsp olive oil (for green beans and rice)</p><p><i>Carbs: 45 g, Fiber: 7 g, Protein: 34 g, Fat: 29 g</i></p><p>Nutritional breakdown</p><p>Daily Total: Carbs: 188 g, Fiber: 28 g, Protein: 101 g, Fat: 72 g</p><div></div></div>
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AIM FOR 2-3 LITERS OF FLUID PER DAY

 Vegetarian  Incorporate a **BOOST®** nutritional drink into this meal plan as an **on-the-go swap** for a mini-meal or an additional snack. Can be consumed up to twice daily

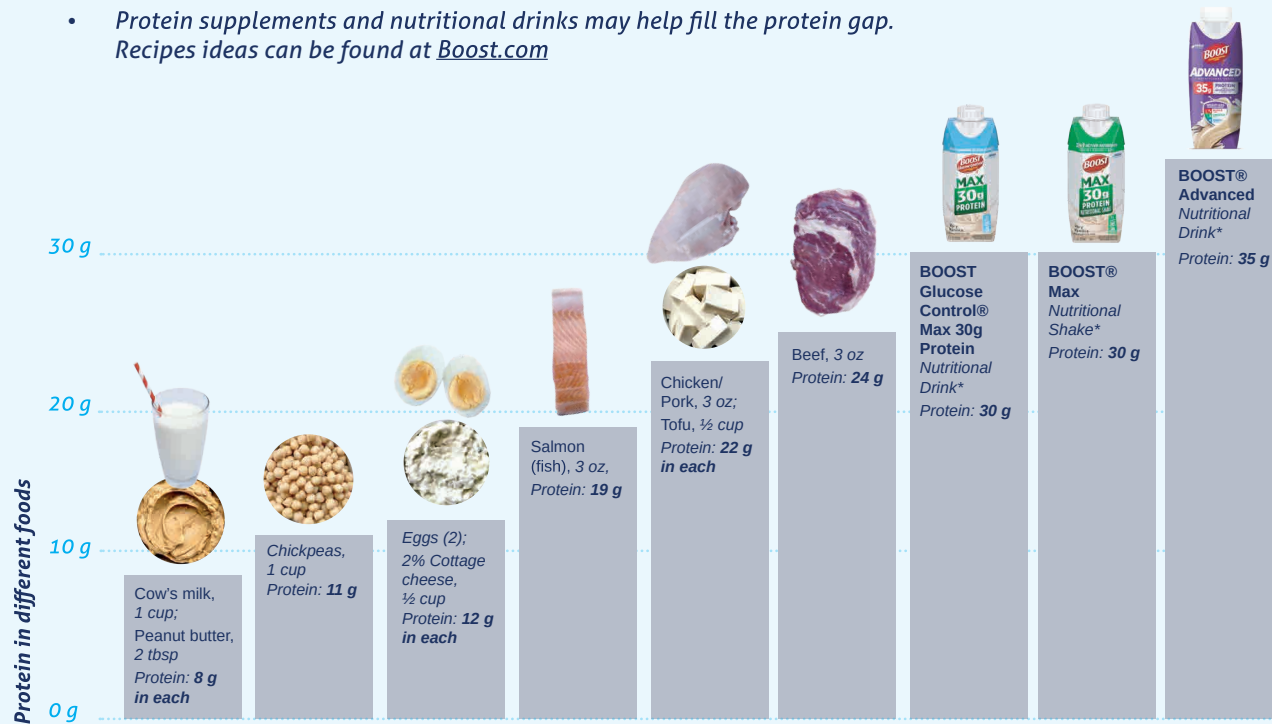
The right nutrition to complement your weight management journey

TOP TIPS FOR SUCCESS:



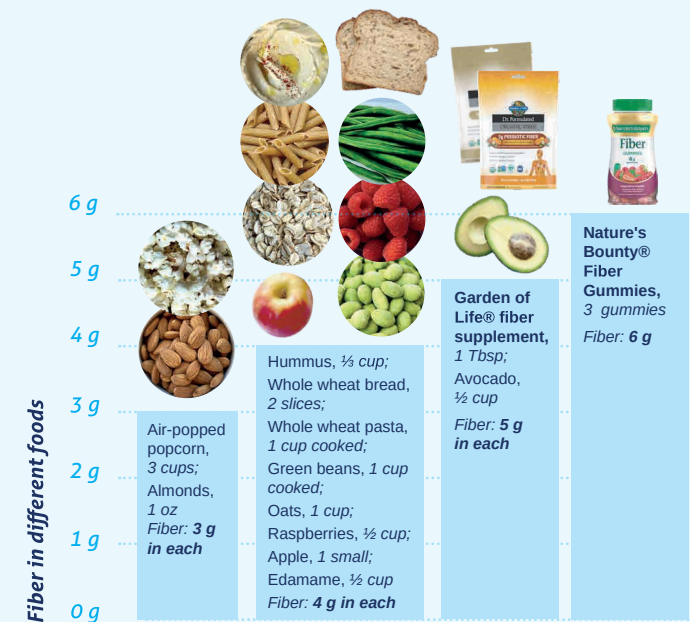
Prioritize Protein:

- Target dietary intake: at least 60 – 75 grams per day up to as much as 120 grams per day in some adults based on individualized goals
- Protein supplements and nutritional drinks may help fill the protein gap. Recipes ideas can be found at [Boost.com](https://www.boost.com)



Focus on Fiber for Gut Health

- Target dietary intake for women: 21 – 25 g of fiber daily; men 30 – 38 g of fiber daily
- Fiber supplements can help meet fiber goals



Stay Hydrated:

- Target dietary intake: 2-3 liters of fluid daily
- Aim for no sugar, decaffeinated beverages



Be Mindful of Vitamins and Minerals:

- A multivitamin supplement and individual vitamins can help fill the micronutrient gap when eating a well-balanced diet is not enough



SIMPLE WAYS TO ADD FLAVOR TO YOUR MEALS:



Sprinkle on spices like garlic powder, cumin, or cinnamon



Add fresh herbs like chives, cilantro, basil or mint



Squeeze a lemon or lime or add the zest



Mix in a little mustard



Drizzle a little balsamic vinegar

*Use BOOST® nutritional drinks as a food supplement only. Do not use for weight reduction.

Add BOOST® nutritional drinks into your diet to help increase protein during weight loss. Use these nutritional drinks as part of a nutritionally balanced diet with exercise.

These meal plans are intended to be for general guidance and educational purposes only and should not be considered medical advice nor intended to replace the advice of a healthcare professional. Please consult with your healthcare professional about the appropriate daily protein goals and calorie targets that are right for you. The information in these meal plans is not intended to diagnose, treat, cure, or prevent any disease or condition.

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Micronutrients to focus on during your weight loss journey

Food source list based on the Recommended Dietary Allowance (RDA) – the average amount of a vitamin or mineral needed to meet the nutrient requirements of most individuals in a day.

Vitamins:

Vitamin A

RDA: 900 micrograms (mcg) for men, 700 mcg for women

Vegetables:

- Sweet potato, baked, 1 cup, 1920 mcg
- Pumpkin, canned, 1 cup, 1910 mcg
- Carrots, cooked, 1 cup, 1280 mcg
- Butternut squash, cooked, 1 cup, 1140 mcg
- Spinach, cooked, 1 cup, 943 mcg
- Collard greens, cooked, 1 cup, 722 mcg
- Red bell pepper, 1 cup, 144 mcg



Fruit:

- Cantaloupe, 1 cup, 270 mcg
- Mango, 1 medium, 112 mcg

Dairy:

- 2% cow's milk (with vitamin A), 1 cup, 203 mcg

Vitamin B12

RDA: 2.4 mcg for men and women

Plant-based sources:

- Nutritional yeast, 1 tbsp, 7.5 mcg
- Soymilk (with vitamin B12), 2.07 mcg

Animal products:

- Clams, 3 oz, 84.1 mcg
- Sardines, 3.75 oz can, 8.22 mcg
- Salmon, cooked, 3 oz, 2.6 mcg
- Ground lamb, 4 oz, 2.61 mcg
- Light tuna, canned in water, drained, 3 oz, 2.5 mcg
- Ground beef (85% lean meat / 15% fat), cooked, 3 oz, 2.4 mcg
- 2% cow's milk, 1 cup, 1.3 mcg
- Egg, 2 large, 1 mcg



Vitamin C

RDA: 90 mg for men, 75 mg for women

Fruits:

- Guava, 1 cup, 376 mg
- Strawberries, 1 cup, 97 mg
- Papaya, 1 cup, 88 mg
- Orange, 1 medium, 83 mg
- Kiwi, 1 medium, 56 mg
- Grapefruit, ½ medium, 39 mg



Vegetables:

- Yellow bell pepper, 1 large, 342 mg
- Broccoli, cooked, 1 cup, 102 mg
- Red bell pepper, ½ cup, 95 mg
- Brussels sprouts, cooked, ½ cup, 49 mg



Vitamin D

RDA: 15 mcg, 600 IU

Protein foods:

- Salmon, cooked, 3 oz, 11.2 mcg (447 IU)
- Light tuna, canned in oil, drained, 3 oz, 5.7 mcg (229 IU)
- Halibut, cooked, 3 oz, 4.93 (196 IU)
- Sardines, 3.75 oz can, 4.42 mcg (178 IU)
- Tilapia, cooked, 3 oz, 3.22 mcg (130 IU)
- Egg, 2 large, 2.2 mcg (87 IU)



Other foods that often have vitamin D added:

- 2% cow's milk (with vitamin D), 1 cup, 2.9 mcg (120 IU)
- Plant-based milks (with vitamin D), 1 cup, 2.5 – 3.6 mcg (100-144 IU)
- Wheat bran flakes (with vitamin D), 1 cup, 3.61 mcg (145 IU)
- Orange juice (with vitamin D), 1 cup, 2.49 mcg (99.6 IU)



Vitamin E

RDA: 15 mg

Nuts and seeds:

- Sunflower seeds, dry roasted, 1 oz, 7.4 mg
- Almonds, dry roasted, 1 oz, 6.8 mg
- Hazelnuts, dry roasted, 1 oz, 4.3 mg
- Peanut butter, 2 tablespoons, 2.9 mg



Fruits and vegetables:

- Avocado, 1 cup, 3.1 mg
- Spinach, boiled, ½ cup, 1.9 mg
- Blackberries, 1 cup, 1.68 mg
- Red bell pepper, 1 cup, 1.45 mg
- Broccoli, boiled, ½ cup, 1.2 mg
- Kiwi, 1 medium, 1.1 mg



Fish:

- Salmon, cooked, 3 oz, 0.969 mg

Vitamins:

Folate

RDA: 400 mcg DFE

Beans and other legumes:

- Lentils, boiled, 1/2 cup, 179 mcg
- Black-eyed peas, boiled, 1/2 cup, 105 mcg
- Kidney beans, canned, 1/2 cup, 46 mcg



Vegetables:

- Asparagus, boiled, 1/2 cup, 134 mcg
- Spinach, boiled, 1/2 cup, 131 mcg
- Broccoli, boiled, 1/2 cup, 84.2 mcg
- Brussels sprouts, boiled, 1/2 cup, 78 mcg
- Lettuce, romaine, shredded, 1 cup, 64 mcg
- Avocado, 1/2 cup, 59 mcg



Protein foods:

- Egg, 2 large, 44 mcg

Thiamine

RDA: 1.1 mg for women, 1.2 mg for men

Protein foods:

- Pork loin, roasted, 0.8 mg
- Black beans, boiled, 1/2 cup, 0.4 mg
- Salmon, farmed, cooked, 3 oz, 0.3 mg



Grains:

- Egg noodles, enriched, cooked, 1 cup, 0.5 mg
- Oats, 1 cup, 0.4 mcg
- English muffin, plain, enriched, 0.3 mg
- Brown rice, cooked, 1 cup, 0.2 mg
- Whole wheat pasta, cooked, 1 cup, 0.17 mg
- Whole wheat bread, 1 slice, 0.1 mg



Vegetables:

- Acorn squash, baked, 1/2 cup, 0.2 mg

Minerals:

Calcium

RDA: 1000 mg, 1200 mg for women 51+, 1200 mg for all adults 71+

Dairy products:

- Yogurt, plain, low fat, 8 ozs, 415 mg
- Mozzarella, part skim, 1.5 ozs, 333 mg
- 2% cow's milk, 1 cup, 295 mg
- Parmesan cheese, 1 oz, 242 mg
- Cheddar cheese, 1 oz, 201 mg
- Cottage cheese, 1 cup, 138 mg



Fish:

- Sardines, canned in oil, 3 ozs, 325 mg
- Salmon, canned, 3 ozs, 181 mg



Other food sources of calcium:

- Tofu, firm, 1/2 cup, 861 mg
- Orange juice (with calcium), 1 cup, 349 mg
- Soymilk (with calcium), 1 cup, 299 mg
- Collard greens, cooked, 1 cup, 268 mg
- Chia seeds, 1 oz, 179 mg
- White beans, canned, 1/2 cup, 95.5 mg



Magnesium

RDA: 400 for men 19-30, 420 mg for men 31+, 310 mg for women 19-30, 320 mg for women 31+

Nuts and seeds:

- Pumpkin seeds, dry roasted, 1 oz, 156 mg
- Chia seeds, 1 oz, 111 mg
- Brazil nuts, 1 oz, 107 mg
- Almonds, dry roasted, 1 oz, 80 mg
- Cashews, dry roasted, 1 oz, 74 mg
- Peanut butter, 2 tablespoons, 49 mg



Magnesium – continued

Other food sources of magnesium:

- Brown rice, cooked, 1 cup, 78.8 mg
- Spinach, boiled, 1/2 cup, 78 mg
- Black beans, cooked, 1/2 cup, 60 mg
- Edamame, shelled, cooked, 1/2 cup, 50 mg



Iron

RDA: 8 mg for men, 18 mg for women 19–50 years, 8 mg for women 51+

Plant-based food sources:

- Fortified, whole grain, ready-to-eat cereal, 1 1/2 cup, 12.6 mg
- White beans, canned, 1 cup, 8 mg
- Lentils, boiled, 1/2 cup, 3 mg
- Spinach, boiled, 1/2 cup, 3 mg
- Tofu, firm, 1/2 cup, 3 mg
- Kidney beans, canned, 1/2 cup, 3 mg
- Quinoa, cooked, 1 cup, 2.8 mg
- Pumpkin seeds, 1 oz, 2.5 mg



Animal-based food sources:

- Ground beef (90% lean meat/ 10% fat), cooked, 3 oz, 2.6 mg
- Beef, chuck roast, 4 oz, 2.09 mg



Minerals:

Zinc

RDA: 11 mg for men, 8 mg for women

Seafood:

- Oysters, 3 oz, 74 mg
- Shrimp, cooked, 3 oz, 1.4 mg

Meat:

- Ground beef (90% lean meat/ 10% fat), cooked, 3 oz, 5.8 mg
- Cooked pork, 3 oz, 2.9 mg
- Turkey breast, roasted, 3 oz, 1.5 mg

Nuts and seeds:

- Pumpkin seeds, roasted, 1 oz, 2.2 mg
- Cashews, dry roasted, 1 oz, 1.6 mg

Dairy:

- Cheddar cheese, 1.5 oz, 1.5 mg
- 2% cow's milk, 1 cup, 1.2 mg

Legumes:

- Lentils, boiled, ½ cup, 1.3 mg



Potassium

Adequate intake: 3,400 mg for men, 2,600 mg for women

Vegetables:

- Potato, baked, flesh and skin, 1 medium, 926 mg
- Sweet potato, baked, 1 medium, 710 mg
- Acorn squash, 1 cup, 644 mg

Fruits:

- Apricots, dried, ½ cup, 755 mg
- Raisins, ½ cup, 635 mg
- Banana, 1 medium, 422 mg
- Orange juice, 1 cup, 607 mg

Beans and other legumes:

- Lentils, cooked, 1 cup, 731 mg
- Kidney beans, canned, 1 cup, 607 mg
- White beans, canned, ½ cup, 1190 mg



A multivitamin plus calcium and vitamin D can also help meet micronutrient needs*.

- Nature's Bounty® Women Multivitamin Gummies
- Nature's Bounty® Adult Multivitamin Gummies
- Nature's Bounty® D3 Gummies
- Nature's Bounty® Calcium + D3 Gummies
- Garden of Life® Vitamin Code Raw One for Women

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

