

# Weigh2Go

Omnivore Meal Plan: Week 1 – 2 (based on 1,500 calories)



Register for the Weigh2Go Challenge to access all of the Weigh2Food resources and meal plans!

Week 1 – 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Aim ≤ 300 calories) • 1 grain • 1 oz protein • 1 dairy • 1 fruit or vegetable	• 1 slice whole wheat toast with 1 oz nut butter • ½ cup fresh fruit • 1 cup yogurt				
<b>Lunch</b> (Aim ≤ 500 calories) • 2 grains • 2 oz protein • 1 dairy • 1 fruit • 1 vegetable	• 2 slices whole wheat bread • 2 oz sliced chicken breast • 1 cup salad • ½ cup fresh fruit • 1 cup low-fat milk				
<b>Dinner</b> (Aim ≤ 500 calories) • 2 grains • 2-3 oz protein • 1 vegetable	• Avocado and Black Bean Bowl • Add 1-2 corn tortilla(s)				
<b>Snack*</b> (Aim for two 200 calorie snacks daily)	• 1.5 oz cheese with 1 oz whole wheat crackers • ½ cup fresh vegetables				

\*Any combination of whole grain, fruit, vegetable and protein—depending on foods consumed throughout the day.