



2,200 calorie meal plan

Easy meal planning

Trying to lose weight or trying to eat healthier, but don't know what to eat? This meal plan provides many healthy options for breakfast, lunch, dinner and snacks. Select one item from each food list starting on page 2 to make a balanced meal or snack. Pay close attention to the portion sizes to help you stick to your calorie limit. Enjoy!

Healthy day example:

Breakfast

- 2 eggs, scrambled cooked with 1 teaspoon vegetable oil
- 1½ cups oatmeal, cooked with 2 teaspoons natural peanut butter
- 1 small banana, sliced



Snack #1

- ¼ cup unsalted almonds
- 1 medium apple



Lunch

- **Salad:** bed of spinach, ¼ cup tomatoes, ¼ cup chopped cucumbers, ¼ cup shredded carrots, ¼ cup mushrooms, ½ cup cooked quinoa, 4 ounces grilled chicken, 2 tablespoons regular salad dressing
- 1 whole-wheat pita (6" across)
- 1 cup strawberries



Snack #2

- 1 string cheese
- 5-6 whole-grain crackers



Dinner

- 5 ounces baked chicken breast cooked with 2 teaspoons olive oil
- 1 cup mashed sweet potatoes with 1 tablespoon light butter spread
- 2 cups steamed broccoli
- 1 cup blueberries



Snack #3

- ½ cup hummus
- 1 cup raw veggies (cucumbers, bell peppers)



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Thomas Griffiths



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