TURN UP THE HEAT
FIVE-DAY MEAL PLAN

DAY 1
BREAKFAST:
Apple cinnamon oatmeal
Glass of skim milk
Caffeinated coffee

MID-MORNING SNACK:
1 piece of fruit

LUNCH:
Sautéed bell peppers with sautéed chicken breast over a bed of brown rice
Hot green or black tea

MID-AFTERNOON SNACK:
Carrots and celery sticks with roasted red pepper and jalapeno hummus

DINNER:
Traditional meatloaf
Glass of skim milk

DAY 2
BREAKFAST:
Scrambled eggs with chopped onions and bell peppers
Whole-grain toast with light butter
Caffeinated coffee

MID-MORNING SNACK:
1 piece of fruit

LUNCH:
Turkey wrap – whole-wheat wrap with roasted red pepper and jalapeno hummus spread on top and filled with roasted turkey, chopped celery and radishes
Glass of milk

DINNER:
Grilled shrimp coated with Cajun seasoning (make your own from salt, oregano, paprika, red pepper and black pepper or pick up already made seasoning)

DESSERT:
1 serving of prepared pudding with crumbled ginger snaps on top

DAY 3
BREAKFAST:
Nonfat or 1% fat cottage cheese
Diced pineapple sprinkled with ginger mixed in
Bowl of oatmeal
Caffeinated coffee

MID-MORNING SNACK:
1 piece of fruit

LUNCH:
Large mixed green salad with roasted red pepper vinaigrette
Baked salmon
Whole grain couscous
Glass of skim milk

DINNER:
Crock-Pot salsa chicken
Glass of skim milk

DAY 4
BREAKFAST:
Whole-grain toast with jalapeno pepper jelly
Cup or bowl of plain Greek yogurt
Caffeinated coffee

MID-MORNING SNACK:
Sliced apples sprinkled with cinnamon and ginger and microwaved for 1.5 to 2 minutes or until soft

LUNCH:
Salmon and asparagus frittata

DINNER:
Steamed vegetables including bell peppers
Coffee-rubbed steak
Baked potato with light butter, seasoned with black pepper

DESSERT:
Coffee chocolate cupcakes

DAY 5
BREAKFAST:
Leftover salmon & asparagus frittata
Caffeinated coffee or tea

MID-MORNING SNACK:
1 piece of fruit

LUNCH:
Chicken and bean burrito
Spread hot salsa on a whole grain tortilla and stuff it with:
Shredded rotisserie chicken
Shredded dark green lettuce (any variety)
Black beans
Brown rice
Finely diced jalapeno
Sprinkle black pepper on top and wrap!

DINNER:
White Chicken Chili

CALORIES: 1834
FAT: 44 g (22%)
CARBOHYDRATES: 170 g (37%)
PROTEIN: 190 g (41%)