

Example Daily Meal Plan *and* Go To Meals

Daily calorie goal: 1,600 calories

Meals	Number of Calories	Plan A	Go To Meals
Meal #1 Breakfast	250	cereal, nuts or seeds, blueberries, and almond milk	peanut butter and sugar-free jam on sandwich thins or wheat bread
Meal #2 AM Snack	200	protein bar and hot tea	snack-size veggies, five crackers and mozzarella cheese stick
Meal #3 Lunch	350	spinach salad with with sliced almonds, cranberries and raspberry vinaigrette	frozen dinner
Meal #4 PM Snack	150	apple and a handful of almonds	low-calorie fudge bar or light yogurt, and baby carrots
Meal #5 Dinner	550	salmon, asparagus, brown rice, and a pineapple slice	frozen burrito or veggie chow mein or spinach raviolis
Meal #6 Snack	100	Weight Watchers 100 calorie fudge bar	2 small dark chocolate squares