

Weigh2Go

Omnivore Meal Plan (based on 1,500 calories)



Register for the Weigh2Go Challenge to access all the Weigh2Fuel resources and meal plans!

Week 1 – 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Aim < 300 calories) • 1 grain • 1 oz protein • 1 dairy • 1 fruit or vegetable	<ul style="list-style-type: none"> • 1 slice whole wheat toast with 1 oz nut butter • 1/2 cup fresh fruit • 1 cup yogurt 				
Lunch (Aim < 500 calories) • 2 grains • 2 oz protein • 1 dairy • 1 fruit • 1 vegetable	<ul style="list-style-type: none"> • 2 slices whole wheat bread • 2 oz sliced chicken breast • 1 cup salad • 1/2 cup fresh fruit • 1 cup low-fat milk 				
Dinner (Aim < 500 calories) • 2 grains • 2-3 oz protein • 1 vegetable	<ul style="list-style-type: none"> • Avocado and Black Bean Bowl • Add 1-2 corn tortilla(s) 				
Snack* (Aim for two 200 calorie snacks daily)	<ul style="list-style-type: none"> • 1.5 oz cheese with 1 oz whole wheat crackers • 1/2 cup fresh vegetables 				

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