

# The FCS-Friendly 7-Day Jump-Start Meal Plan

This simple 7-day menu will help you quickly plan and prepare your first week of low-fat meals. To make the transition easier, take the FCS-Friendly **Grocery List\*** with you when shopping for food items.



## DAY ONE

### Breakfast

- Veggie Frittata made with fat-free egg substitute (or egg whites) and assorted veggies such as onions, spinach, and mushrooms
- Whole wheat toast
- Fresh orange
- Fat-free milk



### Lunch

- Tuna Salad made from water packed tuna, fat-free mayonnaise or Greek yogurt, and chopped celery on a bed of greens
- White beans
- Low-fat whole grain crackers

### OR

- Low-fat turkey lunch meat sandwich with lettuce, tomato, and mustard on whole wheat bread
- Salad with garbanzo beans and fat-free dressing
- Sliced strawberries

### Snack

- Fat-free Hummus (drain a 14 oz can of garbanzo beans. Blend beans, garlic powder, juice of ½ lemon, 2 Tbsp fat-free yogurt, and/or 1 Tbsp MCT oil, and 1 Tbsp of water in blender until creamy)
- Serve with raw veggies (carrots, celery, peppers)
- Fat-free milk

### Dinner

- BBQ Skinless Chicken Breast made with sugar-free BBQ sauce (add liquid smoke to kick up the flavor)
- Herbed new potatoes (roasted)
- Steamed green beans
- Baked apple with cinnamon

## DAY TWO

### Breakfast

- Berry Smoothie (1 cup fat-free milk, ½ banana, frozen berries, 1 tsp chia seeds or milled flax)
- Fat-free string cheese
- Whole wheat toast

### Lunch

- BBQ Chopped Chicken Salad made with assorted greens, chopped fresh veggies, black beans, fat-free shredded cheese, corn, and fat-free ranch dressing
- Fresh melon

### Snack

- Air-popped popcorn with fat-free seasoning or butter flavored salt
- Fat-free milk

### Dinner

- Herb Baked Sole or Tilapia with fresh lemon
- Brown rice pilaf seasoned with fat-free broth
- Steamed broccoli
- Canned (no sugar-added) fruit cocktail with sugar-free gelatin

## DAY THREE

### Breakfast

- Shredded wheat or toasted oat dry cereal with fat-free milk
- Fresh banana

### Lunch

- Fat-Free Cottage Cheese Salad with fresh chopped vegetables and chives
- Whole wheat toast or low-fat whole grain crackers
- Fresh pear

### Snack

- Fat-Free Greek yogurt sweetened w/ a drop of alcohol-free vanilla extract
- Shredded wheat topping

### Dinner

- Turkey Taco Bar with 98% fat-free ground turkey breast sautéed with taco seasonings, chopped veggies, lettuce, fat-free shredded cheese, salsa, and black beans on a low-fat whole grain corn or whole wheat flour tortilla
- Unsweetened applesauce



\* For more information, resources, and fact sheets, please visit [KnowYourTGs.com](http://KnowYourTGs.com)

The information provided here is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before making any changes to your diet or lifestyle.

## GETTING STARTED

### DAY FOUR

#### Breakfast

- Hot oatmeal with berries
- Fat-free milk

#### Lunch

- Turkey Taco Salad using yesterday's Taco bar leftovers (bake corn tortillas to create crunchy corn chips)

#### OR

- Turkey Taco Burrito made with leftover turkey and low-fat whole grain tortilla
- Black beans
- Fresh peach or nectarine

#### Snack

- Fat-free hummus (from day one) with assorted vegetable sticks

- Fat-free milk

#### Dinner

- Marinated and Baked Greek Lemon Skinless Chicken Breast
- Baked potato
- Sliced zucchini sautéed with Greek herbs and MCT oil or fat-free broth
- Fresh blueberries or kiwi

### DAY FIVE

#### Breakfast

- Fat-Free Greek Yogurt Parfait with fresh sliced fruit
- Whole wheat toast
- Fat-free milk



#### Lunch

- Low-Fat Lentil Soup (or other bean) with leftover sliced chicken
- Low-fat whole grain crackers
- Fresh apple
- Fat-free milk



#### Snack

- Cracker Stackers with low-fat whole grain cracker topped with reconstituted low-fat peanut butter and sliced bananas
- Fat-free milk

#### Dinner

- Ginger Shrimp sautéed with Chinese vegetables (such as bok choy and broccoli) with soy sauce
- Brown rice
- Mandarin orange wedges (no sugar added)

### DAY SIX



#### Breakfast

- Cinnamon French Toast made with fat-free egg substitute and whole wheat bread with a sprinkle of cinnamon
- Sugar-free maple syrup
- Fresh berries
- Fat-free milk

#### Lunch

- Leftover shrimp added to Asian salad greens with fat-free Asian dressing or rice vinegar
- Low-fat whole grain crackers
- Fresh pear

#### Snack

- Fat-free cottage cheese
- Sliced strawberries

#### Dinner

- Turkey Spaghetti made with 98% fat-free ground turkey breast (or Italian seasoned baked chicken breast), fat-free tomato sauce, and whole wheat pasta
- White Bean Salad with fat-free dressing
- Sugar-free gelatin

### DAY SEVEN

#### Breakfast

- Green Smoothie (blend 1 cup fat-free milk, ½ banana, a few frozen pineapple chunks and a handful of fresh spinach leaves)

- Fat-free string cheese
- Whole wheat toast

#### Lunch

- Leftover Turkey Spaghetti

#### OR

- Baked Chicken

#### OR

- Ground Turkey Burger with lettuce and tomato on a whole wheat bun
- Salad with garbanzo beans and fat-free dressing
- Fat-free milk
- Sugar-free gelatin

#### Snack

- Red, yellow, and green pepper rings with fat-free ranch dip

- Fat-free milk



#### Dinner

- Homemade Pizza made from a low-fat whole wheat pizza crust, or low-fat whole wheat pita or whole wheat English muffin and fat-free pizza sauce, veggies, and fat-free shredded cheese
- Low-fat convenience soup (of choice) or mixed salad
- Fresh melon

#### A word for those who do not eat fish and/or poultry

To help meet protein needs without fish/poultry, consider these other food sources that are high in protein: egg whites, fat-free egg substitute, beans/legumes, fat-free milk, fat-free cottage cheese, fat-free Greek yogurt, fat-free cheese, and low-fat powdered peanut butter.

When selecting meat alternatives such as soy-based veggie burgers, veggie 'meat' crumbles or tofu, fat content can vary, so read labels carefully.

**NOTE:** Recommendations regarding purchase quantity is approximate and does not take into account individual calorie needs and food preferences.

*This menu is based on serving one person for breakfast and lunch, and two people for dinner.*

*Recipes and meal suggestions courtesy of Mary Felando, MS, RDN, CLS, FNLNA.*