

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

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.

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 Stacker 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, FNLA.