

<b>BALANCED</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>
<b>DAY 1</b>	1 cup Kashi Go-Lean cereal, 1/2 cup skim milk, 2 scrambled eggs	<b>Broccoli, Turkey, and Cheese Lavash Wrap</b>	Apple, raw cashews	<b>Moroccan Chicken with Wild Rice</b>
<b>DAY 2</b>	1 cup low-fat cottage cheese, 1/2 teaspoon of both cinnamon and Splenda, 1 piece whole-grain toast	<b>Artichoke, Fennel, and Tomato Salad,</b> 1 grilled chicken breast (palm-size)	2 whole-grain Wasa crackers, 1 tablespoon natural peanut butter	<b>Garlic Salmon and Grilled Fennel, Mashed Cauliflower</b>
<b>DAY 3</b>	1 cup Kashi Go-Lean cereal, 1/2 cup skim milk, 2 scrambled eggs	<b>Roast Beef Philly Wrap</b>	20 raw almonds	<b>Curried Swordfish with Eggplant</b>
<b>DAY 4</b>	1 cup Kashi Go-Lean cereal, 1/2 cup skim milk, 2 scrambled eggs	<b>Seared Tuna Salad</b>	20 unsalted pistachio nuts	<b>Lamb Dijon and Baked Eggplant in Roasted Tomato Sauce</b>
<b>DAY 5</b>	<b>Baked Frittata in Tomato Sauce</b>	<b>Barbecued Chicken and Black Bean Burritos</b>	1 piece of low-sodium sprouted-grain bread, 1 tablespoon natural peanut butter	<b>Apricot-Glazed Chicken, 1/2 baked spaghetti squash</b>
<b>DAY 6</b>	<b>Jillian's Hotcakes</b>	<b>Caribbean Seafood Salad</b>	2 whole-grain Wasa crackers, Laughing Cow low-fat cheese	<b>Peppered Swordfish with Cardamom-Carrot Sauce, baked eggplant</b>
<b>DAY 7</b>	1 cup low-fat cottage cheese, 1/2 teaspoon both cinnamon and Splenda, 1 piece sprouted-grain toast	<b>Shrimp and Asparagus Salad</b>	2 whole-grain Wasa crackers, 1 tablespoon natural peanut butter	<b>Moroccan Chicken with Wild Rice</b>

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<b>DAY 8</b>	1 piece low-sodium sprouted-grain bread, 2 tablespoons low-fat cottage cheese	<b>California Chicken Salad with Avocado and Mango</b>	1 <b>Deviled Egg</b> , 1 plum	<b>Tomatillo Shrimp Fajitas</b> , ½ cup low-sodium black beans
<b>DAY 9</b>	<b>Breakfast in a Bowl</b>	<b>Grilled Sirloin Salad</b>	1 low-fat mozzarella cheese stick, 1 apricot	<b>Garlic Salmon and Grilled Fennel</b>
<b>DAY 10</b>	1 piece low-sodium sprouted-grain bread, 1 tablespoon natural peanut butter	<b>Artichoke, Fennel, and Tomato Salad</b> , 1 grilled chicken breast (palm-size)	Dannon Carb Control yogurt	<b>Pacific Rim Chicken and Pork</b> , steamed asparagus
<b>DAY 11</b>	Hard-boiled egg whites, low-sodium All-Bran cereal, skim milk	<b>Jillian's Reuben</b>	1 piece low-sodium sprouted-grain bread, 2 tablespoons low-fat cottage cheese	<b>Fancy Fish Sticks and Curried Baby Carrots</b>
<b>DAY 12</b>	1 cup oatmeal, 2 scrambled egg whites	<b>White Bean Salad with Tuna and Haricots Verts</b>	10 raw almonds, ½ banana	<b>Apricot-Glazed Chicken</b>
<b>DAY 13</b>	2 whole-grain Wasa crackers, 1 tablespoon natural peanut butter	<b>Jillian's Reuben</b>	5 slices low-sodium turkey, ½ apple	<b>Lamb Dijon and Baked Eggplant in Roasted Tomato Sauce</b>
<b>DAY 14</b>	1 cup low-fat cottage cheese, ½ teaspoon both cinnamon and Splenda, 1 piece sprouted-grain toast	<b>California Chicken Salad with Avocado and Mango</b>	1 snack-size (4 oz.) low-fat cottage cheese, 10 strawberries	<b>Curried Swordfish with Eggplant</b>

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<b>DAY 15</b>	Hard-boiled egg whites, low-sodium All-Bran cereal, skim milk	<b>Jillian's Special Ceviche,</b> 1/2 cup wild rice	15 raw cashews	<b>Apricot-Glazed Chicken</b>
<b>DAY 16</b>	1 cup low-sodium All-Bran cereal, 1/4 cup blueberries, 1 cup skim milk	<b>Grilled Sirloin Salad,</b> small whole-grain roll	1/2 apple, 1 tablespoon natural peanut butter	<b>Roasted Striped Bass with Warm Lentil Salad</b>
<b>DAY 17</b>	1 cup low-fat cottage cheese, 1/2 teaspoon both cinnamon and Splenda, 1 piece sprouted-grain toast	<b>White Bean Salad with Tuna and Haricots Verts</b>	2 whole-grain Wasa crackers, 1 tablespoon natural peanut butter	<b>Tomatillo Shrimp Fajitas</b>
<b>DAY 18</b>	Dannon Carb Control yogurt	<b>Caribbean Seafood Salad</b>	20 raw almonds	<b>Spinach and Ricotta Chicken with Baked Eggplant in Roasted Tomato Sauce</b>
<b>DAY 19</b>	<b>Breakfast Burrito</b>	<b>Seared Tuna Salad</b>	20 unsalted pistachio nuts	<b>Chicken Soft Tacos with Sautéed Onions and Apples</b>
<b>DAY 20</b>	Hard-boiled egg whites, low-sodium All-Bran cereal, skim milk	<b>Shrimp and Asparagus Salad</b>	2 cups air-popped popcorn 5 slices of low-sodium turkey	<b>Lamb Dijon and Baked Eggplant in Roasted Tomato Sauce, 1/2 cup wild rice</b>
<b>DAY 21</b>	<b>Jillian's Hotcakes</b>	<b>California Chicken Salad with Avocado and Mango</b>	2 whole-grain Wasa crackers, Laughing Cow low-fat cheese	<b>Chicken Mole with Green Beans</b>
<b>DAY 22</b>	1 cup low-fat cottage cheese, 1/2 teaspoon both cinnamon and Splenda, 1 piece sprouted-grain toast	<b>Broccoli, Turkey, and Cheese Lavash Wrap</b>	1/2 apple, 1 tablespoon natural peanut butter	<b>Moroccan Chicken with Wild Rice</b>

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DAY 23	Hard-boiled egg whites, low-sodium All-Bran cereal, skim milk	Chicken Fattoosh Salad	1 Deviled Egg, 1 plum	Swordfish Kebabs, ½ cup wild rice
DAY 24	1 cup low-sodium All-Bran cereal, ¼ cup blueberries 1 cup skim milk	Shrimp and Asparagus Salad	1 low-fat mozzarella cheese stick, 1 apricot	Spinach and Ricotta Chicken
DAY 25	<b>Breakfast Burrito</b>	Jillian's Special Ceviche	2 small Dannon Carb Control yogurts	<b>Roasted Striped Bass with Warm Lentil Salad</b>
DAY 26	<b>Breakfast in a Bowl</b>	<b>Barbecued Chicken and Black Bean Burritos</b>	1 piece low-sodium sprouted-grain bread, 2 tablespoons low-fat cottage cheese	<b>Chicken Mole with Green Beans</b> with ⅓ cup wild rice
DAY 27	1 cup oatmeal, 2 scrambled egg whites	<b>Roast Beef Philly Wrap</b>	10 raw almonds, ½ banana	<b>Apricot-Glazed Chicken</b> with <b>Garlic Broccoli</b>
DAY 28	Dannon Carb Control yogurt	<b>Caribbean Seafood Salad</b>	5 slices low-sodium turkey, 1 apple	<b>Swordfish Kebabs,</b> ½ cup wild rice
DAY 29	1 cup low-fat cottage cheese with cinnamon and Splenda, 1 piece sprouted-grain toast	<b>Seared Tuna Salad</b>	1 snack size (4 oz.) low-fat cottage cheese, 10 strawberries	<b>Garlic Salmon and Grilled Fennel,</b> ⅓ cup wild rice
DAY 30	Hard-boiled egg whites, low-sodium All-Bran cereal, skim milk	<b>California Chicken Salad with Avocado and Mango</b>	Raw cashews	<b>Spinach and Ricotta Chicken</b>