

# Eat Smart

## 7-Day Meal Plan

Mix and match meals or follow it exactly as listed below, it's up to you. Spend time on Sunday preparing some of these meals for the week and freeze them. It makes all the difference on busy weeknights. Pair your healthy eating with 30-minutes of activity ([check out this calendar](#)).

	Breakfast	Lunch	Snacks	Dinner	Treat	Calories
<b>Day 1</b>	<u>Green Power Detox Smoothie</u> 1 Hard-boiled egg	<u>Chicken &amp; White Bean Soup</u> 1 Whole Wheat baguette 1 apple, medium	2 <u>Coconut Chocolate Energy Ball</u> 15 Carrots and 1 Tbsp. hummus	<u>Slow Cooker Chicken Curry</u> 1 cup brown rice, cooked	1 oz. dark chocolate 1/2 cup Non-Fat Greek Yogurt	1,505 Cal.
<b>Day 2</b>	<u>Vanilla French Toast Bake</u> 1 cup fresh berries	<u>Slow Cooker Chicken Curry</u> 1 medium orange	1 cup Nonfat Greek Yogurt 23 Almonds 1 Medium Apple	<u>Superfood Quinoa Bowl</u> 1 cup steamed asparagus	1 <u>Healthy Dessert Shooter</u>	1,511 Cal.
<b>Day 3</b>	<u>Overnight Oatmeal</u>	<u>Sunshine Salad w/ Orange Marmalade Vinaigrette</u> 15 Carrots & 1 Tbsp. hummus	1 Medium Banana & 1 Tbsp. Peanut Butter 1 <u>Coconut Chocolate Energy Ball</u>	<u>Southwestern Quinoa Stuffed Peppers</u> 1 Cup Roasted Parmesan Green Beans	1 <u>Coconut Chocolate Energy Ball</u> 1/2 cup vanilla Greek yogurt	1,445 Cal.
<b>Day 4</b>	<u>Pumpkin Yogurt Parfait</u>	<u>Leftover Southwestern Quinoa Stuffed Peppers</u> 1 medium apple	1 Hard boiled egg 1/2 cup granola 1 cup low-fat milk	<u>Healthy Chicken Pot-Pie</u> 1 cup steamed broccoli	1 <u>Healthy Dessert Shooter</u>	1,594 Cal.
<b>Day 5</b>	<u>3-Ingredient Banana Pancakes</u> 1 Tbsp. Peanut Butter	<u>Power Pumpkin and Berry Smoothie</u> 1 Low-Fat Cheese Stick	1 Cup Low-Fat Cottage Cheese 1 Hard Boiled Egg	<u>Penne alla Primavera</u>	1 oz. dark chocolate	1,601 Cal.
<b>Day 6</b>	<u>Southwest Breakfast Hash</u> 1 fried egg	<u>Leftover Penne alla Primavera</u>	<u>Turkey and Pepper Roll-Up</u> 1 medium apple & 1 Tbsp. Peanut Butter	<u>Healthier Mac n Cheese</u> 1 cup Cantelope	<u>Skinny Mini Cheesecake Cups w/ Fresh Fruit</u>	1,416 Cal.
<b>Day 7</b>	1 cup Nonfat Greek Yogurt 1/2 cup fresh berries 1/2 cup granola	<u>Healthier Mac n Cheese</u> 23 Almonds	<u>Green Power Detox Smoothie</u> 1 Medium Apple	<u>Grilled Tuna w/ Olive Relish</u> <u>Roasted Asparagus Salad</u>	<u>Skinny Mini Cheesecake Cups w/ Fresh Fruit</u>	1,485 Cal.

note: where no number is indicated, eat 1 serving of the recipe.