

Beginner 5-Day Healthier Meal Plan

Don't know where to start? We've got your first five days covered with lots of healthy meals!

Pro tip: Make extra servings for easy meal leftovers. They make for great work day lunches.

	monday	tuesday	wednesday	thursday	friday
breakfast	<p>½ cup Oatmeal 1 cup low-fat or fat free milk ½ cup fresh or frozen berries</p>	<p>Banana Toast 1 slice whole wheat toast 2 tbsp nut butter ½ banana, sliced</p>	<p>Veggie Omelet 2 eggs ½ cup sautéed veggies of choice</p>	<p>Smoothie ½ frozen banana ½ cup frozen berries 1 cup low-fat or fat-free milk 1 scoop protein powder 1 tbsp nut butter</p>	<p>Yogurt Parfait 6 oz low-fat yogurt ¼ cup granola handful of fresh berries</p>
lunch	<p>Turkey Wrap 1 whole wheat or veggie tortilla 2 lettuce leaves 2 slices cheese 2 slices of deli turkey 2 slices tomato 4 slices bell pepper 2 tbsp hummus</p>	<p>Apple, Kale, and Quinoa Salad ½ apple, diced Handful of kale ¼ cup sliced almonds 1 cup cooked quinoa Olive oil Balsamic vinegar</p>	<p>Summer Salad 2 cups lettuce ¼ cup walnuts Handful of strawberries, sliced ¼ cup dried cranberries Sprinkle of gorgonzola Apple cider vinaigrette</p>	<p>BALT sandwich + Fruit 2 slices whole wheat bread 2 slices turkey bacon ½ avocado, sliced 1 lettuce leaf 3 slices tomato Fruit of choice (1 medium piece or ½ cup)</p>	<p>Stir-Fried Veggies + Brown Rice ½ cup broccoli ½ red bell pepper, sliced 1/3 cup shredded carrot ¼ cup edamame ½ cup brown rice</p>
dinner	<p>Loaded Baked Sweet Potato 1 baked sweet potato 1 sliced green onion ¼ cup black beans ¼ cup low fat cheese 2 tbsp plain Greek yogurt</p>	<p>Grilled/ Baked Chicken + Asparagus 3 oz grilled or baked chicken 6-8 asparagus spears sprinkled with lemon juice and pepper</p>	<p>Shredded Beef Fajitas 3 oz shredded beef 2 corn tortillas 1 small onion 1 bell pepper ¼ cup salsa</p>	<p>Pasta Fresca 1 cup whole wheat pasta ¼ wedged tomato 1 tbsp diced red onion ½ cup spinach Olive oil Balsamic vinegar White Wine</p>	<p>Healthier Fish + Chips 3 oz grilled salmon or tilapia 1 sweet potato, cut into wedges and baked</p>
snack	<p><i>Handful of nuts</i></p>	<p><i>½ avocado, sliced</i></p>	<p><i>Apple slices with nut butter</i></p>	<p><i>Carrots and hummus</i></p>	<p><i>Celery and nut butter</i></p>