

Social Diet Meal Plan: January 1-5

Find a meal plan for every day of the month to meet a 1400-calorie day. Each day outlines a plan for a 300-cal breakfast, 400-cal lunch, 500-cal dinner, and two 100-cal snacks. Mix and match your way to a delicious 1400-calorie day, and adjust easily to [fit your daily calorie goals](#).

	Monday	Tuesday	Wednesday, Jan 1	Thursday, Jan 2
Breakfast			Poached egg, 1 Turkey bacon, 3 slices Calcium-fortified orange juice, 1 cup TOTAL CALORIES: 286	Nonfat vanilla Greek yogurt (120-140 calories), 1 High-protein granola cereal (such as Nature Valley), 1/3 cup Clementine, 1 TOTAL CALORIES: 305
Lunch			Black bean soup, 1 cup refrigerated or canned (160-180 calories) topped with 1 tablespoon each reduced-fat sour cream and chopped green onions Clementine, 2 Hummus, ¼ cup Baby carrots, 10 TOTAL CALORIES: 405	Rotisserie chicken breast, 4 ounces with skin removed Baked sweet potato, 1 medium (5 ounces) topped with 1 teaspoon butter and sprinkle of cinnamon Steamed broccoli, ½ cup TOTAL CALORIES: 387
Dinner			Pan-Grilled Ginger-Honey Pork Tenderloin Steamed brown rice, ¾ cup Spinach with Pine Nuts and Golden Raisins TOTAL CALORIES: 508	Shiitake and Sweet Pea Risotto Salad greens, 1½ cups topped with 6 cherry tomatoes, halved Light balsamic vinaigrette dressing), 2 tablespoons Fat-free milk or milk alternative, 1 cup TOTAL CALORIES: 489
Snack 1			White chocolate-covered pretzels, 1 (100-calorie) pack TOTAL CALORIES: 100	Mini light cheese wedge, 1 Whole-grain crackers, 5 TOTAL CALORIES: 102
Snack 2			Nonfat raspberry Greek yogurt (100-120 calories), 1 TOTAL CALORIES: 100-120	Turtle Bite (Top 1 brownie bite with 1 teaspoon caramel sauce and 1 toasted pecan half) TOTAL CALORIES: 88

	Friday, Jan 3	Saturday, Jan 4	Sunday, Jan 5
Breakfast	Oatmeal, 1 cup cooked Raisins, 1 tablespoon Brown sugar, 2 teaspoons TOTAL CALORIES: 291	Poached egg, 1 Whole-grain bread (70-90 calories), 1 slice toasted All-fruit spread, 1 1/2 tablespoons Calcium-fortified orange juice, 3/4 cup TOTAL CALORIES: 307	Vanilla Honey-Nut Smoothie Clementine, 1 TOTAL CALORIES: 305
Lunch	Leftover Shiitake and Sweet Pea Risotto Grapes, 3/4 cup TOTAL CALORIES: 407	Cheesy Chicken Bagel Pizza Nonfat black cherry Greek yogurt (120-140 calories), 1 TOTAL CALORIES: 398	Chili with meat and beans, 1 cup fast food, refrigerated, or canned (250-270 calories) Salad greens, 2 cups Light Italian dressing, 2 tablespoons Whole-grain crackers, 5 TOTAL CALORIES: 395
Dinner	Crispy Flounder and Roasted Tomatoes Fennel-Potato Hash Steamed green beans, 1/2 cup TOTAL CALORIES: 490	Beef Tagine with Butternut Squash Scallion Couscous Zucchini (sautéed with 1 teaspoon olive oil and garlic), 1 cup TOTAL CALORIES: 515	Seared Scallops with Cauliflower Purée Tarragon Carrots and Peas Whole-grain French bread, 1 ounce Butter, 2 teaspoons Fat-free milk or milk alternative, 1 cup TOTAL CALORIES: 508
Snack 1	Whole-grain crackers, 4 Light cheese round, 1 Dry white or red wine, 5 fl ounces TOTAL CALORIES: 213	Apple, 1/2 medium Peanut butter, 2 teaspoons TOTAL CALORIES: 102	Pistachios, 28 TOTAL CALORIES: 96
Snack 2		White chocolate-covered pretzels, 1 (100-calorie) pack TOTAL CALORIES: 100	Graham cracker, 1 [2.5-inch] square Chocolate hazelnut spread, 1 tablespoon TOTAL CALORIES: 114