

## Social Diet Meal Plan: January 6-12

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, Jan 6	Tuesday, Jan 7	Wednesday, Jan 8	Thursday, Jan 9
<b>Breakfast</b>	Bran flakes, 1¼ cups Fat-free milk or milk alternative, 1 cup Banana, 1 medium TOTAL CALORIES: 290	Oatmeal, 1 cup cooked with 2 teaspoons each of honey and chopped toasted walnuts Fat-free milk or milk alternative, ½ cup TOTAL CALORIES: 311	Scrambled eggs, 1 egg and 1 egg white Whole-grain bread (70-90 calories), 1 slice toasted All-fruit spread, 1 tablespoon Calcium-fortified orange juice, ¾ cup TOTAL CALORIES: 306	<a href="#">Blackberry–Mango Breakfast Shake</a> Fruit and nut granola bar (130-150 calories), 1 TOTAL CALORIES: 295
<b>Lunch</b>	Greek Tuna Wrap (Toss 2 cups salad greens with 2 tablespoons light balsamic vinaigrette dressing; spoon onto 1 [8-inch] low-fat whole-wheat tortilla. Top with 2 ounces canned, drained light chunk tuna, ¼ cup chopped tomato, and 2 tablespoons feta; roll up) Grapes, ½ cup TOTAL CALORIES: 395	Hamburger, 1 small fast-food (230 calories or less) Lettuce leaf and tomato slice, 1 each Apple, 1 medium Fat-free milk or milk alternative, 1 cup TOTAL CALORIES: 403	<a href="#">Herby Frittata with Vegetables and Goat Cheese</a> Mixed fruit salad, 1 cup Whole-grain French bread, 2 ounces TOTAL CALORIES: 396	Turkey-Swiss Sandwich (Spread 2 teaspoons each of light mayonnaise and mustard over 1 slice whole-grain bread (70-90 calories); top with 2 ounces lean deli turkey, 1 ultra-thin Swiss cheese slice, lettuce leaf, tomato slice and additional slice bread) Pear, 1 medium TOTAL CALORIES: 416
<b>Dinner</b>	<a href="#">Sausage-Spinach Rice Bowl</a> <a href="#">Garlicky Asparagus</a> Fat-free milk or milk alternative, 1 cup TOTAL CALORIES: 480	<a href="#">Herbed Chicken Parmesan</a> Whole-grain pasta, ¾ cup Steamed broccoli, 1 cup TOTAL CALORIES: 498	<a href="#">Salmon with Hoisin Glaze</a> Steamed brown rice, 2/3 cup Snow peas (sautéed with 2 teaspoons olive oil and garlic), 1 cup TOTAL CALORIES: 498	<a href="#">Chipotle Bean Burritos</a> Guacamole, 2 tablespoon Salsa, ¼ cup Baked tortilla chips, 12 TOTAL CALORIES: 499
<b>Snack 1</b>	Baked tortilla chips, 6 Guacamole, 2 tablespoons TOTAL CALORIES: 94	Cocoa-dusted almonds, 1 [100-calorie] pack TOTAL CALORIES: 100	Dark chocolate squares, 2 (such as Ghirardelli) TOTAL CALORIES: 110	Mini light cheese wedge, 1 Almonds, 9 TOTAL CALORIES: 102
<b>Snack 2</b>	Graham cracker, 1 [2.5-inch] square Chocolate hazelnut spread, 1 tablespoon TOTAL CALORIES: 114	Hummus, 3 tablespoons Baby carrots, 10 TOTAL CALORIES: 107	Popcorn, 3 cups air-popped or 1 (100-calorie) microwave bag tossed with 2 teaspoons Parmesan cheese TOTAL CALORIES: 102	Celery sticks, 3 Peanut butter, 1 tablespoon TOTAL CALORIES: 105

	<b>Friday, Jan 10</b>	<b>Saturday, Jan 11</b>	<b>Sunday, Jan 12</b>
<b>Breakfast</b>	Oatmeal, 1 cup cooked Peaches in juice, ½ cup Calcium-fortified orange juice, ¾ cup TOTAL CALORIES: 285	<a href="#">Pumpkin Muffins</a> , 1 Fat-free milk or milk alternative, 1 cup Clementine, 1 TOTAL CALORIES: 289	Bran flakes, 1¼ cups Fat-free milk or milk alternative, 1 cup Banana, 1 medium TOTAL CALORIES: 290
<b>Lunch</b>	Leftover <a href="#">Chipotle Bean Burrito</a> Grapes, ½ cup TOTAL CALORIES: 416	Vegetable soup (150-170 calories), 1 cup fast food, refrigerated, or canned Garlic and herb pita chips, 9 Mini light cheese wedge, 1 Apple slices, 1 medium TOTAL CALORIES: 407	Chicken and Cheese Spud (Cut a medium baked potato [5-ounces, cooked] in half; top with 2 ounces shredded skinless rotisserie chicken breast, 1/3 cup reduced-fat sharp cheddar cheese, and 1 tablespoon chopped green onions. Dollop with 2 tablespoons reduced- fat sour cream) TOTAL CALORIES: 389
<b>Dinner</b>	<a href="#">Balsamic-Glazed Pork Chops and Polenta</a> Roasted green beans, ½ cup (cooked with 1 teaspoon olive oil and garlic) TOTAL CALORIES: 488	<a href="#">Turkey Piccata</a> Mashed potatoes, ½ cup refrigerated Mixed salad greens, 2 cups Light balsamic vinaigrette dressing, 2 tablespoons TOTAL CALORIES: 492	<a href="#">Fast Shepherd's Pie</a> Mixed salad greens, 2 cups Light raspberry vinaigrette dressing, 2 tablespoons TOTAL CALORIES: 487
<b>Snack 1</b>	Dark Chocolate Nut and Sea Salt Bar, 1 (such as KIND) TOTAL CALORIES: 200	Quick Deli Wrap (Roll up 1 deli turkey slice and 1 ultra-thin Swiss cheese slice; dip in 1 teaspoon honey mustard.) TOTAL CALORIES: 86	Grapes, ½ cup Mini light cheese wedge, 1 TOTAL CALORIES: 90
<b>Snack 2</b>		Graham cracker, 1 [2.5-inch] square Chocolate hazelnut spread, 1 tablespoon TOTAL CALORIES: 114	Hot chocolate, 1 envelope no- sugar-added topped with 2 large marshmallows TOTAL CALORIES: 96