

Social Diet Meal Plan: January 13-19

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 13	Tuesday, Jan 14	Wednesday, Jan 15	Thursday, Jan 16
Breakfast	Tuscan Lemon Muffins , 1 Scrambled eggs, 1 egg and 1 egg white TOTAL CALORIES: 286	Whole-grain English muffin, 1 half toasted Peanut butter, 1 tablespoon Nonfat raspberry Greek yogurt (120-140 calories), 1 TOTAL CALORIES: 290	Raisin bran flakes, 1 cup Fat-free milk or milk alternative, 1 cup Nectarine, 1 TOTAL CALORIES: 301	Bacon-Cheese Grits (Stir 2 tablespoons reduced-fat sharp cheddar cheese and 2 slices crumbled turkey bacon into 1 cup hot cooked grits) Nectarine, 1 TOTAL CALORIES: 308
Lunch	Rotisserie chicken breast, 3 ounces with skin removed Sweet potato fries, about 11 (such as Alexia) Spinach leaves, 2 cups Light balsamic vinaigrette dressing, 2 tablespoons TOTAL CALORIES: 387	Arugula, Italian Tuna, and White Bean Salad Garlic and herb pita chips, 6 TOTAL CALORIES: 394	Leftover Spinach Calzone Nonfat black cherry Greek yogurt (120-140 calories), 1 TOTAL CALORIES: 419	Grilled chicken sandwich, 1 fast-food with lettuce and tomato (350 calories or less) Fruit salad, 1 cup TOTAL CALORIES: 410
Dinner	Pasta Pork Bolognese Steamed sugar snap peas, 1 cup TOTAL CALORIES: 492	Spinach Calzone Fat-free milk or milk alternative, 1 cup Apple, ½ medium Caramel dip, 1 tablespoon TOTAL CALORIES: 490	Chicken Biryani Roasted broccoli, 1/2 cup (cooked with 1 teaspoon olive oil, garlic, and dash salt and pepper) TOTAL CALORIES: 516	Quick Shrimp Chowder Whole-grain French bread or roll, 1 ounce Salad greens, 2 cups Light olive oil vinaigrette dressing, 2 tablespoons Fat-free milk or milk alternative, 1 cup TOTAL CALORIES: 493
Snack 1	Strawberry-Orange Smoothie (Process 1 nonfat strawberry Greek yogurt (100-120 calories) carton, 1 cup frozen strawberries, and 1/2 cup orange juice in blender; process until smooth) TOTAL CALORIES: 207	Cocoa-dusted almonds, 1 [100-calorie] pack TOTAL CALORIES: 100	Hot chocolate, 1 envelope no-sugar-added topped with 2 large marshmallows TOTAL CALORIES: 96	Quick Nachos (Top 12 baked tortilla chips with 1/3 cup reduced-fat sharp cheddar cheese; broil just until melted. Dollop with 1 tablespoon each salsa and reduced-fat sour cream) TOTAL CALORIES: 198
Snack 2		Baby carrots, 10 Light ranch dressing, 2 tablespoons TOTAL CALORIES: 82	Part-skim mozzarella stick, 1 Clementine, 1 TOTAL CALORIES: 115	

	Friday, Jan 17	Saturday, Jan 18	Sunday, Jan 19
Breakfast	Raisin bran cereal, 1 cup Fat-free milk or milk alternative, 1 cup Grapefruit, 1 half TOTAL CALORIES: 316	Southwestern Eggs (Scramble 1 egg and 2 egg whites; top with 2 tablespoons each reduced-fat Cheddar cheese and salsa) Calcium-fortified orange juice, 1 cup TOTAL CALORIES: 283	Fruit and nut granola bar (130-150), 1 Nonfat pomegranate Greek yogurt (120-140 calories), 1 TOTAL CALORIES: 270
Lunch	Greek Salad Pizza (Toss 1 cup salad greens, 2 tablespoons each diced tomato, crumbled feta, and light Greek dressing. Spread 3 tablespoons hummus over one side of a pita round. Top hummus with lettuce mixture.) Banana, 1 small TOTAL CALORIES: 403	Leftover Cheesy Meat Loaf Minis Salad greens, 2 cups Light olive oil vinaigrette dressing, 2 tablespoons Pear, 1 TOTAL CALORIES: 397	Minestrone soup (160-180 calories), 1 cup fast food, refrigerated, or canned Apple, 1 medium Cheese Toast (Top half of whole-grain English muffin with ¼ cup reduced-fat sharp cheddar cheese; toast until melted) TOTAL CALORIES: 387
Dinner	Cheesy Meat Loaf Minis Salad with Balsamic Vinaigrette Mashed potatoes, 2/3 cup refrigerated TOTAL CALORIES: 490	Kale and Caramelized Onion Grilled Cheese Poblano-Tomato Soup Grapes, ½ cup TOTAL CALORIES: 485	Pork Chops with Grits and Red-Eye Gravy Wilted Spinach TOTAL CALORIES: 512
Snack 1	Popcorn, 3 cups air-popped or 1 (100-calorie) microwave bag tossed with 1 teaspoon cinnamon sugar TOTAL CALORIES: 108	Nonfat strawberry Greek yogurt (100-120 calories), 1 TOTAL CALORIES: 110	Hot chocolate, 1 envelope no-sugar-added topped with 2 large marshmallows TOTAL CALORIES: 96
Snack 2	Mini light cheese wedge, 1 Almonds, 9 TOTAL CALORIES: 102	Pizza Melt (Top half of whole-grain English muffin with 1 tablespoon pizza sauce and 2 tablespoons reduced-fat mozzarella cheese; broil until melted) TOTAL CALORIES: 109	Hummus, 3 tablespoons Baby carrots, 10 TOTAL CALORIES: 107