

Social Diet Meal Plan: January 20-26

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 20	Tuesday, Jan 21	Wednesday, Jan 22	Thursday, Jan 23
Breakfast	Open-Faced PB, Banana, and Honey Sandwich (Spread 1½ tablespoons peanut butter on 1 slice toasted whole-grain bread (70-90 calories); top with 1/2 sliced banana and 2 tsp honey) TOTAL CALORIES: 310	Hard-boiled egg, 1 Whole-grain bread (70-90 calories), 1 slice toasted All fruit spread, 1 tablespoon Calcium-fortified orange juice, ¾ cup TOTAL CALORIES: 286	Whole-grain blueberry waffles, 2 frozen Maple syrup, 2 tablespoons Fat-free milk or milk alternative, 1/2 cup TOTAL CALORIES: 290	Nonfat blueberry Greek yogurt (120-140 calories), 1 High-protein granola cereal (such as Nature Valley), 1/3 cup Peaches in juice, ½ cup TOTAL CALORIES: 325
Lunch	BLT with Avocado (Spread 2 teaspoons light mayo on toasted slice whole-grain bread (70-90 calories); top with 3 slices turkey bacon, lettuce and 2 slices each tomato and avocado. Top with toasted bread slice) Reduced-fat potato chips, about 12 (100 calories or less) TOTAL CALORIES: 393	Leftover Barbecued Sirloin and Blue Cheese Salad Whole-grain crackers, 5 Nonfat chocolate pudding cup, 1 TOTAL CALORIES: 426	Tomato-basil soup (180-200 calories), 1 cup fast food, refrigerated or canned Whole-grain French bread, 2 ounces Mozzarella string cheese, 1 TOTAL CALORIES: 415	Cheesy Chicken Bagel Pizza Nonfat black cherry Greek yogurt (120-140 calories), 1 TOTAL CALORIES: 398
Dinner	Barbecued Sirloin and Blue Cheese Salad Whole-grain French bread, 2 ounces Fat-free milk or milk alternative, 1 cup TOTAL CALORIES: 504	Fall Vegetable Curry Cashew Basmati Rice (Stir 1 ½ tablespoons cashew pieces into ½ cup cooked rice) Pear, 1 medium TOTAL CALORIES: 489	Open-Faced Blackened Catfish Sandwiches Sweet potato fries, about 11 (such as Alexia) TOTAL CALORIES: 502	Chipotle Pork Tacos Tomato-Avocado Salad (Combine 1/3 cup each cherry tomatoes and cubed avocado; tossed with 1 tablespoon feta, and 1 teaspoon each olive oil and red wine vinegar) Orange, 1 medium TOTAL CALORIES: 510
Snack 1	Pistachios, 28 TOTAL CALORIES: 96	Whole-grain crackers, 4 Mini light cheese wedge, 1 TOTAL CALORIES: 107	Caprese Skewers (Alternate 3 fresh mozzarella balls and 2 cherry tomatoes on skewer; drizzle with 2 teaspoons each light balsamic vinaigrette and chopped basil) TOTAL CALORIES: 103	Apple, 1 small Mini light cheese round, 1 TOTAL CALORIES: 90
Snack 2	Turtle Bite (Top 1 brownie bite with 1 teaspoon caramel sauce and 1 toasted pecan half) TOTAL CALORIES: 88	Reverse S'mores (Dip 2 large marshmallows into 1 tablespoon melted semi-sweet chips; roll in 2 teaspoons graham cracker crumbs) TOTAL CALORIES: 112	Mango whole fruit frozen bar, 1 TOTAL CALORIES: 100	Turtle Bite (Top 1 brownie bite with 1 teaspoon caramel sauce and 1 toasted pecan half) TOTAL CALORIES: 88

	Friday, Jan 24	Saturday, Jan 25	Sunday, Jan 26
Breakfast	Whole-grain blueberry waffles, 2 frozen Maple syrup, 2 tablespoons Fat-free milk or milk alternative, 1/2 cup TOTAL CALORIES: 290	Brunch Parfaits TOTAL CALORIES: 279	Whole-grain English muffin, 1 All fruit spread, 1 tablespoon Nonfat blueberry Greek yogurt (120-140 calories), 1 TOTAL CALORIES: 301
Lunch	Leftover Chipotle Pork Tacos Apple, 1/2 medium Baby carrots, 6 Light Ranch dressing, 2 tablespoons TOTAL CALORIES: 412	Open-Faced Beef and Pepper Melt (Spread 2 teaspoons each light mayonnaise and Dijon mustard on toasted slice whole-grain bread (70-90 calories); top with 2 ounces lean deli roast beef, 1/4 cup drained roasted red peppers, and ultra-thin slice provolone cheese. Broil until cheese is melted) Sweet potato fries, about 11 (such as Alexia) Clementine, 1 TOTAL CALORIES: 392	Ground Lamb and Hummus Pita "Pizzas" Pear, 1 TOTAL CALORIES: 396
Dinner	Cider-Glazed Chicken with Browned Butter-Pecan Rice Roasted Brussels sprouts, 1/2 cup (cooked with 1 teaspoon olive oil, garlic, and dash salt and pepper) TOTAL CALORIES: 501	Crab Cakes and Spicy Mustard Sauce Spring mix, 2 cups Light balsamic vinaigrette dressing, 2 tablespoons TOTAL CALORIES: 472	Parmesan and Chicken and Rice Casserole Steamed green beans, 1 cup TOTAL CALORIES: 480
Snack 1	Hot chocolate, 1 envelope no-sugar-added topped with 2 large marshmallows TOTAL CALORIES: 96	Nonfat chocolate pudding cup, 1 topped with 1 teaspoon toffee brickle TOTAL CALORIES: 117	Baked tortilla chips, 6 Guacamole, 2 tablespoons Salsa, 2 tablespoons TOTAL CALORIES: 102
Snack 2	Celery sticks, 6 topped with 1/2 ounce soft goat cheese Whole-grain crackers, 3 TOTAL CALORIES: 98	Dry-roasted almonds, 13 TOTAL CALORIES: 97	Mango whole fruit frozen bar, 1 TOTAL CALORIES: 100