

## Social Diet Meal Plan: January 27-31

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 27	Tuesday, Jan 28	Wednesday, Jan 29	Thursday, Jan 30
<b>Breakfast</b>	Cranberry-Almond Oatmeal (Stir 2 tablespoons dried cranberries and 1 tablespoon slivered almonds into 1 cup hot cooked oatmeal) Fat-free milk or milk alternative, 1/2 cup TOTAL CALORIES: 285	High-protein granola cereal (such as Nature Valley), 1/2 cup Fat-free milk or milk alternative, 1 cup TOTAL CALORIES: 300	<a href="#">Quick Breakfast Tostada</a> Calcium-fortified orange juice, 3/4 cup TOTAL CALORIES: 286	Whole-grain waffle, 1 toasted Peanut butter, 1 tablespoon Fat-free milk or milk alternative, 1 cup Clementine, 1 TOTAL CALORIES: 295
<b>Lunch</b>	<a href="#">Herbed Shrimp and White Bean Salad</a> Whole-grain crackers, 5 TOTAL CALORIES: 403	Leftover <a href="#">Chicken and Wild Rice Soup</a> Mixed fruit salad, 1 cup Whole-grain crackers, 5 TOTAL CALORIES: 407	Pesto Chicken Sandwich (Combine 2 teaspoons each light mayonnaise and pesto; spread over 1 slice toasted whole-grain bread (70-90 calories); top with 3 ounces skinless rotisserie chicken breast, 1/2 cup baby spinach leaves, 1 tomato slice, and additional slice of bread ) Baby carrots, 6 TOTAL CALORIES: 408	Turkey Club Sandwich (Spread 2 teaspoons light mayonnaise on 1 toasted slice whole-grain bread (70-90 calories); top with 2 ounces lean deli turkey, 1 ultra-thin Swiss cheese slice, 2 lettuce leaves, 2 slices cooked turkey bacon, halved, on 1 additional toasted bread slice) Grapes, 1/2 cup TOTAL CALORIES: 419
<b>Dinner</b>	<a href="#">Chicken and Wild Rice Soup</a> Cornbread, 1 square prepared from mix (140 calories or less) Baby spinach leaves, 2 cups Light raspberry balsamic vinaigrette, 2 tablespoons TOTAL CALORIES: 484	<a href="#">Seafood Arrabbiata</a> Roasted green beans, 1/2 cup (cooked with 1 teaspoon olive oil and garlic) TOTAL CALORIES: 524	<a href="#">Noodles with Roast Pork and Almond Sauce</a> Pear, 1 medium TOTAL CALORIES: 494	<a href="#">Speedy Chicken and Cheese Enchiladas</a> Baked tortilla chips, 6 Fat-free milk or milk alternative, 1/2 cup TOTAL CALORIES: 488
<b>Snack 1</b>	Whole-grain crackers, 5 Soft goat cheese, 1/2 ounce TOTAL CALORIES: 105	Frozen grapes, 3/4 cup TOTAL CALORIES: 83	Honey Granola Parfait (Top 1 (100-120 calorie) container nonfat vanilla Greek yogurt with 3 tablespoons high-protein granola cereal and 1 teaspoon honey) TOTAL CALORIES: 210	Pretzel rod, 1 Mini light cheese wedge, 1 TOTAL CALORIES: 88
<b>Snack 2</b>	Quick Baked Apple (Toss 1 sliced apple with 1 tablespoon lemon juice, 2 teaspoons brown sugar and dash cinnamon; microwave 3 minutes or until tender) TOTAL CALORIES: 98	Dark chocolate squares with raspberry filling, 2 (such as Ghirardelli) TOTAL CALORIES: 110		Mini ice cream sandwich, 1 TOTAL CALORIES: 100

	<b>Friday, Jan 31</b>
<b>Breakfast</b>	Oatmeal, 1 cup cooked Turkey bacon, 3 slices Grapefruit, 1 half TOTAL CALORIES: 288
<b>Lunch</b>	Chicken soft tacos, 1 fast food with lettuce, tomato and cheese (230 calories or less) Pear, 1 medium Nonfat chocolate pudding cup, 1 TOTAL CALORIES: 417
<b>Dinner</b>	<a href="#">White-Wine Marinated Steak</a> <a href="#">Herbed Green Beans</a> Garlic mashed potatoes, ¾ cup refrigerated TOTAL CALORIES: 479
<b>Snack 1</b>	Dark Chocolate Cinnamon Pecan Bar or other nut-based granola bar, 1 (such as KIND)
<b>Snack 2</b>	TOTAL CALORIES: 200