

Your Fast Food Weight-Loss Plan

Here's your week's worth of convenient meals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 packet of instant oatmeal with 2 tsp brown sugar and a sprinkle of cinnamon, and 1 banana	1 small container of low-fat yogurt with ¼ cup granola (like Bear Naked Granola, at left) and a container of orange slices	From Starbucks: Spinach, Roasted Tomato, and Egg Wrap and a tall skim latte; pick up a container of fresh fruit to eat later as your morning snack	From a store like Jamba Juice: A 16-ounce mixed-berry-and-yogurt smoothie made with soy milk and nonfat yogurt	1 single-serving cup of whole-grain cereal (like Total or Kashi Heart to Heart) with 1 cup skim or light soy milk	Brunch from a diner: 2 poached or boiled eggs, 2 pieces of turkey bacon, 1 slice of multigrain toast with 1 tsp fruit preserves, and 1 cup of fruit salad	2 whole-grain waffles (like Van's All Natural Original Multigrain waffles) with 1 Tbsp maple syrup and ½ grapefruit
Snack	1 single-serving packet of dried fruit (like Peeled Snacks)	A 100-calorie packet of roasted almonds (like Blue Diamond)	1 cup of fresh fruit (the grab-and-go you got from Starbucks at breakfast)	2 Laughing Cow Light Cheese Wedges and 3 whole-grain crackers	1½ cups red or green grapes	1 fresh Bartlett pear and 1 Justin's Organic Squeeze Pack Almond Butter	Homemade trail mix, made with 2 dried apricots and 8 roasted cashews
Lunch	From a deli: A sandwich with 4 slices roasted turkey breast on multigrain bread with Dijon mustard, lettuce, tomato, and ½ avocado; buy an apple to eat later as a snack	From Wendy's: A Grilled Chicken Go Wrap, and a baked potato with chives and 1 packet of reduced-fat sour cream (eat ½ potato)	From a soup-and-salad bar: 1 cup vegetarian chili, 1 small piece of cornbread, and 2 cups salad greens with 2 tsp red wine vinaigrette	From Subway: A 6-inch Oven Roasted Chicken Breast Sandwich on honey-oat bread with lettuce, tomato and mustard; back at the office, enjoy 1 cup of the Pacific Natural Foods soup (at right) stashed in your desk	From a salad bar: 2 cups arugula, 3 ounces diced chicken, 1 small round goat cheese, 1 cup diced beets, 1 Tbsp diced onions, 1 Tbsp walnuts, and 1 Tbsp vinaigrette	See "Brunch" above.	From a local sandwich shop: ½ tuna salad sandwich on whole-grain bread with lettuce and tomato, and 1 cup vegetable soup
Snack	1 Cabot 50% Reduced Fat Cheddar Snack Bar (below) and an apple (the one you picked up from the deli at lunch)	1 medium skim cappuccino sprinkled with cocoa powder	½ cup chocolate sorbet (like Häagen Dazs, above) topped with 2 Tbsp bottled all-natural raspberry sauce	A 100-calorie bag of light popcorn	Kashi Chocolate Peanut GOLEAN Roll! Bar	1 single-serving tub of FAGE Total 2% Greek Yogurt (above) and 2 individually wrapped dark chocolate squares	A single-serving packet of hummus (like Sabra) with 10 pretzels
Dinner	Lean Cuisine Spa Classics Butternut Squash Ravioli and 2 cups Birds Eye Steamfresh frozen broccoli cuts sprinkled with 2 Tbsp grated Parmesan cheese	From a hot bar (like the one at Whole Foods Market): 3 ounces marinated grilled salmon, 6 steamed asparagus spears, and ¾ cup brown rice	From your local grocery store: A rotisserie chicken (eat 4 ounces of breast without the skin) and 1 cup each of grilled veggies and roasted potatoes from the hot-food bar	Amy's Kitchen Light in Sodium Vegetable Lasagna frozen entrée (above) and 2 cups mixed greens tossed with 1 tsp olive oil and a squeeze of lemon juice	From a sushi take-out bar: 1 salmon-avocado roll, 1 cup edamame, and 1 cup miso soup	⅔ of a Kashi Thin Crust Pizza (any toppings; Tomato Garlic Cheese, above), and 2 cups fresh spinach tossed with 1 Tbsp balsamic vinaigrette and 1 Tbsp crumbled feta cheese	1 Seeds of Change Venetian Penne Marinara frozen entrée with 4 small frozen turkey meatballs, thawed and cooked