

NUTRIBAR WHOLE GRAIN - 7-DAY MEAL PLAN

How to use our meal plan: The calories and fibre grams have been carefully calculated for you. For weight-loss, replace your breakfast and lunch with a delicious **Nutribar Whole Grain** bar and enjoy a healthy dinner. For weight maintenance, replace breakfast or lunch with a **Nutribar Whole Grain** bar daily, and enjoy a healthy high fibre dinner. It is especially important to drink 8 – 10 glasses of water daily while increasing dietary fibre to ensure proper hydration and prevent constipation.

<p>DAY 1 Breakfast</p> <ul style="list-style-type: none"> • 1 cup Fibre 1 cereal • 1/2 cup 2% milk • 1/2 cup raspberries • 1 tbsp almonds <p>OR 1 Nutribar Whole Grain bar and an apple</p> <p>Snack</p> <ul style="list-style-type: none"> • 1/2 banana • 1/8 cup raw peanuts 	<p>Lunch</p> <ul style="list-style-type: none"> • 1 cup minestrone soup • 1 cup salad • 1/2 cucumber • 1/4 cup green pepper • 1/2 cup cherry tomatoes • 2 tbsp low-fat dressing • 2 tbsp sunflower seeds <p>OR 1 Nutribar Whole Grain bar plus 1 cup salad</p>	<p>Snack</p> <ul style="list-style-type: none"> • 3 tbsp hummus • 8 baby carrots • 1 cup celery • 1 cup green pepper <p>Dinner</p> <ul style="list-style-type: none"> • 1/2 cup whole-wheat pasta • 1/2 cup marinara sauce • 1 mixed grain roll • 2 cups salad
<p>DAY 2 Breakfast</p> <ul style="list-style-type: none"> • 1 cup oatmeal • 1/2 cup applesauce • 1/2 tsp cinnamon • 1 tbsp flax seed • 1/2 grapefruit <p>OR 1 Nutribar Whole Grain bar and a nectarine</p> <p>Snack</p> <ul style="list-style-type: none"> • 2 crisp bread 	<ul style="list-style-type: none"> • 2 tbsp low-fat cream cheese • 1 tbsp strawberry jam <p>Lunch</p> <ul style="list-style-type: none"> • 1/2 whole-grain bagel • 1 tbsp low-fat cream cheese • 2 oz Chum salmon • 2 cups salad • 1 tomato • 1/2 cucumber • 1 tbsp cashew nuts 	<p>OR 1 Nutribar Whole Grain bar plus 1 cup salad</p> <p>Snack</p> <ul style="list-style-type: none"> • 2 cups low-fat popcorn • 1 oz low-fat cheese <p>Dinner</p> <ul style="list-style-type: none"> • 4 oz serving lasagna • 1 whole-wheat roll • 1 tbsp low-fat dressing • 2 cups Romaine lettuce
<p>DAY 3 Breakfast</p> <ul style="list-style-type: none"> • 1 slice French toast • 1/2 cup yogurt • 1/2 cup blackberries • 1/2 cup raspberries • 1 tbsp flax seed <p>OR 1 Nutribar Whole Grain bar and an orange</p>	<p>Snack</p> <ul style="list-style-type: none"> • 1/2 cup yogurt • 1/2 cup raspberries • 1 tbsp flax seed <p>Lunch</p> <ul style="list-style-type: none"> • 1 soy burger • 1 whole-grain bun • 2 cups salad • 2 tbsp low-fat dressing <p>OR 1 Nutribar Whole Grain bar plus 1 cup salad</p>	<p>Snack</p> <ul style="list-style-type: none"> • 1/2 cup mango • 2 tbsp trail mix <p>Dinner</p> <ul style="list-style-type: none"> • 4 oz Haddock • 1 cup green beans • 1 cup yams
<p>DAY 4 Breakfast</p> <ul style="list-style-type: none"> • 1 buckwheat pancake • 1/2 cup blueberries • 1 banana • 1 tbsp wheat germ • 1 tsp butter <p>OR 1 Nutribar Whole Grain bar and a grapefruit</p> <p>Snack</p> <ul style="list-style-type: none"> • 1/2 cup grapes 	<ul style="list-style-type: none"> • 1 oz low-fat cheese • 1/2 cup cherries <p>Lunch</p> <ul style="list-style-type: none"> • 2 cups salad • 1/2 cup mixed beans • 1/2 cup chick peas • 1/2 cup green pepper • 1 tsp low-fat Italian dressing <p>OR 1 Nutribar Whole Grain bar plus 1 cup salad</p>	<p>Snack</p> <ul style="list-style-type: none"> • 1 tbsp almond butter • 1 apple <p>Dinner</p> <ul style="list-style-type: none"> • 4 oz chicken • 8 asparagus spears • 1 cup carrots • 1 cup cauliflower • 1/2 baked potato • 1 tsp butter
<p>DAY 5 Breakfast</p> <ul style="list-style-type: none"> • 1 poached egg • 1 whole-wheat English muffin • 1 oz cheese • 1/2 pear <p>OR 1 Nutribar Whole Grain bar and a pear</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 low-fat, whole-wheat muffin • 1/2 apple 	<p>Lunch</p> <ul style="list-style-type: none"> • 1 cup chili with beans • 1 cup salad • 2 tbsp dressing <p>OR 1 Nutribar Whole Grain bar plus 1 cup salad</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 cup blueberries • 1/2 cup yogurt 	<p>Dinner</p> <ul style="list-style-type: none"> • 4 oz strip loin • 1/2 cup sweet potato • 1 cup broccoli
<p>DAY 6 Breakfast</p> <ul style="list-style-type: none"> • 2 slices whole-grain toast • 1 tbsp low-fat peanut butter • 1/2 banana • 3/4 cup strawberries <p>OR 1 Nutribar Whole Grain bar and a cantaloupe</p> <p>Snack</p> <ul style="list-style-type: none"> • 1/2 cup cantaloupe • 1/2 cup honeydew 	<ul style="list-style-type: none"> • 1/2 cup watermelon • 1 tbsp almonds <p>Lunch</p> <ul style="list-style-type: none"> • 4 slices turkey breast • 2 slices whole-grain bread • 2 cups salad • 1 tomato <p>OR 1 Nutribar Whole Grain bar plus 1 cup salad</p>	<p>Snack</p> <ul style="list-style-type: none"> • 1/8 cup soy beans • 1 peach <p>Dinner</p> <ul style="list-style-type: none"> • 4 oz pork chop • 1/2 cup whole-wheat couscous • 1 cup mushrooms • 1/2 cup peas and carrots
<p>DAY 7 Breakfast</p> <ul style="list-style-type: none"> • 1/2 cup Kashi cereal • 1/2 cup yogurt • 1 tbsp trail mix • 1 cup strawberries <p>OR 1 Nutribar Whole Grain bar and a peach</p> <p>Snack</p> <ul style="list-style-type: none"> • 6 whole-grain crackers • 1 tbsp cashew butter 	<p>Lunch</p> <ul style="list-style-type: none"> • 1 whole-wheat pita • 2 oz tuna • 1/2 cup lettuce • 2 cups salad • 1 tbsp dressing <p>OR 1 Nutribar Whole Grain bar plus 1 cup salad</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 cup fruit cocktail • 2 tbsp cashews 	<p>Dinner</p> <ul style="list-style-type: none"> • 3 oz turkey • 1/2 cup brown rice • 1/2 cup Brussels sprouts • 1/2 cup corn • 1 zucchini