

NUTRIBAR® FOR WOMEN 50+ – 7-DAY ANTI-AGING MEAL PLAN

If you want to live a long, healthy life, you need to consume a balanced diet with a variety of healthy foods, so you not only help prevent excessive weight gain (which can lead to health problems), but also will help you look and feel good as you age. This meal plan provides a balanced diet with some of the best anti-aging foods that are rich in antioxidants such as colourful fruits and vegetables and healthy fats. It has been designed so you can mix and match your meals as desired. The calories and nutrients have been carefully calculated for you. For weight-loss, replace your breakfast and lunch with a delicious Nutribar for Women 50+ bar and enjoy a healthy dinner. For weight maintenance, replace one breakfast or lunch meal option with a Nutribar for Women 50+ bar daily, and enjoy a healthy dinner.

<p>DAY 1: Breakfast 1 whole hard boiled egg 1 slice (0.8 oz) wheat bread, toasted 1/2 pat of unsalted butter (0.1oz) 1-1/4 cup fresh papaya 1/2 cup 2 % milk OR 1 Nutribar for Women 50+ Snack: Apple & Walnuts 1/3 cup walnuts 1 medium apple</p>	<p>Lunch 1/2 whole wheat pita 2 Tbsp hummus 1/2 cup plain yogurt 1/4 cup fresh blueberries OR 1 Nutribar for Women 50+ Snack: Popcorn & Fruit 2 cups low-fat popcorn 1 cup fresh fruit salad</p>	<p>Dinner: Sesame Ginger Stir-Fry with Beef 2 oz New York steak strips 1 cup fresh organic broccoli 2 Tbsp sesame ginger sauce 1 tsp sesame oil 1/2 cup brown rice, cooked 1 Tbsp sesame seeds</p>
<p>DAY 2: Breakfast 3/4 cup Bran Flakes 1 cup 2% milk 3/4 cup raw blackberries 3 raw almonds OR 1 Nutribar for Women 50+ Snack: High Fibre Yogurt 3 fresh apricots 1/3 cup fruit yogurt 1 Tbsp bran buds</p>	<p>1 Tbsp flax seeds Lunch 2 slices whole grain bread 1 Tbsp almond butter 1/2 pomegranate OR 1 Nutribar for Women 50+ Snack: Veggies & Hummus 2 Tbsp Hummus 1 cup sliced peppers 1/2 cup carrot sticks</p>	<p>Dinner: Chicken Cacciatore with Burgundy Wine Sauce 2 oz chicken breast strips 1/2 cup Marinara sauce with burgundy wine 1 Bocconcini ball 1 cup organic whole wheat pasta, cooked</p>
<p>DAY 3: Breakfast 1 cup plain whole yogurt 1/4 cup low fat granola, without raisins 1/2 cup raw blueberries 1/4 cup raw raspberries OR 1 Nutribar for Women 50+ Snack: Tropical Cottage Cheese 3 slices pineapple 1/4 cup low-fat cottage cheese 1 Tbsp almonds</p>	<p>Lunch: Cheese Quesadilla 1 multigrain, tomato basil wrap 1/4 cup shredded cheddar cheese 1 Tbsp low fat sour cream 2 Tbsp salsa OR 1 Nutribar for Women 50+ Snack: Healthy Nachos 10 low-fat baked corn tortilla chips 1/2 cup salsa 1 oz low-fat mozzarella cheese</p>	<p>Dinner: Grilled Salmon Steak Salad with Citrus Vinaigrette 2 oz cedar plank grilled salmon steak 1-1/2 cups organic mixed salad greens 2 oz low-fat citrus vinaigrette 3/4 cup organic quinoa, cooked</p>
<p>DAY 4: Breakfast 3/4 cup cooked oatmeal 1 Tbsp flaxseed meal 1 cup 2% milk 1/2 cup sliced strawberries OR 1 Nutribar for Women 50+ Snack: Fruit & Cheese 1 medium apple 1 oz low-fat cheese 1 Tbsp walnuts</p>	<p>10 cherries Lunch: Fried Egg Sandwich 2 whole Omega-3 eggs (pan fried in non-stick skillet) 1 whole wheat bagel, toasted 1 medium sized apple OR 1 Nutribar for Women 50+ Snack: Rice Cakes & Almond Butter 3 whole grain rice cakes 2 tsp almond butter 1 large kiwi</p>	<p>Dinner: Healthy Vegetarian Chili with Organic Greens 1-1/2 cups low-fat vegetarian chili 1-1/2 cups organic mixed vegetable salad 2 Tbsp oil & vinegar, balsamic vinaigrette 1 small whole grain artisan bread</p>
<p>DAY 5: Breakfast: Banana Berry Smoothie 1/2 raw banana 6 oz organic, low fat vanilla yogurt 1/2 cup raw blueberries 1 Tbsp organic chunky peanut butter OR 1 Nutribar for Women 50+ Snack: Cashew Butter on Melba Toast 5 whole wheat melba toast 1 Tbsp cashew butter Lunch</p>	<p>2 slices flaxseed bread 2 pieces lettuce 1 Tbsp light mayonnaise 2 slices organic roasted turkey OR 1 Nutribar for Women 50+ Snack: Crispy Chickpeas 1/2 cup chickpeas with 1 tsp olive oil 1 tsp cumin 1 tsp cayenne pepper (to taste)</p>	<p>Bake 400 F, 30 min 1 medium peach Dinner: Sushi and Seaweed Salad 4.6 oz (4 pcs) spicy tuna roll sushi 8.5 oz avocado summer roll sushi 2 oz seaweed salad 1/2 oz raw cashews</p>
<p>DAY 6: Breakfast 1 multigrain English muffin 1 Tbsp almond butter, no salt added 1/2 cup red seedless grapes OR 1 Nutribar for Women 50+ Snack: Fruit & Cheese 1 medium pear 1 oz low-fat provolone cheese Lunch 1 whole grain English muffin</p>	<p>3 oz salmon (canned in water, bones removed) 1 Tbsp light mayonnaise 1/2 cup raspberries OR 1 Nutribar for Women 50+ Snack: Healthy Granola Bar with Fruit 1 low-fat raisin granola bar 1 large fig 1 oz low-fat Swiss cheese Dinner: Healthy Burger Night with Sweet Potato Fries 1 pattie (2.5 oz) black bean chipotle garden burger</p>	<p>1-100% whole wheat hamburger bun 2-1/2 oz sweet potato fries 1-1/2 cups organic mixed vegetable salad 2 Tbsp reduced fat Ranch dressing</p>
<p>DAY 7: Breakfast: Spinach Omelette 2 egg whites, cooked with 1 fl oz 2 % milk 1/2 tsp fresh chives 3/4 cup fresh spinach 1/2 oz shredded cheddar cheese 1 slice rye, flaxseed bread 3 prunes OR 1 Nutribar for Women 50+ Snack: Fruit & Cheese 1/4 cup low-fat cottage cheese</p>	<p>1 cup fruit salad 2 Tbsp cashews Lunch: Pita Pizza 1 slice whole wheat flat bread 2 Tbsp part skim mozzarella cheese (shredded) 1 Tbsp chopped red peppers 1 Tbsp chopped olives 2 Tbsp chopped mushrooms 2 Tbsp tomato sauce OR 1 Nutribar for Women 50+ Snack: Peanut Butter Muffin</p>	<p>1 whole wheat English muffin 1 Tbsp peanut butter Dinner: Mexican Nacho Night 1/2 cup pineapple mango chipotle salsa 2 Tbsp fresh guacamole 1 oz low-fat baked tortilla chips 1 oz part skim mozzarella cheese 1 oz lean ground turkey 1/2 cup black beans</p>