

The Blast Away The Calories Meal Plan

Delicious daily meal plans to
shed pounds and inches



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VEGETARIAN DINNER

CHOOSE FROM THE VARIETY OF THESE DELICIOUS VEGETARIAN DINNER DISHES

Vegetarian Pasta With “Meatballs”

- 1 cup cooked whole-wheat and regular pasta (mix 1/2 cup whole wheat pasta with 1/2 cup regular)
- 1/3 cup tomato sauce
- 4 soy “meatballs” Bocca (found in the freezer section of most supermarkets)
- 1 cup steamed broccoli with garlic
- 1/2 cup orange sections

Quick Vegetable Curry

- 1 large onion
- 2 tsp curry powder
- 7 oz can tomatoes
- 2 cups frozen mixed vegetables
- 1/2 cup vegetable broth/stock
- 2 tbsp fat-free plain yogurt
- Serve with 1 cup cooked rice and top with yogurt

Bean Tacos with Sour Cream and Salsa

- 1/2 cup canned kidney beans, drained
- 2 corn taco shells
- 2 tbsp light sour cream
- 1 green chili pepper
- 1 small tomato
- Lettuce
- 2 tbsp salsa
- 2 tbsp shredded low-fat cheese
- 1. Combine the sour cream with the sliced chili pepper and tomato.
- 2. Fill each taco shell with half the beans, lettuce and cheese.
- 3. Top with the sour cream mixture and salsa, serve immediately.

Vegetarian Burger in a Wheat Bun

- 1 vegetarian hamburger
- 1 whole wheat burger bun
- 1/2 cup shredded lettuce
- 1 tomato, thinly sliced
- 1 small red onion, thinly sliced
- 1 tbsp ketchup or relish
- 1 tsp low-fat mayonnaise
- 1. Cook burger according to directions on package.
- 2. Lightly toast the bun, top with cooked burger, salad, mayo and ketchup.

BREAKFAST

CHOOSE FROM THE VARIETY OF THESE DELICIOUS BREAKFAST DISHES

- 1 serving high-fiber cereal (e.g., Fiber One, All-Bran)
- 1 cup low-fat, skim or soy milk
- 2 egg whites, scrambled
- Strawberries (or other seasonal fruit)
- Coffee or tea

- 2 links of turkey breakfast sausage
- Oat bran cereal, cooked
- 1/2 grapefruit
- Coffee or tea

- 2 slices of fat-free ham
- Low-fat granola mixed with 1 cup of low-fat, sugar-free yogurt
- Orange
- Coffee or tea

- 2 egg whites
- Oatmeal, cooked (one serving)
- 1 cup low-fat, skim, or soy milk
- Seasonal fruit
- Coffee or tea

- 2 egg whites, scrambled
- 1 serving of high-fiber cereal
- 1 cup low-fat, skim or soy milk
- Seasonal fruit
- Coffee or tea

- 2 slices of fat-free ham
- Low-fat granola mixed with 1 cup of low-fat, sugar-free yogurt
- Apple
- Coffee or tea

- 2 slices of turkey bacon
- Oat bran cereal, cooked
- Seasonal fruit
- Coffee or tea

- 2 egg whites, scrambled
- Corn grits, cooked
- Honeydew melon
- Coffee or tea



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BREAKFAST

CHOOSE FROM THE VARIETY OF THESE
DELICIOUS BREAKFAST DISHES

2 links of turkey sausage
1 serving high-fiber cereal
1 cup low-fat, skim, or soy milk
1/2 grapefruit
Coffee or tea

2 slices of turkey bacon
Smoothie: Blend 1 cup low-fat,
skim or soy milk with berries
Coffee or tea

2 egg whites, scrambled
Shredded wheat, one serving
1 cup low-fat, skim or soy milk
Banana
Coffee or tea

1 egg poached
1/2 cup oatmeal, cooked
Seasonal fruit
Coffee or tea

2 links of turkey sausage
1 serving high-fiber cereal
1 cup low-fat, skim or soy milk
Seasonal fruit
Coffee or tea



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DINNER

CHOOSE FROM THE VARIETY OF THESE
DELICIOUS DINNER DISHES

Baked chicken breast
Yellow snap beans, boiled
Fresh tomato, sliced

Steamed Alaskan king crab
Mixed vegetables, steamed
(broccoli, yellow squash, zucchini)

Grilled salmon
Broccoli and cauliflower medley,
steamed
Tossed salad with 1 tbsp of olive oil

Grilled sirloin steak
Broccoli, steamed
Yellow squash, steamed or boiled

Grilled tuna steak
Yellow snap beans, steamed or boiled
Asparagus, steamed or boiled

Roast beef
Stewed tomatoes
Tossed salad with 2 tbsp of
low-fat blue cheese dressing



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DINNER

CHOOSE FROM THE VARIETY OF THESE
DELICIOUS DINNER DISHES

Roasted chicken breast
Asparagus spears, steamed
or boiled
Summer squash, steamed or
boiled

Grilled salmon
Broccoli, steamed or boiled
Carrots, cooked

Beef tenderloin
Green peas, boiled
Cauliflower, steamed or boiled

Roasted turkey breast
Brussels sprouts, steamed or boiled
Tossed salad with 2 tbsp of low-fat
French salad dressing

Baked Cornish game hen
Carrots, cooked
Kale, cooked

Baked cod or other whitefish
French-style green beans, boiled
Yellow squash, steamed or boiled

Roasted pork tenderloin
Cabbage, boiled
Okra slices, boiled

Eye round steak
Tomatoes, stewed
Cauliflower, steamed or boiled



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SNACK

CHOOSE FROM THE VARIETY OF
THESE DELICIOUS SNACKS

1 fruit serving, apple, orange,
banana, fresh berries

3 oz. turkey breast and ½ cups
greens

1 cup low-fat, sugar free plain
yogurt mixed with 1 tablespoon
sugar-free preserves

Banana smoothie: 1 frozen banana
blended with 1 cup soy or low-fat
milk & artificial sweetener (optional)

1 cup low-fat, sugar-free yogurt
(any flavor)

3 oz fresh tuna & 1-2 cups greens

½ cup low-fat cottage cheese, with
baby carrots and other cut-up raw
vegetables

1 cup raw vegetables
1 oz. reduced-fat swiss cheese

Sliced cucumbers dipped in ½ cup
low-fat cottage cheese

2 oz. chicken or turkey and small
potato

4 oz. chicken & 1 small apple



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LUNCH

CHOOSE FROM THE VARIETY OF THESE
DELICIOUS LUNCH DISHES

Water-packed tuna with one sliced tomato served on a generous bed of green leafy lettuce, chopped green peppers, radishes and other salad vegetables with 2 tbsp of low-calorie Italian salad dressing

Mediterranean salad: ½ cup garbanzo beans on generous bed of mixed greens and chopped salad vegetables, 1 tbsp of olive oil mixed with balsamic vinegar to taste

Chicken Caesar salad: Cubed grilled chicken breast, shredded romaine lettuce, with an assortment of other chopped salad vegetables, 2 tbsp of reduced-fat Caesar salad dressing

Black bean chili: ½ cup cooked black beans, 2 tbsp of salsa, 2 tbsp of chopped onions, and ½ cup stewed tomatoes

Grilled chicken breast
Shredded cabbage tossed with 2 tbsp of low-fat coleslaw dressing

Grilled hamburger patty, extra lean
Tossed salad
2 tbsp low-fat salad dressing
1 cup raw vegetables

Cooked eggplant topped with ½ cup tomato sauce, ½ cup cubed tofu, and 1 ounce of grated fat-free mozzarella cheese
Tossed salad with 1 tbsp of olive oil and balsamic vinegar

Broiled hamburger patty, extra lean
Spinach salad: shopped fresh spinach, ½ cup white beans, 2 tbsp chopped onion, 2 tbsp chopped red pepper, and 1 tbsp olive oil with balsamic vinegar to taste



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LUNCH

CHOOSE FROM THE VARIETY OF THESE
DELICIOUS LUNCH DISHES

Ground turkey, lean, broiled or grilled
Grilled portabella mushroom
Fresh tomato, sliced, topped with 1 ounce reduced-fat feta cheese

Spinach and shrimp salad: cooked shrimp, 2 tbsp chopped onion, 1 sliced tomato, raw spinach, and 2 tbsp low-fat mayonnaise

Vegetarian lunch: ½ cup kidney beans topped with 2 tbsp salsa
Artichoke, steamed, leaves dipped in 2 tbsp of low-fat Italian dressing
Raw baby carrots (or any vegetables)

Three bean salad: ¼ cup garbanzo beans, ¼ cup kidney beans, ½ cup green beans, 2 tbsp chopped onion, 2 tbsp chopped roasted red peppers, and 2 tbsp low-fat Italian dressing served on a bed of Romaine lettuce