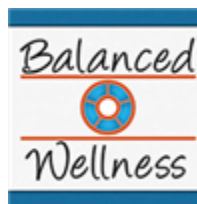


Balanced Wellness 3-day Meal Plan

Plan: 1200-1400 Heart Healthy



Day 1: Total Calories 1366

Breakfast

Peanut Butter Toast with Yogurt Side: See more toast Recipes*

	Amount	Unit	Calories
Nut Butters, Smooth Or Chunky (Almond is best)	1	tablespoon(9s)	101
Bread, Whole Wheat	1	Ounce	81
Yogurt, Nonfat, Fruit	3	Ounces	86
Banana Raw	1/2	large	61
Coffee, Brewed, Regular	8	ounces	2

*[http://weelicious.com/2017/03/07/2-ingredient-toast-6-ways/!](http://weelicious.com/2017/03/07/2-ingredient-toast-6-ways/)



Lunch

Hummus Pita

	Amount	Unit	Calories
Hummus	1/3	Cups	137
Pita Bread, Whole Wheat	1	Small	78
Bell Peppers, Sweet Red, Raw	1	Cup	24
Olives, Ripe, Black	9	Large	45
Tea, All Types (black, Green, Herbal), Unsweetened	8	Ounces	4

Dinner

Chicken Stir Fry

	Amount	Unit	Calories
Chicken Or Turkey, White Meat, No Skin, Cooked	3 1/4	Ounces	114
Rice, Brown, Cooked (Make Extra for Tomorrow)	1/2	cups	83
Broccoli (raw)	3/4	cup	23
Green Onions	1	Large	8
Oil, (corn, Canola, Safflower, Olive)	2	Teaspoons	80
Water Plain, Carbonated Or Mineral	8	ounces	1

Day 1 (continued)

Morning Snack

Food	Amount	Unit	Calories
Grapes Red Or Green, Muscadines	15	Whole	60
Drink Mixes, Sugar Free (crystal Light)	1	Tablespoons	3

Afternoon Snack

Food	Amount	Unit	Calories
Carrots, Medium, Raw	1	Sticks	25
Tea, All Types (black, Green, Herbal), Unsweetened	8	Ounces	4

Evening Snack

Food	Amount	Unit	Calories
Alcohol, White Table Wine	3 1/2	Ounces	84
Cheese, Lowsodium, Cheddar Or Colby	3/4	Ounces	85
Nuts, Almonds Or Cashews, Unsalted	13	Whole	91
Water Plain, Carbonated Or Mineral	8	Ounces	1

Day 2: Total Calories 1258

Breakfast

Bagel with Cream Cheese and Egg White

	Amount	Unit	Calories
Egg Whites	5	whole	85
Bagel, (everything, Onion, Poppy, Sesame)	1/3-1/4	wholes	80
Starbucks Caffè Latte Soy	8	Ounces	87
Cream Cheese, Whipped	1 1/4	Tablespoons	44
Sugar Substitute, (splenda, Equal), Packet	1	packages	4
Coffee, Brewed, Regular	8	Ounces	2

Lunch

Salad in a Jar – See More!

(Layer: Dressing, Oranges, Edamame, Water Chestnuts, Rice, Greens)

	Amount	Unit	Calories
Edamame, Green Soybeans In Pod	1	cup	130
Rice, Brown	1/4	cup	86
Water chestnuts	7	pieces	25
Greens of choice (including 1 scallion)	1	Cup	29
Mandarin Oranges, Canned	1/2	Cup	52
Asian Salad Dressing or Dressing of Choice	1 1/4	Tablespoons	44
Water Plain, Carbonated Or Mineral	8	Ounces	1



30 Mason Jar Recipes: A Month

Worth of "Salad in a Jar" Recipes

<http://letslassothemoon.com/2014/12/20/mason-jar-recipes/>

Day 2 (continued)**Dinner (Make Extra for Day 3 lunch)**

	Amount	Unit	Calories
Pasta with Ground Beef Marinara			
Beef, Ground (95% Lean Meat/5% Fat), Cooked	2 3/4	ounces	133
Pasta, Wholewheat, Cooked	1 1/4	Cup	165
Tomato, Marinara Sauce, Low Sodium	1/2	Cup	36
Oil, (corn, Canola, Safflower, Olive)	2 1/4	Teaspoons	90
Water Plain, Carbonated Or Mineral	8	ounces	1

Evening Snack

Food	Amount	Unit	Calories
Alcohol, Red Table Wine	3 1/2	Ounces	88
Nuts, Almonds Or Cashews, Unsalted	13	Whole	91
Water Plain, Carbonated Or Mineral	8	ounces	1

DAY 3: Total Calories: 1328**Breakfast****Oatmeal with Nuts & Berries**

	Amount	Unit	Calories
Nuts, Almonds Or Cashews, Unsalted	18	whole	126
Oats, Instant, Cooked With Water And Salt	1/2	cup	73
Milk, Nonfat (fat Free, Skim Or Alternative)	1	cup	86
Blackberries, Fresh Or Frozen, Unsweetened	1	cup	62
Sugar Substitute, (splenda, Equal), Packet	1	Package	4
Coffee, Brewed, Regular	8	ounces	2

Lunch**Left Over Pasta (limit pasta, add pine nuts)**

	Amount	Unit	Calories
Beef, Ground (95% Lean Meat/5% Fat), Cooked	2 3/4	ounces	133
Pasta, Wholewheat, Cooked	2/3	Cup	87
Tomato, Marinara Sauce, Low Sodium	1/3	Cup	26
Pine Nuts, Pignolia	1/4	Ounce	48
Drink Mixes, Sugar Free (crystal Light)	1	tablespoons	3

Day 3 (continued)

Dinner

Mango Fish Tacos**See Recipe

	Amount	Unit	Calories
Fish, Pollock, Tiliapia Or Sea Bass, Cooked	4	Ounces	139
Tortilla Corn, 6" Across	2 1/2	Ounces	155
Cabbage Raw, Chopped	1	Cup	21
Onions Raw, Chopped	1/4	Cup	17
Oil, (corn, Canola, Safflower, Olive)	2 1/4	Teaspoon	90
Water Plain, Carbonated Or Mineral	8	Ounces	1
Mangos Raw	1/2	Cup	54
Water Plain, Carbonated Or Mineral	8	ounces	1

Afternoon Snack

Food

	Amount	Unit	Calories
Celery Raw, Stalk	3	large	27
Tea, All Types (black, Green, Herbal), Unsweetened	8	ounces	4

Evening Snack

Food

	Amount	Unit	Calories
Cookie, Gingersnaps	2 1/2	Wholes	73
Frozen Yogurt, Fat Free	1/2	Cups	95
Water Plain, Carbonated Or Mineral	8	Ounces	1



<https://thelemonbowl.com/2016/02/fish-tacos-with-mango-salsa.html>