

## NUTRIBAR HIGH PROTEIN - 7-DAY MEAL PLAN

The following 7-day meal plan was developed by our nutritionists to provide a ratio of 30% protein, 40% carbohydrates and 30% fat. This ratio is designed to help you lose weight and trim body fat. For weight-loss, replace your breakfast and lunch with a delicious **NutriBar High Protein** bar or shake and enjoy a healthy dinner. For weight maintenance, replace one breakfast or lunch meal option with a **NutriBar High Protein** bar or shake daily, and enjoy a healthy dinner.

<p><b>DAY 1</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• 1 cup Shreddies cereal</li> <li>• 1 cup skim milk</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <ul style="list-style-type: none"> <li>• 1/2 pink grapefruit</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 cup blackberries</li> <li>• 1/2 cup 4% plain yogurt</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• 4 ounces white turkey breast, sliced</li> <li>• 2 slices reduced calorie whole-wheat bread</li> <li>• 1 slice tomato</li> <li>• 1 lettuce leaf</li> <li>• 2 teaspoons mayonnaise</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1/2 banana</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• 6 ounces broiled haddock</li> <li>• 1/3 cup cooked brown rice</li> <li>• 1 cup cooked broccoli</li> <li>• 1 cup cooked cauliflower</li> <li>• 2 teaspoons butter</li> </ul> <p><b>TOTAL CALORIES: 1272</b></p>
<p><b>DAY 2</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• French Toast: 2 slices whole-wheat bread 1 small egg 1 tablespoon milk</li> </ul> <ul style="list-style-type: none"> <li>• 1/2 banana</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1/4 cup mixed nuts</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• 1 whole-wheat pita</li> <li>• 1/2 cup tuna (canned in water)</li> <li>• 1 cup salad</li> <li>• 1 tablespoon low-fat dressing</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 medium peach</li> <li>• 1/2 cup 2% cottage cheese</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• 3 ounces grilled beef tenderloin</li> <li>• 1 cup roasted red peppers</li> <li>• 1 baked sweet potato</li> </ul> <p><b>TOTAL CALORIES: 1203</b></p>
<p><b>DAY 3</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup muesli cereal (fruit and nut variety)</li> <li>• 3/4 cup 1% milk</li> <li>• 1/2 medium orange</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 2 melba toasts</li> <li>• 1 tablespoon almond butter</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• 8 ounces roasted chicken breast (boneless, skinless)</li> <li>• 1 cup salad</li> <li>• 2 tablespoons croutons</li> <li>• 2 tablespoons Italian dressing</li> <li>• 1 cup cubed cantaloupe</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 wheat bran muffin</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• 1 cup split pea soup with ham</li> <li>• 1 slice reduced calorie oatmeal bread</li> <li>• 2 teaspoons butter</li> </ul> <p><b>TOTAL CALORIES: 1226</b></p>
<p><b>DAY 4</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup hot oatmeal</li> <li>• 3 whole apricots</li> <li>• 1 cup 2% milk</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 granola bar</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• 1 slice pumpernickel bread</li> <li>• 1/2 cup 2% cottage cheese</li> <li>• 1 medium apple</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 sliced carrot</li> <li>• 1 tablespoon ranch dressing</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup whole-wheat spaghetti, cooked</li> <li>• 1/3 cup marinara sauce</li> <li>• 6 ounces roasted chicken breast, cut into strips</li> <li>• 1 cup salad</li> <li>• 1 tablespoon French dressing</li> <li>• 1/8 cup mozzarella cheese</li> <li>• 1 tablespoon flaxseeds (to sprinkle on salad)</li> </ul> <p><b>TOTAL CALORIES: 1191</b></p>
<p><b>DAY 5</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• 3/4 cup fruit and fibre cereal with wild blueberries and almonds</li> <li>• 1/2 cup 1% milk</li> <li>• 1/2 cup raspberries</li> <li>• 1/2 cup blueberries</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1/8 cup raw cashew nuts</li> <li>• 1/8 cup dried figs</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Egg salad sandwich: 1 large hard-boiled egg 1 tablespoon light mayonnaise 1 slice rye bread, toasted</li> <li>• 10 grapes</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 3/4 cup plain yogurt</li> <li>• 1 tablespoon flaxseed</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• Baked salmon crusted with fennel &amp; coriander: 6 ounces baked salmon 1/4 teaspoon fennel seed 1/4 teaspoon coriander seed 1/4 teaspoon dill</li> <li>• 1 teaspoon olive oil</li> <li>• 1/2 baked sweet potato</li> </ul> <p><b>TOTAL CALORIES: 1176</b></p>
<p><b>DAY 6</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• 2 whole-wheat pancakes (10 cm diameter)</li> <li>• 2 teaspoons butter</li> <li>• 1/3 cup peach slices</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 cup unsweetened applesauce</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Macaroni and cheese: 3/4 cup whole-wheat elbow macaroni, cooked 1/8 cup shredded low-fat Monterey Jack cheese 1/8 cup shredded partly skim mozzarella cheese</li> <li>• 1 cup salad</li> <li>• 1 tablespoon Thousand Island dressing</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p>	<p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup chunky salsa</li> <li>• 3 melba toasts</li> </ul> <p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• 4 ounces roasted pork tenderloin</li> <li>• 1/2 cup scalloped potatoes</li> <li>• 1 vegetable patty</li> </ul> <p><b>TOTAL CALORIES: 1236</b></p>
<p><b>DAY 7</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• 1 large scrambled egg</li> <li>• 1 small beef sausage</li> <li>• 1/3 cup whole apricots</li> <li>• 3/4 cup 2% milk</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 medium apple</li> <li>• 1/2 cup 2% cottage cheese</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• 1 slice oat bran bread</li> <li>• 1/2 tablespoon cashew butter</li> <li>• 1/2 pomegranate</li> <li>• 1 peach</li> </ul> <p><b>OR 1 NutriBar High Protein bar or shake</b></p> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>• 1 cup raw cauliflower florets</li> <li>• 1/2 cup raw broccoli florets</li> <li>• 1 cup sliced green pepper</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tablespoon buttermilk dressing</li> <li>• 1/8 cup soybeans</li> </ul> <p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• 2 cups chili con carne with beans</li> <li>• 1/8 cup shredded cheddar cheese</li> <li>• 1 cup salad</li> <li>• 1 tablespoon low-fat dressing</li> </ul> <p><b>TOTAL CALORIES: 1172</b></p>