

NUTRIBAR ORIGINAL - 7-DAY MEAL PLAN

The following meal plan has been developed by our nutritionists to help you lose weight without feeling hungry. It was designed to provide an example of what a week of eating healthy, nutrient-rich foods would look like. To lose weight, replace two meals per day with a Nutribar Original meal replacement shake or bar. Once you have attained your goal weight you can use Nutribar Original meal replacement products to maintain a healthy weight. Simply replace one meal with your favourite Nutribar Original meal replacement product.

<p>DAY 1 Breakfast</p> <ul style="list-style-type: none"> • 1/2 cup cooked oatmeal • 1 cup skim milk • 1 dash ground cinnamon • 1 medium apple <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 cup unsweetened applesauce 	<p>Lunch</p> <ul style="list-style-type: none"> • 2 slices whole-wheat bread • 4 ounces low-fat deli meat • Lettuce and tomato • 1 teaspoon mustard <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1/4 cup mixed nuts 	<p>Dinner</p> <ul style="list-style-type: none"> • 3 ounces grilled Salmon • 1 small potato • 1 cup cooked broccoli • 1 teaspoon butter • 1 small banana <p>TOTAL CALORIES: 1212</p>
<p>DAY 2 Breakfast</p> <ul style="list-style-type: none"> • 3/4 cup bran flakes • 1 banana • 1 cup 1% milk <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 2 kiwifruits 	<p>Lunch</p> <p>Sandwich:</p> <ul style="list-style-type: none"> 1 mini whole-wheat pita 3 ounces lean roast beef 1/2 roasted pepper mustard (to taste) lettuce (for garnish) <ul style="list-style-type: none"> • 1 stick part-skim mozzarella string cheese <p>OR 1 Nutribar Original bar or shake</p>	<p>Snack</p> <ul style="list-style-type: none"> • 1 fat-free pudding cup <p>Dinner</p> <ul style="list-style-type: none"> • 4 ounces broiled flounder or sole • 2 sliced plum tomatoes sprinkled with 2 tablespoons grated Parmesan cheese, broiled until just golden • 1/2 cup cooked couscous • 1 cup steamed broccoli <p>TOTAL CALORIES: 1245</p>
<p>DAY 3 Breakfast</p> <ul style="list-style-type: none"> • 1 cup Cheerios • 1/2 cup mixed berries • 1 tablespoon slivered almonds • 1 cup skim milk <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1/2 cup low-fat cottage cheese topped • 1/2 cup mandarin orange sections 	<p>Lunch</p> <p>Quesadilla:</p> <ul style="list-style-type: none"> Spread 1/4 cup fat-free refried beans over 1 small whole-wheat tortilla Sprinkle 1 ounce shredded reduced-fat cheese on top Top with salsa and another tortilla Bake in oven at 350°F until cheese is melted <ul style="list-style-type: none"> • 1 cup cucumber spears <p>OR 1 Nutribar Original bar or shake</p>	<p>Snack</p> <ul style="list-style-type: none"> • 1/2 cup vanilla fat-free frozen yogurt • 1/4 fresh mango, sliced • 1/2 large kiwi, sliced <p>Dinner</p> <ul style="list-style-type: none"> • 3 ounces roasted pork tenderloin • 1 cup baked acorn squash, mashed with a pinch of cinnamon • 2 cups salad greens • 2 tablespoons fat-free dressing <p>TOTAL CALORIES: 1218</p>
<p>DAY 4 Breakfast</p> <ul style="list-style-type: none"> • 1/2 toasted whole-wheat English muffin • 1 ounce low-fat cheese • 1 tomato slice • 1/2 cup steamed spinach, drained • 1 poached egg <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 Grapefruit 	<p>Lunch</p> <p>Black bean salad:</p> <ul style="list-style-type: none"> Toss 1/3 cup canned black beans 1/2 cup mandarin orange sections chopped red bell peppers, red onion, and scallions <ul style="list-style-type: none"> • 1 teaspoon vinegar • 1 cup Mixed Green Salad • 1 mini whole-wheat pita • 1 pear <p>OR 1 Nutribar Original bar or shake</p>	<p>Snack</p> <ul style="list-style-type: none"> • 1 cup pineapple chunks in juice <p>Dinner</p> <ul style="list-style-type: none"> • 4 ounces broiled or grilled flank steak • 1 baked sweet potato • 1 teaspoon butter • 1 cup steamed zucchini <p>TOTAL CALORIES: 1242</p>
<p>DAY 5 Breakfast</p> <ul style="list-style-type: none"> • 1 cup oatmeal, cooked • 2 teaspoons brown sugar • 1 cup 1% milk <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1/2 cup 1% milk • 1 cup strawberries 	<p>Lunch</p> <ul style="list-style-type: none"> • 3 ounces roasted chicken breast, sliced • 1 teaspoon mustard • 1 whole-wheat dinner roll • 1 teaspoon butter • 1 apple <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • Low-fat milkshake: 1 cup skim milk 	<p>1 cup fat-free ice cream</p> <p>Dinner</p> <ul style="list-style-type: none"> • 2 ounces grilled chicken breast (boneless, skinless) • 1 small baked potato • 2 teaspoons butter • 1 cup green beans • 1 mixed green salad • 2 tablespoons fat-free dressing <p>TOTAL CALORIES: 1241</p>
<p>DAY 6 Breakfast</p> <ul style="list-style-type: none"> • 1 oat bran bagel • 1 tablespoon low-fat cream cheese • 1 cup orange juice <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 cup 1% milk • 4 graham crackers 	<p>Lunch</p> <ul style="list-style-type: none"> • 1 cup vegetable soup • 1 mixed green salad • 2 tablespoons fat-free salad dressing • 1 cup 1% milk • 6 whole-wheat crackers <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 orange 	<p>Dinner</p> <ul style="list-style-type: none"> • 1 cup whole-wheat angel hair pasta • 2 ounces boiled shrimp • 1 teaspoon olive oil with garlic for pasta • 1 cup mixed green salad • 1 tablespoon fat-free dressing • 1/2 cup cooked green beans • 1 teaspoon butter <p>TOTAL CALORIES: 1232</p>
<p>DAY 7 Breakfast</p> <ul style="list-style-type: none"> • 2 multigrain bran waffles • 3/4 cup red raspberries • 2 teaspoons maple syrup • 1/2 cup skim milk <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1 large peach 	<p>Lunch</p> <ul style="list-style-type: none"> • 2 ounces extra-lean ham • 1 slice fat-free Swiss cheese • 2 teaspoons mustard • 3 slices fresh tomato • 2 leaves butterhead lettuce • 2 slices oatmeal bread <p>OR 1 Nutribar Original bar or shake</p> <p>Snack</p> <ul style="list-style-type: none"> • 1/4 cup raw cashew nuts 	<p>Dinner</p> <ul style="list-style-type: none"> • 5 ounces broiled Haddock • 1/2 cup corn • 2 cups Italian green beans • 1 cup spinach salad • 2 teaspoons olive oil • 1 tablespoon vinegar <p>TOTAL CALORIES: 1219</p>