

Goal: To increase gradually to 14 grams fiber per 1,000 calories or 28 grams per 2,000 calories

Sensus Sample Meal Plan

Week 1

Meal/Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am Breakfast (~400 cal)	<ul style="list-style-type: none"> 1 slice whole grain bread with 1 T. natural peanut butter 1 small piece of fruit 1 c. coffee 1 T. half & half 1 c. water 	<ul style="list-style-type: none"> 1 egg, scrambled 1 slice whole grain bread 1 small piece of fruit 1 c. coffee 1 T. half & half 1 c. water 	<ul style="list-style-type: none"> 1/2 c. rolled oats, cooked 1 c. fat-free milk 1 T. honey 1 c. coffee 1 T. half & half 1 c. water 	<ul style="list-style-type: none"> 2 whole grain waffles 2 T. pure maple syrup 1 c. coffee 1 T. half & half 1 c. water 	<ul style="list-style-type: none"> 1 grilled cheese sandwich with 1 slice whole grain bread, 1 slice low-fat cheese and 1 tsp. whipped butter 1 c. coffee 1 T. half & half 1 c. water 	<ul style="list-style-type: none"> 1 Chobani Simply 100 Pineapple Coconut 1 slice whole grain toast 1 T. natural peanut butter 1 c. coffee 1 T. half & half 1 c. water 	<ul style="list-style-type: none"> 1 egg, scrambled 1 slice whole grain bread 1 tsp. whipped butter 1 c. blueberries 1 c. coffee 1 T. half & half 1 c. water
	(5 grams fiber)	(4 grams fiber)	(4 grams fiber)	(3 grams fiber)	(3 grams fiber)	(5 grams fiber)	(5 grams fiber)
10:00 am Snack (200 cal)	<ul style="list-style-type: none"> 1 Udi's Soft & Chewy Ancient Grains Granola Bar ½ oz. unsalted pistachios (24) 1 c. water 	<ul style="list-style-type: none"> 1 medium fruit (apple, orange, banana) ½ oz. unsalted walnuts (7 halves) 1 c. water 	<ul style="list-style-type: none"> 1 Chobani Simply 100 Blueberry ½ oz. unsalted almonds (12) 1 c. water 	<ul style="list-style-type: none"> 1 Udi's Soft & Chewy Cranberry Almond Bar ½ oz. unsalted pistachios (24) 1 c. water 	<ul style="list-style-type: none"> 1 Chobani Simply 100 Pineapple Coconut ½ oz. unsalted walnuts (7 halves) 1 c. water 	<ul style="list-style-type: none"> 1 medium fruit (apple, orange, banana) ½ oz. unsalted almonds 1 c. water 	<ul style="list-style-type: none"> 1 Fiber One 90 Calorie Lemon Bar ½ oz. unsalted pistachios (24) 1 c. water
	(3 grams fiber)	(4 grams fiber)	(6 grams fiber)	(4 grams fiber)	(6 grams fiber)	(4 grams fiber)	(5 grams fiber)
12:30 pm Lunch (~550 cal)	<ul style="list-style-type: none"> 1 large whole wheat pita with 2 slices low-fat cheese and 1 T. light mayonnaise Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water 	<ul style="list-style-type: none"> 2 slices whole grain bread with 2 T. hummus and 1 slice provolone cheese Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water 	Homestyle Pizza: <ul style="list-style-type: none"> 1 whole grain English muffin with ¼ c. shredded part-skim mozzarella cheese and ½ c. tomato sauce Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water 	<ul style="list-style-type: none"> Dreamfields Spaghetti with marinara 1 c. cooked spaghetti with ½ cup marinara sauce and 1 T. grated Parmesan cheese Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water 	<ul style="list-style-type: none"> 1 whole grain tortilla/wrap with 4 ounces turkey breast, 1 T. light mayo, lettuce, cucumber and tomato 1 c. low-sodium vegetable soup 1 c. water 	<ul style="list-style-type: none"> 1/4 cup black beans with 1/2 c. cooked brown rice and 1 oz. feta cheese Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water 	Homestyle Pizza: <ul style="list-style-type: none"> 1 whole grain English Muffin, ¼ c. shredded part-skim mozzarella cheese and ½ c. tomato sauce Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water
	(3 grams fiber)	(4 grams fiber)	(4 grams fiber)	(7 grams fiber)	(7 grams fiber)	(9 grams fiber)	(4 grams fiber)

Goal: To increase gradually to 14 grams fiber per 1,000 calories or 28 grams per 2,000 calories







Sensus Sample Meal Plan

Week 1 continued

Meal/Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 pm Snack (200 cal)	<ul style="list-style-type: none"> 1 medium fruit (apple, orange, banana) 1 c. water <p>(2 grams fiber)</p>	<ul style="list-style-type: none"> 1 Udi's Soft & Chewy Cranberry Almond Bar 1 c. water <p>(3 grams fiber)</p>	<ul style="list-style-type: none"> 2 T. hummus ¼ c. baby carrots 1 c. water <p>(2 grams fiber)</p>	<ul style="list-style-type: none"> ½ c. Arctic Zero Fit Frozen Dessert Cappuccino 1 c. water <p>(2 grams fiber)</p>	<ul style="list-style-type: none"> 1 medium fruit (apple, orange, banana, pear) 1 c. water <p>(3 grams fiber)</p>	<ul style="list-style-type: none"> 2 T. hummus ¼ c. baby carrots 1 c. water <p>(2 grams fiber)</p>	<ul style="list-style-type: none"> 1 Arctic Zero Fit Frozen Dessert Dark Chocolate Bar 1 c. water <p>(2 grams fiber)</p>
6:30 pm Dinner (~650 cal)	<ul style="list-style-type: none"> Mediterranean Wrap with 1 whole grain tortilla, 2 T. hummus, 3 black olives, 1 T. crumbled feta cheese, tomato and greens ½ c. low-sodium tomato soup 1 c. water <p>(5 grams fiber)</p>	<ul style="list-style-type: none"> Turkey Reuben with 4 oz thinly sliced turkey breast, 1 slice Swiss cheese, 2 slices whole grain or rye bread and ¼ cup sauerkraut Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water <p>(4 grams fiber)</p>	<ul style="list-style-type: none"> Chicken Parmesan with Dreamfields Penne 1 c. cooked penne, 4 oz baked chicken breast, topped with 1 slice part-skim mozzarella cheese and ½ cup tomato sauce Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water <p>(6 grams fiber)</p>	<p>Homestyle Pizza:</p> <ul style="list-style-type: none"> 1 whole grain English muffin with ¼ c. shredded part-skim mozzarella cheese and ½ c. tomato sauce Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water <p>(6 grams fiber)</p>	<ul style="list-style-type: none"> 4 oz baked pork chop, (season with herbs and spices) topped with mushrooms, onions and tomatoes, sautéed (in 1 T. olive oil) ½ c. cooked brown rice Mixed green salad (greens, tomato, cucumber) + 2 T. balsamic vinaigrette 1 c. water <p>(4 grams fiber)</p>	<p>Chicken Stir-Fry:</p> <ul style="list-style-type: none"> 4 oz. chicken breast strips sautéed with ½ c. snap peas, ½ c. red pepper strips, ½ c. sliced onion, ½ c. baby corn, ½ c. sliced carrots, 2 T. low-sodium soy sauce and 1 T. peanut or canola oil ½ c. cooked brown rice 1 c. water <p>(3 grams fiber)</p>	<ul style="list-style-type: none"> Dreamfields Spaghetti with olive oil and tomatoes 1 c. cooked spaghetti, with 1 T. extra-virgin olive oil, 1 small diced tomato and 2 minced garlic cloves <p>Caprese Salad:</p> <ul style="list-style-type: none"> 1 large tomato, 4 basil leaves and 4 part-skim mozzarella slices, drizzled with balsamic vinegar 1 c. water <p>(7 grams fiber)</p>
8:00 pm	1 c. green tea	1 c. green tea	1 c. green tea	1 c. green tea	1 c. green tea	1 c. green tea	1 c. green tea
Daily Fiber Total:	18 grams	19 grams	22 grams	22 grams	23 grams	23 grams	23 grams

Shopping Guide

Week 1

Whole Grains/Breads/Rice/Pasta	Meat/Beans/Eggs/Nuts	Vegetables	Fruits	Dairy	Prepared Meals/Snacks	Condiments
1 canister rolled oats	Black beans, 15 oz. can (rinse and drain)	2 packages mixed greens Lettuce Basil	Apples	Fat-free (skim) milk Half & half  Chobani Simply 100 Pineapple Coconut Greek Yogurt Chobani Simply 100 Blueberry Greek Yogurt	Fiber One Oats & Chocolate Bar Fiber One 90 Calorie Lemon Bar Udi's Ancient Grains Granola Bar Udi's Cranberry Almond Bar 	Balsamic vinaigrette Soy sauce, low-sodium Peanut or canola oil Extra virgin olive oil
1 package each Dreamfields Penne and Spaghetti  		4 medium tomatoes 1 small tomato 1 large tomato	Bananas	Whipped butter		Light mayo
1 loaf whole grain bread 3 whole grain English muffins 2 whole grain waffles	2 eggs 4 oz. turkey breast, thinly sliced 4 oz. chicken breast, thinly sliced 4 oz. chicken breast strips 4 oz. pork chop 4 T. hummus	2 cucumbers 6 baby corn 1 package snap peas 1 red pepper 1 garlic bulb 1 onion	Oranges Blueberries	Cheese shredded and/or sliced, low-fat: part-skim mozzarella, provolone, Swiss Grated Parmesan and Feta cheese	Arctic Zero Fit Frozen Cappuccino Dessert Arctic Zero Fit Frozen Dark Chocolate Dessert Bars	Maple syrup Honey Balsamic vinegar
1 package brown rice 1 whole wheat pita bread 2 whole grain tortillas	1 small jar peanut butter (natural, no sugar added) 1.5 ounces pistachios, unsalted 1 ounce walnuts, unsalted 1 ounces almonds, unsalted	1 can low-sodium tomato soup 1 can low-sodium vegetable soup 1 package sauerkraut 2 cups tomato sauce				Spices: Salt Pepper