

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

Sensus Sample Meal Plan

Week 2

Meal/Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am Breakfast (~400 cal)	<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 <p>(4 grams fiber)</p>	<ul style="list-style-type: none"> 1 Chobani Simply 100 Blueberry 1 whole grain English muffin 1 T. natural peanut butter 1 c. coffee 1 T. half & half 1 c. water <p>(9 grams fiber)</p>	<ul style="list-style-type: none"> 1 egg, scrambled, 1 slice whole grain bread 1 Chobani Simply 100 Blueberry 1 c. coffee 1 T. half & half 1 c. water <p>(8 grams fiber)</p>	<ul style="list-style-type: none"> 2 slices whole grain toast 1 T. natural peanut butter 1 c. coffee 1 T. half & half 1 c. water <p>(7 grams fiber)</p>	<ul style="list-style-type: none"> 1 grilled cheese sandwich with 1 slice whole grain bread, 1 slice Swiss cheese, ¼ c. arugula and 1 tsp. whipped butter 1 c. coffee 1 T. half & half 1 c. water <p>(4 grams fiber)</p>	<ul style="list-style-type: none"> 1 Chobani Simply 100 Pineapple Coconut 1 plain instant oatmeal packet 1 cup fat-free milk 1 c. coffee 1 T. half & half 1 c. water <p>(7 grams fiber)</p>	<ul style="list-style-type: none"> 1 Fiber One 90 Calorie Lemon Bar ½ cup cottage cheese 1 small piece of fruit 1 c. coffee 1 T. half & half 1 c. water <p>(7 grams fiber)</p>
10:00 am Snack (200 cal)	<ul style="list-style-type: none"> 1 Udi's Soft & Chewy Cranberry Almond Bar ½ ounce walnuts (7 halves) 1 c. water <p>(4 grams fiber)</p>	<ul style="list-style-type: none"> 1 medium fruit (apple, orange, banana) ½ ounce unsalted pistachios (25) 1 c. water <p>(4 grams fiber)</p>	<ul style="list-style-type: none"> 1 Fiber One 90 Calorie Lemon Bar ½ c. cottage low-fat cheese 1 c. water <p>(5 grams fiber)</p>	<ul style="list-style-type: none"> 1 Udi's Soft & Chewy Ancient Grains Granola Bar ½ oz. unsalted pistachios (25) 1 c. water <p>(3 grams fiber)</p>	<ul style="list-style-type: none"> 1 Chobani Simply 100 Pineapple Coconut ½ oz. unsalted walnuts (7 halves) 1 c. water <p>(6 grams fiber)</p>	<ul style="list-style-type: none"> 1 medium fruit (apple, orange, banana) 1 T. natural peanut butter 1 c. water <p>(3 grams fiber)</p>	<ul style="list-style-type: none"> 1 cup natural applesauce 1 large rice cake 1 T. Natural peanut butter 1 c. water <p>(3 grams fiber)</p>
12:30 pm Lunch (~550 cal)	<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 <p>(4 grams fiber)</p>	<ul style="list-style-type: none"> 1 large whole wheat wrap with 4 oz. turkey breast, 1 tsp. grainy mustard and 1 slice lettuce and tomato 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, 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>(4 grams fiber)</p>	<ul style="list-style-type: none"> • Dreamfields Spaghetti with black bean marinara: 1 c. cooked spaghetti, ½ cup marinara sauce, ¼ cup canned black beans and 1 T. grated Parmesan cheese Mixed green salad (greens, tomato, cucumber) + 2 T. balsamic vinaigrette 1 c. water <p>(10 grams fiber)</p>	<ul style="list-style-type: none"> Mixed green salad (greens, cucumber, 2 cherry tomatoes) topped with 4 oz shredded cooked turkey breast <p>(5 grams fiber)</p>	<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 <p>(9 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>(4 grams fiber)</p>

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Sensus Sample Meal Plan

Week 2 continued

Meal/Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 pm Snack (200 cal)	<ul style="list-style-type: none"> 1 Udi's Soft & Chewy Ancient Grains Granola Bar ½ ounce unsalted pistachios (25) 1 c. water (3 grams fiber)	<ul style="list-style-type: none"> 1 Udi's Soft & Chewy Cranberry Almond Bar ½ ounce unsalted almonds (12) 1 c. water (3 grams fiber)	<ul style="list-style-type: none"> 1 Arctic Zero Fit Frozen Dessert Dark Chocolate Bar ½ cup berries 1 c. water (3 grams fiber)	<ul style="list-style-type: none"> ½ c. Arctic Zero Fit Frozen Dessert Cappuccino ½ oz. unsalted walnuts (7 halves) 1 c. water (2 grams fiber)	<ul style="list-style-type: none"> 1 medium fruit (apple, orange, banana, pear) ½ oz. cheese 1 c. water (3 grams fiber)	<ul style="list-style-type: none"> 1 Fiber One 90 Calorie Lemon Bar ½ c. low-fat cottage cheese 1 c. water (5 grams fiber)	<ul style="list-style-type: none"> 1 Fiber One Oats and Chocolate Bar ½ c. cottage cheese 1 c. water (9 grams fiber)
6:30 pm Dinner (~650 cal)	<ul style="list-style-type: none"> Mixed green salad (greens, tomato, cucumber) with 1/4 cup cooked lentils and 1 T. crumbled Feta 2 T. balsamic vinaigrette 1 c. water (10 grams fiber)	<ul style="list-style-type: none"> Mediterranean Pasta: Dreamfields Penne with 2 T. hummus, 3 black olives, 1 T. crumbled Feta cheese, tomato and greens ½ c. low-sodium tomato soup 1 c. water (6 grams fiber) (6 grams fiber)	<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 Caprese Salad: <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 (8 grams fiber)	<ul style="list-style-type: none"> Tuna Melt with 1 whole grain English muffin topped with 3 oz. canned water-packed tuna fish (in water), 1 tsp. grainy mustard, ¼ c. shredded and part-skim mozzarella cheese, melted Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water (6 grams fiber)	<ul style="list-style-type: none"> 4 oz. baked chicken breast, (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 (10 grams fiber)	Tofu Stir-Fry: <ul style="list-style-type: none"> 4 oz. tofu, cubed, 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 (6 grams fiber)	<ul style="list-style-type: none"> Bison Meatball Marinara with Dreamfields Penne 1 c. cooked penne, 2 (1-oz.) bison meatballs* with rolled oats and ½ cup tomato sauce Mixed green salad (greens, tomato, cucumber) 2 T. balsamic vinaigrette 1 c. water *Or 92% lean ground beef meatballs (7 grams fiber)
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:	25 grams	28 grams	28 grams	28 grams	28 grams	30 grams	30 grams

Shopping Guide

Week 2

Whole Grains/Breads/Rice/Pasta	Meat/Beans/Egg s/Nuts	Vegetables	Fruits	Dairy	Prepared Meals/Snacks	Condiments
1 canister rolled oats Rice cakes Instant plain oatmeal	Black beans, 15 oz. can (rinse and drain)	2 packages mixed greens Arugula Fresh basil	Apples Apple sauce, no sugar added	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 Extra virgin olive oil Peanut oil Soy sauce (low-sodium)
1 packages each Dreamfields Penne and Spaghetti 	Lentils, 1 bag, dry 	5 tomatoes 1 small jar pizza sauce 2 cherry tomatoes	Bananas	Whipped butter 1 ½ c. cottage cheese, low-fat		Light mayo
4 slices whole grain bread 3 whole grain English muffins	6 eggs 8 oz. turkey breast, thinly sliced 3 oz. canned tuna, chunk light, water-packed 4 oz. chicken breast 2 oz. ground bison or 92% lean ground beef 4 T. hummus	2 cucumbers 6 baby corn 1 package snap peas 1 red pepper ½ jar small capers 1 onion 1 package mushrooms 1 garlic bulb	Oranges	Whipped butter Cream cheese, low-fat	Arctic Zero Fit Frozen Cappuccino Dessert Arctic Zero Fit Frozen Dark Chocolate Dessert Bar	Maple syrup Honey Balsamic vinegar
1 package brown rice 2 whole grain tortillas wraps	1 small jar peanut butter (natural, no sugar added) 1 oz. almonds, unsalted 1 oz. pistachios, unsalted 1 oz. walnuts, unsalted	1 can diced tomatoes (no salt added) 1 can low-sodium tomato soup	Blueberries, frozen	Cheese shredded and/or sliced, low-fat: part-skim mozzarella, provolone, Swiss Grated Parmesan and Feta cheese		Spices: Salt Pepper