

## 24/24 Meal Plan

The 24/24 Meal Plan is designed to help you lose weight safely and effectively without starving your body for nutrients. The plan consists of a week's worth of meal plans that provide about 1,600 calories, less than 50 grams of fat and more than 1,000 milligrams of calcium each day - a "formula" that will promote gradual weight loss for most people when combined with regular physical activity. This balanced and sensible approach allows a variety of foods each day, including fruits and vegetables, whole grains, lowfat and fat-free dairy foods, and lean meats. So if you're ready to get started on your "weigh" to losing, follow the simple plan below. And, for healthy balanced eating moving forward, aim to get at least the minimum number of servings in each food group as outlined in the Food Guide Pyramid.

### Day 1: Sunday

#### Breakfast

Scrambled eggs (made with 1/2 cup egg substitute and 2 tbsp. fat-free milk)  
Whole wheat English muffin (1) with jam (1 tbsp.)  
Cantaloupe (1/4 melon)  
Water or Coffee with lowfat milk (2 tbsp.)

#### Lunch

Tomato Basil Soup (made with fat free milk)  
Oyster crackers (1/3 cup)  
Spinach salad (2 cups baby spinach, 1 tbsp. bacon bits, 1/3 cup sliced mushrooms, 1/2 cup mandarin oranges)  
Light balsamic vinaigrette dressing (2 tbsp.)  
Crystal Lite

#### Snack

1/2 cup fat-free milk  
Gingersnap cookies (3)

#### Dinner

Roasted pork tenderloin (3 oz.)  
Instant mashed potatoes (1/2 cup, made with fat-free milk in place of water)  
Steamed broccoli (1 cup) tossed with lemon juice and dijon mustard (1 tsp.)  
Whole grain dinner roll (1)  
Fat-free milk (1 cup)

#### Snack

Lowfat microwave popcorn (3 cups)  
Sugar-free lemonade (1 cup)

Calories: 1,550

Saturated fat: 7 g

Sodium: 2,760 mg

Dietary fiber: 21 g

Fat: 35 g

Cholesterol: 90 mg

Total carbohydrate: 221 g

Protein: 89 g

Calcium: 1,370 mg

## **Day 2: Monday**

### Breakfast

Oatmeal with cranberries and brown sugar

Low-fat milk (3/4 cup)

### Lunch

Grilled ham, cheese, and tomato sandwich (2 slices whole wheat bread, 1 slice American cheese, 1 oz. 96 percent fat-free ham, 2 slices tomato, butter flavor cooking spray)

Fat-free milk (1 cup)

Apple (1 medium)

### Snack

Oatmeal raisin cookie (1)

Grapes (1/2 cup)

### Dinner

Chicken teriyaki stir-fry (3 ounces boneless, skinless chicken breast with 1 1/2 cups zucchini, mushrooms, red pepper, and onion; lightly stir-fried with teriyaki sauce)

Brown rice (1 cup)

Water with lemon

### Snack

Banana Berry Nog (made with fat free milk)

Calories: 1,540

Fat: 26 g

Saturated fat: 10 g

Cholesterol: 135 mg

Sodium: 2,650 mg

Total carbohydrate: 245 g

Dietary fiber: 18 g

Protein: 91 g

Calcium: 1,430 mg

## **Day 3: Tuesday**

### Breakfast

Toasted whole grain waffle (1)

Light maple syrup (1 tbsp.)

Sliced strawberries (1/2 cup)

Fat-free chocolate milk (1/2 cup)

### Lunch

Mediterranean wrap (1 8" flour tortilla, 1 cup chopped lettuce, 2 oz. fat-free turkey breast strips, 1/4 cup cucumber strips, 1/4 cup chopped red pepper, 1 tbsp. crumbled feta cheese, 1 tbsp. fat-free red wine vinegar dressing)

Pear (1 small)

Fat-free milk (1 cup)

### Snack

Whole wheat pita bread (1/2)

Hummus (2 tbsp.)  
Water with lemon

#### Dinner

Spaghetti (1 cup) with meat sauce (1/2 cup)  
Italian bread (1 slice)  
Steamed green beans (1/2 cup)  
Fat-free milk (1 cup)  
Cinnamon Raspberry Rice Pudding (1/2 cup, made with fat free milk)

#### Snack

Dry roasted almonds (2 tbsp.)  
Sugar-free lemonade (1 cup)

Calories: 1,560	Fat: 37 g	
Saturated fat: 8 g	Cholesterol: 70 mg	
Sodium: 2,660 mg	Total carbohydrate: 242 g	
Dietary fiber: 18 g	Protein: 76 g	Calcium: 1,340 mg

### **Day 4: Wednesday**

#### Breakfast

Whole grain bagel (1/2) with lowfat cream cheese (1 tbsp.)  
Banana Breakfast Shake (1/2 banana, 3/4 cup milk, ice, sweetner to taste)

#### Lunch

Tuna salad sandwich (2 slices whole wheat bread, 1/2 cup tuna salad)  
Melon cubes (1 cup)  
Fat-free milk (3/4 cup)

#### Snack

Baked tortilla chips (1 oz.)  
Salsa (1/4 cup)  
Water with lemon

#### Dinner

Turkey Stroganoff (recipe)  
Noodles (1/2 cup)  
Garden Salad (2 cups chopped romaine, 1/4 cup grated carrots, 1/4 cup chopped green peppers)  
Fat-free ranch dressing (2 tbsp.)  
Iced tea, unsweetened

#### Snack

Chocolate pudding made with fat-free milk (1/2 cup)  
Vanilla wafer cookies (4)

Calories: 1,610                      Fat: 33 g  
Saturated fat: 11 g                  Cholesterol: 190 mg  
Sodium: 2,660 mg                    Total carbohydrate: 231 g  
Dietary fiber: 18 g                   Protein: 102 g                      Calcium: 1,310 mg

**Day 5: Thursday**

Breakfast

Banana walnut oatmeal (recipe)  
Cranberry juice (1/2 cup)

Lunch

Turkey sandwich on rye (2 slices thin rye bread, 2 ounces 98 percent fat-free turkey breast, lettuce leaf, 2 slices tomato, 1 tbsp. fat-free mayonnaise)  
Baked potato chips (1/2 oz.)  
Fat-free chocolate milk (1 cup)

Snack

Whole grain crackers (3) with reduced fat peanut butter (1 tbsp.)  
Fat-free milk (1/2 cup)

Dinner

White bean chili (1 cup)  
Carrot and celery sticks (1/2 cup)  
Corn bread (2 1/2" x 2 1/2" piece)  
Applesauce, unsweetened (1/2 cup)  
Fat-free milk (3/4 cup)

Snack

Nonfat frozen yogurt (1/2 cup) with blueberries (1/2 cup)

Calories: 1,610                      Fat: 34 g  
Saturated fat: 10 g                  Cholesterol: 100 mg  
Sodium: 2,690 mg                    Total carbohydrate: 255 g  
Dietary fiber: 24 g                   Protein: 85 g                      Calcium: 1,550 mg

**Day 6: Friday**

Breakfast

Poached egg (1)  
Grapefruit (1/2)  
Whole wheat toast (2 slices) with apple butter (1 tbsp.)  
Herbal Tea (1 cup)

Lunch

Creamy potato soup (1 cup, made with fat free milk)

Whole grain crackers (4)

Cobb salad (1 1/2 cup chopped romaine, 1/4 cup grated carrots, 1/4 cup diced tomatoes, 1 oz. diced ham, 2 tbsp. shredded lowfat cheddar cheese)

Fat-free honey mustard dressing (2 tbsp.)

Iced tea with lemon, unsweetened

Snack

Sugar-free hot cocoa mix made with fat-free milk (1 cup)

Graham crackers (2 - 2 1/2" squares)

Banana (small)

Dinner

Broiled salmon (3 oz.)

Couscous with toasted pine nuts (1 cup; prepared with 1/2 cup fat-free milk)

Steamed asparagus (1/2 cup)

Fat-free milk (1 cup)

Snack

Frozen fruit juice bar (1)

Calories: 1,560

Fat: 35 g

Saturated fat: 8 g

Cholesterol: 320 mg

Sodium: 3,160 mg

Total carbohydrate: 227 g

Dietary fiber: 26 g

Protein: 96 g

Calcium: 1,200 mg

## **Day 7: Saturday**

Breakfast

Blueberry pancakes (two 6") (from mix made with 1/3 to 1/2 cup fat-free milk; 1/2 cup fresh blueberries)

Light maple syrup (2 tbsp.)

Latte coffee (1 cup, made with 3/4 cup low-fat milk—or just drink the milk)

Lunch

Grilled chicken Caesar salad (2 cups chopped romaine lettuce, 2 oz. grilled skinless chicken breast strips, 1 tbsp. shredded parmesan cheese, 1/3 cup garlic croutons)

Low calorie Caesar dressing (2 tbsp.)

Unsweetened lemonade

Snack

Small Muffin

Fat-free milk (3/4 cup)

Dinner

Hamburger (whole wheat bun, 3 oz. broiled 18 % fat beef patty, lettuce leaf, 2 slices tomato 2 tsp. ketchup)

Oven-baked sweet potato fries (1/2 cup unpeeled sweet potato slices tossed with 1 tsp. olive oil)

Kiwi slices (1/2 cup)

Fat-free milk (1 cup)

Snack

Sliced apple (1 small)

Fat-free caramel dip (1 tbsp.)

Sugar-free lemonade (1 cup)

Calories: 1,620

Fat: 37 g

Saturated fat: 12 g

Cholesterol: 170 mg

Sodium: 2,430 mg

Total carbohydrate: 239 g

Dietary fiber: 21 g

Protein: 91 g

Calcium: 1,400 mg

The American Dietetic Association has teamed up with America's milk processors to create a 24/24 Meal Plan that is rich in calcium and low in calories to help people lose weight safely and effectively.

For more weight management and nutrition information from the Milk Processor Education Program, go to <http://www.healthyweightwithmilk.com/>.

For research related to weight loss, calcium and dairy products, go to <http://www.nationaldairycouncil.org/healthyweight/science.asp>.