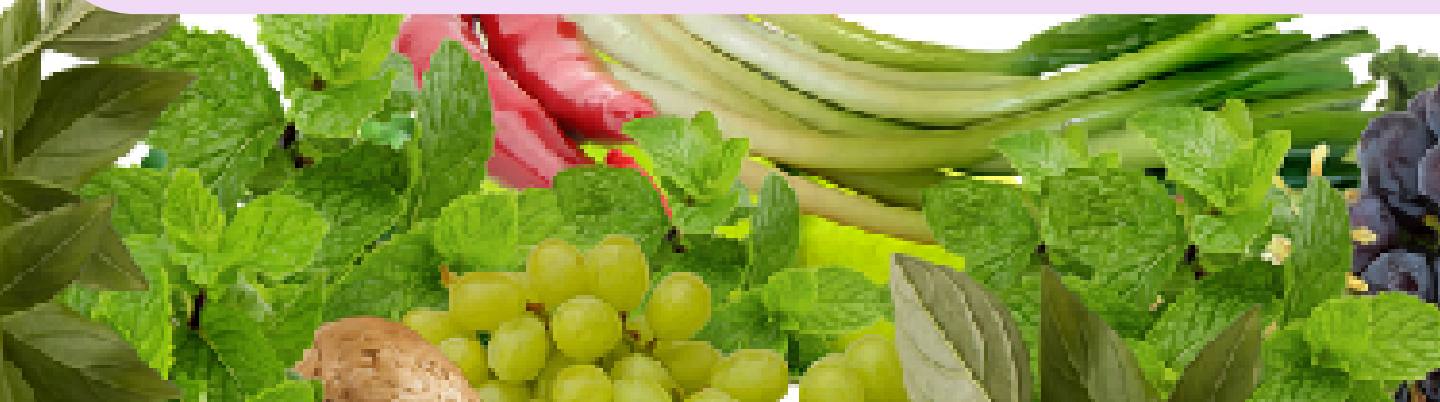


7 Day Sample Meal Plan

INDIAN

	Day 1	Day 2	Day 3	Day 4
Breakfast	<p>Besan Cheela <i>*See recipe in Wellness resources</i></p> <p>1 cup fresh berries 2 tablespoons plain nonfat Greek yogurt</p> <p>Calories: 340 Fat: 6 Protein: 18 Carbs: 52</p>	<p>Omelet & Spiced Potatoes</p> <p>-1/4 cup diced onion -1/4 cup diced bell pepper -3 egg whites -2 teaspoons canola oil -1 cup cubed potatoes -1 teaspoon turmeric -1 teaspoon cumin</p> <p>Calories: 300 Fat: 10 Protein: 15 Carbs: 32</p>	<p>Fruit & Coconut Parfait</p> <p>-1 cup plain nonfat Greek yogurt -1 medium banana, sliced -1/2 cup cubed mango -1 tablespoon toasted coconut -1 tablespoon chia seeds</p> <p>Calories: 380 Fat: 7 Protein: 27 Carbs: 60</p>	<p>Oats Upma</p> <p>-1/2 cup dry oats -1 cup water -1 tablespoon lemon juice -1 teaspoon coriander -1/2 cup chopped carrot -1 small chopped tomato -2 tablespoons chopped peanuts</p> <p>Calories: 380 Fat: 17 Protein: 15 Carbs: 48</p>
Lunch	<p>Aloo Gobi with Peas</p> <p>-1 cup cauliflower -1 cup green peas -1 medium potato, chopped -1 small tomato, chopped -1/2 cup diced onion -1 tsp. oil -1 tsp. each of turmeric, ginger, garam masala, cumin, coriander</p> <p>Calories: 380 Fat: 5 Protein: 16 Carbs: 73</p>	<p>Chana Masala <i>*See recipe in Wellness resources</i></p> <p>1 cup steamed brown rice</p> <p>Calories: 440 Fat: 7 Protein: 15 Carbs: 79</p>	<p>Palak Paneer & Tofu <i>*See recipe in Wellness resources</i></p> <p>1/2 piece naan bread</p> <p>Calories: 380 Fat: 15 Protein: 21 Carbs: 39</p>	<p>Vegetable Jalfreezi</p> <p>-1/2 cup each diced carrots, diced bell pepper, green beans, and peas -1 small diced tomato -1 tsp. each of ginger, chili powder, garam masala, coriander, cumin, canola oil 1 cup brown rice 1 scrambled egg</p> <p>Calories: 460 Fat: 12 Protein: 13 Carbs: 79</p>
Dinner	<p>Red Lentil Dahl <i>*See recipe in Wellness resources</i></p> <p>1 tablespoon plain nonfat Greek yogurt</p> <p>Calories: 440 Fat: 8 Protein: 27 Carbs: 65</p>	<p>Tandoori Tofu w/ Rice & Green Beans</p> <p>-4 ounces firm tofu -Juice of 1 lime -1 teaspoon canola oil -1 tsp. each of turmeric, garlic, garam masala, cumin, coriander, paprika -2 tablespoons plain nonfat Greek yogurt -1 cup sautéed green beans -1 cup steamed brown rice</p> <p>Calories: 420 Fat: 12 Protein: 20 Carbs: 59</p>	<p>Aloo Gobi with Peas</p> <p>-1 cup cauliflower -1 cup green peas -1 medium potato, chopped -1 small tomato, chopped -1/2 cup diced onion -1 tsp. oil -1 tsp. each of turmeric, ginger, garam masala, cumin, coriander</p> <p>Calories: 380 Fat: 5 Protein: 16 Carbs: 73</p>	<p>Red Lentil Dahl <i>*See recipe in Wellness resources</i></p> <p>1 tablespoon plain nonfat Greek yogurt</p> <p>Calories: 440 Fat: 8 Protein: 27 Carbs: 65</p>
Snack	<p>Cucumber Raita</p> <p>-1/2 cup thinly sliced cucumber -1/2 cup plain nonfat Greek yogurt -1 teaspoon cumin -1 clove minced garlic -2 tablespoons chopped mint</p> <p>1/2 piece naan bread</p> <p>Calories: 210 Fat: 4 Protein: 26 Carbs: 33</p>	<p>Mango Lassi <i>*See recipe in Wellness resources</i></p> <p>Calories: 200 Fat: 2 Protein: 16 Carbs: 31</p>	<p>3 pieces papadum 2 tablespoons mango chutney</p> <p>Calories: 190 Fat: 1 Protein: 7 Carbs: 45</p>	<p>1/4 cup dry roasted pistachios 1 cup fresh papaya 1/2 cup plain nonfat Greek yogurt</p> <p>Calories: 200 Fat: 7 Protein: 15 Carbs: 22</p>



7 Day Sample Meal Plan

	Day 5	Day 6	Day 7
Breakfast	<p>Fruit & Coconut Parfait</p> <ul style="list-style-type: none"> -1 cup plain nonfat Greek yogurt -1/2 medium banana, sliced -1/2 cup cubed mango -1 teaspoon toasted coconut -1 teaspoon chia seeds <p>Calories: 380 Fat: 7 Protein: 27 Carbs: 60</p>	<p>Besan Cheela</p> <p><i>*See recipe in Wellness resources</i></p> <ul style="list-style-type: none"> 1 cup fresh berries 2 tablespoons plain nonfat Greek yogurt <p>Calories: 340 Fat: 6 Protein: 18 Carbs: 52</p>	<p>Oats Upma</p> <ul style="list-style-type: none"> -1/2 cup dry oats -1 cup water -1 tablespoon lemon juice -1 teaspoon coriander -1/2 cup chopped carrot -1 small chopped tomato -2 tablespoons chopped peanuts <p>Calories: 380 Fat: 17 Protein: 15 Carbs: 48</p>
Lunch	<p>Chana Masala</p> <p><i>*See recipe in Wellness resources</i></p> <ul style="list-style-type: none"> 1 cup steamed brown rice <p>Calories: 440 Fat: 7 Protein: 15 Carbs: 79</p>	<p>Bhindi Masala</p> <ul style="list-style-type: none"> -1/2 cup each chopped okra, chopped onion, and chopped tomatoes -1 tsp. each of ginger, chili powder, garam masala, coriander, turmeric, canola oil 1/2 cup brown rice 4 ounces tempeh <p>Calories: 430 Fat: 19 Protein: 26 Carbs: 47</p>	<p>Palak Paneer & Tofu</p> <p><i>*See recipe in Wellness resources</i></p> <ul style="list-style-type: none"> 1/2 piece naan bread <p>Calories: 380 Fat: 15 Protein: 21 Carbs: 39</p>
Dinner	<p>Tandoori Tofu w/ Rice & Green Beans</p> <ul style="list-style-type: none"> -4 ounces firm tofu -Juice of 1 lime -1 teaspoon canola oil -1 tsp. each of turmeric, garlic, garam masala, cumin, coriander, paprika -2 tablespoons plain nonfat Greek yogurt -1 cup sautéed green beans -1 cup steamed brown rice <p>Calories: 420 Fat: 12 Protein: 20 Carbs: 59</p>	<p>Vegetable Jalfreezi</p> <ul style="list-style-type: none"> -1/2 cup each diced carrots, diced bell pepper, green beans, and peas -1 small diced tomato -1 tsp. each of ginger, chili powder, garam masala, coriander, cumin, canola oil 1 cup brown rice 1 scrambled egg <p>Calories: 460 Fat: 12 Protein: 13 Carbs: 79</p>	<p>Bhindi Masala</p> <ul style="list-style-type: none"> -1/2 cup each chopped okra, chopped onion, and chopped tomatoes -1 tsp. each of ginger, chili powder, garam masala, coriander, turmeric, canola oil 1/2 cup brown rice 4 ounces tempeh <p>Calories: 430 Fat: 19 Protein: 26 Carbs: 47</p>
Snack	<ul style="list-style-type: none"> 2 pieces papadum 2 tablespoons mango chutney <p>Calories: 190 Fat: 1 Protein: 7 Carbs: 45</p>	<p>Mango Lassi</p> <p><i>*See recipe in Wellness resources</i></p> <p>Calories: 200 Fat: 2 Protein: 16 Carbs: 31</p>	<p>Cucumber Raita</p> <ul style="list-style-type: none"> -1/2 cup thinly sliced cucumber -1/2 cup plain nonfat Greek yogurt -1 teaspoon cumin -1 clove minced garlic -2 tablespoons chopped mint 1/2 piece naan bread <p>Calories: 210 Fat: 4 Protein: 26 Carbs: 33</p>

Living  Whole
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A Recipe for Success

