

The FCS-Friendly 7-Day Jump-Start Meal Plan

This simple 7-day menu will help you quickly plan and prepare your first week of low-fat meals. To make the transition easier, take the FCS-Friendly *Grocery List** with you when shopping for food items.



Nutrition information provided in this fact sheet is of a generalized nature and is for education purposes only. It is not medical advice and should not be construed as such. Always consult your healthcare provider for nutrition plans that are tailored to your unique needs.

DAY ONE

Breakfast

Veggie Frittata made with fat-free egg substitute (or egg whites) and assorted veggies such as onions, spinach, and mushrooms

Whole wheat toast

Fresh orange

Fat-free milk



Lunch

Tuna Salad made from water packed tuna, fat-free mayonnaise or Greek yogurt, and chopped celery on a bed of greens

White beans

Low-fat whole grain crackers

OR

Low-fat turkey lunch meat sandwich with lettuce, tomato, and mustard on whole wheat bread

Salad with garbanzo beans and fat-free dressing

Sliced strawberries

Snack

Fat-free Hummus (drain a 14 oz can of garbanzo beans. Blend beans, garlic powder, juice of ½ lemon, 2 Tbsp fat-free yogurt, and/or 1 Tbsp MCT oil, and 1 Tbsp of water in blender until creamy)

Serve with raw veggies (carrots, celery, peppers)

Fat-free milk

Dinner

BBQ Skinless Chicken Breast made with sugar-free BBQ sauce (add liquid smoke to kick up the flavor)

Herbed new potatoes (roasted)

Steamed green beans

Baked apple with cinnamon

DAY TWO

Breakfast

Berry Smoothie (1 cup fat-free milk, ½ banana, frozen berries, 1 tsp chia seeds or milled flax)

Fat-free string cheese

Whole wheat toast

Lunch

BBQ Chopped Chicken Salad made with assorted greens, chopped fresh veggies, black beans, fat-free shredded cheese, corn, and fat-free ranch dressing

Fresh melon

Snack

Air-popped popcorn with fat-free seasoning or butter flavored salt

Fat-free milk

Dinner

Herb Baked Sole or Tilapia with fresh lemon

Brown rice pilaf seasoned with fat-free broth

Steamed broccoli

Canned (no sugar-added) fruit cocktail with sugar-free gelatin

DAY THREE

Breakfast

Shredded wheat or toasted oat dry cereal with fat-free milk

Fresh banana

Lunch

Fat-Free Cottage Cheese Salad with fresh chopped vegetables and chives

Whole wheat toast or low-fat whole grain crackers

Fresh pear

Snack

Fat-Free Greek yogurt sweetened w/ a drop of alcohol-free vanilla extract

Shredded wheat topping

Dinner

Turkey Taco Bar with 98% fat-free ground turkey breast sautéed with taco seasonings, chopped veggies, lettuce, fat-free shredded cheese, salsa, and black beans on a low-fat whole grain corn or whole wheat flour tortilla



Unsweetened applesauce

* For more information, resources, and fact sheets, please visit FCSFocus.com

DAY FOUR

Breakfast

Hot oatmeal with berries
Fat-free milk

Lunch

Turkey Taco Salad using yesterday's Taco bar leftovers (bake corn tortillas to create crunchy corn chips)

OR

Turkey Taco Burrito made with leftover turkey and low-fat whole grain tortilla

Black beans
Fresh peach or nectarine

Snack

Fat-free hummus (from day one) with assorted vegetable sticks

Fat-free milk

Dinner

Marinated and Baked Greek Lemon Skinless Chicken Breast

Baked potato
Sliced zucchini sautéed with Greek herbs and MCT oil or fat-free broth

Fresh blueberries or kiwi

DAY FIVE

Breakfast

Fat-Free Greek Yogurt Parfait with fresh sliced fruit
Whole wheat toast
Fat-free milk



Lunch

Low-Fat Lentil Soup (or other bean) with leftover sliced chicken

Low-fat whole grain crackers

Fresh apple

Fat-free milk



Snack

Cracker Stacker with low-fat whole grain cracker topped with reconstituted low-fat peanut butter and sliced bananas

Fat-free milk

Dinner

Ginger Shrimp sautéed with Chinese vegetables (such as bok choy and broccoli) with soy sauce

Brown rice

Mandarin orange wedges (no sugar added)

DAY SIX

Breakfast

Cinnamon French Toast made with fat-free egg substitute and whole wheat bread with a sprinkle of cinnamon

Sugar-free maple syrup

Fresh berries

Fat-free milk



Lunch

Leftover shrimp added to Asian salad greens with fat-free Asian dressing or rice vinegar

Low-fat whole grain crackers

Fresh pear

Snack

Fat-free cottage cheese

Sliced strawberries

Dinner

Turkey Spaghetti made with 98% fat-free ground turkey breast (or Italian seasoned baked chicken breast), fat-free tomato sauce, and whole wheat pasta

White Bean Salad with fat-free dressing

Sugar-free gelatin

DAY SEVEN

Breakfast

Green Smoothie (blend 1 cup fat-free milk, ½ banana, a few frozen pineapple chunks and a handful of fresh spinach leaves)

Fat-free string cheese

Whole wheat toast

Lunch

Leftover Turkey Spaghetti

OR

Baked Chicken

OR

Ground Turkey Burger with lettuce and tomato on a whole wheat bun

Salad with garbanzo beans and fat-free dressing

Fat-free milk

Sugar-free gelatin

Snack

Red, yellow, and green pepper rings with fat-free ranch dip

Fat-free milk

Dinner

Homemade Pizza made from a low-fat whole wheat pizza crust, or low-fat whole wheat pita or whole wheat English muffin and fat-free pizza sauce, veggies, and fat-free shredded cheese

Low-fat convenience soup (of choice) or mixed salad

Fresh melon



A word for those who do not eat fish and/or poultry

To help meet protein needs without fish/poultry, consider these other food sources that are high in protein: egg whites, fat-free egg substitute, beans/legumes, fat-free milk, fat-free cottage cheese, fat-free Greek yogurt, fat-free cheese, and low-fat powdered peanut butter.

When selecting meat alternatives such as soy-based veggie burgers, veggie 'meat' crumbles or tofu, fat content can vary, so read labels carefully.

NOTE: Recommendations regarding purchase quantity is approximate and does not take into account individual calorie needs and food preferences.

This menu is based on serving one person for breakfast and lunch, and two people for dinner.

Recipes and meal suggestions courtesy of Mary Felando, MS, RDN, FNLA.