

Use the following two week sample meal plans to help you add variety to your week's meals and keep track of your energy consumption. You can vary the days as long as you are consuming 800 calories for two days in the week. It doesn't matter which two days. Remember to know your portions, measure your ingredients and drink tons of water! If your goal is not weight loss, choose more food or increase your portions.

Cooley Healthy Body Challenge

7 DAY SAMPLE MEAL PLAN 1 - Mediterranean Diet

Time of Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upon waking	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal
Breakfast	Spiced Pear Porridge (284 calories)	Overnight Oats with Raspberries (162 calories)	Dark Rye Bread with Egg & Spinach (240 calories)	Papaya Cleanse Smoothie (124 calories)	Kraut, Avo & Spinach Omlette (327 calories)	Overnight Oats with Raspberries (162 calories)	Kraut, Avo & Spinach Omlette (327 calories)
Morning snack	1 cup of Bone or Vegetable Broth	1 cup of Bone or Vegetable Broth	10 Raw Almonds + 1 Orange (135 calories)	1 cup of Bone or Vegetable Broth	1 cup of Bone or Vegetable Broth	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tbsp Sliced Almonds (159 calories)	1/4 cup of Sundried Tomato Dip + 2 Medium Carrots (155 calories)
Lunch	Buckwheat Pasta with Nut Free Roasted Romesco (315 calories)	Chicken Lentil & Feta Salad with Chilli Lime Dressing (279 calories)	Roasted Veggies & Hummus Pita Pockets (357 calories)	Chicken & White Bean Soup (248 calories)	Mediterranean Tuna & Spinach Salad (375 calories)	Quick & Easy Pea & Spinach Soup + Sourdough Bread (230 calories)	Roasted Veggies & Hummus Pita Pockets (357 calories)
Afternoon snack	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tbsp Sliced Almonds (159 calories)	1 Orange (61 calories)	1/4 cup of Hummus + 1 Medium Carrot (154 calories)	1/4 cup of Sundried Tomato Dip + 2 Medium Carrots (155 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tbsp Sliced Almonds (159 calories)	1/4 cup of Hummus + 1 Medium Carrot (154 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tbsp Sliced Almonds (159 calories)
Dinner	Dijon Salmon with Green Bean Pilaf (442 calories)	Chicken Souvlaki Kababs with Med Couscous (332 calories)	Beef Mousska (320 calories)	Slow Cooker Mediterranean Chicken (278 calories)	Herb Infused Chicken Patties + Pumpkin Seed Pesto + green Beans (381 calories)	Salmon with Kaleslaw on Couscous (395 calories)	Lemon Thyme Chicken Kebabs (220 calories)
Total calories	1200	800	1200	800	1200	1200	1200

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7 DAY SAMPLE MEAL PLAN 2 - Mediterranean Diet

Time of Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upon waking	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal
Breakfast	Zucchini Slice (143 calories)	Overnight Oats with Raspberries (162 calories)	Dark Rye Bread with Egg & Spinach (240 calories)	Papaya Cleanse Smoothie (124 calories)	Dark Rye Bread with Egg & Spinach (240 calories)	Overnight Oats with Raspberries + 30g Seed Slice (321 calories)	Kraut, Avo & Spinach Omlette (327 calories)
Morning snack	1 cup of Bone or Vegetable Broth	1 cup of Bone or Vegetable Broth	10 Raw Almonds + 1 Orange (135 calories)	1 cup of Bone or Vegetable Broth + 1 slice of Not Quite Banana Bread (122 calories)	1 cup of Bone or Vegetable Broth + 30g Seed Slice (159 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt (112 calories)	1/4 cup of Hummus + 1 Medium Carrot (154 calories)
Lunch	Buckwheat Pasta with Nut Free Roasted Romesco (315 calories)	Chickpeas & Veggie Wrap with Tahini Dressing (287 calories)	Roasted Veggies & Quinoa Salad (351 calories)	Zucchini Slice (143 calories)	Mediterranean Tuna & Spinach Salad (375 calories)	Zucchini Slice + Sourdough Bread (216 calories)	Roasted Veggies & Hummus Pita Pockets (357 calories)
Afternoon snack	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tsp Sliced Almonds (159 calories)	2 Plums (44 calories)	1/4 cup of Sundried Tomato Dip + 2 Medium Carrots (155 calories)	1/4 cup of Hummus + 1 Medium Carrot (154 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt (112 calories)	1/4 cup of Sundried Tomato Dip + 2 Medium Carrots (155 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tsp Sliced Almonds (159 calories)
Dinner	Dijon Salmon with Green Bean Pilaf (442 calories)	Zucchini No-Carbonara with 70g Chicken (326 calories)	Super Foodie Lasagne (288 calories)	Slow Cooker Mediterranean Chicken (278 calories)	1 cup Roasted Root Veggies + Mackerel Fish 110g (314 calories)	Salmon with Kaleslaw on Couscous (395 calories)	Lemon Thyme Chicken Kebabs (220 calories)
Total calories	1200	800	1200	800	1200	1200	1200

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7 DAY SAMPLE MEAL PLAN 1 - Varied Diet

Time of Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upon waking	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal
Breakfast	Jalna low fat Greek Yoghurt 1 cup + handful of Pepitas (408 calories)	Overnight Oats with Raspberries (162 calories)	Dark Rye Bread with Egg & Spinach (240 calories)	Breakfast Bar + Berry Smoothie (167 calories)	2 Eggs on Wholemeal Toast. (186 calories)	Overnight Oats with Raspberries (162 calories)	Easy Power Omlette (294 calories)
Morning snack	Sundried Tomato Dip + 1 Carrot (120 calories)	1 cup of Bone or Vegetable Broth	10 Raw Almonds + 1 Orange (135 calories)	1 cup of Bone or Vegetable Broth	Not quite Banana Bread (122 calories)	Sundried Tomato Dip + 1 Carrot (120 calories)	Not Quite Banana Bread (122 calories)
Lunch	Chicken & Salad with Healthy Ceasar Dressing (241 calories)	Zucchini Slice with Sourdough Bread (216 calories)	Roasted Veggies & Hummus Pita Pockets (357 calories)	Impossible Pies x 2 (190 calories)	Mediterranean Tuna & Spinach Salad (375 calories)	Chicken & Salad with Healthy Ceasar Dressing (241 calories)	Roasted Veggies & Hummus Pita Pockets (357 calories)
Afternoon snack	Raw Almonds x 10 (74 calories)	Caramel Choc Bliss Balls x 2 + Guilt Free Choc Milk (203calories)	1/4 cup of Hummus + 1 Medium Carrot (154 calories)	Healthy Chocolate Cake 1 piece (118 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tbsp Sliced Almonds (159 calories)	1/4 cup of Hummus + 1 Medium Carrot (154 calories)	Caramel Chocolate Bliss Balls x 2 (150 calories)
Dinner	Melt In Your Mouth Chicken with 1/2 cup Brown Rice + 1/2 cup Roasted Veggies (373 calories)	San Choi Bau in Lettuce Cups (231 calories)	Zucchini No-Carbonara + 70g Chicken (326 calories)	Thai Turkey Balls + 1 cup Roasted Veggies (265 calories)	Herb Infused Chicken Patties + Pumpkin Seed Pesto + green Beans (381 calories)	Salmon with Kaleslaw on Couscous (395 calories) + Healthy Chocolate Cake (148 calories)	Slow Cooker Mediterranean Chicken (278 calories)
Total calories	1200	800	1200	800	1200	1200	1200

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7 DAY SAMPLE MEAL PLAN 2 - Varied Diet

Time of Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upon waking	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal	One shot Bone or Vegetable Broth	2tsp Apple-cider vinegar in 1/2 cup of warm water 1/2 hr before meal
Breakfast	Frittata with Veggie Overload (163 calories)	2 Eggs on Wholemeal Toast. (186 calories)	Chobani FIT Protein Yoghurt x 1 + 1 Tbsp Pepitas + 1 small banana (216 calories)	Breakfast Bar + Berry Smoothie (167 calories)	Overnight Oats with Raspberries + 30g Seed Slice (321 calories)	Dark Rye Bread with Egg & Spinach (240 calories)	Frittata with Veggie Overload + Sourdough Bread (236 calories)
Morning snack	Not quite Banana Bread (122 calories)	1 cup of Bone or Vegetable Broth	10 Raw Almonds + 1 Orange (135 calories)	1 cup of Bone or Vegetable Broth + 1 slice of Not Quite Banana Bread (122 calories)	1 cup of Bone or Vegetable Broth + 30g Seed Slice (159 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt (112 calories)	1/4 cup of Hummus + 1 Medium Carrot + small banana (222 calories)
Lunch	Mediterranean Tuna & Spinach Salad (375 calories)	Chicken & Salad with Healthy Ceasar Dressing (241 calories)	Zucchini Slice with Sourdough Bread + Breakfast Bar (317 calories)	Chicken with Orange & Pecan Salad (118 calories)	Mediterranean Tuna & Spinach Salad (375 calories)	Chicken & Salad with Healthy Ceasar Dressing + 1 small orange (302 calories)	Butternut Squash Carbonara with Broccoli (296 calories)
Afternoon snack	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tsp Sliced Almonds (159 calories)	Healthy Chocolate Cake 1 piece (118 calories)	1/4 cup of Sundried Tomato Dip + 2 Medium Carrots (155 calories)	1/4 cup of Hummus + 1 Medium Carrot (154 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt (112 calories)	1/4 cup of Sundried Tomato Dip + 2 Medium Carrots (155 calories)	1 cup Raspberries with 1/4 cup Fat free Yoghurt + 1 Tsp Sliced Almonds (159 calories)
Dinner	Sesame Fish + 1/2 Couscous (433 calories)	Thai Turkey Balls + 1 cup Roasted Veggies (265 calories)	Herb Infused Chicken Patties + Pumpkin Seed Pesto + green Beans (381 calories)	San Choi Bau in Lettuce Cups (231 calories)	1 cup Roasted Root Veggies + Mackerel Fish 110g (314 calories)	Salmon with Kaleslaw on Couscous (395 calories)	Thai Turkey Balls + 1 cup Roasted Veggies + Guilt Free Chocolate Milk (318 calories)
Total calories	1200	800	1200	800	1200	1200	1200

