

# Coach Yourself Thin Meal Planner

## Additional Breakfast Ideas

Look for the column that matches your *Coach Yourself Thin* Calorie Level (see pages 138-140 of *Coach Yourself Thin*) for specific portion guidance.

BREAKFAST #4	CYT 11–14	CYT 15–17	CYT 18–21
<p><b>EGG &amp; TOAST</b></p> <p>100% whole grain toast Egg Cantaloupe or orange Butter or all-fruit jam Tea or coffee</p> <p><b>Poaching eggs:</b> In a saucepan, bring 2 to 3 inches of water, 2 Tbsp distilled white vinegar, and 1/4 tsp salt to a boil. Reduce to medium-high heat. Break cold eggs into a medium bowl and gently slip the eggs into the water. Cook until the yolks thicken but remain semi-soft, about 3 to 5 minutes. Lift eggs from the water with a slotted spoon and drain. Alter the cooking time for desired doneness.</p> <p><b>Frying individual eggs:</b> Spray a skillet with cooking spray and place over medium-high heat. Crack an egg and cook until the white is solidified. Cook the yolk thoroughly by flipping the egg and cooking both sides.</p>	<p>(230 calories)</p> <ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 1 poached/fried egg</li> <li>• 1 cup cubed cantaloupe or 1 medium orange</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<p>(280 calories)</p> <ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 2 poached/fried eggs or 1 egg + 3 egg whites</li> <li>• 1 cup cubed cantaloupe or 1 medium orange</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half &amp; half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<p>(360 calories)</p> <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 2 poached/fried eggs or 1 egg + 3 egg whites</li> <li>• 1 cup cubed cantaloupe or 1 medium orange</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>
		CYT 22–24	CYT 25
		<p>(420 calories)</p> <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 2 poached/fried eggs or 1 egg + 3 egg whites</li> <li>• 2 cups cubed cantaloupe or 1 medium banana</li> <li>• Cup of tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<p>(460 calories)</p> <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 2 poached/fried eggs or 1 egg + 3 egg whites</li> <li>• 2 cups cubed cantaloupe or 1 medium banana</li> <li>• Cup of tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>

BREAKFAST #5	CYT 11–14	CYT 15–17	CYT 18–21
<p><b>SAUSAGE OR BACON &amp; TOAST</b></p> <p>100% whole grain toast</p>	<p>(230 calories)</p> <ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 1 oz (or 50 calories) 97% fat-free sausage, fat-free turkey bacon, or</li> </ul>	<p>(280 calories)</p> <ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 2 oz (or 100 calories) 97% fat-free sausage, fat-free turkey bacon, or</li> </ul>	<p>(360 calories)</p> <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 2 oz (or 100 calories) 97% fat-free sausage, fat-free turkey bacon, or soy sausage</li> </ul>

<p>Sausage, bacon or soy Sausage Blueberries Butter and all-fruit jam Tea or coffee</p> <p>Follow sausage/bacon cooking directions on package. Use cooking spray if needed.</p>	<p>soy sausage</p> <ul style="list-style-type: none"> <li>• 3/4 cup blueberries</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose two:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<p>soy sausage</p> <ul style="list-style-type: none"> <li>• 3/4 cup blueberries</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose two:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<ul style="list-style-type: none"> <li>• 3/4 cup blueberries</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose two:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>
		<b>CYT 22–24</b>	<b>CYT 25</b>
		<p>(420 calories)</p> <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 2 oz (or 100 calories) 97% fat-free sausage, fat-free turkey bacon, or soy sausage</li> <li>• 1 and 1/2 cups blueberries or 1 medium banana</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 pat butter</li> <li>• 1 Tbsp jam</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<p>(460 calories)</p> <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 2 oz (or 100 calories) 97% fat-free sausage, fat-free turkey bacon, or soy sausage</li> <li>• 1 and 1/2 cups blueberries or 1 medium banana</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 2 pats butter</li> <li>• 1 pat butter and 1 Tbsp jam</li> <li>• 1 pat butter and half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>
<b>BREAKFAST #6</b>	<b>CYT 11–14</b>	<b>CYT 15–17</b>	<b>CYT 18–21</b>
<p><b>CEREAL</b></p> <p>Bran or other high-fiber cereal Soy, almond, rice, or skim milk Banana Nuts or seeds Tea or coffee</p> <p>One serving of nuts or seeds equals: 6 almonds (42 calories) 5 cashews (47 calories) 7 peanuts (42 calories) 4 pecan halves (40 calories) 4 walnut halves (48 calories) 1 Tbsp ground flaxseed (45 calories) 1 Tbsp sunflower seeds (45 calories)</p>	<p>(230 calories)</p> <ul style="list-style-type: none"> <li>• 1/2 cup (or 80 calories) cereal</li> <li>• 1/2 cup milk</li> <li>• 1/2 medium banana</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 serving nuts/seeds</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<p>(280 calories)</p> <ul style="list-style-type: none"> <li>• 1/2 cup (or 80 calories) cereal</li> <li>• 1 cup milk</li> <li>• 1/2 medium banana</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 serving nuts/seeds</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	<p>(360 calories)</p> <ul style="list-style-type: none"> <li>• 1 cup (or 160 calories) cereal</li> <li>• 1 cup milk</li> <li>• 1/2 medium banana</li> <li>• Cup tea or coffee</li> </ul> <p><i>Choose one:</i></p> <ul style="list-style-type: none"> <li>• 1 serving nuts/seeds</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>

		<b>CYT 22–24</b>	<b>CYT 25</b>
		(420 calories) <ul style="list-style-type: none"> <li>• 1 and 1/2 cups (or 240 calories) cereal</li> <li>• 1 cup milk</li> <li>• 1/2 medium banana</li> <li>• Cup tea or coffee</li> </ul> <i>Choose one:</i> <ul style="list-style-type: none"> <li>• 1 serving nuts/seeds</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>	(460 calories) <ul style="list-style-type: none"> <li>• 1 and 1/2 cups (or 240 calories) cereal</li> <li>• 1 and 1/2 cups milk</li> <li>• 1/2 medium banana</li> <li>• Cup tea or coffee</li> </ul> <i>Choose one:</i> <ul style="list-style-type: none"> <li>• 1 serving nut/seeds</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> </ul>
<b>BREAKFAST #7</b>	<b>CYT 11–14</b>	<b>CYT 15–17</b>	<b>CYT 18–21</b>
<b>BANANA &amp; PEANUT BUTTER</b>  100% whole grain toast Banana Peanut butter, natural Honey Tea or coffee	(230 calories) <ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 2 tsp peanut butter</li> <li>• 1 tsp honey</li> <li>• 1/2 medium banana</li> <li>• Cup tea or coffee</li> </ul>	(280 calories) <ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 1 Tbsp peanut butter</li> <li>• 1 tsp honey</li> <li>• 1/2 medium banana</li> <li>• Cup tea or coffee</li> </ul>	(360 calories) <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 1 Tbsp peanut butter</li> <li>• 1 tsp honey</li> <li>• 1 medium banana</li> <li>• Cup tea or coffee</li> </ul>
		<b>CYT 22–24</b>	<b>CYT 25</b>
		(420 calories) <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 1 Tbsp peanut butter</li> <li>• 1 tsp honey</li> <li>• 1 medium banana</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> <li>• Cup tea or coffee</li> </ul>	(460 calories) <ul style="list-style-type: none"> <li>• 2 slices whole grain toast</li> <li>• 1 Tbsp peanut butter</li> <li>• 2 tsp honey</li> <li>• 1 medium banana</li> <li>• Half-and-half and/or sugar to total 40 calories in tea/coffee (1 Tbsp half-and-half = 20 calories, 1 tsp sugar = 16 calories)</li> <li>• Cup tea or coffee</li> </ul>

## Coach Yourself Thin Meal Planner Additional Lunch Ideas

Look for the column that matches your *Coach Yourself Thin* Calorie Level (see pages 138-140 of *Coach Yourself Thin*) for specific portion guidance.

<b>Lunch #4</b>	<b>CYT 11-14</b>	<b>CYT 15-18</b>	<b>CYT 19-21</b>
<b>Soup and Sandwich</b>  Lentil Soup (or Bean/Vegetable Soup) Turkey Breast or Canned tuna Whole-Wheat Bread	<b>CYT 11-13</b> - 270 calories <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 2 oz. turkey breast or 3 oz. of canned light tuna (in water)</li> <li>• 1 slice light whole wheat bread (40 calories)</li> </ul>	<b>CYT 15-18</b> - 440 calories <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 1 slice whole wheat bread (80 calories)</li> <li>• 3 oz. turkey breast or 4 oz. canned light tuna (in water)</li> </ul>	<b>CYT 19</b> - 500 calories <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 2 slices whole wheat bread (160 calories)</li> <li>• 3 oz. turkey breast or 4 oz. canned light tuna (in water)</li> <li>• 1 tablespoon low-fat</li> </ul>

<p>Garden Salad: mixed greens, shaved carrots, and sliced cucumber</p>	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• 1-2 cups garden salad with no-calorie dressing or fresh lemon or balsamic vinegar</li> </ul> <p><b>CYT 14</b> - 400 calories</p> <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 1 slice whole wheat bread (80 calories)</li> <li>• 3 oz. turkey breast or 4 oz. canned light tuna (in water)</li> <li>• 1 tablespoon low-fat mayonnaise</li> <li>• 1-2 cups garden salad with no-calorie dressing or fresh lemon or balsamic vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tablespoons low-fat mayonnaise</li> <li>• 1-2 cups garden salad with no-calorie dressing or fresh lemon or balsamic vinegar</li> </ul>	<p>mayonnaise</p> <ul style="list-style-type: none"> <li>• 1-2 cups garden salad with fat-free dressing or fresh lemon or balsamic vinegar</li> </ul> <p><b>CYT 20-21</b> - 580 calories</p> <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 2 slices whole wheat bread (160 calories)</li> <li>• 3 oz. turkey breast or 4 oz. canned light tuna (in water)</li> <li>• 1 tablespoon low-fat mayonnaise</li> <li>• 1-2 cups garden salad with fat-free dressing or fresh lemon or balsamic vinegar</li> <li>• 1 medium apple</li> </ul>
<b>Lunch #4</b>		<b>CYT 22-24</b>	<b>CYT 25</b>
<p><b>Soup and Sandwich</b></p> <p>Lentil Soup (or Bean/Vegetable Soup)</p> <p>Turkey Breast or Canned tuna</p> <p>Whole-Wheat Bread</p> <p>Garden Salad: mixed greens, shaved carrots, sliced cucumber, 2 slices tomato</p>		<p><b>CYT 22</b> - 630 calories</p> <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 2 slices whole wheat bread (160 calories)</li> <li>• 4 oz. turkey breast or 5 oz. canned light tuna (in water)</li> <li>• 1 tablespoon low-fat mayonnaise</li> <li>• 1-2 cups garden salad with fat-free dressing or fresh lemon or balsamic vinegar</li> <li>• 1 medium apple</li> </ul> <p><b>CYT 23-24</b> - 670 calories</p> <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 2 slices whole wheat bread (160 calories)</li> <li>• 4 oz. turkey breast or 5 oz. tuna</li> <li>• 2 tablespoons low-fat mayonnaise</li> <li>• 1-2 cups garden salad with fat-free dressing or fresh lemon or balsamic vinegar</li> <li>• 1 medium apple</li> </ul>	<p><b>CYT 25</b> - 750 calories</p> <ul style="list-style-type: none"> <li>• 1 cup lentil, bean or vegetable soup, 150 calories per cup</li> <li>• 2 slices whole wheat bread (160 calories)</li> <li>• 5 oz. turkey breast or 6 oz. canned light tuna (in water)</li> <li>• 2 tablespoons low-fat mayonnaise</li> <li>• 1-2 cups garden salad with fat-free dressing or fresh lemon or balsamic vinegar</li> <li>• 1 large apple</li> </ul>
	<b>CYT 11-14</b>	<b>CYT 15-18</b>	<b>CYT 19-21</b>
<p><b>Chicken Salad</b></p>	<p><b>CYT 11-13</b> - 270 calories</p> <ul style="list-style-type: none"> <li>• 3/4 cup Chicken Salad</li> </ul>	<p><b>CYT 15-18</b> - 440 calories</p> <ul style="list-style-type: none"> <li>• 1 cup Chicken Salad</li> </ul>	<p><b>CYT 19</b> - 500 calories</p> <ul style="list-style-type: none"> <li>• 1 cup Chicken Salad</li> </ul>

<p>Low-fat Chicken Salad (220 calories per cup or less) Whole-Wheat Bread Lettuce Tomato, sliced Carrots, Red Pepper &amp; Cucumber Dressing or hummus</p>	<ul style="list-style-type: none"> <li>• 1 slice light whole wheat bread (40 calories)</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 40 calories of fat-free dressing</li> </ul> <p><b>CYT 14</b> - 400 calories</p> <ul style="list-style-type: none"> <li>• 1 cup Chicken Salad</li> <li>• 1 slice whole wheat bread</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 60 calories of salad dressing or 2 tablespoons hummus</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole wheat bread</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 40 calories of dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole wheat bread</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 90 calories of salad dressing or 3 tablespoons hummus</li> </ul> <p><b>CYT 20-21</b> - 580 calories</p> <ul style="list-style-type: none"> <li>• 1 cup Chicken Salad</li> <li>• 2 slices whole wheat bread</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 90 calories of salad dressing or 3 tablespoons hummus</li> <li>• Add ¾ cup chopped pineapple or other fruit (see list)</li> </ul>
<b>Lunch #5</b>		<b>CYT 22-24</b>	<b>CYT 25</b>
<p style="text-align: center;"><b>Chicken Salad</b></p> <p>Low-fat Chicken Salad (220 calories per cup or less) Whole-Wheat Bread Carrots, Red Pepper &amp; Cucumber Dressing</p>		<p><b>CYT 22</b> - 630 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups Chicken Salad</li> <li>• 2 slices whole wheat bread</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 120 calories of salad dressing or 1/4 cup hummus</li> </ul> <p><b>CYT 23-24</b> - 670 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups Chicken Salad</li> <li>• 2 slices whole wheat bread</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 90 calories of salad dressing or 3 tablespoons hummus</li> <li>• Add ¾ cup chopped pineapple or other fruit (see list)</li> </ul>	<p><b>CYT 25</b> - 750 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups Chicken Salad</li> <li>• 2 slices whole wheat bread</li> <li>• Lettuce and slice of tomato</li> <li>• 1½ cups baby carrots, red pepper strips, and sliced cucumber with 120 calories of salad dressing or 1/4 cup hummus</li> <li>• Add ¾ cup chopped pineapple or other fruit (see list)</li> </ul>
<b>Lunch #6</b>	<b>CYT 11-14</b>	<b>CYT 15-18</b>	<b>CYT 19-21</b>
<p><b>PB &amp; J Sandwich*</b></p> <p>100% Whole-Wheat Bread Peanut Butter, natural All-Fruit Jam Baby Carrots</p> <p>* An equal amount of almond butter in place of peanut butter is acceptable</p>	<p><b>CYT 11-13</b> - 270 calories</p> <ul style="list-style-type: none"> <li>• 2 slices light whole-wheat bread (80 calories)</li> <li>• 1½ tablespoons peanut butter</li> <li>• 2 teaspoons all-fruit jam (30 calories)</li> <li>• 7 medium baby carrots</li> </ul>	<p><b>CYT 15-18</b> - 440 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread (160 calories)</li> <li>• 2 tablespoons peanut butter</li> <li>• 1 tablespoon all-fruit jam (40 calories)</li> <li>• ½ small banana</li> <li>• 7 medium baby carrots</li> </ul>	<p><b>CYT 19</b> - 500 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread (160 calories)</li> <li>• 2 tablespoons peanut butter</li> <li>• 1 tablespoon all-fruit jam (40 calories)</li> <li>• 1/2 banana or miniature box raisins</li> <li>• 10 medium baby carrots</li> </ul>

	<p><b>CYT 14</b> - 400 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread (160 calories)</li> <li>• 2 tablespoons peanut butter</li> <li>• 2 teaspoons all-fruit jam (30 calories)</li> <li>• 7 medium baby carrots</li> </ul>		<p><b>CYT 20-21</b> - 580 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread (160 calories)</li> <li>• 2 tablespoons peanut butter</li> <li>• 1 tablespoon all-fruit jam (40 calories)</li> <li>• 1 banana</li> <li>• 10 medium baby carrots</li> </ul>
		<b>CYT 22-24</b>	<b>CYT 25</b>
<p><b>PB &amp; J Sandwich*</b></p> <p>100% Whole-Wheat Bread Peanut Butter, natural All-Fruit Jam Baby Carrots</p> <p>* An equal amount of almond butter in place of peanut butter is acceptable</p>		<p><b>CYT 22</b> - 630 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread (160 calories)</li> <li>• 2 tablespoons peanut butter</li> <li>• 2 tablespoons all-fruit jam (80 calories)</li> <li>• 1 banana</li> <li>• 10 medium baby carrots</li> </ul> <p><b>CYT 23-24</b> - 670 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread (160 calories)</li> <li>• 2 tablespoons peanut butter</li> <li>• 2 tablespoons all-fruit jam (80 calories)</li> <li>• 1 banana</li> <li>• 10 medium baby carrots</li> <li>• 1/2 low-fat granola bar (70 calories – see label)</li> </ul>	<p><b>CYT 25</b> - 750 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread (160 calories)</li> <li>• 2 tablespoons peanut butter</li> <li>• 2 tablespoons all-fruit jam (80 calories)</li> <li>• 1 banana</li> <li>• 15 medium baby carrots</li> <li>• 1 low-fat granola bar (140 calories – see label)</li> </ul>
<b>Lunch #7</b>	<b>CYT 11-14</b>	<b>CYT 15-18</b>	<b>CYT 19-21</b>
<p><b>Egg Salad</b></p> <p>Whole-wheat bread Low-fat Egg Salad (200 calories or less per 2/3 cup) Spinach salad Balsamic vinegar or salad dressing Apple</p>	<p><b>CYT 11-13</b> - 270 calories</p> <ul style="list-style-type: none"> <li>• 1 slice light whole-wheat bread (40 calories)</li> <li>• 2/3 cup Egg Salad</li> <li>• 1 cup spinach salad with balsamic vinegar</li> </ul> <p><b>CYT 14</b> - 400 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread</li> <li>• 2/3 cup Egg Salad</li> <li>• 1 cup spinach salad with balsamic vinegar</li> </ul>	<p><b>CYT 15-18</b> - 440 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread</li> <li>• 2/3 cup Egg Salad</li> <li>• 2 cups spinach salad with salad dressing (40 calories)</li> </ul>	<p><b>CYT 19</b> - 500 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread</li> <li>• 2/3 cup Egg Salad</li> <li>• 2 cups spinach salad with salad dressing (100 calories)</li> </ul> <p><b>CYT 20-21</b> - 580 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread</li> <li>• 2/3 cup Egg Salad</li> <li>• 2 cups spinach salad with salad dressing (100 calories)</li> <li>Apple</li> </ul>
		<b>CYT 22-24</b>	<b>CYT 25</b>
<p><b>#7: Egg Salad</b></p> <p>Whole-wheat bread Low-fat Egg Salad (200 calories or less per 2/3 cup) Spinach salad Balsamic vinegar or salad dressing Apple</p>		<p><b>CYT 22</b> - 630 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread</li> <li>• 1 cup Egg Salad</li> <li>• 2 cups spinach salad with salad dressing (100 calories)</li> <li>• Apple</li> </ul>	<p><b>CYT 25</b> - 750 calories</p> <ul style="list-style-type: none"> <li>• 2 slices whole-wheat bread</li> <li>• 1 cup Egg Salad</li> <li>• 2 cups spinach salad with salad dressing (100 calories)</li> <li>• 1 oz pretzels (80 calories – see label)</li> <li>• Apple</li> </ul>

# Coach Yourself Thin Meal Planner

## Additional Dinner Ideas

Look for the column that matches your *Coach Yourself Thin* Calorie Level (see pages 138-140 of *Coach Yourself Thin*) for specific portion guidance.

Dinner #4	CYT 11-15	CYT 16-19	CYT 20-22
<p><b>Mexican-Style Burrito</b></p> <p><i>SuperFast Black Bean Sauté</i> (see recipe)            Wheat Tortilla            Avocado            Salsa            Garden Salad            Fat-free dressing, balsamic, or regular dressing            Low-fat Sour Cream            Parmesan Cheese, freshly grated            Hot Sauce</p>	<p><b><u>CYT 11-12</u></b> - 400 calories</p> <ul style="list-style-type: none"> <li>• 1 cup <i>SuperFast Black Bean Sauté</i></li> <li>• 8" wheat tortilla (150 calories)</li> <li>• 2 thin slices avocado</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• 1 tbsp. fat-free salad dressing (non creamy) or balsamic vinegar</li> <li>• 1 tablespoon grated parmesan cheese</li> <li>• Hot sauce</li> </ul> <p><b><u>CYT 13-15</u></b> - 490 calories</p> <ul style="list-style-type: none"> <li>• 1 cup <i>SuperFast Black Bean Sauté</i></li> <li>• 8" wheat tortilla (150 calories)</li> <li>• 2 thin slices avocado</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• Fat-free dressing or balsamic vinegar</li> <li>• 1 tablespoon grated parmesan cheese</li> <li>• Hot sauce</li> </ul>	<p><b><u>CYT 16-18</u></b> - 570 calories</p> <ul style="list-style-type: none"> <li>• 1 cup <i>SuperFast Black Bean Sauté</i></li> <li>• 8" wheat tortilla (150 calories)</li> <li>• 2 thin slices avocado</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• Salad dressing: 60 calories</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• Hot sauce</li> </ul> <p><b><u>CYT 19</u></b> - 610 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups <i>SuperFast Black Bean Sauté</i></li> <li>• 8" wheat tortilla (150 calories)</li> <li>• 2 thin slices avocado</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• Salad dressing: 80 calories</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• Hot sauce</li> </ul>	<p><b><u>CYT 20</u></b> - 660 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups <i>SuperFast Black Bean Sauté</i></li> <li>• 8" wheat tortilla (150 calories)</li> <li>• 2 thin slices avocado</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• Salad dressing: 120 calories</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• Hot sauce</li> </ul> <p><b><u>CYT 21-22</u></b> - 740 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups <i>SuperFast Black Bean Sauté</i></li> <li>• 10" wheat tortilla (230 calories)</li> <li>• 2 thin slices avocado</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• Salad dressing: 120 calories</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• Hot sauce</li> </ul>
Dinner #4		CYT 23	CYT 24-25
<p><b>Mexican-Style Burrito</b></p> <p><i>SuperFast Black Bean Sauté</i> (see recipe)            Wheat Tortilla            Avocado            Salsa            Garden Salad            Fat-free dressing, balsamic, or regular dressing            Low-fat Sour Cream            Parmesan Cheese, freshly grated            Hot Sauce</p>		<p style="text-align: right;">840 calories</p> <ul style="list-style-type: none"> <li>• 2 cups <i>SuperFast Black Bean Sauté</i></li> <li>• 10" wheat tortilla (230 calories)</li> <li>• ¼ medium avocado, sliced</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• Salad dressing: 120 calories</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• Hot sauce</li> </ul>	<p style="text-align: right;">910 calories</p> <ul style="list-style-type: none"> <li>• 2 cups <i>SuperFast Black Bean Sauté</i></li> <li>• 10" wheat tortilla (230 calories)</li> <li>• 1/3 medium avocado, sliced</li> <li>• 1/2 cup salsa</li> <li>• 2 tablespoons low-fat sour cream</li> <li>• 2 cups garden salad</li> <li>• Salad dressing: 120 calories</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• Hot sauce</li> </ul>

Dinner #5	CYT 11-15	CYT 16-19	CYT 20-22
<p><b>Baked Salmon with Potatoes, Salad, and Carrots</b></p> <p>Baked Salmon Baked Yukon Gold Potatoes Butter or Extra-Virgin Olive Oil Mixed Green Salad with balsamic vinegar dressing Steamed Carrots</p>	<p><u>CYT 11-12</u> - 400 calories</p> <ul style="list-style-type: none"> <li>• 3.5 oz. salmon</li> <li>• 6 oz. potatoes with dash salt and pepper</li> <li>• 2 cups mixed salad greens</li> <li>• 1 tablespoon fat-free salad dressing</li> <li>• 1/2 cup steamed carrots</li> </ul> <p><u>CYT 13-15</u> - 490 calories</p> <ul style="list-style-type: none"> <li>• 4 oz. salmon</li> <li>• 6 oz. potatoes with dash salt and pepper</li> <li>• 1 pat butter or 1 teaspoon olive oil</li> <li>• 2 cups mixed salad greens</li> <li>• 1 tablespoon fat-free salad dressing or balsamic vinegar</li> <li>• 1/2 cup steamed carrots</li> </ul>	<p><u>CYT 16-18</u> - 570 calories</p> <ul style="list-style-type: none"> <li>• 5 oz. salmon</li> <li>• 6 ounce potatoes with dash salt and pepper</li> <li>• 2 teaspoons butter or olive oil</li> <li>• 2 cups mixed salad greens</li> <li>• 1 tablespoon fat-free salad dressing or balsamic vinegar</li> <li>• 1/2 cup steamed carrots</li> </ul> <p><u>CYT 19</u> - 610 calories</p> <ul style="list-style-type: none"> <li>• 5 oz. salmon</li> <li>• 6 oz. potatoes with dash salt and pepper</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 2 cups mixed salad greens</li> <li>• 1 tablespoon fat-free salad dressing or balsamic vinegar</li> <li>• 1/2 cup steamed carrots</li> </ul>	<p><u>CYT 20</u> - 660 calories</p> <ul style="list-style-type: none"> <li>• 6 oz. salmon</li> <li>• 6 oz. potatoes with dash salt and pepper</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 2 cups mixed salad greens</li> <li>• 1 tablespoon fat-free salad dressing or balsamic vinegar</li> <li>• 1/2 cup steamed carrots</li> </ul> <p><u>CYT 21-22</u> -740 calories</p> <ul style="list-style-type: none"> <li>• 6 oz. salmon</li> <li>• 9 oz. potatoes with dash salt and pepper</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 2 cups mixed salad greens</li> <li>• 1 tablespoon fat-free salad dressing or balsamic vinegar</li> <li>• 1/2 cup carrots</li> </ul>
Dinner #5		CYT 23	CYT 24-25
<p><b>Baked Salmon with Potatoes, Salad, and Carrots</b></p> <p>Baked Salmon Baked Yukon Gold Potatoes Butter or Extra-Virgin Olive Oil Mixed Green Salad with balsamic vinegar dressing Steamed Carrots</p>		<p>840 calories</p> <ul style="list-style-type: none"> <li>• 6 oz. salmon</li> <li>• 9 oz. potatoes with dash salt and pepper</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 2 cups mixed salad greens</li> <li>• Salad dressing: 80 calories</li> <li>• 1/2 cup steamed carrots</li> </ul>	<p>910 calories</p> <ul style="list-style-type: none"> <li>• 7 oz. salmon</li> <li>• 9 oz. potatoes with dash salt and pepper</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 2 cups mixed salad greens</li> <li>• Salad dressing: 80 calories</li> <li>• 1/2 cup steamed carrots</li> </ul>
Dinner #6	CYT 11-15	CYT 16-19	CYT 20-22
<p><b>Spaghetti &amp; Garden Salad</b></p> <p><i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i> (see recipe) Whole Grain Spaghetti (at least 50% whole grain) Garden Salad: mixed greens, medium carrot, 1 cup cucumber, and 2 slices tomato Salad dressing</p>	<p><u>CYT 11-12</u> - 400 calories</p> <ul style="list-style-type: none"> <li>• 1 cup cooked whole grain spaghetti</li> <li>• 1 cup <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Salad Dressing: 70 calories</li> </ul> <p><u>CYT 13-15</u> - 490 calories</p> <ul style="list-style-type: none"> <li>• 1 cup cooked whole grain</li> </ul>	<p><u>CYT 16-18</u> - 570 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups cooked whole grain spaghetti</li> <li>• 1½ cups <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Salad Dressing: 70 calories</li> </ul> <p><u>CYT 19</u> - 610 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups cooked whole</li> </ul>	<p><u>CYT 20</u> - 660 calories</p> <ul style="list-style-type: none"> <li>• 1½ cups cooked whole grain spaghetti</li> <li>• 1½ cups <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Avocado, ¼ medium</li> <li>• Salad Dressing: 70 calories</li> </ul> <p><u>CYT 21-22</u> - 740 calories</p> <ul style="list-style-type: none"> <li>• 2 cups cooked whole grain</li> </ul>



	spaghetti <ul style="list-style-type: none"> <li>• 1½ cups <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Salad Dressing: 70 calories</li> </ul>	grain spaghetti <ul style="list-style-type: none"> <li>• 1½ cups <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Salad Dressing: 100 calories</li> </ul>	spaghetti <ul style="list-style-type: none"> <li>• 1½ cups <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Avocado, ¼ medium</li> <li>• Salad Dressing: 70 calories</li> </ul>
<b>Dinner #6</b>		<b>CYT 23</b>	<b>CYT 24-25</b>
<b>Spaghetti &amp; Garden Salad</b>  <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i> (see recipe) Whole Grain Spaghetti (at least 50% whole grain) Garden Salad: mixed greens, medium carrot, 1 cup cucumber, and 2 slices tomato Salad dressing Whole-grain crackers or 5 oz glass of wine or light beer (12 fl oz)		840 calories <ul style="list-style-type: none"> <li>• 2 cups cooked whole grain spaghetti</li> <li>• 1½ cups <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Avocado, ¼ medium</li> <li>• Salad Dressing: 70 calories</li> <li>• Whole-grain crackers (1 oz) or glass of wine or light beer</li> </ul>	910 calories <ul style="list-style-type: none"> <li>• 2 cups cooked whole grain spaghetti</li> <li>• 1½ cups <i>Hearty Italian Sauce with Chicken, Tofu or Tempeh</i></li> <li>• 2 cups of garden salad: lettuce, tomato, cucumber, carrot</li> <li>• Avocado, ¼ medium</li> <li>• Salad Dressing: 70 calories</li> <li>• Whole-grain crackers, 2 oz or 1 oz crackers and a glass of wine or light beer</li> </ul>
<b>Dinner #7</b>	<b>CYT 11-15</b>	<b>CYT 16-19</b>	<b>CYT 20-22</b>
<b>Mediterranean-Style Tilapia with Rice, Kale, Yellow Squash, and Onions</b>  <i>Mediterranean-Style Tilapia</i> (see recipe) White/brown rice, cooked <i>Sautéed Kale, Yellow Squash and Onions</i> (see recipe)  When cooking rice follow directions on package or bring 2 cups water and 1 cup rice to boil. Reduce heat when rice boils for 1 minute and simmer covered until completely cooked (10-15 minutes for white rice and 30-40 minutes for brown rice).	<b>CYT 11-12</b> - 400 calories <ul style="list-style-type: none"> <li>• 6 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• ½ cup cooked white/brown rice</li> <li>• 1 cup <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul> <b>CYT 13-15</b> (490 calories) <ul style="list-style-type: none"> <li>• 6 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• 1 cup white/brown rice</li> <li>• 1 cup <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul>	<b>CYT 16-18</b> - 570 calories <ul style="list-style-type: none"> <li>• 6 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• 1¼ cups white/brown rice</li> <li>• 1½ cups <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul> <b>CYT 19</b> - 610 calories <ul style="list-style-type: none"> <li>• 6 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• 1¼ cups white/brown rice</li> <li>• 1 teaspoon butter or olive oil</li> <li>• 1½ cups <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul>	<b>CYT 20</b> - 660 calories <ul style="list-style-type: none"> <li>• 6 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• 1½ cups white/brown rice</li> <li>• 1 teaspoon butter or olive oil</li> <li>• 1½ cups <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul> <b>CYT 21-22</b> - 740 calories <ul style="list-style-type: none"> <li>• 6 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• 1½ cups white/brown rice</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 1½ cups <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul>

Dinner #7		CYT 23	CYT 24-25
<p data-bbox="126 138 430 300"><b>Mediterranean-Style Tilapia with Rice, Sautéed Kale, Yellow Squash and Onions</b></p> <p data-bbox="118 338 435 548"><i>Mediterranean-Style Tilapia</i> (see recipe) White/brown rice, cooked <i>Sautéed Kale, Yellow Squash and Onions</i> (see recipe)</p> <p data-bbox="118 583 435 905">When cooking rice follow directions on package or bring 2 cups water and 1 cup rice to boil. Reduce heat when rice boils for 1 minute and simmer covered until completely cooked (10-15 minutes for white rice and 30-40 minutes for brown rice).</p>		<p data-bbox="1011 138 1144 163">840 calories</p> <ul data-bbox="824 174 1128 394" style="list-style-type: none"> <li>• 8 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• 1½ cups white/brown rice</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 1½ cups <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul>	<p data-bbox="1382 138 1515 163">910 calories</p> <ul data-bbox="1182 174 1507 394" style="list-style-type: none"> <li>• 8 oz. <i>Mediterranean-Style Tilapia</i></li> <li>• 2 cups white/brown rice</li> <li>• 1 tablespoon butter or olive oil</li> <li>• 1½ cups <i>Sautéed Kale, Yellow Squash and Onions</i></li> </ul>