

# Example Daily Meal Plan *and* Go To Meals

Daily calorie goal: 1,600 calories

Meals	Number of Calories	Plan A	Go To Meals
<b>Meal #1 Breakfast</b>	250	cereal, nuts or seeds, blueberries, and almond milk	peanut butter and sugar-free jam on sandwich thins or wheat bread
<b>Meal #2 AM Snack</b>	200	protein bar and hot tea	snack-size veggies, five crackers and mozzarella cheese stick
<b>Meal #3 Lunch</b>	350	spinach salad with with sliced almonds, cranberries and raspberry vinaigrette	frozen dinner
<b>Meal #4 PM Snack</b>	150	apple and a handful of almonds	low-calorie fudge bar or light yogurt, and baby carrots
<b>Meal #5 Dinner</b>	550	salmon, asparagus, brown rice, and a pineapple slice	frozen burrito or veggie chow mein or spinach raviolis
<b>Meal #6 Snack</b>	100	Weight Watchers 100 calorie fudge bar	2 small dark chocolate squares.

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