

Example: 1 day on 20 **POINTS**[®] values



3 POINTS **BREAKFAST**

FRUIT AND YOGURT

1 cup light vanilla yogurt topped with ½ cup each fresh pineapple chunks and blueberries. **POINTS value: 3.**



6 POINTS **LUNCH**

CHEESE & VEGGIE TORTILLA AND CHIPS

Top a 7" whole-wheat tortilla with ¼ cup each black beans, shredded low-fat cheddar cheese, and fat-free salsa. Roll up and microwave 30-40 seconds. Serve with shredded lettuce and diced tomato.

POINTS value: 4.

1 oz baked tortilla chips with ¼ cup fat-free salsa. **POINTS value: 2.**



8 POINTS **DINNER**

PIZZA AND SALAD

1 large slice thin-crust cheese pizza, topped with spinach and mushrooms. **POINTS value: 6.**

Tossed salad with 2 tsp olive oil and balsamic vinegar.

POINTS value: 2.



3 POINTS **SNACKS**

MICROWAVE POPCORN AND HOT COCOA

5 cups 94% fat-free microwave popcorn. **POINTS value: 1.**

1 package of sugar-free fat-free hot cocoa prepared with ½ cup fat-free milk. **POINTS value: 2.**

How to use our Meal Ideas

On the following pages, you'll find two weeks of daily Meal Ideas for one, like the ones on this page, all based on a daily **POINTS** Target of 20. You can follow them as written, or you can mix and match the meals and days to suit your preferences.

Or you can simply pluck out interesting meal and snack ideas as you're inspired. If you decide to follow the Meal Ideas exactly, you can do so as long as you'd like, provided you don't exceed a safe rate of weight loss (2 lbs. per week after the

first three weeks; 1 lb. for nursing moms). Have a daily **POINTS** value different than 20? Adjust the Meal Ideas to meet your daily **POINTS** Target by adding or subtracting foods to the meal or snack of your choice.

NEED TO ADD A FEW **POINTS** VALUES TO YOUR DAY?

AT BREAKFAST

1/2 cup orange juice
POINTS value: 1

1 egg
POINTS value: 2

1 slice whole-wheat toast
POINTS value: 2

1 cup light yogurt
POINTS value: 2

AT LUNCH

1 oz low-fat cheese
POINTS value: 2

2 oz chicken
POINTS value: 2

12 almonds
POINTS value: 2

1 cup black bean soup
POINTS value: 2

AT DINNER

Double the protein

1 slice of bread
POINTS value: 2

Double the pasta, rice, or mashed potato

1 cup chicken noodle soup
POINTS value: 3

FOR A SNACK

1 oz pretzels
POINTS value: 2

2 small cookies
POINTS value: 3

1 oz dark chocolate
POINTS value: 3

1 oz low-fat mozzarella
POINTS value: 2

Mix and match these Meal Ideas

● VEGETARIAN

BREAKFAST IDEAS EACH BREAKFAST HAS A TOTAL POINTS ® VALUE OF 3	LUNCH IDEAS EACH LUNCH HAS A TOTAL POINTS ® VALUE OF 6	DINNER IDEAS EACH DINNER HAS A TOTAL POINTS ® VALUE OF 8	SNACK IDEAS EACH DAY'S SNACKS HAVE A TOTAL POINTS ® VALUE OF 3
YOGURT WITH FRUIT ● 1 cup light yogurt topped with 1 1/2 cups sliced strawberries. Sweeten with sugar substitute to taste. POINTS value: 3	ROAST BEEF SALAD Mixed greens tossed with 1 oz thinly sliced lean roast beef, 1/4 avocado, sliced, 2 Tbsp shredded part-skim mozzarella cheese, 1 Tbsp dried cranberries, and 1 tsp olive oil and balsamic vinegar. POINTS value: 6	CHICKEN CACCIATORE (see recipe on page 48) 1 serving. POINTS value: 8 GARDEN VEGETABLE SOUP (see recipe on page 53) 1 serving. POINTS value: 0	1 cup fat-free sugar-free chocolate pudding. POINTS value: 3 ● 1 cup baby carrots. POINTS value: 0 ●
VEGETABLE OMELET ● 1 egg and 1 egg white cooked in nonstick spray with diced frozen bell pepper and 1/4 cup fat-free shredded cheddar cheese. POINTS value: 3	SOUP AND YOGURT ● 1 cup black bean soup. POINTS value: 2. 1 cup light yogurt and 1 large banana, sliced. POINTS value: 4	TERIYAKI PORK DINNER 2 oz lean grilled pork tenderloin brushed with 2 tsp teriyaki sauce POINTS value: 2. 1 baked large sweet potato topped with 1 tsp margarine and a sprinkle of cinnamon. POINTS value: 4. Broccoli florets and 1 tsp minced garlic cooked in 2 tsp olive oil POINTS value: 2	1 cup grapes. POINTS value: 1 ● 1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. POINTS value: 2 ●
CEREAL WITH FRUIT ● 3/4 cup bran flakes with 1/2 cup fat-free milk or calcium-fortified soy milk, and 1 small banana, sliced. POINTS value: 3	BAKED POTATO WITH BROCCOLI AND CHEESE Large baked potato topped with steamed broccoli, 1/4 cup shredded fat-free cheddar cheese, and 1 slice cooked Canadian bacon, finely chopped. POINTS value: 5. 1 cup grapes. POINTS value: 1	PASTA WITH MEAT SAUCE (see recipe on page 48) POINTS value: 7. Zucchini sautéed in 1 tsp olive oil with minced garlic. POINTS value: 1	5 cups 94% fat-free microwave popcorn. POINTS value: 1 ● 16 oz fat-free sugar-free cappuccino. POINTS value: 2 ●
EGG, BACON AND VEGGIES 1 egg, 1 tomato (halved), 1/2 cup sliced mushrooms and 1 slice Canadian bacon, all cooked in nonstick spray. POINTS value: 3	SOUP AND APPETIZER ● 1 cup split pea soup. POINTS value: 3. Sliced tomato and 2 oz fat-free mozzarella cheese drizzled with balsamic vinegar. POINTS value: 2. 1 medium apple. POINTS value: 1	FLOUNDER AND MASH 8 oz flounder fillet brushed with 1 tsp olive oil and sprinkled with lemon pepper seasoning. Bake 350°F until opaque, about 15 minutes. POINTS value: 5. 1/2 cup mashed potato. POINTS value: 2. Steamed asparagus drizzled with 1 tsp olive oil and balsamic vinegar. POINTS value: 1	1/2 cup fat-free ricotta cheese mixed with 1 1/2 cups raspberries and sweetened with artificial sweetener. POINTS value: 3 ● 1 cup cherry tomatoes. POINTS value: 0 ●
CEREAL WITH FRUIT ● 1 cup puffed whole-grain cereal topped with 1/2 cup fat-free milk or calcium-fortified soy milk. 1 large ripe peach, sliced. POINTS value: 3	TUNA SALAD SANDWICH 1/2 cup canned tuna in water, drained, mixed with 1/4 cup fat-free mayonnaise, 1 tsp Dijon-style mustard, chopped bell pepper, and diced celery. Serve on a bed =of mixed greens. POINTS value: 4. 1 cup baby carrots with 1/4 cup fat-free ranch dressing for dip. POINTS value: 2	CHICKEN WITH BROCCOLI & GARLIC SAUCE (see recipe on page 49) 1 serving. POINTS value: 7. Sliced tomato drizzled with 1 tsp olive oil and balsamic vinegar. POINTS value: 1	1 cup raw carrot sticks with 2 Tbsp fat-free ranch dressing. POINTS value: 1 ● 16 oz fat-free sugar-free cappuccino. POINTS value: 2 ●
YOGURT PARFAIT ● Fill a tall glass with alternate layers using 1 1/2 cups sliced strawberries, and 1 cup plain fat-free yogurt. Sweeten with sugar substitute to taste. POINTS value: 3	GRILLED CHICKEN SALAD Mixed greens, sliced tomato, cucumber, red onion, 10 small black olives, 4 tsp feta cheese, and 2 oz sliced grilled skinless chicken breast. Toss with 1 tsp olive oil and red wine vinegar. POINTS value: 5. 1 large peach. POINTS value: 1	DINNER OUT OR AT HOME ● 1 large slice thin crust cheese pizza topped with spinach and mushrooms. POINTS value: 6. Tossed salad with 2 tsp olive oil and balsamic vinegar. POINTS value: 2	1 cup fat-free milk blended with 1 small frozen banana. POINTS value: 3 ● 1 cup red bell pepper slices. POINTS value: 0 ●
FRUITY OATMEAL ● Cook one packet plain instant oatmeal as per package directions. Stir in 2 Tbsp fat-free milk and 1/2 cup fruit-flavored unsweetened applesauce. POINTS value: 3	TURKEY NAPOLEONS Spread a large slice of tomato with Dijon mustard. Top with 2 oz turkey breast slices rolled up, and 1 slice of fat-free mozzarella cheese. Top with another slice tomato. Secure with a toothpick. Drizzle with 1 tsp olive oil and balsamic vinegar. POINTS value: 4. 1 cup vegetable soup. POINTS value: 2	SHEPHERD'S PIE (see recipe on page 49) 1 serving. POINTS value: 8. 1 cup steamed asparagus. POINTS value: 0	1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. POINTS value: 2 ● 5 cups 94% fat-free microwave popcorn. POINTS value: 1 ●

Mix and match these Meal Ideas

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BREAKFAST IDEAS EACH BREAKFAST HAS A TOTAL POINTS ® VALUE OF 3	LUNCH IDEAS EACH LUNCH HAS A TOTAL POINTS ® VALUE OF 6	DINNER IDEAS EACH DINNER HAS A TOTAL POINTS ® VALUE OF 8	SNACK IDEAS EACH DAY'S SNACKS HAVE A TOTAL POINTS ® VALUE OF 3
EGG N CHEDDAR SANDWICH ● Scramble 3 egg whites in nonstick cooking spray. Place egg on one slice reduced-calorie whole wheat-toast. Top with 2 Tbsp low-fat cheddar cheese and another slice whole-wheat toast. POINTS value: 3	VEGGIE BURGER ● Microwave 1 vegetarian black bean burger as per package directions. Toast 1 whole grain English muffin. Place burger on one half of the English muffin. Top with 1 slice low-fat cheese, shredded lettuce and 2 Tbsp fat-free salsa. Top with other muffin half. POINTS value: 5. 1 cup grapes. POINTS value: 1	DINNER OUT OR AT HOME Small 3 oz grilled skinless chicken breast with a large baked potato and 1 cup steamed vegetables. POINTS value: 6. Tossed salad with 2 tsp olive oil and balsamic vinegar. POINTS value: 2	1 1/2 oz low-fat mozzarella cheese and tomato slices drizzled with balsamic vinegar. POINTS value: 3 ● 1 cup baby carrots. POINTS value: 0 ●
FRUIT AND YOGURT ● 1 cup light vanilla yogurt topped with 1/2 cup each fresh pineapple chunks and blueberries. POINTS value: 3	SUSHI 4 large pieces California roll, 6 small pieces tuna roll. POINTS value: 5. 1 cup grapes. POINTS value: 1	MOO SHU BEEF LETTUCE CUPS (see recipe on page 52) 1 serving. POINTS value: 4. 1/2 cup cooked brown rice sautéed with 1 chopped scallion, 1 cup broccoli florets, 2 tsp canola oil and soy sauce to taste. POINTS value: 4	1 cup grapes. POINTS value: 1 ● 1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. POINTS value: 2 ●
CEREAL WITH FRUIT ● 3/4 cup bran flakes with 1/2 cup fat-free milk or calcium-fortified soy milk, and 1 cup blueberries. POINTS value: 3	HAM-N-SWISS-N-SOUP Top 1 slice reduced-calorie whole-wheat bread with 2 oz lean ham, 1 slice low-fat Swiss cheese, arugula leaves, sliced tomato, and Dijon mustard. Top with another slice reduced-calorie bread. POINTS value: 4. 1 cup black bean soup. POINTS value: 2	SHRIMP AND COUSCOUS Place 6 oz medium shrimp peeled and deveined in a zip close bag with 2 Tbsp lime juice, 1 tsp olive oil and 2 tsp chopped cilantro. Marinate 30 minutes. Grill or broil 15 minutes. 1 cup cooked whole-wheat couscous. 1 cup asparagus cooked with 1 tsp olive oil and 1 Tbsp lemon juice. POINTS value: 8	1 small kiwifruit. POINTS value: 0 ● 1 cup fat-free plain yogurt blended with 1 1/2 cups frozen unsweetened raspberries sweetened with sugar substitute as needed. POINTS value: 3 ●
EGG, SPINACH AND FETA OMELET ● Cook 1 egg and 1 egg white, 1/2 cup chopped spinach, and 1 Tbsp feta cheese in nonstick cooking spray. POINTS value: 3	PASTA SALAD 1/2 cup cooked, cooled, whole-wheat pasta mixed with 1/4 cup canned tuna in water, drained, 1/2 cup grape tomatoes, 10 small black olives sliced, 1/4 cup shredded fat-free mozzarella cheese, 1/4 cup white beans and 2 Tbsp fat-free Italian dressing POINTS value: 6. 1 medium kiwifruit. POINTS value: 0	CHINESE PINEAPPLE CHICKEN (see recipe on page 51) 1 serving. POINTS value: 6. 1 cup broccoli sautéed with 2 tsp canola oil and 1 tsp minced garlic. POINTS value: 2	2 slices fat-free Swiss cheese and 1 oz lean ham. POINTS value: 3 1 cup baby carrots. POINTS value: 0 ●
CRUNCHY CEREAL ● 1 shredded wheat biscuit with 1/2 cup fat-free milk or calcium-fortified soy milk and 1 Tbsp sunflower seeds. POINTS value: 3	CHEESE & VEGGIE TORTILLA AND CHIPS ● Top a 7" whole wheat tortilla with 1/4 cup each black beans and shredded low-fat cheddar cheese, and 1/4 cup fat-free salsa. Roll up and microwave 30-40 seconds. Serve with shredded lettuce and diced tomato. POINTS value: 4. 1 oz baked tortilla chips with 1/2 cup fat-free salsa. POINTS value: 2	COMFORT FOOD DINNER 2 oz lean cooked roast beef, 1/2 cup mashed potato, and 1 cup green beans tossed with 1 tsp butter. POINTS value: 6. Tossed salad with 2 tsp olive oil and red wine vinegar. POINTS value: 2	5 cups 94% fat-free microwave popcorn. POINTS value: 1 ● 16 oz fat-free sugar-free cappuccino. POINTS value: 2 ●
YOGURT PARFAIT ● Fill a tall glass with alternate layers using 1 1/2 cups sliced raspberries, and 1 cup plain fat-free yogurt. Sweeten with sugar substitute to taste. POINTS value: 3	CRAB SALAD SANDWICH 3/4 cup cooked, chilled, crab meat mixed with 2 Tbsp fat-free mayonnaise, 1 tsp sweet pickle relish, and 1 Tbsp finely chopped onion. Serve in a small whole-wheat pita with chopped lettuce. POINTS value: 3. 2 cups mixed greens with sliced tomato tossed with 2 Tbsp reduced-calorie ranch dressing. POINTS value: 2. 1 cup mixed berries. POINTS value: 1	MEXICAN MEATLOAF (see recipe on page 51) 1 serving. POINTS value: 3. 3/4 cup mashed potato. POINTS value: 3. Tossed salad with 2 tsp olive oil and red wine vinegar. POINTS value: 2	1 cup fat-free milk blended with 1 1/2 cups frozen unsweetened strawberries. POINTS value: 3 ● 1 cup celery and cucumber. POINTS value: 0 ●
CREAMY OATMEAL ● Cook 1 packet plain instant oatmeal as per package directions. Stir in 1/2 cup light yogurt. POINTS value: 3	FAST FOOD LUNCH 1 small hamburger and 1 fast food side salad with 2 Tbsp fat-free Italian dressing. POINTS value: 6	POTATO CHOWDER (see recipe on page 50) 1 serving. POINTS value: 6. 2 cups sliced zucchini, sautéed with 2 tsp olive oil and minced garlic. POINTS value: 2.	1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. POINTS value: 2 ● 1 large orange. POINTS value: 1 ●