



## Biggest Loser 1-Week Diet Plan

You can lose weight like *The Biggest Loser* contestants without having to spend time at the ranch. This free 1-week meal plan, excerpted from *The Biggest Loser 30-Day Jump Start*, helps you follow a low-calorie diet with delicious Biggest Loser recipes and meal ideas. The diet plan was designed by Cheryl Forberg, RD, the show's resident nutritionist. On this diet, you'll eat three healthy meals and two snacks a day for a total of around 1,500 calories per day. Start losing weight today!

### DAY 1

#### Breakfast

##### HAM AND CHEESE BREAKFAST MELT (pictured)

You can add mustard or a slice of tomato to customize this sandwich, if you like. It reheats well, too, so you might want to make two at a time and warm the second one the following morning!

- 1 Thomas' Light Whole Grain English Muffin, split
- 1 slice (1 ounce) lean, low-sodium ham or lean Canadian bacon
- 2 egg whites
- 1 slice low-or reduced-fat Cheddar cheese
- Salt and pepper to taste



- 1 Coat an egg ring (see note) with olive oil cooking spray.
- 2 Toast the muffin halves until they're lightly browned. While the muffin toasts, warm the ham for about 1 minute in a small nonstick skillet. Remove the ham from the skillet and place it on half of the toasted English muffin. Cover to keep it warm.
- 3 Place the prepared egg ring in the nonstick skillet over medium heat. Pour the egg whites into the ring. Cover the pan and cook over medium heat for about 3 minutes, or until the eggs are nearly set. Run a knife or spatula around the inside edge of the ring to break the egg loose. Remove the ring. Flip the egg over and cook it for about 30 seconds longer, or until done.
- 4 Place the egg on top of the ham. While the egg is piping hot, lay the cheese over it. Top with the remaining muffin half. Serve hot.

Excerpted from *The Biggest Loser 30-Day Jump Start*, by Cheryl Forberg, RD, Melissa Roberson, Lisa Wheeler, and The Biggest Loser Experts and Cast (Rodale 2009)

Note: If you don't have an egg ring, you can use the ring from a wide-mouthed canning jar, sprayed with olive oil cooking spray.

Makes 1 serving

**PER SERVING: 230 calories, 25 g protein, 25 g carbohydrates (6 g sugars), 6 g fat (2 g saturated), 20 mg cholesterol, 8 g fiber, 570 mg sodium**

Serve with 3/4 cup fresh blueberries  
8 ounces fat-free milk  
Tea or coffee

## Snack

1 large apple  
1 stick low-fat mozzarella string cheese  
Ice water

## Lunch

### TURKEY WRAP

2 ounces sliced turkey breast  
1/4 cup alfalfa sprouts  
2 slices tomato  
2 teaspoons Dijon mustard  
1 La Tortilla Factory multigrain tortilla

Serve with 6 baby carrots  
1 cup jicama sticks  
Ice water or iced tea

## Snack

### HUMMUS DEVEILED EGGS

2 servings (4 pieces)

The addition of hummus makes for a delicious, healthy twist on a classic comfort food

12 hard-boiled eggs, peeled  
2 cups store-bought hummus  
Paprika  
Italian parsley

- 1 Cut the eggs in half lengthwise. Remove the egg yolks and discard them or reserve them for another use.
- 2 Fill each egg white with a heaping tablespoon of hummus, sprinkle lightly with paprika, and garnish with parsley. Cover lightly with plastic wrap and refrigerate for up to 1 day before serving.

Makes 12 servings (2 egg halves per serving)

**PER SERVING: 100 calories, 8 g protein, 12 g carbohydrates (2 g sugars), 15 g fat (0 g saturated), 0 mg cholesterol, 3 g fiber, 26 mg sodium**

## Dinner

5 ounces boneless, skinless chicken breast, grilled or broiled  
 8 medium asparagus spears, grilled or broiled  
 1 cup cherry tomatoes with 1 tablespoon balsamic vinegar and 1 tablespoon chopped fresh basil  
 8 ounces fat-free milk

Total Daily Calories: 1,480

## DAY 2

### Breakfast

1/3 cup old-fashioned oatmeal (cooked in 2/3 cup water)  
 with 1/2 banana, sliced  
 1/2 cup fat-free Greek-style yogurt mixed with 1/2  
 teaspoon pure vanilla extract  
 Coffee or tea

### Snack

#### PEANUTTY SPREAD

1 serving (2 tablespoons)



Blending creamy peanut butter with silken tofu cuts the calories and fat by nearly two-thirds. It's the perfect high-protein snack, whether spread on a whole grain cracker or used as a dip for apple slices or raw vegetables. And one dollop makes a good topping for your favorite fat-free chocolate pudding.

1 cup (about 9 ounces) silken tofu, drained  
 1/3 cup peanut butter  
 4 teaspoons honey  
 2 teaspoons lime juice

- 1 Place the tofu, peanut butter, honey, and lime juice in a blender or food processor and blend or process until smooth.
- 2 Add a few teaspoons of water if necessary. Store in the refrigerator.

Makes 12 (2-tablespoon) servings (1 1/2 cups)

**PER SERVING:** 60 calories, 3 g protein, 4 g carbohydrates (3 g sugars), 4 g fat (0.5 g saturated), 0 mg cholesterol, 1 g fiber, 30 mg sodium

Serve with 1 cup jicama slices

### Lunch

#### TUNA MELT

6 ounces water-packed tuna, drained  
 Mix with 2 tablespoons diced onion and 2 tablespoons low-fat vinaigrette  
 Serve on a toasted Thomas Whole Grain English Muffin  
 Top with 1 slice low-fat Cheddar cheese

## Snack

1 cup steamed edamame

## Dinner

PORTOBELLO "PIZZAS" (pictured)  
2 servings (2 pizzas)

Most people prefer to eat these "pizzas" with a knife and fork!

4 whole portobello mushroom caps (about 5" diameter), stems removed  
1/2 cup low-fat marinara sauce  
1/2 cup lean turkey Italian sausage, cooked, drained, and crumbled  
4 tablespoons shredded fat-free or low-fat mozzarella cheese  
2 teaspoons freshly grated Parmesan cheese  
1 tablespoon chopped fresh basil

- 1 Preheat the oven to 350°F.
- 2 Wipe the mushrooms clean of any dirt. Place them on a baking sheet, gill side up. Spoon sauce over each cap, then sprinkle on the sausage and cheeses. Place the mushrooms in the oven and bake for 6 to 8 minutes, or until the cheese is melted. Garnish with fresh basil or parsley.

Makes 4 servings (4 small pizzas)

**PER SERVING: 97 calories, 10 g protein, 7 g carbohydrates (2 g sugars), 3 g fat (1 g saturated), 22 mg cholesterol, 2 g fiber, 305 mg sodium**

Have with 1/2 cup red grapes  
Ice water or iced tea

Total Daily Calories: 1,500

# DAY 3

## Breakfast

### GREEK YOGURT PARFAIT

If you don't have fresh strawberries, other fresh berries work well. And if fresh berries are out of season, dried berries will work, but use only 2 tablespoons.

1/4 cup sliced fresh strawberries  
2 tablespoons low-fat granola  
1 cup fat-free Greek-style yogurt or low-fat vanilla yogurt  
Fresh mint sprig

Combine the strawberries and granola in a small mixing bowl and stir. Spoon half of the mixture into a serving bowl or parfait glass. Spoon the yogurt over the granola mixture. Sprinkle the remaining strawberry-granola mixture on top. Garnish with fresh mint.



Makes 1 serving

**PER SERVING: 160 calories, 22 g protein, 21 g carbohydrates (10 g sugars), 0.5 g fat (0 g saturated), 0 mg cholesterol, 3 g fiber, 95 mg sodium**

Serve with 3 slices turkey bacon  
1 hard-boiled egg  
Tea or coffee

## Snack

1/2 cup fat-free cottage cheese topped with 1 tablespoon slivered almonds and 1 medium pear, chopped

## Lunch

### GREEK SALAD

3 cups chopped romaine lettuce  
1/2 cup sliced cucumber  
1/2 cup sliced bell pepper  
1/4 cup sliced ripe olives  
2 tablespoons low-fat feta cheese  
5 ounces cooked bay shrimp  
2 tablespoons low-fat vinaigrette

## Snack

2 ounces sliced roast turkey or chicken breast  
2" wedge honeydew melon

## Dinner

### PORK STIR-FRY WITH GARLIC BROCCOLI RECIPE (pictured)

1 serving

Once you get the hang of it, it's easy to whip up stir-fries using any combination of your favorite vegetables. Substitute lean beef or chicken for the pork, or switch seasonings—the combinations are endless.

3 cups broccoli, chopped in 1" pieces  
3/4 cup fat-free, low-sodium chicken broth  
1/2 cup chopped scallions  
2 tablespoons chopped garlic  
2 tablespoons peeled, chopped fresh ginger  
2 teaspoons olive oil  
1 cup chopped yellow onion  
1 red bell pepper, halved, seeded, and diced  
1 pound boneless pork tenderloin, cut in thin strips, 1/2" wide and 2" long (see note)  
1 tablespoon low-sodium soy sauce  
1 tablespoon toasted sesame seeds

- 1 Steam the broccoli for about 2 minutes, until it's bright green but still firm. Drain, rinse with cold water to stop cooking, and drain again. (If using frozen broccoli, thaw the broccoli but omit this cooking step.)
- 2 Combine 1/4 cup of the broth with the scallions, garlic, and ginger in a food processor or blender and pulse until the mixture is minced. Set it aside.

- 3 Heat 1 teaspoon of the oil in a large nonstick skillet over medium-high heat. Add the yellow onion and bell pepper, and cook for 5 minutes, or until the vegetables are just tender. Transfer the vegetables to a bowl and cover with a towel to retain heat.
- 4 Add the remaining olive oil to the pan over medium-high heat. Add the scallion mixture and cook for about 1 minute, stirring constantly. Add the pork strips and soy sauce to the skillet and cook for 4 minutes, or until the pork is nearly done. Add the remaining 1/2 cup of broth and bring to a boil.
- 5 Add the broccoli to the skillet and cook, stirring, for about 3 minutes, or until the broccoli is cooked through. Add the onion and bell pepper back to the skillet. Divide the stir-fry among 4 dinner plates and garnish with sesame seeds.

Note: It's easier to slice pork thinly if you place it in the freezer for about 30 minutes first.

Makes 4 servings

**PER SERVING: 240 calories, 28 g protein, 12 g carbohydrates (4 g sugars), 9 g fat (3 g saturated), 75 mg cholesterol, 4 g fiber, 290 mg sodium**

Serve with 3/4 cup cooked brown rice  
8 ounces fat-free milk  
Green or black tea  
1 fresh plum

Total Daily Calories: 1,520

## DAY 4

### Breakfast

#### BERRY SMOOTHIE

1/2 cup fat-free Greek-style yogurt  
1/2 cup fresh or frozen raspberries or blueberries  
1 cup fat-free milk  
1/2 teaspoon pure vanilla extract

Serve with 1 toasted Thomas Carb Count Whole Grain Bagel with 1 tablespoon almond or peanut butter and 1 tablespoon sugar-free fruit spread



### Snack

1 large apple  
2 sticks low-fat mozzarella string cheese

### Lunch

#### MUSHROOM SOUP

1 serving (1 1/2 cups)

Mushrooms are a great vegetable to include in a healthy weight-loss plan. They're rich in vitamins, high in water, and low in calories. This soup is really easy to make, and you can use whatever mushrooms you like.

1 tablespoon olive oil  
 1 medium yellow onion, chopped  
 12 ounces white or brown mushrooms, cleaned and sliced (4 1/2 cups sliced; if using shiitakes, discard the stems)  
 1 teaspoon chopped fresh oregano or 1/2 teaspoon dried  
 4 cups fat-free, low-sodium chicken broth

- 1 In a 3-quart saucepan, heat the olive oil over medium heat. Add the onion and cook for about 5 minutes, or until it's soft but not browned. Add the mushrooms and oregano and cook, stirring regularly, for about 2 minutes longer, until the mushrooms soften.
- 2 Carefully add the broth and bring to a boil. Immediately reduce the heat to low, cover partially, and simmer for about 20 minutes.
- 3 Let the soup cool, then transfer it to a blender or food processor and blend or process until smooth. Return it to the saucepan and reheat before serving.

Makes about 4 (1 1/2-cup) servings

**PER SERVING: 70 calories, 4 g protein, 6 g carbohydrates (4 g sugars), 4 g fat (0 g saturated), 0 mg cholesterol, 1 g fiber, 245 mg sodium**

Pair with 1/2 "grilled cheese" sandwich: 1 slice Ezekiel bread and 1 wedge Laughing Cow light cheese  
 Ice water or iced tea

## Snack

1 fresh pear  
 1 tablespoon raw almonds

## Dinner

**FISH TACOS** (pictured)  
 3 servings (3 tacos)

### Fish:

1 pound orange roughy or other boneless, skinless fish fillet, such as red snapper  
 3 tablespoons lime juice  
 1/2 teaspoon paprika  
 1/2 teaspoon salt  
 1/2 teaspoon ground black pepper  
 1/2 teaspoon chili powder (optional)

### Tacos:

8 whole grain high-fiber tortillas or stone-ground corn tortillas  
 1/2 avocado, diced and lightly mashed  
 1/3 cup shredded low-fat Mexican or pepper Jack cheese  
 1/2 cup tomato salsa  
 4 tablespoons chopped fresh cilantro  
 1 1/2 cups finely shredded cabbage  
 Hot sauce (optional)

- 1 To make the fish: Place the fish in a shallow baking dish and sprinkle with the lime juice, paprika, salt, black pepper, and chili powder (if desired). Cover, refrigerate, and marinate for about 30 minutes.
- 2 Preheat the grill to medium-high heat (or preheat the oven to 375°F).
- 3 Lightly coat a 24" x 12" piece of foil with olive oil cooking spray. Place the fish in a single layer in the center of the foil. Fold the foil over and fold the ends upward to seal in the fish. Place the foil packet on the preheated grill. Cook for 7 to 10 minutes, or until the fish is opaque. Remove from the grill.

- 4 To assemble the tacos: Wrap the tortillas in foil and place them on the grill to warm for 2 minutes. Spread about one-eighth of the mashed avocado on each tortilla and top with one-eighth of the fish. Sprinkle each with cheese, salsa, cilantro, cabbage, and hot sauce, if desired. Serve with glasses of ice water garnished with a slice of orange and a sprig of fresh mint.

Makes about 8 (1-taco) servings. Have 3 for dinner and save the rest.

**PER SERVING: 140 calories, 18 g protein, 13 g carbohydrates (1 g sugars), 5 g fat (less than 1 g saturated), 30 mg cholesterol, 8 g fiber, 480 mg sodium**

Serve with 1 cup cubed melon with 1/4 cup fat-free frozen vanilla yogurt, 1 teaspoon chopped fresh mint, and 1 tablespoon almond slivers

Total Daily Calories: 1,520

## DAY 5

### Breakfast

1/3 cup old-fashioned oatmeal (cooked in 2/3 cup water) with 1/4 teaspoon ground cinnamon and 1 tablespoon chopped walnuts  
 3/4 cup sliced strawberries  
 3/4 cup fat-free Greek-style yogurt  
 Green tea or milk

### Snack

2 Wasa rye crackers with 2 wedges Laughing Cow light toasted onion cheese  
 Ice water



### Lunch

[ANDREA'S TURKEY WRAP](#) (pictured)

Season 2 contestant Andrea Overstreet shares one of her favorite healthy cooking tips in this easy recipe: "Using butter lettuce instead of a bun is my favorite way to save calories!"

6 ounces 99% lean ground turkey breast  
 Salt and pepper to taste  
 2 leaves butter lettuce  
 8 thin slices cucumber  
 2 tablespoons fresh alfalfa sprouts  
 2 tablespoons fresh bean sprouts  
 2 tablespoons low-fat Galeos Miso Caesar dressing

- 1 Form the turkey into a patty, about 4 1/2" in diameter. Season the patty with salt and pepper and grill for 3 to 4 minutes on each side.
- 2 Cut the patty in half and place each half in the center of one of the butter lettuce leaves. Top the burgers with the cucumber, alfalfa sprouts, and bean sprouts. Drizzle with the dressing and wrap the lettuce around the burgers and vegetables.

Makes 1 serving

**PER SERVING: 230 calories, 41 g protein, 9 g carbohydrates (5 g sugars), 3.5 g fat, (1 g saturated), 70 mg cholesterol, 1 g fiber, 450 mg sodium**

Have with 1 cup fat-free milk

## Snack

1 cup fat-free vanilla yogurt with 1 medium apple, diced, and 1 tablespoon ground flaxseed  
Ice water

## Dinner

ITALIAN FLANK STEAK with ROMA TOMATOES

1 serving

This is the epitome of a quick and easy dinner. Mix the marinade before work, and when you come home, light the grill, toss a salad, and set the table—presto!

1/4 cup water or low-sodium beef broth or chicken broth  
1/4 cup balsamic vinegar  
1 tablespoon chopped garlic  
1 tablespoon chopped fresh basil or 1 teaspoon dried  
1 tablespoon chopped fresh thyme or 1 teaspoon dried  
1 teaspoon mustard powder  
1/2 teaspoon ground black pepper  
1 1/4 pounds flank steak, trimmed of all visible fat  
8 Roma tomatoes, halved crosswise

- 1 Combine the water or broth, vinegar, garlic, basil, thyme, mustard powder, and pepper in a large zip-top plastic bag. Add the steak and seal the bag. Marinate the steak in the refrigerator for at least 2 hours (but no longer than 12), turning the steak occasionally.
- 2 Prepare a fire in a charcoal grill or preheat a gas grill or broiler. Lightly coat the grill rack with olive oil cooking spray. Position the rack 4" to 6" from the heat source.
- 3 Remove the steak from the marinade. Drain and blot the meat to remove excess marinade.
- 4 Place the steak and tomatoes on the grill rack or broiler pan. Grill or broil until browned, 4 to 5 minutes on each side for the steak and about 3 minutes on each side for the tomatoes. Watch the steak carefully, as the balsamic vinegar can cause it to burn if not properly blotted. Check the steak for doneness by cutting into the meat. Let it stand for 5 minutes on a cutting board. Cut the meat across the grain into very thin slices.

Makes 4 servings

**PER SERVING: 260 calories, 33 g protein, 14 g carbohydrates (9 g sugars), 8 g fat (3 g saturated), 45 mg cholesterol, 3 g fiber, 120 mg sodium**

Serve with 1/2 cup brown rice  
2 cups mixed baby greens with 1/4 avocado, sliced, and 1 tablespoon low-fat Caesar dressing  
Ice water or iced tea

Total Daily Calories: 1,540

# DAY 6

## Breakfast

3/4 cup Kashi GoLean cereal  
 1 cup fat-free milk  
 1 medium banana  
 1 hard-boiled or soft-boiled egg  
 Tea or coffee

## Snack

1 cup fat-free Greek-style yogurt with 1/2 teaspoon pure vanilla extract and 1/2 cup sliced mango  
 Ice water



## Lunch

**ROAST BEEF MELT** (pictured)

This satisfying recipe comes from Season 2 contestant Seth Word. If your market doesn't have Ezekiel bread, look for a high-fiber multigrain bread.

2 slices Ezekiel bread  
 2 slices fat-free American cheese  
 4 ounces lean, thinly sliced deli roast beef  
 1 tablespoon brown mustard  
 3 thin slices yellow onion

**1** Top the bread with the cheese and toast it on the grill until the cheese melts. Put the roast beef on the toast. Top with the mustard and onion.

Makes 1 serving

**PER SERVING: 360 calories, 37 g protein, 44 g carbohydrates (5 g sugars), 6 g fat (2 g saturated), 40 mg cholesterol, 7 g fiber, 460 mg sodium**

Pair with 2 cups mixed salad greens with 1/4 cup cherry tomatoes and 1 tablespoon low-fat balsamic vinaigrette

## Snack

**CRISPY CORN CHIPS**

2 servings

Plain or seasoned, corn chips are great to have on hand when you have an urge for something crunchy. They're best when freshly baked, but they can also be stored in an airtight plastic bag.

12 stone-ground corn tortillas (6" diameter; about 12 ounces)  
 1/4 teaspoon ground cumin (optional)  
 1/4 teaspoon chili powder (optional)  
 1/4 teaspoon salt (optional)

- 1 Preheat the oven to 350°F.
- 2 Divide the tortillas into two stacks. Cut each stack into 8 chip-size wedges and arrange the chips in a single layer on 2 baking sheets. Lightly coat the chips with olive oil cooking spray. Sprinkle with the cumin, chili powder, and salt, if desired. Gently toss the chips and rearrange them to cover the baking sheets evenly.
- 3 Bake for 10 minutes, then rotate the pan and bake for 10 minutes longer, or until the chips are crisp but not brown. (Keep in mind that fresh tortillas contain more moisture and will take a few minutes longer to bake than not-so-fresh tortillas.) Cool and serve.

Makes 12 (8-chip) servings

**PER SERVING: 60 calories, 1 g protein, 12 g carbohydrates (0 g sugars), 1 g fat (0 g saturated), 0 mg cholesterol, 2 g fiber, 60 mg sodium**

Pair with 1/2 cup salsa combined with 1/2 cup fat-free cottage cheese

## Dinner

4 ounces wild salmon, grilled or broiled

1 cup steamed broccoli

3/4 cup cooked (1 ounce dry) Ronzoni whole grain pasta with 1/4 cup low-sodium marinara sauce and 1 tablespoon grated Parmesan cheese

Total Daily Calories: 1,470

# DAY 7

## Breakfast

**OMELET OF CHAMPIONS** (pictured)

Season 1 contestant and gym rat Aaron Semmel loves to make this omelet. He says, "While it's cooking, I mix a smoothie in the blender and cook a little turkey bacon on the side."

4 tablespoons chopped broccoli

2 tablespoons chopped yellow onion

2 tablespoons finely chopped carrot

4 large egg whites

1 large whole egg

1/2 teaspoon Mrs. Dash seasoning

1 wedge (3/4 ounce) Laughing Cow light cheese

2 tablespoons fat-free refried beans

Lightly coat a medium nonstick skillet with olive oil cooking spray.

- 1 Heat the pan over medium-high heat and add the broccoli, onion, and carrot. Cook the vegetables for about 2 minutes, or until they're just tender but still bright.
- 2 While the veggies are cooking, whip the eggs with a whisk or beater until they're foamy and light. Add the Mrs. Dash. Pour the eggs over the vegetables, cover, and cook for about 2 minutes, or until the eggs are almost set.
- 3 Crumble the cheese over the omelet. Distribute the refried beans over the cheese. Fold the omelet in half and let it cook over low heat for 2 minutes longer.



Makes 1 serving

**PER SERVING: 226 calories, 26 g protein, 13 g carbohydrates (3 g sugars), 7 g fat (3 g saturated), 225 mg cholesterol, 3 g fiber, 783 mg sodium**

Pair with 1/2 cup fresh strawberries, sliced  
8 ounces fat-free milk  
Green tea or coffee

## Snack

1 hard-boiled egg  
1 cup cherry tomatoes  
3 olives

## Lunch

### SMOKY SAUSAGE AND LENTIL STEW

2 servings (2 cups)

This hearty stew is packed with protein and fiber--and flavor. To make a vegetarian lentil stew, you could omit the sausage and use low-sodium vegetable broth.

2 links (about 4 ounces each) spicy low-fat turkey Italian sausage, removed from casings  
1 1/2 cups chopped yellow onion (about 1 medium onion)  
1 medium red or green bell pepper, seeded and diced, or 1 roasted red bell pepper (see note)  
1 tablespoon garlic  
1 cup chopped tomatoes or 1 cup tomato sauce  
1 teaspoon dried oregano  
1 teaspoon mustard powder  
6 cups fat-free, low-sodium chicken broth  
1 cup water  
1 1/2 cups dried brown lentils  
Fresh parsley or cilantro leaves

- 1 Brown the sausage in a 4-quart saucepan over medium-high heat. Cook just until the sausage is no longer pink, stirring to crumble it. Add the onion and bell pepper and cook for about 5 minutes, or until softened. Add the garlic and cook for 1 minute longer, but don't allow the garlic to brown.
- 2 Add the tomatoes, oregano, mustard powder, broth, water, and lentils, and bring to a boil. Reduce the heat to low, cover, and simmer for about 30 minutes, or until the lentils are almost tender, thinning with more water if the soup is too thick.
- 3 Ladle the soup into bowls and garnish with parsley or cilantro.

Note: Roast a whole red bell pepper under a broiler or over a gas flame, turning occasionally, until the skin blisters and chars all over. Place the pepper in a bowl and cover it with a lid (or place the pepper in a paper bag), and allow it to steam to loosen the skin. Carefully peel away the skin and remove the seeds.

Makes 8 (1-cup) servings

**PER SERVING: 190 calories, 15 g protein, 27 g carbohydrates (5 g sugars), 3 g fat (0.5 g saturated), 20 mg cholesterol, 5 g fiber, 360 mg sodium**

Serve with 1 1/2 cups chopped romaine lettuce with 1 tablespoon low-fat Caesar vinaigrette

## Snack

1 medium apple, sliced, with 1 tablespoon almond butter

## Dinner

5 ounces halibut, grilled

3/4 cup cooked wild rice

3 cups baby spinach, steamed

1 cup fresh blackberries with 1/4 cup low-fat vanilla yogurt and 1 tablespoon chopped pecans

Ice water or green tea

Total Daily Calories: 1,520

Try a **Biggest Loser Meal Plan** for a convenient way to reach your weight loss goals:  
<http://www.biggestlosermealplan.com/>

Learn more about the **Biggest Loser Diet** at [Prevention.com/BiggestLoser](http://Prevention.com/BiggestLoser).