



5-week Structured Meal Plan Lunch & Dinner Menu

Calorie level: 1,200 -1,500 day

Lunch: 300 - 350 calories (~6-7 Weight Watchers Points Plus)*

Dinner: 350 - 400 calories (~7-8 Weight Watchers Points Plus)*

Package: US\$6

A la carte: US\$7

Package: US\$10

A la carte: US\$12

Week One

Monday Lunch

Turkey Pot Pie

Tuesday Lunch

Jamaican pattie-bacalao

Wednesday Lunch

Black bean nacho pizza

Thursday Lunch

Spinach, "bacon" & parsnip tart

Friday Lunch

Tomato, cheese & onion tart

Dinner

Grilled Salmon Asian-style
Spinach Crespelle
(Spinach pie in paper-thin crêpe)
Green Pea Mushroom hash

Dinner

Jack Daniels Pineapple chicken
Collard Greens &
Sundried Tomato Spoonbread
Succotash

Dinner

Thai Curry Mahi-Mahi
Chick pea patties
Grilled Eggplant & Cabbage Slaw

Dinner

Chicken Cordon Bleu
Brussels Sprouts & Red
Pepper Hash
Split Pea & Parsnip croquettes

Dinner

Shrimp broccoli pepperoni
pizza

Week Two

Monday Lunch

BBQ Chicken avocado
Pita

Tuesday Lunch

Roasted eggplant tart

Wednesday Lunch

Curried Chicken Pita
w/toasted almonds

Thursday Lunch

Mexican turkey wrap

Friday Lunch

Stuffed Portobello mushroom
(salmon, veg, quinoa)

Dinner

Caribbean Flounder
Calaloo, Green Peas, Red
Pepper & Plantain Salad
Roasted Beets w/Goat
Cheese

Dinner

Stuffed turkey meatballs
Baked Cannellini Beans
Curried Cauliflower Red Pepper
Roast w/apricots & pine nuts

Dinner

Salmon Cakes
Leek & Tomato Cobbler
Mediterranean Lentils

Dinner

Shrimp Vegetable Creole
Chick Pea Pie
Zucchini Corn Pancake

Dinner

Chicken Parmesan
White Bean Purée
Honey Roasted Gingered
Baby Carrots
Eggplant Rollatini



Week Three

Monday Lunch

Salmon Loaf pita

Tuesday Lunch

Chicken, broccoli, pepperoni pizza

Wednesday Lunch

Vietnamese Shrimp &
tofu egg rolls (2)

Thursday Lunch

Mediterranean chicken wrap

Friday Lunch

Vegetable quiche

Dinner

Oven fried Chicken
Cauliflower cheese
Roasted tomatoes
Cajun lima beans

Dinner

Bacalao cakes w/avocado sauce
“Refried” black beans
Sundried tomato spinach crêpe

Dinner

Buffalo-style chicken
thighs
Roasted Brussels
Sprouts w/cashews &
“bacon”
Black eye pea fritter

Dinner

Grilled Jerk Fish
Pineapple, Vegetable Quinoa
salad
Roasted zucchini

Dinner

Kung Pao Chicken
Celery root, Cauliflower purée
Tomato, mushroom, green pea
hash

Week Four

Monday Lunch

Jerk chicken wrap

Tuesday Lunch

Fish Taco

Wednesday Lunch

Chicken Vindaloo frittata
w/shitake mushrooms
(Indian)

Thursday Lunch

Spinach quiche

Friday Lunch

Mediterranean bacalao,
eggplant & feta wrap

Dinner

Grilled Ahi Tuna w/red
onion marmalade
Chickpea, Red Pepper,
Gorgonzola Salad
Spinach pie

Dinner

Grilled Pork Tender Loin
w/Mango Coulis
Cauliflower Split Pea fritter
Kale-stuffed Indian eggplant

Dinner

Roasted Salmon in filo
Broccoli Cheese Soufflé
Spaghetti squash “alfredo”

Dinner

Chicken Marsala
Banana Walnut Soufflé
Roasted vegetables

Dinner

General Tso’s Chicken
“Riced” Parsnips & Apples
French Cut Green beans
w/roasted carrots & almonds



Week Five

Monday Lunch

Indian BBQ chicken vegetable
pizza

Tuesday Lunch

Tuna baba ganoush Greek
pizza

Wednesday Lunch

Jamaican Pattie - turkey

Thursday Lunch

Bacalao chilaquiles
(Mexican tortilla "lasagna"
w/tomatillo sauce & cheese)

Friday Lunch

Stuffed red pepper
(Turkey Vegetable Quinoa)

Dinner

Colonel Ben's Curried
Mahi-Mahi
Split pea, cabbage & quinoa
hash
Pickled okras w/grape
tomatoes

Dinner

Caribbean Roast Chicken
Sweet Potato Cheese soufflé
Ratatouille w/baby spinach

Dinner

Blackened Salmon
Mexican Vegetable
casserole
Spiced green peas

Dinner

Rosemary Garlic Chicken
Bajan Corn pudding
Roasted beets w/ginger,
honey & goat cheese

Dinner

Thai Chicken Stir-Fry
Ricotta Chick pea Dumplings

* For complete nutritional facts, please refer to individual menus under Menus & Nutrition.