

## 1600 calories—30% fat per day

Here are some examples of meals that are compatible with **alli**. Go to [myalli.com](http://myalli.com) for more menu options, including Hispanic and African-American fare, and to learn more about the **alli** Program.

Sunday	<b>Breakfast</b>	<b>Peanut Butter Toast, Banana</b>		
		Light whole-wheat toast, 2 slices	1s	
		Natural peanut butter, 4 tsp.	1fa, 1p	
		Banana, ½	1fr	
		1% milk, 8 oz.	1m	
	<b>Lunch</b>	<b>Tuna Salad with Vegetables, Peach</b>		
		Lettuce, radish, cucumber, celery	free	
		Carrots, ½ cup	1v	
		Green pepper, diced, 1 cup	1v	
		Tuna fish, 1½ cups	3p	
	Nonfat ranch salad dressing, 2 Tbsp.	free		
	Green olives, 10 small	1fa		
	Saltine-type crackers, 18	3s		
	Peach, 1 medium	1fr		
	<b>Dinner</b>	<b>Sirloin Steak with Mushrooms, Spinach, Baked Sweet Potato</b>		
	Sirloin steak, 5 oz.	5p		
	Mushrooms, cooked, ¼ cup	½sv		
	Onions, cooked, ¼ cup	½sv		
	Canola oil, 1 tsp.	1fa		
	Sauté onions and mushrooms in oil, and put on top of steak.			
	Spinach, cooked, ½ cup	1v		
	Sweet potato, baked, 1 medium, 6 oz.	2s		
	Sour cream, 2 Tbsp.	1fa		
	<b>Snack</b>	<b>Strawberry Smoothie</b>		
	Strawberries, 1½ cup	1fr		
	Skim milk, 8 oz.	1m		
	Blend with ice to make a shake.			
Monday	<b>Breakfast</b>	<b>Oatmeal, Fruit with Yogurt</b>		
		Oatmeal, 1 cup	2s	
		Fruit cocktail in juice, ½ cup	1fr	
		Low-fat plain yogurt, 1 cup	1m	
		Mix yogurt with fruit.		
	<b>Lunch</b>	<b>Turkey-Ham Sandwich, Carrots, Apple</b>		
		Light whole-wheat bread, 2 slices	1s	
		Turkey-ham, 2 oz.	2p	
		Low-fat cheese, 1 oz.	1p	
		Avocado, sliced, ½	1fa	
	Alfalfa sprouts	free		
	Mayonnaise, 1 tsp.	1fa		
	Baby carrots, ½ cup	1v		
	Nonfat dressing, 2 Tbsp.	free		
	Use dressing as dip for carrots.			
	Apple, 1	1fr		
	<b>Dinner</b>	<b>Baked Chicken, Pasta Primavera, Salad</b>		
	Chicken leg, skinless, baked, 5 oz.	5p		
	Whole-wheat pasta, 1½ cup	3s		
	Broccoli, 1 cup, and zucchini, 1 cup	3v		
	Steam and toss with pasta.			
	Italian vinaigrette, 4 tsp.	2fa		
	Use 2 tsp. to marinate chicken and 2 tsp. to toss with pasta. Add extra vinegar, lemon juice, or water as necessary.			
	Milk, 1%, 8 oz.	1m		
	<b>Snack</b>	<b>Cantaloupe, Cottage Cheese</b>		
	Cantaloupe melon, ½	1fr		
	Low-fat cottage cheese, ¼ cup	1p		
Tuesday	<b>Breakfast</b>	<b>Waffles with Creamy Fruit Topping</b>		
		Whole grain waffles, 2	2s	
		Blueberries, ¾ cup	1fr	
		Low-fat plain yogurt, 1 cup	1m	
		Sour cream, 2 Tbsp.	1fa	
		Mix sour cream with yogurt and fruit, and scoop on waffles.		
	<b>Lunch</b>	<b>Ham and Cheese Lettuce Wrap, Marinated Green Beans, Kiwi</b>		
		Tortillas, 2, 6-inch	2s	
		Low-fat ham, 3 oz.	3p	
		Low-fat cheese, 1 oz.	1p	
	Lettuce leaves, 2 large	free		
	Mayonnaise, 1 tsp.	1fa		
	Layer ham, cheese, and lettuce leaves on tortillas, spread with mayonnaise, and roll.			
	String beans, steamed, 1 cup	2v		
	Balsamic vinegar and garlic	free		
Wednesday		Marinate beans in vinegar and garlic the day before.		
		Kiwi, 1	1fr	
	<b>Dinner</b>	<b>Baked Flounder, Sautéed Rice, Spinach</b>		
		Flounder, baked, 8 oz.	4p	
		Olive oil, 1 tsp.	1fa	
		Drizzle over flounder.		
		Lemon wedges	free	
		Squeeze over fish.		
		Brown rice, ½ cup	2s	
		Onion, ½ cup	1v	
	Olive oil, 1 tsp.	1fa		
	Sauté onions in oil and cook with rice.			
	Spinach, cooked ½ cup	1v		
	<b>Snack</b>	<b>Peach Smoothie</b>		
	Peach, 1 medium	1fr		
	Skim milk, 8 oz.	1m		
	Blend with ice to make a shake.			
	<b>Breakfast</b>	<b>Buttered Toast, Fruit Cocktail, Cottage Cheese</b>		
	Light whole-wheat toast, 2 slices	1s		
	Butter, 1 tsp.	1fa		
	2% cottage cheese, ½ cup	2p		
	Fruit cocktail in juice, 1 cup	2fr		
	1% milk, 8 oz.	1m		
	<b>Lunch</b>	<b>Peanut Butter and Jelly Crackers, Carrots, Asparagus, Apple</b>		
	Saltine-type crackers, 12	2s		
	Natural peanut butter, 4 tsp.	1fa, 1p		
	Sugar-free jelly	free		
	Baby carrots, ½ cup	1v		
	Asparagus, cooked and chilled, ½ cup	1v		
	Apple, 1 medium	1fr		
	1% milk, 8 oz.	1m		
	<b>Dinner</b>	<b>Turkey Chili, Salad</b>		
	Ground turkey, 4 oz.	4p		
	Onion, chopped, ½ cup	1v		
	Green pepper, diced, 2 cups	1v		
	Kidney beans, ½ cup	1p, 1s		
	Canola oil, 2 tsp.	2fa		
	Sauté vegetables and turkey in oil.			
	Salsa	free		
	Mix with above.			
	Lettuce, cucumber, radish, and celery	free		
	Nonfat Italian salad dressing, 2 Tbsp.	free		
	<b>Snack</b>	<b>Rye and Cheese Sandwich</b>		
	Light rye bread, 2 slices	1s		
	Fat-free cheese, 2 oz.	1p		
	Lettuce	free		
	Mustard	free		
	<b>Breakfast</b>	<b>Tomato, Ham, and Cheese Omelet</b>		
	Onion, chopped, ¼ cup	½sv		
	Tomato, diced, ½	½sv		
	Canola oil, 1 tsp.	1fa		
	Sauté vegetables in oil.			
	Egg whites, 3	1p		
	Low-fat cheese, 1 oz.	1p		
	Low-fat ham, 1 oz.	1p		
	Mix egg whites with vegetable and ham. Once cooked, top with cheese.			
	1% milk, 8 oz.	1m		
	<b>Lunch</b>	<b>Tuna Sandwich, Tomato-Cucumber Salad, Cherries</b>		
	Light whole-wheat bread, 2 slices	1s		
	Tuna fish, 2 cups	2p		
	Lettuce	free		
	Mayonnaise, 1 tsp.	1fa		
	Mustard	free		
	Mix mayonnaise and mustard.			
	Tomato, diced, 1	1v		
	Cucumber, sliced, ½	free		
	Nonfat dressing, 2 Tbsp.	free		
	Mix dressing with tomatoes and cucumbers.			
	Cherries, 12	1fr		
	<b>Dinner</b>	<b>Asian Baked Chicken and Vegetables</b>		
	Chicken leg, skinless, baked, 4 oz.	4p		
	Pea pods, ½ cup	1v		
Thursday		Chinese cabbage and scallions	free	
		Water chestnuts, ¼ cup	1v	
		Peanut oil, 2 tsp.	2fa	
		Stir fry chicken and vegetables in oil.		
		Canned mandarin oranges, ¾ cup	1fr	
		Add oranges during last 3 min. of cooking.		
		Light soy sauce	free	
		Brown rice, cooked, ½ cup	2s	
		<b>Snack</b>	<b>Crackers, Grapes</b>	
		Animal crackers, 8	1s	
	Grapes, 10	1fr		
	Skim milk, 8 oz.	1m		
Friday	<b>Breakfast</b>	<b>Fruit Yogurt with Grapenuts and Almonds, Fruit Cocktail</b>		
		Low-fat, plain yogurt, 1 cup	1m	
		Canned fruit cocktail in juice, ½ cup	1fr	
		Grapenuts, 6 Tbsp.	2s	
		Almonds, slivered, 6	1fa	
	<b>Lunch</b>	<b>Baked Potato with Broccoli, Cheese, and Salsa, Peach</b>		
		Potato, baked, 1 medium, 6 oz.	2s	
		Broccoli, steamed or microwaved, 1 cup	2v	
		Garlic, 2 cloves	free	
		Canola oil, 1 tsp.	1fa	
	Sauté garlic in oil and toss with broccoli.			
	Low-fat cheese, 3 oz.	3p		
	Sprinkle cheese on potato and broccoli.			
	Salsa	free		
	Peach, 1	1fr		
	<b>Dinner</b>	<b>Sirloin Burger, Salad, Asparagus, Corn on the Cob</b>		
	Ground sirloin burger, 6 oz.	6p		
	Ketchup, 1 Tbsp.	free		
	Tomato, sliced, ½	½sv		
	Bed of lettuce	free		
	Place burger and tomato on lettuce bed and top with ketchup.			
	Asparagus, ½ cup	1v		
	Tomato, sliced or chopped, ½	½sv		
	Lettuce, cucumber, and radish	free		
	Creamy Italian salad dressing, 4 tsp.	2fa		
	Corn on the cob, 2 ears	2s		
	<b>Snack</b>	<b>Banana Smoothie</b>		
	Banana, ½	1fr		
	Skim milk, 8 oz.	1m		
	Blend with ice to make a shake.			
	<b>Breakfast</b>	<b>Cereal, Apple with Peanut Butter</b>		
	Plain wheat flakes cereal, 1½ cups	2s		
	1% milk, 8 oz.	1m		
	Apple, 1	1fr		
	Natural peanut butter, 4 tsp.	1p, 1fa		
	Spread peanut butter on apple.			
<b>Lunch</b>	<b>Chef Salad</b>			
	Lettuce and cucumber	free		
	Low-fat ham, 1 oz.	1p		
	Turkey, 1 oz.	1p		
	Low-fat cheese, 1 oz.	1p		
	Carrots, sliced, ½ cup	1v		
	Tomato, diced, 1	1v		
	Low-fat ranch salad dressing, 2 Tbsp.	1fa		
	Green olives, 10 small	1fa		
	<b>Dinner</b>	<b>Pork Chop, Mashed Potato, Vegetables</b>		
	Center loin pork chop, grilled, 4 oz.	4p		
	Potato, mashed, ½ cup	1s		
	Corn, ½ cup	1s		
	Butter, 1 tsp.	1fa		
	Use butter on potato and corn.			
	Unsweetened applesauce, ½ cup	1fr		
	Beets, ½ cup	1v		
	Cauliflower, 1 cup	1v		
	<b>Snack</b>	<b>Yogurt and Mango</b>		
	Nonfat, light fruit yogurt, 1 cup	1m		
	Mango, ½	1fr		

Tuesday		Marinate beans in vinegar and garlic the day before.		
		Kiwi, 1	1fr	
	<b>Dinner</b>	<b>Baked Flounder, Sautéed Rice, Spinach</b>		
		Flounder, baked, 8 oz.	4p	
		Olive oil, 1 tsp.	1fa	
		Drizzle over flounder.		
		Lemon wedges	free	
		Squeeze over fish.		
		Brown rice, ½ cup	2s	
		Onion, ½ cup	1v	
	Olive oil, 1 tsp.	1fa		
	Sauté onions in oil and cook with rice.			
	Spinach, cooked ½ cup	1v		
	<b>Snack</b>	<b>Peach Smoothie</b>		
	Peach, 1 medium	1fr		
	Skim milk, 8 oz.	1m		
	Blend with ice to make a shake.			
Wednesday	<b>Breakfast</b>	<b>Buttered Toast, Fruit Cocktail, Cottage Cheese</b>		
		Light whole-wheat toast, 2 slices	1s	
		Butter, 1 tsp.	1fa	
		2% cottage cheese, ½ cup	2p	
		Fruit cocktail in juice, 1 cup	2fr	
		1% milk, 8 oz.	1m	
	<b>Lunch</b>	<b>Peanut Butter and Jelly Crackers, Carrots, Asparagus, Apple</b>		
		Saltine-type crackers, 12	2s	
		Natural peanut butter, 4 tsp.	1fa, 1p	
		Sugar-free jelly	free	
	Baby carrots, ½ cup	1v		
	Asparagus, cooked and chilled, ½ cup	1v		
	Apple, 1 medium	1fr		
	1% milk, 8 oz.	1m		
	<b>Dinner</b>	<b>Turkey Chili, Salad</b>		
	Ground turkey, 4 oz.	4p		
	Onion, chopped, ½ cup	1v		
	Green pepper, diced, 2 cups	1v		
	Kidney beans, ½ cup	1p, 1s		
	Canola oil, 2 tsp.	2fa		
	Sauté vegetables and turkey in oil.			
	Salsa	free		
	Mix with above.			
	Lettuce, cucumber, radish, and celery	free		
	Nonfat Italian salad dressing, 2 Tbsp.	free		
	<b>Snack</b>	<b>Rye and Cheese Sandwich</b>		
	Light rye bread, 2 slices	1s		
	Fat-free cheese, 2 oz.	1p		
	Lettuce	free		
	Mustard	free		
	<b>Breakfast</b>	<b>Tomato, Ham, and Cheese Omelet</b>		
	Onion, chopped, ¼ cup	½sv		
	Tomato, diced, ½	½sv		
	Canola oil, 1 tsp.	1fa		
	Sauté vegetables in oil.			
	Egg whites, 3	1p		
	Low-fat cheese, 1 oz.	1p		
	Low-fat ham, 1 oz.	1p		
	Mix egg whites with vegetable and ham. Once cooked, top with cheese.			
	1% milk, 8 oz.	1m		
	<b>Lunch</b>	<b>Tuna Sandwich, Tomato-Cucumber Salad, Cherries</b>		
	Light whole-wheat bread, 2 slices	1s		
	Tuna fish, 2 cups	2p		
	Lettuce	free		
	Mayonnaise, 1 tsp.	1fa		
	Mustard	free		
	Mix mayonnaise and mustard.			
	Tomato, diced, 1	1v		
	Cucumber, sliced, ½	free		
	Nonfat dressing, 2 Tbsp.	free		
	Mix dressing with tomatoes and cucumbers.			
	Cherries, 12	1fr		
	<b>Dinner</b>	<b>Asian Baked Chicken and Vegetables</b>		
	Chicken leg, skinless, baked, 4 oz.	4p		
	Pea pods, ½ cup	1v		
Thursday		Chinese cabbage and scallions	free	
		Water chestnuts, ¼ cup	1v	
		Peanut oil, 2 tsp.	2fa	
		Stir fry chicken and vegetables in oil.		
		Canned mandarin oranges, ¾ cup	1fr	
		Add oranges during last 3 min. of cooking.		
		Light soy sauce	free	
		Brown rice, cooked, ½ cup	2s	
		<b>Snack</b>	<b>Crackers, Grapes</b>	
		Animal crackers, 8	1s	
	Grapes, 10	1fr		
	Skim milk, 8 oz.	1m		
Friday	<b>Breakfast</b>	<b>Fruit Yogurt with Grapenuts and Almonds, Fruit Cocktail</b>		
		Low-fat, plain yogurt, 1 cup	1m	
		Canned fruit cocktail in juice, ½ cup	1fr	
		Grapenuts, 6 Tbsp.	2s	
		Almonds, slivered, 6	1fa	
	<b>Lunch</b>	<b>Baked Potato with Broccoli, Cheese, and Salsa, Peach</b>		
		Potato, baked, 1 medium, 6 oz.	2s	
		Broccoli, steamed or microwaved, 1 cup	2v	
		Garlic, 2 cloves	free	
		Canola oil, 1 tsp.	1fa	
	Sauté garlic in oil and toss with broccoli.			
	Low-fat cheese, 3 oz.	3p		
	Sprinkle cheese on potato and broccoli.			
	Salsa	free		
	Peach, 1	1fr		
	<b>Dinner</b>	<b>Sirloin Burger, Salad, Asparagus, Corn on the Cob</b>		
	Ground sirloin burger, 6 oz.	6p		
	Ketchup, 1 Tbsp.	free		
	Tomato, sliced, ½	½sv		
	Bed of lettuce	free		
	Place burger and tomato on lettuce bed and top with ketchup.			
	Asparagus, ½ cup	1v		
	Tomato, sliced or chopped, ½	½sv		
	Lettuce, cucumber, and radish	free		
	Creamy Italian salad dressing, 4 tsp.	2fa		
	Corn on the cob, 2 ears	2s		
	<b>Snack</b>	<b>Banana Smoothie</b>		
	Banana, ½	1fr		
	Skim milk, 8 oz.	1m		
	Blend with ice to make a shake.			
	<b>Breakfast</b>	<b>Cereal, Apple with Peanut Butter</b>		
	Plain wheat flakes cereal, 1½ cups	2s		
	1% milk, 8 oz.	1m		
	Apple, 1	1fr		
	Natural peanut butter, 4 tsp.	1p, 1fa		
	Spread peanut butter on apple.			
<b>Lunch</b>	<b>Chef Salad</b>			
	Lettuce and cucumber	free		
	Low-fat ham, 1 oz.	1p		
	Turkey, 1 oz.	1p		
	Low-fat cheese, 1 oz.	1p		
	Carrots, sliced, ½ cup	1v		
	Tomato, diced, 1	1v		
	Low-fat ranch salad dressing, 2 Tbsp.	1fa		
	Green olives, 10 small	1fa		
	<b>Dinner</b>	<b>Pork Chop, Mashed Potato, Vegetables</b>		
	Center loin pork chop, grilled, 4 oz.	4p		
	Potato, mashed, ½ cup	1s		
	Corn, ½ cup	1s		
	Butter, 1 tsp.	1fa		
	Use butter on potato and corn.			
	Unsweetened applesauce, ½ cup	1fr		
	Beets, ½ cup	1v		
	Cauliflower, 1 cup	1v		
	<b>Snack</b>	<b>Yogurt and Mango</b>		
	Nonfat, light fruit yogurt, 1 cup	1m		
	Mango, ½	1fr</		