

# Sample Menu

## MONDAY BREAKFAST

### Option 1:

Mexican omelet  
¾ cup pineapple  
1 slice whole grain toast  
¾ cup Greek yogurt

### Option 2:

Apple cheese blintz  
¾ cup Greek yogurt  
¾ cup pineapple

## MONDAY LUNCH

### Option 1:

3 oz chicken kebab  
½ whole wheat pita  
½ cup tzatziki sauce  
1 cup zucchini and carrots  
with honey mustard

### Option 2:

Vegetarian lasagna  
1 cup zucchini and carrots  
with honey mustard

## MONDAY DINNER

### Option 1:

2 Parmesan  
portabella mushrooms  
½ cup quinoa with onions  
and mushrooms  
½ cup grapes

### Option 2:

4 oz grilled salmon with 2 oz  
pesto sauce  
½ cup quinoa with onions  
and mushrooms  
½ cup roasted cauliflower  
with Parmesan  
½ cup grapes

## TUESDAY BREAKFAST

### Option 1:

Scrambled egg on an English  
muffin  
1 cup melon  
¾ cup Greek yogurt

### Option 2:

2 slices French toast and  
sugar-free syrup  
1 cup melon  
¾ cup Greek yogurt

## TUESDAY LUNCH

### Option 1:

Mexican lasagna  
½ cup avocado and  
yogurt dip  
1 cup carrot and celery sticks

### Option 2:

Chicken fajita  
¼ cup Mexican cream sauce  
½ cup pico de gallo

## TUESDAY DINNER

### Option 1:

3 oz marinated flank steak  
3 oz sweet potatoes  
1 cup green beans amandine  
1 cup strawberries

### Option 2:

4 oz fish Parmesan  
3 oz sweet potatoes  
1 cup green beans amandine  
1 cup strawberries

## WEDNESDAY BREAKFAST

### Option 1:

½ cup oatmeal with  
1 tbsps walnuts  
1 cup skim milk  
¼ cup cottage cheese  
1 apple

### Option 2:

4 egg white omelet with  
mushrooms and onions  
1 English muffin with  
margarine  
1 cup skim milk  
1 cup strawberries

## WEDNESDAY LUNCH

### Option 1:

1 cup chickpea curry  
¾ cup Indian lentils

### Option 2:

3 oz grilled chicken sandwich  
1 cup mashed cauliflower

## WEDNESDAY DINNER

### Option 1:

4 oz ginger salmon  
⅓ cup basmati rice  
½ cup snap peas  
½ cup grapes with ¾ cup  
Greek yogurt

### Option 2:

Chicken tikka masala  
⅓ cup basmati rice  
½ cup snap peas  
½ cup grapes with ¾ cup  
Greek yogurt

## THURSDAY BREAKFAST

### Option 1:

1 poached egg  
1 slice whole grain toast  
¾ cup Greek yogurt with  
¾ cup pineapple

### Option 2:

2 whole grain pancakes with  
sugar-free syrup  
¾ cup Greek yogurt with  
¾ cup pineapple

## THURSDAY LUNCH

### Option 1:

3 oz turkey slider  
½ cup roasted vegetables  
½ cup roasted squash  
with honey

### Option 2:

Spinach onion quiche  
½ cup roasted vegetables  
½ cup roasted squash  
with honey

## THURSDAY DINNER

### Option 1:

Beef pho  
1 cup roasted carrots  
¾ cup chocolate yogurt with  
1 cup strawberries

### Option 2:

Shrimp pad thai with  
spaghetti squash  
1 cup steamed broccoli  
¾ cup chocolate yogurt with  
1 cup strawberries

## FRIDAY BREAKFAST

### Option 1:

Breakfast burrito  
2 tbsp salsa  
1 oz fat-free sour cream  
1 banana

### Option 2:

Kashi Go Lean with skim milk  
1 banana

## FRIDAY LUNCH

### Option 1:

Barbecue chicken pizza  
1 cup roasted cauliflower with Parmesan

### Option 2:

Asian fish bowl with miso dressing

## FRIDAY DINNER

### Option 1:

4 oz Polynesian salmon  
½ cup Asian garlic green beans  
½ cup ginger carrots  
¾ cup Greek yogurt with 1 cup grapes

### Option 2:

Thai chicken with peanut sauce  
¾ cup ginger carrots  
½ cup lemon thyme rice  
¾ cup Greek yogurt with ½ cup grapes

## SUNDAY BREAKFAST

### Option 1:

1 carrot pumpkin muffin  
1 poached egg  
¾ cup pineapple with ¾ cup Greek yogurt

### Option 2:

½ cup oatmeal with 1 tbsp walnuts and ½ cup skim milk  
¾ cup cottage cheese  
1 poached egg  
¾ cup pineapple

## SUNDAY LUNCH

### Option 1:

Cheesy vegetarian baked potato  
1 oz fat-free sour cream  
¼ cup cottage cheese  
½ cup zucchini with basil

### Option 2:

Baked potato with turkey and cheese  
1 oz fat-free sour cream  
½ cup zucchini with basil

## SUNDAY DINNER

### Option 1:

3 oz chicken with mozzarella  
½ cup whole wheat pasta  
1 cup green beans amandine  
½ cup grapes with ¾ cup Greek yogurt

### Option 2:

Eggplant Parmesan  
1 cup green beans amandine  
½ cup grapes  
¾ cup Greek yogurt

## SATURDAY BREAKFAST

### Option 1:

Baked oatmeal  
1 cup melon

### Option 2:

4 egg white omelet with mushrooms and onions  
1 cup skim milk  
1 slice whole grain toast with 1 tbsp margarine  
1 cup melon

## SATURDAY LUNCH

### Option 1:

Shrimp burrito bowl with guacamole  
½ cup mashed cauliflower

### Option 2:

Three-cheese quiche  
½ cup roasted vegetables  
½ cup steamed spinach

## SATURDAY DINNER

### Option 1:

Shepherd's pie  
½ cup cabbage and onions  
½ banana with ¾ cup chocolate yogurt

### Option 2:

3 turkey Parmesan meatballs  
½ cup pasta with ½ cup tomato sauce  
1 cup cabbage and onions  
½ banana with ¾ cup chocolate yogurt

We understand that participants may prefer foods outside of this menu, so we have compiled a list of available alternatives:

- 1 box Kashi Go Rise
- 4 egg white vegetable omelet
- 3 oz baked sweet potato
- ½ cup organic brown rice
- 1 Morningstar veggie burger
- 1 whole wheat pita
- 2 tbsp Parmesan cheese
- ¼ cup caramelized onions
- ½ cup coleslaw
- ½ cup carrot dill soup
- 1 tortilla pizza with chicken
- 3 oz crispy chicken
- ¾ cup pineapple
- 1 tbsp spicy mayo
- ¾ cup Greek yogurt
- 1 cup chocolate protein smoothie
- 4 oz grilled shrimp

Our core 4-week program consists of an evidence-based, non-diet approach to healthy eating. Participants benefit from holistic, individualized nutrition plans that take both physical and psychological dynamics into consideration with the goal of promoting long-term, healthy weight loss. Our approach leans on education about structured eating patterns, meal preparation and planning, vitamin and supplement use, healthy eating in restaurants, and more.

Through 1-on-1 collaboration with our skilled dietitians, participants form realistic meal plans that they can incorporate into their daily lives. Structure House's robust nutritional approach is based on the U.S. Department of Agriculture's MyPlate method for meal planning (we cater to many dietary needs, including kosher and vegetarian).