

# 7-Day Latino Meal Plan

\* Recipes in RED are found on the attached PDF

## MONDAY

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>† <b>Banana Raspberry Smoothie</b></li> <li>† 1 slice whole wheat toast</li> <li>† 1 T jam, 1 T peanut butter</li> <li>† Coffee or tea (with milk and sugar or sugar substitute, if you like)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Ensalada Latina</b></li> <li>† 1 piece of fruit</li> <li>† 1 whole wheat tortilla</li> <li>† Sparkling water</li> </ul>	<ul style="list-style-type: none"> <li>† 5 oz grilled fish</li> <li>† 1/2 cup <b>Watermelon Salsa</b></li> <li>† 3/4 cup quinoa with cilantro and lime</li> <li>† 1 cup chard sauteed with garlic, cumin and olive oil</li> <li>† 1 small cinnamon churro</li> <li>† 1 glass sangria (optional)</li> </ul>

Daily Total: 1685 calories, 44g fat (8g saturated), 234g carbohydrates, 76g protein

## TUESDAY

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>† 1 cup whole grain cereal with 1/2 cup 2% milk, 1/2 cup berries and 1 T sliced almonds</li> <li>† Coffee or tea (with milk and sugar or sugar substitute, if you like)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Sopa de Fideos a la Mexicana</b></li> <li>† Salad with 1 cup cucumber slices, 1 sliced tomato, 1 tsp lemon juice, and hot sauce</li> <li>† 1 whole wheat tortilla</li> <li>† Iced tea or water</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Chicken Enchiladas</b></li> <li>† 3/4 cup Spanish rice</li> <li>† 1 cup grilled zucchini or summer squash</li> <li>† 1/4 cantaloupe or other melon</li> <li>† 1 cerveza (optional)</li> </ul>

Daily Total: 1400 calories, 37g fat (11g saturated), 210g carbohydrates, 66g protein

## WEDNESDAY

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>† <b>Breakfast Burrito</b></li> <li>† 1 pear</li> <li>† Coffee or tea (with milk and sugar or sugar substitute, if you like)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Tuna Stuffed Tomatoes</b> served with 1 cup lettuce</li> <li>† 1 slice whole grain toast</li> <li>† 1 cup grapes</li> <li>† Iced tea or water</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Grilled Vegetable Quesadilla</b> with <b>Lime Guacamole</b></li> <li>† <b>Peruvian Quinoa Salad</b></li> <li>† 2 alfajores (dulce de leche cookies)</li> <li>† 1 glass of wine or 1 beer (optional)</li> </ul>

Daily Total: 1936 calories, 75g fat (19g saturated), 237g carbohydrates, 62g protein

## THURSDAY

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>† <b>Cooked Oatmeal</b></li> <li>† 1/2 cup orange juice</li> <li>† Coffee or tea (with milk and sugar or sugar substitute, if you like)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Farmer's Salad</b> with <b>Lemon and Olive Oil Dressing</b></li> <li>† 1 whole wheat tortilla</li> <li>† Water or sparkling juice</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Beef and Sweet Potato Stew</b></li> <li>† 3/4 cup brown rice</li> <li>† 1 cup peaches, canned in juice OR 1 fresh peach</li> <li>† 1 glass wine (optional)</li> </ul>

Daily Total: 1924 calories, 67g fat (22g saturated), 274g carbohydrates, 71g protein

# 7-Days of the Latino Diet

\* Recipes in **RED** are found on the following page

## FRIDAY

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>† <b>Yogurt Parfait</b></li> <li>† Coffee or tea (with milk and sugar or sugar substitute, if you like)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Three Bean Salad</b></li> <li>† 1/2 cup brown rice</li> <li>† 1 apple</li> <li>† 1 dozen tortilla chips</li> <li>† Iced tea or water</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Spicy Crabmeat Tostadas</b></li> <li>† 1 cup refried beans</li> <li>† 1/2 cup sorbet</li> <li>† 1 cerveza (optional)</li> </ul>

Daily Total: 1892 calories, 44g fat (8g saturated), 239g carbohydrates, 71g protein

## SATURDAY

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>† <b>Eggs and Nopales</b></li> <li>† 2 small corn tortillas</li> <li>† 1 pear</li> <li>† Coffee or tea (with milk and sugar or sugar substitute, if you like)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Mexican Chicken Potato Soup</b></li> <li>† 2 cups chopped lettuce with 1/3 cup jicama slices and 1 sliced orange with 2 T light vinaigrette</li> <li>† Iced tea</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Pork Loin with Lime Marinade</b></li> <li>† <b>Minced Vegetables with Chayote &amp; Corn</b></li> <li>† 1/2 cup brown rice</li> <li>† 2 cups watermelon</li> <li>† 1 cerveza (optional)</li> </ul>

Daily Total: 1709 calories, 61g fat (19g saturated), 199g carbohydrates, 88g protein

## SUNDAY

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>† <b>Vegetable and Cheese Frittata</b></li> <li>† 1 cup grapes</li> <li>† 1/2 cup orange juice</li> <li>† Coffee or tea (with milk and sugar or sugar substitute, if you like)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Pork Loin with Lime Marinade</b></li> <li>† <b>Potato Poblano Salad</b></li> <li>† 2 cups diced melon</li> <li>† 1 glass sangria (optional)</li> </ul>	<ul style="list-style-type: none"> <li>† <b>Shrimp Tacos with Costa Rican Slaw</b></li> <li>† 1 cup refried beans</li> <li>† Cinna-Raisin Rice Pudding</li> <li>† 1 cerveza (optional)</li> </ul>

Daily Total: 2028 calories, 72g fat (20g saturated), 230g carbohydrates, 105g protein

## SNACKS

Options for morning or afternoon snacks. Choose one and enjoy!

† 10 tortilla chips & 1/2 cup salsa	= 109 calories, 1g protein, 20g carbohydrates, 2g fat, 0 saturated fat
† 1 small handful peanuts	= 164 calories, 7g protein, 6g carbohydrates, 14g fat, 2g saturated fat
† 1 small apple	= 77 calories, 0g protein, 21g carbohydrates, 0g fat, 0g saturated fat
† 5 whole wheat crackers and 1 T peanut butter	= 184 calories, 4g protein, 23g carbohydrates, 13g fat, 1.5g saturated fat
† ¼ cup raisins	= 129 calories, 1g protein, 34g carbohydrates, 0g fat
† 6 oz lowfat yogurt	= 179 calories, 8g protein, 32g carbohydrates, 2g fat, 2g saturated fat
† 3 cups popcorn, air-popped	= 93 calories, 3g protein, 18g carbohydrates, 0g fat
† 10 baby carrots & 2T bean dip	= 70 calories, 2g protein, 12g carbohydrates, 1g fat, 0g saturated fat
† 1 medium banana	= 105 calories, 1g protein, 27g carbohydrates, 0g fat
† 2 cups strawberries	= 92 calories, 2g protein, 22g carbohydrates, 0g fat