

Men's 1,800 Calorie Diet Plan for Fat Loss

Designed for 3 meals and 1 snack. 25% protein to spare muscle loss. Many people starting a weight loss program are used to only eating 1-2 times per day. This plan starts with 4 times a day so the person can become more accustomed to eating more often before jumping into a 5-6 times per day meal plan.

This Exercise.com professional diet plan was created by a certified personal trainer and registered dietitian (M.S. Nutrition).

Breakfast - aim for 500 cals & 30 g protein

Breakfast Option #1	Calories	Carbs	Fats	Protein
Oatmeal topped with Bananas & Pecans				
1 cup oatmeal, cooked	150.0	25.0	2.0	6.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1 medium banana	105.0	27.0	1.0	2.0
1 TB pecans, chopped	100.0	2.0	10.0	0.5
3 egg whites, boiled	50.0	0.5	0.5	11.0
Total	505.0	66.5 g	16.5 g	27.5 g

Breakfast Option #2	Calories	Carbs	Fats	Protein
Breakfast Sandwich				
100% whole wheat English Muffin	120.0	23.0	1.0	5.0
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
2 oz. slice low-fat Swiss cheese	100.0	2.0	3.0	16.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
1 banana	105.0	27.0	0.0	1.0
Total	510.0	53.0 g	22.0 g	42.0 g

Breakfast Option #3	Calories	Carbs	Fats	Protein
Cereal & Milk				
1 1/2 cup Quaker Brown Sugar Oatmeal Squares	315.0	66.0	4.0	9.0
1 1/2 cup 1% milk	160.0	18.0	4.0	13.0
Total	475.0	84.0 g	8.0 g	22.0 g

Breakfast Option #4	Calories	Carbs	Fats	Protein
Quinoa Bowl				
1/3 cup uncooked quinoa	160.0	30.0	3.0	6.0
3 TB flaxseed, ground	100.0	6.5	7.5	5.0
2 tsp brown sugar	23.0	6.0	0.0	0.0
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	0.0	16.0
2 egg whites, boiled	50.0	1.0	0.0	11.0
Total	483.0	63.5 g	10.5 g	38.0 g

Breakfast Option #5	Calories	Carbs	Fats	Protein
Garden Scramble				
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1/2 cup Kraft 2% Shredded Cheddar	160.0	2.0	12.0	14.0
1/2 cup spinach	5.0	0.5	0.0	0.5
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
1 cup whole strawberries	50.0	11.0	0.5	1.0
2 slices whole wheat toast	120.0	22.0	2.0	8.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	515.0	43.5 g	24.5 g	37.0 g

Breakfast Option #6	Calories	Carbs	Fats	Protein
Peanut Butter & Banana Sandwich				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
2 slices whole wheat bread	120.0	22.0	2.0	8.0
1/2 banana sliced on sandwich	50.0	13.0	0.0	0.0
1 cup 1% milk	100.0	12.0	3.0	8.0
Total	470.0	53.0 g	21.0 g	23.0 g

Breakfast Option #7	Calories	Carbs	Fats	Protein
Salmon, Tomato & Avocado Breakfast Sandwich				
100% whole wheat english muffin	120.0	23.0	1.0	5.0
3 oz. salmon, baked	175.0	0.0	10.5	19.0
1/4 avocado, sliced	80.0	4.5	7.5	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 banana	105.00	27.0	0.0	1.0
Total	490.0	56.0 g	19.0 g	26.5 g

Breakfast Option #8	Calories	Carbs	Fats	Protein
Egg, Black Bean & Avocado Wrap				
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
2 TB salsa	9.0	2.0	0.0	0.5
1/4 avocado	80.0	4.5	7.5	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
Total	506.0	70.0 g	15.5 g	26.0 g

Breakfast Option #9	Calories	Carbs	Fats	Protein
Breakfast Pizza - see recipe				
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup red peppers, chopped	10.0	2.0	0.0	0.5
2 oz. 2% milk shredded mozzarella	140.0	1.0	8.0	16.0
1/2 cup spaghetti sauce	80.0	13.0	3.0	2.0
1 whole wheat pita	170.0	35.0	2.0	6.5
Total	512.0	54.5 g	18.0 g	38.5 g

Breakfast Option #10	Calories	Carbs	Fats	Protein
Chocolate, Peanut Butter & Banana Smoothie				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
1 medium banana	105.0	27.0	1.0	2.0
Chobani Non-Fat Plain Greek Yogurt - 6 Oz.	100.0	7.0	0.0	18.0
1 TB semi-sweet dark chocolate chips	70.0	9.0	4.0	0.5
1/2 cup 1% milk	50.0	6.0	1.5	4.0
Total	525.0	55.0 g	22.5 g	31.5 g

Snack - aim for 300 cals & 20 g protein

Snack Option #1	Calories	Carbs	Fats	Protein
4 oz lowfat cottage cheese	81.0	3.0	1.0	14.0
1 cup diced pineapples	75.0	20.0	0.0	0.0
Total	156.0	23.0 g	1.0 g	14.0 g

Snack Option #2	Calories	Carbs	Fats	Protein
2 light string cheese sticks	120.0	0.0	5.0	16.0
1 cup grapes	62.0	16.0	0.0	1.0
Total	182.0	16.0 g	5.0 g	17.0 g

Snack Option #3	Calories	Carbs	Fats	Protein
1 oz. almonds	165.0	6.0	15.0	6.0
1 medium orange	60.0	15.5	0.0	1.0
Total	225.0	21.5 g	15.0 g	7.0 g

Snack Option #4	Calories	Carbs	Fats	Protein
1/4 cup dried cranberries	100.0	28.0	0.5	0.0
15 almonds	105.0	3.5	9.0	4.0
Total	205.0	31.5 g	9.5 g	4.0 g

Snack Option #5	Calories	Carbs	Fats	Protein
1/4 cup Seapoint Farms Edamame, dry roasted	130.0	10.0	4.0	14.0
1/2 cup pineapple chunks	40.0	11.0	0.0	0.5
Total	170.0	22.0 g	4.0 g	14.5 g

Snack Option #6	Calories	Carbs	Fats	Protein
3 cups Pop Weaver Light Butter Popcorn	105.0	15.0	3.0	3.0
1 light string cheese stick	60.0	0.0	2.5	8.0
Total	165.0	15.0 g	5.5 g	11.0 g

Snack Option #7	Calories	Carbs	Fats	Protein
Chobani Non-Fat Vanilla Greek Yogurt	120.0	13.0	0.0	16.0
1 cup blueberries	85.0	21.5	0.0	1.0
Total	205.0	34.5 g	0.0 g	17.0 g

Snack Option #8	Calories	Carbs	Fats	Protein
15 Kashi Original 7 Grain Crackers	150.0	19.0	3.5	4.0
1 light string cheese stick	60.0	0.0	2.5	8.0
Total	210.0	19.0 g	6.0 g	12.0 g

Snack Option #9	Calories	Carbs	Fats	Protein
1 cup carrots	50.0	12.0	0.5	1.0
1/2 cup hummus	135.0	12.0	8.0	6.5
Total	185.0	24.0 g	8.5 g	7.5 g

Snack Option #10	Calories	Carbs	Fats	Protein
1 oz. pumpkin seeds	125.0	15.0	5.5	5.5
1/2 cup canned peaches, in juice	55.0	14.5	0.0	1.0
Total	180.0	29.5 g	5.5 g	6.5 g

Lunch - aim for 500 cal's & 30 g protein

Lunch Option #1	Calories	Carbs	Fats	Protein
Turkey, Bean & Rice Bowl				
1 cup brown rice	170.0	36.0	1.5	4.0
1/2 cup black beans	110.0	20.0	0.5	7.0
1/2 cup corn	60.0	15.0	1.0	2.0
1/2 cup vegetable broth	10.0	1.5	0.0	0.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
1 TB cilantro	0.0	0.0	0.0	0.0
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
salt, pepper & garlic to taste	0.0	0.0	0.0	0.0
Total	490.0	76.5 g	9.0 g	30.5 g

Lunch Option #2	Calories	Carbs	Fats	Protein
Roast Beef Sandwich				
whole wheat bagel thins				
OR 2 slices whole wheat bread	110.0	24.0	1.0	6.0
3 oz. roast beef deli meat	140.0	0.0	4.5	21.5
1 oz. low-fat Swiss cheese	50.0	1.0	1.0	8.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
2 onion slices	10.0	3.0	0.0	0.5
1 cup watermelon	45.0	11.5	0.0	1.0
Multigrain Tostito Scoops (11 chips)	140.0	17.0	7.0	2.0
Total	515.0	60.0 g	13.5 g	40.5 g

Lunch Option #3	Calories	Carbs	Fats	Protein
Turkey Spaghetti				
1 cup whole wheat spaghetti	175.0	38.0	1.0	8.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
3/4 cup spaghetti sauce	95.0	14.0	3.0	2.5
1 cup broccoli, steamed	55.0	11.0	0.5	3.5
Total	445.0	63.0 g	10.5 g	31.0 g

Lunch Option #4	Calories	Carbs	Fats	Protein
Chicken Pita				
1 whole wheat pita	170.0	35.0	2.5	6.5
4 oz. sliced baked chicken breast	200.0	0.0	5.0	30.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 tsp. light mayonnaise	50.0	1.0	5.0	0.0
1 medium orange	60.0	15.0	0.0	1.0
Total	500.0	54.5 g	12.5 g	39.0 g

Lunch Option #5	Calories	Carbs	Fats	Protein
Chicken Panini - see recipe				
2 slices low-fat Swiss cheese	100.0	2.0	3.0	16.0
2 oz. low-sodium Black Forest deli ham	70.0	1.0	3.0	10.0
2 oz. low-sodium deli chicken breast	50.0	6.0	2.0	10.0
1 whole wheat sandwich roll / bun	130.0	24.0	2.0	6.0
1/4 cup marinara sauce, heated	45.0	7.0	1.0	1.0
1 cup pineapple chunks	75.0	20.0	0.0	1.0
Total	470.0	60.0 g	11.0 g	44.0 g

Lunch Option #6	Calories	Carbs	Fats	Protein
Mozzarella & Tomato Salad - see recipe				
3 oz. baked chicken breast, sliced	140.0	0.0	3.0	26.0
1 medium tomato, cubed	22.0	5.0	0.0	1.0
1 oz. fresh part-skim mozzarella cheese, cubed	70.0	0.0	6.0	6.0
1 cup fresh spinach leaves	7.0	1.0	0.0	1.0
1 clove garlic, pressed	4.0	1.0	0.0	0.0
1 TB sunflower seeds	47.0	2.0	4.0	2.0
1 whole egg, boiled	78.0	1.0	5.0	6.0
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
Total	488.0	16.0 g	28.0 g	42.0 g

Lunch Option #7	Calories	Carbs	Fats	Protein
Southwest Chicken Salad				
2 slices baked chicken breast	95.0	0.0	2.0	17.5
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
1 TB sunflower seeds	50.0	2.0	4.0	2.0
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
1/4 cup corn	65.0	15.0	0.0	2.0
1 oz. Monterey Jack shredded cheese	100.0	1.0	8.0	6.0
2 TB salsa	10.0	2.0	0.0	0.5
Total	480.0	47.0 g	18.0 g	35.0 g

Lunch Option #8	Calories	Carbs	Fats	Protein
Tuna Sandwich				
2 slices whole wheat bread, toasted	110.0	24.0	1.0	6.0
3 oz. tuna, canned in water	100.0	0.0	1.0	22.0
2 TB light mayonnaise	100.0	2.5	10.0	0.5
1 TB mustard	10.0	1.0	0.5	1.0
2 TB relish	20.0	5.5	0.0	0.0
1 egg, boiled	80.0	0.5	5.5	6.5
1 cup grapes	62.0	16.0	0.0	1.0
Total	482.0	49.5 g	18.0 g	37.0 g

Lunch Option #9	Calories	Carbs	Fats	Protein
Tofu Stir Fry				
3 oz. firm tofu	120.0	3.5	7.0	13.0
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	25.0	6.0	0.0	0.5
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
1/2 cup mushrooms	10.0	1.0	0.0	1.0
1/2 cup brown rice	110.0	23.0	1.0	2.5
1 TB canola oil	125.0	0.0	14.0	0.0
Total	500.0	53.5 g	22.0 g	23.0 g

Lunch Option #10	Calories	Carbs	Fats	Protein
Oven Barbecued Chicken Sandwich				
3 oz. baked chicken, sliced	140.0	0.0	3.0	24.5
3 TB barbecue sauce	160.0	38.0	0.5	0.0
1 whole wheat sandwich roll	130.0	24.0	2.0	6.0
Corn with tomatoes and chilis				
1/4 cup diced tomatoes w/ chilis, canned	10.0	2.0	0.0	0.0
1/2 cup corn	70.0	15.0	1.0	2.0
Total	510.0	79.0 g	6.5 g	32.5 g

Dinner - aim for 400 cals & 25 g protein

Dinner Option #1	Calories	Carbs	Fats	Protein
Cilantro-Lime Shrimp Fajitas				
1/2 cup onions, sliced	25.0	6.0	0.0	0.5
1 cup multi-colored bell peppers, sliced	20.0	4.5	0.0	1.0
1 TB olive oil	119.0	0.0	13.5	0.0
1 garlic clove, minced	5.0	1.0	0.0	0.0
3 oz. pre-cooked frozen shrimp, thawed	85.0	0.0	1.0	18.0
3 TB cilantro, chopped	1.0	0.0	0.0	0.0
1 lime, juiced	10.0	0.0	4.0	0.0
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
1 tsp ground cumin	0.0	0.0	0.0	0.0
Total	525.0	63.5 g	21.5 g	27.5 g

Dinner Option #2	Calories	Carbs	Fats	Protein
Salmon, Couscous & Asparagus				
4 oz. salmon, baked	235.0	0.0	14.0	25.0
1 cup Near East Whole Grain Roasted				
Garlic and Olive Oil Couscous	165.0	37.0	5.0	7.0
1 cup asparagus, baked	40.0	8.0	0.0	4.0
1 cup cauliflower, roasted	25.0	6.0	0.0	2.0
Total	465.0	51.0 g	19.0 g	38.0 g

Dinner Option #3	Calories	Carbs	Fats	Protein
Turkey Burger				
1 whole wheat hamburger bun	120.0	18.0	2.0	6.0
4 oz. lean ground turkey	160.0	0.0	8.0	22.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
2 onion slices	10.0	3.0	0.0	0.5
Sweet Potato Fries				
1/2 medium sweet potato, cut into strips and baked	80.0	18.0	0.0	2.0
1 TB olive oil	120.0	0.0	13.5	0.0
Total	510.0	42.5 g	23.5 g	32.0 g

Dinner Option #4	Calories	Carbs	Fats	Protein
Turkey Avocado Chef Salad				
2 eggs, hard boiled	155.0	1.0	10.5	12.5
3 oz. low-fat deli turkey meat	100.0	4.0	2.0	15.0
1 TB Blue Diamond Almond Slices	30.0	1.0	3.0	1.0
1/4 cup peeled cucumber slices	5.0	0.5	0.0	0.0
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 avocado	80.0	4.5	7.5	1.0
3 TB fat free Ranch salad dressing	70.0	15.0	1.0	0.0
Total	475.0	34.0 g	24.5 g	32.0 g

Dinner Option #5	Calories	Carbs	Fats	Protein
Burrito Bowl				
3 oz. chicken, baked	140.0	0.0	3.0	24.5
1/4 cup canned Pinto beans, rinsed	40.0	7.5	0.5	2.5
1/4 cup corn	65.0	15.0	1.0	2.0
1/4 avocado	80.0	4.5	7.5	1.0
1/4 cup Kraft 2% Shredded Cheddar	80.0	1.0	6.0	7.0
2 TB sour cream	45.0	2.0	3.5	1.0
2 TB salsa	10.0	2.0	0.0	0.5
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
Total	530.0	41.0 g	25.0 g	39.5 g

Dinner Option #6	Calories	Carbs	Fats	Protein
Grilled Chicken & Pineapple Burger - see recipe				
3 oz. chicken, baked	140.0	0.0	3.0	24.5
1 pineapple slice (1/2 inch thick)	30.0	7.5	0.0	0.5
1 TB pickled jalapeno slices	5.0	0.5	0.0	0.0
1/4 cup Teriyaki sauce	65.0	11.0	0.0	4.5
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
1 whole wheat bun / kaiser roll	210.0	35.0	3.0	10.0
2 slices red onion	15.0	4.0	0.0	0.5
Total	515.0	59.0 g	7.0 g	48.0 g

Dinner Option #7	Calories	Carbs	Fats	Protein
Chicken and Broccoli Stir-Fry				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	24.5
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	15.0	3.0	0.0	0.5
1/4 cup onion	25.0	5.5	0.0	1.0
1 cup brown rice	220.0	46.0	1.5	4.5
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
Total	480.0	68.5 g	4.5 g	35.5 g

Dinner Option #8	Calories	Carbs	Fats	Protein
Chicken Penne with Vegetables				
2 oz. sauteed chicken breast, sliced	95.0	0.0	2.0	17.5
1 cup whole wheat penne pasta	180.0	38.0	1.0	8.0
1/2 cup eggplant, cubed	20.0	4.5	0.0	0.5
1/2 cup butternut squash, cubed	40.0	11.0	0.0	1.0
1 cup spaghetti sauce	160.0	26.0	6.0	4.0
Total	495.0	79.5 g	9.0g	31.0 g

Dinner Option #9	Calories	Carbs	Fats	Protein
Spinach Salad with Broiled Steak				
1 cup raw spinach	10.0	1.0	0.0	1.0
4 oz. sirloin or strip steak	210.0	0.0	7.5	34.0
1/2 cup tomatoes	15.0	3.5	0.0	1.0
1/4 cup Feta cheese	100.0	1.5	8.0	5.5
1/2 cup mushrooms	10.0	1.0	0.0	1.0
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
Total	465.0	13.0 g	25.5 g	42.5 g

Dinner Option #10	Calories	Carbs	Fats	Protein
Bean & Cheese Burrito				
1 Mission Carb Balance Whole Wheat Tortilla (10 in)	210.0	32.0	5.0	9.0
1/2 cup canned Pinto beans, rinsed	80.0	15.0	1.0	5.0
1 oz. Monterey jack shredded cheese	100.0	1.0	8.0	6.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
1/4 cup salsa	20.0	4.0	0.0	1.0
2 TB light sour cream	40.0	2.0	3.0	1.0
Total	490.0	62.0 g	17.0 g	23.5 g

Breakfast Pizza

Super healthy, delicious and low carb!

Ingredients

- 2 egg whites, scrambled
- 1 whole egg, scrambled
- 1/4 cup tomatoes, chopped
- 1/4 cup red peppers, chopped
- 2 oz. 2% milk shredded mozzarella
- 1/2 cup spaghetti sauce
- 1 whole wheat pita
- 1 tsp oregano
- 1/4 tsp black pepper
- sea salt, to taste (optional)

Preparation

In a small mixing bowl, combine eggs, tomato, bell pepper, oregano, black pepper and sea salt. Whisk together (or use a fork) until fluffy and ingredients are well blended.

Use a spatula to scramble the mixture as it cooks.

While egg mixture is cooking, toast the pita (optional), and spread with the tomato sauce. Set aside.

Once the egg whites are fully cooked to your liking (as dry or wet as you prefer), turn the heat down to low and sprinkle the cheese on top and allow to melt.

Once melted, transfer/slide the egg white mixture on top of the pita. Enjoy!

Chicken Panini

Ingredients

2 slices low-fat Swiss cheese
2 oz. sliced reduced-sodium Black Forest deli ham
2 oz. sliced reduced-sodium deli chicken breast
1 whole wheat roll
1/4 cup marinara sauce, heated

Preparation

Heat lightly oiled grill or panini press to medium heat (or use a grill pan).

Layer cheese and meat on roll.

Close sandwiches and grill, flipping and pressing them with spatula if necessary, until golden brown on both sides and cheese is melted, about 5 minutes total.

Halve sandwiches and serve with marinara sauce for dipping.

Cilantro-Lime Shrimp Fajitas

Ingredients

- 1/2 cup onions, sliced
- 1 cup multi-colored bell peppers, sliced
- 1 TB olive oil
- 1 garlic clove, minced
- 3 oz. pre-cooked frozen shrimp, thawed
- 3 TB cilantro, chopped
- 1 lime, juiced
- 2 (8 in.) whole wheat tortillas
- 1 tsp ground cumin

Preparation

Sautee onions and peppers in oil, garlic and cumin until tender, about 6-8 minutes.

Toss shrimp, cilantro and lime juice with hot vegetables.

Fill tortilla with mixture.

Grilled Chicken & Pineapple Burger

Ingredients

- 3 oz. boneless skinless chicken breast
- 1 pineapple slice (1/2 inch thick)
- 1 TB pickled jalapeno slices (or 1 fresh jalapeno thinly sliced)
- 1/4 cup Teriyaki sauce
- 1 oz. slice low-fat Swiss cheese
- 1 whole wheat bun / kaiser roll
- 2 slices red onion

Preparation

Combine chicken and enough teriyaki sauce to cover it in a resealable plastic bag. Marinate in the refrigerator for at least 30 minutes, and up to 12 hours.

Heat a grill until hot (you shouldn't be able to hold your hand above the grates for more than 5 seconds). Remove chicken from marinade and place on the grill; discard any remaining marinade. Cook for 4 to 5 minutes, flip and immediately add cheese to the chicken. Continue cooking until cheese is melted and chicken is lightly charred and firm to the touch. Remove from grill; set aside.

While chicken rests, add pineapple and rolls to the grill. Cook rolls until they're lightly toasted, and pineapple slices until they're soft and caramelized, about 2 minutes each side. Top each roll with chicken, pineapple, red onion, and jalapeno slices. If you like, drizzle chicken with more teriyaki sauce.

Grocery List

Grains

- ☐ bagel thins, whole wheat
- ☐ bread, whole wheat
- ☐ brown rice
- ☐ buns, whole wheat
- ☐ english muffin, whole wheat
- ☐ Mission Carb Balance Whole Wheat Tortilla 10 in)
- ☐ Near East Whole Grain Roasted Garlic and Olive Oil Couscous
- ☐ oatmeal
- ☐ penne pasta, whole wheat
- ☐ pita, whole wheat
- ☐ Quaker Brown Sugar Oatmeal Squares
- ☐ quinoa
- ☐ spaghetti, whole wheat
- ☐ tortillas (8 in.), whole wheat

Canned Goods

- ☐ black beans
- ☐ corn
- ☐ japapenos, pickled
- ☐ marinara sauce
- ☐ peaches, in juice
- ☐ pineapples, diced or chunks, in juice
- ☐ pineapples, sliced, in juice
- ☐ pinto beans
- ☐ spaghetti sauce
- ☐ tomatoes, diced with chilis
- ☐ vegetable broth

Dairy

- ☐ cheddar cheese, 2% shredded
- ☐ cottage cheese, low-fat
- ☐ Feta cheese
- ☐ Greek yogurt (assorted flavors)
- ☐ milk 1%
- ☐ Monterey Jack, shredded
- ☐ Mozzarella cheese sticks, light
- ☐ Mozzarella, 2% milk shredded
- ☐ Mozzarella, fresh
- ☐ Swiss cheese, low-fat sliced

Meats, Beans & Nuts

- ☐ almonds
- ☐ chicken breast
- ☐ chicken breast, deli, low-sodium
- ☐ eggs
- ☐ ham, deli, low-sodium
- ☐ peanut butter, Smucker's Natural
- ☐ pecans, chopped
- ☐ pumpkin seeds
- ☐ roast beef, deli
- ☐ salmon
- ☐ shrimp
- ☐ sirloin steak
- ☐ sunflower seeds
- ☐ tofu
- ☐ tuna, canned in water
- ☐ turkey, deli, low-sodium
- ☐ turkey, ground, 93% lean

Vegetables

- ☐ asparagus
- ☐ avocado
- ☐ broccoli
- ☐ butternut squash
- ☐ carrots
- ☐ cauliflower
- ☐ cilantro
- ☐ cucumber
- ☐ edamame, dry roasted, lightly salted
- ☐ eggplant
- ☐ garlic
- ☐ green bell pepper
- ☐ lime
- ☐ mushrooms
- ☐ onions
- ☐ red bell pepper
- ☐ romaine or green leaf lettuce
- ☐ spinach
- ☐ sweet potato
- ☐ tomatoes

Fruits

- ☐ bananas
- ☐ blueberries
- ☐ dried cranberries
- ☐ grapes
- ☐ orange
- ☐ strawberries
- ☐ watermelon

Condiments

- ☐ balsamic vinaigrette dressing
- ☐ barbecue sauce
- ☐ mayonnaise, light
- ☐ mustard
- ☐ Parkay butter spray
- ☐ ranch salad dressing, fat free
- ☐ relish
- ☐ salsa
- ☐ sour cream
- ☐ teriyaki sauce

Other

- ☐ canola oil
- ☐ chocolate chips, semi-sweet dark
- ☐ flaxseed, ground
- ☐ hummus
- ☐ Kashi Original 7 Grain Crackers
- ☐ olive oil
- ☐ Pop Weaver Light Butter Popcorn
- ☐ Tostitos Scoops, Multigrain