

View the original list at: <http://www.shape.com/healthy-eating/meal-ideas/2013-beach-body-diet-plan-month-2>

SHAPE

2013 Beach Body Diet Plan: Month 2

These 12 tasty meals satisfy every type of eater, from gourmet to gluten-free

With any [weight-loss](#) plan, no matter how brilliant, you face the danger of hitting the doldrums a few weeks in. That's why we're back with 12 more meal ideas to get you closer to feeling swimsuit-confident. The boredom-busting program, created by Jackie Nugent, R.D.N., author of *1,000 Low-Calorie Recipes*, offers palate-pleasing dishes that will help every type of eater—gourmet, gluten-free, vegetarian, and on-the-go—stay on track. Team the customized meals with [Jillian Michaels' Summer SHAPE Up Workouts](#) [1] and nothing will stand between you and that teeny-weeny bikini.



1. Breakfast

Aim for 360 to 400 calories

GOURMET

Ricotta-Fig Bowl

2/3 cup part-skim ricotta topped with 2 sliced Black Mission figs, 1 teaspoon honey, 1 pinch fresh thyme, and sea salt to taste; 1 small slice fruit and nut sprouted bread.

{390 CALORIES}

GLUTEN-FREE

Morning Peach Melba

1 peach, halved and topped with a mixture of 8 ounces plain lowfat Greek yogurt, 1 1/2 teaspoons honey, and 1/4 teaspoon vanilla extract, then garnished with 2 tablespoons raspberry jam and 2 tablespoons toasted sliced [almonds](#).

{360 CALORIES}

VEGETARIAN

Breakfast Bruschetta [pictured left]

1 slice toasted whole-grain sourdough bread spread with mixture of 1/2 mashed avocado, 1/2 teaspoon lemon juice, and 1/8 teaspoon sea salt and topped with 1 fried egg (or 1/4 cup scrambled silken tofu) and fresh rosemary and pepper to taste; 1 cup vegetable juice.

{360 CALORIES}

ON-THE-GO

Subway Black Forest Ham, Egg & Cheese Sandwich

on a 6-inch 9-grain wheat hoagie with cheddar cheese, green pepper, and tomato, without sauce.

{390 CALORIES}

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