

Weekly Meal Planner

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	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<u>Oatmeal</u> 1 whole Egg (scrambled), topped w/ salsa	1 cup Greek yogurt*	Spicy Fiesta Salad: Mix 1/2 cup avocado with 1/4 cup black beans, 1/4 cup corn*, and 4 crushed corn chips*. Lay over 2 cups of spinach. Drizzle lime juice, 1/2 Tbsp olive oil and chili powder on top	Protein Shake: Blend 1 scoop Protein Powder with water, ice and 1/2 banana	4 oz grilled Chicken Strips 1 cup of Stir-Fry (broccoli, peppers, carrots) in 1/2 Tbsp olive oil 1/4 cup dry Brown Rice, cooked in 1/2 cup broth
Tuesday	<u>Breakfast in a Blender</u>	1/2 cup Trail Mix 1 Apple	<u>Mexican Soup</u> 2 cups mixed Greens with 1/2 cup cherry tomatoes, 1/4 cup avocado, 1/2 Tbsp olive oil and 1/2 of a lemon	1/2 cups Edamame*, shelled and steamed (can sprinkle with sea salt) 1 cup Grapes	Shrimp Pasta: steam 1 cup broccoli and add to 1/2 cup warmed pasta sauce + 1 cup sauteed shrimp, serve over 1 cup whole wheat pasta
Wednesday	<u>Garden Fresh Omelet</u>	10 Veggie Slices (cucumber, carrots, celery) w/ 2 Tbsp hummus 1 hard-boiled Egg w/ black pepper	Grilled Chicken & Orange Salad: Top 2 cups spinach with 3 oz grilled chicken, 1/2 cup orange slices, 1/4 cup red onion, 1/4 cup cucumber slices, 1/4 cup low fat feta cheese, 1 Tbsp sliced almonds, drizzle lemon juice, 1/2 Tbsp olive oil, 1 Tsp Dijon mustard and garlic powder on top	3 1/2 cups organic Popcorn* (such as Newman's Own or use an air popper)	Turkey Burgers: combine 1 package ground turkey w/ 1 cup salsa, 2 chopped green onions, 3 Tbsp olive oil and season w/ pepper, salt, cumin & salt, form into patties and grill Serving is 1 patty with 1 sandwich round 1 cup steamed Green Beans
Thursday	<u>Applesauce Pancakes</u>	1 Apple Yogurt: combine 1/4 cup lowfat Greek yogurt, 1/2 Tbsp almond butter, 1 Tsp honey & 1/4 Tsp cinnamon	TBLC Sandwich: Top 1 slice whole grain bread with 2 slices lean deli turkey, 2 slices turkey bacon, 2 slices lettuce, 1 slice cheese.	Cucumber-Feta Salad: Combine 1 cup sliced cucumbers with 1 cup halved cherry tomatoes and 1 oz feta cheese. Season with 1/2 Tbsp olive oil, black pepper and sea salt.	4 oz baked Salmon (or other fish) 1/2 baked Potato w/ 1 Tbsp unsalted butter 1 cup steamed Broccoli

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Friday	Grape Toast: Top 2 slices whole grain toast with 2 Tbsp low fat cream cheese, 1/4 cup halved grapes, 1 Tsp honey and a pinch of cinnamon.	Cucumber Mint Frappe'	Tabouli	Turkey Lettuce Wraps: Place 2 slices lean deli Turkey over 2 large Romaine leaves; top with 1/4 avocado sliced, 1 slice cheese and roll up. 10 baby Carrots w/ 2 Tbsp hummus	Mediterranean Pizza: Top 1 mini whole wheat pizza crust w 1/2 cup pizza sauce, 1/2 cup spinach, 1/4 cup chopped peppers, 1Tbsp black olives, 1/4 cup sliced artichokes, 1/2 cup cooked chopped chicken, 1/4 cup shredded mozzarella. Bake for 10-12 minutes and top with fresh basil. <i>Serving is 1/2 of pizza.</i>
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Saturday	Green Smoothie	1 small Banana (sliced lengthwise) topped with 1 Tbsp Almond Butter	Greek Salad: Mix 2 cups spinach, 1/4 cup sliced cucumbers, 1/4 sliced tomato, 1 Tbsp. sliced black olives, 1/2 stalk sliced green onion in a bowl. Drizzle with 1/2 a lemon and season with black pepper and sea salt.	15 Corn Tortilla Chips* with 1/2 cup salsa	Cheesy Bean Burritos: Fill 1 whole grain 8" tortilla with 1/4 cup pinto beans, 1/2 cup chopped romaine, 1/4 cup shredded low fat mozzarella, 2 Tbsp salsa. Baked for 5-10 minutes or warm in a pan.
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Sunday	Pistachio-Date Muesli: Mix 1/3 cup uncooked rolled oats with 3/4 cup almond milk, 1/3 cup sliced strawberries, 2 Tbsp chopped pistachios, 2 Tbsp raisins and a dash of cinnamon.	Apple Pie Smoothie: Blend 1/4 cup low fat Greek yogurt with 1 small sliced apple, 1 cup LF almond milk, , 1 scoop vanilla protein powder, 1 Tbsp granola, 1/2 Tbsp almond butter, 2 Tsp maple syrup and a dash of cinnamon.	Tuna Salad: Mixed 1/2 can chunk light tuna w/ 2 Tbsp hummus, 1 Tbsp black olives, 1/4 cup chopped cucumbers, 1/4 cup sliced grapes and 1 Tsp curry. Lay over 2 cups of spinach seasoned with lemon.	Homemade Granola Bar 1 Clementine (or other fruit)	4 oz lean Beef* (top sirloin) pan fried in 1 Tbsp oil 1 cup steam Green Beans 1/4 cup Couscous dry, cooked
<p>*Organic recommended because item is either most likely gmo, on the Dirty Dozen or just because;</p> <p>Note: Seasonings can be used liberally</p>					