

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Average
Breakfast	<u>Strawberry Banana Smoothie</u> topped with 1/4 cup granola	1 serving of High fiber cereal such as Fiber One, Special K, All Bran, Raisin Bran with 1 cup 1% milk and 1 banana	2 <u>Egg Muffins</u>	<u>Peanut Butter Banana Flax Oatmeal</u>	<u>Overnight oats</u>	2 <u>Egg Muffins</u> and a side of fruit	<u>Fruit and yogurt parfait with granola</u>	
Snack	1/4 tsp <u>Homemade Hummus</u> (or store bought) with 10 stacy's pita chips, 1/2 cup bell peppers and 1/2 cup carrots	1 string cheese and 1 oz almonds	1.5 Tbsp peanut butter with 1 medium apple	1 medium piece of fruit	1/4 cup <u>Homemade Hummus</u> with 10 stacy's pita chips, 1/2 cup bell peppers and 1/2 cup carrots	Greek yogurt with nuts or granola	Nature Valley protein bar	
Lunch	<u>Avocado Tuna Fish Sandwich</u>	Leftover <u>chili</u> with beans with 10 chips of your choice	2 serving <u>Quinoa salad</u>	2 <u>Turkey Sliders with avocado, mushroom and swiss cheese</u> with 1 cup carrots	Grilled cheese and low sodium tomato soup	<u>Pasta salad with avocado dressing</u>	<u>Southwestern Chicken Salad</u>	
Snack	1 cup of mixed fruit and 1 oz almonds (about 24)	1 cup strawberries with nonfat greek yogurt and 1/4 cup granola	1/4 cup <u>Homemade Hummus</u> with 10 stacy's pita chips, 1/2 cup bell peppers and 1/2 cup carrots	16 pieces of wheat thins, 1/2 cup Sliced cucumbers and 2 laughing cow cheese	1.5 Tbsp peanut butter with 1 medium apple	1 cup grapes, 1 oz almonds and 1 string cheese	1 banana with 1 1/2 tsp of peanut butter	
Dinner	1 1/2 cups <u>Chili</u>	6 oz <u>Baked Lemon Chicken</u> with 1 large baked potato with 1 Tbsp butter and 1 cup steamed broccoli	2 <u>Fish tacos</u> and 1 serving of <u>Mexican Style Rice</u>	One Pot <u>Tuscan Chicken Pasta</u>	<u>Beef Kebabs</u> with <u>Spinach Tabbouleh</u>	<u>Sheet Pan Fajitas</u>	1/3 California Pizza Kitchen Five Cheese and Tomato Pizza with 1.5 cups sweet kale salad	
Snack		3 cups low calorie, low butter popcorn	Non fat greek yogurt with strawberries and blueberries, drizzle of honey and 1/4 cup granola	3 cups low calorie, low butter popcorn		3 cups low calorie, low butter popcorn	Enlightened Ice Cream Bar	
Total kcal	2005 kcal	1926 kcal	2169 kcal	2008 kcal	2067 kcal	2001 kcal	2006 kcal	2026 kcal
Total Sodium	1706 mg	1668 kcal	2010 mg	2100 mg	2089 mg	1932 mg	1883 mg	1912 mg
% Carbs		51	44	47	48	48	42	47
% Fat		26	30	34	27	38	37	32
% Protein		23	26	19	25	14	21	21

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