

Column1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Average
<b>Breakfast</b>	<u>Peanut butter flax oatmeal</u>	<u>Avocado toast with egg</u> with 1.5 cup fruit	<u>Whole wheat bagel with peanut butter and banana</u>	1 serving <u>Spinach and mushroom omelet</u> with 1 piece of toast topped with 1 tsp jam and 1 cup mixed fruit	<u>Peanut Butter Flax Oatmeal</u>	1 serving of High fiber cereal such as Fiber One, Special K, All Bran, Raisin Bran with 1 cup 1% milk and 1 banana	<u>1 serving Egg casserole</u> with 1.5 cups of mixed fruit	
<b>Snack</b>	1/4 cup <u>Homemade Hummus</u> with 1 cup carrots and mini bell peppers	String cheese and 16 pieces of whole wheat wheat thins		Nonfat greek yogurt with 1 cup fruit and 1/4 cup low fat granola	String cheese and 16 pieces of whole wheat wheat thins	Nonfat greek yogurt with 1 cup fruit and 1/4 cup low fat granola	Nonfat greek yogurt with 1 cup fruit and 1/4 cup low fat granola	
<b>Lunch</b>	2 slices of toast topped with 1 serving of <u>Cannellini Aglio e Olio</u>	<u>Vegetable quesadilla</u>	Leftover <u>chicken and broccoli stir fry</u> with 1 cup brown rice	<u>2-3 Chicken lettuce wraps</u> with 1 cup brown rice	<u>Mediterranean Baked Sweet Potato</u> leftovers and side of asparagus	<u>BBQ chicken buddha bowl</u>	<u>Chicken caesar salad wrap</u>	
<b>Snack</b>	Nonfat greek yogurt with 1 cup fruit and 1/4 cup low fat granola	1 medium apple with 2 tbsp of peanut butter	Nonfat greek yogurt with 1 cup fruit and 1/4 cup low fat granola	1/4 cup <u>Homemade Hummus</u> with 1 cup carrots and mini bell peppers	1.5 cups of mixed fruit with 1 cup nonfat greek yogurt	1/4 cup <u>Homemade Hummus</u> with 1 cup carrots and mini bell peppers	<u>Guacamole</u> and pita chips	
<b>Dinner</b>	<u>1 serving of BBQ pork</u> with whole wheat hamburger bun	<u>Chicken and broccoli stir fry</u> with 1 cup rice	<u>Grilled steak salad with corn</u>	<u>Mediterranean Baked Sweet Potato</u> with 1 cup oven roasted asparagus	<u>Super simple salmon</u> with sauteed mushroom and spinach and 1 cup of cooked brown rice with 1 pat of butter	<u>Portabella burger</u> with <u>1 serving zucchini fries</u>	<u>1 Serving chicken and orzo soup</u> with 1/4 baguette	
<b>Snack</b>		<u>Salted Dark Chocolate Nut Clusters</u>	Enlighten Ice cream Bar			<u>Salted Dark Chocolate Nut Clusters</u>		
<b>Total kcal</b>	2078 kcal	1953 kcal	1999 kcal	1957 kcal	1944 kcal	1958 kcal	2029 kcal	<b>1988 kcal</b>
<b>Fat</b>	31%	31%	37%	32%	31%	33%	28%	24% <b>31%</b>
<b>Carbs</b>	49%	49%	45%	46%	50%	47%	51%	51% <b>48%</b>
<b>Protein</b>	20%	20%	18%	22%	19%	20%	21%	25% <b>21%</b>
<b>Sodium</b>	1341 mg	2056 mg	2066 mg	1444.5 mg	1836 mg	1908 mg	2439 mg*	<b>1870 mg</b>
							*Number based on original recipes. Can be adapted by substituting with low-sodium broth and use salt substitutes and overall intake will be under the recommended 2300mg/day.	