

A week's worth of lunch menus for about \$5/day

Make and take you lunch everyday can save you lots of money and help you stick to your weight loss goals. Create a weekly lunch menu that mixes and matches ingredients throughout the week. You only have to shop once!

Sunday	Spinach & Tomato Omelets 1-cup of strawberries 8 oz. of Ginger Green Tea
Monday	Humus Wrap Sandwich* Granny Smith Apple 1 cup of blue corn chips 8 oz. of Ginger Green Tea
Tuesday	Salmon salad over spinach 1 cup of blue corn chips 8 oz. of Ginger Green Tea
Wednesday	Green salad topped with cut-up cooked burger Cereal bar with fruit & seeds 8 oz. of Ginger Green Tea
Thursday	2 hardboiled eggs Blue corn chip salad* 8 oz. of Ginger Green Tea
Friday	Fish burritos (made with canned fish)* Mini veggie sticks with humus dip 8 oz. of Ginger Green Tea
Saturday	Ground turkey or beef burger topped with sauté spinach, onion and sunflower seeds Sliced apples and strawberries 8 oz. of Ginger Green Tea

Grocery List for Lunch Items: TOTAL COST \$35.74

½ dozen eggs (\$1.50) or carton of eggbeaters (\$3.00)

Bag of spinach (\$1.99)

2 Fresh tomatoes (\$1.50)

Box of Ginger Green Tea (\$2.99)

Canned Fish: Salmon (\$3.00) or Tuna (\$1.50)

3 Granny smith apples (\$1.80)

Pint of strawberries (\$2.99)

Humus (\$2.50)

1 Onion (\$0.69)

Bag of whole wheat tortillas (\$2.50)

Box of frozen turkey or beef burgers (\$.6.99)

Blue Corn Chips (\$3.00)

Bag of carrots (\$2.00)

Cucumber (\$0.79)

*Quick Recipes

Humus Wrap Sandwich

Spread humus over whole wheat tortilla

Add veggies to taste: diced tomatoes, greens (spinach okay), cucumber, and 1 teaspoon of onions

Roll the tortilla

Wrap in plastic wrap

Fish Burritos

Open canned fish (Salmon or Tuna) and drain off water.

Add ½ of canned fish over whole wheat tortilla

Add veggies to taste: Add veggies to taste: diced tomatoes, greens (spinach okay), cucumber, and 1 teaspoon of onions

Roll the tortilla

Wrap in plastic wrap

Blue Corn Chip Salad

In a disposable storage container, mix 1 cup of blue corn chips with diced tomatoes, cucumber, onions, greens, apples and sunflower seeds.

Top with 1 tablespoon of humus or any other salad dressing you like!