

## Week 1 Meal Planner

	Breakfast	Lunch	Dinner	Snack
<b>Sunday</b>	Scrambled Eggs, sautéed spinach, whole wheat toast w/ jam, 8 ounces water w/ squeeze of lemon	Sandwich with cheese, baby greens, cucumber and tomato slices, cup of corn chips, 100% fruit juice or herbal tea	Vegetarian Chili*, green salad, cup of brown rice, 8 ounces of water	1 cup of trail mix
<b>Monday</b>	1 1/2 cup of high protein cereal, 1 cup of low-fat milk, 1 piece of fresh fruit	2 cups of canned soup, toasted English muffin, herbal tea or sparkling water	Baked Fish, stemmed broccoli with red peppers & onions, cup of brown rice, 8 ounces of water	1 cup of fresh strawberries
<b>Tuesday</b>	bowl of fresh strawberries, one hard-boiled egg, 8 ounces of 100% fruit juice or herbal tea	leftover fish fillet sandwich with mixed greens and tomatoes on whole grain bread; cup of mixed fruit (grapes, melons), herbal tea or sparkling water	Bean and cheese Burritos (made with left over chili from Sunday evening), green salad, 8 ounces of water	2 cups of salt-free popcorn
<b>Wednesday</b>	1 1/2 cup of high protein cereal, 1 cup of low-fat milk, 1 piece of fresh fruit	Leftover bean and cheese burritos, granny smith apple, herbal tea or sparkling water	whole wheat pasta, sautéed ground turkey with carrots, onions and zucchini in low-sodium tomato sauce, 8 ounces of water	apple slices with peanut butter
<b>Thursday</b>	1 cup of low-fat yogurt with sliced bananas and 1/2 cup of granola; 100% fruit juice or herbal tea	veggie wrap: hummus, greens, cucumbers, tomatoes, onions; 100% fruit juice	baked fish fillets, sautéed veggies (zucchini, tomatoes, onions and green peppers); 1 cup of potato wedges, 8 ounces of water	blue corn chips and salsa
<b>Friday</b>	1 1/2 cup of high protein cereal, 1 cup of low-fat milk, 1 piece of fresh fruit	prepared vegetarian lasagna; sparkling water or herbal tea	Baked chicken, sautéed veggies (squash, carrots and onions), green salad, whole grain dinner roll, 8 ounces of water	2 oatmeal raisin cookies
<b>Saturday</b>	Fruit Smoothie*, whole wheat toast with butter.	whole grain toast with melted cheese and tomatoes; 1 cup of raw green beans and 3 tablespoons of low-fat salad dressing as a dip; herbal tea or sparkling water	Stirred-fry leftover chicken (chop in pieces); onions, carrots and broccoli; 1/4 cup of cooked brown rice all top over a bed of fresh spinach, 8 ounces of water	1 cup of frozen yogurt; 1/4 cup of nuts

### *Time Management for Cooking!*

shop with a menu in mind  
 Look for coupons before you go to the grocery store  
 Cook main items on the weekend or when you have more time  
 Prep ahead of time by chopping fresh veggies and storing them in freezer bag  
 Make a little extra for leftovers!

### *Recipes of the Week!*

Vegetarian Chili  
 Fruity Smoothie

### *Tips!*

always carry your water bottle!  
 use your portion plate  
 carry your lunch to work or school

is for use during the week