

Week- 2 Meal Planner

	Breakfast	Lunch	Dinner	Snack
Sunday	Scrambled eggs with cheese and red peppers on English muffin; 8 ounces of cranberry juice	mixed fruit cup topped with 1/4 cup of yogurt and 2 tablespoons of high protein cereal (Like Great Grains or Kashi); 12 ounces water	Beef stew, green salad; 8 ounce of sparkling water	blue corn chips and salsa
Monday	Whole wheat toast with slice of cheese; piece of fresh fruit; 8 ounces of low fat milk	Leftover beef stew; 1 cup of green tea	2 cups of canned soup, salad, 1 slice of whole wheat toast and nut butter; 8 ounces of sparkling water	1 cup of Trail mix with assorted nuts and dark chocolate
Tuesday	Nut butter and jam whole wheat toast sandwich; piece of fresh fruit; 8 ounces of low-fat milk	Green salad, 1 cup of cooked broccoli with 1 slice of melted cheese; 1/2 whole wheat toast; 1 cup of green tea	baked chicken, green beans and baked red potato; 8 ounces of sparkling water	10 ounce bag of Kettle corn
Wednesday	1 & a half cups of high protein cereal (like Great Grains or Kashi); 1/2 of low-fat milk; piece of fresh fruit; 1 cup of green tea	leftover baked chicken, green salad; 8 ounces of 100% fruit juice	Baked fish with butter and lemon juice; 1 cup of brown rice; steamed broccoli (pour of a little of the fish butter & lemon sauce over it!); 8 ounces of sparkling water	2 oatmeal raisin cookies
Thursday	1 hard-boiled egg; 1 slice of toasted whole wheat toast with jam; 1 cup of green tea	Green salad topped with slices of left over fish and 2 tablespoons of brown rice; 1/2 whole grain roll; 8 ounces of 100% fruit juice	Sautéed vegetables (any mixed frozen vegetables will do!) served over brown rice; 1/2 grilled cheese sandwich; 8 ounces of sparkling water	5 ounces of frozen yogurt (in a cup rather than on a cone!)
Friday	1/2 grilled cheese sandwich; piece of fresh fruit; 1 cup of green tea	left over sautéed vegetables and rice; corn chips; 8 ounces of low-fat milk	home-made English muffin pizza with slice of cheese, 2 vegetable toppings of your choice; 8 ounces of sparkling water	1 Breakfast bar
Saturday	8 ounces of yogurt with fresh fruit and 2 tablespoons of high protein cereal (like Great Grains or Kashi); 1 cup of green tea	left over home made pizza; 1 cup of 100% fruit juice	Turkey Pattie; green salad; 8 ounces of sparkling water	1 soft pretzel with no salt

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
 Make a little extra for leftovers!

Recipe of the Week!

Beef Stew

Tips!

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

ore time
ing them in freezer bags for use during the week