

Week 4 Meal Planner

	Breakfast	Lunch	Dinner	Snack**	
Sunday	Smoothie * 1 cup of granola cereal	Cup of soup 1 slice of toasted whole wheat bread with Jam Cup of green tea	Hot Turkey links with sauteed mixed vegetables Green Salad Glass of water	1 cup of low-fat ice cream	<i>* See recipe page</i> **Chose the snacks you want to try this week and add them to ! <u>Week 4 Shopping List</u> 2 quarts of low fat yogurt Box if granola cereal 4 cans of low-sodium soup 1 loaf of 100% whole wheat bread
Monday	Fresh avocado sliced 1 cup of grapes 100% fruit juice	Left overs from last night's dinner!	Oven fried Fish* Sauteed mixed vegetables 1 cup of brown rice Glass of water	Whole wheat crackers with jam	Strawberry Jam 1 package of hot turkey links Bag of mix field greens baby of romaine lettuce Bag of spinach 2 avocados Bag of fish
Tuesday	1 cup of fresh berries 1 cup of granola and sunflower seeds 100% fruit juice	Fish sandwich made with leftovers- fish, romaine lettuce and cucumbers on 100% whole wheat toast 1 cup of fresh berries Cup of green tea	Black beans over brown rice Green salad Glass of water	Baked potato chips	3 bags of frozen mixed vegetables 1 pound of brown rice 2 cartons of fresh berries 2 gallons of 100% fruit juice 4 cucumbers bag of carrots bag of celery
Wednesday	Smoothie * 1 cup of granola cereal	Cup of soup 1 slice of toasted whole wheat bread with Jam Cup of green tea	Whole wheat pasta with sauteed ground turkey and tomato sauce Sauteed spinach Glass of water	apple sauce	4 zuchinnis 3 cans of black beans- no salt 1 package of lean ground beef 2 packages of white cheese 1 bag of frozen chicken wings 4 sweet potatoes Fresh fruit of your choice!
Thursday	1 cup of fresh berries 1 cup of granola and sunflower seeds 100% fruit juice	Left overs from last night's dinner!	lean ground beef hamburgers- broiled 100% whole wheat braid with fresh spinach and onions Sauteed zuchinni Glass of water	Frozen Yogurt	tomato sauce- low sodium carton of brown eggs quart of low-fat milk
Friday	1 cup of granola cereal with low fat milk and fresh berries	cheese sandwich on 100% whole wheat bread with romaine lettuce, cucumbers and tomatoes Cup of green tea	Baked chicken wings Baked sweet potato Sauteed zuchinni Glass of water	peaches	
Saturday	Egg and cheese omelette Leftover sauteed zuchinni Cup of green tea	Left overs from last night's dinner!	Salmon and tomato sauce Brown rice with black beans Green Salad Glass of water	Low-fat ice cream	

your shopping list.