

Week 3 Meal Planner

	Breakfast	Lunch	Dinner	Snacks**	
Sunday	Scrambled eggs with diced tomatoes, toasted whole wheat english muffin, 100% fruit Juice	"BLT"- Turkey Bacon, lettuce and tomato sandwich on 100% whole grain bread, baked potato chips glass of water	3 Bean Soup* Green salad slice of 100% whole grain bread glass of Water	Watermelon slices	<i>* see recipes</i> ** Choose the snacks you want to try this week and add them to your shopping list Week 3 Shopping List Carton of eggs 2 quarts of low-fat yogurt 1 package of white cheese 1 quart of low-fat milk
Monday	8 ounces of yogurt with 1/2 cup of granola cereal Fresh pear 100% fruit juice	Leftovers from last night's dinner!	Turkey Loaf* whole wheat pasta with tomato sauce Sautéed Kale glass of Water	Salsa and blue corn chips	2 gallons of 100% fruit juice box of green tea 1 box of High protein cereal 1 box of granola cereal 1 loaf of 100% whole grain bread 2 boxes of whole grain pasta low-sodium pasta sauce
Tuesday	Toasted english muffin with peanut butter and apple slices Cup of green tea	Leftovers from last night's dinner!	Baked Tilapia Fish Home Fries Steamed cauliflower with melted cheese Glass of water	Light kettle popcorn	1 package of whole grain english muffins Bag of fish 1 package of lean ground turkey Bag of fish 1 package of chicken 4 cans of soup can of tuna fish
Wednesday	Bowl of whole grain cereal with Low-fat milk Banana	Leftovers from last night's dinner!	cup of soup Grilled cheese sandwich with tomatoes on 100% whole grain bread, Glass of water	Fruit Cup	Fresh vegetables: carrots Lettuce celery cauliflower kale tomatoes cucumbers
Thursday	8 ounces of yogurt with 1/2 cup of granola cereal Fresh pear 100% fruit juice	Tuna Salad Sliced Carrots & Celery Whole wheat crackers Cup of green tea	Baked Chicken Sautéed mixed vegetables 1 cup of brown rice Glass of water	Fresh mango	bag of red potatoes corn on the cob 3 bags of frozen mixed vegetables fresh fruit: bananas mangos apples
Friday	Toasted english muffin with peanut butter and apple slices Cup of green tea	Green salad with tomatoes, cucumbers, carrots, celery and boiled egg-sliced Whole wheat crackers 100% fruit juice	Whole wheat pasta with tomato sauce sautéed mixed vegetables 1 slice of 100% whole grain bread Glass of water	Frozen yogurt	pears
Saturday	"BLT"- Turkey Bacon, romaine lettuce and tomato sandwich on 100% whole grain bread, 100% fruit juice	Cup of Soup Grilled cheese sandwich on 100% whole grain bread, Cup of green tea	Baked Fish Roasted red potato corn on the cob Glass of Water	Oatmeal Cookies	

o *your shopping list.*