

WEEKLY MEAL PLAN (APPROX. 1,600 CALORIES)

MON: TUES:____ WED:____ THUR:____ FRI:____ SAT: SUN:

BREAKFAST						
English Muffin	½ c. oatmeal cooked according to directions	1 slice toast	2 scrambled eggs with 2 cups spinach	2 buckwheat pancakes	¼ c. blueberries, 1 sliced banana	2 slices toast
1 T. Nut Butter	2 T. pumpkin seeds	1 c. milk	1 slice toast	1 c. berries	1 c. plain yogurt	1 T. nut butter
½ sliced banana	1 c. berries	1 hard-boiled egg	1 tsp. butter	1 T. butter	¼ c. oats	1 sliced apple
	¼ c. milk	Handful spinach	½ banana	½ c. yogurt		

LUNCH						
6 oz. tofu	2 slices bread	1 c. milk	½ c. hummus	2 c. veggie soup	6-inch turkey sandwich, no cheese, no mayo	½ c cottage cheese
1 c. raw veggies	2 oz turkey breast	2 T. nut butter	1 small pita	1 pear	1 apple	¼ c. pineapple
1 c. spinach	Handful of spinach	1 banana	1 c. raw veggies	4 saltine crackers		2 cups romaine
1 apple	1 nectarine		1 peach	1 string cheese		1 T. dressing
¼ c almonds						

DINNER						
3 oz baked salmon	3 cups romaine	1 veggie burger patty	3 oz. chicken breast	½ c. pasta	1 small flour tortilla	1 c. chili
1 baked sweet potato	½ red bell pepper	1 slice Swiss	1 T. BBQ sauce	½ c. marinara	½ cup sautéed bell peppers	1/3 c rice
1 c. steamed broccoli	2 oz. chicken	Small green salad	1 steam ear of corn	2 c. broccoli	3 oz. baked chicken	1 c. cauliflower
2 cups romaine with 1 T. olive oil	1 oz. feta	½ baked sweet potato	1 c. steamed zucchini	3 c. romaine	Shredded lettuce	
	2 T. vinegar/oil	1 c. steamed broccoli	1 tsp. olive oil	1 T. olive oil	¼ avocado	

AFTERNOON NIBBLE						
½ c. berries	1 celery stalk	2 carrots	¼ c. berries	1 c. milk	½ c black beans	1 banana
6 oz. plain yogurt	1 T. nut butter	6 rice crackers	1 T. almonds	10 baby carrots	6 tortilla chips	6 oz. plain yogurt
1 T. flaxseed	1 string cheese					