

# WEEKLY MEAL PLANNER



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	<p>½ c Oatmeal ½ c. berries Black coffee/tea</p>	<p>3oz. turkey on wheat with spinach/tomato NO mayo/cheese</p>	<p>½ c. pasta w/marinara 1 c. zucchini</p>	<p>½ oz. almonds 1 c. sugar snap peas ½ c. non-fat yogurt</p>
MONDAY	<p>Toasted Bagel 1 banana Black coffee/tea</p>	<p>3oz salmon 1 cup snap peas ½ tomato</p>	<p>½ c. Couscous, add diced Veggies and 1oz chopped chicken or turkey</p>	<p>½ oz. peanuts w/water ½ c. edamame ½ c. berries</p>
TUESDAY	<p>2 egg whites 1 slice wheat toast ½ c berries</p>	<p>Turkey chili 1 c. spinach Ice tea</p>	<p>3oz. grilled flank steak 1 c. green beans</p>	<p>½ bagel 1 apple 1 c. popcorn w/water</p>
WEDNESDAY	<p>½ c. cold cereal ½ c. non-fat milk ½ peach</p>	<p>½ grilled chicken sandwich with spinach/tomato</p>	<p>3-4 oz. roast turkey ½ sweet potato 1 c. green beans</p>	<p>100 cal. Granola bar 1 banana Sugar snap peas</p>
THURSDAY	<p>2 slices wheat toast 1 T. peanut butter Black coffee/tea</p>	<p>Pasta salad w/tomato, olives, red pepper, cucumber. NO mayo.</p>	<p>3oz tuna 1 c. snap peas ½ tomato</p>	<p>1 oz. apple chips ½ baked sweet potato Celery w/1T peanut btr</p>
FRIDAY	<p>½ c. non-fat yogurt ½ c. berries</p>	<p>Homemade chicken vegetable soup. Lemon juice for salt.</p>	<p>Pasta w/olive oil &amp; garlic 1 tomato 1 c. zucchini</p>	<p>½ c. carrots ½ c. pretzels w/water ½ c. frozen yogurt</p>
SATURDAY	<p>Healthy French toast ½ c. fresh fruit Black coffee/tea</p>	<p>Hamburger. No cheese, no mayo. Diet soda. NO FRIES!</p>	<p>½ grilled chicken breast 1 small red potato Fresh green beans</p>	<p>1 oz. cheese w/celery Hummus w/veggies ½ c. berries</p>