

Prepared for: Dina S.

TIPS
If you usually skip breakfast you can try half the normal serving, or eat a piece of fruit if nothing else (by 10am).
If you find you like one meal option more, feel free to have it more often.
You can have your snack between lunch and breakfast if you find you get hungrier during this time.
You can substitute any lunch/dinner option with leftovers if desired.
Keep dairy to a minimum and use nondairy products as alternative. Use lean meats as much as possible.
Switch dinners around as desired and make new meals in place of leftovers if needed.
If eating out, try to find something with lots of veggies. If large portion, put half in to-go box before eating.

Sunday	
Breakfast	Yogurt parfait
Lunch	Veggie sandwich Hippeas
Snack	Peanut butter apple
Dinner	Teriyaki
Dessert/Snack	Dark chocolate or SkinnyPop

Monday	
Breakfast	Avocado toast
Lunch	Salad
Snack	Banana
Dinner	Leftovers
Dessert/Snack	Dark chocolate or SkinnyPop

Tuesday	
Breakfast	Oatmeal Mixed berries
Lunch	Chicken sandwich Chips
Snack	Mixed nuts
Dinner	Fajitas
Dessert/Snack	Dark chocolate or SkinnyPop

Thursday	
Breakfast	Yogurt parfait
Lunch	Salad
Snack	Peanut butter apple
Dinner	Spaghetti
Dessert/Snack	Dark chocolate or SkinnyPop

Friday	
Breakfast	Oatmeal Apple/Banana
Lunch	Veggie Sandwich
Snack	Mixed nuts
Dinner	Leftovers
Dessert/Snack	Dark chocolate or SkinnyPop

Saturday	
Breakfast	Avocado toast
Lunch	Chicken Sandwich
Snack	Banana
Dinner	Beef tacos
Dessert/Snack	Dark chocolate or SkinnyPop

Wednesday	
Breakfast	Bagel Cream cheese
Lunch	PB Banana Sandwich
Snack	Carrots Hummus
Dinner	Leftovers
Dessert/Snack	Dark chocolate or SkinnyPop