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| **Monday** | Fresh fruit w/ cinnamon  1 Slice whole grain toast with 1 T. almond butter | Apple  Low fat Mozzarella Cheese Stick | 2 hard-boiled egg  whites atop spinach salad w/ veggies and ¼ avocado | ¼ c. Hummus Dip with Peppers, Celery and Carrots | Roasted Chicken (skinless, Roasted Vegetable Medley  Tossed Salad |
| **Tuesday** | Open faced breakfast sandwich: 2 egg whites and 1 slice ham (nitrate free) atop ½ Ezekiel English Muffin  Fresh fruit medley | Red Lentil Soup\* | Large green salad  Topped with: Cold roasted veggie medley,  Cold roasted Chicken and  Sprinkle of feta or low fat cheese | Orange  15 raw almonds | Asian Lettuce Wraps w/ chicken\*,  Steamed Edamame,  Small Green salad |
| **Wednesday** | Breakfast Burrito: 2 scrambled egg whites w/ black beans, avocado & salsa in small whole grain, high fiber wrap | Apple with 1 T  Natural Peanut Butter or Almond Butter | Butternut Squash Soup\*  Spinach Salad with 2 chopped egg whites | Red Lentil Soup | Fish Tacos\*  Cowboy Beans\*  Green Salad |
| **Thursday** | Fresh Fruit Smoothie  ½ Ezekiel Eng Muffin with 1 T. almond butter or peanut butter | 1 cup Fresh Berries with ½ c. nonfat Cottage Cheese | Fish Taco  Cowboy Beans  Green Salad | Carrots with peanut butter | 3 oz filet mignon  Roasted cauliflower, ½ sweet potato  Green Salad |
| **Friday** | Egg White Omelette with veggies  ½ cup fresh berries | Chickpea and salsa salad\* | Chicken and Strawberry Salad\* w/ EVOO vinaigrette | ¼ cup black bean hummus w/ carrots and peppers | Fish Fillets w/ tomatoes and black olives\*, Ginger and Garlic broccoli\* |
| **Saturday** | Greek yogurt w/ mango  ½ cup Steel Cut Oatmeal | Hard-boiled egg whites with 5 olives and cucumber slices in lettuce wrap | Butternut Squash Soup\*  Green Salad topped with  diced turkey | Pear with Mozzarella Cheese Stick | Sweet Potato and Black Bean Enchiladas\*  Jicama Slaw\*  Green Salad |
| **Sunday** | Fresh fruit medley  Veggie Frittata\* | Orange  15 almonds | Sweet Potato and Black Bean Enchiladas\*  Jicama Slaw\*  Green Salad | Chickpea and salsa salad | Lamb Lollipops\*  Cauliflower Mashed Potatoes\*  Steamed Veggie Medley |