# Week Four Meal Plan

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| **Monday** | Nonfat, Plain Greek Yogurt with berries, raw almonds and agave nectar | Celery sticks with 1 ½ TB. All Natural Peanut Butter | Veggie Bean Chili\*  Garden salad | 1 hardboiled egg, 1 apple | Chicken w/ lemon and capers\*, sautéed green beans\* |
| **Tuesday** | Vegetable Quiche\* 1 c. berries | Spiced almonds\*(see spiced cashew recipe)\* | Chicken w/ lemon and capers, sautéed green beans\* | Snap peas and carrots w/ ¼ c. white bean hummus\* | Vegetable and Sausage Soup w/a large garden salad |
| **Wednesday** | Herb Egg Scramble with peppers, tomatoes, onions and low fat cheddar cheese | Snap peas and tomatoes w/ ¼ c. white bean hummus | Vegetable and Sausage Soup\* w/a large garden salad | Vegetable Quiche\* | Asian Lettuce Wraps with Chicken |
| **Thursday** | Vegetable Frittata\*  Apple | Celery sticks with 1 ½ TB. All Natural Peanut Butter | Vegetable Salad w/grilled chicken, black beans and EVOO vinaigrette | ½ c. nonfat cottage cheese w/ carrots and peppers | Lentil and Edamame Stew w/ a large garden salad |
| **Friday** | Greek Yogurt and Fruit Smoothie\* | 15 Spiced or Raw almonds | Lentil and Edamame Stew w/ a large garden salad | Pea Pods and cucumber chips\* w/ hummus | Broiled Red Snapper w/ ginger\*, sautéed spicy spinach\* |
| **Saturday** | Turkey and Egg Bake\* w/ a pear or apple | Pea Pods and cucumber chips with edamame dip | Broiled Red Snapper w/ ginger\*, sautéed spicy spinach\* | Spiced (or raw)Cashews\* | Vegetable Salad w/grilled chicken, black beans and EVOO vinaigrette |
| **Sunday** | Turkey and Egg Bake w/ a plum or clementine | 10 Walnuts w/ carrots and cucumbers | Spinach Salad w/ feta cheese and strawberries, EVOO and balsamic dressing | Broccoli and tomatoes w/ edamame dip | Scallops with Cilantro\*, Roasted broccoli |