**Week Seven Meal Plan**

|  | meal 1 | snack | meal 2 | snack | meal 3 |
| --- | --- | --- | --- | --- | --- |
| mon | Breakfast porridge\* with ½ cup berries | Apple w/ 1 T nut butter | Tuna stuffed red bell peppers | 1 hardboiled egg, pepper sticks and carrots | Chicken Veggies and Beans Oh My!\* |
| tue | ½ cup low fat cottage cheese, banana, 10 chopped raw walnuts | Jicama slaw\* | Mushroom “burger” \* and a side salad w/ EVOO vinaigrette | Apple and 1 T All Natural Peanut Butter | Red Lentil Soup\* and Spinach Artichoke dish\* |
| wed | Garden veggie scramble | Pear, 15 raw Almonds | Red Lentil soup and a side salad | Edamame salad | Bison Meatballs with Cinnamon ginger sweet potatoes\* |
| thu | Greek yogurt and mixed fruit smoothie | Celery sticks w/ 1 T all Natural Peanut Butter | Large salad with 4oz chicken breast w/ EVOO vinaigrette | 2 hardboiled egg white halves stuffed with hummus | Shrimp stir-fry with Pomegranate couscous\* |
| fri | Cottage Cheese pancakes\* w/ agave nectar, sliced apples or oranges | Edamame | Red quinoa and Black bean salad\* | Jicama slaw | Minestrone Soup\* and a side salad w/ EVOO vinaigrette |
| sat | Mushroom Tofu scramble | 1 ounce pistachios, ½ cup berries | Minestrone soup and a side salad w/ EVOO vinaigrette | Apple and 1 T All Natural Peanut Butter | Asian lettuce wraps |
| sun | Greek yogurt and mixed berry smoothie | ¼ cup Hummus and veggies | Mushroom “burger” | Edamame salad | Roasted salmon with steamed greens |