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| **Monday** | Nonfat, Plain Greek Yogurt with ½ c. berries, 10 raw almonds and 2 tsp. agave nectar | Peppers and celery sticks with ¼ c. hummus | Black bean and Veggie Salad with Chicken and Olive Oil Vinaigrette\* | 12 Spiced Cashews\* w/ an apple | Baked Salmon with Bok Choy, Red Pepper and Salsa Puree\* |
| **Tuesday** | Herb Egg  Scramble with w/ peppers, tomatoes and onions\*  1 c. purple grapes | 12 Spiced Cashews, Plum or nectarine | Baked Salmon with Bok Choy, Red Pepper and Salsa Puree\* | Low Fat cheese stick  w/ carrots and pea pods | Vegetable and Sausage Soup\* w/a garden salad w/ 1 tsp EVOO and vinegar |
| **Wednesday** | Greek Yogurt and Fruit Smoothie\* | Pea Pods and tomatoes w/ white bean hummus\* | Vegetable and Sausage Soup\* w/a large garden salad | Spiced Cashews\* w/ a pear | Asian Lettuce Wraps with Chicken\* |
| **Thursday** | Southwestern Omelet\* | Apple w/ 1 TB. all natural peanut butter (or almond butter) | Vegetable Salad w/grilled chicken, 1 oz. lowfat cheese and EVOO vinaigrette | Celery sticks and peppers w/ 2 Tb. white bean hummus | Lentil and Edamame Stew\* w/ a large garden salad |
| **Friday** | Nonfat, Plain Greek Yogurt with ½ c. berries, 10 raw almonds and 2 tsp. agave nectar | 15 Raw almonds w/ 1 c. grapes | Lentil and Edamame Stew Large garden salad w/ EVOO vinaigrette | Pea Pods and Squash Chips\* w/ hummus | Cajun Tuna\*w/ Roasted Asparagus\* |
| **Saturday** | Herb Egg Scramble with peppers, tomatoes and onions and low fat cheddar | Pea Pods and Squash chips with ¼ c. edamame dip\* or hummus | Cajun Tuna\*w/ Roasted Asparagus\* | 15 Raw almonds w/ an orange  180 calories | Vegetable Salad w/grilled chicken, black beans and EVOO vinaigrette |
| **Sunday** | Italian Vegetable Frittata\* w/ an apple | Celery sticks w/ 1 ½ TB. all natural peanut butter | Vegetable Salad w/grilled chicken, black beans and salsa | Hard boiled Egg Whites (4 halves)stuffed w/ ¼ c. edamame dip\* or hummus, Red pepper strips | Butternut Squash Soup w/ toasted nuts, Large garden salad w/ EVOO vinaigrette |