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| **Monday** | Wild mushroom omelet\*, 2 small nectarines | apple/pear  or apple  slaw\* | 2 hard-boiled egg  whites atop spinach salad with ¼ avocado | Hummus Dip with Peppers, Celery and Carrots | Salsa Baked Fish\*, Sautéed spinach and red peppers |
| **Tuesday** | Greek  Yogurt w/  Berries, agave nectar and flax seeds | Asparagus and edamame  salad\* | Salsa Baked Fish, sautéed spinach and red peppers | Red grapes,  raw walnuts | Sautéed Chicken and Zucchini\* |
| **Wednesday** | Steel Cut Oatmeal with Apples\*, ½ c. nonfat cottage cheese | 2 small plums, raw walnuts or raw almonds | Sautéed Chicken and Zucchini (leftover) | Asparagus and edamame salad | Beef Tenderloin w/ Mustard and Herbs, Garlicky Green Beans\* |
| **Thursday** | Steel Cut Oatmeal w/ Apples, topped w/ cinnamon and raw walnuts | Veggies w/ Tzatiki Sauce\* | Beef Tenderloin w/ garlicky green beans | Black bean hummus w/ veggies\* | Shrimp and Scallop salad w/ fennel\* |
| **Friday** | 2 scrambled eggs  with sautéed  spinach,  tomatoes,  mushrooms | Black bean hummus w/ veggies | Shrimp and Scallop salad w/ fennel | Apple  ½ c. nonfat Cottage Cheese | Quinoa, mango and black bean salad\*, sliced red peppers w/ cucumbers |
| **Saturday** | Crustless Veggie Quiche\*, red grapes and cantaloupe | Veggie Bean Chili\* | Quinoa, mango and black bean salad, sliced peppers w/ cucumbers | Pear w/ 10 raw cashews | Herb crusted salmon w/ mixed greens\* |
| **Sunday** | Cottage Cheese Pancakes\*, blueberries and strawberries | Veggies w/ Tzatiki Sauce | Tuna and white bean salad\* | Veggie Bean Chili | Turkey veggie meatloaf\*, Sweet potato casserole\* |