# Week Five Meal Plan

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| **Monday** | Nonfat, Plain Greek Yogurt with cocoa powder and 6 Raw Walnuts | Peppers and carrots w/ black bean hummus\* | Garden Salad w/ olives, a Veggie Burger and salsa | Apple and 6 Raw Walnuts | Asian flounder\*, Sautéed Spinach and grape tomatoes |
| **Tuesday** | Wild Mushroom Omelet\* | Sautéed spinach and grape tomatoes (leftover), 8 Raw almonds | Lettuce Roll ups w/ tuna, sprouts, shredded carrots, peppers and olives | Snap peas and carrots w/ ¼ c. black bean hummus\* | Pork Cutlets Diane\* w/ Asian slaw\* |
| **Wednesday** | Greek Yogurt and Fruit Smoothie | 2 hardboiled egg white halves stuffed with hummus | Pork Cutlets Diane w/ Asian Slaw (leftover) | 1 ounce shelled pistachios | Chicken Scaloppini w/ snap peas and asparagus\* |
| **Thursday** | Mushroom and Tofu Scramble\* | Celery sticks with 1 ½ TB. All Natural Peanut Butter | Chicken Scaloppini w/ snap peas and asparagus\* | Low fat cheese stick, pear | Asian Lettuce Wraps with Chicken w/ small garden salad |
| **Friday** | Nonfat Cottage Cheese, 6 Raw Walnuts,  Banana | 1 hardboiled egg, pepper sticks and carrots | Asian Lettuce Wraps with Chicken w/ small garden salad (leftover) | Orange w/ 8 Raw Almonds | Rotisserie Chicken (skin removed), steamed Cauliflower |
| **Saturday** | Herb Egg Scramble with peppers, tomatoes, onions and low fat cheddar cheese | Pepper and celery sticks w/ hummus | Chicken and Strawberry Salad\* | Chickpea and salsa salad\* | Bourbon Salmon\*, Roasted Asparagus |
| **Sunday** | 2 Turkey breast rollups with 1 ounce sliced low fat cheese, ½ cup Purple Grapes | Chickpea and salsa salad (leftover) | Lettuce Rollups w/ tuna, sprouts, olives, shredded carrots and peppers | 1 ounce pistachios, ½ cup berries | Warm Scallop Salad\* |