

BREAKFAST

LUNCH

DINNER

MONDAY

BELLY BREAKFAST SANDWICH

2 slices of Ezekiel sprouted bread, ½ cup eggs, spread with 1 laughing cow light garlic & herb wedge, lettuce leaf, slice of tomato, ¼ cup avocado.

TOTAL CALORIES = 347

MEATBALL MELT

1/2 multigrain pita, 2 veggie meatballs, 1 TBSP shredded Italian 4 cheese blend, drizzled with 1 TBSP extra virgin olive oil, ½ marinara sauce.

TOTAL CALORIES = 346

CHICKEN PASTA

1/3 whole wheat pasta, 1 TBSP pesto sauce, 3 oz cooked chicken breast, 1/3 cup grape tomatoes, 1/2 cups shredded carrots, 1tbsp shredded cheese.

TOTAL CALORIES = 341

TUESDAY

VANILLA FRUIT-AND-NUT PARFAIT

Mix 1 1/2 c whole grain puffed cereal with 4.5 oz fat-free vanilla yogurt, 1/2 c blueberries, and 2 Tbsp almonds.

TOTAL CALORIES = 343

CHICKEN LETTUCE WRAPS

Brush 2 oz organic grilled chicken breast, chilled, with 1 Tbsp marinade (such as China Blue Scallion ginger glaze); combine with 1/4 c shredded carrots and wrap in 4 large romaine leaves. Dip 1/4 c baby carrots into 2 Tbsp hummus sprinkled with 1 Tbsp pine nuts.

TOTAL CALORIES = 358

CALIFORNIA BURGER

Place a veggie burger between 2 slices of sesame-sprouted whole grain bread dressed with 1 Tbsp Dijon mustard, 3 large romaine leaves, 1/2 fresh plum tomato, 2 Tbsp sliced onion, and 1/8 c sliced avocado.

TOTAL CALORIES = 353

WEDNESDAY

STRAWBERRY NUT OATMEAL

Cook 2/3 c dry old-fashioned 1-minute oats with water (to desired consistency), and top with 3/4 c frozen strawberries (warmed in microwave for 1 minute) and 1 Tbsp pecans.

TOTAL CALORIES = 344

SALMON SANDWICH

Spread 2 slices sesame-sprouted whole wheat bread with 2 Tbsp black olive tapenade; fill with 3 oz canned Alaskan salmon, 1/2 diced fresh plum tomato, and 2 large romaine leaves.

TOTAL CALORIES = 332

CHICKEN CAPRESE

Serve 2 oz organic grilled chicken breast with 1/2 c steamed wild rice, and tomato & cheese salad. (Toss 1 sliced plum tomato, 1/4 c Italian four-cheese blend, & 2 fresh basil leaves, then drizzle with 1 Tbsp extra virgin olive oil and 1 Tbsp balsamic vinegar, & dust with cracked black pepper.)

TOTAL CALORIES = 325

THURSDAY

BANANA SPLIT OATMEAL

Cook 1/2 c dry old-fashioned 1-minute oats with water and top with 1/4 c microwaved frozen strawberries, 1/4 c sliced banana, 1 Tbsp semisweet chocolate chips, and 2 Tbsp almonds.

TOTAL CALORIES = 353

CHILLED CHICKEN PASTA

Toss 1/4 c cooked and chilled whole wheat penne with 1 Tbsp pesto sauce, 3 oz diced cooked chicken breast, 1 c halved grape tomatoes, 3/4 c shredded carrots, and 2 Tbsp shredded parmesan.

TOTAL CALORIES = 340

MEXICALL SALAD

Top 2 c organic mixed baby greens with 1/2 c refried beans with green chiles, 3/4 c sweet corn kernels, 1/4 c sliced red onion, 1/4 c salsa, and 1/4 c sliced avocado.

TOTAL CALORIES = 350

FRIDAY

CASHEW CRUNCH

Top 1 slice sesame-sprouted whole grain bread with 2 Tbsp cashew butter and 1/8 c raisins.

TOTAL CALORIES = 319

CRUNCHY TUNA MELT

Top 1 slice sprouted whole grain bread with 3 oz water-packed chunk light tuna, 1 Tbsp sunflower seeds, and 4 tbs shredded parmesan. Place under broiler or in toaster oven to melt.

TOTAL CALORIES = 336

PEPPERONI PIZZA

Brush one side of 1/2 flat multigrain pita with 1 tsp extra virgin olive oil, and top with 1/4 c marinara sauce, 13 slices veggie pepperoni, and 2 Tbsp shredded Italian four-cheese blend. Heat under broiler or in toaster oven until cheese melts.

TOTAL CALORIES = 324

SATURDAY

TOAST AND CHEESE

Toast 1 slice sesame-sprouted whole grain bread and top with 1/8 c nonfat ricotta cheese and 2 Tbsp walnuts. Serve with 1 small apple.

TOTAL CALORIES = 360

VEGGIE BURGER PITA

Stuff 1 multigrain pita with 1 veggie burger, chopped, and top with 1/2 c baby spinach, 2 Tbsp chopped scallions, and 4 1/8 c sliced avocado.

TOTAL CALORIES = 317

SALMON STEAK AMANDINE

Serve 4 oz grilled wild Alaskan salmon with 1 1/2 c steamed or microwaved green beans dressed with freshly ground black pepper and 2 Tbsp sliced almonds.

TOTAL CALORIES = 335

SUNDAY

BREAKFAST PITA

Warm 1/2 multigrain pita and fill evenly with 2 scrambled egg whites (1/2 c liquid egg whites makes about 1 c scrambled eggs), 1/2 c fresh baby spinach leaves, 1/4 c salsa, and 1/4 c sliced avocado.

TOTAL CALORIES = 325

PICNIC SPREAD

Serve 2 dark rye crisp breads, spread with 1 Tbsp Dijon mustard, 10 slices veggie pepperoni, 8 large black olives, and 1/2 c organic baby carrots with 1/4 c hummus for dipping.

TOTAL CALORIES = 352

CHEESY SPINACH ZITI

Toss 1/4 c cooked whole wheat penne with 1 tsp extra virgin olive oil, 1/8 c nonfat ricotta cheese, 2 Tbsp shredded Italian four-cheese blend, 1/2 c fresh baby spinach leaves, 2 Tbsp sliced onions, and 1/2 c marinara sauce.

TOTAL CALORIES = 323