



Week 2

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 1	1 scramble egg 1/3 c. applesauce 1 8oz glass of fat free milk.	1 Medium Sized Pear 1 Small Yogurt.	½ c Pasta and ¼ c. tomato sauce with 3 oz. ground meat	2 oz. boneless baked chicken, 1 tsp Margarine or oil ¼ c Mixed vegetables ½ c Fruit salad
DAY 2	1 serving Fiber One cereal ½ cup of 1 % milk ½ cup banana	3 oz Baby Carrots Approximately 7	3 oz Grilled salmon Lemon juice ½ c. Green beans ¼ c. squash	One 4 oz Chicken Breast, ¾ cup Brown Rice, ¾ cup Green Beans
DAY 3	1 serving Cheerios ½ cup of Fat Free Milk ½ cup of Strawberries	1 Banana 1 Small Yogurt	1 cup vegetarian soup 1 veggie burger with tomato and lettuce 1 Medium Apple	Chicken Fajitas with Red & Green Peppers, Onions, Black Beans, and Wheat Tortillas.
DAY 4	½ cup of Egg Beaters – Scrambled 1 slice of 100% Natural Whole Grain Toast w/ 1 Tbsp of Natural Peanut Butter	1 cup of Edamame (Soybeans in a pod)	Grilled Chicken Salad with Light Balsamic and Olive Oil Dressing.	Grilled Turkey Burger Whole Grain Bun 4 oz Baked Sweet Potato Slices
DAY 5	1 Fat Free container of yogurt 1 Whole Wheat Thomas Bagel 2 Tbsp of All Natural Peanut Butter	½ cup of Pistachios	½ cup of sautéed roasted peppers 3 oz grilled chicken 1 tsp olive oil	One 4 oz Turkey Breast w/ ¾ cup Brown Rice 1/2 cup steamed carrots
DAY 6	Smoothie: Blend 1 cup frozen berries, ½ banana, and 8 ounces fat-free milk ½ cup Old Fashion Dry Oatmeal w/1 cup of Fat Free Milk	4 oz celery and carrots mixed	Chicken wrap on whole grain tortilla, tomato slices, and lettuce. Grapes	One 4oz Salmon Fillet 1 cup Zucchini Squash Small Baked Potato dry
DAY 7	1 serving Fiber One Cereal ½ cup of Fat Free Milk ½ cup of Strawberries	1 Banana	1 cup vegetarian soup 1 veggie burger with tomato and lettuce 1 Medium Apple	Chicken Fajitas with Red & Green Peppers, Onions, Black Beans, and Wheat Tortillas.