



Week 3

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 1	1 scramble egg w/ ¼ cup tomatoes 1/2 c. Fruit Salad, apples, banana, pineapple. 1 8oz glass of fat free milk.	1 Medium Sized apple 1 Small Yogurt.	Chicken wrap on whole grain tortilla, tomato slices, and lettuce. Grapes	Grilled Chicken Salad with Light Balsamic and Olive Oil Dressing.
DAY 2	1 Slice of 100% Natural Whole Grain Toast. 1 Tbsp of All Natural Peanut butter 1 Banana 1 cup Milk	3 oz Baby Carrots Approximately 7 1 Small Yogurt	4 oz Baked Halibut Lemon juice ½ c. brown rice ¼ c. squash	2 oz dry Multi-Grain pasta (Barilla Plus) ½ cup Natural Sauce. Spinach, Tomato and Cucumber salad Light Balsamic
DAY 3	1 serving Fiber One cereal ½ cup of 1 % milk ½ cup banana	1 Apple 1 Small Yogurt	1 cup Tomato soup 1 veggie burger with tomato and lettuce 1 Medium Apple	Steak Fajitas with Red & Green Peppers, Onions, Black Beans, and Wheat Tortillas.
DAY 4	1 scramble egg w/ ¼ cup tomatoes 1 slice of 100% Natural Whole Grain Toast w/ 1 Tbsp of Natural Peanut Butter	1 cup of Edamame (Soybeans in a pod)	Lettuce wrap with 4oz of Chicken, tomatoes, 1 bowl of mixed fruit.	1 small baked potato 6 oz ground turkey meatloaf. 1/3 c cooked vegetables
DAY 5	1 Whole Wheat Thomas Bagel 1 Tbsp of All Natural Peanut Butter 1 Cup of Milk	½ cup of Almonds 1 cup pineapple	Tuna Wrap on whole grain tortilla. NO MAYO 4 Tomato Slices, 6 Olives	One 8 oz chicken 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 and raw	Veggie wrap on whole grain tortilla, tomato slices, lettuce, Hummus, Cucumbers. Side 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 Small Yogurt	1 serving Whole Grain pasta, ½ cup of pasta sauce. 3oz ground turkey	Chicken Fajitas with Red & Green Peppers, Onions, Black Beans, and Wheat Tortillas.