



Week 4

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 1	1 Slice of 100% Natural Whole Grain Toast. 1 Tbsp of All Natural Peanut butter (like Adams). 1 Banana 1 8oz glass of fat free milk. 1 Hard Boiled Egg	1 Medium Sized Apple 1 serving yogurt	Lettuce wrap with 4oz of Chicken or Turkey. 1 bowl of mixed fruit.	Chicken and Vegetable Rice Bowl with Brown Rice, 1 serving of Chicken Breast and mixed steamed veggies.
DAY 2	1 Whole Wheat English Muffin / Jelly 1 cup of Fat Free Milk 1 cup of Strawberries / Bananas sliced	3 oz Celery Sticks with Peanut Butter dip.	Chicken salad sandwich on whole grain tortilla. NO MAYO 4 Tomato Slices, 6 Olives	One 4 oz Chicken Breast, ¾ cup Brown Rice, ¾ cup Green Beans
DAY 3	½ cup Old Fashion Dry Oatmeal w/1 cup of Fat Free Milk ½ cup of Blueberries	1 Banana ½ cup strawberries	2 slices toasted Whole Grain Bread with Turkey, 2 Tomato Slices, ½ cup Spinach	Cod Fish Tacos with Black Beans, Tomatoes, Lettuce. Whole wheat tortillas
DAY 4	½ cup of Egg Beaters – Omelet with Spinach and Mushrooms. 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 Almonds 1 serving Fat Free Cottage Cheese with 1 sliced peach	1 cup Tomato Soup 1 mini pita with Turkey, Tomato, and Lettuce. 1 Medium sized Pear	One 4 oz Chicken Breast w/ ¾ cup Brown Rice 1/2 cup steamed peas
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 Halibut Fillet 1 cup Zucchini Squash Small Baked Potato dry
DAY 7	1 cup Cheerios ½ cup of Fat Free Milk ½ cup of Strawberries	1 Orange 1 serving 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.