



# Week 5

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 1	Fruit Salad with 1 apple, orange, and banana chopped. 1 serving Fat Free Yogurt 1 8oz glass of fat free milk.	4 oz broccoli, celery, Carrots, mixed Hummus dip	Grilled Chicken Salad with Light Balsamic and Olive Oil Dressing	4 oz Baked Salmon ½ cup Mashed Potatoes (no gravy) ¾ cup steamed broccoli 1 whole wheat dinner roll
DAY 2	1 Hard boiled Egg 1 cup of Fat Free Milk 1 cup Banana and Strawberries	1 oz Almonds 1 serving Yogurt	Turkey Sandwich on Whole Grain Bread-NO MAYO With lettuce, tomato 3 oz Carrot Sticks	One 4 oz Chicken Breast, ¾ cup Brown Rice, ¾ cup Green Beans
DAY 3	1 serving Cheerios ½ cup of Fat Free Milk 1 whole wheat bagel plain.	1 Peach ½ cup fat-free cottage cheese	1 Turkey Burger on Whole Wheat Bun-NO MAYO With lettuce, tomato 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)	2 oz Whole Grain Pasta ½ cup Pasta Sauce 3 oz. Ground Turkey Small Green Salad	1 Boca (veggie) burger Whole Wheat Bun-NO MAYO 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	1 Pear 1 serving yogurt	½ cup of sautéed roasted peppers 3 oz grilled chicken 1 tsp olive oil	One 4 oz Chicken Breast w/ ¾ cup Brown Rice 1/2 cup steamed carrots
DAY 6	Smoothie: Blend 1 cup strawberries, ½ banana, 1 cup orange juice, ice 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 serving Cheerios ½ cup of Fat Free Milk 1 cup of Strawberries	1 Banana 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.