













## MEAL PLAN: WEEK 1

EVOO = extra-virgin olive oil

MEAL  
PLANMEAL PLAN:  
WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Banana Cereal:</b> Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk 	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76) ½ cup Greek yogurt 	<b>Strawberry Yogurt Crunch:</b> Top ¾ cup Greek yogurt with ½ cup cereal and 1 cup sliced strawberries	<b>Strawberry &amp; Peach Smoothie:</b> Blend 1 cup milk, ½ cup sliced strawberries, 1 peach, sliced, ¼ avocado and ¼ cup protein powder with ice cubes as desired	<b>Peach Cereal:</b> Top 1 cup cereal with 1 peach, sliced, and ¾ cup milk	<b>Blueberry Yogurt Smoothie:</b> Blend ½ cup each milk, Greek yogurt and blueberries and ¼ cup protein powder with ice as desired	<b>Fruity Crunch:</b> Combine 1 cup cereal, ¾ cup Greek yogurt, ¼ cup blueberries, ¼ cup sliced strawberries and ½ peach, sliced
<b>SNACK</b>	1 Hazelnut Raspberry Peach Bar (see recipe, p. 76; save leftovers)	½ cup blueberries ½ oz hazelnuts	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76)	1 slice bread, toasted, with 1 tbsp nut butter ¼ cup raspberries 	¾ cup Greek yogurt with 2 tbsp chopped dried apricots 	1 cup sliced strawberries and ½ cup blueberries	1 oz brown rice crackers with 3 tbsp feta 
<b>LUNCH</b>	<b>Tuna Salad</b> <b>A</b> 1 cup sliced strawberries 1 oz brown rice crackers	1 serving Springtime Chicken Salad (leftovers, p. 76) 1 cup chopped cantaloupe 	<b>Veggie Burger:</b> Arrange 1 cooked veggie burger, 1 leaf lettuce and 1 slice each tomato and red onion between 2 slices bread, toasted 1 cup chopped cantaloupe	Spring Frittata with Lemon, Artichoke & Peas (see recipe, p. 68) 	<b>Chickpea Salad:</b> Mix 1 cup chickpeas, ½ cup chopped tomatoes, ¼ cup each chopped celery and frozen green beans, thawed, and 2 tbsp feta; stir in 1 tsp vinegar mixed with 1 tsp EVOO, ½ tsp oregano and pinch each salt and black pepper 1 cup chopped cantaloupe	<b>Nut Butter &amp; Strawberry Sandwich:</b> Spread 2 tbsp nut butter on 2 slices bread and top with ¼ cup sliced strawberries 1 carrot, sliced, with 2 tbsp hummus	<b>Banana Nut Butter Shake:</b> Blend 1 cup milk, 1 banana, ¼ cup protein powder and 1 tbsp nut butter with ice as desired; top with 1 tsp chopped hazelnuts
<b>SNACK</b>	1 slice bread, toasted, with 1 tbsp nut butter	1 oz brown rice crackers with 2 tbsp hummus	½ avocado, sliced, with 1 oz brown rice crackers	¾ cup Greek yogurt with ½ cup raspberries 	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76)	1 egg, hard-boiled 1 cup Kasha (leftovers)	1 carrot, sliced, with 2 tbsp hummus Remaining peach (from breakfast)
<b>DINNER</b>	1 serving Springtime Chicken Salad (see recipe, p. 76; save leftovers) 	Top 5 oz salmon with 1 tbsp lemon juice and ½ tsp paprika; bake Toss 10 asparagus spears with 2 tsp lemon juice, 1 tsp EVOO and pinch each salt and black pepper; roast <b>Kasha</b> <b>B</b> (eat 1 cup; save leftovers)	Season 5 oz chicken with ½ tsp dried oregano, 2 tsp lemon juice and pinch each salt and black pepper; bake 1 cup frozen green beans, steamed 1 cup Kasha (leftovers) 	<b>Broccoli Pasta:</b> Combine 2 oz rotini pasta, cooked, with 1 cup frozen broccoli, steamed, and ¾ cup marinara sauce; top with 3 tbsp feta 	<b>Sweet Mustard Pork Chop:</b> Combine ½ tsp mustard, ½ tsp each garlic powder, Sucanat and black pepper; spread over 4-oz pork chop; bake 1 sweet potato, baked; drizzle with 1 tsp EVOO <b>Turkish Salad</b> <b>C</b>	Season 5 oz chicken with pinch each salt and black pepper; bake Toss 10 asparagus spears with 2 tsp lemon juice, 1 tsp EVOO and pinch each salt and black pepper; roast <b>Turkish Salad</b> <b>C</b> 	Chicken, Artichoke & Baby Potato Roast with Greek Herbs & Lemon (see recipe, p. 69)
<b>TOTAL NUTRIENTS</b>	<b>CALORIES:</b> 1,596, <b>FAT:</b> 56 g, <b>SAT. FAT:</b> 14 g, <b>CARBS:</b> 195 g, <b>FIBER:</b> 32 g, <b>SUGARS:</b> 61 g, <b>PROTEIN:</b> 88 g, <b>SODIUM:</b> 1,630 mg, <b>CHOLESTEROL:</b> 177 mg	<b>CALORIES:</b> 1,481, <b>FAT:</b> 66 g, <b>SAT. FAT:</b> 18 g, <b>CARBS:</b> 333 g, <b>FIBER:</b> 23 g, <b>SUGARS:</b> 44 g, <b>PROTEIN:</b> 98 g, <b>SODIUM:</b> 1,458 mg, <b>CHOLESTEROL:</b> 207 mg	<b>CALORIES:</b> 1,585, <b>FAT:</b> 51 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 199 g, <b>FIBER:</b> 34 g, <b>SUGARS:</b> 51 g, <b>PROTEIN:</b> 92 g, <b>SODIUM:</b> 2,121 mg, <b>CHOLESTEROL:</b> 209 mg	<b>CALORIES:</b> 1,440, <b>FAT:</b> 64 g, <b>SAT. FAT:</b> 27 g, <b>CARBS:</b> 141 g, <b>FIBER:</b> 31 g, <b>SUGARS:</b> 51 g, <b>PROTEIN:</b> 83 g, <b>SODIUM:</b> 2,301 mg, <b>CHOLESTEROL:</b> 226 mg	<b>CALORIES:</b> 1,763, <b>FAT:</b> 72 g, <b>SAT. FAT:</b> 27 g, <b>CARBS:</b> 202 g, <b>FIBER:</b> 34 g, <b>SUGARS:</b> 94 g, <b>PROTEIN:</b> 79 g, <b>SODIUM:</b> 1,873 mg, <b>CHOLESTEROL:</b> 225 mg	<b>CALORIES:</b> 1,610, <b>FAT:</b> 69 g, <b>SAT. FAT:</b> 22 g, <b>CARBS:</b> 147 g, <b>FIBER:</b> 26 g, <b>SUGARS:</b> 59 g, <b>PROTEIN:</b> 115 g, <b>SODIUM:</b> 1,595 mg, <b>CHOLESTEROL:</b> 418 mg	<b>CALORIES:</b> 1,616, <b>FAT:</b> 69 g, <b>SAT. FAT:</b> 28 g, <b>CARBS:</b> 163 g, <b>FIBER:</b> 19 g, <b>SUGARS:</b> 62 g, <b>PROTEIN:</b> 90 g, <b>SODIUM:</b> 1,545 mg, <b>CHOLESTEROL:</b> 258 mg

**Tuna Salad:**  
Toss 3 cups chopped lettuce, 3 oz tuna, ½ cup chickpeas, ¼ cup each chopped celery and carrots and ¼ avocado, sliced; dress with 1½ tsp vinegar mixed with ½ tsp EVOO and ½ tsp Dijon mustard

**Kasha:** In a saucepan on medium-high, toast 1 cup buckwheat groats for 5 minutes. Add 1 beaten egg; stir and cook 1 minute. Add 2 cups water; boil, cover and simmer 25 to 30 minutes. Season with pinch each salt, black pepper and garlic powder

**Turkish Salad:**  
Combine 2 cups lettuce, ¼ cup each sliced carrots and chopped tomatoes, 2 tbsp chopped dried apricots, 2 tbsp feta and 1 tsp sliced almonds; dress with 1 tbsp vinegar mixed with ½ tsp EVOO and ½ tsp mustard

## MEAL PLAN: WEEK 2

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MEAL PLAN

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Almond Crunch Yogurt:</b> Top ¾ cup Greek yogurt with ¼ cup cereal, 1 tbsp sliced almonds and 1 cup sliced strawberries	<b>Banana Cereal:</b> Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk 	<b>Watermelon Smoothie:</b> Blend 2 cups chopped watermelon, 1 cup milk, ¼ avocado and ¼ cup protein powder with ice as desired	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76), thawed and toasted  1 cup sliced strawberries	<b>Peach Cereal:</b> Top 1 cup cereal with 1 peach, sliced, and ¾ cup milk	1 cup cottage cheese with 1 cup frozen raspberries, thawed, and 1 tbsp sliced almonds 	<b>Open-Face Egg Sandwich:</b> Arrange ¼ cup spinach, steamed, 1 egg, cooked, 1½ tbsp feta and 1 tbsp Tzatziki (leftovers, p. 77) on 1 slice bread, toasted
<b>SNACK</b>	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76), thawed and toasted	½ oz hazelnuts 	1 Hazelnut Raspberry Peach Bar (leftovers, p. 76), thawed and toasted	½ cup cottage cheese with ½ cup cereal and 1 tbsp sliced almonds	½ cup cottage cheese with 4 dried apricots, chopped, and ½ oz hazelnuts	1 slice bread, toasted, with 1½ tbsp nut butter	<b>Peach Smoothie:</b> Blend ¾ cup milk, 1 peach, chopped, and 2 tbsp protein powder with ice as desired
<b>LUNCH</b>	<b>Salmon Salad A</b> 2 cups chopped watermelon 	1 serving Pork Tenderloin with Tzatziki & Creamy Polenta (leftovers, p. 77)  1 cup sliced strawberries 	<b>Egg &amp; Salmon Sandwich B</b> 1 egg, hard-boiled, 2 oz canned salmon (leftovers), ¼ avocado, sliced, and 1 slice tomato between 2 slices bread, toasted  1 carrot, sliced	<b>Leftover Pork Sandwich B</b> 1 peach 	<b>Tex-Mex Salad:</b> Combine 2 cups spinach, ¾ cup black beans, ¼ cup each frozen corn, chopped celery and tomatoes, ¼ avocado, sliced, 2 tbsp diced scallion and 2 tbsp feta; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and 2 tsp chopped fresh cilantro	Orange, Beet & Lentil Salad with Pistachio-Crusted Goat Cheese (see recipe, p. 43) 	1 serving Mediterranean Mahi Mahi with Rainbow Pilaf (leftovers, p. 77) 
<b>SNACK</b>	1 slice bread, toasted, with 2 tbsp hummus	1 celery stalk, sliced, with 1½ tbsp nut butter	<b>Apricot Yogurt Crunch:</b> Mix ½ cup Greek yogurt, ¼ cup cereal, 4 dried apricots, chopped, and 1 tbsp sliced almonds	<b>Raspberry Smoothie:</b> Blend 1 cup milk, 1 cup frozen raspberries and ¼ cup protein powder with ice as desired	2 cups chopped watermelon	1 carrot, sliced, with 2 tbsp hummus	½ red bell pepper, sliced, with 2 tbsp hummus  1 cup chopped watermelon
<b>DINNER</b>	1 serving Pork Tenderloin with Tzatziki & Creamy Polenta (see recipe, p. 77; save leftovers) 	<b>Black Bean &amp; Broccoli Pasta:</b> Combine 1½ oz rotini pasta, cooked, with 1 cup frozen broccoli, steamed, ½ cup black beans and 1 cup marinara sauce; top with 3 tbsp feta	Season 5 oz chicken with pinch each salt and black pepper; grill and top with 2 tbsp Tzatziki (leftovers, p. 77)  ¾ cup Creamy Polenta and ½ cup cooked vegetables (leftovers, p. 77) 	Seared Scallops with Caponata & Roasted Cauliflower Purée (see recipe, p. 42) 	<b>Veggie Burger Deluxe C</b> 1 cup frozen green beans, steamed; top with 1 tbsp sliced almonds	1 serving Mediterranean Mahi Mahi with Rainbow Pilaf (see recipe, p. 77; save leftovers) 	5 oz Pork Tenderloin (leftovers, p. 77), thawed and reheated  1 cup frozen corn, steamed; with 1½ tbsp feta  1½ cups frozen broccoli, steamed; with ¼ cup Parmesan 
<b>TOTAL NUTRIENTS</b>	<b>CALORIES:</b> 1,681, <b>FAT:</b> 75 g, <b>SAT. FAT:</b> 27 g, <b>CARBS:</b> 164 g, <b>FIBER:</b> 31 g, <b>SUGARS:</b> 64 g, <b>PROTEIN:</b> 102 g, <b>SODIUM:</b> 1,770 mg, <b>CHOLESTEROL:</b> 158 mg	<b>CALORIES:</b> 1,849, <b>FAT:</b> 68 g, <b>SAT. FAT:</b> 24 g, <b>CARBS:</b> 228 g, <b>FIBER:</b> 41 g, <b>SUGARS:</b> 76 g, <b>PROTEIN:</b> 93 g, <b>SODIUM:</b> 2,333 mg, <b>CHOLESTEROL:</b> 168 mg	<b>CALORIES:</b> 1,736, <b>FAT:</b> 80 g, <b>SAT. FAT:</b> 26 g, <b>CARBS:</b> 154 g, <b>FIBER:</b> 25 g, <b>SUGARS:</b> 71 g, <b>PROTEIN:</b> 113 g, <b>SODIUM:</b> 1,618 mg, <b>CHOLESTEROL:</b> 454 mg	<b>CALORIES:</b> 1,595, <b>FAT:</b> 58.5 g, <b>SAT. FAT:</b> 16.5 g, <b>CARBS:</b> 159 g, <b>FIBER:</b> 31 g, <b>SUGARS:</b> 76 g, <b>PROTEIN:</b> 116.5 g, <b>SODIUM:</b> 2,091 mg, <b>CHOLESTEROL:</b> 193 mg	<b>CALORIES:</b> 1,583, <b>FAT:</b> 58 g, <b>SAT. FAT:</b> 13 g, <b>CARBS:</b> 218 g, <b>FIBER:</b> 45 g, <b>SUGARS:</b> 79 g, <b>PROTEIN:</b> 60 g, <b>SODIUM:</b> 1,678 mg, <b>CHOLESTEROL:</b> 49 mg	<b>CALORIES:</b> 1,490, <b>FAT:</b> 67 g, <b>SAT. FAT:</b> 16 g, <b>CARBS:</b> 139 g, <b>FIBER:</b> 36.5 g, <b>SUGARS:</b> 39 g, <b>PROTEIN:</b> 96 g, <b>SODIUM:</b> 2,226 mg, <b>CHOLESTEROL:</b> 220 mg	<b>CALORIES:</b> 1,515, <b>FAT:</b> 53 g, <b>SAT. FAT:</b> 22 g, <b>CARBS:</b> 154 g, <b>FIBER:</b> 23 g, <b>SUGARS:</b> 55 g, <b>PROTEIN:</b> 125 g, <b>SODIUM:</b> 1,788 mg, <b>CHOLESTEROL:</b> 498 mg

**Salmon Salad:** Combine 2 cups chopped spinach, 4 oz canned salmon (save leftovers), ½ cup black beans, ¼ cup each chopped celery and carrots, and 1 tbsp chopped shallot; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and ½ tsp mustard

**Leftover Pork Sandwich:** Arrange 5 oz Pork Tenderloin, 2 tbsp Tzatziki (leftovers, p. 77), 1 slice tomato and ¼ cup spinach between 2 slices bread, toasted

**Veggie Burger Deluxe:** Arrange 1 cooked veggie burger, ¼ avocado, sliced, 2 tbsp spinach, 1 slice tomato and 1 tbsp each chopped scallion and fresh cilantro between 2 slices bread, toasted