

meal plan: week 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|--|---|
| <p>BREAKFAST: Banana Cereal: 1 cup cereal with 1 banana, sliced, and ¾ cup milk</p> <p>SNACK: 2 Dark Chocolate Cherry Hazelnut Energy Balls (see recipe, p. 73; save leftovers)</p> <p>LUNCH: Tuna Sandwich: Mix 3 oz tuna with 2 tbsp mashed avocado, 1 tbsp Greek yogurt, 2 tsp each chopped onion and celery, 1 tbsp lemon juice, 1 tsp dried cherries and pinch each dried oregano, dried parsley and pepper; serve between 2 slices bread with ¼ cup mixed greens 1 cup raspberries</p> <p>SNACK: 1 stalk celery with 1½ tbsp nut butter</p> <p>DINNER: 1 serving Chicken Bruschetta Burger (see recipe, p. 76; save leftovers) Summer Salad *</p> | <p>BREAKFAST: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73) ½ cup Greek yogurt</p> <p>SNACK: 1 cup sliced strawberries</p> <p>LUNCH: 1 serving Chicken Bruschetta Burger (leftovers, p. 76) 1 cup blueberries</p> <p>SNACK: 1 stalk celery and 1 oz crackers with 3 tbsp hummus</p> <p>DINNER: Season 6 oz chicken breast with pinch each salt and pepper; grill Warm Sweet Potato Salad: 1 sweet potato, baked, cubed and drizzled with 1 tsp balsamic vinegar mixed with ½ tsp each honey and EVOO and pinch each salt and pepper Summer Salad *</p> | <p>BREAKFAST: Yogurt Crunch: Combine 1 cup cereal, ¾ cup Greek yogurt and 1 cup sliced strawberries</p> <p>SNACK: 1 cup sliced cucumber with 2 tbsp hummus</p> <p>LUNCH: Mediterranean Veggie Burger: Arrange 1 cooked veggie burger, 1 oz mozzarella, 1 slice tomato and 4 basil leaves between 2 slices bread, toasted 1 peach</p> <p>SNACK: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73)</p> <p>DINNER: Season 5 oz salmon with 1 tbsp lemon juice, 1 clove garlic, minced, and pinch each salt and pepper; bake Cherry Quinoa: Mix ¾ cup cooked quinoa with 1 tbsp dried cherries and 2 tsp chopped hazelnuts 1 cup snap peas, steamed</p> | <p>BREAKFAST: Banana & Peach Smoothie: Blend ¾ cup milk, 1 frozen banana, 1 peach, chopped, and ¼ cup protein powder with ice as desired</p> <p>SNACK: 1 oz crackers with 1 tbsp nut butter</p> <p>LUNCH: Summer Salad Plus Protein: Combine 3 cups mixed greens, ¾ cup chickpeas, 1 hard-boiled egg, sliced, 5 grape tomatoes, ¼ cup chopped cucumber, 2 tsp chopped onion and 1 tsp sunflower seeds; dress with 1½ tsp balsamic vinegar mixed with 1 tsp each EVOO and chopped mint 1 cup blueberries</p> <p>SNACK: 1 oz mozzarella cheese and 1 cup grapes</p> <p>DINNER: Chicken Avocado Wrap: Cook 5 oz ground chicken mixture (from Chicken Bruschetta Burger leftovers, p. 76); in 1 wrap, arrange cooked chicken, ¼ avocado, sliced, and ¼ cup tomato mixture (from Chicken Bruschetta Burger leftovers, p. 76) 1 cup snap peas</p> | <p>BREAKFAST: Grape Cereal: Top 1 cup cereal with 1 cup grapes, halved, and ¾ cup milk</p> <p>SNACK: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers)</p> <p>LUNCH: Avocado & Chickpea Wrap: On 1 wrap, spread ½ avocado, mashed; top with ½ cup chickpeas, ¼ cup chopped cucumbers, 1 tbsp Greek yogurt, 2 tsp chopped tomato and 1 tsp sunflower seeds 1 cup sliced strawberries</p> <p>SNACK: ¾ cup Greek yogurt with 1 peach, sliced</p> <p>DINNER: Watermelon Panzanella with Smoky Grilled Chicken (see recipe, p. 44)</p> | <p>BREAKFAST: Bruschetta Omelette: Sauté ¼ cup tomato mixture (from Chicken Bruschetta Burger leftovers, p. 76); add 1 egg and 1 tbsp milk; when nearly set, add ½ oz mozzarella, fold, cook 1 minute; 2 slices bread, toasted, with 1 tsp EVOO</p> <p>SNACK: 1 cup sliced strawberries</p> <p>LUNCH: Chicken Bowl: Cook 5 oz ground chicken mixture (from Chicken Bruschetta Burger leftovers, p. 76, thawed) with ½ cup chickpeas; top with 2 tsp each chopped cucumber and tomato and 1 tbsp Greek yogurt 1 cup grapes</p> <p>SNACK: Minty Smoothie: Blend ¾ cup milk, ¾ cup blueberries, 2 tsp mint and ¼ cup protein powder with ice</p> <p>DINNER: Season 5 oz trout with 1 tbsp lemon juice and pinch each salt, pepper and oregano; pan-fry in 2 tsp EVOO Tomato Quinoa: Combine ¾ cup cooked quinoa with 5 grape tomatoes, quartered, and ¼ tsp sesame seeds Summer Salad *</p> | <p>BREAKFAST: Blueberry Smoothie: Blend ¾ cup milk, ¾ cup blueberries and ¼ cup protein powder with ice as desired</p> <p>SNACK: 1 slice bread, toasted; top with 1 tbsp nut butter and ½ banana, sliced</p> <p>LUNCH: Fattoush Salad with Za'atar Pita Chips (see recipe, p. 67) ½ cup blueberries</p> <p>SNACK: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers)</p> <p>DINNER: Season 4 oz sirloin steak with pinch each salt, pepper and oregano; grill 1 sweet potato, chopped; tossed with 1½ tsp EVOO and pinch each salt and pepper; oven-roast Seasoned Cucumbers: Toss 1 cup chopped cucumber with 2 tsp balsamic vinegar, 1 tsp EVOO and pinch each salt, pepper and oregano</p> |
| <p>TOTAL NUTRIENTS: CALORIES: 1,501, FAT: 58 g, SAT. FAT: 15 g, CARBS: 177.5 g, FIBER: 47 g, SUGARS: 65 g, PROTEIN: 84 g, SODIUM: 1,139 mg, CHOLESTEROL: 131 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,520, FAT: 61 g, SAT. FAT: 18 g, CARBS: 160.5 g, FIBER: 31 g, SUGARS: 67 g, PROTEIN: 87 g, SODIUM: 1,520 mg, CHOLESTEROL: 205 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,648, FAT: 72 g, SAT. FAT: 21 g, CARBS: 194.5 g, FIBER: 41 g, SUGARS: 60 g, PROTEIN: 85 g, SODIUM: 1,564 mg, CHOLESTEROL: 176 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,691, FAT: 56 g, SAT. FAT: 15 g, CARBS: 199 g, FIBER: 35 g, SUGARS: 90 g, PROTEIN: 109 g, SODIUM: 1,806 mg, CHOLESTEROL: 256 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,655, FAT: 73 g, SAT. FAT: 24 g, CARBS: 212.5 g, FIBER: 41 g, SUGARS: 93 g, PROTEIN: 68 g, SODIUM: 1,712 mg, CHOLESTEROL: 135 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,726, FAT: 63 g, SAT. FAT: 15 g, CARBS: 164 g, FIBER: 28 g, SUGARS: 64 g, PROTEIN: 129 g, SODIUM: 1,466 mg, CHOLESTEROL: 339 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,458, FAT: 51 g, SAT. FAT: 11 g, CARBS: 164.5 g, FIBER: 30 g, SUGARS: 69 g, PROTEIN: 97 g, SODIUM: 1,714 mg, CHOLESTEROL: 120 mg</p> |

* **Summer Salad:** Combine 3 cups mixed greens, 5 grape tomatoes, ¼ cup chopped cucumber, 2 tsp chopped onion and 1 tsp sunflower seeds; dress with 1½ tsp balsamic vinegar mixed with 1 tsp each EVOO and chopped mint

meal plan: week 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|--|---|
| <p>BREAKFAST: Berry Cereal: Top 1 cup cereal with ½ cup blueberries and ¾ cup milk</p> <p>SNACK: 1 oz crackers with 1 tbsp nut butter</p> <p>LUNCH: Salmon Wrap: Combine 6 oz canned salmon, drained, 1 tbsp balsamic vinegar, ½ tsp mustard and 1½ tsp EVOO; in wrap, arrange salmon mixture, 3 tbsp each chopped cucumber and red bell pepper and 1 tbsp chopped chives</p> <p>1 peach</p> <p>SNACK: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73, thawed)</p> <p>DINNER: 1 serving Portobello & Adzuki Bean Salad (see recipe, p. 76; save leftovers)</p> | <p>BREAKFAST: Blueberry Crunch Yogurt: Top ¾ cup Greek yogurt with ¾ cup blueberries, ¼ cup oats and 1 tbsp chopped hazelnuts</p> <p>SNACK: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73, thawed)</p> <p>LUNCH: 1 serving Portobello & Adzuki Bean Salad (leftovers, p. 76)</p> <p>1 oz crackers</p> <p>SNACK: 1 stalk celery with 2 tbsp hummus</p> <p>DINNER: Chicken Feta Wrap: Cook 4 oz ground chicken mixture (from Chicken Bruschetta Burger leftovers, p. 76, thawed); in 1 wrap, arrange cooked chicken, ¼ avocado, sliced, ½ oz feta and 2 tbsp shallot</p> | <p>BREAKFAST: Tropic Peach Smoothie: Blend 1 cup milk, ½ frozen banana (leftover from Week 1), ¼ cup mango (leftovers from Portobello & Adzuki Bean Salad, p. 76), 1 peach, chopped, and ¼ cup protein powder with ice as desired</p> <p>SNACK: 1 oz sunflower seeds</p> <p>LUNCH: Fast Feta & Egg Sandwich: Arrange 1 hard-boiled egg, sliced, ½ cup sliced red bell pepper, 1 oz feta and 1 tsp mustard between 2 slices bread, toasted</p> <p>1 cup chopped cantaloupe ½ cup sliced red bell pepper</p> <p>SNACK: 1 oz crackers with 2 tbsp mashed avocado</p> <p>DINNER: 1 serving Southwest Panini with Cilantro Corn Gazpacho (save leftovers)</p> | <p>BREAKFAST: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73, thawed) and 1 hard-boiled egg</p> <p>SNACK: 1 cup chopped cantaloupe with ¾ cup Greek yogurt</p> <p>LUNCH: 1 serving Southwest Panini with Cilantro Corn Gazpacho (leftovers)</p> <p>1 cup sliced strawberries</p> <p>SNACK: 1 oz hazelnuts</p> <p>DINNER: Red Wine & Honey–Glazed Chicken with Herbed Sweet Potato Fries & Creamy Dipping Sauce (see recipe, p. 68)</p> | <p>BREAKFAST: Berry Yogurt Crunch: Combine 1 cup cereal, ¾ cup Greek yogurt and 1 cup sliced strawberries</p> <p>SNACK: 2 Dark Chocolate Cherry Hazelnut Energy Balls (leftovers, p. 73, thawed)</p> <p>LUNCH: Black Bean & Spinach Salad: Combine 3 cups baby spinach, 1 cup black beans, ¼ cup grape tomatoes, halved, 1 oz feta, ¼ avocado, sliced, 2 tbsp each chopped red bell pepper and cilantro and 1 tbsp chopped shallot; dress with 1½ tsp balsamic vinegar mixed with ½ tsp each EVOO and mustard and pinch each salt and pepper</p> <p>5 oz Cilantro Corn Gazpacho (leftovers)</p> <p>SNACK: 1 cup chopped cantaloupe with ½ oz sunflower seeds</p> <p>DINNER: Season 5 oz cod with ½ tsp garlic powder and pinch each salt and pepper; pan-fry in 1½ tsp EVOO</p> <p>1 sweet potato, baked; top with ½ oz feta</p> <p>Steam 8 oz baby spinach; season with pinch garlic powder</p> | <p>BREAKFAST: Cantaloupe Smoothie: Blend 1 cup milk, ½ frozen banana, ½ cup each cantaloupe and strawberries and ¼ cup protein powder with ice</p> <p>SNACK: ¾ oz hazelnuts</p> <p>LUNCH: Sauté 2 oz ground chicken mixture (from Chicken Bruschetta Burger leftovers, p. 76, thawed), ¼ cup each chopped red pepper and tomato; add 1 egg and 1 tbsp milk, whisked; scramble with ½ oz feta. With 5 oz Cilantro Corn Gazpacho (leftovers)</p> <p>SNACK: ¾ cup Greek yogurt with ½ cup each blueberries and strawberries, ¼ cup oats and ½ tsp honey</p> <p>DINNER: Veggie Salad Supreme *</p> <p>1 slice bread, toasted; drizzle with ½ tsp EVOO and ½ tsp garlic powder</p> | <p>BREAKFAST: Banana Blueberry Smoothie: Blend 1 cup milk, ½ frozen banana, ¾ cup blueberries and ¼ cup protein powder with ice as desired</p> <p>SNACK: ½ cup cereal</p> <p>1 cup sliced strawberries</p> <p>LUNCH: Blue Cheese Apple Slaw with Tangy Garlic Dressing (see recipe, p. 58)</p> <p>SNACK: 5 oz Cilantro Corn Gazpacho (leftovers) with 1 oz crackers</p> <p>DINNER: Season 4-oz pork chop with ½ tsp salt, pepper and garlic powder; sauté and top with 2 tbsp sautéed shallots</p> <p>1 cup sliced cucumbers with 2 tbsp hummus</p> <p>Cherry Quinoa: Mix 1 cup cooked quinoa with 1 tbsp dried cherries and 1 tsp sunflower seeds</p> |
| <p>TOTAL NUTRIENTS: CALORIES: 1,544, FAT: 59 g, SAT. FAT: 11.5 g, CARBS: 176.5 g, FIBER: 39 g, SUGARS: 66 g, PROTEIN: 89 g, SODIUM: 1,830 mg, CHOLESTEROL: 159 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,562, FAT: 76 g, SAT. FAT: 20.5 g, CARBS: 154.5 g, FIBER: 35 g, SUGARS: 45 g, PROTEIN: 70 g, SODIUM: 1,749 mg, CHOLESTEROL: 93 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,666, FAT: 70 g, SAT. FAT: 23 g, CARBS: 192 g, FIBER: 33 g, SUGARS: 72 g, PROTEIN: 83 g, SODIUM: 1,186 mg, CHOLESTEROL: 266 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,813, FAT: 101 g, SAT. FAT: 35 g, CARBS: 151.5 g, FIBER: 28 g, SUGARS: 67 g, PROTEIN: 89 g, SODIUM: 900 mg, CHOLESTEROL: 837 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,723, FAT: 75 g, SAT. FAT: 26 g, CARBS: 193.5 g, FIBER: 51 g, SUGARS: 68 g, PROTEIN: 97 g, SODIUM: 2,052 mg, CHOLESTEROL: 191 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,779, FAT: 88 g, SAT. FAT: 32 g, CARBS: 164 g, FIBER: 27 g, SUGARS: 74 g, PROTEIN: 96 g, SODIUM: 2,194 mg, CHOLESTEROL: 342 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,662, FAT: 62 g, SAT. FAT: 20 g, CARBS: 191 g, FIBER: 32 g, SUGARS: 74 g, PROTEIN: 103 g, SODIUM: 2,136 mg, CHOLESTEROL: 147 mg</p> |

* **Veggie Salad Supreme:** Toss 3 cups spinach, 1 veggie burger, cooked and crumbled, 1 oz feta, ½ cup each grape tomatoes and chopped cucumber, ¼ cup diced cantaloupe and 2 tbsp each sunflower seeds and chives; with 1½ tsp wine vinegar, 1 tbsp Greek yogurt, 1 tsp each mustard and EVOO and pinch each salt, pepper and oregano