












MEAL PLAN: WEEK 1

EVOO = extra-virgin olive oil

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Orange Chocolate Zucchini Muffins (see recipe, p. 78; save leftovers) ½ cup Greek yogurt	Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk 	Mango Raspberry Smoothie: Blend ¾ cup milk, ½ cup each frozen mango and raspberries, ½ cup baby spinach and ¼ cup protein powder with ice	1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78) 3 oz turkey 	Peanut Butter Roll-Up: On 1 wrap, spread 1½ tbsp nut butter; top with ½ apple, sliced, and sprinkle with ground cinnamon; roll (heat in toaster oven, if desired) Remaining ½ apple	Banana Pie Protein Shake: Blend ¾ cup buttermilk, 1 banana, frozen, ½ cup spinach, ¼ cup protein powder, pinch each nutmeg and ground cinnamon with ice	Goat Cheese Egg B 1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78), thawed
SNACK	1 oz cashews 	½ cup Greek yogurt with ¾ cup frozen mango chunks, thawed	1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78)	1 apple, sliced, with 1½ tbsp nut butter 	1 egg, hardboiled 	1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78), thawed ½ oz mozzarella	1 apple 1 oz cashews 
LUNCH	Tuna Salad Wrap: In 1 wrap, arrange 5 baby spinach leaves and 3 oz tuna mixed with ¼ cup each chopped celery and carrots, 2 tbsp Greek yogurt, and 1 tsp each lemon juice and chopped basil, and pinch black pepper 1 orange	1 serving Chicken Bruschetta Roll-Ups with Tomato and Artichoke Fettuccine (leftovers, p. 78) 1 kiwi 	California Turkey Wrap: In 1 wrap, arrange 3 oz turkey, ½ oz goat cheese, ½ Campari tomato, sliced, ¼ cup baby spinach and ¼ avocado, sliced 1 apple ½ cup grape tomatoes	Veggie Burger Wrap: In 1 wrap, arrange 1 cooked veggie burger, crumbled, ½ Campari tomato, sliced, ¼ cup baby spinach and ¼ avocado, sliced 1 carrot, sliced 1 kiwi	Avocado & Tomato Wrap: On 1 wrap, spread ½ avocado, mashed. Top with 2 Campari tomatoes, sliced and seeded, ½ tsp balsamic vinegar and pinch each salt and black pepper 1 orange 	Veggie Burger Salad A 1 orange 	1 serving Kamut Salad with Roasted Grapes, Butternut Squash & Brussels Sprouts (see recipe, p. 71) 1 orange 
SNACK	1 carrot, sliced, with 2 tbsp hummus 	1 oz crackers with ¾ oz goat cheese	½ cup roasted root vegetable medley (leftovers), reheated, dipped in 2 tsp mustard	Raspberry Yogurt Crunch: Top ½ cup Greek yogurt with ¾ cup frozen raspberries, thawed, and 2 tbsp cereal	1 oz crackers with 2 tbsp hummus	½ cup Greek yogurt topped with ½ cup frozen raspberries, thawed, and 1 kiwi, sliced	1 oz crackers with 2 tbsp hummus
DINNER	1 serving Chicken Bruschetta Roll-Ups with Tomato and Artichoke Fettuccine (see recipe, p. 78; save leftovers) 1 kiwi	Dijon Pork Chop: Top a 4-oz pork chop with 2 tsp mustard; bake 2 cups baby spinach, sautéed in 1 tsp EVOO Roast 1 cup frozen root vegetable medley, thawed, with 1 tsp EVOO and 1 tsp dried rosemary (save half for leftovers)	Mediterranean Cod: Sprinkle 5 oz cod and ½ cup grape tomatoes with ½ clove garlic, minced, and 2 tsp lemon juice; bake 2 cups spinach, steamed with ½ clove garlic, minced ¾ cup cooked lentils mixed with 2 tsp each lemon juice & pine nuts	1 serving Herby Chicken Kebabs with Olive-Studded Orzo (see recipe, p. 28)	Broccoli & Tomato Fettuccine: Toss 2 oz fettuccine, cooked, with 1 cup frozen broccoli, steamed, ½ cup grape tomatoes, halved, 1¼ oz goat cheese, 1 tsp balsamic vinegar, 2 tsp EVOO and pinch each salt, black pepper and garlic powder 1 kiwi	Honey Dijon Salmon: Combine 2 tsp mustard, ½ tsp honey, ½ clove garlic, minced, and ½ tsp black pepper; spread over 4 oz salmon; bake 1 cup frozen broccoli, steamed ¾ cup cooked wild rice with 2 tsp pine nuts	Rosemary Baked Chicken: Pour 2 tbsp broth over a 5 oz chicken breast and top with ½ tsp dried rosemary and pinch each salt and black pepper; bake 1 sweet potato, baked and topped with 1 oz goat cheese Salad with Tomatoes C
TOTAL NUTRIENTS	CALORIES: 1,306, FAT: 53 g, SAT. FAT: 16 g, CARBS: 135.5 g, FIBER: 27 g, SUGARS: 50 g, PROTEIN: 81.5 g, SODIUM: 1,186 mg, CHOLESTEROL: 200 mg	CALORIES: 1,604, FAT: 56 g, SAT. FAT: 21 g, CARBS: 189.5 g, FIBER: 30 g, SUGARS: 74 g, PROTEIN: 97 g, SODIUM: 1,274 mg, CHOLESTEROL: 225 mg	CALORIES: 1,430, FAT: 47 g, SAT. FAT: 11 g, CARBS: 163 g, FIBER: 37 g, SUGARS: 69 g, PROTEIN: 95.5 g, SODIUM: 1,546 mg, CHOLESTEROL: 164 mg	CALORIES: 1,583, FAT: 57 g, SAT. FAT: 14 g, CARBS: 187 g, FIBER: 36 g, SUGARS: 56 g, PROTEIN: 91.5 g, SODIUM: 1,937 mg, CHOLESTEROL: 183 mg	CALORIES: 1,552, FAT: 68 g, SAT. FAT: 14 g, CARBS: 195 g, FIBER: 46 g, SUGARS: 55 g, PROTEIN: 45 g, SODIUM: 1,392 mg, CHOLESTEROL: 226 mg	CALORIES: 1,771, FAT: 68 g, SAT. FAT: 23 g, CARBS: 224 g, FIBER: 44 g, SUGARS: 87 g, PROTEIN: 83.5 g, SODIUM: 1,760 mg, CHOLESTEROL: 197 mg	CALORIES: 1,611, FAT: 63 g, SAT. FAT: 18 g, CARBS: 198 g, FIBER: 38 g, SUGARS: 75.5 g, PROTEIN: 82.5 g, SODIUM: 1,230 mg, CHOLESTEROL: 336 mg

Veggie Burger Salad: Top 3 cups mixed greens with 1 veggie burger, cooked and crumbled, ½ cup each grape tomatoes and cooked lentils and ¼ cup chopped carrot; with 2 tsp apple cider vinegar mixed with 1 tsp EVOO, ½ tsp mustard and pinch each salt and black pepper












Goat Cheese Egg: Cook 1 egg, whisked, until almost set; top with 1 oz goat cheese and pinch black pepper; heat until egg is cooked through

Salad with Tomatoes: Top 3 cups mixed greens with 1 Campari tomato, sliced; with 1 tsp balsamic vinegar mixed with 1 tsp EVOO, 1 tsp lemon juice, ½ tsp mustard and pinch each dried oregano, salt and black pepper

MEAL PLAN: WEEK 2

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MEAL
PLANMEAL PLAN:
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Mango Mint Cottage Cheese: Top 1 cup cottage cheese with ¾ cup frozen mango chunks, thawed, and 1 tbsp chopped mint	Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk 	1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78), thawed 1 egg, hardboiled 1 apple 	Chocolate Nut Butter Banana Shake: Blend 1 banana, frozen, ¾ cup milk, ¼ cup protein powder, 2 tsp nut butter and ½ tsp cocoa powder with ice	Cinnamon Apple Cottage Cheese: Mix 1 apple, chopped, with pinch ground cinnamon; heat and serve with 1 cup cottage cheese	Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk 	Italian Omelette C 1 whole-wheat English muffin, toasted
SNACK	1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78), thawed	1 egg, hardboiled 	2 celery stalks, sliced; top with 1 oz goat cheese 	1 oz crackers with 2 tbsp hummus 	1 kiwi 1 oz cashews 	1 cup Greek yogurt with ¾ cup frozen raspberries, thawed	¼ cup butternut squash seeds (leftovers)
LUNCH	Chicken Salad Wrap A 1 orange 1 oz cashews 	1 serving Cocoa Roast Beef & Garlicky Green Beans with Crispy Shallots (leftovers, p. 79) 1 apple 	1 serving Couscous Lettuce Wraps with Chickpeas & Cherries (see recipe, p. 32)	Roast Beef & Goat Cheese Sandwich: On 1 English muffin, split and toasted, arrange 3 oz roasted eye-of-round beef (leftovers, p. 79), sliced, 1 oz goat cheese, 1 tomato slice, ¼ cup spring mix greens and 1 tsp chopped mint 2 kiwi, sliced	1 serving Roasted Butternut Squash & Lemon Lentil Salad (leftovers, p. 79) 1 orange 	Tuna Salad Sandwich B Remaining apple (from sandwich)	Banana Butternut Smoothie: Blend 1 banana, frozen, ½ cup butternut squash (leftovers), steamed, 1 cup milk, ¼ cup protein powder and pinch each ground cinnamon and nutmeg with ice
SNACK	1 cup celery sticks ½ oz crackers with 2 tbsp hummus	1 whole-wheat English muffin, toasted, with 1 tbsp nut butter 	Cinnamon Orange Yogurt: Combine 1 orange, peeled and chopped, ½ cup Greek yogurt and pinch ground cinnamon	1½ cups frozen broccoli, steamed; melt 1 oz mozzarella over top	1 oz crackers with 1 tbsp nut butter	Beef & Hummus English Muffin: On ½ English muffin, toasted, arrange 1 oz roasted eye-of-round beef (leftovers, p. 79), thawed, sliced, and 1 tbsp hummus	Kiwi Yogurt Crunch: Mix ½ cup cereal, ½ cup Greek yogurt, 1 kiwi, finely chopped, and 2 tsp pine nuts
DINNER	1 serving Cocoa Roast Beef & Garlicky Green Beans with Crispy Shallots (see recipe, p. 79; save leftovers) 1 kiwi	Sautéed Garlic Cod: Season 5 oz cod with 1 clove garlic, minced, and pinch red pepper flakes; sauté in 2 tsp EVOO 1 cups Brussels sprouts, halved; sautéed in 2 tsp EVOO ¾ cup cooked wild rice with 2 tsp pine nuts	Lemon Chicken: Top 5 oz chicken breast with 2 tsp lemon juice and pinch each salt and black pepper; bake 1½ cups steamed frozen broccoli ¾ cup cooked wild rice with 2 tsp pine nuts	1 serving Roasted Butternut Squash & Lemon Lentil Salad (see recipe, p. 79; save leftovers)	Lean Roast Beef Salad Wrap: In 1 wrap, arrange 3 oz roasted eye-of-round beef (leftovers, p. 79), sliced, 1 oz mozzarella cheese, 1 tomato slice, ¼ cup spring mix greens and 1 tbsp hummus	Season 5 oz chicken with 2 tsp lemon juice, ½ clove garlic, minced, ¼ tsp dried rosemary and pinch each salt and black pepper 1 cup butternut squash, steamed (leftovers) with pinch salt, black pepper and dried rosemary 1 cup lemony lentils (leftovers, p. 79)	1 serving Pita Pizzas with Sausage & Arugula (see recipe, p. 31)
TOTAL NUTRIENTS	CALORIES: 1,615, FAT: 56 g, SAT. FAT: 15 g, CARBS: 163 g, FIBER: 31 g, SUGARS: 76.5 g, PROTEIN: 126.5 g, SODIUM: 1,987 mg, CHOLESTEROL: 236 mg	CALORIES: 1,657, FAT: 67 g, SAT. FAT: 15 g, CARBS: 169 g, FIBER: 33 g, SUGARS: 53.5 g, PROTEIN: 116 g, SODIUM: 1,358 mg, CHOLESTEROL: 401 mg	CALORIES: 1,446, FAT: 51 g, SAT. FAT: 17 g, CARBS: 180 g, FIBER: 34 g, SUGARS: 63 g, PROTEIN: 81.5 g, SODIUM: 1,100 mg, CHOLESTEROL: 373 mg	CALORIES: 1,488, FAT: 55 g, SAT. FAT: 20.5 g, CARBS: 176 g, FIBER: 41 g, SUGARS: 62 g, PROTEIN: 97 g, SODIUM: 1,524 mg, CHOLESTEROL: 138 mg	CALORIES: 1,530, FAT: 69 g, SAT. FAT: 19 g, CARBS: 152 g, FIBER: 35 g, SUGARS: 59 g, PROTEIN: 91 g, SODIUM: 1,771 mg, CHOLESTEROL: 117 mg	CALORIES: 1,738, FAT: 46 g, SAT. FAT: 19 g, CARBS: 225 g, FIBER: 48 g, SUGARS: 68 g, PROTEIN: 128 g, SODIUM: 2,039 mg, CHOLESTEROL: 290 mg	CALORIES: 1,488, FAT: 70 g, SAT. FAT: 29 g, CARBS: 153 g, FIBER: 21 g, SUGARS: 59.5 g, PROTEIN: 85.5 g, SODIUM: 1,565 mg, CHOLESTEROL: 409 mg

Chicken Salad Wrap: On 1 wrap, arrange ¼ cup spring mix greens and 5 oz chicken breast, cooked and shredded, mixed with ¼ cup each chopped celery and carrot, 2 tbsp Greek yogurt, 1 tsp each balsamic vinegar, lemon juice and minced basil, and pinch black pepper

Tuna Salad Sandwich: On 1 English muffin, split and toasted, arrange ¼ cup spring mix greens, 1 tomato slice and 3 oz tuna, mixed with 2 tbsp each chopped celery, carrot and apple, 2 tbsp Greek yogurt, 1 tsp each lemon juice and minced basil, and pinch black pepper

Italian Omelette: Sauté ½ cup each frozen broccoli florets, thawed, and chopped tomatoes, and 1 clove garlic, minced, in ½ tsp EVOO; whisk 1 egg with 1 tsp water; add to pan; when egg is set, add 1 oz shredded mozzarella and 1 tsp torn basil; cook until set and fold over