










MEAL PLAN: WEEK 1

EVOO = extra-virgin olive oil

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk	1 serving Sage Corn Muffins (leftovers, p. 78) ½ cup cottage cheese and ½ cup grapes 	Banana Nut Butter Oatmeal: Combine ½ cup rolled oats and ¾ cup milk; cook, stirring in 1 banana, sliced, and 1 tbsp nut butter	Grape Cereal: Top 1 cup cereal with 1 cup grapes, halved, and ¾ cup milk	Oatmeal with Grapes: Combine ½ cup rolled oats and ¾ cup milk; cook; top with 1 cup grapes, halved	1 serving Sage Corn Muffins (leftovers, p. 78, thawed) ½ cup cottage cheese and ½ cup grapes	Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk 
SNACK	1 apple, sliced, with 1 tbsp nut butter	1 grapefruit 	1 pear	½ cup cottage cheese with 1 kiwi, sliced 	1 oz cashews 1 kiwi, sliced	1 apple 1 oz cashews 	1 oz popcorn chips and 2 tbsp hummus
LUNCH	Melted Blue Cheese & Turkey Wrap: Top 1 wrap with 3 oz deli turkey, 1 slice yellow onion, 2 tbsp diced tomatoes and 2 tbsp crumbled blue cheese; broil until cheese melts, then top with ¼ cup shredded romaine lettuce 1 carrot, sliced	Turkey & Avocado Sandwich: Between 2 slices bread, place 3 oz deli turkey, ¼ avocado, sliced, 1 slice tomato and 1 leaf lettuce ½ cup grapes 1 carrot, sliced	1 serving Cream of White Bean, Carrot & Ginger Soup with Cashews (leftovers, p. 78) Grilled Cheese & Tomato B	Tuna Avocado Wrap: On 1 wrap, place 3 oz tuna mixed with 2 tsp vinegar, ¼ avocado, mashed, 1 tbsp each chives, minced yellow onion and shredded carrots, and pinch pepper; top with ¼ cup shredded lettuce and 1 slice tomato 1 apple	Mediterranean Chicken & Vegetable Quiche (See recipe, p. 64) 1 apple 	Avocado, Egg & Tomato Wrap: In 1 wrap, layer ½ avocado, sliced, 1 hardboiled egg, sliced, 2 slices tomato and ¼ cup shredded lettuce 1 serving Cream of White Bean, Carrot & Ginger Soup with Cashews (leftovers, p. 78)	Chef Salad: Mix 4 cups torn lettuce, 2 oz deli turkey, sliced, ½ oz feta cheese, ½ cup cottage cheese, 1 hardboiled egg, sliced, ¼ cup each chopped carrots and jarred roasted red peppers with 1 tbsp vinegar, 1 tsp each EVOO and chives and pinch dried oregano 1 orange
SNACK	1 serving Sage Corn Muffins (see recipe, p. 78; save leftovers) 	1 oz popcorn chips with 2 tbsp hummus	1 serving Sage Corn Muffins (leftovers, p. 78) 1 oz deli turkey	1 serving Sage Corn Muffins (leftovers, p. 78) 1 carrot, sliced, with 2 tbsp hummus	1 oz popcorn chips with 2 tbsp hummus	1 cup grapes 1 oz popcorn chips 	1 pear, sliced, and 2 tbsp blue cheese
DINNER	Lemon Pepper Salmon: Top 5 oz salmon with pinch each salt and pepper and 1 tsp lemon juice; bake 1½ cups broccoli, steamed; season with pepper 1 sweet potato, baked; top with 2 tbsp feta cheese	1 serving Cream of White Bean, Carrot & Ginger Soup with Cashews (see recipe, p. 78; save leftovers) Hearty Spinach & Egg Salad A Remaining ¾ apple (from salad)	Nut & Seed-Crusted Chicken Parmesan with Spaghetti Squash Aglio e Olio (See recipe, p.68) 	Lemon Chive Chicken: 5 oz chicken breast seasoned with 1 tbsp lemon juice and pinch each salt and pepper, bake; top with 1 tsp chives 3 cups spinach sautéed in 1 tsp EVOO and 1 clove garlic, minced 1 cup cooked quinoa	Garlic Steak: Season 4 oz sirloin steak with pinch each salt and pepper; top with 1 clove garlic, minced; broil 2 cups broccoli, steamed, topped with 2 tbsp feta cheese 1 sweet potato, baked; top with 1 tsp EVOO	5 oz chicken breast with 1 tbsp vinegar, 1 tsp mustard and pinch each salt and pepper; bake ¾ cup cooked quinoa with ½ cup chickpeas and 1 tsp chives 3 cups lettuce, ¼ cup chopped carrots, 2 tbsp diced yellow onion; with 1 tsp EVOO and ½ tsp mustard	Garlic Cod: Season 5 oz cod with ⅛ tsp garlic powder and dried oregano; sauté in 1 tbsp lemon juice and 1 tsp safflower oil Tomato, Chickpea & Feta Salad C
TOTAL NUTRIENTS	CALORIES: 1,650, FAT: 68 g, SAT. FAT: 20 g, CARBS: 203 g, FIBER: 39 g, SUGARS: 76 g, PROTEIN: 73 g, SODIUM: 2,090 mg, CHOLESTEROL: 179 mg	CALORIES: 1,608, FAT: 47 g, SAT. FAT: 11 g, CARBS: 226.5 g, FIBER: 45 g, SUGARS: 89 g, PROTEIN: 79.5 g, SODIUM: 2,372 mg, CHOLESTEROL: 305 mg	CALORIES: 1,866, FAT: 69 g, SAT. FAT: 23 g, CARBS: 228.5 g, FIBER: 46 g, SUGARS: 88 g, PROTEIN: 98.5 g, SODIUM: 1,630 mg, CHOLESTEROL: 301 mg	CALORIES: 1,601, FAT: 46 g, SAT. FAT: 11 g, CARBS: 216 g, FIBER: 39 g, SUGARS: 81 g, PROTEIN: 98 g, SODIUM: 1,593 mg, CHOLESTEROL: 187 mg	CALORIES: 1,600, FAT: 65 g, SAT. FAT: 27 g, CARBS: 195.5 g, FIBER: 36 g, SUGARS: 74 g, PROTEIN: 76 g, SODIUM: 1,195 mg, CHOLESTEROL: 287 mg	CALORIES: 1,804, FAT: 69 g, SAT. FAT: 13 g, CARBS: 219.5 g, FIBER: 42 g, SUGARS: 57 g, PROTEIN: 83.5 g, SODIUM: 1,928 mg, CHOLESTEROL: 330 mg	CALORIES: 1,699, FAT: 54 g, SAT. FAT: 18 g, CARBS: 229 g, FIBER: 43 g, SUGARS: 94 g, PROTEIN: 95 g, SODIUM: 2,688 mg, CHOLESTEROL: 377 mg

Hearty Spinach & Egg Salad: Combine 3 cups spinach, ½ cup chickpeas, 1 hardboiled egg, sliced, ¼ apple, sliced, ¼ cup each chopped carrot and broccoli, 2 tbsp blue cheese, 1 tsp balsamic vinegar, 1 tsp EVOO and ½ tsp honey

Grilled Cheese & Tomato: Arrange 1½ oz Brie, 1 slice tomato, 2 sage leaves and 1 tsp honey between 2 slices bread; heat in nonstick pan misted with cooking spray until toasted and cheese is melted



Tomato, Chickpea & Feta Salad: Mix 1 cup chopped tomatoes, ¾ cup chickpeas, ¼ cup chopped carrot, ½ oz feta cheese, ⅛ tsp dried oregano; with 2 tsp vinegar and 1 tsp EVOO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Banana Berry Smoothie: Blend ¾ cup frozen berry blend, ½ banana (freeze other half for Wednesday snack), 1¼ cup buttermilk and ¼ cup protein powder with ice	Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk	Hummus Egg Sandwich: Between 2 slices bread, toasted, layer 2 tbsp hummus and 1 hardboiled egg, sliced	Oats 'n' Berry Yogurt: Mix ½ cup rolled oats and ¾ cup frozen berry blend, thawed, with ¾ cup Greek yogurt	Nut Butter, Honey & Pear Toast: 2 slices bread, toasted, topped with 1½ tbsp nut butter, 1 pear, sliced, and 1 tsp honey	Spinach, Feta & Roasted Red Pepper Omelet B 2 slices bread, toasted 1 orange	Apple Walnut Oatmeal: Combine ½ cup rolled oats, ¾ cup milk and ¾ chopped apple; cook, stirring in ½ oz walnuts and ¼ tsp cinnamon Remaining apple
SNACK	1 serving Sage Corn Muffins (leftovers, p. 78, thawed) 	¾ cup Greek yogurt and ¾ cup frozen berry blend, thawed	1 apple	1 egg, hardboiled 1 serving Sage Corn Muffins (leftovers, p. 78, thawed)	1 apple and 1 oz Brie 	½ cup Greek yogurt and ¾ cup frozen berry blend, thawed	Pear Smoothie: Blend 1 pear, sliced, ¾ cup milk and ¼ cup protein powder with ice
LUNCH	Toasted 2-Cheese & Mushroom Wrap: On 1 wrap, place 2 tbsp each blue cheese and Brie; top with ½ cup sautéed mushrooms 1 apple	1 serving Sage Chicken & Roasted Root Vegetables with Honey Mustard Sauce (leftovers, p. 79) 1 pear 	Feta Veggie Burger: Between 2 slices bread, layer 1 veggie burger, heated, 2 tbsp feta cheese, ¼ cup sliced jarred roasted red peppers, 1 slice each yellow onion and tomato and 1 tsp Dijon mustard 1 serving Cream of White Bean Carrot Ginger Soup with Cashews (leftovers, p. 78, thawed)	Tuna Salad Wrap: On 1 wrap, layer ½ cup spinach, 3 oz tuna mixed with 2 tbsp Greek yogurt and 1 tbsp lemon juice, ¼ cup each chopped carrots and sunchoke and 1 tbsp each chopped shallots and chives 1 apple	Roasted Chicken & Red Pepper Sandwich: Between 2 slices bread, toasted, layer 3 oz Sage Chicken (leftovers, p. 79) and ¼ cup jarred sliced roasted red pepper 1 orange	1 serving Chicken & Blue Cheese–Stuffed Portobellos (see recipe, p. 79; save leftovers) 1 apple 	Provence Egg Wrap: Sauté ¼ cup mushrooms, 2 tbsp diced tomatoes, 1 tbsp diced shallots and pinch each garlic powder, dried oregano and pepper in 1 tsp EVOO; add 1 egg whisked with 1 tbsp water; scramble with 1 oz Brie; serve in 1 wrap
SNACK	1 oz popcorn chips with 1 oz Brie	1 slice bread, toasted, with 2 tbsp hummus	Banana Power Smoothie: Blend ½ frozen banana (leftovers), ¾ cup milk, ¼ cup protein powder and 2 tsp nut butter; add ice, if desired	1 oz popcorn chips 1 carrot, sliced ¼ cup hummus	1 serving Cream of White Bean Carrot Ginger Soup with Cashews (leftovers, p. 78, thawed) 	1 oz cashews 	1 carrot, sliced 1 oz popcorn chips 2 tbsp hummus
DINNER	1 serving Sage Chicken & Roasted Root Vegetables with Honey Mustard Sauce (see recipe, p. 79; save leftovers) Mix 2 cups spinach, ¼ cup each carrots, mushrooms and sunchoke with 1 tbsp lemon juice, 1 tsp EVOO and ½ tsp honey	Baked Salmon A 1 cup frozen green beans, steamed ¾ cup cooked quinoa Mix 2 cups spinach, ¼ cup each carrots, mushrooms and sunchoke with 1 tbsp lemon juice, 1 tsp EVOO and ½ tsp honey	Dijon Pork Chop: Season 3 oz boneless pork chop with 1 tsp Dijon mustard and pinch each pepper and garlic powder; bake ¾ cup sautéed mushrooms 1 sweet potato, baked; top with 2 tbsp feta cheese	1 serving Chicken & Blue Cheese–Stuffed Portobellos (see recipe, p. 79; save leftovers) 1 orange 	Coconut Lemongrass Soup with Pork (See recipe, p. 62) 	Chicken Muffin Sammy C 1 cup frozen green beans, thawed, with 1 tbsp vinegar and pinch each salt and pepper; roasted 	Creamy Baked Farfalle with Chicken, Asparagus & Tomatoes (See recipe, p. 52) 
TOTAL NUTRIENTS	CALORIES: 1,611, FAT: 57 g, SAT. FAT: 20 g, CARBS: 203 g, FIBER: 28 g, SUGARS: 94 g, PROTEIN: 76 g, SODIUM: 1,883 mg, CHOLESTEROL: 227 mg	CALORIES: 1,862, FAT: 79 g, SAT. FAT: 24 g, CARBS: 209 g, FIBER: 36 g, SUGARS: 78 g, PROTEIN: 89 g, SODIUM: 1,409 mg, CHOLESTEROL: 236 mg	CALORIES: 1,833, FAT: 60 g, SAT. FAT: 17 g, CARBS: 241 g, FIBER: 43 g, SUGARS: 85 g, PROTEIN: 104 g, SODIUM: 2,573 mg, CHOLESTEROL: 356 mg	CALORIES: 1,554, FAT: 54 g, SAT. FAT: 16 g, CARBS: 193.5 g, FIBER: 28 g, SUGARS: 69 g, PROTEIN: 77.5 g, SODIUM: 1,388 mg, CHOLESTEROL: 415 mg	CALORIES: 1,558, FAT: 56 g, SAT. FAT: 21 g, CARBS: 192.5 g, FIBER: 40 g, SUGARS: 73 g, PROTEIN: 91.5 g, SODIUM: 2,268 mg, CHOLESTEROL: 150 mg	CALORIES: 1,490, FAT: 61 g, SAT. FAT: 21 g, CARBS: 149.5 g, FIBER: 23 g, SUGARS: 73 g, PROTEIN: 89.5 g, SODIUM: 1,757 mg, CHOLESTEROL: 450 mg	CALORIES: 1,725, FAT: 68 g, SAT. FAT: 22 g, CARBS: 205 g, FIBER: 28.5 g, SUGARS: 71.5 g, PROTEIN: 85 g, SODIUM: 1,416 mg, CHOLESTEROL: 366 mg

Baked Salmon: Season 5 oz salmon with 1 tsp lemon juice, ¼ tsp garlic powder and pinch each salt and pepper; bake

A

Spinach, Feta & Roasted Red Pepper Omelet: Sauté 1 cup spinach, 3 tbsp chopped jarred roasted red peppers and 1 tbsp diced shallot in ½ tsp EVOO; pour in 1 egg whisked with 1 tbsp water; cook, then top with ¼ cup feta, fold over and cook 1 minute more

B

Chicken Muffin Sammy: Split open 1 Sage Corn Muffin (leftovers, p. 78, thawed) and top with 3 oz Sage Chicken (leftovers, p. 79, thawed) and 1 tsp mustard

C