

MEAL PLAN: WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
\$7.38	\$8.39	\$8.95	\$6.94	\$8.58	\$7.44	\$5.33
<p>BREAKFAST: Apple Oatmeal: Cook ½ cup oats in 1 cup milk; stir in 1 apple, chopped, 8 pecans and pinch cinnamon</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin (see recipe, p. 75; save leftovers)</p> <p>LUNCH: Tuna Sandwich: Mix 3 oz tuna with 2 tbsp each chopped onion, carrot and zucchini, ½ tsp rosemary, 1 tbsp vinegar and 1 tsp EVOO; arrange tuna and 6 thin cucumber slices between 2 slices bread 1 cup grapes</p> <p>SNACK: 1 carrot, sliced, with 2 tbsp hummus (recipe, p. 75)</p> <p>DINNER: 1 serving Lemon Chicken with Sautéed Squash & Sweet Potato Medley (see recipe, p. 78; save leftovers) 1 orange</p>	<p>BREAKFAST: Banana Cereal: 1 cup cereal with 1 banana, sliced, and ¾ cup milk</p> <p>SNACK: ¾ cup yogurt with 1 cup grapes and 5 pecans</p> <p>LUNCH: 1 serving Lemon Chicken with Sautéed Squash & Sweet Potato Medley (leftovers, p. 78) 1 apple</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin (leftovers, p. 75)</p> <p>DINNER: Lemon Chicken Salad: Toss together 3 cups spinach, 5 oz cooked chicken (leftovers, p. 78), ½ cup sliced cucumber, ¼ cup chopped carrot and 5 chopped pecans; dress with 1½ tsp vinegar mixed with 1 tsp EVOO and ½ tsp Dijon mustard</p>	<p>BREAKFAST: Yogurt Crunch: Combine 1 cup cereal, ¾ cup yogurt and 1 cup grapes</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin (leftovers, p. 75)</p> <p>LUNCH: Fall Chickpea Salad: Combine 3 cups lettuce, ¼ cup cooked chickpeas, 1 hard-boiled egg, sliced, ¼ cup each chopped apple and cucumber, 1 tbsp chopped onion and 5 chopped pecans; dress with 1½ tsp vinegar mixed with 1 tsp EVOO Remaining apple</p> <p>SNACK: 1 slice bread, toasted, with 2 tbsp hummus</p> <p>DINNER: Lemon Shrimp* Steam 3 cups packed spinach and 1 clove garlic, minced; season with ½ tsp red pepper flakes 1 serving Sautéed Squash & Sweet Potato Medley (leftovers, p. 78)</p>	<p>BREAKFAST: 1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above) 1 cup yogurt</p> <p>SNACK: 1 apple with 1½ tsp nut butter</p> <p>LUNCH: Veggie Burger: Arrange 1 veggie burger, cooked, 1 slice each onion and tomato, ¼ cup chopped lettuce and 2 tbsp hummus on 2 slices bread, toasted 1 cup grapes</p> <p>SNACK: 1 carrot, sliced</p> <p>DINNER: Chicken Hummus Wrap: In 1 tortilla arrange 2 tbsp hummus, 5 oz cooked chicken (leftovers, p. 78), ½ cup lettuce, ¼ cup cooked chickpeas and ¼ cup chopped tomatoes 1 orange</p>	<p>BREAKFAST: Grape Cereal: Top 1 cup cereal with 1 cup grapes, halved, and ¾ cup milk</p> <p>SNACK: ¼ cup pecans</p> <p>LUNCH: Harvest Squash & Quinoa Salad (see recipe, p. 49) 1 apple</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above)</p> <p>DINNER: Chicken & Feta Bowl: Sauté 3 cups spinach and ½ clove garlic in ½ tsp oil; add 5 oz cooked chicken (leftovers, p. 78) and ¾ cup cooked chickpeas; cook until heated and top with 2 tbsp each chopped cucumber and tomato, and 2 tbsp yogurt mixed with 2 tbsp feta</p>	<p>BREAKFAST: Pear Pecan Oatmeal: Cook ½ cup oats in 1 cup milk; stir in 1 pear, chopped, 8 pecans and pinch cinnamon</p> <p>SNACK: ¾ cup yogurt with 1 banana, sliced</p> <p>LUNCH: Zucchini Omelette: Sauté ½ cup zucchini and 2 tbsp onion in 1 tsp EVOO; pour in 2 eggs whisked with 1 tbsp milk, ½ tsp rosemary and pinch garlic powder; when egg begins to set add 2 tbsp feta; cook until set and fold over 2 slices bread, toasted; drizzle with 2 tsp EVOO</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above, thawed)</p> <p>DINNER: Ginger Soy Cod en Papillote with Shiitakes & Green Onions (see recipe, p. 64)</p>	<p>BREAKFAST: 1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above, thawed) 1 hard-boiled egg</p> <p>SNACK: 1 banana with 1½ tsp nut butter</p> <p>LUNCH: Chicken Salad Sandwich: Combine 5 oz cooked chicken (leftovers, p. 78, thawed), ½ cup yogurt, 3 tbsp each chopped onion, carrot, grapes and zucchini, 2 tsp rosemary and ½ tsp pepper; arrange between 2 slices bread with 1 slice tomato and ¼ cup lettuce 1 cup grapes</p> <p>SNACK: 1 cup cucumber, sliced, with 2 tbsp hummus</p> <p>DINNER: Broccoli Spaghetti: Cook 2 oz spaghetti; sauté 1½ cups thawed broccoli and 1 clove garlic, minced, in 1 tsp EVOO; stir into spaghetti with 2 tbsp pasta-cooking water, 2 tbsp feta, 2 tsp EVOO and ½ tsp red pepper flakes</p>
<p>TOTAL NUTRIENTS: CALORIES: 1,736, FAT: 61.5 g, SAT. FAT: 15 g, CARBS: 227.5 g, FIBER: 39 g, SUGARS: 103 g, PROTEIN: 86.5 g, SODIUM: 1,178 mg, CHOLESTEROL: 175 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,890, FAT: 68.5 g, SAT. FAT: 18 g, CARBS: 222.5 g, FIBER: 31 g, SUGARS: 113 g, PROTEIN: 111.5 g, SODIUM: 1,011 mg, CHOLESTEROL: 288 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,656, FAT: 61.5 g, SAT. FAT: 16 g, CARBS: 222.5 g, FIBER: 33 g, SUGARS: 99 g, PROTEIN: 71.5 g, SODIUM: 1,323 mg, CHOLESTEROL: 442 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,699, FAT: 65.5 g, SAT. FAT: 17 g, CARBS: 212.5 g, FIBER: 35 g, SUGARS: 93 g, PROTEIN: 84.5 g, SODIUM: 1,674 mg, CHOLESTEROL: 172 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,771, FAT: 66.5 g, SAT. FAT: 16 g, CARBS: 223 g, FIBER: 36 g, SUGARS: 101 g, PROTEIN: 87.5 g, SODIUM: 1,360 mg, CHOLESTEROL: 182 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,680, FAT: 66.5 g, SAT. FAT: 19.5 g, CARBS: 202.5 g, FIBER: 28 g, SUGARS: 71.5 g, PROTEIN: 79.5 g, SODIUM: 1,355 mg, CHOLESTEROL: 527 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,638, FAT: 66.5 g, SAT. FAT: 15 g, CARBS: 195.5 g, FIBER: 33 g, SUGARS: 69 g, PROTEIN: 86.5 g, SODIUM: 940 mg, CHOLESTEROL: 343 mg</p>

* **Lemon Shrimp** Toss 3 oz shrimp with 1 clove garlic, minced, and ½ tsp pepper; sauté in 1 tbsp lemon juice and 1 tsp EVOO

MEAL PLAN: WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
\$6.67	\$8.00	\$7.71	\$9.84	\$10.08	\$10.04	\$8.69
<p>BREAKFAST: Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¼ cup milk</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75; thawed)</p> <p>LUNCH: Chicken, Feta & Tomato Sandwich: Arrange 5 oz cooked chicken (leftovers, p. 78, thawed and heated), 2 tbsp feta, 1 slice tomato and 4 basil leaves between 2 slices bread</p> <p>†orange</p> <p>SNACK: †apple with 1½ tsp nut butter</p> <p>DINNER: 1 serving Chipotle Shrimp Quesadillas (see recipe, p. 78; save leftovers)</p>	<p>BREAKFAST: Apple Nut Butter Oatmeal: Cook ½ cup oats in 1 cup milk; stir in 1 apple, chopped, 1 tsp nut butter and pinch cinnamon</p> <p>SNACK: ¾ cup yogurt with ½ cup pomegranate seeds</p> <p>LUNCH: 1 serving Chipotle Shrimp Quesadillas (leftovers, p. 78) 1 cup grapes</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75, thawed)</p> <p>DINNER: Chicken & Black Beans: Sauté 5 oz cooked chicken (leftovers, p. 78, thawed), ¾ cup black beans, 1 cup chopped tomato and 1 tbsp chopped onion in 1 tsp EVOO; season with ½ tsp red pepper flakes</p>	<p>BREAKFAST: Grape Cereal: Top 1 cup cereal with 1 cup grapes, halved, and ¾ cup milk</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75, thawed)</p> <p>LUNCH: 1 serving Lemon Chicken with Sautéed Squash & Sweet Potato Medley, reheated (leftovers, p. 78) 1 apple</p> <p>SNACK: 1 slice bread, toasted, with 2 tbsp hummus</p> <p>DINNER: 1 serving Spaghetti alla Melanzane with Tomatoes & Chickpeas (see recipe above; save leftovers) ½ cup pomegranate seeds</p>	<p>BREAKFAST: Pom Berry Yogurt Crunch: Combine 1 cup cereal, 1 cup yogurt and 1 cup frozen strawberries, thawed and sliced, and ¼ cup pomegranate seeds</p> <p>SNACK: ¼ cup pecans</p> <p>LUNCH: Chicken Salsa Wrap: On 1 tortilla arrange 5 oz cooked chicken (leftovers, p. 78, thawed and heated), ¼ cup black beans, ½ cup Tomatillo-Tomato Salsa (leftovers) and 2 tbsp cheddar 1 cup grapes</p> <p>SNACK: 1 carrot, sliced, with 2 tbsp hummus</p> <p>DINNER: 1 serving Spaghetti alla Melanzane with Tomatoes & Chickpeas (leftovers, recipe above) 1 orange</p>	<p>BREAKFAST: 1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75) ½ cup yogurt</p> <p>SNACK: 1 pear with 1½ tsp nut butter</p> <p>LUNCH: Leftover Lunch: 1 serving Spaghetti alla Melanzane with Tomatoes & Chickpeas (leftovers, recipe above) ½ cup grapes</p> <p>SNACK: Grape Cereal: Top ½ cup cereal with ½ cup grapes, halved, and ½ cup milk</p> <p>DINNER: Season 5 oz cod with ½ tsp garlic powder and pinch each salt and pepper; sauté in 1½ tsp EVOO then top with ½ cup Tomatillo-Tomato Salsa (leftovers) 1 cup frozen broccoli, steamed; toss with 2 tbsp cheddar Steam 1 cup plus 1 tbsp brown rice to make 2¼ cups cooked rice; eat 1 cup and save remainder for leftovers</p>	<p>BREAKFAST: Raw Berry Oat Compote: Combine 1 cup yogurt, ½ cup oats, 1 cup frozen strawberries, thawed and sliced, and ¼ cup pomegranate seeds</p> <p>SNACK: Strawberry Banana Smoothie: Blend 1 cup milk, ½ cup frozen strawberries and ½ banana with ice</p> <p>LUNCH: Season 5 oz chicken breast with salt, pepper and pinch pepper flakes; sauté ½ cup steamed brown rice, reheated (leftovers); toss with 2 tbsp chopped pecans 1 cup sliced red bell pepper</p> <p>SNACK: 1 slice bread, toasted, with 1 tsp hummus and 1 hard-boiled egg, sliced</p> <p>DINNER: Eggplant & Cherry Tomato Coconut Curry with Whole-Wheat Chapati (see recipe, p. 58)</p>	<p>BREAKFAST: Salsa Omelette: Whisk 2 eggs, 1 tsp water and pinch garlic powder; cook in ½ tsp EVOO; when egg begins to set add ½ cup Tomatillo-Tomato Salsa (leftovers) and 3 tbsp cheddar; cook until set and fold over 1 slice bread, toasted</p> <p>SNACK: 1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75)</p> <p>LUNCH: Danish Smørrebrød Sandwiches with Dilled Shrimp & Pickled Onions (see recipe, p. 61)</p> <p>SNACK: Yogurt & Fruit: Combine ¾ cup yogurt, 1 cup frozen strawberries, thawed, ½ banana, sliced (leftovers) and 1 tbsp chopped pecans</p> <p>DINNER: Veggie Burger Rice Bowl* 1 cup grapes</p>
<p>TOTAL NUTRIENTS: CALORIES: 1,842, FAT: 63 g, SAT. FAT: 18 g, CARBS: 224.5 g, FIBER: 39 g, SUGARS: 83 g, PROTEIN: 101.5 g, SODIUM: 1,247 mg, CHOLESTEROL: 322 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,868, FAT: 64.5 g, SAT. FAT: 20 g, CARBS: 226.5 g, FIBER: 44 g, SUGARS: 95 g, PROTEIN: 112.5 g, SODIUM: 1,007 mg, CHOLESTEROL: 339 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,917, FAT: 60.5 g, SAT. FAT: 16 g, CARBS: 280.5 g, FIBER: 46.5 g, SUGARS: 116 g, PROTEIN: 81.5 g, SODIUM: 1,127 mg, CHOLESTEROL: 163 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,717, FAT: 76 g, SAT. FAT: 21 g, CARBS: 184 g, FIBER: 40.5 g, SUGARS: 70 g, PROTEIN: 88 g, SODIUM: 1,315 mg, CHOLESTEROL: 196 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,606, FAT: 53.5 g, SAT. FAT: 20 g, CARBS: 212.5 g, FIBER: 32.5 g, SUGARS: 72 g, PROTEIN: 80.5 g, SODIUM: 872 mg, CHOLESTEROL: 168 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,622, FAT: 72 g, SAT. FAT: 34 g, CARBS: 169 g, FIBER: 30 g, SUGARS: 61 g, PROTEIN: 83 g, SODIUM: 1,071 mg, CHOLESTEROL: 417 mg</p>	<p>TOTAL NUTRIENTS: CALORIES: 1,474, FAT: 63.5 g, SAT. FAT: 22 g, CARBS: 148.5 g, FIBER: 26 g, SUGARS: 78 g, PROTEIN: 67.5 g, SODIUM: 2,208 mg, CHOLESTEROL: 597 mg</p>

* **Veggie Burger Rice Bowl** Combine ¾ cup steamed brown rice, reheated (leftovers), ¾ cup chopped red bell pepper, ½ cup frozen broccoli, thawed and heated, 1 veggie burger, cooked and crumbled, 3 tbsp feta, 2 tbsp chopped cilantro and 1 tbsp soy sauce