

| MONDAY | TUESDAY | WEDNESDAY | |
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| <p>BREAKFAST: ¾ cup cooked hot cereal with ½ cup milk, 1 sliced banana and 1 tsp honey</p> <p>SNACK: 1 apple and 2 tbsp peanut butter</p> <p>LUNCH: Salmon Arugula Salad: 4 oz salmon, broiled, with 1 tbsp strawberry jam, 3 cups arugula, 10 pecans, ½ cup each chopped cucumber and carrots, 2 tsp apple cider vinegar and 1 tsp EVOO 8 crackers</p> <p>SNACK: ½ mango, peeled and diced, with ½ cup Greek yogurt</p> <p>DINNER: 1 serving Spinach & Potato Puffs (see recipe, p. 80; save leftovers) 1 cup corn and vegetable soup 1 cup blackberries</p> | <p>BREAKFAST: ¾ cup cold cereal with 1 cup milk and 1 cup sliced strawberries</p> <p>SNACK: ½ mango, peeled and diced, with 1 cup cooked black beans and 2 tbsp chopped cilantro</p> <p>LUNCH: Turkey Sandwich: 3 oz sliced turkey breast, 2 thin slices avocado, 1 tsp Dijon mustard and 2 slices toasted bread Fennel Salad: 1 cup sliced fennel with ¼ cup diced red bell pepper, 2 tsp apple cider vinegar and 1 tsp EVOO</p> <p>SNACK: 1 peeled and sliced kiwi ¼ cup pistachios</p> <p>DINNER: 1 serving Chicken Parmesan with Cheesy Eggplant Stacks (see recipe, p. 62)</p> | <p>BREAKFAST: 1 tbsp peanut butter mixed with ½ cup ricotta, ¼ tsp cinnamon and 1 tsp honey and spread on 1 toasted English muffin 1 apple</p> <p>SNACK: 1 cup sliced strawberries and 10 pecans</p> <p>LUNCH: 1 serving Spinach & Potato Puffs (leftovers, p. 80) 4 cups chopped romaine lettuce, 1 chopped hard-boiled egg and 2 slices red onion with 2 tsp apple cider vinegar and 1 tsp EVOO</p> <p>SNACK: 1 cup corn and vegetable soup with 8 crackers 1 cup blackberries</p> <p>DINNER: 1 serving Roasted Vegetable & Arugula Salad (see recipe, p. 80; save leftovers) 4 oz chicken breast, broiled, topped with 2 slices lemon; 15 red grapes</p> | |
| <p>TOTAL NUTRIENTS: CALORIES: 1,740, FAT: 70 g, SAT. FAT: 23 g, CARBS: 214 g, FIBER: 33 g, SUGARS: 102 g, PROTEIN: 73 g, SODIUM: 1,256 mg, CHOLESTEROL: 212 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,667, FAT: 54 g, SAT. FAT: 13 g, CARBS: 202.5 g, FIBER: 45 g, SUGARS: 67 g, PROTEIN: 102 g, SODIUM: 1,126 mg, CHOLESTEROL: 171 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,750, FAT: 71 g, SAT. FAT: 23.5 g, CARBS: 192 g, FIBER: 38 g, SUGARS: 88 g, PROTEIN: 96 g, SODIUM: 1,689 mg, CHOLESTEROL: 479 mg</p> | |
| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| <p>BREAKFAST: ¾ cup cooked hot cereal mixed with 1 cup blackberries, 1 tsp honey and 10 chopped almonds</p> <p>SNACK: 1 sliced banana and 1½ oz goat cheese</p> <p>LUNCH: 1 serving Roasted Vegetable & Arugula Salad (leftovers, p. 80) with 1½ cups cooked black beans, 2 tbsp chopped cilantro and ¼ cup Greek yogurt</p> <p>SNACK: 1 apple and ¼ cup hummus</p> <p>DINNER: Basil Shrimp & Peas: ½ lb shrimp, cooked, 2 cups each cooked brown rice and cooked peas, 1 cup shredded basil, 2 tsp lemon zest and juice 1 lemon tossed with 1 diced yellow onion, sautéed (eat half; save leftovers)</p> | <p>BREAKFAST: ½ cup ricotta puréed with 1 tbsp strawberry jam, ½ mashed banana, 1 tbsp flaxseed</p> <p>SNACK: ¼ cup pistachios 10 cherries with ½ cup Greek yogurt</p> <p>LUNCH: 1 serving Curried Chicken Salad with Mango & Cashews (see recipe, p. 51)</p> <p>SNACK: 1 cup Kiwi Smoothie* 1 oz cheddar cheese</p> <p>DINNER: 1 serving Roasted Vegetable & Arugula Salad (leftovers, p. 80) mixed with 3 oz pork tenderloin, cooked and diced, and 1 large baked white potato, diced</p> | <p>BREAKFAST: ¾ cup cold cereal with ½ cup milk and 10 halved cherries</p> <p>SNACK: ½ sliced red bell pepper with 2 tbsp hummus</p> <p>LUNCH: Chicken Spinach Salad: 1 cup chicken breast, cooked and diced, 4 cups chopped raw spinach, 1 cup each shredded carrot and cucumber; whisk 2 tbsp peanut butter, 1 tbsp water, 2 tsp apple cider vinegar and 1 tsp honey and toss over veggies</p> <p>SNACK: 8 crackers; 15 red grapes</p> <p>DINNER: 4 oz lean sirloin steak, broiled, topped with ½ oz goat cheese and 2 cups cooked Swiss chard sautéed with 1 minced clove garlic and ½ tsp olive oil 1 large baked white potato topped with 1 tbsp Greek yogurt 1 cup blackberries</p> | <p>BREAKFAST: 2 eggs scrambled in 1 tsp olive oil 1 toasted English muffin with 2 tbsp strawberry jam</p> <p>SNACK: 1 cup Kiwi Smoothie* 10 cherries 10 whole almonds</p> <p>LUNCH: Basil Shrimp & Peas (leftovers)</p> <p>SNACK: ½ cup Greek yogurt with 1 sliced banana and ½ cup sliced strawberries</p> <p>DINNER: 4 oz chicken breast, broiled, topped with 1 cup cooked carrots, puréed, with 1 tsp EVOO, 1 tsp honey and a dash of chipotle chile powder 1 cup sliced fennel bulb and 1 cup sliced red onion, sautéed with 1 tsp olive oil 1½ cups sliced baked beets</p> |
| <p>TOTAL NUTRIENTS: CALORIES: 1,786, FAT: 42 g, SAT. FAT: 16.5 g, CARBS: 279 g, FIBER: 66 g, SUGARS: 75.5 g, PROTEIN: 89 g, SODIUM: 1,112 mg, CHOLESTEROL: 171 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,911, FAT: 92 g, SAT. FAT: 35.5 g, CARBS: 186 g, FIBER: 29 g, SUGARS: 75 g, PROTEIN: 100 g, SODIUM: 1,019 mg, CHOLESTEROL: 250 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,706, FAT: 52 g, SAT. FAT: 15 g, CARBS: 211 g, FIBER: 39 g, SUGARS: 63 g, PROTEIN: 114 g, SODIUM: 1,737 mg, CHOLESTEROL: 214 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,847, FAT: 52 g, SAT. FAT: 17 g, CARBS: 256 g, FIBER: 47 g, SUGARS: 114 g, PROTEIN: 106 g, SODIUM: 1,158 mg, CHOLESTEROL: 617 mg</p> |

* **Kiwi Smoothie:** Blend 1½ peeled and sliced kiwi puréed with ½ oz vanilla protein powder, ½ cup unsweetened non-dairy milk, ¼ banana, 1 tsp stevia and ice as desired (refrigerate remaining ½ kiwi and freeze ¼ of same banana for Sunday)

WEEK TWO

| MONDAY | TUESDAY | WEDNESDAY |
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| <p>BREAKFAST: Berry Parfait: ½ cup Greek yogurt puréed with ½ cup ricotta and topped with 1 cup raspberries and ¼ cup cold cereal, crushed</p> <p>SNACK: 1 cup sliced apricots; 1 granola bar</p> <p>LUNCH: Mushroom Cheese Sandwich Sauté 1 cup sliced cremini mushrooms with 1 tsp olive oil and ¼ cup chopped yellow onion; top 1 slice bread, toasted, with ¼ cup shredded Swiss cheese, ¼ tsp chopped thyme and mushroom mixture; cover with 1 slice bread, toasted 1 cup frozen sliced peaches</p> <p>SNACK: 2 stalks celery and 2 tbsp hummus</p> <p>DINNER: 1 serving Balsamic Cherry Pork Tenderloin with Crispy Asparagus (see recipe, p. 56)</p> | <p>BREAKFAST: ¾ cup cooked hot cereal with 1 tsp honey, 2 tbsp raisins, ⅛ tsp cinnamon and ½ cup milk</p> <p>SNACK: 1 banana, mashed, with ½ cup ricotta and 1 tbsp almond butter</p> <p>LUNCH: Thai Coconut Tofu: 6 oz tofu, ½ cup each shredded carrot and zucchini, and 1½ cups cooked rice noodles topped with mixture of ½ cup coconut milk, 2 tbsp peanut butter, 2 tbsp chopped cilantro, juice of ½ lime, ½ cup water and 1 tbsp chopped peanuts (eat half; save leftovers)</p> <p>SNACK: 15 red grapes; 1 oz Swiss cheese</p> <p>DINNER: 1 serving Lamb Roast with Fava Bean Mash (see recipe, p. 81; save leftovers) 1 sliced and steamed zucchini</p> | <p>BREAKFAST: 2 eggs, scrambled in 1 tsp olive oil, ½ cup beet greens cooked in ½ tsp oil, and 1 oz Swiss cheese on 1 toasted English muffin</p> <p>SNACK: 1 orange 1 granola bar</p> <p>LUNCH: 1 serving Lamb Roast with Fava Bean Mash (leftovers, p. 81)</p> <p>SNACK: 1 cup frozen sliced peaches, puréed, with ½ cup Greek yogurt 14 walnuts</p> <p>DINNER: 1 serving Red Curry Chicken Soup with Rice Noodles (see recipe, p. 44)</p> |
| <p>TOTAL NUTRIENTS: CALORIES: 1,372, FAT: 55 g, SAT. FAT: 27.5 g, CARBS: 149 g, FIBER: 28 g, SUGARS: 62 g, PROTEIN: 80 g, SODIUM: 1,013 mg, CHOLESTEROL: 252 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,825, FAT: 76 g, SAT. FAT: 33.5 g, CARBS: 209 g, FIBER: 23 g, SUGARS: 62.5 g, PROTEIN: 87 g, SODIUM: 918 mg, CHOLESTEROL: 175 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,787, FAT: 90 g, SAT. FAT: 42.5 g, CARBS: 155 g, FIBER: 23 g, SUGARS: 49 g, PROTEIN: 98 g, SODIUM: 1,484 mg, CHOLESTEROL: 553 mg</p> |

| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| <p>BREAKFAST: ¾ cup cold cereal with 1 cup milk and 1 sliced banana</p> <p>SNACK: 2 oz ground pork, cooked, and ½ cup cooked sliced cremini mushrooms on 2 slices bread; 1 cup sliced apricots</p> <p>LUNCH: Cod Salad: 2 cups each raw spinach and chopped romaine lettuce, 4 oz cod fillet, broiled, 1 small white baked potato, diced, ½ cup cooked green beans with 1 tsp EVOO, 1 tsp apple cider vinegar and 1 tsp Dijon mustard</p> <p>SNACK: 1 cup raspberries 1 oz Swiss cheese</p> <p>DINNER: Thai Coconut Tofu (leftovers) 1 cup cooked edamame with ½ tsp minced ginger and 1 tsp soy sauce</p> | <p>BREAKFAST: Cherry Chocolate Coconut Smoothie* 1 hard-boiled egg</p> <p>SNACK: Dice 1 cooked Yukon Gold potato, 1 cup cooked green beans and 1 cup tomato; add 1 tsp EVOO and 2 tsp apple cider vinegar</p> <p>LUNCH: 3 oz lamb roast (leftovers, p. 81), diced, with 1½ cup cooked quinoa, 3 tbsp raisins and 1 tsp each lemon zest and lemon juice 2 stalks celery and 6 carrot sticks with ¼ cup hummus</p> <p>SNACK: 15 red grapes 7 walnuts</p> <p>DINNER: 1 serving Mixed Mushroom Stew with Pork & Orzo (see recipe, p. 81; save leftovers) 2 cups steamed spinach</p> | <p>BREAKFAST: ¾ cup cooked hot cereal with 2 tsp maple syrup, 2 tbsp crushed walnuts and 1 cup raspberries</p> <p>SNACK: 1 orange ½ cup steamed edamame</p> <p>LUNCH: Fava Bean Soup: Cook 2 cups fava beans with 2 cups chicken broth, 1 minced clove garlic and 1 chopped small tomato for 20 minutes on medium; purée (eat 2 cups; save leftovers) 1 toasted English muffin</p> <p>SNACK: 1 banana and 1 tbsp almond butter</p> <p>DINNER: 3 oz ground chicken breast, formed into 3 1-oz meatballs; cook with 2 cups chopped tomato, 1 tsp EVOO and 1 minced clove garlic; pour over 1 cup cooked orzo; 1 cup steamed green beans</p> | <p>BREAKFAST: 1 granola bar, chopped, over ¾ cup Greek yogurt, 2 tbsp chopped peanuts and 1 tsp honey</p> <p>SNACK: Cherry Chocolate Coconut Smoothie*</p> <p>LUNCH: 1 serving Mixed Mushroom Stew with Pork & Orzo (leftovers, p. 81) 1 cup steamed carrots</p> <p>SNACK: 1 cup Fava Bean Soup (leftovers) topped with ¼ cup chopped tomato and garnished with 1 apricot, chopped</p> <p>DINNER: 4 oz tofu with 1 cooked large white potato, diced, 1 cup cooked edamame, ½ cup chopped cooked beet greens, ½ tsp each minced ginger and orange zest, 1 tsp maple syrup and 1 tsp soy sauce</p> |
| <p>TOTAL NUTRIENTS: CALORIES: 1,851, FAT: 65 g, SAT. FAT: 26 g, CARBS: 230 g, FIBER: 43 g, SUGARS: 64 g, PROTEIN: 99 g, SODIUM: 1,050 mg, CHOLESTEROL: 131 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,660, FAT: 55 g, SAT. FAT: 10.5 g, CARBS: 229 g, FIBER: 37 g, SUGARS: 64 g, PROTEIN: 86 g, SODIUM: 906 mg, CHOLESTEROL: 299 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,690, FAT: 42 g, SAT. FAT: 6 g, CARBS: 267 g, FIBER: 51 g, SUGARS: 70 g, PROTEIN: 85 g, SODIUM: 623 mg, CHOLESTEROL: 62 mg</p> | <p>TOTAL NUTRIENTS: CALORIES: 1,690, FAT: 58 g, SAT. FAT: 19.5 g, CARBS: 227 g, FIBER: 41 g, SUGARS: 64 g, PROTEIN: 90 g, SODIUM: 1,126 mg, CHOLESTEROL: 57 mg</p> |

* **Cherry Chocolate Coconut Smoothie:** Blend ½ cup pitted cherries, ½ tsp almond butter, ⅓ cup unsweetened non-dairy milk, ½ oz chocolate protein powder, ¾ cup coconut water and ice as desired