

<b>MONDAY</b> <span style="float: right; border: 1px solid black; padding: 2px;">DAILY COST: \$8.78</span>	<b>TUESDAY</b> <span style="float: right; border: 1px solid black; padding: 2px;">DAILY COST: \$7.65</span>	<b>WEDNESDAY</b> <span style="float: right; border: 1px solid black; padding: 2px;">DAILY COST: \$10.23</span>
<p><b>BREAKFAST:</b> 1 slice Sweet Potato Bread (see recipe, p. 79; save leftovers) with 1 tbsp peanut butter</p> <p><b>SNACK:</b> <i>Cinnamon Orange Yogurt:</i> Stir 1 orange, peeled and chopped, and pinch cinnamon into ½ cup yogurt</p> <p><b>LUNCH:</b> <i>Tuna &amp; Veggie Pita:</i> Mix 3 oz tuna with 1 tbsp each chopped onion, carrot, celeriac and parsley, 2 tsp ACV and 1 tsp EVOO; slice 1 pita round in half and fill with tuna and 4 thin cucumber slices, 1 cup grapes</p> <p><b>SNACK:</b> ½ cup cucumber slices and 1 pita round, toasted, with 3 tbsp hummus</p> <p><b>DINNER:</b> 1 serving Roasted Chicken with Creamy Celeriac Apple Slaw (see recipe, p. 79; save leftovers), ½ cup cooked black beans</p>	<p><b>BREAKFAST:</b> <i>Apple Oatmeal:</i> Cook ½ cup oats in 1 cup milk; stir in 1 apple, chopped, ⅔ oz walnuts and pinch cinnamon</p> <p><b>SNACK:</b> 1 cup grapes and ½ oz walnuts</p> <p><b>LUNCH:</b> 1 serving Roasted Chicken with Creamy Celeriac Apple Slaw (leftovers, p. 79); ½ cup cooked black beans</p> <p><b>SNACK:</b> 1 slice Sweet Potato Bread (leftovers, p. 79)</p> <p><b>DINNER:</b> <i>Chicken Hummus Bowl:</i> In a bowl, combine 4 oz roasted chicken, sliced (leftovers, p. 79), ¼ cup cooked black beans, ½ cup cooked quinoa (cook ½ cup dried to yield 2 cups cooked; save leftovers), 1 cup steamed broccoli, ¼ cup hummus and 2 tbsp feta</p>	<p><b>BREAKFAST:</b> <i>Yogurt Oats:</i> Combine ¾ cup yogurt, ½ cup oats and 1 cup sliced grapes</p> <p><b>SNACK:</b> 1 slice Sweet Potato Bread (leftovers, p. 79) with ¼ cup mashed avocado</p> <p><b>LUNCH:</b> <i>Green Chicken Salad:</i> Toss together 3 cups spinach, 5 oz roasted chicken, sliced (leftovers, p. 79), ¼ cup chopped orange, ½ cup chopped cucumber, ⅓ oz chopped walnuts and 2 tbsp feta; dress with 1½ tsp ACV, 1 tsp EVOO and ½ tsp Dijon mustard; remaining ¾ orange</p> <p><b>SNACK:</b> 2 cups Creamy Celeriac Apple Slaw (leftovers, p. 79)</p> <p><b>DINNER:</b> Season 5 oz arctic char with ⅓ tsp garlic powder, salt and pepper and broil; ¼ cup cooked black beans mixed with ½ cup cooked quinoa (leftovers); 2 cups broccoli florets, steamed and tossed with 1 clove garlic, chopped, and pinch red pepper flakes</p>
<p><b>NUTRIENTS:</b> Calories: 1,721, Fat: 61 g, Sat. Fat: 14 g, Carbs: 210 g, Fiber: 35.5 g, Sugars: 92 g, Protein: 96 g, Sodium: 2,018 mg, Cholesterol: 211 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,895, Fat: 64 g, Sat. Fat: 14 g, Carbs: 224 g, Fiber: 43.5 g, Sugars: 88 g, Protein: 118 g, Sodium: 1,372 mg, Cholesterol: 242 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,929, Fat: 76 g, Sat. Fat: 20 g, Carbs: 201 g, Fiber: 38.5 g, Sugars: 90 g, Protein: 114 g, Sodium: 1,909 mg, Cholesterol: 261 mg</p>

<b>THURSDAY</b> <span style="float: right; border: 1px solid black; padding: 2px;">DAILY COST: \$8.60</span>	<b>FRIDAY</b> <span style="float: right; border: 1px solid black; padding: 2px;">DAILY COST: \$8.24</span>	<b>SATURDAY</b> <span style="float: right; border: 1px solid black; padding: 2px;">DAILY COST: \$7.55</span>	<b>SUNDAY</b> <span style="float: right; border: 1px solid black; padding: 2px;">DAILY COST: \$8.91</span>
<p><b>BREAKFAST:</b> 1 slice Sweet Potato Bread (leftovers, p. 79) and 1 egg, hard-boiled</p> <p><b>SNACK:</b> 1 apple with 1½ tbsp peanut butter</p> <p><b>LUNCH:</b> 1 serving Roasted Chicken with Creamy Celeriac Apple Slaw (leftovers, p. 79), 1 cup cooked quinoa (leftovers)</p> <p><b>SNACK:</b> 1 cup grapes and ½ oz walnuts</p> <p><b>DINNER:</b> 5 oz roasted chicken (leftovers, p. 79); 1 sweet potato, baked, sprinkled with pinch cinnamon</p> <p><i>Sautéed Zucchini:</i> Sauté 1 zucchini, sliced, in 2 tsp EVOO with ¼ tsp each garlic powder and red pepper flakes (eat half; save leftovers)</p>	<p><b>BREAKFAST:</b> <i>Fruity Yogurt:</i> Combine 1 cup yogurt, 1 pear, chopped, ⅓ oz walnuts and pinch nutmeg</p> <p><b>SNACK:</b> 1 slice Sweet Potato Bread (leftovers, p. 79), thawed, with 1 tbsp peanut butter</p> <p><b>LUNCH:</b> <i>Chicken Sammie:</i> Arrange 4 oz roasted chicken (leftovers, p. 79), thawed and heated, 2 tbsp mashed avocado, 1 slice tomato and 2 tbsp parsley between 2 slices Sweet Potato Bread (leftovers, p. 79), thawed and toasted; 1 cup grapes, ½ cup sliced carrots</p> <p><b>SNACK:</b> 1 pita round with 2 tbsp hummus</p> <p><b>DINNER:</b> <i>Broccoli Spaghetti:</i> 5 oz Roasted Chicken (leftovers, p. 79), thawed and heated, with 5 oz cooked spaghetti, 1 cup broccoli florets sautéed in 1 clove garlic, 1 cup pasta sauce and ¼ tsp red pepper flakes</p>	<p><b>BREAKFAST:</b> <i>Zucchini &amp; Tomato Omelette:</i> Heat ½ tsp EVOO in a nonstick pan; whisk 2 eggs, 1 tsp water and pinch garlic powder and add to pan; when egg begins to set, add sautéed zucchini (leftovers), ¼ cup feta and 2 tbsp chopped tomato; cook until set and fold over; 1 toasted pita round</p> <p><b>SNACK:</b> 1 apple</p> <p><b>LUNCH:</b> <i>PBR&amp;B Toast:</i> Toast 2 slices Sweet Potato Bread (leftovers, p. 79), thawed, and top with 2 tbsp peanut butter, 1 tbsp raisins and ½ banana, sliced (freeze remaining ½ banana)</p> <p><b>SNACK:</b> ½ cup sliced celeriac with 2 tbsp hummus</p> <p><b>DINNER:</b> 1 serving Mushroom-Stuffed Flank Steak with Balsamic Green Beans (see recipe, p. 76)</p>	<p><b>BREAKFAST:</b> <i>PB Smoothie:</i> Blend ½ frozen banana (leftovers), 1 cup spinach, ¼ cup yogurt, 1 tbsp peanut butter and 1 cup milk with ice</p> <p><b>SNACK:</b> 1 egg, hard-boiled, with 2 tbsp hummus</p> <p><b>LUNCH:</b> 1 serving Squashy Sloppy Joes (see recipe, p. 68)</p> <p><b>SNACK:</b> Toast 1 slice Sweet Potato Bread (leftovers, p. 79), thawed, top with 1 tbsp each mashed avocado and parsley, 1 slice tomato and 1 oz roasted chicken, (leftovers, p. 79), thawed and heated</p> <p><b>DINNER:</b> <i>Chicken Pasta:</i> Sauté 4 oz roasted chicken, (leftovers, p. 79) thawed, 3 cups spinach, ½ cup chopped tomato and 1 clove garlic, chopped, in 1 tsp EVOO; stir in 2 oz spaghetti, cooked, 2 tbsp reserved pasta-cooking water, ¼ cup feta and ⅓ tsp red pepper flakes</p>
<p><b>NUTRIENTS:</b> Calories: 1,790, Fat: 70 g, Sat. Fat: 16 g, Carbs: 188 g, Fiber: 28.5 g, Sugars: 90 g, Protein: 111 g, Sodium: 1,313 mg, Cholesterol: 430 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,917, Fat: 68 g, Sat. Fat: 16 g, Carbs: 207 g, Fiber: 36.5 g, Sugars: 94 g, Protein: 107 g, Sodium: 2,283 mg, Cholesterol: 249 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,455, Fat: 73 g, Sat. Fat: 20 g, Carbs: 141.5 g, Fiber: 24 g, Sugars: 59 g, Protein: 69 g, Sodium: 1,497 mg, Cholesterol: 504 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,560, Fat: 66 g, Sat. Fat: 22 g, Carbs: 142 g, Fiber: 22.5 g, Sugars: 44 g, Protein: 109 g, Sodium: 1,919 mg, Cholesterol: 429 mg</p>