

WEEK 1

DAY	Breakfast	Snack	Lunch	Snack	Dinner
1	<p>Breakfast Burrito</p> <p>Spray cooking spray into frying pan. Scramble 2 egg whites in pan. Sprinkle ¼ cup fat free cheese over eggs. Place ¼ cup rinsed canned black beans over the cheese and eggs. Roll egg mixture into 1 medium whole wheat tortilla and dip in salsa.</p>	<p>1 medium apple, sliced, with 1 tablespoon peanut butter</p>	<p>1 can of Progresso Light Chicken Noodle soup</p> <p>½ of a turkey sandwich on wheat bread</p>	<p>1 homemade peach popsicle</p>	<p>Confetti Pesto Pasta</p> <p>Combine ¼ cup cherry tomatoes, 1 cups diced chicken breast , 3 TBSP pesto sauce, and 1/4 tsp each salt and pepper in a bowl. Add 1 cup cooked whole wheat linguine. Garnish with 2 TBSP shredded Parmesan</p>
2	<p>Strawberry Parfait</p> <p>Cut ¼ lb strawberries into quarters and layer in glass with 1 cup low fat vanilla yogurt and 3 TBSP fiber cereal.</p>	<p>Small handful of unsalted nuts</p>	<p>Tuna Salad Sandwich on wheat bread prepared with olive oil mayo.</p> <p>1 Orange</p>	<p>3 tablespoons hummus; 1/2 whole-grain pita, cut into pieces</p>	<ul style="list-style-type: none"> ▪ 6 ounce of broiled steak 1 sweet potato <p>1 cup of baked asparagus</p>
3	<p>Scrambled Eggs with Turkey Bacon, Asparagus and Goat Cheese</p> <p>Heat ¼ TBSP butter in a nonstick skillet over medium heat. Add 2 stalks of chopped asparagus and cool until tender. Season with salt and pepper. Crack 2 eggs into a large bowl and whisk with 1 TBSP skim milk. Add to the pan with the asparagus. Add in 1 TBSP crumbled goat cheese and 1 oz cooked turkey bacon.</p>	<p>1 cup of frozen melon balls</p>	<p>2 chicken soft tacos</p> <p>2 small whole wheat tortillas</p> <p>4 oz grilled chicken breast</p> <p>¼ cup fat free cheese</p> <p>Salsa to dip</p>	<p>Puree 1 cup melon with 1 teaspoon lime juice and freeze. Serve over 3/4 cup raspberries and 1/2 cup blueberries</p>	<p>Tilapia & Veggie Packets</p> <p>Preheat grill. Combine 1 cup halved grape tomatoes, 1 cup diced squash, 1 cup thinly sliced red onion, 12 trimmed and cut green beans, 2 TBSP lemon juice, , 1 TBSP olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl. Lay two 20-inch sheets of foil on top of each other; generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with 1/4 teaspoon salt and pepper, top with about 3/4 cup of the vegetable mixture. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Grill the packets until the fish is cooked through and the vegetables are just tender, about 5 minutes.</p>
4	<p>Protein Filled Oatmeal</p> <p>Mix ¾ cup plain instant oatmeal, 1 cup skim milk, 1 TBSP sliced almonds, 1 tsp honey, and 1 tsp ground flaxseed in a microwavable bowl. Heat for 2 minutes and top with 1 TBSP low fat vanilla yogurt.</p>	<p>Fiber One Chewy Bars Oats & Peanut Butter</p>	<p>Boiled Shrimp Caesar Salad</p> <p>5 jumbo boiled shrimp</p> <p>1 ½ cup lettuce</p> <p>2 TBSP light Caesar dressing</p>	<p>6 reduced fat triscuits with 1 wedge of laughing cow cheese</p>	<p>Roasted Shrimp Skewers</p> <p>Marinate 8 large shrimp cleaned and peeled in a ziplock with the juice of 1 lemon, 2 cloves minced garlic, and salt and pepper. Place them on skewers with the vegetables of your choice. Place on grill until shrimp are fully cooked.</p>
5	<p>Multigrain Blueberry Waffles</p> <p>Preheat oven to 200. Coat a baking</p>	<p>1 apple with 1 Laughing Cow Light cheese wedge</p>	<p>Mediterranean Wrap</p> <p>Spread 1/4 cup hummus on a whole wheat tortilla. Top with</p>	<p>¼ cup raisins</p>	<p>Turkey Burger with Feta and Spinach</p> <p>3 oz turkey patty</p> <p>2 TBSP crumbled feta</p>

	<p>sheet with cooking spray. In a large bowl, combine 3 TBSP whole grain flour, 1 TBSP rolled oats, ¼ tsp baking powder, ¼ tsp baking soda and ¼ tsp salt. In a medium bowl, combine 1 TBSP skim milk, 1 egg white, ½ TBSP brown sugar and ½ tsp vegetable oil. Add the flour mixture and stir until blended. Add in ½ cup blueberries. Cook waffles in a waffle maker. In a sauce pan over medium heat, combine ½ cup blueberries, 3 TBSP sliced strawberries & 1 TBSP maple syrup until hot. Serve over waffles.</p>		<p>a few slices of tomato and zucchini, 1/2 cup spinach, and a few sliced onions. Roll up and cut in half on a diagonal.</p>		<p>¼ cup spinach 1 whole wheat bun Serve with a pear</p>
6	<p>Broccoli and Parmesan Egg Scramble Whisk together 2 eggs. Coat a frying pan with nonstick cooking spray and saute 3/4 cup chopped broccoli florets 2 minutes; add eggs and scramble. Once eggs are cooked, sprinkle with 1 1/2 tablespoons grated Parmesan. Serve with a slice of whole wheat toast.</p>	1 plum	<p>Turkey Caesar Wrap Fill whole wheat tortilla with 2 oz of sliced turkey, ½ cup lettuce and 1 TBSP light Caesar dressing. Serve with apple</p>	<p>reduced fat triscuits with wedge of laughing cow cheese</p>	<p>Sesame Chicken Stir-Fry</p> <ul style="list-style-type: none"> • Cut 3 ounces skinless chicken breast into thin strips. • Heat 2 teaspoons olive oil in a large skillet over medium heat. <ul style="list-style-type: none"> • Add chicken; 2 teaspoons reduced-sodium soy sauce; 2 teaspoons honey; 1 garlic clove, minced; and 1 teaspoon grated fresh ginger; saute 6 minutes. • Add 2 cups fresh vegetable stir-fry mix and 1/2 cup cooked brown rice; saute 10 minutes. <p>Top with 1 teaspoon toasted sesame seeds and 1 teaspoon dark sesame oil.</p>
7	<p>Blueberry-Pineapple Protein Shake Combine 1 cup low-fat milk, 1/4 cup frozen blueberries, and 1/4 cup frozen pineapple in a blender; puree until smooth</p>	¾ cup whole grain cheerios dry	<p>1 ½ cup tortilla soup 1 cup greens to make a salad 2 TSBP light dressing.</p>	<p>3 stalks celery 2 tsbp low fat ranch</p>	<p>8 large shrimp, grilled 1 C steamed broccoli 3/4 C whole wheat pasta prepared with 1 Tbsp margarine</p>

Week 2

DAY	Breakfast	Snack	Lunch	Snack	Dinner
1	<p>Waffles With Blueberry Maple Syrup</p> <p>Toast 2 whole grain waffles, top with ½ cup blueberries, 1 TBSP pecans and 2 TBSP Sugar Free Syrup.</p>	<p>1 tablespoon almond butter and apple slices</p>	<p>Grilled chicken breast on whole-wheat bread with sliced avocado and a side salad</p>	<p>25 peanuts, salted</p>	<p>Sauteed Snapper with Brown Rice and Asparagus</p> <p>First, season the fish as desired. Then heat 1 to 2 TBSP of olive oil in a skillet over medium-high heat. Cook the fish for 2 to 3 minutes per side.</p> <p>Serve with: ½ cup of brown rice and an unlimited amount of broiled asparagus.</p>
2	<p>Spinach & Bacon Omelet</p> <p>Whisk together 1 egg and 2 egg whites, 2 slices of cooked turkey bacon, crumbled and 1 cup baby spinach. Coat a skillet with cooking spray; cook egg mixture and serve with 1 slice of whole wheat toast and ¾ cup cantaloupe.</p>	<p>¼ cup low-fat ricotta topped with 1 cup sliced strawberries</p>	<p>Arugula, Sun-Dried Tomato, and Ricotta Salad</p> <p>Toss arugula, chopped sun-dried tomatoes, romaine lettuce, black olives, ricotta salata, chopped celery and celery leaves, and sliced mushrooms with a mustard vinaigrette.</p>	<p>Pop a bag of popcorn. While it's still hot, toss the popcorn with a half cup grated Parmesan and a good amount of chopped fresh rosemary.</p>	<p>Grilled shrimp with grilled corn on the cob and a side salad. Mix 2 TBSP olive oil with a few cloves of chopped garlic, red pepper flakes, salt, and pepper. Marinate shrimp in half of the mixture for 20 minutes, and then grill over high heat for 2 minutes a side, brushing with the remaining garlic oil.</p>
3	<p>PEANUT BUTTER AND BANANA SMOOTHIE</p> <p>In a blender, combine all ingredients 8 oz skim milk, 1 TBSP natural peanut butter and 1 medium banana and mix until smooth. Use 6 ice cubes for a thicker consistency.</p>	<p>6 ounces yogurt with 1 tablespoon ground flaxseed</p>	<p>Low-Cal BLT: 2 slices whole wheat bread, 1 slice Canadian or turkey bacon, 2 thick slices tomato, 2 lettuce leaves, 1 tbs. fat-free mayonnaise • 11 baby carrots</p>	<p>Warm toasted nuts: Toss a combination of nuts - pecans, almonds, peanuts, cashes - with chili powder, black pepper, and a pinch of cayenne. Roast in a 400 degree F oven for 10 minutes, until warm and toasty.</p>	<p>Blue Burger with Zucchini Parmesan Wedges</p> <p>Mix together 4 ounces lean ground beef and 2 tablespoons blue cheese; form into a patty. Cook on a grill or 4 minutes on each side. Serve on a toasted whole-grain sandwich thin with 2 romaine lettuce leaves. Serve with grilled Zucchini wedges topped with parmesan.</p>
4	<p>Santa Fe Egg Scramble</p> <p>In a pan over medium heat, scramble 1 egg and 2 egg whites, 2 TBSP rotel, and 2 TBSP cheddar cheese together. Once cooked, place egg mixture in 1 whole wheat tortilla and fold. Eat with ½ a grapefruit.</p>	<p>1 small pear and 1 ounce string cheese</p>	<p>Large salad with fresh vegetables (peppers, carrots, broccoli, onion), beans, lean protein (grilled chicken or salmon), and a drizzle of olive oil and balsamic vinegar</p>	<p>Boil a few cups of frozen edamame until tender. Drain and toss with a light coating of sesame oil, red pepper flakes, and kosher salt.</p>	<p>Grilled Chicken Tacos</p> <p>Rub a 4 oz chicken breast with garlic, lime juice, and cumin. Grill until firm and serve sliced into 2 whole wheat tortillas with grilled onions, ½ an avocado and salsa.</p>
5	<p>Vanilla Spice French Toast with Apple</p> <p>Whisk 1 egg and 2 egg whites, 1 tsp vanilla, and a dash of cinnamon and nut meg. Dip 2 pieces of whole wheat bread into egg mixture. Spray skillet with cooking spray and saute bread on each side until brown (about 3 minutes). Top with ½ chopped apple.</p>	<p>2 tablespoons hummus and 9 baked pita chips</p>	<p>Veggie Wrap: 1 10-inch flour tortilla, 1 ounce grated low-fat cheese, ¼ cup black beans, 3 slices avocado, 3 thin slices cucumber, ½ medium chopped tomato, hot sauce to taste</p>	<p>Ants on a Log: Slather celery with smooth or chunky peanut butter. Dot with raisins.</p>	<p>Baked or grilled salmon with barley (or other whole grain) and half a plate of vegetables sautéed with olive oil</p>

6	<p>PEACH AND YOGURT PARFAIT</p> <p>INGREDIENTS</p> <p>Mix 2 tsp honey into 6 oz nonfat plain yogurt. Layer yogurt, ¼ cup chopped peaches and 2 TBSP granola in bowl.</p>	<p>6 ounce container</p> <p>2% plain Greek yogurt</p> <p>1 small diced pear</p>	<p>Turkey Cheddar Club With Apple</p> <p>-- 2 slices whole-grain bread</p> <p>-- 1 teaspoon mustard</p> <p>-- 6 thin slices turkey</p> <p>-- 1 slice cheddar cheese</p> <p>-- 3 lettuce leaves</p> <p>-- 1 medium apple, thinly sliced</p> <p>MAKE IT: Spread mustard on bread. Add turkey, cheese, and lettuce. Put apple on the side.</p>	<p>a slice of swiss cheese on a cutting board. Top with a slice of deli turkey and a spoonful of hummus and guacamole. Wrap like a jelly roll and eat.</p>	<p>Whole-wheat pasta with tomato sauce, beans, vegetables, and grated cheese OR whole-wheat pasta with lean turkey Bolognese</p>
7	<p>Honey & Pear Oatmeal with Almonds</p> <p>Microwave 1 diced medium pear and 2 tsp honey until warm (about 3 minutes). Prepare 1 packet instant oatmeal with hot water and top with pear and honey. Sprinkle with 1 TBSP chopped almonds.</p>	<p>Cottage cheese with blueberries</p>	<p>Greek Feta Salad Toss</p> <p>shredded romaine lettuce with thinly sliced scallions, chopped dill, crumbled reduced-fat feta cheese, fresh lemon juice, extra-virgin olive oil, salt, and pepper.</p>	<p>Combine 1 cup almonds, walnuts, or cashews (or a mix of all three) with 1/2 cup sunflower seeds and 1 1/2 cups dried fruit: raisins, apricots, apples, prunes, and/or banana chips.</p>	<p>Lemon-Dill Salmon: 3 ounces salmon, broiled with lemon juice and chopped fresh dill 1 cup roasted asparagus (Coat with vegetable spray, season, and bake at 450 degrees F for 15 minutes.)</p> <ul style="list-style-type: none"> • 2/3 cup cooked wild rice • Spinach salad: 2 cups baby spinach, 1/2 cup canned mandarin oranges, 2 tbs. red onion, 2 tbs. low-calorie Italian dressing

Week 3

DAY	Breakfast	Snack	Lunch	Snack	Dinner
1	<ul style="list-style-type: none"> • Strawberry, Banana and Flax Smoothie • Blend 1/2 medium banana, 1/2 cup frozen unsweetened strawberries, 1 cup skim milk and 2 TBSP ground flaxseed until smooth. 	<p>1 orange</p>	<p>Tuna-salad sandwich on a whole-grain roll made with small can (3 ounces) water-packed tuna, 2 tablespoons light mayo, and 2 tablespoons each chopped celery and bell peppers.</p>	<p>A medium apple sliced with 1 tablespoon almond butter</p>	<p>Rosemary chicken with broccoli and whole wheat pasta</p>
2	<p>Baked Eggs with Herbs</p> <p>Preheat the oven to 350 degrees F. Coat a 6-ounce ramekin with nonstick cooking spray. Crack 2 eggs into prepared ramekin and top with 2 TBSP low-fat milk, 1 TBSP chopped fresh chives, 1 tablespoon TBSP chopped fresh basil, and a pinch each of salt and black pepper. Bake about 15 minutes,</p>	<p>2 plums</p>	<p>Barbecue Chicken Pita</p> <p>Stir together 1 Tbsp barbecue sauce and 1/2 cup chopped precooked chicken; microwave for 30 seconds. Stuff half of a whole wheat pita with chicken mixture.</p> <p>Top with ½ cup chopped lettuce, 2 Tbsp diced cucumber, and 1 Tbsp fat-free ranch dressing</p> <p>Serve with 10 baby carrots</p>	<p>¾ cup cantaloupe 1/2 cup 2% cottage cheese</p>	<p>4 oz lean pork, 1 small baked potato with 1 tbsp salsa and 1 tbsp fat free sour cream. 8 stalks grilled asparagus</p>

	until eggs are set. Serve with melon and 1 slice toasted whole-grain bread topped with 1 teaspoon butter.				
3	The P 'n' B Waffle: 1 whole-grain frozen waffle topped with 1 tbs. peanut butter • 1 cup blueberries • 1 cup calcium- and vitamin D-fortified orange juice	1 pear	1 piece whole wheat bread to make 1/2 grilled cheese 1/2 oz cheese calorie free butter spray for grilled cheese 8 oz tomato soup	1 medium-sized peach	Grilled shrimp with grilled corn on the cob and a side salad. Mix 2 TBSP olive oil with a few cloves of chopped garlic, red pepper flakes, salt, and pepper. Marinate shrimp in half of the mixture for 20 minutes, and then grill over high heat for 2 minutes a side, brushing with the remaining garlic oil.
4	Egg Sandwich Whisk together ¾ cup egg whites, salt, and pepper. Add the egg white mixture to skillet. Cook and stir about 1 1/2 minutes or until the egg whites are set. Spoon the egg whites onto 2 slices of whole wheat toast. Top with ¼ cup low fat cheddar cheese, 1 strip turkey bacon, and ½ diced tomato.	¾ cup raisins	Chicken and cheese quesadilla 2 small whole wheat tortillas 2 oz grilled chicken ¼ cup low fat cheese Salsa	1 cup apple sauce	Broiled Snapper with vegetable Kabobs. Season the steaks and brush with olive oil. Place them on a broiler-pan rack and broil 4 to 6 minutes on each side, or until just opaque in the center. Serve with grilled vegetable Kabobs of any vegetables you choose.
5	Vanilla Peach Cottage Toast -- 1 slice whole-grain bread -- 1 teaspoon vanilla extract -- 4 ounces low-fat cottage cheese -- 1 cup sliced peaches	1 ½ cup frozen melon balls	Lettuce Wraps 1 ½ cups ground turkey seasoned with onion and soy sauce 5 Iceberg lettuce leaves ½ cup edamame	6 almonds	3 oz lean pork loin ¾ cup brown rice Steamed asparagus
6	1 Nutri-Grain Low Fat Whole Wheat Waffle (70 cal) ¼ cup plain non-fat yogurt (50 cal) ¼ cup blueberries (20 cal) 2 strawberries (10 cal) 1 tbsp sliced almonds (50 cal)	1 hard-boiled egg with 4 whole-grain crackers	Turkey-Avocado Melt Place 2 to 3 slices roasted turkey, 2 slices avocado, and 1 slice low-fat pepper jack cheese between 2 slices whole-grain bread. Grill in skillet.	Small handful of dry-roasted peanuts	Crunchy Chicken Taco Salad Lightly coat 1 small whole wheat tortilla with the cooking spray on both sides, toast and slice into thin strips. In a large bowl, whisk together the 2 TBSP lime juice, 1 tbsp olive oil, and jalapeño. Add ½ cup cooked shredded chicken, 1 cup lettuce, ½ bell pepper. Top with ¼ an avocado and ¼ cup low fat cheddar cheese. Garnish with crisped tortilla strips.
7	Apricot & Honey Greek Yogurt -- 5 ounces fat-free Greek yogurt -- 1/4 cup dried apricots, chopped -- 1 cup whole-grain cereal -- 1 tablespoon honey	1 Nutra-grain bar	Turkey wrap 1 whole wheat tortilla 2 oz turkey Lettuce and tomato ½ cup grapes	2 tablespoons hummus with 4 baby carrots	Blue Cheese Turkey Burger Prepare 1 turkey burger according to package directions. Place burger on 1 toasted whole wheat hamburger bun, and top with 2 slices tomato, and 1 tablespoon blue cheese crumbles. Serve with 10

					<p style="text-align: center;">baby carrots with 1 tablespoon light ranch dressing.</p>
--	--	--	--	--	---

Week 4

DAY	Breakfast	Snack	Lunch	Snack	Dinner
1	<p style="text-align: center;">BLACK BEAN BREAKFAST BURRITO</p> <p>Scramble 1 egg and 2 egg whites, ¼ cup canned black beans, 2 TBSP salsa and 2 TBSP low fat cheddar cheese. Fill 1 small whole wheat tortilla with egg mixture. Serve with ½ cup cantaloupe.</p>	<p>8 ounces tomato juice</p>	<p>White Bean & Pesto Pita -- 1/2 cup canned white beans, rinsed and drained -- 1 cup tomatoes, chopped -- 1 1/2 tablespoons pesto -- 1 cup spinach -- 1 medium whole-grain pita MAKE IT: Mix beans and tomatoes with pesto. Fill pita with bean mixture and spinach.</p>	<p>Combine a can of tuna with your favorite salsa. Use Triscuits for scooping.</p>	<p>Chicken Fajitas: 2 corn tortillas, 3.5 ounces broiled chicken breast tenders, seasoned with 2 tps soy sauce and sauteed in 1 tsp canola oil with 1/2 cup chopped green peppers and 3 thick slices red onion</p> <ul style="list-style-type: none"> • 2/3 cup chopped lettuce • 1/4 cup salsa • 1/2 cup brown rice
2	<p style="text-align: center;">Berry Wafflewich</p> <p>Prepare the 1 whole wheat waffle according to the package directions. Spread ½ TBSP peanut butter on the waffle. Cup the waffle in your hand, add ¼ cup of blueberries and raspberries, and then fold over.</p>	<p>3 or 4 stalks celery 1/2 cup nonfat cottage cheese 1/4 cup salsa to season</p>	<p>Tropical Black Bean Salad Toss rinsed and drained canned black beans with a zesty hot sauce, diced papaya, halved cherry or grape tomatoes, sliced scallions, fresh lime juice, extra-virgin olive oil, and chunks of reduced-fat Monterey Jack cheese.</p>	<p>14 baked tortilla chips and 2 tablespoons fat-free bean dip</p>	<p>Meat 'n' Potatoes: 3 ounces broiled sirloin steak, 5-ounce baked sweet potato topped with 1 tsp. butter, 1 cup peas and carrots</p> <ul style="list-style-type: none"> • Caesar salad: 2 cups chopped romaine lettuce, 2 tbs. low-calorie Caesar dressing
3	<p style="text-align: center;">HONEY WHIPPED COTTAGE CHEESE AND BERRIES</p> <p>In a blender, combine 6 oz cottage cheese and 1 TBSP honey until smooth. Top with ½ cup raspberries and ½ cup blackberries.</p>	<p>1 orange 10 whole wheat pretzels</p>	<p>Mexican pizza</p> <p>1 whole wheat tortilla, ¼ cup salsa, 2 oz. skinless chicken breast, ½ cup red pepper, 1 cup spinach, 2 tbs low fat cheddar cheese. cook all veggies on stove, place on top of tortilla w/ salsa, chesses and chicken, cook in oven at 400 for few minutes until cheese melts. Serve with 10 Baby Carrot Sticks</p>	<p>¾ cup grapes</p>	<p>Linguini with Shrimp: 1 cup linguini tossed with 3.5 ounces broiled medium shrimp, 2 minced garlic cloves and 2 tbs chopped fresh parsley</p> <ul style="list-style-type: none"> • Sauteed spinach: 2 1/2 cups fresh spinach cooked in 1 tsp olive oil with 2 minced garlic cloves • Tomatoes and mozzarella: 2 medium tomatoes, sliced and topped with 1 ounce fresh mozzarella cheese, 2 tbs fresh parsley leaves and 1 tbs low-calorie Italian dressing
4	<p style="text-align: center;">Omelet and Toast</p> <p>Combine 1 egg, 2 egg whites, spinach, tomatoes, and a sprinkle of shredded mozzarella. Eat with 1 slice of whole wheat toast and 1 cup of honey dew melon.</p>	<p>1 Kellogg's Nutri-Grain bar</p>	<p>Garden Tuna Wrap -- 4 ounces light tuna packed in water, drained -- 2 tablespoons low-fat Italian dressing -- 1 cup shredded carrots -- 1 cup sliced cucumber -- 2 whole-grain tortillas MAKE IT: Mix dressing with tuna. Wrap with veggies in tortilla.</p>	<p>Serve 12 baby carrots with 1/4 cup hummus for dipping</p>	<p>Poached Trout with Satued Vegetables</p> <p>Place the fish in a saucepan or deep skillet and add enough fish stock, or water, to barely cover the fish, along with seasonings of your choice, such as herbs or onions. Bring the liquid to a simmer over medium heat (do not boil). Simmer the fish for 10 minutes or until the center is opaque.</p>

					Remove the fish with a slotted spatula. You can use the fish stock or water poaching liquid to make sauce. Serve with Satued Zucchini and Squash.
5	Pave a slice of toasted wheat bread with peanut butter and banana slices. Top with a drizzel of honey. Serve with ½ cup strawberries	1 medium-sized peach	Taco salad 5 tortilla chips, ground turkey, black beans, iceberg lettuce, tomato slices, low-fat cheddar, salsa, avocado and lime juice	8 reduced fat wheat thins	8 shrimp, skewered and broiled Veggie skewers with 6 tomatos, 6 mushrooms, 1 cup eggplant, 1 cup zuchhini marinated (shake in a ziplock bag) in 1/2 tbsp olive oil, 1 tbsp balsamic vinegar, 2 tbsp lemon juice, fresh cilantro, basil, parsley. 1/2 cup wild rice
6	Lemon-Raspberry Fruit Salad Combine 1/4 cup part-skim ricotta and 1 teaspoon raspberry jam.Mix together 1 cup fresh raspberries, 1 TBSP fresh lemon juice, 1 tsp lemon zest, and 2 teaspoons honey. Top ricotta mixture with raspberry mixture and sprinkle with 2 TBSP toasted sliced almonds.	1 string cheese	Grilled Cheese with Turley and Tomato 2 slices whole wheat bread 1 slice cheddar cheese 2 oz sliced turkey 1 slice tomato ½ cup baby carrots 2 TBSP low fat ranch	1 cup watermelon cubes	Mediterranean Penne -- 2 ounces whole wheat penne, uncooked -- 1/2 cup canned white beans, rinsed and drained -- 1 1/2 cups cherry tomatoes, halved -- 1 tablespoon olive oil -- 1 tablespoon dried oregano -- 1 garlic clove, minced MAKE IT: Cook penne and drain. Toss all ingredients in pot and warm for about 7 minutes
7	Tex Mex Breakfast Sandwich Scramble ¼ cup egg substitute and 2 TBSP low fat cheddar cheese; Place the eggs on the bottom half of the a whole wheat English muffin. Top with two thin slices of avocado and 4 tsp salsa, then replace the top of the muffin.	1 orange	Tuna salad sandwich made with 1/2 cup water-packed tuna, 1 tablespoon olive oil mayonnaise, chopped celery as desired, leaf lettuce and 2 slices whole-grain toast 2 cups raw baby carrots 1 medium apple	3 TBSP Hummus ½ whole grain pita cut into wedges	Garlic Sesame Salmon with Brown Rice and Vegetables -- 1 tablespoon sesame oil -- 1 garlic clove, minced -- 3 ounces salmon -- 3/4 cup microwavable brown rice -- 1 1/2 cups frozen stir-fry vegetables MAKE IT: Mix sesame oil and garlic. Drizzle half the mixture on salmon, and grill or broil for about 8 minutes. Microwave brown rice for 90 seconds, and nuke vegetables for 4 to 5 minutes. Drizzle the remaining sesame oil and garlic mixture over rice and vegetables.