

## Weekly Meal Plans – Week #4

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY	2 HB Eggs Chicken Sausage Fruit of your choice	Cheddar Cheese Slices and whole grain crackers	Tuna Pita	Carrots/Celery and Peanut butter	Shrimp, broccoli and parmesan
MONDAY	Scrambled Eggs and Oatmeal	String cheese Orange	Ground turkey, whole grain pasta, diced tomatoes, feta	Cottage Cheese Snap Peas/Edamame	Chicken breast, cucumber and tomato mixed with EVOO and feta
TUESDAY	1 egg/ 2 whites with peppers, parmesan and ground flax	Almond Butter and apple	Tuna, cheddar cheese, on whole grain toast with lettuce	2 HB Eggs and Hummus	Sirloin Steak and Mushrooms, Salad
WEDNESDAY	Fiber One Cereal or Shredded Wheat (no sugar), skim milk, add protein powder to milk or 2 eggs on side	Plain Yogurt and Fruit	Grilled Chicken, Wild Rice, Broccoli	Turkey Slices Red Pepper/Cucumbers	Turkey Burger, Mixed Veggies
THURSDAY	2 Slices Turkey bacon, 2 eggs, tomato on half whole grain bagel	Cottage Cheese Fruit	Salmon and Green Beans	String Cheese Pear	Pork Tenderloin, squash and zucchini
FRIDAY	<a href="#">French Toast In Bowl</a>	Mixed Fruit Walnuts Plain Yogurt	Grilled Chicken , Stir Fry Vegetables and Whole Wheat Toast	Plain Yogurt, peanut butter, fruit	Sirloin, spinach salad and asparagus
SATURDAY	2 eggs, mozzarella cheese, blueberries, whole grain toast with PB	Hummus and Red/Yellow/Orange peppers	Lean burger, Spinach salad, ½ whole grain bun	Almonds Apple	Chicken breast on spinach salad with red peppers, mozzarella and walnuts