

Healthy Meal & Snack Ideas

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	WW Waffles Peanut Butter Banana Slices Cinnamon	Scrambled Eggs Onions Kale Mozzarella Cheese Whole Grain Tortilla	Greek Yogurt Fresh Fruit Almonds Honey	Baked Egg in Avocado Pepper Chives	Berries, Kale, and Low-Fat Milk Smoothie	Whole wheat Bagel with Ricotta Cheese and Strawberry Slices	Oatmeal Strawberries Walnuts Drizzle of Honey Cinnamon
Snack	Carrot Sticks Hummus	Apple Slices Peanut Butter	Soft Cheese Wedge Pear Slices	Grapefruit wedges on whole wheat English Muffin, drizzled with honey and cinnamon, broiled	1% Cottage Cheese Pepper Slices	Greek Yogurt Fresh Fruit Walnuts	Peanut Butter Banana Slices Brown Rice Cakes
Lunch	Tuna Fish Squeeze of Lemon Juice Whole Wheat Bread	Leftover veggies Chickpeas Dressing: orange juice, lime juice, olive oil, honey, red wine vinegar	Avocado Tomato Mozzarella Whole Wheat Bread Grilled Sandwich	Whole Wheat Pita Black Beans, cooked Salsa Low-fat Cheddar Cheese	Chicken Breast Arugula Almonds Low-fat feta Cheese Olive oil + Balsamic Vinegar Orange slices	Romaine Lettuce Avocado Grapefruit Low-fat Feta Cheese Dressing: olive oil, lemon juice, ground mustard, grapefruit juice)	Roasted Vegetables Hummus Whole Wheat Tortilla Apple
Snack	Almonds Dried Fruit	String Cheese Whole Grain Crackers	Tomato Slices Feta Cheese Drizzle of Olive Oil	Low-Sodium, Uncured Deli Ham Slices wrapped around pepper slices	High fiber, low sugar cereal Low-fat milk	Whole Wheat Pita Wedges, toasted Hummus	Low –Sodium Deli Turkey Breast Slice Cream Cheese Pear Slice
Dinner	Baked Pork Chop Applesauce Roasted Brussels Sprouts in olive oil	White Chicken Chili (Chicken, Cannellini Beans, Garlic, Onion, Seasonings) Sautéed vegetables in olive oil	Omelet with Spinach, Mozzarella Cheese, and Pepper Strips Whole Wheat Toast	Black Bean Quesadillas (Black Beans, Whole Wheat Tortillas, Low -fat Cheddar Cheese, Spinach, Onion)	Baked Salmon Black Beans mixed with Brown Rice	Baked Chicken Breast Roasted Broccoli and Cauliflower florets in olive oil	Whole Wheat Spaghetti Lean Ground Turkey or Tofu Tomato Sauce Sautéed onions and mushrooms in olive oil
Snack	Banana, rolled in Peanut Butter and crushed high fiber, low sugar cereal	Dry Roasted Edamame with Dried Fruit	Carrot Sticks with Guacamole	1% Cottage Cheese Berries	Air-popped popcorn Drizzle of Dark Choco- late Walnut Pieces Dried Cranberries	Orange Slices Pistachios	Dark Chocolate with Walnut Clusters