

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Pear, Cheddar and Ham Melt: 1/2 sliced medium pear, 1 oz cheddar, 1 slice ham on 1 English muffin	Waffles: Spread 1 pb packet onto 1 frozen multigrain waffle; serve with strawberries.	Eggs Florentine Sandwich: Scrambled egg, cooked spinach on 1 English muffin. 1 pear	Burrito: Scrambled egg, 1/2 cup mushrooms. 1 tortilla, 2 tbsp salsa. Serve with 1/2 cup grapes.	Tostadas: Scramble 1 egg, 1 cup spinach, 1/4 cup chopped tomato, two corn tortillas; top each with 1 tbsp shredded cheddar, 1 tbsp salsa.	French Toast, bacon, strawberries, mascarpone	Steel cut oats with berries,
<b>Lunch</b>	Chicken Club: chicken, 1 slice bacon, 2 slices tomato, 2 tsp mayo, lettuce on GF toast. Chips	Soup and Salad: 1 cup lentil soup with 1 cup mixed-greens salad; yogurt	Chicken Club: chicken, 1 slice bacon, 2 slices tomato, 2 tsp mayo, lettuce on GF toast. Chips	Soup and Salad: 1 cup lentil soup with 1 cup mixed-greens salad; yogurt	Chicken Club: chicken, 1 slice bacon, 2 slices tomato, 2 tsp mayo, lettuce on GF toast. Chips		
<b>Snack</b>	1 cup tomato soup; 3/4 cup baby carrots; 2 tbsp ranch dressing	Top 1/2 whole-grain English muffin with 1 tsp hummus, 1 slice tomato, 1 slice cheese. Serve with 1/4 cup grapes.	1 cup tomato soup; 3/4 cup baby carrots; 2 tbsp ranch dressing	Top 1/2 whole-grain English muffin with 1 tsp hummus, 1 slice tomato, 1 slice cheese. Serve with 1/4 cup grapes.	Top 1½ cups sliced strawberries with ½ oz ricotta and 1 tsp brown sugar		
<b>Snack #2 for Gym/Run days</b>	String cheese, almonds, pear or apple	String cheese, almonds, pear or apple	String cheese, almonds, pear or apple	String cheese, almonds, pear or apple	String cheese, almonds, pear or apple		
<b>Dinner</b>	Shrimp Tacos corn tortillas top with 1/4 cup shredded lettuce, 1 tbsp cheese, 1 tbsp salsa, 1 1/2 tsp sour cream . 1/2 cup cooked brown rice, 1/2 cup chopped tomatoes	Chicken Broccoli & Ziti	Pork Chops, mushrooms, gravy, arugula, roasted cauliflower	Take out pizza	Linguine w/ shrimp, Artichokes & Lemon  Sauté 1 cup artichoke hearts, garlic, olive oil. Add 1 cup halved grape tomatoes, 2 tbsp white wine; simmer until wine is slightly reduced. Toss with shrimp, 1 cup cooked GF linguine, 1 tsp lemon juice, salt and pepper to taste.	Chicken & Vegetable Fried Brown Rice  Sauté 3 oz thinly sliced chicken breast with 1/4 cup each chopped carrots, onion, zucchini, mushrooms. Add 3/4 cup cooked brown rice, 1 1/2 tsp GF soy sauce.	Steak fajitas  Cook 4-oz steak at 425 Cut steak into small cubes; sprinkle over 1 oz corn tortilla Top with 1/4 cup black beans 1/4 cup shredded cheese, 2 tbsp salsa, avocado, sour cream
<b>Dessert</b>	¾ cup warm cherries; with 2 Tbsp part-skim ricotta and 2 tsp slivered almond.	½ cup sorbet.	Top 1½ cups strawberries with ½ oz ricotta and 1 tsp brown sugar.	cookies	Reese's PB Cups		