

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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,
Lunch	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		
Snack	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		
Snack #2 for Gym/Run days	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		
Dinner	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
Dessert	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		