

Meal Times	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Overnight oats with peanut and banana	Yogurt with blueberries and strawberries	Omelet with peppers onions tomatoes and low fat cheese	Whole wheat oat and honey pancakes with pure maple syrup and juice	16 oz juice made with all your favorite fruits and vegetables. This can be made ahead	French toast with strawberries and milk	Breakfast skillet with mushrooms potatoes onions peppers eggs any style hash browns
Lunch	Salad with romaine tomato cucumber green apple red onion garlic stuffed olives feta cheese avocado (Make 2)	Spaghetti with whole grain noodles- sauce includes celery onion carrot garlic tomato- use the rest of your basil from the night before- make extra marinara sauce	Stir Fry with shrimp broccoli sugar snap peas peppers onion garlic and use the left over brown rice with light soy sauce-	SOUP DAY! What veggie scraps do you have? Use them to make a stock and make a soup. Your soup could contain whatever is left in your fridge.	Chipotle Gorgonzola Flank Steak with roasted red peppers and fresh basil	Garden wrap with leftover hummus spread sautéed broccoli peppers onions topped with lettuce and tomato. Wrap with whole wheat tortilla	Stuffed Portobello mushrooms Pizza style! Use your left over Italian sausage and top with mozzarella cheese with side salad
Dinner	Grilled chicken with roasted tomatoes basil onion and garlic with brown rice- make extra brown rice for another day.	Eat the second salad you made on Sunday and spend the time you saved making meals for the week.	Oven baked Salmon with lemon dill and sautéed kale	Taco Tuesday! Make lettuce wrap tacos with chicken Pico de Gallo avocado and black beans- save some Pico	Using leftover marinara make meat sauce with Italian sausage and make lasagna. Save some sausage for another night	Left over day! At this point you may have plenty of choices in the fridge. Always plan on at least one leftover night.	Oven Baked Mahi Mahi with leftover Pico de Gallo and couscous.
Mid-day Snacks	Almonds	Chips and salsa	Hummus and Veggies	Trail mix bar	Peaches and Cottage cheese	Banana	Pickled vegetables