

# Here`s What`s On This Week`s Menu:

Pick your meals based on your caloric needs

SMALL  
1600-1800 kcal

MEDIUM  
1800-2000 kcal

LARGE  
2000-2200 kcal

## Breakfasts

- 1 Oatmeal (fresh raspberries, banana, raisins, chia seeds, almond milk)
- 2 Veggie Omelet (Parmesan cheese, spinach, tomato, basil) + Side (banana, strawberries)
- 3 Scramble Tofu (tofu, bell pepper, onion, kale) + Baked Sweet Potato + Strawberry Almond Milk Shake
- 4 Crustless Asparagus & Pepper Mini Quiche (asparagus, onion, bell pepper, eggs, milk, cheese)
- 5 Green Smoothie (spinach, blueberries, oatmeal, almond milk) + Slice Whole Wheat Bread with Peanut Butter and Banana

## Snacks pick 2-3 items

- 1 Plain Yogurt with Toppings (sunflower seeds, cranberries, walnuts, pecans, unsweetened applesauce)
  - 2 Tzatziki and Vegetables (yogurt, cucumber, dill, green peppers, carrots, celery, zucchini)
  - 3 Yogurt with Apple and Almond Butter
  - 4 Popcorn
  - 5 Yogurt with Toppings (slivered almonds, flax seeds, blackberries)
  - 6 Apple with Peanut Butter
  - 7 Red Bell Pepper with Mango Salsa
  - 8 Hummus with Crackers
  - 9 Protein Pack with Vegetables (string cheese, turkey breast, cucumber, baby carrots)
  - 10 Hummus with Almonds and Baby Carrots
  - 11 Black Beans Brownie \*
  - 12 Non Fat Vanilla Froyo \*
  - 13 Greek Yogurt Covered Strawberries \*
- \* Dessert - Only One Per Week

"If You Keep Good Food In Your Fridge, You Will Eat Good Food"

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## Lunches

- 1 Whole Wheat Pasta Salad (tomato, tofu, carrot, soy sauce, pumpkin seeds, green pepper, red cabbage)
- 2 Lentil Chili (lentils, black and kidney beans, tomato, white onion, corn, sour cream, spices )
- 3 Pita Bread and Garden Salad (spring mix, cherry tomato, sunflower seeds, chicken breast, feta cheese) + Banana
- 4 Avocado BLT with Yogurt
- 5 Pumpernickel Panini (red pepper, arugula, gout cheese, basil leaves)

## Dinners

- 1 Green Bowl (pinto beans, brown rice, lettuce, broccoli, cucumber, avocado)
- 2 Brown Rice with Salmon and Zucchini
- 3 Burrito Bowl (black beans, quinoa, cheddar cheese, tomato, green bell pepper, greek yogurt)
- 4 Roasted Vegetable Enchilada Bake (mushrooms, spinach, pinto beans, corn tortillas, pepper jack cheese, spices)
- 5 Zucchini Lasagna Skillet (zucchini, ground turkey, ricotta cheese, parmesan cheese, marinara sauce)

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