

Monday

Breakfast	Ham and Spinach Frittata TeamDiets Breakfast and Lunch- page 005 Whole wheat toast Orange slices
Snack	Strawberry, Banana Protein Smoothie
Lunch	Cold Chicken Primavera Pasta Salad
Snack	Baby Carrots, Hummus
Dinner	Grilled Salmon Roasted Peppers Baked Asparagus Parmesan Arrugala, Tomato Salad w/ Pesto Vinaigrette
Dessert	1% Vanilla Yogurt w/ Blackberries

Tuesday

Breakfast	Kashi GoLean Crunch 1% Vanilla Yogurt/protein powder Raspberries
Snack	Peach Protein Smoothie
Lunch	Lean Ham/Lite Swiss on Rye Light Mayonnaise Butter lettuce and tomato
Snack	Cold Chicken Tenders Apple Orange Almonds
Dinner	Baja-Style Fish Tacos w/Salad & Chile-Lime Sauce Low Fat Recipe Secrets p. 40
Dessert	1% Yogurt, Strawberry, Granola Parfait

Wednesday

Breakfast	Kashi Waffles 1% vanilla yogurt/protein powder Sliced bananas & strawberries
Snack	1% Cottage Cheese and Pears
Lunch	Southeast Asian Beef And Noodle Salad TeamDiets Salads/Sandwiches/Wraps- page 046
Snack	Edamames & Baby Carrots
Dinner	Scallops with Red Pepper Sauce Low Fat Recipe Secrets p.71 Brown Rice
Dessert	Fat Free Chocolate Cake Low Fat Recipe Secrets p. 25

Thursday

Breakfast	Oatmeal w/ Protein powder and maple syrup
Snack	Mixed Berry Protein Smoothie
Lunch	Cajun Fish Sandwiches TeamDiets Salads/Sanwiches/Wraps - page 036
Dinner	Grilled Sirloin Steak Salad of mixed greens, tomatoes, baby beets w/ A roasted pepper vinaigrette
Dessert	Peaches and Raspberries w/ 1% cottage cheese

Friday

Breakfast	Sprouted Grain toast Peanut butter (organic, if possible) Low sugar jam or fruit spread Café Latte w/ skim milk
Snack	Peaches and 1% cottage cheese
Lunch	Whole wheat pita Turkey, hummus, tomato, avocado
Snack	Hummus w/ baked pita chips Grapes
Dinner	Shrimp, garlic, onions & peppers Corn tortillas Avocado relish
Dessert	Low-fat Flan

Saturday

Breakfast	1 1/2 cups egg beaters 99% egg substitute 1/2 cup egg white 6 whole fat free wheat tortillas chopped vegetables: onions, red, green, yellow peppers, mushrooms.
Snack	Chocolate-peanut butter protein smoothie
Lunch	Reuben Sandwich TeamDiets Salads/Sandwiches/Wraps - page 009
Snack	Almonds, orange slices
Dinner	Pizza w/ chicken, roasted vegetables and light cheese
Dessert	Almond Ricotta Torte

Sunday

Breakfast	Fresh fruit w/ cottage cheeses
Brunch	Smoked Salmon Athletes eggs(2 whites, 1 egg), scrambled Home fries, oven baked with peppers and onions
Snack	Chicken, hummus, edamames w/ baked pita chips
Dinner	Baked Chicken Baked, seasoned home fires Green beans Sliced tomato
Dessert	Tofu cheesecake w/ fresh berries