

7-Day Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal: Steal cut oats: make a pot so that you have some for Monday too (and maybe your kids will try it!); aim for ½ cup oatmeal (see Monday for more info)	The rest of your oatmeal (on both days I suggest adding 1 tbsp crushed or sliced nuts; cook with a small banana or 2 tbsp raisins if you like)	2 slices whole wheat bread with 2 thin slices Alpine lace cheese	¾ cup whole grain cereal with 1 tbsp sliced or crushed nuts and skim milk	½ bagel topped with low fat cream cheese and tomato	Whole grain waffle topped with sliced almonds and ½ banana	2 eggs with reduced fat feta and spinach; 1 slice whole wheat bread
Snack (optional)	**On Sunday, I suggest putting something in the crock pot; consider this recipe for Chippy Chili http://guidingstars.com/recipes/chippy-chili/	Fruit and nuts or nut butter	1 serving crackers and cheese	Small apple and 1 cheese stick	¼ cup plain Greek yogurt topped with 1 tbsp sliced almonds and 2 tbsp raisins or cranberries	½ banana with ½ tbsp peanut butter	Trail mix (same as Tuesday..bring it with you if you are on the go!)
Lunch	Large garden salad with tuna on the side (prepare with diced apples and dried cranberries with a bit of mayo; make enough for Monday lunch) **NOTE: wash enough lettuce for a few days (at least one head of lettuce or 2); wash	4 ounces (about ½ cup tuna); serve with whole wheat crackers; carrot sticks and celery on the side	Grilled chicken salad	6 oz plain Greek yogurt with a serving of trail mix from Tuesday afternoon snack	Turkey and cheese roll-ups with whole wheat crackers; carrots and celery and 1/3 cup hummus	Leftovers from dinner	Salad and left over pizza

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	and slice peppers in half; peel and cut carrot and celery sticks)						
Snack	¼ cup plain Greek yogurt topped with 1 tbsp sliced almonds and 2 tbsp raisins or cranberries	Kashi granola bar (such as this one) http://www.kashi.com/products/chewy_granola_bars_peanut_peanut_butter	Trail mix: ½ cup cereal, 2 tbsp sliced almonds, 2 tbsp dried cranberries	½ almond butter and banana sandwich (1 slice ww bread, small banana, ½ tbsp almond butter)	Kashi granola bar	Apple and 2 cheese sticks	Banana and ½ tbsp peanut butter
Dinner	Chippy Chili topped with ¼ cup shredded 50% reduced fat Cabot cheese; diced tomatoes and avocado on the side	Grilled Chicken Salad: Prepare boneless skinless chicken strips (use a grill pan or regular pan; do some in a flavor for tonight's dinner and some for tomorrow's- Mexican or fajita probably good for Wed. **Make a little extra for Wed lunch too)	The rest of the Chippy Chili; add to it chicken and cheese quesadillas (use whole wheat tortillas and the Cabot cheese from Sunday); diced tomatoes and avocado if available	Lemon Pepper Shrimp Scampi (http://www.myrecipes.com/recipe/lemon-pepper-shrimp-scampi-10000001880014/) **Tip: buying the shrimp peeled and deveined saves you time! Make enough orzo for tomorrow's dinner.	Walnut and Rosemary Oven-Fried Chicken (http://www.myrecipes.com/recipe/walnut-rosemary-oven-fried-chicken-10000001988567/) with orzo, steamed broccoli and side salad	Make Your Own Pizza's (bring home small crusts; and interesting toppings)	Slider Bar! Make slider burgers; set up an array of toppings such as sliced avocado, cheese, caramelized onions, salsa); serve with oven baked French fries