



# Sample Weekly Meal Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Blueberry scones* with fruit salad and lower fat yogurt	Breakfast smoothie made with yogurt, frozen berries and ground flax	2 Hard boiled eggs served on a whole grain tortilla with tomatoes and leftover bean dip	Quick cooking oatmeal topped with dried cranberries, almonds, and milk	Leftover plain cooked barley topped with raisins, sliced apple, cinnamon and milk	Weekend waffles ** served with peanut butter, sliced banana and a glass of milk	Banana muffin** with sliced lower fat cheddar cheese
<b>Lunch</b>	Salmon cakes with lemon sauce*, side green salad, a whole-wheat bun and a glass of milk****	Zesty bean dip* with carrots, broccoli, and homemade pita chips and a glass of milk	Leftover greek salad and chicken in a whole wheat pita and a yogurt	Mushroom barley risotto* with cumin crusted fish*** and a glass of milk	Whole grain English muffin topped with low sodium canned tuna, sliced red peppers and a yogurt	Leftover ginger turkey stir fry wrapped in a whole grain tortilla and a glass of milk	Mango quinoa salad* and a yogurt
<b>Dinner</b>	Greek salad*, chicken skewers made with Mediterranean marinade*, whole grain garlic toast and a glass of milk	Homemade pizza** topped with veggies and sardines and a glass of milk	Turkey meatballs with braised apples** served over wild rice with steamed vegetables and a glass of milk	Ginger turkey stir fry*** over brown rice with a glass of milk	Arrabiata pasta sauce*** with leftover turkey meatballs over whole grain spaghetti with a glass of milk	Chicken and sweet potato quesadillas* with tomatillo cucumber salsa*	Chicken and white bean chili*, a whole wheat flax dinner roll* and a glass of milk
<b>Snack</b>	Sliced cucumbers with tzatziki	Peanut butter and sliced apple	Slice of lower fat cheese with low-sodium crackers	Baby carrots and yogurt and herb dip	Baked pita chips with homemade guacamole	Broccoli and carrots with hummus dip	Whole-grain crackers with pesto and tomato slices

\*Recipe from Quick and Health cookbook, Vol. 4 \*\* Recipe from Quick and Healthy cookbook, Vol. 3 \*\*\*Recipe from Quick and Healthy cookbook, Vol. 2  
\*\*\*\* Choose lower fat milk like skim or 1% M.F. or substitute with a fortified soy beverage.