

12 Week Nutrition Plan

Welcome and thank you for your interest in taking the next step to health! We hope you find this eating plan a starting point to making healthier food choices and a tool to reach your own personal goals! It is important to understand each person is different--this eating plan was designed to provide a framework, but some people may need more or less depending upon individual needs.

The overall goal is 3 meals and 2 snacks daily with an effort to eat every 2-3 hours. This boosts your metabolism to consistently burn calories rather than storing due to long amounts of time between meals.

The goal is to include 5 food groups at each meal and at least 2 out of 5 for snack. If you do not like the fruit or vegetable indicated, you may substitute any other fruit or vegetable per your liking. Same is true for grain, protein, and dairy. For a tailored individual eating plan 'Ask A Dietitian' at idahodairy.com or visit choosemyplate.gov for more information regarding the 5 food groups.

One last tip, which happens to be my personal favorite, it's important to treat yourself. Evidence indicates people who treat themselves once weekly are much more likely to stick with a plan than those who restrict themselves from the foods they enjoy. This is a lifestyle change, not a diet! Find something realistic you can do forever!

Quick Tips to Keep You on Track

- Eat 3 meals and 2 snacks a day
- Eat every 2-3 hours to keep your metabolism going
- Ensure you are eating enough calories
- Eat 3 out of the 5 food groups at every meal
- Eat 2 out of the 5 food groups at every snack
- Treat yourself once a week!



SEPTEMBER 22-24, 2016



BENEFITING ST. LUKE'S CHILDREN'S



idaho
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Protect & Promote Healthy Living

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 scrambled eggs with cheese, onion and peppers	8 oz. Yogurt ¼ c. granola ½ c. strawberries	1 c. cottage cheese ½ c. pineapple 1 slice of whole wheat toast with butter or jelly	1 c. Cheerios 1 c. milk Choice of fruit	Smoothie-8 oz. yogurt, choice of fruit, choice of vegetable, ½ c. milk	1 c. oatmeal 1 c. milk Choice of fruit	Fruit flatbread-½ whole wheat English muffin covered with yogurt and choice of fruits
Snack	8oz. yogurt (Greek or plain)	1 hardboiled egg 1 string cheese	½ c. hummus Vegetable of choice	Apple ¼ c. peanut butter	8oz. yogurt (Greek or plain)	1 hardboiled egg 1 string cheese	1 c. grapes 1 string cheese
Lunch	½ whole wheat turkey sandwich with cheese, 1 c. grapes, and baked Lays	2 c. Chicken Caesar salad with dressing on the side Choice of fruit	1 can of soup with 10 crackers Choice of fruit	Toasted whole cheese, avocado and tomato whole wheat sandwich with balsamic, salt and pepper	3 oz. chunked chicken with 2 oz. cheese quesadilla (2 tortillas) Topped with salsa	Whole tuna melt sandwich on whole wheat bread Choice of fruit	2 Turkey, cream cheese, jelly tortilla roll-ups with choice of vegetable
Snack	String cheese with apple	½ c. trail mix-dried fruit, nuts, chocolate chips	8 oz. yogurt (Greek or plain)	1 c. grapes 1 string cheese	Banana ¼ c. peanut butter	½ c. hummus Vegetable of choice	Apple ¼ c. peanut butter
Dinner	2 c. watermelon, feta, grilled chicken salad with sliced almonds and vinaigrette	3 oz. Salmon filet, 1 c. side of vegetables, ½ c. rice	3 steak, onion, bell pepper, kabobs 1 baked potato Sprinkle of cheese	1 c. lasagna, 1 c. green salad 1 T. choice dressing 1 c. milk	2/3 c. Asian noodles 3 oz. chicken and 1 c. vegetables 2 T. teriyaki sauce	2 small tortillas 1/3 c. rice ½ c. black beans 3 oz. cooked cod fish ½ c. fresh salsa	3 oz. grilled salmon filet, 1 grilled vegetable kabob (onion, pepper, mushroom)



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 whole wheat pancakes ¼ c. peanut butter 1 banana	1 c. cooked oatmeal ¼ c. walnuts 1 c. ½ c. peaches	2 scrambled eggs with cheddar cheese, choice of fruit	Smoothie-8 oz. yogurt, choice of fruit, choice of vegetable, ½ c. milk	Egg frittata-baked eggs, vegetables, and cheese Choice of fruit	1 c. cooked oatmeal ¼ c. walnuts 1 c. milk ½ c. peaches	English Muffin 2 T. Peanut Butter 1 banana
Snack	8 oz yogurt (Greek or plain)	½ c. cottage cheese ½ c. peaches	8 oz. yogurt 1/4 c. granola	1 hardboiled egg 1 string cheese	½ c. cottage cheese ½ c. pineapple	3 stalks celery 1/4 c. raisins 2 T. peanut butter	10 baby carrots ½ c. pretzel sticks
Lunch	1 can of soup 10 crackers Choice of fruit	3 oz. baked salmon 2 c. green salad 1 T. choice dressing 1/2 c. cooked quinoa	2 slices thin crust pizza 2 c. salad 1 T. choice dressing	Whole tuna melt sandwich Choice of fruit	½ whole wheat turkey sandwich with cheese, 1 cup grapes Baked Lays	1 small tortilla 1/2 c. black beans 2/3 c. rice ½ c. fresh salsa ¼ c. diced avocado	3 oz. baked salmon 1/2 c. cooked quinoa 2 c. greens 1 T. choice dressing
Snack	½ c. hummus Choice of vegetable	1 banana with ¼ c. peanut butter	1/2 c. cottage cheese 1/2 c. mandarin oranges	Apple ¼ c. peanut butter	8 oz. yogurt parfait ½ c. granola	½ c. Trail mix-dried fruit, nuts, chocolate chips	½ c. hummus with pita bread
Dinner	2 beef tacos with cheese, lettuce, tomato, ½ c. Spanish rice	Pasta primavera-1 c. pasta, 1 c. vegetables, 1 c. sliced grapes, 2 T. olive oil with salt & pepper (may serve hot or cold)	Chicken burrito-tortilla, 3 oz. chicken, lettuce, tomato, cheese 1/3 c. rice ¼ c. refried beans	2/3 c. Chinese noodles 3oz. chicken 1 c. vegetables 2 T. teriyaki sauce	2/3 c. pasta ½ c. tomato sauce 3 oz. baked chicken breast 1 c. steamed broccoli	Barbequed 3 oz. chicken, 1 corn-on-the-cob 1 c. choice of vegetable	3 oz. Pot roast 2/3 c. potatoes, and carrots (cook in crock pot on low 8 hours)



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. cooked oatmeal ¼ c. walnuts 1 c. milk ½ c. peaches	2 scrambled eggs with cheddar cheese Choice of fruit	1 c. yogurt 1 c. fruit 1/4 c. granola	1 c. Cheerios 1 c. milk Choice of fruit	2 whole wheat pancakes Choice of fruit	1 c. Vegetable Egg Frittata Choice of fruit	English Muffin 2 T. Peanut Butter 1 banana
Snack	String cheese Apple	½ c. cottage cheese ½ c. pineapple	½ whole grain English muffin with ¼ c. peanut butter	3 stalks celery 1/4 c. raisins 2 T. peanut butter	1 hard-boiled egg 1 String Cheese	Orange with string cheese	8 oz. yogurt (Greek or plain)
Lunch	Whole tuna melt sandwich 1 pkg. Baked Lays 1 c. carrot sticks 1 T. ranch dressing	3 oz. baked salmon 1/2 c. cooked quinoa 2 c. mixed greens 1 T. choice dressing	Whole turkey sandwich on wheat bread with lettuce, tomato, cheese Choice of fruit	Leftover chicken teriyaki with rice & vegetables from last night's dinner	Toasted whole cheese, avocado and tomato whole wheat sandwich with balsamic, salt and pepper	3 oz. salmon filet ½ c. wild rice 1 c. vegetable of choice	1 can soup with 10 crackers Choice of Fruit
Snack	Sliced avocado and tomato on 10 crackers	3 stalks celery 1/4 c. raisins 2 T. peanut butter	½ c. hummus with choice of vegetable	8 oz. yogurt (Greek or plain)	¼ c. peanut butter Banana	½ c. hummus Choice of vegetable	½ c. trail mix-dried fruit, nuts, chocolate chips
Dinner	2 c. chicken Caesar salad Choice of fruit	1 c. ravioli or tortellini 1/3 c. Marinara Sauce	3 oz. chicken teriyaki with 1 c. stir fry vegetables over ½ c. brown rice	1 c. green salad 3 oz. baked chicken breast 2/3 c. wild rice 2 c. mixed greens 1 T. choice dressing	3 oz. salmon filet, ½ c. wild rice and 1 c. vegetables of choice	3 oz. BBQ chicken 1/2 corn on cob 1 c. steamed broccoli	2/3 c. pasta ½ c. tomato sauce 3 oz. baked chicken breast 1 c. steamed broccoli



Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. cooked oatmeal ¼ c. walnuts 1 c. milk ½ c. peaches	Smoothie-8 oz. yogurt, choice of fruit, choice of vegetable, ½ c. milk	2 scrambled eggs with cheese and choice of fruit	1 c. Cheerios ½ c. milk, Choice of fruit	½ whole grain English muffin, 1 scrambled egg, Choice of fruit	English Muffin 2 T. Peanut Butter 1 banana	8 oz. yogurt parfait with ¼ c. granola and ½ c. strawberries
Snack	8 oz. yogurt parfait with ¼ c. granola	String cheese Apple	8 oz. yogurt (Greek or plain)	Celery stalks with ¼ c. peanut butter	Sliced avocado and tomato on crackers	½ whole grain bagel with 2 T. cream cheese	½ c. hummus with choice of vegetable
Lunch	Whole tuna melt sandwich with 1 c. carrots and 2 T. ranch dressing	1 can of soup with dinner roll, ½ c. snapped peas	Left over tacos, rice and beans from dinner last night	Chicken and cheese quesadilla, Choice of fruit or vegetable	2 slices pizza and 1 c. green salad	1 small baked potato 1 c. steamed broccoli ½ cup pinto beans 1 oz. cheddar cheese	Leftover BBQ ribs from dinner last night, with baked potato, cheese, and vegetables
Snack	1 hard-boiled egg String cheese	½ c. trail mix-dried fruit, nuts, chocolate chips	½ c. hummus with choice of vegetable	String cheese with ½ c. applesauce	Apple with ¼ c. peanut butter	String cheese and choice of fruit	¼ c. peanut butter with banana
Dinner	1 c. spaghetti 3 oz. ground beef, 2 c. green salad, choice of dressing	2 chicken tacos with lettuce, tomato, cheese, ½ c. Spanish rice, ½ c. refried beans	Tortellini/Ravioli-1 c. pasta, 3 oz. chunked chicken, choice of vegetables, ½ c. marinara sauce	3 oz. salmon filet with ½ c. pasta or rice, 1 c. vegetables	3 oz. chicken teriyaki, 1 c. vegetables over ½ c. brown rice with ¼ c. teriyaki sauce	3 oz. BBQ chicken 1 baked potato 1 c. vegetables	2 chicken & cheese enchiladas with ½ c. Spanish rice and 1 c. mixed vegetables



Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. oatmeal ½ c. milk 1 tsp. brown sugar 1/2 c. sliced apple	Fruit flatbread- ½ whole grain English muffin covered with yogurt and choice of fruits	1 c. Cheerios ½ c. milk Choice of fruit	2 whole wheat pancakes Choice of fruit	8 oz. yogurt parfait ¼ c. granola ½ c. strawberries	Smoothie-8 oz. yogurt, choice of fruit, choice of vegetable, ½ c. milk	1 c. yogurt, 1 c. fruit, ½ c. milk, 1 egg, scrambled
Snack	½ c. cottage cheese ½ c. pears	String cheese Apple	Banana with ¼ c. peanut butter	8 oz. yogurt parfait with ¼ c. granola	10 baby carrots ½ c. pretzel sticks	8 oz. yogurt 1/4 c. fruit of choice	String cheese and apple
Lunch	Whole grilled-cheese sandwich 1 c. tomato soup	Chicken and cheese quesadilla, Choice of fruit or vegetable	1 can soup with 10 crackers or dinner roll	Whole tuna melt sandwich 1 pkg. Baked Lays 1 c. carrot sticks 2 T. ranch dressing	2 slices bread 3 oz. deli turkey ¼ c. mashed avocado Sliced tomato ½ c. spinach 1 pear	1 small baked potato 1 c. steamed broccoli ½ c. pinto beans 1 oz. cheddar cheese	1 c. Black bean and corn salsa-cilantro, tomatoes, with 1 c. tortilla chips
Snack	10 baby carrots ½ c. pretzel sticks	½ c. tuna fish salad on 10 crackers	½ c. cottage cheese ½ c. pineapple	1 hard-boiled egg String cheese	½ c. hummus w choice of vegetable	10 baby carrots ½ c. pretzel sticks	Sliced avocado and tomato on 10 crackers
Dinner	3 oz. Pot roast with potatoes and carrots (cook in crock pot on low all day-8 hours)	3 oz. steak with Pasta primavera- 1 c. pasta, 1 c. vegetables, 2 T. olive oil with salt & pepper	2/3 c. Asian noodles 3 oz. chicken, 1 c. vegetables	Turkey burger with bun Tomato slice 1/4 c. spinach ¼ c. avocado 1 sweet potato	2 small tortillas 3 oz. fish 1/2 c. black beans ½ c. fresh salsa ¼ c. diced avocado 1 c. broccoli	3 oz. chicken teriyaki with 1 c. stir fry vegetables over ½ c. brown rice	Salmon filet on bed of greens with tangerine and sliced almonds with vinaigrette



Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. cooked oatmeal ¼ c. walnuts 1 c milk ½ c. peaches	English Muffin 2 T. Peanut Butter 1 small banana	2 scrambled eggs ½ c. bell pepper ½ c. spinach ¼ c. mushroom 1 slice toast ½ c. strawberries	¾ cup Cheerios 1 cup milk 1 small banana	1 c. cooked oatmeal ¼ c. walnuts 1 c. milk ½ c. blueberries	2, 4 in. waffle/pancake 1/2 c. strawberries 1 scrambled egg	2 scrambled eggs ½ c. bell pepper ½ c. spinach ¼ c. mushroom 1 slice toast ½ c. strawberries
Snack	Mozzarella stick 10 crackers	Apple 1/4 c. peanut butter	3 squares graham crackers 1 T. peanut butter	Greek yogurt 1 oz. almonds	½ c. Cottage cheese ½ c. peaches	Greek yogurt 1 oz. almonds	10 baby carrots ½ c. pretzel sticks
Lunch	3 oz. baked salmon 1/2 c. cooked quinoa 2 cu. mixed greens 1 T. choice dressing	1 small tortilla 1/2 c. black beans 2/3 c. rice ½ c. fresh salsa ¼ c. diced avocado	1 small baked potato 1 c. steamed broccoli ½ cup pinto beans 1 oz. cheddar cheese ½ cup mandarin oranges	Turkey burger on bun Tomato slice 1/4 c. spinach ¼ c. mashed avocado 1 small sweet potato	Turkey wrap- 1 tortilla, turkey, lettuce, tomato, cheese with 1/2 c. hummus, carrots or celery	1 slice wheat toast with sliced avocado, cheese, and tomato, balsamic and salt & pepper and choice of fruit	2 slices bread 3 oz. deli turkey ¼ c. mashed avocado Sliced tomato ½ c. spinach 1 pear
Snack	Greek Yogurt 1 oz. almonds	½ c. cottage cheese ½ c. pineapple	Mozzarella stick 1 Pear	3 stalks celery 1 T. peanut butter	¼ c. hummus 10 baby carrots	1 medium apple 2 T. Peanut Butter	Choice of fruit 1 string cheese
Dinner	2/3 c. pasta ½ c. tomato sauce 3 oz. baked chicken breast 1 c. broccoli	3 oz. baked salmon 1 c. asparagus Medium sweet potato	3 oz. baked chicken breast 2/3 cup wild rice 2 c. mixed greens 1 T. choice dressing	2 tortillas 1/3 c. rice ½ c. pinto beans 3 oz. fish ½ c. fresh salsa	2/3 c. rice ½ c. broccoli ½ c. carrots ½ c. bell pepper 3 oz. chicken 3 T. Sweet & Sour sauce	3 oz. sirloin steak Corn on the cob 1 c. green salad 1 T. choice dressing	3 oz. chicken 1/2 c. red potatoes 1 c. green beans



Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	8 oz. yogurt ¼ c. granola ½ c. strawberries	1 c. oatmeal ½ c. milk 1/4 c. walnuts 1/2 c. sliced apple	1 c. Vegetable Egg Frittata Choice of fruit	8 oz. yogurt ¼ c. granola ½ c. strawberries	1 c. oatmeal ½ c. milk 1/4 c. walnuts 1/2 c. sliced apple	English Muffin 2 T. Peanut Butter 1 banana	Smoothie: 1 c. yogurt, 1 c. fruit, ½ c. milk, ½ c. vegetable of choice
Snack	1 medium apple ¼ c. peanut butter	½ c. trail mix-dried fruit, nuts, chocolate chips	String cheese Apple	Banana ¼ c. peanut butter	½ c. cottage cheese ½ c. pineapple	3 stalks celery 2 T. raisins 2 T. peanut butter	½ c. hummus Choice of vegetable
Lunch	1 c. Black bean and corn salsa-cilantro, tomatoes, with 1 c. tortilla chips	1 slice wheat toast with sliced avocado, cheese, and tomato, balsamic and salt & pepper and choice of fruit	Pulled pork tacos- 2 tortillas, cabbage slaw, can Crockpot pork overnight on low	Whole grilled-cheese sandwich with 1 c. tomato soup	2 small tortillas 1/3 c. rice ½ c. pinto beans 3 oz. cooked cod fish ½ c. fresh salsa	Chicken and cheese quesadilla, choice of fruit or vegetable	2 c. watermelon, feta, grilled chicken salad with sliced almonds and vinaigrette
Snack	1 c. popcorn with ½ c. applesauce	½ c. hummus Choice of vegetable	10 crackers 1 string cheese	Sliced avocado and tomato on 10 crackers	8 oz. yogurt 1/4 c. fruit of choice	8 oz. yogurt parfait with ¼ c. granola	½ c. trail mix-dried fruit, nuts, chocolate chips
Dinner	2 small tortillas 1/3 c. rice ½ c. pinto beans 3 oz. cooked cod fish ½ c. fresh salsa	3 oz. salmon filet ½ c. wild rice 1 c. vegetables of choice	3 oz. chicken teriyaki 1 c. stir fry vegetables over ½ c. brown rice	1 baked potato 1 c. broccoli ½ c. pinto beans 1 oz. cheddar cheese ½ c. mandarin oranges	2 c. chicken Caesar salad with choice of fruit	BBQ 3 oz chicken 1 corn-on-the-cob 1 c. salad 1 T. choice dressing	1 c. lasagna 2 c. green salad 1 T. dressing of choice



Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 whole wheat pancakes, Choice of fruit	8 oz. yogurt parfait with ¼ c. granola and ½ c. strawberries	2 eggs cooked with tomato, spinach, mushroom, topped with feta cheese choice of fruit	1 c. Egg Frittata with choice of fruit	Smoothie: 1 c. yogurt, 1 c. fruit, ½ c. milk, ½ c. vegetable of choice	2 scrambled eggs ½ c. bell pepper ½ c. spinach ¼ c. mushroom 1 slices toast ½ c. strawberries	1 c. oatmeal with ½ cup milk, 1 tsp. brown sugar, 1/2 c. sliced apple
Snack	String cheese Apple	Banana with ¼ c. peanut butter	½ c. cottage cheese with ½ c. pineapple	8 oz yogurt parfait with ¼ cup granola	1 hard-boiled egg String cheese	8 oz yogurt (Greek or plain)	Banana with ¼ c. peanut butter
Lunch	1 can soup with 10 crackers or dinner roll	Whole tuna melt sandwich with 1 pkg. Baked Lays and 1 c. carrot sticks with 2 T. ranch dressing	1 c. pulled pork (crockpot on low overnight) in hamburger bun with cabbage slaw	1 slice wheat toast with sliced avocado, cheese, and tomato, balsamic and salt & pepper and choice of fruit	Whole grilled-cheese sandwich with 1 c. tomato soup	2 cups chicken Caesar salad Choice of fruit	Chicken and cheese quesadilla, choice of fruit or vegetable
Snack	8 oz. yogurt (Greek or plain)	Sliced avocado and tomato on 10 crackers	½ whole grain bagel with 2 T cream cheese	½ cup hummus with choice of vegetable	½ whole grain English muffin with ¼ c. peanut butter	String cheese and apple	Sliced avocado and tomato on 10 crackers
Dinner	2 c. chicken Caesar salad with choice of fruit	BBQ 3 oz chicken, 1 corn-on-the-cob, 1 c. choice vegetable	1 c. Asian noodles with 3 oz. chicken and 1 c. vegetables	3 oz salmon filet, ½ cup wild rice and 1 c. vegetables of choice	2 chicken & cheese enchiladas with ½ c. Spanish rice and 1 c. mixed vegetables	3 oz. chicken teriyaki with 1 c. stir fry vegetables over ½ c. brown rice	2 beef tacos with cheese, lettuce, tomato, ½ c. Spanish rice



Week 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. cereal with ½ c. milk, choice of fruit	2 eggs, choice of vegetables and choice of fruit	2 whole wheat pancakes, choice of fruit	8 oz. yogurt parfait with ¼ cup granola and ½ cup strawberries	Oatmeal bar-raisins, oats, dried cranberries and 1 c. milk	1 c. Egg Frittata with choice of fruit	2, 4 in. waffle/pancake 1/2 c. sliced strawberries 1 scrambled egg
Snack	½ c. cottage cheese with ½ c. pineapple	½ whole grain English muffin with ¼ c. peanut butter	8 oz yogurt (Greek or plain)	String cheese Apple	Banana with ¼ c. peanut butter	10 baby carrots ½ c. pretzel sticks	8 oz yogurt (Greek or plain)
Lunch	Turkey wrap-1 tortilla, turkey, lettuce, tomato, cheese 1/2 c. hummus, carrots and celery	1 can soup with 10 crackers or dinner roll	Whole tuna melt sandwich with 1 pkg. Baked Lays and 1 c. carrot sticks with 2 T. ranch dressing	2 c. chicken Caesar salad Choice of fruit	1 slice wheat toast with sliced avocado, cheese, and tomato, balsamic and salt & pepper and choice of fruit	Whole grilled-cheese sandwich with 1 c. tomato soup	2 c. watermelon, feta, grilled chicken salad with sliced almonds and vinaigrette
Snack	1 large bunch grapes with string cheese	½ c. hummus with choice of vegetable	½ c. trail mix-dried fruit, nuts, chocolate chips	3 squares graham crackers 1 T. peanut butter	½ c. cottage cheese with ½ c. pineapple	½ c. hummus with choice of vegetable	1 medium apple with 2 T. peanut butter
Dinner	2 c. chicken Caesar salad with choice of fruit	Barbequed 3 oz. chicken, 1 corn-on-the-cob, ½ cup baked beans	2/3 c. Chinese noodles 3oz chicken 1 cup vegetables 2 T. teriyaki sauce	2 small tortillas 1/3 c. rice ½ c. pinto beans 3 oz. cooked cod fish ½ c. fresh salsa	3 oz. salmon filet, ½ c. wild rice and 1 c. vegetables of choice	3 oz. sirloin steak Corn on the cob 1 c. green salad 1 tbsp. choice dressing	Large dinner salad (choice of vegetables) 1 T. choice dressing 1 c. lasagna



Week 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. oatmeal with ½ c. milk, 1/4 c. walnuts, ¼ c. dried cranberries	Smoothie: 1 c. yogurt, 1 c. fruit, ½ c. milk, ½ c. vegetable of choice	1 c. cereal with ½ c. milk, choice of fruit	2 whole wheat pancakes, choice of fruit	8 oz yogurt parfait with ¼ cup granola and ½ cup strawberries	2, 4 in. waffle/pancake 1/2 c. sliced strawberries 1 scrambled egg	1 c. Egg Frittata with choice of fruit
Snack	String cheese and apple	Banana with ¼ c. peanut butter	Small apple, baked, sprinkled with cinnamon	½ c. hummus with choice of vegetable	String cheese and apple	Banana with ¼ c. peanut butter	10 baby carrots ½ c. pretzel sticks
Lunch	Turkey burger with bun Tomato slice 1/4 c. spinach ¼ c. mashed avocado 1 small sweet potato	Chicken and cheese quesadilla, choice of fruit or vegetable	1 slice wheat toast with sliced avocado, cheese, and tomato, balsamic and salt & pepper and choice of fruit	Whole tuna melt sandwich with 1 pkg. Baked Lays and 1 c. carrot sticks with 2 T. ranch dressing	1 can soup with 10 crackers or dinner roll	Whole grilled-cheese sandwich with 1 c. tomato soup	3 oz. baked salmon 1/2 c. cooked quinoa 2 c. mixed greens 1 T. choice dressing
Snack	10 tortilla chips, 1/2 c. fresh salsa	½ c. cottage cheese with ½ c. pineapple	8 oz. yogurt (Greek or plain)	Small apple, baked, sprinkled with cinnamon	½ cup trail mix-dried fruit, nuts, chocolate chips	½ c. cottage cheese with ½ c. pineapple	½ cup hummus with choice of vegetable
Dinner	1 c. Asian noodles with 3 oz. chicken and 1 c. vegetables	3 oz. chicken teriyaki with 1 c. stir fry vegetables, ½ c. brown rice	2/3 c. spaghetti 3 oz. ground beef 1/2 c. marinara sauce 1 c. green salad 1 T. choice dressing	2 c. chicken Caesar salad with choice of fruit	3 oz. salmon, ½ c. wild rice and 1 c. vegetables of choice	2 chicken & cheese enchiladas with ½ c. Spanish rice and 1 c. mixed vegetables	Pasta salad-cucumbers, tomatoes, pesto, feta cheese, 1 c. penne pasta, avocado, sliced grapes



Week 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. cooked oatmeal ¼ c. walnuts 1 c. milk ½ c. peaches	Wheat English Muffin 2 T Peanut Butter 1 small banana	2 scrambled eggs ½ c. bell pepper ½ c. spinach ¼ c. mushroom ½ cup strawberries	¾ c. Cheerios 1 c. milk 1 small banana	1 c. cooked oatmeal ¼ c. walnuts 1 c. reduced-fat milk ½ c. peaches	2, 4 in. waffle/pancake 1/2 c. sliced strawberries 1 scrambled egg	2 scrambled eggs ½ c. bell pepper ½ c. spinach ¼ c. mushroom ½ cup strawberries
Snack	Mozzarella stick 10 crackers	10 baby carrots ½ c. pretzel sticks	3 squares graham crackers 1 T. peanutbutter	Greek yogurt 1 oz. almonds	½ c. Cottage cheese ½ c. peaches	Greek yogurt 1 oz. almonds	10 baby carrots ½ c. pretzel sticks
Lunch	2 c. mixed greens ½ c. bell pepper ½ c. sliced mushrooms ½ c. chicken 2 TB oil and balsamic vinegar 1 Pita Bread	2 small tortillas 1/2 c. black beans 2/3 c. brown rice ½ c. fresh salsa ¼ c. diced avocado	1 small baked potato 1 c. steamed broccoli ½ c. pinto beans 1 oz. cheddar cheese ½ c. mandarin oranges	Turkey burger with bun Tomato slice 1/4 c. spinach ¼ c. avocado 1 small sweet potato	3 oz. salmon 1/2 c. cooked quinoa 2 c. mixed greens 1 tbsp. choice dressing	Chicken and cheese quesadilla, choice of fruit or vegetable	2 slices wheat bread 3 oz. deli turkey ¼ c. mashed avocado Sliced tomato ½ c. spinach 1 pear
Snack	Yogurt 1 oz. almonds	½ c. cottage cheese ½ c. pineapple	Mozzarella stick 1 Pear	3 stalks celery 1 tbsp. peanut butter	¼ c. hummus 10 baby carrots	1 apple 2 Tbsp. Peanut Butter	Fruit Cup (Choice of mixed fruit) 1 string cheese
Dinner	2/3 c. pasta ½ c. tomato sauce 3 oz. baked chicken 1 c. broccoli	3 oz. baked salmon 1 c. asparagus Medium sweet potato	3 oz. baked chicken 2/3 c. wild rice 2 c. mixed greens 1 T. oil and balsamic vinegar	3 oz. grilled chicken 1/2 c. red potatoes 1 c. green beans	2/3 c. Rice ½ c. broccoli ½ c. carrots ½ c. bell pepper 3 oz. chicken *3 T. sweet and sour sauce	3 oz. cooked sirloin steak Small ear corn on the cob 1 large green salad 1 T. dressing	2 small tortillas 1/3 c. rice ½ c. pinto beans 3 oz. cooked cod ½ c. fresh salsa



Week 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 c. Egg Frittata with choice of fruit	2 eggs 2 oz. cheese 1 cup berries	1 c. oatmeal ½ c. milk 1 tsp. brown sugar 1/2 c. peaches	1 c. Cheerios with 1 c. milk, choice of fruit	8 oz yogurt, ½ cup milk, ½ cup fruit, ½ cup vegetable	2 whole wheat pancakes, Choice of fruit	Smoothie: 1 cup yogurt, 1 cup fruit, ½ cup milk, ½ cup vegetable of choice
Snack	½ c. hummus with choice of vegetable	Banana with ¼ c. peanut butter	1 hard-boiled egg String cheese	String cheese Apple	2 oz. cheese 10 crackers	Sliced avocado and tomato on 10 crackers	8 oz yogurt (Greek or plain) 1/4 cup fruit of choice
Lunch	1 slice wheat toast with sliced avocado, cheese, and tomato, balsamic and salt & pepper Choice of fruit	Whole grilled-cheese sandwich 1 c. tomato soup	Pasta salad-cucumbers, tomatoes, pesto, feta cheese, 1 c. penne pasta, avocado, sliced grapes	Chicken and cheese quesadilla, choice of fruit or vegetable	1 can soup with choice of fruit	Whole tuna melt sandwich with 1 pkg. Baked Lays and 1 c. carrot sticks with 2 T. ranch dressing	Pasta salad-cucumbers, tomatoes, pesto, feta cheese, 1 cup penne pasta, avocado, sliced grapes
Snack	½ c. cottage cheese ½ c. pineapple	8 oz. yogurt (Greek or plain)	1 medium apple 2 T. Peanut Butter	8 oz. yogurt parfait with ¼ c. granola	¼ c. hummus 10 baby carrots	½ c. hummus Choice of vegetable	½ c. cottage cheese ½ c. pineapple
Dinner	2/3 c. Chinese noodles 3oz. chicken 1 c. vegetables 2 T. teriyaki sauce	2 c. chicken Caesar salad with choice of fruit	BBQ 3 oz. chicken 1 corn-on-the-cob 1 c. green salad 1 T. choice dressing	Turkey burger with bun Tomato slice 1/4 c. spinach ¼ c. mashed avocado 1 small sweet potato	Pasta primavera- 1 c. pasta, 1 c. vegetables, 1 c. sliced grapes, 2 T. olive oil with salt & pepper (may	Chicken burrito-tortilla, 3 oz. chicken, lettuce, tomato, cheese 1/3 c. rice ¼ c. refried beans	3 oz. baked salmon 1 c. asparagus Medium sweet potato

