

Sample week menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1½ cups whole wheat cereal 1 cup skim milk 1 banana	2-egg omelet with chopped green and yellow peppers 1 cup orange juice 1 slice whole wheat toast	2 whole wheat pancakes (4 inches diameter) 1 cup blueberries	½ whole wheat bagel 1 tbsp cream cheese 1 cup strawberries	Breakfast burrito: • 1 small whole wheat tortilla • 1½ oz cheese* • 1 scrambled egg 1 orange	1 whole wheat English muffin 1 slice grilled Canadian bacon 1½ oz cheese*	1 cup oatmeal with raisins 1 cup orange juice 1 small grilled sausage patty
Snack	5 whole wheat crackers 1½ oz cheese*	1 cup low-fat yogurt	½ cup frozen yogurt	1 pear	1 cup Greek yogurt*	2 plums	1½ oz string cheese*
Lunch	Asian salad: • 1 cup cabbage • ¼ cup green onions • 2 oz baked chicken • ½ oz toasted almonds • ½ cup tangerines • 1 tbsp sesame dressing	Grilled cheese sandwich: • 2 slices whole wheat bread • 1½ oz cheese*	Taco salad: • 1 cup lettuce • 3 oz cooked ground turkey • 1½ oz cheese* • 11 tortilla chips • ½ tomato cubed • ¼ cup beans • ¼ avocado	Chicken quesadilla: • 3 oz grilled chicken • 1 cup stir-fried onions and green and red peppers • 1½ oz cheese* • 2 small corn tortillas	Soup and salad: • 1 cup lentil soup • 1 cup arugula • ¼ cup dried cranberries • 7 walnut halves • 10 croutons • 1 tbsp vinaigrette dressing	Baked potato: • 1 large baked potato • 2 oz cheese* • 1 cup broccoli	Turkey melt: • 2 slices whole wheat bread • 1½ oz cheese* • 3 oz heated roasted turkey 1 cup baby carrots
Snack	2 celery stalks 1 tbsp low-fat ranch dressing	1 tbsp peanut butter 1 green apple, sliced	1 cup lightly buttered popcorn	½ cup edamame	1 handful granola with dried fruit	2 tbsp hummus 1 cup sliced cucumber	16 grapes
Dinner	3 oz baked tilapia 1 cup rice 3 broccoli spears	3 oz meatloaf 1 cup mashed potatoes 1 cup peas and carrots	Pulled pork sandwich: • 1 whole wheat bun • 3 oz pulled pork 20 sweet potato fries (oven fried)	Shepherd's pie: • 3 oz cooked ground beef • 1 cup mashed potatoes • 1 cup cooked carrots and green beans (combined) • ½ cup sweet peas • 1½ oz cheese*	Shrimp scampi: • 3 oz cooked shrimp • 1 cup cooked pasta • 1½ oz parmesan cheese* 6 steamed asparagus spears	3 oz baked salmon ½ cup mango salsa (chunks of mango, red onions and cilantro) 1 large ear corn on the cob	Spinach lasagna: • 1 cup cooked pasta • 1 cup cooked spinach • 1 cup ricotta cheese* 1 slice garlic bread
Snack	1 cup skim milk 1 small cookie	1 cup cherry tomatoes with 1½ oz mozzarella cheese*, 2 tsp olive oil and basil	Smoothie: • 1 cup low-fat yogurt • ½ cup raspberries	1 cup cottage cheese* ½ cup pineapple chunks	1 oz individual bag low-sodium pretzels	1 cup individual-size chocolate pudding	7 walnut halves

*Choose low-fat or fat-free cheese and other dairy products.