

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 c Puffins Cereal 1 c. Berries 1.5 c. Skim Milk	1 pack oatmeal 1 c. Berries 1/2 c. egg whites 1 Slice LF cheese	2 c. Puffins Cereal 1 c. Berries 1.5 c. Skim Milk	1 pack oatmeal 1 c. Berries 1/2 c. egg whites 1 Slice LF cheese	1 Brown Rice Tortilla 1/2 c. Bk. Beans 1 slice LF cheese +Salsa (if desired) 1/2 c. Egg Whites 1c. Broccoli Florets		2 Vann's Gluten Free Waffles 1 c. Berries 1 c. egg whites 1 Slice LF cheese 1 Tbsp. Honey, or SF syrup
Snack	1 Think Thin Bar	1c. LF yogurt	1 c. Grapes 12 Almonds	1c. LF yogurt	1 Apple or other Fruit		
Lunch	1 c. Dark Red Kidney Beans (canned, rinsed, steam) 1.5 c. Brown Rice Cooked 2 pieces LF cheese 1 c. Broccoli steamed Salsa or Cajun Seasoning to taste	1 c. LF Cottage Cheese 2 c. Mixed Fruit 1/2 c. Gluten Free Granola	1 c. Dark Red Kidney Beans (canned, rinsed, steamed) 1.5 c. Brown Rice Cooked 2 pieces LF cheese 1 c. Broccoli steamed Salsa or Cajun Seasoning to taste	Avocado Chicken Salad* 1 Brown Rice Tortilla Wrap 3 Tbsp. Salsa 2 Tbsp. LF cheese, shredded (melted on wrap) 1 c. grapes	1 c. LF Cottage Cheese 2 c. Mixed Fruit 1 Trader Joes LF Muffin		Grilled Chicken Salad LF dressing
Snack	35 Thin Mini Soy Seed-rice crackers (Trader Joes) 1 Orange or 3 Clementines	1 Apple 2 Laughing Cow Light Cheese Wedges	35 Thin Mini Soy Seed-rice crackers (Trader Joes) 1 Orange or 3 Clementines	1 Gladiator Smoothie	35 Thin Mini Soy Seed-rice crackers (Trader Joes) 1 c. LF Yogurt		1 Think Thin Bar
Dinner	4.5 oz. Chimichurri Salmon (Trader Joes) 1.5 c. Roasted New Potatoes 1 c. Asparagus, Steamed 1 Tomato, sliced	1.5 servings Black Bean Chicken* 1.5 c. Sauted Greens and Garlic (can be spinach)	1/2 Salmon Salad* 1 Slice Gluten Free Bread (like Ezekial)	6 oz. Grilled Chicken Breast 1 c. Broccoli, Steamed 3 small Fingerling Potatoes 3 Beefsteak Tomat Slices + 1.5 oz. Buffalo part-skim Mozzarella+ Fresh Basal and Balsamic Vinegar to taste	4 oz. Pork Tenderloin, shredded 1.5 c. Rice Noodles, cooked 2 Tbsp. Newman's own Lighten Up seasame Ginger Dressing 1/2 c. Mandarin oranges 1 c. Snow Peas 1/2 c. Fresh Red Bell Pepper	Big Night Out Date- Sue's Choice?	12 sushi pieces 1 c. Edamame, in pods
Snack	5 oz. Wine	6 oz. LF Chocolate milk	1.5 oz. Jack Daniels	5 oz. Wine	6 oz. Light Chocolate milk		3/4 c. Mango Vanilla Soy Ice Cream (Trader Joes)

***Black Bean Chicken**
An easy slow cooker recipe
INGREDIENTS
2 cans black beans
16 oz jar salsa
1/2 cup brown rice (uncooked)
1 lb chicken breast
DIRECTIONS
Place frozen chicken breasts in slow cooker.
Pour beans, rice and salsa over chicken.
Cook low 8-10 hours and serve.
Number of Servings: 6

***Salmon Salad**
8 oz. Salmon Baked and pieced
2 c. Hard boiled egg whites, chopped
6 c. Romaine Lettuce, shredded
1 Red Bell Pepper, chopped
1/2 c. Celery, Chopped
2 Tbsp. Red Onion, Chopped
1 green Apple, chopped
4 Tbsp. Balsamic Vinegar
2 Tsp. Dijon Mustard
2 Tsp. Olive Oil

***Avocado Chicken Salad**
4 oz. baked Chicken
2 c. Assorted Salad Greens
1/2 c. chopped tomato
1 Tbsp. diced Red onion
1/4 chopped avocado
2 Tbsp. Bisamic vinegar
1 tsp. Olive Oil