

	Breakfast	Lunch	Dinner	Snack
Monday	Oatmeal topped with banana slices	Turkey, light Swiss cheese, lettuce, and cranberry sauce on whole wheat bread	Lentil, sweet potato, and spinach curry with brown rice	Fresh fruit salad
Tuesday	Whole wheat English muffin with a poached egg and sliced apples	Grilled low-fat Halloumi wrap with roasted squash and salsa	Balsamic chicken and grapes with quinoa	Vanilla frozen yogurt with berries
Wednesday	Frozen banana, berry, and chia seed smoothie	Baked sweet potato topped with hummus, black beans, and fresh herbs	Roasted garlic salmon with bulgar wheat and spinach salad	Avocado hummus with baked kale chips
Thursday	Swiss chard and egg scramble with a slice of whole wheat toast and fresh berries	Chipotle chicken tacos with tomatoes, onions, lettuce, and feta	Turkey and quinoa chili topped with nonfat Greek yogurt	Rice cakes with peach slices and almond butter
Friday	White bean and smashed avocado toast with mango	Canned tuna on a whole wheat roll with a carrot and pepper slaw	Lemon-garlic shrimp with orzo and zucchini	Slices of apple and low-fat cheddar cheese
Saturday	Carrot, ginger, and orange smoothie with pumpkin seeds	Whole wheat tagliatelle with mushrooms and asparagus	Curried cauliflower steaks with pearl barley and Tzatziki	Frozen dark-chocolate-dipped banana bites
Sunday	Tofu scramble with peppers, greens, and tomatoes and a nectarine	Grilled lime shrimp with chili broccoli and a banana	Chicken, black bean, and kale stew	Air-popped popcorn