

Weekly Menu Plan

January 15-21, 2017

Su

Breakfast: 1 c oatmeal, 1/4 c walnuts, 1/2 c Greek Yogurt, 1 c blueberries
Lunch: Chicken Salad Wraps, Lettuce, Tomato; Raw veggies/Dip; Orange
Dinner: Cilantro Cornbread Bean Bake, Fresh Green Beans, Salad
Snack Ideas: Veggie Straws, Greek Yogurt Dip

M

Breakfast: Pancakes, Applesauce, Turkey Sausages
Lunch: Bean Burritos with oven roasted zucchini/peppers (p.113); Green salad
Dinner: Quick Curried Chicken (p. 91 PC), Rice, Veggie Stir-fry, Orange
Snack Ideas: English Muffin Pizzas, Raw veggies/Hummus

Tu

Breakfast: Yogurt, Fruit, Cereal Parfait with Pear slices
Lunch: Spinach Salad with Feta (p. 59); Toast
Dinner: Butternut Squash Soup, Wheat Rolls, Roasted Brussels Sprouts
Snack Ideas: Spinach Smoothie, English Muffin Half with Jam

W

Breakfast: 1 c oatmeal, 1/4 c walnuts, 1/2 c Greek Yogurt, 1 c blueberries
Lunch: Grilled Veggie Sandwich, Arugula, Greek Yogurt, Pears
Dinner: Spinach Pesto Pasta (p. 131); Green Salad
Snack Ideas: Veggie Straws, Greek Yogurt dip OR Hummus

Th

Breakfast: Egg Cups, English Muffin, Orange and Apple Slices
Lunch: Southwest Salad, Guacamole, Yogurt, Orange
Dinner: Parmesan Crusted Chicken, 1/2 sweet Potato, Green Salad
Snack Ideas: Pita Bread with Hummus; Carrots and celery

F

Breakfast: 1 c oatmeal, 1/4 c walnuts, 1/2 c Greek Yogurt, 1 c blueberries
Lunch: Tabbouleh with Feta, Steamed Broccoli
Dinner: Pizza Calzones, Salad OR mixed veggies, Orange Slices
Snack Ideas: Triscuits with dip, Canned Veggie Soup

Sa

Breakfast: Waffles, Apple Spice Syrup, Eggs with broccoli and onions
Lunch: Chicken Salad Wraps, Lettuce, Tomato; Raw veggies/Dip; Orange
Dinner: Pasta with Sun Dried Tomatoes and Parmesan (p. 106); Salad
Snack Ideas: 1/2 Sweet Potato, PB and apple slices