

Weekly Menu Plan

January 22-28, 2017

Su

Breakfast: Cinnamon Roll, Plain Greek Yogurt, Berries, Honey, Granola
Lunch: Greek Yogurt Tuna Sandwich on wheat bread, Tomato Soup
Dinner: Sun Dried Tomato and Parmesan Pasta with Vegetables and Salad
Snack Ideas: Apple Slices with Peanut Butter

M

Breakfast: Broccoli Scrambled Eggs, Wheat Toast, Orange Slices
Lunch: Margherita Pita Pizzas, Green Salad, Greek Yogurt Ranch Dressing
Dinner: Taco Salad Supreme, Whole Wheat Lime tortilla Chips (p. 19 PC)
Snack Ideas: Baked Apples, Veggie Straws with Greek Yogurt Dip

Tu

Breakfast: 1 c oatmeal, 1/4 c walnuts, 1/2 c Vanilla Greek Yogurt, 1 c blueberries
Lunch: California Turkey Wraps with Greek Yogurt Dip and Orange slices
Dinner: Lean 'n Green Chili (p. 51 PC), Salad
Snack Ideas: Spinach Yogurt Smoothie, English Muffin Half with Jam

W

Breakfast: Strawberry Oat Breakfast Smoothie
Lunch: Black Bean Burrito, Green Salad, Cilantro Lime Yogurt Dressing
Dinner: Grilled Steak and Potato Salad (p. 49 PC)
Snack Ideas: Light Vegetable Soup, Reduced Fat Triscuits

Th

Breakfast: Egg, Potato, Ham Scramble, Orange Slices
Lunch: Potato Soup, Kale Salad
Dinner: Lemon Pepper Chicken, Tabbouleh, Carrots and Cabbage
Snack Ideas: String Cheese, Fruit, 1/2 Sweet Potato

F

Breakfast: 1 c oatmeal, 1/4 c walnuts, 1/2 c Greek Yogurt, 1 c blueberries
Lunch: 10 Layer Mexican Dip (p. 28 TJ), Whole Wheat Lime Chips (p.19 PC)
Dinner: Ham and Bean Vegetable Soup, Wheat Roll
Snack Ideas: Almonds and dried fruit

Sa

Breakfast: Whole Wheat Chia Blueberry Muffin, Scrambled Eggs, Orange
Lunch: Leftover Ham and Bean Vegetable Soup, Whole Wheat Roll
Dinner: Healthy Turkey/Chicken Pot Pie, Green Salad
Snack Ideas: Vegetables sticks and hummus