

SAMPLE - MENU NR.2

Monday	Date
<i>Breakfast:</i> Oatmeal, nuts, orange juice	
<i>Snack:</i> Yoghurt/fruit	
<i>Lunch:</i> Grilled openface tuna sandwiches with tomato onion and a little mozzarella cheese	
<i>Snack:</i> Low fat popcorn	
<i>Dinner:</i> Beef and brocolli stirfry with onions on a bed of brown rice	
<i>Snack:</i> Ice cream cup/ canned fruit	

Tuesday	Date
<i>Breakfast:</i> Cereal, eggs, orange juice	
<i>Snack:</i> Yoghurt/fruit	
<i>Lunch:</i> Baked potato with spinach and cheese	
<i>Snack:</i> Strawberry & yoghurt smoothie	
<i>Dinner:</i> Marinated chicken breasts on the grill and ceasar salad (add tomatoes)	
<i>Dessert:</i> Pudding cup	

Wednesday	Date
<i>Breakfast:</i> Oatmeal, nuts, orange juice	
<i>Snack:</i> Yoghurt/fruit	
<i>Lunch:</i> Chicken with curry, mayon, raisins,celery on rice crackers	
<i>Snack:</i> Graham crackers	
<i>Dinner:</i> Large shrimp, onion, garlic and mushroom stirfry on a bed of whole wheat penne pasta and marinara sauce	
<i>Snack:</i> Ice cream cup/ canned fruit	

Thursday	Date
<i>Breakfast:</i> Cereal, eggs, orange juice	
<i>Snack:</i> Yoghurt/fruit	
<i>Lunch:</i> Nachos made with mozzarella cheese & olives & or salsa	
<i>Snack:</i> Granola bar	
<i>Dinner:</i> Salmon patties on the grill with tomatoes lettuce and dill sauce on whole wheat bread (from trader joes/costco)	
<i>Snack:</i> Jello cup	

Friday	Date
<i>Breakfast:</i> Toast, eggs and fruit	
<i>Snack:</i> Yoghurt/fruit	
<i>Lunch:</i> Lean pocket and green salad	
<i>Dinner:</i> Make-your-own pizza night Use whole wheat pitta bread for a crust and top with pizza sauce, grilled chicken, veggies and mozzarella cheese	
<i>Snack:</i> Ice cream sandwiches	

Saturday
<i>Breakfast:</i> Weight watchers muffins and fresh fruit
<i>Lunch:</i> Smart ones or lean cuisine frozen meal
<i>Snack:</i> Low fat milk shakes
<i>Dinner:</i> Sushi

Sunday
<i>Breakfast:</i> Whole wheat bagel with low fat cream cheese
<i>Lunch:</i> Grilled chicken baked potato, baked beans, canned beets, green salad
<i>Snack:</i> Cheese cake
<i>Dinner:</i> Toasted rye sandwiches with left-over chicken