Week 1

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast | Oatmeal pancakes | Western omelet with 1 piece of toast | Oatmeal + spinach omelet  | Smoothie | Spinach omelet + ham + toast | Smoothie | 2 eggs2 baconPotatoes |
| AMSnack | Carrots + hummus | Fruit + 2 hardboiled egg whites | ½ c. Cottage cheese + apple | Celery + peanut butter | Apple + peanut butter | Fruit | Fruit |
| Lunch | Chicken salad with pita pieces  | Chicken breast in pita + cauliflower mash | Mahi Mahi + broccoli+ rice | Turkey Meatloaf + spinach + rice | Pork tenderloin + carrots, celery, and sweet potato | Chicken fajita + red and green peppers and onions on coconut tortilla | Grilled shrimp + zucchini and tomatoes |
| PM Snack | Fruit + 2 hardboiled egg whites | 2 Rice cakes + peanut butter  | 9 Almonds + carrots | ½ Pita + hummus | Carrots + hummus | Celery + hummus | Peanut butter honey snacks |
| Dinner | Chicken breast + cauliflower mash | Mahi Mahi + broccoli\*rice | Turkey Meatloaf + spinach\* rice | Pork tenderloin + carrots, celery, and \*sweet potato | Chicken fajita + red and green peppers and onions on coconut tortilla  | Grilled shrimp + zucchini and tomatoes  | Southwest turkey meatballs with warm corn and back bean salsa  |

\*Don’t eat for dinner. Make it to eat for lunch the next day.

Week 2

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast | Egg + ham McMuffin  | Strawberry parfait  | Oatmeal pancakes | Egg + ham McMuffin | Strawberry parfait | Oatmeal pancakes | Farmer’s Breakfast  |
| AMSnack | ½ c. Cottage cheese + strawberries | Celery + peanut butter | 2 Hardboiled egg whites + fruit | ½ c. Cottage cheese + fruit | Celery + peanut butter  | fruit | fruit |
| Lunch | Southwest turkey meatballs with warm corn and back bean salsa | Lemon Garlic tilapia + asparagus+ Quinoa  | White Chicken Chili + salad | Spaghetti squash + turkey meat sauce with onions, tomatoes, and mushrooms | Mahi Mahi and Veggies in foil | Turkey taco salad | Bean salad + quinoa  |
| PM Snack | Peanut butter honey snacks | 2 Hardboiled egg whites + half pita | Half pita + hummus  | 2 rice cakes + peanut butter  | 2 Hardboiled egg whites + half pita | Half pita + hummus | Half pita + hummus |
| Dinner | Lemon Garlic tilapia + asparagus\* Quinoa  | White Chicken Chili + salad | Spaghetti squash + turkey meat sauce with onions, tomatoes, and mushrooms  | Mahi Mahi and Veggies (zucchini, onion, broccoli) in foil  | Turkey taco salad* Lettuce
* Avocado
* Tomato
* Onion
* Black olives
* Salsa
* Jalapeño
 | Steak + sweet potato fires + spinach  | Baked Chicken with garlic and sun dried tomatoes + broccoli \*rice |

\*Don’t eat for dinner. Make it to eat for lunch the next day.

Week 3

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Farmer’s Breakfast | Cream of wheat + egg whites | Paleo bread | Cream of wheat + egg whites | Melted breakfast wrap | Quiche with mushrooms and spinach + toast  | Quiche with mushrooms and spinach + toast |
| Carrots + hummus  | Fruit + 2 hardboiled egg whites | Fruit + 2 hardboiled egg whites | Fruit + almonds  | fruit | fruit | fruit |
| Baked Chicken with garlic and sun dried tomatoes + broccoli + rice | Turkey chili + salad | Almond flour chicken tenders + green beans | Tuna salad + pita pieces  | Quinoa Black bean casserole | White fish + cauliflower mash | Chick pea salad |
| Fruit + 2 hardboiled egg whites  | Yogurt + ¼ c. granola  | Carrots + hummus | Paleo bread | ½ Pita + 1/4 avocado + tomato  | Paleo bread | Carrots + hummus |
| Turkey chili + salad | Almond flour chicken tenders + green beans | Turkey tenderloin + carrots, celery, sweet potato | Quinoa Black bean casserole  | White fish + cauliflower mash  | Sweet potato hash + salad | Chicken skewers with onion, zucchini, red peppers, mushrooms + rice |

\*Don’t eat for dinner. Make it to eat for lunch the next day.

Week 4

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Oatmeal pancakes | Western Omelet + toast | Egg + Ham McMuffin | Oatmeal with protein powder | Cream of Wheat + egg whites | Breakfast Burritos  | Breakfast Burritos |
| Carrots + hummus | Celery + peanut butter | Fruit + almonds  | Fruit + 2 hardboiled egg whites  | Fruit + 2 hardboiled egg whites  | fruit | fruit |
| Chicken skewers with onion, zucchini, red peppers, mushrooms + rice  | Lentil Soup | Mexican Chicken + salad | Beef Meatballs + spaghetti squash + sauce + salad | Chicken stir fry+ rice | Fish tacos with lettuce and tomatoes | Turkey breasts + broccoli + quinoa |
| Fruit + 2 hardboiled egg whites  | Paleo bread | Paleo bread | Paleo bread | Carrots + hummus | Carrots + hummus | Carrots + hummus |
| Lentil Vegetable Soup | Mexican Chicken Cover with taco seasoning and salsa and bake 30 min. @ 375+ salad | Beef Meatballs + spaghetti squash + sauce + spinach  | Chicken stir fry\*rice  | Fish tacos with lettuce and tomatoes  | Turkey breasts + broccoli \*quinoa  | Chicken salad  |

\*Don’t eat for dinner. Make it to eat for lunch the next day.

**Week 4 Grocery List**

* Oatmeal
* Cottage cheese
* Egg whites
* Chopped frozen veggies (Western)
* Canadian Bacon
* Eggs
* Whole wheat English muffin
* Cream of wheat
* Whole wheat low carb wraps
* (2) Lettuce
* (3 – 4) Tomatoes
* (2) Cucumber
* (1c.) dried brown lentils
* (4c.) vegetable broth
* (1) canned diced tomatoes
* Garlic
* (2) Carrots
* Celery
* Balsamic vinegar
* Bay leaves
* (4lbs) chicken breast
* (2lbs) lean ground beef
* Spaghetti squash
* Organic spaghetti sauce
* Frozen spinach
* Stir fry
* Whole turkey beasts
* Broccoli
* Ground turkey sausage
* Almond flour
* Dark chocolate
* Unsalted cashews
* Frozen blueberries
* Canned pumpkin
* Bananas
* Honey
* Vanilla extract
* Baking soda and powder
* Hummus
* Peanut butter
* White fish
* Fresh fruit (in season)

**Week 3 Grocery List**

* Almond flour
* Dark chocolate
* Unsalted cashews
* Frozen blueberries
* Canned pumpkin
* Bananas
* Honey
* Vanilla extract
* Baking soda and powder
* Cream of wheat
* Egg whites
* Eggs
* Baby bella Mushrooms
* Fresh spinach
* (3) Extra lean ground turkey breast
* (4) Onion
* (2) Green pepper
* (2) red peppers
* (2) zucchini
* (1) Canned tomatoes
* (1 lg.) Hunt’s sauce
* Chili seasoning
* (2) Lettuce
* (5) roma Tomatoes
* Lemon
* (2lbs) Chicken breast
* Green beans
* Turkey tenderloin
* Carrots
* Celery
* (4 + 2 lbs) sweet potatoes
* Tuna packets (spicy)
* White fish
* (2) cauliflower
* Fresh fruit in season
* Light plain yogurt
* Whole wheat low carb wraps
* Pita
* Granola
* Avocado
* Quinoa
* (2) canned black beans
* Cheddar cheese
* Refried beans
* Salsa
* Rice
* hummus
* Chick peas
* Fresh fruit (in season)

**Week 2 Grocery List**

* Eggs
* Cottage cheese
* (2) Canadian Bacon
* Whole Wheat English Muffin
* Strawberries
* Mahi mahi
* Granola
* Light plain yogurt
* Celery
* Hummus
* Tilapia
* Asparagus
* Quinoa
* Rice cakes
* Peanut butter
* Lettuce
* Jalapeño
* (2) cans black beans
* Vinegar
* (3) Tomatoes
* (1) Cucumber
* Oatmeal
* Bananas
* Fresh fruit (in season)
* Hummus
* Pitas
* Spaghetti squash
* (2) Extra lean ground turkey breast
* Organic spaghetti sauce
* (bag) onions
* Baby bella mushrooms
* (1) avocado
* Black olives
* Salsa
* Taco seasoning
* (4) lean steaks
* (4) sweet potatoes
* (34 oz.) chicken broth
* (2) cans Old ElPaso chopped green chilies
* (4 lbs) chicken breast
* (2) zucchini
* (2-3 heads) Broccoli
* Frozen hash browns
* Cheddar cheese
* Peeled Garlic
* Sun dried tomatoes
* White wine
* (1) green pepper
* (1/2 gal.) Skim milk
* (6c.) Great northern beans

**Week 1 Grocery List**

* Almond milk
* Cottage cheese
* Egg whites
* Eggs
* Coconut flour
* Wheat bread
* Whole wheat breadcrumbs
* Pitas
* Rice cakes
* Wheat germ
* Peanut butter
* Almonds
* Oatmeal
* Parmesan cheese
* Rice
* (2) Black beans
* Mexican rotel
* Chicken broth
* salsa
* Fresh spinach (bag)
* Frozen spinach
* Frozen fruit (smoothies)
* Frozen potatoes
* Frozen fajita veggies
* (2 cups) Frozen corn
* Canadian Bacon
* Bacon
* (8) Chicken breasts
* Pork tenderloin
* (3) Extra lean ground turkey
* (2) Mahi mahi
* Raw shrimp
* broccoli
* Pears
* Apples
* Bananas
* Carrots
* Celery
* (3) red peppers
* (2) green peppers
* (2) onions
* (3) Tomatoes
* (1) Lime
* Cilantro
* (3) Zucchini
* (3) sweet potatoes
* (2) cauliflower
* Hummus