The Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 eggs scrambled in 1 tbsp butter + ½ cup berries	1 cup steel-cut oatmeal with ¼ cup milk and 2 tbsp dried fruit	½ cup plain Greek yogurt + ½ cup strawberries	1 slice whole grain bread with 1 tbsp peanut butter and 1 sliced banana	1 slice whole wheat French toast + ½ cup berries	Smoothie made with 1 cup plain Greek yogurt, 1 cup berries and 1 tbsp honey	Frittata (1 egg) with ½ cup diced vegetables + 2 pieces whole grain lavash
SNACK	1 oz cheese + 4 whole grain crackers	½ cup edamame in pods	¼ cup nuts	1 hard-cooked egg + 4 whole grain crackers	1 cup vegetables + ¼ cup hummus	¼ cup dried fruit + ¼ cup nuts	⅓ cup roasted chickpeas
LUNCH	1 cup cooked whole grain pasta + ⅓ cup tomato sauce with ½ cup vegetables + ¼ cup toasted almonds	2 cups kale salad with 1 tbsp olive oil and balsamic vinegar + ½ cup beans + ¼ cup toasted pecans	2 slices whole grain bread with 2 tbsp peanut butter and 1 sliced banana + 2 cups dark green salad with 1 tbsp olive oil	2 cups dark green salad with 1 tbsp olive oil and lemon dressing + ⅓ cup chickpeas	2 cups cooked whole grain pasta with ½ cup tomato sauce + 1½ cups dark green salad	1 large whole wheat pita + ⅓ cup hummus + 1½ cups grilled vegetables	1 cup 2-bean salad with 1 tbsp olive oil + 1 cup diced vegetables
SNACK	1 small date square	1 apple + 4 whole grain crackers	½ cup plain Greek yogurt + ¼ cup dried fruit	1 cup vegetables + ¼ cup hummus	¼ cup dried fruit + ¼ cup nuts	1 cup microwave popcorn	2 fruit kabobs + ½ cup plain Greek yogurt
DINNER	3 oz chicken breast + 1 cup sugar snap peas sautéed in 1 tbsp olive oil + 1½ cups dark green salad + 5 oz red wine	3 oz beef burger + 3 sweet-potato wedges + 5 oz red wine	3 oz white fish + ½ cup cooked brown rice + 1 cup veggies + 5 oz red wine	3 oz pork tenderloin + 4 large spears grilled asparagus + ½ cup cooked whole wheat couscous + 5 oz red wine	3 oz turkey breast + 1 cup mashed yellow-fleshed potatoes with 1 tbsp olive oil + 5 oz red wine	3 oz grilled tofu + 2 cups stir-fried bok choy + ½ cup cooked soba noodles + 1½ cups dark green salad + 5 oz red wine	3 oz salmon with mango salsa + 1 cup cooked wild rice pilaf with ¼ cup toasted pecans + 1½ cups dark green salad + 5 oz red wine