

Meal Plan: Week 1

Monday

Breakfast		Lunch		Dinner	
2 scrambled eggs	4 SP	Romain or Iceberg lettuce	0	Tofu Stir Fry	6 SP
Sliced Red peppers	0	Tomatoes	0	Edamame	0
Salt and Pepper	0	Shredded Carrot	0	(See Recipe)	
BabyBel Cheese	3 SP	Chopped Chicken 5 ounces	3 Sp		
Fresh Fruit	0	Dressing	2 SP		
Points	7 SP	Points	5 SP	Points	6 SP

Tuesday

Breakfast		Lunch		Dinner	
Apple Chai Oats	7SP	Not-Bucks Bento Box		Chicken Bacon Tacos	10 SP
(See Recipe)		Hard Boiled Eggs	4 SP	Green Salad	0 SP
		Red pepper strips	0	Vinegrette	2 SP
		Grainy mustard	0		
		BabyBel Cheese	3 SP		
		Grapes	0		
	7 SP		7 SP		12 SP

Wednesday

Breakfast		Lunch		Dinner		
Yogurt	4 SP	Chicken Taco Meat	3 SP	Pork Chops with Mustard Glaze	6 SP	
Frozen Blueberries		Tomatoes		Whipped Sweet Potatoes	3 SP	
Flax Seed	1 SP	Shredded Carrot		Sauteed Zucchini	0 SP	
or		Chopped Zucchini		Glaze: Mix equal parts mustard with apricot jam, brush on porkchops while baking		
Oats	1 SP	Shredded lettuce				
Sprinkled on top		Vinegrette	2 SP			
	5 SP	Lime	5 SP		9 SP	

Thursday

Breakfast		Lunch		Dinner	
Scrambled eggs	4 SP	Tuna Salad	4 SP	Chopped Chicken	3 SP
Sauteed Mushrooms	0	Celery& Carrots		Chopped Geek Salad	0 SP
Fresh Spinach		Snap Peas		Feta Cheese	3 SP
Cheese	5 SP			Greek Vinegrette	2 SP
	9 SP		4 SP		8 SP

Friday					
Breakfast		Lunch		Dinner	
Tropical Parfait W/ Cottage Cheese		Pita	4 SP	Free Form	
See recipe		Chicken	3 SP	-Either Leftovers	
		Chopped Vegetables	0 SP	-or your favorite Dinner	
		Feta Cheese	1 SP		
7 SP			8 SP	15 Sp	
Saturday					
Breakfast		Lunch		Dinner	
Easy Banana Pancakes		Lettuce Cups		Turkey Pizza Burger	
Orange Slices		Leftover chicken	3 SP	Turkey Burgers	
Mix 1 mashed banana with 2 eggs. Cook in a non-stick pan , flipping carefully . These will give you crepe like pancakes		Leftover chopped Vegetables		No-Sugar Tomato Sauce	
		Lettuce	0	Babybel Cheese melted on top	
		Chopped Baby Bel Cheese	3 SP	Pizza Spice	
		Vinegrette	2 SP	Tomatoes drizzled with balsamic	
4 SP			8 SP	8 SP	
Sunday					
Breakfast		Lunch		Dinner	
Spinach and Cheese Omelet		Tuna Salad	4 SP	Baked Chicken Breast	
Cherry tomatoes		Red Pepper Slices	0	Steam Broccoli	
		Celery	0	Brown Rice	
		Carrot Sticks	0		
7 SP			4 SP	8 SP	