

Meal Plan: Week 3

Monday

Breakfast		Lunch		Dinner	
Overnight Oats (See Recipe)	6	Chopped Veg Salad Assorted chopped veggies -lettuce, tomatoes, peppers -onion, zuchinni, -carrots - cabbage -cucumber -radish Chopped hardboiled egg Dressing		Chickpea Quinoa Bowl Quinoa (1/2 c) Chickpeas (1/2 C) WW Pesto Sauce (see recipe) Spinach (1 c) Chopped tomatoes Carmelized Onions Sundried tomatoes	3 3 3 0 0 0 1
Points	6SP	Points	6 SP	Points	10 SP

Tuesday

Breakfast		Lunch		Dinner	
Scrambled Eggs Toast Coffee/ Tea	4 2	Spring Chicken Soup (See Recipe)		Chicken with Lemon and Capers Steamed Broccoli Cook chicken breasts in a pan with 1 tsp olive oil. When cooked, take out and add 1 tsp butter to the pan, melt, then add 1 tbls capers and 2 lemons of juice. (6 ounces chicken, 1/2 sauce)	
	6 SP		7 SP		7 SP

Wednesday

Breakfast		Lunch		Dinner	
Overnight Oats (See recipe)	6	Chicken broccoli bowl Cooked Chicken (6 ounces) Steamed Broccoli Quinoa Lemon Caper Sauce		Shrimp and Grits Grits (1 Cup) Butter (1 tsp) Shrimp (8 ounces) Old Bay green salad w/ dressing	5 2 3 0 2 SP
	6 SP		10 SP		12 SP

Thursday

Breakfast		Lunch		Dinner	
Spinach Omelet		Hipster Mason Jar Salad		Tuna noodle casserole	
Eggs (2)		4 Layer:shredded cabbage		(See recipe)	
Spinach		0 -shredded carrots & radish			
Cheese (1/2 ounce)		2 -diced zucinni			
Fruit		0 6 ounces chicken	5		
		Cheese	4		
		Balasmic dressing	2		
		6 sp	11 sp	8 SP	

Friday

Breakfast		Lunch		Dinner	
Cinnamon baked apples	0	Savory Buffalo Chicken dip	7	Curried Chicken	7
Quinoa Crunch	2	Celery	0	Cauliflower Rice	0
Milk or Yogurt	tbd	Carrots	0	Creamed Spinach	2
		Grapes	0	(See recipe)	
Bake 1 apple with 2 tsp cinnamon service with crunch and milk or yogurt		(See Recipe)			
Saturday		2	7	9	

Breakfast		Lunch		Dinner	
Toasted Granola	4	Curried chicken salad	5	Steak Salads	
Yogurt	2-3 sp	Roasted chickpeas	3	-lettuce, tomatoes, peppers	
Fruit		vegetable slaw	0	-onions, zucchini, -cucumber	
				-carrots - cabbage	
				Balsamic Dressing	2
				Blue cheese	4
				Grilled sliced steak (3 ounces)	5

Sunday		7 sp	8SP	12 Sp	
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Breakfast		Lunch		Dinner	
Vegetable frittata	7	Leftovers for lunch		Pizza Chicken	
Oranges				0 Chicken breast	5
Saute vegetables until mostly cooked				0 1/2 ounce mozzarella	3
Stir in 2 beaten eggs. Bake until cooked				0 sugar free tomato sauce	
Sprinkle with 1 ounce cheese and serve				Green salad	2
		7 SP		10 SP	