

Meal Plan: Week 2

Monday

Breakfast		Lunch		Dinner	
Breakfast Egg Cup	3 SP	BBQ chicken Salad		Tuna Patties (See Recipe)	3 SP
Coffee/Tea		BBQ Chicken (8 ounces)	5	Broccoli w/Lemon	0 SP
Fruit		Lettuce	0	Green Salad	0 SP
(Assuming 1 egg cup, 6 SP if 2)		Tomatoes	0	Dressing of your choice	2-4 SP
	3 SP	Shredded carrot	0 SP		
		Dressing	2-4 SP		
			7-9 SP		5-7 SP

Tuesday

Breakfast		Lunch		Dinner	
Breakfast Qunioa w/orange		Tuna Patty Sandwich	3 SP	Roasted Vegetable Tacos	
Milk of your choice		Bread of your choice	4 SP	with Black Beans	7 SP
Coffee/Tea		Mustard	0 SP	2 Tacos w/corn tortillas	4 SP
		Lettuce	0 SP	Fresh Salsa	0 SP
		Pickles	0 SP	Cucumber rounds	0 SP
		Grapes	0SP	Radishes	0 SP
Wednesday	7 SP		7 SP		11 SP

Breakfast		Lunch		Dinner	
Breakfast Egg Cup	3 SP	Roasted Veg Salad		Orange Chicken	7 SP
Coffee/Tea		Roasted Vegetables	7 SP	Cauliflower Fried Rice	0 SP
Fruit		Fresh Vegetables	0SP		
	3 SP	Salsa	0 SP		
			5 SP		9 SP

Thursday

Breakfast		Lunch		Dinner	
Savory Oatmeal		Egg roll in a bowl		Roasted Chicken With Grapes	5 SP
1/2 c Oatmeal		5 Mandarin Oranges	5	Cauliflower Rice	0 SP
1 fried runny egg		2 Saute 1 c chopped cabbage with garlic, onion, soy sauce, ginger. When done, cook 1/4 c ground turkey. Mix, season with more soy sauce and serve with shredded carrot on top.		Roasted Carrots & Onions	0 SP
1 tbs soy sauce				On a sheet pan toss grapes, chunked carrots and onions. Place chicken breasts on top. Bake at 350- 30 minutes	
1 tbs green onion					
Serve oatmeal with egg and toppings					
	7 SP		4 SP		5 SP

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Friday

Breakfast		Lunch		Dinner	
Breakfast Egg Cup	3 SP	Grab and Go Lunch		Date Night Greek	
Coffee/Tea		Roast Chicken		5 Meatballs (4 meatballs)	5 SP
Fruit		Hummus	2	Feta Cheese	3 SP
		Tomatoes		Hummus	2 SP
		Carrots		Cucumber slices	0SP
	3 SP	Celery			
			7 SP		11 SP
Breakfast		Lunch		Dinner	
Greek Omelets	9 SP	Avocado Citrus Salad	4 SP	Buffalo Chicken Chili	10 SP
		Roast Chicken	4 SP	(See Recipe)	
Chop meatballs, mix with feta, tomato and spinach. Use as filling for an omelet.		Toss 1/4 sliced avocado with 1 sliced orange 2 big handfuls spinach. Season with salt and pepper		Green Salad	
	9 SP		8 SP	Dressing of your choice	
					10 SP

Sunday

Breakfast		Lunch		Dinner	
Breakfast Egg Cup	3 SP	Leftovers for lunch		Chicken Vegetable Packets	8 SP
Coffee/Tea				0 Chop broccoli, peppers, shred carrots, dice onions and garlic heads. Add to a foil packet with 4 ounces uncooked chicken. Season with salt and pepper , bake at 350 for 30 minutes	0
Fruit					
	3 SP				8 SP