

Fall Meal Plan #1

Monday					
Breakfast		Lunch		Dinner	
Fall Overnight Oats	6	Roasted Veg Salad		Chickpea Quinoa Bowl	
(See Recipe)		(See Recipe)		Quinoa (1/2 c)	3
		Dressing	2	Chickpeas (1/2 C)	3
		Shredded Chicken breast	3	WW Pesto Sauce (see recipe)	3
				Spinach (1 c)	0
				Chopped tomatoes	0
				Carmelized Onions	0
				Sundried tomatoes	1
Points	6SP	Points	5sp	Points	10 SP
Tuesday					
Breakfast		Lunch		Dinner	
Scrambled Eggs	4	Taco Chicken Soup	7	Roasted Vegetable "Pasta"	5 SP
Toast	2	(See Recipe)		Puree Roasted Root Veg w/1 can plain diced tomatoes.	
Coffee/ Tea				Brown 1/2 lb 97/3 Ground beef.	
				Add to sauce and simmer 20 minutes, tasting for seasoning.	
				Sever of zuchnni noodles with side salad.	
	6 SP		7 SP		5 SP
Wednesday					
Breakfast		Lunch		Dinner	
Fall Overnight Oats	6	Chicken broccoli bowl		Roasted Pork Tenderloin	6
(See recipe)		Cooked Chicken (6 ounces)	5	Sauteed Cabbage and Onions	0
		Steamed Broccoli	0	Mashed Potatoes	5
		Quinoa	3		
		Lemon Caper Sauce	2		
	6 SP		10 SP		11SP

Thursday					
Breakfast		Lunch		Dinner	
Spinach Omelet		Chopped Pork Tenderloin	3	Shrimp and Grits	
Eggs (2)	4	Low Sugar BBQ Sauce		Grits (1 Cup)	5
Spinach	0	1/4 c corn & Black Beans		Butter (1 tsp)	2
Cheese (1/2 ounce)	2	Shredded Cabbage Slaw	0	Shrimp (8 ounces)	3
Fruit	0	Dressing	3 SP	Old Bay	0
				green salad w/ dressing	2 SP
	6 sp		9SP		8 SP
Friday					
Breakfast		Lunch		Dinner	
Cinnamon baked apples	0	Chili "Mac" Topping	4 SP	Curried Chicken w/ Fall Veg	7
Quinoa Crunch	2	(See Recipe)		Cauliflower Rice	0
Milk or Yogurt	tbd	Baked Potato	5 SP	Salad W/Dressing	9 SP
			0		
Bake 1 apple with 2 tsp cinnamon					
service with crunch and milk or yogurt					
Saturday	2		9 SP		9
Breakfast		Lunch		Dinner	
Toasted Granola	4	Roasted Chickpea salad		Chicken Dinner Salads	
Yogurt	2-3 sp	Roasted chickpeas	3	-lettuce, tomatoes, peppers	
Fruit		vegetable slaw	0	-onions, zucchini, -cucumber	
		Dressing	2	-carrots - cabbage	
				Balsamic Dressing	2
				Blue cheese	4
				Grilled Chicken Breast (3 ounces)	3
Sunday	7 sp		5SP		12 Sp
Breakfast		Lunch		Dinner	
Vegetable frittata	7	Leftovers for lunch		Pizza Burgers	
Oranges			0	Ground beef patty	6 SP
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	
	7 SP				9 SP