

# WEEKLY MEAL PLAN - 2200 Calories

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	Totals
MONDAY	1 Whole Wheat Bagel 2 Tablespoons Almond Butter 1 medium banana 1 cup low-fat milk	1/3 cup trail mix	<b>Hummus and Veggie Pita Wrap</b> includes: carrot, cucumber, onion, sprout, bell pepper slices, and spinach 1 cup of grapes 6 oz Greek Yogurt	2 low-fat string cheese 2 kiwifruit	<b>Quinoa "Fried" Rice</b> 1.5 servings See Recipe List	2200calories 99g protein 292 g carbohydrate 78g fat
TUESDAY	<b>Breakfast Parfait</b> 6 ounces Greek Yogurt 3/4 cup low-fat granola 15 almonds 1 cup blueberries	1 cup grapes 1 oz low-fat cheese cubes	<b>Black Bean Bowl</b> mix all together: 1 cup black beans, 1/2 cup corn, 1/3 cup mango salsa, 1/2 cup quinoa, 1 chopped bell peper, 1 T pumpkin seeds, and 1/4 avocado	6 ounces Greek Yogurt 1 banana	4 ounce grilled chicken breast sauteed garlic and broccolini Bulgur salad ( 1 cup bulgur w/ onions, chopped tomatoes, edamame)	2150 calories 107g protein 311g carbohydrate 61g fat
WEDNESDAY	<b>Apple Oats</b> 1 cup steel cut oats 1/2 cup applesauce, cinnamon 1 chopped apple 2 Tablespoons chopped pecans 1/2 cup low-fat milk	2 tangerines 6 ounces greek yogurt	<b>Grape and Walnut Chicken Salad Wrap</b> (see recipe list) 6 triscuit crackers 1 cup strawberries 1 cup Trop 50 (light) fortified orange juice w/ calcium and vitamin D	20 almonds 1 cup melon or other fruit	<b>Broiled Cajun Tilapia</b> (6 ounces) 1 sweet potato, cut in wedges and baked 1 cup brussels w/ balsamic 1/2 cup quinoa	2210 calories 101g protein 294g carbohydrate 80g fat
THURSDAY	<b>Egg White Omelet</b> w/ spinach, onions, and feta 1 bagel w/ 2 T preserves	1/2 cup cottage cheese 2% milkfat and 1 cup peaches	<b>Greek Chopped Salad</b> (see recipe list) w/ grilled chicken strips 1 banana	1 cup fortified orange juice 30 pistachios	<b>Turkey Burgers</b> on whole wheat buns w/ lettuce, tomato, onion, 1/4 avocado. Sides of green beans w/ siachan sauce and roasted butternut squash	2200 calories 131g protein 297 g carbohydrates 64 g fat
FRIDAY	<b>Blueberry Smoothie</b> 1 frozen banana 1 cup frozen blueberries 1/2 cup skim milk 6 oz greek yogurt 1 Tablespoon almond butter 1 slice of silken tofu	1 oz peanuts 1 small box raisins	<b>Turkey Wrap</b> w/ arugula, red onion, tomatoes, turkey, bell pepper and cheese <b>side of 4 bean salad</b> (garbonzo, kidney, black eyed peaseand green beans w/ celery and onion)	raw veggies and 1 whole wheat pita w/ 1/4 cup hummus	<b>Stuffed Acorn Squash</b> 2 servings (See Recipe list)	2200 calories 99 g protein 329g carbohydrate 65g fat
SATURDAY	Roasted Potatoes w/ 1 egg, sauteed onions and fresh tomato slices 1 cup orange juice	1 cup milk + 2 tangerines	<b>Soba Noodle Bowl</b> 2 cups soba noodles w/ 1 cup edamame, diced portabella mushrooms, orange bell pepper, baby bok choy, and zuchinni. Sweet chili and soy sauces.	Greek Yogurt 6 ounces 1 banana 20 almonds	<b>Shrimp Tacos</b> (2) w/ 5 oz shimp, red cabbage, onions, shredded cheese, tomatoes, 1/4 avocado, cilantro in hard shell 1 corn on the cob w/ cumin	2150 calories 123g protein 278g carbohydrate 69g fat
SUNDAY	<b>Buckwheat Pancakes</b> 1/2 cup flour, pecans, strawberries and light syrup 1 cup milk	1 cup canned pears w/ cinnamon 6 ounces light vanilla yogurt	<b>Flank Steak Salad</b> 3 ounce flank steak, red onion slices, 1/4 cup corn, cherry tomatoes, 1 ounce feta cheese, 1/4 avocado on a bed of mixed greens to include spinach or arugula w/ balsamic viniagrette	1/2 cup hummus w/ broccoli and cauliflower	<b>White Bean Chicken Chili</b> w/ avocado and greek yogurt w/ 1 ounce frito lays	2150 calories 121g pro 250g carbohydrate 77 g fat