

# Week 1 Menu

## January 1-5



### MONDAY

**Breakfast:**

Whole wheat toast with egg and avocado

**Lunch:**

Turkey and cheese sandwich on wheat, carrot sticks with hummus

**Dinner:**

Grilled chicken breast, roasted asparagus and sweet potato wedges

### TUESDAY

**Breakfast:**

Plain greek yogurt bowl with strawberry slices and honey

**Lunch:**

Tuna on wheat thins, apple slices, and trail mix

**Dinner:**

Shrimp, roasted brussels sprouts and quinoa or wild rice

### WEDNESDAY

**Breakfast:**

Breakfast burrito-egg, bell peppers and cheese in whole wheat tortilla

**Lunch:**

Leftovers

**Dinner:**

Taco soup- black beans, diced tomato, corn, green chiles, chicken served with avocado slices

### THURSDAY

**Breakfast:**

Steel cut or old-fashioned oats with milk and peaches

**Lunch:**

Egg salad, celery sticks, and pineapple spears

**Dinner:**

Ground turkey, fajita vegetables and corn tortillas

### FRIDAY

**Breakfast:**

Smoothie- banana, orange, protein powder, milk, greek yogurt

**Lunch:**

Chicken salad lettuce roll-ups, pita chips, raspberries

**Dinner:**

Chicken sausage, roasted bell pepper zucchini and onion, orange slices

# Week 2 Menu

## January 8-12



### MONDAY

**Breakfast:**

Glass of milk,  
toast with  
peanut butter,  
and cantaloupe

**Lunch:**

Chicken caesar  
salad wrap with  
spinach, snap  
peas with low  
fat ranch

**Dinner:**

Turkey Kielbasa  
sausage served  
over roasted  
purple cabbage  
and baked  
potato

### TUESDAY

**Breakfast:**

Omelette with  
eggs, cheese,  
bell peppers  
and onions

**Lunch:**

Turkey  
sandwich on  
wheat, carrot  
sticks, beef  
jerky

**Dinner:**

Rotisserie  
chicken,  
roasted carrots  
and green salad

### WEDNESDAY

**Breakfast:**

Toast with  
hummus,  
tomato slices  
and turkey  
bacon

**Lunch:**

Leftovers

**Dinner:**

Taco salad-  
ground turkey  
over lettuce  
with tomato,  
avocado,  
cilantro and  
salsa

### THURSDAY

**Breakfast:**

Cottage cheese  
bowl with  
peaches

**Lunch:**

BLT sandwich  
with honeydew  
melon cubes

**Dinner:**

Breakfast for  
dinner-  
scrambled  
eggs, spinach  
and tomatoes,  
and strawberry  
slices

### FRIDAY

**Breakfast:**

Whole grain, high  
fiber cereal, milk  
and banana slices

**Lunch:**

Greek salad-  
spinach,  
chickpeas,  
tomato,  
cucumber,  
cilantro or tahini  
dressing

**Dinner:**

Tilapia, roasted  
broccoli and  
quinoa

# Week 3 Menu

## January 15-19



### MONDAY

**Breakfast:**

Egg and turkey  
sausage on whole  
wheat english  
muffin

**Lunch:**

Black bean burrito  
with guacamole  
and pico de gallo

**Dinner:**

Asian stirfry-  
chicken with stirfry  
vegetables, low  
sodium soy sauce  
over rice and  
edamame

### TUESDAY

**Breakfast:**

Cottage cheese  
bowl with cherry  
tomatoes, green  
bell peppers and  
pistachios

**Lunch:**

Fruity chicken  
salad sandwich,  
grapes, string  
cheese

**Dinner:**

Spaghetti- whole  
wheat noodles,  
tomato sauce and  
ground turkey,  
roasted broccoli

### WEDNESDAY

**Breakfast:**

Stone ground  
grits w/ olive oil,  
side of scrambled  
eggs

**Lunch:**

Leftovers

**Dinner:**

Chicken fajita  
bowl- chicken  
cubes, sautéed  
bell pepper and  
onion, romaine  
lettuce, beans,  
cheese, over rice

### THURSDAY

**Breakfast:**

Smoothie- banana,  
strawberry, milk,  
greek yogurt,  
powdered peanut  
butter

**Lunch:**

Tuna on wheat  
bread, raspberries,  
broccoli florets  
with ranch

**Dinner:**

Baked salmon,  
roasted asparagus,  
and sweet potato

### FRIDAY

**Breakfast:**

Steel cut or old-  
fashioned oats  
with milk and  
pears

**Lunch:**

Turkey slices with  
laughing cow  
cheese wedge on  
wheat thins, apple  
slices

**Dinner:**

Taco salad-  
ground turkey  
taco meat, beans,  
tomato, lettuce,  
corn, cilantro

# Week 4 Menu

## January 22-26



### MONDAY

**Breakfast:**

Greek yogurt,  
banana slices,  
peanut butter and  
honey

**Lunch:**

Chicken wrap-  
shredded chicken,  
romaine lettuce,  
tomato, dressing  
on whole wheat  
tortilla

**Dinner:**

Baked lemon cod  
with roasted  
cauliflower and  
butternut squash

### TUESDAY

**Breakfast:**

Scrambled eggs  
with salsa,  
blueberries

**Lunch:**

Hard boiled eggs,  
triscuit crackers,  
cucumber slices  
with hummus

**Dinner:**

Grilled chicken,  
onion, bell pepper  
and pineapple  
skewers

### WEDNESDAY

**Breakfast:**

Whole grain, high  
fiber cereal, milk  
and strawberry  
slices

**Lunch:**

Leftovers

**Dinner:**

Black bean chili  
with cornbread

### THURSDAY

**Breakfast:**

Greek yogurt  
bowl with peanut  
butter and  
banana

**Lunch:**

Turkey pinwheels  
with orange slices

**Dinner:**

Ham, scrambled  
eggs and mixed  
vegetables  
sautéed with  
brown rice and  
low sodium soy  
sauce

### FRIDAY

**Breakfast:**

Glass of milk,  
toast with almond  
butter, and  
grapes

**Lunch:**

Tuna served over  
lettuce, mixed  
nuts, cantaloupe  
cubes

**Dinner:**

Turkey meatball  
sub on toasted  
wheat, tossed  
green salad