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|  | **Breakfast** | **Lunch** | **Snack** | **Dinner** |
| **Mon** | Chicken Sausage & 1c. yogurt or cottage cheese | Deli Meat Salad w/ Hummus  (1P, 1V, 1Con) | Larabar (1F, 1Fat) | 1c. refried beans, chicken/turkey sausage, soy cheese and veggies  (1C, 1P, 1D, 1V) |
| **Tue** | Egg White Omelet- with soy cheese and peppers (2P, 1V) | PB&J (1C, 1Fat, 1P) | 8oz Yogurt & Fruit  (1 D, 1F) | Tuna, Broccoli, and Soy Cheese  (2P, 1D, 1V) |
| **Wed** | Chicken Sausage, Fruit, Yogurt  (1D, 1F, 1P) | Deli Meat Salad w/ Hummus  (1P, 1V, 1Con) | Oatmeal  (1Carb) | Pea Soup with Soy Cheese or Goat Cheese (2P, 1V, 1D) |
| **Thur** | Egg White Omelet  (2P, 1V) | Deli Meat Sandwich with Hummus (1C, 1P, 1 C) | 8oz Yogurt & Fruit  (1D, 1F) | Salad w/ Meat and EVOO  (2P, 1Fat, 1V) |
| **Fri** | Egg White Omelet  (2P, 1V) | Cottage Cheese & Fruit with Soymilk Cocoa  (1D, 1F, 1P) | Larabar (1Fat, 1P) | Spaghetti w/ Meat Sauce and veggies  (1Carb, 1V, 1P, 1D) |
| **Sat** | 1F, 1D, 1P  (Chicken Sausage w/ Fruit and Yogurt) | 2P, 1Carb, 1V, 1D  (Sandwich or Tacos) | FREE | Spaghetti Squash Casserole w/ chicken and goat cheese  (2P, 1V, 1Fat) |
| **Sun** | 1Carb, 1F, 1D  (Oatmeal, Fruit, Yogurt) | 2P, 1V, 1Fat  (Salad or Meat n’ Veggies) | 1D (Yogurt or CC) | 3P, 1V, 1Con  (Meat w/ Cheese and Veggies) |

Additional Snack Options: citrus fruit, carrots w/ PB, 90% organic dark chocolate