



## SATURDAY

### Breakfast

Brainless Banana Pancakes  
1 T peanut butter  
1 cup milk

### Lunch

Chicken and Corn Chowder  
1 slice whole-grain toast

### Dinner

Grilled Salmon with Dill  
Marinated Veggie Kabobs  
Low Cholesterol Scalloped Potatoes  
1 cup milk

### Snacks:

## SUNDAY

### Breakfast

Breakfast Casserole  
1 cup strawberries and kiwi  
1 cup milk

### Lunch

Waldorf Salads

### Dinner

Creamy Chicken Enchiladas  
1 cup green beans  
1 cup milk

### Snacks:

## MONDAY

### Breakfast

Breakfast Casserole  
1 cup strawberries  
1 cup milk

### Lunch

Mango Turkey Picadillo Wraps  
(using chicken)  
1/2 cup baby carrots  
1 T light Italian dressing

### Dinner

Pork Chops  
Marinated Veggie Kabobs  
Low Cholesterol Scalloped Potatoes  
1 cup milk

### Snacks:

## TUESDAY

### Breakfast

1 hard-boiled egg  
 1 mini whole wheat bagel  
 1 T peanut butter  
 1 medium banana  
 4 oz 100% orange juice

### Lunch

Chicken Salad Pitas  
 1/2 cup grapes

### Dinner

Black Beans and Rice  
 Tomato Salad with Orange  
 Cilantro Vinaigrette  
 1 cup milk

### Snacks:

## WEDNESDAY

### Breakfast

1 cup nonfat vanilla yogurt  
 1/2 cup fresh or frozen berries

### Lunch

Garden Vegetable and Egg Salad  
 Sandwiches  
 1 apple

### Dinner

Beef Stroganoff for the 21st Century  
 1 cup broccoli or green beans  
 1 cup milk

### Snacks:

## THURSDAY

### Breakfast

1 hard-boiled egg  
 1 mini whole wheat bagel with 1 T  
 peanut butter  
 1 medium banana  
 4 oz 100% orange juice

### Lunch

Leftovers: Creamy Chicken Enchiladas,  
 Mango Picadillo Wraps, or Chicken and  
 Corn Chowder  
 1 cup of your choice of veggie  
 1 cup milk

### Dinner

Beef and Vegetable Stir-Fry  
 1/2 cup brown rice  
 1 cup milk  
 1/2 cup sorbet

### Snacks:

## FRIDAY

### Breakfast

3/4 cup shredded wheat  
 1/2 oz sliced almonds  
 1 medium banana  
 1 cup milk

### Lunch

15 Minute Chili  
 1 slice whole wheat bread

### Dinner

2 slices homemade pizza  
 2 cups Romaine lettuce  
 2 T light dressing  
 1 cup milk

### Snacks: