

WEEKLY PLANNER Menu

FOR THE WEEK OF: _____

	BREAKFAST	SNACK (AM)	LUNCH	SNACK (PM)	DINNER
MONDAY	1C cooked oatmeal topped with 1T sunflower seeds, orange, 8oz skim milk	1 low-fat cheese stick	½C tuna salad, crackers, side salad, pear	Low-fat yogurt, ¼C granola	3oz salmon, ½C green beans, ½C steamed rice
TUESDAY	1C cereal, 1 turkey sausage link, 4oz OJ	Apple with 1T peanut butter	1C soup of choice, crackers, 2C salad & dressing	3C popcorn	2 hard or soft shell tacos, ½C cooked broccoli
WEDNESDAY	1 cooked egg, 1 slice toast, 4oz OJ, 8oz skim milk	¼C peanuts, ¼C raisins	1 turkey sandwich with lettuce and tomato, apple, low-fat yogurt	1 low-fat cheese stick	1C spaghetti with sauce, ½C cooked broccoli, 1 slice french bread
THURSDAY	Open faced egg sandwich, 1 orange, 8oz skim milk	3C popcorn	Leftovers from another day's dinner meal	¼C granola and ¼C raisins	1 bean burrito and side salad
FRIDAY	1C cereal, 1 hard boiled egg, 8oz skim milk, 4oz OJ	1 cheese stick	Turkey sandwich, 1C bell pepper slices & carrots, 2T dressing, 1 banana	¼C peanuts, 1 orange	Homemade hamburger, pepper mushroom, onion pizza + side salad
SATURDAY	Granola and yogurt parfait, turkey sausage link, pear	Apple with 1T peanut butter	Bean quesadillas, side salad	Chocolate chip cookie, 8oz skim milk	3oz baked chicken breast, ½C rice, ½C cooked broccoli
SUNDAY	Scrambled egg, 1 slice toast, 4oz OJ, 8oz skim milk	½C carrots and 1T dressing	Turkey sandwich, side salad, apple, 1 low-fat yogurt	1 banana, 1T peanut butter	1C chicken stir-fry and steamed rice

*Talk to a Registered Dietitian or other Health Professional about how to make this sample menu fit any dietary restrictions or cultural preferences.