

# WEEKLY PLANNER menu

FOR THE WEEK OF: \_\_\_\_\_

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