

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Raspberry Parfait:</i> Top 1 cup yogurt with 6 oz raspberries, 1 oz walnuts and 1 tbsp chia seeds</p> <p>SNACK: 1 hard-boiled egg; 2 tbsp hummus</p> <p>LUNCH: <i>Tuna, Arugula & Avo Sammie:</i> Mix 6 oz canned tuna with ½ avocado, mashed, 1 tbsp each lemon juice and diced onion and ½ tsp oregano; spread ½ of tuna mixture between 2 slices bread with 1 oz mozzarella and ½ cup arugula (save remaining ½ of tuna salad)</p> <p>½ cucumber, sliced, with 2 tbsp hummus</p> <p>SNACK: 1 banana with 2 tbsp nut butter</p> <p>DINNER: 1 serving <i>Chicken Bruschetta with Artichoke Salad</i> (p. 85; save leftovers)</p>	<p>BREAKFAST: <i>Thai-Spiced Power Smoothie</i> (p. 83)</p> <p>SNACK: 1 oz walnuts</p> <p>LUNCH: 1 serving <i>Chicken Bruschetta with Artichoke Salad</i> (leftovers, p. 85) tossed with 2 cups arugula; drizzle with 1 tbsp lemon juice, 1 tsp each honey and EVOO</p> <p>1 cup strawberries</p> <p>SNACK: 1 cup grapes; 1 oz blue cheese</p> <p>DINNER: <i>Tuna & Chickpea Salad:</i> Toss 3 cups lettuce, ¼ cup sliced cucumber and 5 grape tomatoes; drizzle with 1 tbsp red wine vinegar, 2 tsp EVOO and pinch oregano; top with remaining ½ of tuna salad (leftovers), ½ cup chickpeas and ¼ avocado, sliced</p>	<p>BREAKFAST: <i>Mushroom & Arugula Omelette:</i> In 1 tsp EVOO, sauté ¼ cup chopped mushrooms, ½ cup chopped arugula, pinch each garlic powder and oregano; add 2 eggs whisked with 1 tsp water; when mixture begins to set, add 3 tbsp feta; cook until set; fold over; 1½ cups cantaloupe</p> <p>SNACK: <i>Strawberry Parfait</i> (p. 83)</p> <p>LUNCH: Between 2 slices bread, place chicken (chopped) and bruschetta from 1 serving <i>Chicken Bruschetta with Artichoke Salad</i> (leftovers, p. 85) and 1 oz mozzarella; serve artichoke salad on the side</p> <p>SNACK: 1 oz roasted chickpeas</p> <p>DINNER: 2 reserved cooked chicken tenders (leftovers, p. 85); ¾ cup Green Onion Quinoa (p. 83), thawed; 1 cup green beans sautéed in 1 tsp EVOO topped with 2 tsp pine nuts</p>
<p>NUTRIENTS: Calories: 1,749, Fat: 90 g, Sat. Fat: 24 g, Carbs: 145 g, Fiber: 42 g, Sugars: 50 g, Protein: 107 g, Sodium: 1,511 mg, Cholesterol: 385 mg</p>	<p>NUTRIENTS: Calories: 1,858, Fat: 97 g, Sat. Fat: 24 g, Carbs: 169 g, Fiber: 36 g, Sugars: 86 g, Protein: 99 g, Sodium: 1,820 mg, Cholesterol: 201 mg</p>	<p>NUTRIENTS: Calories: 1,885, Fat: 78 g, Sat. Fat: 28 g, Carbs: 162 g, Fiber: 37 g, Sugars: 51 g, Protein: 137 g, Sodium: 2,101 mg, Cholesterol: 678 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Banana Chia Bowl:</i> Mix 1 cup yogurt with 1 mashed frozen banana with 2 tbsp chia seeds and ½ oz walnuts, chopped</p> <p>SNACK: 1 hard-boiled egg; 1 cup cantaloupe</p> <p>LUNCH: In a bowl, add 2 cups arugula, ½ cup chickpeas and chicken (chopped), bruschetta and artichokes from 1 serving <i>Chicken Bruschetta with Artichoke Salad</i> (leftovers, p. 85); drizzle with 1 tsp each red wine vinegar and EVOO</p> <p>1 cup grapes</p> <p>SNACK: Mash ¼ avocado with ½ tsp lemon juice and pinch salt; spread on 1 slice toasted bread</p> <p>DINNER: <i>Coconut & Curry Scallops</i> (p. 83; save leftovers) with 1½ cups riced cauliflower, heated</p>	<p>BREAKFAST: <i>Coconut Milk Smoothie:</i> Blend ¾ cup coconut milk, ½ cup yogurt, 2 apricots, peeled and sliced, ½ tsp cinnamon and ice as desired</p> <p>SNACK: 1 oz roasted chickpeas; 1 cup grapes</p> <p>LUNCH: <i>Leftovers Special:</i> 2 cups arugula, ¾ cup Green Onion Quinoa (p. 83), thawed, ¾ cup chickpeas, ¼ cup sliced mushrooms, ½ cup bruschetta (leftovers, p. 85), ¼ cup feta cheese, 2 tsp EVOO</p> <p>1 cup strawberries</p> <p>SNACK: 1 cup cucumbers with ¼ cup hummus</p> <p>DINNER: <i>Coconut & Curry Scallops:</i> (leftovers, p. 83) with 1½ cups riced cauliflower</p>	<p>BREAKFAST: <i>Bruschetta & Mushroom Scramble:</i> In ½ tsp EVOO, sauté ¼ cup chopped mushrooms; add 2 eggs whisked with 1 tsp water; when mixture begins to set, add ⅓ cup bruschetta (leftovers, p. 85) and 3 tbsp feta; cook until set, fold over; 1 cup cantaloupe</p> <p>SNACK: 12 oz kefir with 1 tbsp honey and ½ tsp cinnamon; 1 cup grapes</p> <p>LUNCH: <i>Coconut & Curry Scallops</i> (p. 83; save leftovers) with ¾ cup Green Onion Quinoa (p. 83), thawed</p> <p>1 oz walnuts</p> <p>SNACK: 1 cup grape tomatoes; 1 oz mozzarella</p> <p>DINNER: <i>Chicken & Blue Cheese Sandwich:</i> Spread 1 tbsp Blue Cheese Dressing* on one side of each of 2 slices bread; top with 2 reserved cooked chicken tenders, thawed, (leftovers, p. 85), 1 lettuce leaf, 1 slice red onion and 5 halved grape tomatoes</p> <p>2 cups lettuce, 5 sliced cucumber rounds with 2 tbsp Blue Cheese Dressing*</p>	<p>BREAKFAST: <i>Nut Butter & Berry Sammy:</i> Spread 2 tbsp nut butter on 2 slices toasted bread, then sprinkle 1 tbsp chia seeds and ½ cup strawberries, halved</p> <p>1 cup kefir with 1 tbsp honey</p> <p>Additional ½ cup strawberries</p> <p>SNACK: 2 oz roasted chickpeas</p> <p>LUNCH: <i>Warm Tomato & Mozza Sandwich</i> (p. 85)</p> <p>1 cup grapes</p> <p>SNACK: 1 cup carrot sticks; 2 tbsp Homemade Blue Cheese Dressing (leftovers)</p> <p>DINNER: <i>Coconut & Curry Scallops:</i> (p. 83; save leftovers) with ¾ cup Green Onion Quinoa (p. 83), thawed</p>
<p>NUTRIENTS: Calories: 1,697, Fat: 70 g, Sat. Fat: 25 g, Carbs: 171 g, Fiber: 40 g, Sugars: 81 g, Protein: 106 g, Sodium: 2,367 mg, Cholesterol: 380 mg</p>	<p>NUTRIENTS: Calories: 1,827, Fat: 95 g, Sat. Fat: 54 g, Carbs: 183 g, Fiber: 34 g, Sugars: 72 g, Protein: 77 g, Sodium: 1,950 mg, Cholesterol: 112 mg</p>	<p>NUTRIENTS: Calories: 1,880, Fat: 87 g, Sat. Fat: 38 g, Carbs: 152 g, Fiber: 22 g, Sugars: 72 g, Protein: 124 g, Sodium: 2,104 mg, Cholesterol: 652 mg</p>	<p>NUTRIENTS: Calories: 2,015, Fat: 79 g, Sat. Fat: 34 g, Carbs: 238 g, Fiber: 44 g, Sugars: 78 g, Protein: 98 g, Sodium: 2,480 mg, Cholesterol: 150 mg</p>

*Blue Cheese Dressing: Mix ½ cup yogurt, ¼ cup blue cheese, 1 tsp Dijon mustard and 1 crushed garlic clove

EVOO = extra-virgin olive oil