



Lucia's Meal Planner



	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	- Oatmeal - Strawberries - Coffee with skim milk	Rice cake with hummus	- Chicken breast - Spinach with tomato salad - Tea with lemon	Apple	- Black bean burrito with tomato, low fat cheddar and salsa - Sparkling water with lemon	Orange
Tuesday	- Nonfat plain yogurt - Strawberries - Coffee with skim milk	Apple	- Turkey sandwich with lettuce and tomato - Pickle - Tea with lemon	Orange	- Peppers stuffed with brown rice - Salad - Sparkling water with lemon	Baked tortilla chips and salsa
Wednesday	- Scrambled egg beaters with veggies - Whole wheat toast - Coffee with skim milk	Fruit and nut bar	- Chicken salad - Pita chips - Tea with lemon	Broccoli with nonfat yogurt dip	- Chicken and veggie stir-fry - Sparkling water with lemon	Low-fat chocolate pudding
Thursday	- Oatmeal - Strawberries - Coffee with skim milk	Whole wheat crackers with peanut butter	- Chicken salad - Tea with lemon	Apple	- Baked pork loin - Steamed broccoli - Whole wheat pasta - Sparkling water with lemon	Air-popped popcorn
Friday	100% whole wheat bread with peanut butter - Coffee with skim milk	Celery with lowfat cream cheese	- Chicken breast - Spinach and tomato salad - Tea with lemon	Orange	- Garden salad with chicken - Baked potato - Fruit - Skim milk	Baked tortilla chips and salsa
Saturday	- Scrambled egg beaters with veggies - Coffee with skim milk	Fruit and nut bar	- Turkey sandwich with lettuce and tomato - Tea with lemon	Carrots with hummus	- Grilled turkey burger 100% whole wheat roll - Salad - Sparkling water with lemon	Low-fat chocolate pudding
Sunday	- Nonfat plain yogurt - Strawberries - Coffee with skim milk	Rice cake with peanut butter	- Veggie soup from freezer - Pita chips - Tea with lemon	Apple	- Chili from freezer with salsa, lowfat cheddar, and tomato - Skim milk	Air-popped popcorn





Lucia's Shopping List

WEEK OF : *October 23*



NON-STARCHY VEGGIES

*Lettuce
Tomatoes
Carrots
Spinach
Broccoli
Peppers*



PROTEIN FOODS

*Chicken breasts
Egg beaters
Sliced turkey
Pork loin*



GRAINS AND STARCHY FOODS

*Black beans
100% whole wheat bread
100% cornmeal tortillas*

OTHER ITEMS

*Salsa
Garlic
Hummus*



DAIRY

*Low-fat cheddar
Skim milk
Plain nonfat yogurt*



FRUIT

*Oranges
Apples
Strawberries
Lemons*



DRINKS

*Tea
Sparkling water*





Meal Planner



	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						





Shopping List

WEEK OF :



NON-STARCHY VEGGIES



PROTEIN FOODS



GRAINS AND STARCHY FOODS

OTHER ITEMS



DAIRY



FRUIT



DRINKS

