

Weekly Menu - 3 carbohydrates or 45g per meal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	2 eggs 1/2 cup potatoes 1/2 cup beans 1 cup milk	Smoothie: 1 tbsp. nut butter (or protein powder) 1 cup strawberries 1/4 cup oatmeal 1 cup milk	3/4 cup cereal 1 cup milk 1 cup blueberries 1/4 cup almonds	1 slice toast 1 tbsp. nut butter 1/2 banana 1 cup milk	1 cup oatmeal 2 tbsp. raisins 1 hard boiled egg	2 tortilla 1 scrambled egg 1 oz beef 1 cup milk	6 oz plain yogurt 1/2 cup mango 1/4 cup pecans 1 slice toast
Lunch	2 slices bread 2 oz turkey 1 oz cheese Lettuce & tomato Baby carrots 1 small apple	Chili: 2 oz ground turkey 1/2 cup beans 2" piece corn bread 1/3 cup rice Bell pepper, onion, tomato, zucchini	2 tortillas 3 oz baked fish Cabbage slaw 1/2 cup papaya	3 oz pork tenderloin 1 cup lentils 1 small orange Asparagus	2 tortillas 1/2 cup beans 3 oz chicken breast Bell pepper Onion	Large salad: 2 cups lettuce 3 oz grilled chicken 1/2 cup corn 1/2 cup beans 17 grapes	1 hamburger bun 3 oz turkey burger Lettuce, tomato, onion, cucumber 1 small pear
Dinner	Quesadilla: 2 tortillas 3 oz low-fat cheese Salad greens Low-fat salad dressing	3 oz chicken breast 1 cup brown rice Steamed broccoli	3 oz grilled chicken 1 cup sweet potato Boiled cactus with onion and garlic 1 cup milk	1 cup vermicelli noodles 3 oz lean beef Spinach salad with lemon	3 oz pork chop Boiled green beans 1/2 cup mashed potatoes Small dinner roll 1 cup milk	3 oz fish 2/3 cup brown rice Steamed zucchini squash 1 cup milk	1 tortilla 1/3 cup rice 1/2 cup beans 3 oz chicken Steamed cauliflower
Snacks	2 tbsp. dried fruit 1/4 cup mixed nuts	1/2 cup cottage cheese 1/2 cup pineapple	1 slice bread 1 tsp nut butter	6 oz light yogurt 1/4 cup pecans	1 small peach String cheese	1 small apple 1/4 cup almonds	4-6 small crackers 1 oz cheddar cheese