



# Weekly Eating Plan



205 lbs

130 lbs

## Thursday

### BREAKFAST

Egg, Cheese & Toast

### SNACK

Nuts Trail Mix

### LUNCH

Tuna/Salmon Burger & 1 Fruit

### SNACK

Sliced Apple & 1 tbsp Peanut Butter

### DINNER

Garlic Chicken & Pasta

### Create Your Own Menu

BREAKFAST:

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SNACK:

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LUNCH:

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SNACK:

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DINNER:

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## Friday

### BREAKFAST

Nutty Oatmeal with Cinnamon & Berries

### SNACK

Grilled Chicken Snack

### LUNCH

Southwestern Egg Salad

### SNACK

18 Raw Almonds

### DINNER

Crockpot Chili

### Create Your Own Menu

BREAKFAST:

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SNACK:

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LUNCH:

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SNACK:

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DINNER:

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## Saturday

### BREAKFAST

Ham & Cheese Omelet

### SNACK

Chicken Roll & 2 Celery Stalks

### LUNCH

Chinese Chicken Salad

### SNACK

3/4 Cup Berries & 1 Cup Low-Fat Cottage Cheese

### DINNER

Lite Beef Burrito

### Create Your Own Menu

BREAKFAST:

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SNACK:

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LUNCH:

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SNACK:

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DINNER:

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## Sunday

### BREAKFAST

Whole Wheat Pancakes

### SNACK

Yogurt

### LUNCH

Sausage, Mushroom & Broccoli Quiche

### SNACK

Sliced Fruit & Cheese

### DINNER

Stuffed Peppers

### Create Your Own Menu

BREAKFAST:

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SNACK:

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LUNCH:

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SNACK:

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DINNER:

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