

Lite Bites: Menu this Week

Lite Bites: Week #3	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Tuesday	Fruit Salad with honey yogurt and sliced almonds	Chicken dippers lunchbox	Salmon with Ginger Glaze and Green Beans Almondine Spinach salad with cranberries, walnuts and blue cheese with balsamic vinaigrette	Apple with peanut butter	Cut vegetables (carrot, celery) with guacamole dip
Wednesday	Crustless broccoli and onion quiche Orange	Mixed greens topped with tuna salad and Balsamic vinaigrette	Vegetarian Lasagna Mixed green salad with ginger dressing	Honey yogurt with sliced strawberries and sliced almonds	Vegetables with hummus dip
Thursday	Blueberry and flax oatmeal	Spiced black bean soup Raw garlic kale salad	Almond Apricot Chicken with gingered snap peas	Cashews and almonds	Watermelon mint salad
Friday	3-egg omelet with spinach, chicken sausage and provolone cheese	Chef Salad with balsamic Vinaigrette	Mexican pinto bean casserole with corn on the cob Watermelon mint salad	Cut vegetables (carrot, celery) with guacamole dip	Apple with peanut butter
Saturday	Fruit salad with honey yogurt and sliced almonds	Pasta primavera with grilled chicken	Chicken and vegetables in red curry sauce with brown rice Mixed green salad with balsamic vinaigrette	Cut vegetables (carrot, celery) with hummus dip	Berry Mix
Sunday	Scrambled eggs with cheddar cheese, tomatoes and salsa cup	Curried zucchini soup Mixed vegetable salad with garlic dressing	Orange-glazed tilapia with mango relish with steamed broccoli, carrot and onions	Mixed fruit salad	Cashews and almonds
Monday	Honey yogurt with pineapple and raspberries	Vegetable frittata Mixed fruit salad	Chicken in mustard cream sauce with parmesan asparagus Mixed green salad with balsamic vinaigrette	Vegetables with ranch dip	Apple