

Menu this Week

Lite Bites: Week #4	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Tuesday	Omelet with cheddar cheese, red pepper, onion and cilantro Tomato slices	Fresh Chicken Salad with balsamic Vinaigrette	Salmon fillet with horseradish almond crust and mango compote Mixed green salad with ginger dressing	Cashews and almonds	Mixed fruit salad
Wednesday	Honey yogurt with pineapple and raspberries	Quinoa with roasted vegetables	Sole with lemon butter sauce and sautéed asparagus, carrots and green beans Spinach salad with Raspberry vinaigrette	Apple	Cut vegetables (carrot, celery) with hummus dip
Thursday	Potato and onion frittata with bell pepper sauté Orange	Chipotle Vegetable Stew Mixed green salad with ginger dressing	Chicken and broccoli stir fry	Celery and carrot sticks with peanut butter	Yogurt cup with strawberries and sliced almonds
Friday	Greek omelet	Gazpacho Caprese salad with balsamic vinaigrette	Orange and soy-glazed salmon with broccoli Mixed green salad with ginger dressing	Cut vegetables (carrot, celery) with roasted red pepper dip	Mixed Fruit Salad
Saturday	Fruit Salad with honey yogurt and sliced almonds	Greek salad with chicken	Spiced black bean cakes with corn radish salad and lime greek yogurt Watermelon and mint salad	Apple with peanut butter	Carrots, broccoli and celery with hummus dip
Sunday	3-egg omelet with broccoli and cheddar with tomato slices	Chilled Cucumber mint soup Raw garlic kale salad	Pork chops with pineapple chutney Mixed green salad with balsamic vinaigrette	cashews and almonds	Mixed fruit salad
Monday	Fruit Salad with honey yogurt and sliced almonds	Portobello, leek and chicken sausage pie with baked sweet potato wedges	Italian stuffed chicken breast and sauteed spinach with pine nuts	Apple with organic peanut butter	Carrots, broccoli and celery with hummus dip