

Menu this Week

Lite Bites: Week #4	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Tuesday	Greek Omelet Orange	Chicken salad on mixed greens with balsamic vinaigrette	Salmon with horseradish almond crust Mixed green salad with ginger dressing	Cashews and almonds	Mixed fruit salad
Wednesday	Honey yogurt with pineapple and mango	Lentil vegetable salad Apple	Almond apricot chicken with gingered snap peas Mixed green salad with ginger dressing	Mixed fruit salad	Cut vegetables (carrot, celery) with hummus dip
Thursday	Whole wheat Belgian waffle with blueberries	Mexican Stew Orange	Turkey meatloaf with sweet potatoes and green beans	Celery and carrot sticks with peanut butter	Yogurt cup with sliced mango
Friday	Potato and onion frittata with bell pepper sauté Orange	Vegetable wrap with goat cheese and sweet potato wedges	Southwestern cod with cilantro lime rice and corn radish salad Spinach salad with cranberries, walnuts, blue cheese and raspberry vinaigrette	Cut vegetables (carrot, celery) with roasted red pepper dip	Mixed Fruit Salad
Saturday	Fruit Salad with honey yogurt and sliced almonds	Pasta primavera with grilled chicken	Portobello, veggie and black bean tacos	Apple with peanut butter	Carrots, broccoli and celery with hummus dip
Sunday	3-egg omelet with broccoli and cheddar with tomato slices	Chipotle Vegetable Stew Mixed green salad with ginger dressing	Mediterranean chicken with artichokes Mixed green salad with balsamic vinaigrette	cashews and almonds	Mixed fruit salad
Monday	Banana Pancakes Orange	Lentil and couscous salad with grilled chicken	Spinach and brie stuffed chicken with broccoli Mixed green salad with balsamic vinaigrette	Apple with organic peanut butter	Carrots, broccoli and celery with hummus dip