

Weekly Meal Planner

	Breakfast	Lunch
Sunday	Example - Breakfast sandwich made with two slices whole wheat toast, 1 boiled egg, 1 slice lowfat cheese; orange juice	Example - Pasta Primavera (spaghetti with tomato sauce mixed with broccoli, cauliflower, and carrots), side salad with fat free dressing, strawberries with fat free whipped cream, water
Monday	Example - Low fat Yogurt, 1 slice Whole Wheat Toast with 1 tablespoon peanut butter, One banana	Example - Turkey sandwich with mustard, tomato and lettuce on whole wheat bread, fruit cup, baked chips, diet soda
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Dinner

Example - Baby spinach salad with strawberries and lowfat raspberry dressing, Barbeque baked pork chops, baked sweet potato with 1/2 tablespoon butter, lowfat milk

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Example - Morning Snack - Baby carrots; Evening Snack - Lowfat chocolate chip granola bar

Dinner

Example - Grilled chicken, green beans, rice, sliced watermelon, frozen yogurt, water

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Example - Morning Snack - Triscuits with lowfat cheese; Evening Snack - smoothie made with lowfat chocolate milk, 1/2 banana, ice

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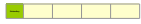
Year	Q1	Q2	Q3	Q4	Total
2018					
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Year	Q1	Q2	Q3	Q4	Total
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Year	Q1	Q2	Q3	Q4	Total
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Year	Q1	Q2	Q3	Q4	Total
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Weekly Meal Planner

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Weekly Meal Planner

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Weekly Meal Planner

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