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|--|---------------|-----------------|----------------|---------------|--|
| WEEKLY MEAL PLANNER GUIDE | MONDAY | | TUESDAY | | |
| | Breakfast | | Breakfast | | |
| | Lunch | | Lunch | | |
| | Dinner | | Dinner | | |
| | Snack 1 | | Snack 1 | | |
| | Snack 2 | | Snack 2 | | |
| WEDNESDAY | | THURSDAY | | FRIDAY | |
| Breakfast | | Breakfast | | Breakfast | |
| Lunch | | Lunch | | Lunch | |
| Dinner | | Dinner | | Dinner | |
| Snack 1 | | Snack 1 | | Snack 1 | |
| Snack 2 | | Snack 2 | | Snack 2 | |

| WEEKLY MEAL PLANNER GUIDE | | MONDAY | | TUESDAY | |
|----------------------------------|--|-----------------|--|----------------|---|
| | | Breakfast | Whole Grain Toast with Natural Peanut Butter and Banana | Breakfast | High fibre cereal with 1% milk |
| | | Lunch | Whole Grain Pita with turkey breast, tomatoes, peppers, mustard. | Lunch | Leftover Spaghetti |
| | | Dinner | Whole Grain Spaghetti with Lean Ground Chicken and Spinach | Dinner | Stir fry: brown rice, snow peas, carrots, bean sprouts, beef, teriyaki sauce |
| | | Snack 1 | Carrots, Celery and Hummus | Snack 1 | Yogurt, granola, strawberries, almonds |
| | | Snack 2 | Crackers, Cheese, Salsa | Snack 2 | Pita chips and hummus or salsa |
| WEDNESDAY | | THURSDAY | | FRIDAY | |
| Breakfast | Whole Grain Toast with Eggs | Breakfast | Whole Wheat English Muffin with jam | Breakfast | Whole wheat bagel with low fat cream cheese |
| Lunch | Leftover Stir-fry | Lunch | Spinach Salad with strawberries, turkey breast, peppers, vinaigrette | Lunch | Pita chips with Leftover Moroccan Stew |
| Dinner | Roasted sweet potatoes, roasted vegetables, store-bought whole chicken | Dinner | Moroccan stew: chickpeas, canned tomatoes, vegetables, OJ | Dinner | Fajitas: Whole wheat tortillas, tomatoes, lean ground beef, lettuce, cheese, salsa, guacamole |
| Snack 1 | Fruit Salad (strawberry, grapes, melon, pineapple) | Snack 1 | Almonds/Walnuts | Snack 1 | Yogurt, granola, strawberries, almonds |
| Snack 2 | Trail Mix | Snack 2 | Carrots, Celery, Hummus | Snack 2 | Fruit Salad (strawberry, grapes, melon, pineapple) |