

## DAY 1

### BLT breakfast cheese toast with an orange

- WW Reduced Fat Mexican Blend Shredded Cheese
- Reduced-calorie whole-wheat bread
- Uncooked reduced-fat center-cut bacon
- Romaine lettuce
- Tomato
- Orange

### Pulled chicken ancho chili and black bean soup

- Chili powder
- Ancho chili powder
- Poblano chiles
- Sweet red pepper
- Fat-free chicken broth
- Canned diced tomatoes
- Skinless boneless chicken breast
- Canned black beans
- Frozen corn
- Lime
- Cilantro
- Tortilla chips
- Avocado

### Sliced pear or apple with almond butter

- Pear or apple
- Almond butter

### Buttermilk-herb dip with crudités

- Low-fat buttermilk
- Cucumber
- Basil
- Parsley
- Crudités (carrots, peppers, celery, etc.)

### Beef and vegetable stir-fry with brown rice

- Ginger
- Peanut oil
- Lean flank beef
- Shiitake mushrooms
- Snow peas or sugar snap peas
- Carrot
- Canned water chestnuts
- Pre-made stir-fry sauce
- Peanuts
- Brown rice

## DAY 2

### Waffles with peanut butter and bananas

- Frozen whole-grain waffles
- Peanut-butter

### Greek shrimp bowl

- Frozen or precooked shrimp
- Farro
- Romaine lettuce
- Red pepper
- Cucumber
- Feta
- Lemon
- Dill

### Banana and chocolate chip mini muffins

- Vanilla low-fat Greek yogurt
- Low-fat milk
- Mini chocolate chips

### Air-popped popcorn with sea salt

- Popcorn kernels
- Sea salt

### Chicken Parmesan sandwiches with Italian vegetable soup

- Red-wine vinegar
- Dried oregano
- Seasoned breadcrumbs
- Skinless boneless chicken breast
- Marinara sauce
- Shredded part-skim mozzarella
- Grated Parmesan
- Arugula
- Country-style whole-wheat bread
- Italian vegetable soup, store-bought or home-cooked

## DAY 3

### Cranberry-almond morning barley

- Slivered almonds
- Quick-cooking pearl barley
- Dried cranberries
- Half-and-half

### Pesto chicken salad sandwich with Italian arugula salad

- Pre-made reduced-fat pesto
- Reduced-calorie mayonnaise
- Plain fat-free yogurt
- Skinless boneless chicken breast
- Roasted red peppers (packed in water)
- Reduced-calorie whole-wheat bread
- Arugula
- Plum tomato
- Red-wine vinegar
- Cremini mushrooms
- Grape tomatoes
- Red onion
- Parmesan

### Fruit and cheese

- Grapes
- Low-fat cheddar
- Almonds

### Deviled eggs with capers and dill

- Dijon mustard
- Dill
- Shallot
- Capers

### Chickpea and spinach stew

- Ginger
- Canned diced tomatoes
- Canned chickpeas
- Baby spinach
- Lemon
- Cilantro
- Whole-wheat couscous

## DAY 4

### Western omelette

- Green pepper
- Collard greens
- Cooked turkey bacon
- Goat cheese

### Cottage cheese and fruit

- Plain fat-free cottage cheese
- Any fresh fruit

### Italian turkey sausage and pepper pasta

- Uncooked turkey sausages
- Yellow peppers
- Red wine
- Canned fire-roasted tomatoes
- Red pepper flakes
- Whole-wheat pasta
- Basil

## Staples

- Ground cinnamon
- Ground cumin
- Kosher salt
- Table salt
- Black pepper
- Cayenne pepper
- Nonstick spray
- Olive oil
- Plain, fat-free, Greek yogurt
- Eggs
- Bananas
- Vanilla extract
- Brown sugar
- All-purpose flour
- Whole-wheat flour
- Baking powder
- Baking soda
- Head of garlic
- Onions
- Scallions

## DAY 5

### Poblano and egg breakfast sandwich

- WW Reduced Fat Mexican Blend Shredded Cheese
- Thin whole-wheat sandwich bread or roll
- Poblano chiles
- Salsa

### Barbecue ranch chicken salad

- Canned tomato sauce
- Honey mustard
- Barbecue seasoning blend
- Dark brown sugar
- Onion powder
- Worcestershire sauce
- Skinless boneless chicken breast
- Romaine lettuce
- Grape tomatoes
- Bell pepper
- Canned black beans
- Canned corn
- Reduced-fat ranch dressing
- Semi-soft goat cheese

### Chocolate-covered strawberries

- Homemade or store-bought chocolate-covered strawberries

### Fresh veggies with homemade guacamole

- Cucumber, carrots, or peppers
- Avocado
- Cilantro

### Swordfish and veggie skewers with avocado sauce and brown rice

- Salsa verde
- Cilantro
- Avocado
- Lime
- Swordfish fillets
- Poblano chile
- Brown rice