

## DAY 1

### Bagel and cream cheese

- Mini bagels
- Whipped cream cheese
- Sliced tomatoes
- Orange juice

### Curry chicken salad sandwich and salad

- English muffins
- Skinless boneless chicken breasts
- Apples
- Celery
- Shallot
- Cilantro
- Curry powder
- Limes
- Scallions
- Mixed greens
- Vinaigrette salad dressing

### Basil-spinach dip with pita chips

- Baby spinach
- Basil
- Scallions
- Grated Parmesan
- Tomatoes
- Whole-wheat pita chips

### Roasted chicken with squash and peppers

- Skinless boneless chicken breasts
- Mustard
- Sweet mini bell peppers
- Acorn squash

## DAY 2

### Smoked salmon and cream cheese muffin

- English muffins
- Cream cheese
- Smoked salmon
- Capers

### Eggs and veggies

- Hard-boiled eggs
- Vegetables of any kind

### One-pot penne with broccoli rabe and sausage

- Spicy turkey sausage
- Broccoli rabe
- Penne pasta
- Canned chicken broth
- Grated Pecorino
- Red pepper flakes

## DAY 3

### Buttermilk-oat pancakes with yogurt and pear

- Fat-free buttermilk
- Quick-cooking rolled oats
- Honey
- Vanilla extract
- White whole-wheat flour
- Baking powder
- Baking soda
- Ground cinnamon
- Fat-free vanilla Greek yogurt
- Pears

- Salmon fillets
- Lettuce
- Tomatoes
- Hard-boiled eggs
- Olives
- Lemon

### Salmon Niçoise salad with lemon-caper dressing

- Shallots
- Capers
- Dijon mustard
- New potatoes
- String beans
- Salmon fillets
- Lettuce
- Tomatoes
- Hard-boiled eggs
- Olives
- Lemon

### Turkey and chips

- Deli-style turkey breast
- Whole-wheat pita chips

### Fruit, cheese, and nut plate

- WW Light Low-Moisture Part-Skim Mozzarella String Cheese
- Pears
- Almonds

## DAY 4

### Egg and Canadian bacon sandwiches

- Canadian bacon
- Light whole-wheat English muffin
- Scallions
- Avocado
- Plum tomatoes

### All-American turkey burger with squash fries

- Fat-free (99%) ground turkey breast
- Scallion
- Barbecue sauce
- Butternut squash
- Mayonnaise
- Light hamburger buns
- Lettuce
- Tomatoes
- Kosher dill pickle sandwich slices

### Nuts and fruit platter

- Pistachios, almonds, or cashews
- Apple
- Pretzels

### Spice-rubbed flank steak with fajita vegetables

- Ground cumin
- Granulated garlic
- Chili powder
- Paprika
- Ground cinnamon
- Lean flank steak
- Sweet red peppers
- Yellow peppers
- Zucchini
- Red onions
- Corn tortillas
- Avocado

## DAY 5

### Greek yogurt with fruit

- Fresh fruit of any kind
- Granola
- Chopped walnuts

### Fresh fruit salad

- Store-bought or homemade fruit medley

### Blue-corn nachos

- Baked blue-corn tortilla chips
- No-salt-added canned pinto beans
- Plum tomatoes
- Scallions
- Jalapeño peppers
- Reduced-fat shredded Monterey Jack
- Cilantro

### Classic Lasagna

- Onions
- Carrots
- Celery
- 93% lean ground beef
- Red wine
- Canned crushed tomatoes
- Canned tomato paste
- Dried oregano
- Red pepper flakes
- Basil
- Part-skim ricotta
- Grated Parmesan
- Parsley
- Whole-wheat lasagna noodles
- Shredded part-skim mozzarella

### Staples

- Olive Oil
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- Kosher salt
- Table salt
- Black pepper
- Nonstick spray
- Head of garlic
- Plain, fat-free Greek yogurt
- Eggs