

## DAY 1

### Irish steel-cut oats with pomegranate and pistachios

- ☐ Dry, quick-cooking steel-cut oats
- ☐ 2% reduced fat milk
- ☐ Light brown sugar
- ☐ Orange
- ☐ Pomegranate seeds
- ☐ Shelled pistachio nuts

### Honey mustard chicken salad on whole-wheat bread

- ☐ Honey mustard
- ☐ Skinless boneless chicken breast
- ☐ Pears
- ☐ Celery
- ☐ Shallots
- ☐ Whole-wheat bread
- ☐ Arugula
- ☐ Pretzels

### Parmesan-herb popcorn

- ☐ Plain air-popped popcorn (prepared without oil)
- ☐ Butter-flavored nonstick spray
- ☐ Grated Parmesan
- ☐ Powdered buttermilk
- ☐ Garlic salt
- ☐ Dried dill weed

### Apples with honey

- ☐ Apples (any variety)
- ☐ Honey
- ☐ Ground cinnamon

### Asian fish and veggie bowl

- ☐ Cooked shrimp
- ☐ Brown rice
- ☐ Edamame
- ☐ Shredded carrots
- ☐ Shredded red cabbage
- ☐ Ginger salad dressing

## DAY 2

### Egg and bacon breakfast slider

- ☐ Uncooked reduced-fat center-cut bacon
- ☐ Low-fat American cheese singles
- ☐ Slider rolls
- ☐ Fresh fruit of any kind

### Nut and fruit snack

- ☐ Pistachio nuts or almonds
- ☐ Fresh fruit of any kind

### Chicken, peach, and fig salad with ricotta salata

- ☐ Mixed greens
- ☐ Low-fat balsamic vinaigrette salad dressing
- ☐ Peaches
- ☐ Figs
- ☐ Skinless boneless chicken breast
- ☐ Ricotta salata
- ☐ Basil

## DAY 3

### Yogurt with fruit and nuts

- ☐ Fresh fruit of any kind
- ☐ Slivered almonds

### Greek-inspired veggie burger

- ☐ Frozen vegetarian burger patties
- ☐ English muffin
- ☐ Tzatziki sauce
- ☐ Cucumber
- ☐ Roasted red peppers (packed in water)

### Chocolate-almond "nice cream"

- ☐ Bananas
- ☐ Vanilla extract
- ☐ Mini semisweet chocolate chips
- ☐ Sliced almonds

### Veggies and hummus

- ☐ Homemade or store-bought hummus
- ☐ Any vegetables (carrots, peppers, cucumbers, etc.)

### Roasted salmon with chickpeas, zucchini, and red pepper

- ☐ Paprika
- ☐ Ground coriander
- ☐ Ground cumin
- ☐ Zucchini
- ☐ Sweet red peppers
- ☐ Red onions
- ☐ Canned chickpeas
- ☐ Skinless wild salmon fillet
- ☐ Mint leaves

## DAY 4

### Waffle with lemony ricotta and blueberries

- ☐ Part-skim ricotta
- ☐ Confectioners' sugar
- ☐ Frozen whole-grain waffle
- ☐ Blueberries

### Lentil soup and roast-beef sandwich

- ☐ Pre-made lentil or vegetable soup
- ☐ Flour tortilla
- ☐ Deli-style roast beef
- ☐ Mustard
- ☐ Lettuce
- ☐ Onion
- ☐ Tomato
- ☐ Pickles

### Cheese and fruit

- ☐ Light mozzarella cheese sticks
- ☐ Grapes

### Greek chicken with tzatziki, orzo, and peppers

- ☐ Sweet mini bell peppers
- ☐ Dried oregano
- ☐ Olives
- ☐ Orzo
- ☐ Skinless boneless chicken breast
- ☐ Tzatziki sauce

## DAY 5

### Greek yogurt with warm blueberry sauce

- ☐ Blueberries
- ☐ Sugar

### Chips and salsa

- ☐ Tortilla chips
- ☐ Salsa (any variety)

### Fruit plate

- ☐ Banana or fresh fruit of any kind

### Stuffed pasta shells

- ☐ Jumbo pasta shells
- ☐ Part-skim ricotta
- ☐ 1% low-fat cottage cheese
- ☐ Parsley
- ☐ Dried oregano
- ☐ Store-bought marinara sauce
- ☐ Grated Parmesan
- ☐ Pre-made roasted vegetables

## Staples

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