

# MENU PLANNING WORKSHEET SAMPLE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W</b>	<ul style="list-style-type: none"> <li>• 1g water</li> </ul>	<ul style="list-style-type: none"> <li>• 1g water</li> </ul>	<ul style="list-style-type: none"> <li>• 1g water</li> </ul>	<ul style="list-style-type: none"> <li>• 1g water</li> </ul>	<ul style="list-style-type: none"> <li>• 1g water</li> </ul>	<ul style="list-style-type: none"> <li>• 1g water</li> </ul>	<ul style="list-style-type: none"> <li>• 1g water</li> </ul>
<b>B</b>	<ul style="list-style-type: none"> <li>• Buckwheat</li> <li>• 1-2 Eggs</li> <li>• ½ Smoothie – 6oz cranberry juice, 1c blueberries, strawberry</li> </ul>	<ul style="list-style-type: none"> <li>• Oat</li> <li>• 1H Walnut</li> <li>• 1 Banana</li> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Buckwheat</li> <li>• 1-2 Eggs</li> <li>• ½ Smoothie – 6oz cranberry juice, 1c blueberries, strawberry</li> </ul>	<ul style="list-style-type: none"> <li>• Oat</li> <li>• 1H Walnut</li> <li>• 1 Banana</li> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Buckwheat</li> <li>• 1-2 Eggs</li> <li>• ½ Smoothie – 6oz cranberry juice, 1c blueberries, strawberry</li> </ul>	<ul style="list-style-type: none"> <li>• Oat</li> <li>• 1H Walnut</li> <li>• 1 Banana</li> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Buckwheat</li> <li>• 1-2 Eggs</li> <li>• Cranberry juice</li> </ul>
<b>MM</b>	•	•	•	•	•	•	•
<b>L</b>	<ul style="list-style-type: none"> <li>• ½ Sandwich wheat/spelt –2 slices turkey, lettuce, tomato, 2tsp mustard</li> <li>• 1 Carrot</li> <li>• 1 Celery</li> <li>• ½ Smoothie leftover</li> </ul>	<ul style="list-style-type: none"> <li>• Salad w/ leftover salmon, ½ bell pepper, celery, broccoli, radish</li> <li>• Olive oil dressing</li> <li>• Buckwheat muffin</li> </ul>	<ul style="list-style-type: none"> <li>• ½ Sandwich wheat/spelt –2 slices turkey, lettuce, tomato, 2tsp mustard</li> <li>• 1 Carrot</li> <li>• 1 Celery</li> <li>• ½ Smoothie leftover</li> </ul>	<ul style="list-style-type: none"> <li>• Hummus (e.g.Boar’s Head or see recipe)</li> <li>• ½ Red Bell Pepper</li> <li>• Cauliflower</li> <li>• Snow Peas</li> <li>• Celery</li> <li>• Radish</li> </ul>	<ul style="list-style-type: none"> <li>• ½ Sandwich wheat/spelt –2 slices turkey, lettuce, tomato, 2tsp mustard</li> <li>• 1 Carrot</li> <li>• 1 Celery</li> <li>• ½ Smoothie leftover</li> </ul>	<ul style="list-style-type: none"> <li>• Hummus (e.g.Boar’s Head or see recipe)</li> <li>• ½ Red Bell Pepper</li> <li>• Cauliflower</li> <li>• Broccoli</li> <li>• Celery</li> <li>• Radish</li> </ul>	<ul style="list-style-type: none"> <li>• ½ Sandwich wheat/spelt –2 slices turkey, lettuce, tomato, 2tsp mustard</li> <li>• 1 Carrot</li> <li>• Orange</li> </ul>
<b>MA</b>	<ul style="list-style-type: none"> <li>• 1-2hndfl mixed (Almond, Walnut, Pecan) or nut butter</li> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2hndfl mixed (Almond, Walnut, Pecan)</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2hndfl mixed (Almond, Walnut, Pecan) or nut butter</li> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2hndfl mixed (Almond, Walnut, Pecan) or nut butter</li> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2hndfl mixed (Almond, Walnut, Pecan) or nut butter</li> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2hndfl mixed (Almond, Walnut, Pecan)</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2hndfl mixed (Almond, Walnut, Pecan) or nut butter</li> <li>• Apple</li> </ul>
<b>D</b>	<ul style="list-style-type: none"> <li>• Salmon w/ garlic and lemon pepper</li> <li>• Mashed Potato w/ skin</li> <li>• Broccoli, onion</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Rice &amp; 1-2tsp butter</li> <li>• Sauteed veggies – Onion or shallots, garlic, carrots, mushrooms, snow peas, ½ bell pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Red meat dish or stew w/ onion &amp; garlic</li> <li>• Potato &amp; sweet potato</li> <li>• Salad – 2c lettuce, ½ pepper, 4 cherry tomatoes, snow peas</li> <li>• Olive oil dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Cod w/ lemon &amp; garlic</li> <li>• Rice</li> <li>• Steamed Broccoli or Brussel sprouts</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Potato</li> <li>• Salad – 2c lettuce, ½ pepper, 4 cherry tomatoes, snow peas, 1 green onion</li> <li>• Olive oil dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetarian Chili (see recipe), Lentil Soup or other dish</li> <li>or</li> <li>• Leftover Tues</li> <li>or</li> <li>• Pork dish – chops, loin, roast</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; garlic</li> <li>• Rice</li> <li>• Salad – 2c lettuce, ½ pepper, radish, snow peas, 1 green onion</li> <li>• Olive oil dressing</li> </ul>
<b>ME</b>	•	•	•	•	•	•	•
<b>BED</b>	•	•	•	•	•	•	•

Note: For salads either 1-2 TBSP Newman's Own Olive Oil & Vinegar Dressing or homemade olive oil dressing, see recipes on website