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| **Friday** | **Saturday** | **Sunday** | **Meatless Monday** | **Grocery List**Goal : stay under 1,600 calories per day. Drink 8 cups of water daily. |
| Breakfast: Oatmeal, coffee (50)Snack: AppleLunch: green teaDinner: glass of water, Sechuan | Breakfast: Oatmeal, coffeeLunch: green teaDinner: glass of water, Wild Rice ChickenSnack: cauliflower and 2 T. ranch | Breakfast: Oatmeal, coffeeLunch: green teaSnack: AppleDinner: glass of water, Hamburgers | Breakfast: glass of water, Egg Sandwich, orange juice, Lunch: glass of water,Snack: YogurtDinner: glass of water, Florentine Shells with Asparagus | Bread, Jumbo pasta shells, ricotta cheese, spinach, half & half, spaghetti sauce, Italian cheese blend, parmesan cheese, Italian bread, asparagus, chicken breast, long grain wild rice, ground beef, hamburger buns, celery, American cheese , yogurt, apples, cauliflower and ranch, oatmeal, green tea, coffee |
| Breakfast: Whole wheat bread (140) with peanut butter (180) and a banana (105)Lunch: Boiled egg and a saladSnack: GrapesDinner: glass of water, German Lentil Soup | Breakfast: Breakfast CasseroleLunch: Boiled egg and a saladDinner: glass of water, Bow tie Pasta SaladSnack: celery, apples & peanut butter | Breakfast: Whole wheat bread with peanut butter (180) and a banana (105)Lunch: Boiled egg and a saladDinner: glass of water, Chicken Penne AlfredoSnack: peanut butter cookies | Breakfast: glass of water, YogurtLunch: Boiled egg and a saladSnack: Apple (71)Dinner: glass of water, German Spinach, Mashed Potatoes (150) , and scrambled eggs. (234)  | Potatoes, chicken stock, carrots, celery, onion, cooked cubed ham, German knack Wurst, shell pasta, sweet onion, dry Italian salad mix, bacon, peas, chicken, penne pasta, cream cheese, milk, yogurt, peanut butter, apples, grapes, cubed ham, whole wheat bread, egg, lettuce, ranch, banana, grands biscuits. |
| Breakfast: Whole wheat bread with peanut butter and a banana (510)Snack: Apple (71)Lunch: Turkey Roll sandwich (403)Dinner: glass of water, Crab and Salad or Spanish rice and taquitos. (821) | Breakfast: Whole wheat bread with peanut butter and a banana(510)Snack: Grapes (110)Dinner: glass of water, Pizza (740) | Breakfast: Whole wheat bread with peanut butter and a banana (515)Snack: Apple (71)Dinner: glass of water, Bacon and Creamy Angel hair pasta (2,900) | Breakfast: glass of water, cold cereal with a banana(510)Snack: Grapes (110)Dinner: glass of water, Easy Smoked Salmon Pasta (874) | Cream cheese x 2, shallot, frozen pizza, Crab, lettuce, bacon, green onions, mushrooms, tomatoes, angel hair pasta, peas, milk, cereal, banana, apples, grapes, whole wheat bread, Spanish rice, taquitos.  |
| Breakfast: yogurt and berriesLunch:Dinner: Sauerkraut, schnitzelSnack: popcorn | Breakfast: Yogurt PancakesLunch: Dinner: Snack: banana bread | Breakfast: Yogurt PancakesLunch:Snack: pretzelsDinner: | Breakfast: YogurtSnack: berriesLunch:Dinner: Fish Tacos | Beer, plain yogurt, mayo, lime, capers, oil, cod, corn tortillas, cabbage, pork for schnitzel, brown sugar, banana, flour, berries |
| Breakfast: yogurt and berriesLunch:Snack: berriesDinner: Tacos and refried beans | Breakfast: yogurt and berriesSnack: PearLunch:Dinner: Italian Sausage Soup | Breakfast: yogurt and berriesLunch:Snack: berriesDinner: Cajun Chicken Pasta | Breakfast: yogurt and berriesSnack: PearLunch:Dinner: Garden Penne | Penne Pasta, zucchini x 2, yellow squash, red onion, green and red bell pepper, garlic, tomatoes, pasta sauce, corn, mozzarella cheese, parmesan cheese, Italian sausage, beef broth, carrots, garlic, stewed tomatoes, northern beans, fresh spinach, chicken, linguine pasta, mushrooms, green onion, heavy cream or whip cream, ground beef, lettuce, tomatoes, salsa, refried beans, hard and soft taco shells, glass of water, yogurt, berries, pears |
| Breakfast: yogurt and berriesLunch:Snack: PearDinner: Taco Casserole | Breakfast: yogurt and berriesLunch:Snack: PearDinner: Hungarian Goulash with red wine | Breakfast: yogurt and berriesLunch:Snack: PearDinner: Chicken Parmesan | Breakfast: yogurt and berriesLunch:Snack: PearDinner: Eggs in Mustard Sauce,  | Chicken stock, Dijon Mustard, heavy cream or half & half, beef cubes, red wine, beef stock, sour cream, bacon, bell pepper, onion, ground beef, can pinto beans, whole kernel corn, tortilla chips, taco seasoning, tomato sauce, cheddar cheese, chicken, marinara sauce, mozzarella, butter, parmesan, yogurt, berries, pears |
| Dinner: Chicken & Veggie Spaghetti | Dinner: Spaghetti Carbonara | Dinner: Sausage & Fennel Orzotto | Dinner: Griesbrei - Cream of Wheat, Germanic,  | Cream of wheat, milk, egg, sausage, Orzotto, chicken broth, white wine, lemon, parmesan cheese, spaghetti noodles, bacon, onion, garlic, white wine, fresh parsley, chicken, spaghetti noodles, bell pepper, black olives, cream of mushroom soup, mozzarella cheese |
| Dinner: Lasagna | Dinner: Chuck Roast, German dumplings and red cabbage? |  | Breakfast: CerealDinner: German Pancakes | Flour, milk, onions, beef broth, carrots, brown gravy mix, potatoes, red cabbage, Lasagna noodles, pasta sauce, ricotta cheese, ground beef |
| Dinner: Spaghetti |  |  | Breakfast: orangeDinner: Flaedle Suppe | Spaghetti noodles, pasta sauce, ground beef, Italian bread, oranges |
| Dinner: Tuna fish sandwiches |  |  | Dinner: Egg Sandwiches | Bread, tuna fish, mayonnaise |
|  |  |  | Lunch: Noodle SoupDinner: Salmon Paddies | Noodle Soup, salmon in a can,  |
| Dinner: Sheppard Pie |  |  | Dinner: Grill Cheese & Tomato Soup | Tomoto Soup, American cheese, bread, ground beef, potatoes, green beans, cream of mushroom, french fried onions,  |