

FOUR Weeks of LICKETY-SPLIT MEALS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beef Barley Soup (p-235), Kashi crackers, tossed salad and sliced fruit	Chicken Dijon Stuffed Baked Potato (p-85), unsweetened applesauce with cinnamon	Veggie Sghetti (p-165) tossed salad, Whole-Wheat Garlic Cheese Toast (p-279) or small dessert	Delicate Baked Fish (p-143) broccoli, Sweet Potato Oven Fries (p-275) roll or cookie	Garden Vegetable Pizza (p-185) Where's the Lettuce Salad (p-253)	Sweet and Sour Stirfry (p-201) brown rice*, tossed salad whole-grain roll or cookie	Curried Chickpeas and Gingered Black Beans (p-105) brown rice, broccoli and carrots
Turkey Vegetable Stew (p-227), whole-grain rolls and Crunchy Apple Salad (p-259)	White Beans w/Tomato Basil & Parmesan (p-95) tossed salad and Cranberry Salad* (p-265)	Pasta Primavera with Shrimp (p-167) whole-grain fettuccine and Cranberry Salad (from yesterday)	Creamy Chicken Enchiladas (p-151) green beans and crinkle cut carrots, sliced fruit	Chicken Chutney Pizza (p-189) tossed salad	Easy Pepper Steak Stirfry (p-203) over brown rice*, tossed salad, fresh fruit or cookie	Chicken Marsala (p-109) brown rice, peas, Where's the Lettuce Salad (p-253)
Crockpot Fajitas (p-239) with whole-grain flour tortillas, raw veggies and dip, sliced cantaloupe	Creamy Chicken Dijon over whole grain noodles (p-93) with asparagus and sliced tomatoes and cucumbers	Parmesan Turkey Cutlets over angel hair (p-175) with Where's the Lettuce Salad (p-253) and Whole-Wheat Garlic Cheese Toast (p-279) or small dessert	Mexican LaZonya (p-139) Cinnamon Butternut Squash (p-277) and low-fat ice cream cone	Polynesian Pizza (p-193) with Crunchy Apple Salad (p-259)	The Easiest Stirfry Ever! (p-199) over brown rice* and whole-grain roll or cookie	Salmon Patties with baked sweet potatoes or Salmon Burgers (p-117) fresh steamed asparagus or green beans
Beef Stroganoff over Noodles (p-243) with peas and carrots and tossed salad	Turkey Joes (p-89) whole-grain (NaturalOvens.com) buns and Sunshine Carrot-Raisin Salad (p-257)	White Beans & Penne Pasta with Rosemary (p-177) tossed salad, Whole-Wheat Garlic Cheese Toast (p-279)	Tantalizing Turkey Meatloaf (p-133), baked potatoes, broccoli and a fudgesicle.	Southwest Chicken Pizza (p-191) tossed salad, orange sections	Saucy Almond Chicken Stirfry (p-205) over brown rice with sliced apples and kiwi	Broiled Orange Roughy (p-115) with baked sweet potatoes, California blend veggies

* Make a double batch for both today and tomorrow. Copyright 2004 Zonya Foco, RD, CSP www.Zonya.com 1-888-884-LEAN