

## FOUR Weeks of LICKETY-SPLIT MEALS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Beef Barley Soup</b> (p-129), Kashi crackers, tossed salad and sliced fruit	<b>Chicken Dijon Stuffed Baked Potato</b> (p-53), unsweetened applesauce with cinnamon	<b>Veggie Sghetti</b> (p-94) tossed salad, Whole-Wheat Garlic Cheese Toast (p-150) or small dessert	<b>Delicate Baked Fish</b> (p-83) broccoli, Sweet Potato Oven Fries, roll or cookie	<b>Garden Vegetable Pizza</b> (p-104) Where's the Lettuce Salad (p-138)	<b>Sweet and Sour Stirfry</b> (p-112) brown rice*, tossed salad whole-grain roll or cookie	<b>Curried Chickpeas and Gingered Black Beans</b> (p-63) brown rice, broccoli and carrots
<b>Turkey Vegetable Stew</b> (p-125), whole-grain rolls and Crunchy Apple Salad (p-141)	<b>White Beans w/Tomato Basil &amp; Parmesan</b> (p-58) tossed salad and Cranberry Salad* (p-144)	<b>Pasta Primavera</b> (p-95) whole-grain fettuccine and Cranberry Salad (from yesterday)	<b>Creamy Chicken Enchiladas</b> (p-87) green beans and crinkle cut carrots, sliced fruit	<b>Chicken Chutney Pizza</b> (p-106) tossed salad	<b>Easy Pepper Steak Stirfry</b> (p-113) over brown rice*, tossed salad, fresh fruit or cookie	<b>Chicken Marsala</b> (p-65) brown rice, peas, Where's the Lettuce Salad (p-138)
<b>Crockpot Fajitas</b> (p-131) with whole-grain flour tortillas, raw veggies and dip, sliced cantaloupe	<b>Creamy Chicken Dijon</b> over whole grain noodles (p-57) with asparagus and sliced tomatoes and cucumbers	<b>Parmesan Turkey Cutlets</b> over angel hair (p-99) with Where's the Lettuce Salad (p-138) and Whole-Wheat Garlic Cheese Toast (p-150) or small dessert	<b>Mexican LaZonya</b> (p-81) Cinnamon Butternut Squash (p-149) and low-fat ice cream cone	<b>Polynesian Pizza</b> (p-108) with Crunchy Apple Salad (p-141)	<b>The Easiest Stirfry Ever!</b> (p-111) over brown rice* and whole-grain roll or cookie	<b>Salmon Patties</b> with baked sweet potatoes <b>or Salmon Burgers</b> (p-69) fresh steamed asparagus or green beans
<b>Beef Stroganoff over Noodles</b> (p-133) with peas and carrots and tossed salad	<b>Turkey Joes</b> (p-55) whole-grain (NaturalOvens.com) buns and Sunshine Carrot-Raisin Salad (p-140)	<b>White Beans &amp; Penne Pasta with Rosemary</b> (p-100) tossed salad, Whole-Wheat Garlic Cheese Toast (p-150)	<b>Tantalizing Turkey Meatloaf</b> (p-77), baked potatoes, broccoli and a fudgesicle.	<b>Southwest Chicken Pizza</b> (p-107) tossed salad, orange sections	<b>Saucy Almond Chicken Stirfry</b> (p-114) over brown rice with sliced apples and kiwi	<b>Broiled Orange Roughy</b> (p-68) 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](http://www.Zonya.com) 1-888-884-LEAN