

FOUR Weeks of LICKETY-SPLIT MEALS!

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