

# WEEKLY MEAL PLANNER

WEEK \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Scrambled Eggs and Potatoes, with Turkey Meatballs	Lentil & Rice Bowl	Chicken Mediterranean Bowl	<u>Quick Boost:</u> Banana and Latte
TUE	Breakfast Quesadilla	Zesty Chicken Fajitas	Lentil-Turkey Meatballs and Rice	<u>Quick Boost:</u> Banana and Latte
WED	Scrambled Eggs and Potatoes, with Turkey Meatballs	Lentil & Rice Bowl	Chicken Mediterranean Bowl	<u>Quick Boost:</u> Banana and Latte
THU	Breakfast Quesadilla	Zesty Chicken Fajitas	Lentil-Turkey Meatballs and Rice	<u>Quick Boost:</u> Banana and Latte
FRI	Scrambled Eggs and Potatoes, with Turkey Meatballs	Lentil & Rice Bowl	Chicken Mediterranean Bowl	<u>Quick Boost:</u> Banana and Latte
SAT	Breakfast Quesadilla	Zesty Chicken Fajitas	Lentil-Turkey Meatballs and Rice	<u>Quick Boost:</u> Banana and Latte
SUN	Breakfast Quesadilla	Lentil & Rice Bowl	Chicken Mediterranean Bowl	<u>Quick Boost:</u> Banana and Latte

# Breakfast Recipes

## Breakfast Quesadilla (x4)

- 1 tortilla wrap (Carb-Balance Whole Wheat Fajita Tortilla)
- 1 Large egg
- ¼ Cup shredded Mexican Cheese - Reduced Fat
- ⅔ cup Pepper & Onion Stir Fry
- 2 oz Ground Turkey
- Seasoning of choice

### Nutrition Breakdown:

Kcal: 293   Carb: 18.2g   Fiber: 12.7g   Protein: 27.7g   Fat: 18g

Total Cost for meal: \$1.74

## Scrambled Eggs and Potatoes, with Turkey Meatballs (x3)

- 2 Large Eggs
- 2 Tbsp shredded Mexican Cheese - Reduced Fat
- ½ Cup Frozen Seasoned Diced Potatoes
- ⅔ cup Pepper & Onion Stir Fry
- ½ serving of Lentil-Turkey Meatballs

### Nutrition Breakdown:

Kcal: 414   Carb: 31g   Fiber: 5g   Protein: 33g   Fat: 18g

Total Cost for meal: \$1.89

# Snack

## Quick Boost (x7)

- 1 Banana
- ½ Cup of Milk - nonfat
- Coffee of choice (optional)

### Nutrition Breakdown:

Kcal: 142   Carb: 33g   Fiber: 2g   Protein: 5g   Fat: 0.4g

Total Cost for meal: \$0.36

# Lunch / Dinner Recipes

## Lentil & Rice Bowl (x4)

- ½ Cup cooked green lentils (¼ Cup dry)
- ¾ Cup cooked White Rice (¼ Cup dry)
- 1 Cup Frozen Veggie Mix - Broccoli, Carrots, Sugar Snap Peas..
- Spice blend, added when baking/microwaving veggies

### Nutrition Breakdown:

Kcal: 368   Carb: 65g   Fiber: 9g   Protein: 17g   Fat: 1g

Total Cost for meal: \$0.81

## Chicken Mediterranean Bowl (x4)

- 3 oz Grilled Fajita Chicken Breast Strips
- ½ cup cooked green lentils (1/4 cup dry)
- ½ Cup Frozen Seasoned Diced Potatoes
- 2 Tbsp Zesty Lemon Hummus
- ⅔ cup Pepper & Onion Stir Fry
- 1 mini cucumber, sliced
- Spice blend, added when baking/microwaving veggies

### Nutrition Breakdown:

Kcal: 420   Carb: 56g   Fiber: 9g   Protein: 37g   Fat: 6g

Total Cost for meal: \$3.26

## Zesty Chicken Fajitas (x3)

- 3 oz Grilled Fajita Chicken Breast Strips
- 2 Tbsp Zesty Lemon Hummus
- ⅔ cup Pepper & Onion Stir Fry
- 5 Tbsp cooked White rice (2 Tbsp dry - about ½ of one serving)
- 1 tortilla wrap (Carb-Balance Whole Wheat Fajita Tortilla)
- Spice blend, added when baking/microwaving veggies

### Nutrition Breakdown:

Kcal: 304   Carb: 40g   Fiber: 12g   Protein: 28.6g   Fat: 7.7g

Total Cost for meal: \$3.31

## Lentil-Turkey Meatballs and Rice (x3)

- 1 serving of Lentil Turkey Meatballs (see below for recipe)
- ¾ Cup cooked White Rice (¼ Cup dry)
- 2 Tbsp Zesty Lemon Hummus
- ½ Cup green asparagus spears
- ½ Cup diced carrots

### Nutrition Breakdown:

Kcal: 562   Carb: 71g   Fiber: 9.6g   Protein: 37g   Fat: 14.1g

Total Cost for meal: \$2.30