

# WEEKLY MEAL PLANNER

WEEK \_\_\_\_\_

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS</b>
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
- $\frac{1}{4}$  Cup shredded Mexican Cheese - Reduced Fat
- $\frac{1}{2}$  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
- $\frac{1}{2}$  Cup Frozen Seasoned Diced Potatoes
- $\frac{1}{2}$  cup Pepper & Onion Stir Fry
- $\frac{1}{2}$  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
- $\frac{1}{2}$  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)

- $\frac{1}{2}$  Cup cooked green lentils ( $\frac{1}{4}$  Cup dry)
- $\frac{3}{4}$  Cup cooked White Rice ( $\frac{1}{4}$  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
- $\frac{1}{2}$  cup cooked green lentils (1/4 cup dry)
- $\frac{1}{2}$  Cup Frozen Seasoned Diced Potatoes
- 2 Tbsp Zesty Lemon Hummus
- $\frac{1}{2}$  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
- $\frac{1}{2}$  cup Pepper & Onion Stir Fry
- 5 Tbsp cooked White rice (2 Tbsp dry ~ about  $\frac{1}{2}$  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)
- $\frac{3}{4}$  Cup cooked White Rice ( $\frac{1}{4}$  Cup dry)
- 2 Tbsp Zesty Lemon Hummus
- $\frac{1}{2}$  Cup green asparagus spears
- $\frac{1}{2}$  Cup diced carrots

### Nutrition Breakdown:

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

Total Cost for meal: \$2.30