

8 week dietitian approved menu

Compliments of our **registered dietitian team**

week 1 Heart Healthy & Diabetic Friendly

All portions are approximate. Please see nutrition facts panel for portion size and exact grams of carbohydrates. **CHO = # of Carbohydrate Choices.** 1 Carbohydrate Choice = 15g of carbohydrates.

More information at celebratemore.com/dietitians

Available at all



	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	½ c. cooked oatmeal (1 CHO) 1 oz. chopped walnuts, unsalted (0 CHO) 1 tsp. cinnamon (0 CHO) ½ banana (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 scrambled egg (0 CHO) ¼ c. green pepper (0 CHO) 2 Tbsp. shredded swiss cheese (0 CHO) 1 c. skim or low fat milk (1 CHO) 1 small apple (1 CHO) 6 oz. Yoplait light yogurt (1 CHO)	¾ c. of Honey Nut Cheerios (1 CHO) 1 c. skim or low fat milk (1 CHO) 1 small orange (1 CHO)	6 oz. Yoplait Light Yogurt (1 CHO) ¾ c. blueberries (1 CHO) 1 slice 100% whole wheat toast (1 CHO) 2 Tbsp. peanut butter (0 CHO)	¾ c. Kashi Go Cinnamon Crisp cereal (2 CHO) ½ c. skim or low fat milk (0.5 CHO) ½ c. strawberries (0.5 CHO)	2 Slices 100% whole wheat toast (2 CHO) 2 Tbsp. avocado, spread on bread (0 CHO) 1 egg, over hard (0 CHO) ½ c. canned peaches in 100% juice (1 CHO)	¾ c. of Honey Nut Cheerios (1 CHO) 1 c. skim or low fat milk (1 CHO) ½ banana (1 CHO) 1 c. black coffee (0 CHO)
Snack	1 small orange (1 CHO) 1 string cheese (0 CHO)	1 KIND bar (1-2 CHO)	½ c. carrots (0 CHO) 2 Tbsp. yogurt based ranch dressing (0 CHO) 6 Triscuits-Hint of Salt (1 CHO)	½ c. canned pears in 100% juice (1 CHO) ½ c. low fat cottage cheese (0 CHO)	1 oz. almonds, unsalted (0 CHO) ½ c. unsweetened applesauce (1 CHO)	1 string cheese (0 CHO) 1 small apple (1 CHO)	6 oz. Oikos Triple Zero Greek Yogurt (1 CHO)
Lunch	2 small corn tortillas (1 CHO) 3-4 oz. 93% lean ground beef with Mrs. Dash taco seasoning (0 CHO) ½ c. black beans (1 CHO) 2 slices avocado, lettuce & sliced tomato (0 CHO) ¼ c. tomato salsa (0 CHO) 2 Tbsp. low fat plain greek yogurt (0 CHO) 1 c. skim or low fat milk (1 CHO)	1 slice 100% whole wheat bread (1 CHO) 1 single serve pouch of low sodium tuna packed in water (0 CHO) 1 Tbsp. mayo made with olive oil (0 CHO) 2 oz. spinach (0 CHO) 6 Triscuits-Hint of Salt (1 CHO) 15 grapes (1 CHO)	6 oz. Yoplait Light Yogurt (1 CHO) 1 tsp. ground flaxseed (0 CHO) ½ c. canned peaches in 100% juice (1 CHO) ½ c. broccoli (0 CHO) 3 oz. grilled chicken breast (0 CHO) 1 small 100% whole wheat dinner roll (1 CHO)	2 slices 100% whole wheat bread (2 CHO) 2 oz. low sodium turkey luncheon meat (0 CHO) 1 Tbsp. mayo made with olive oil (0 CHO) 1 small orange (1 CHO) 1 string cheese (0 CHO) ½ c. carrots (0 CHO)	½ c. 100% whole wheat pasta (2 CHO) ½ c. Green Mill Tomato Basil pasta sauce (1 CHO) ½ c. broccoli (0 CHO) ½ c. cucumber slices (0 CHO) ¼ c. feta cheese (0 CHO)	2 slices 100% whole wheat bread (2 CHO) 2 Tbsp. peanut butter (0 CHO) 1 small apple (1 CHO) 1 c. sugar snap peas (0.5 CHO) ½ c. low fat cottage cheese (0 CHO)	1 slice 100% whole wheat bread (1 CHO) 2 Tbsp. Nut butter (0 CHO) ½ c. grapes (1 CHO) 1 c. skim or low fat milk (1 CHO) ½ c. broccoli (0 CHO)
Snack	1 hard-boiled egg (0 CHO) 6 Triscuits (1 CHO)	½ c. unsweetened applesauce (1 CHO) 1 tsp. cinnamon (0 CHO) 1 Tbsp. flaxseed (0 CHO)	1 oz. mixed nuts (0 CHO) 2 Tbsp. raisins (1 CHO)	1 KIND bar (1-2 CHO)	6 oz. Yoplait Light Yogurt (1 CHO) 2 Tbsp. ground flaxseed (0 CHO)	3 c. Boom Chicka Pop popcorn (1 CHO)	1 KIND bar (1-2 CHO)
Dinner	3 oz. Tilapia (seasoned with salt-free garlic and herb seasoning) (0 CHO) ½ c. steamed carrots (0 CHO) small whole wheat dinner roll (1 CHO) ¾ c. blueberries (1 CHO) ⅓ c. brown rice quinoa blend (1 CHO)	1 c. low sodium chicken noodle soup (1 CHO) 1 c. cantaloupe (1 CHO) small side salad with mixed vegetables (0 CHO) 1 c. skim or low fat milk (1 CHO)	Stuffed Green Peppers - ½ of a green pepper (0 CHO) - ⅓ c. brown rice (1 CHO) - 2 Tbsp. shredded mozzarella cheese (0 CHO) - ¼ c. no salted added diced tomatoes (0 CHO) 1 c. skim or low fat milk (1 CHO) ¾ c. mixed berries (1 CHO)	3 oz. salmon seasoned with Mrs. Dash salt-free Garlic & Herb seasoning (0 CHO) ⅓ c. brown rice quinoa blend (1 CHO) 2 oz. broccoli cranberry crunch salad from the deli (1 CHO) 1 small apple (1 CHO) 1 c. skim or low fat milk (1 CHO)	Spinach Salad (Total of 2 CHO) - 1 c. spinach - ¼ c. mandarin oranges - ¼ c. strawberries - 2 Tbsp. raisins - 1 Tbsp. of Panera Poppy Seed Salad Dressing - 3 oz. chopped boneless, skinless grilled chicken 1 slice of 100% whole wheat bread with ½ Tbsp. butter (1 CHO)	3 oz. boneless skinless chicken breast w/ Mrs. Dash salt free seasoning (0 CHO) ⅓ c. brown rice (1 CHO) ½ c. asparagus, seasoned with Mrs. Dash Salt-Free Herb & Garlic seasoning and olive oil (0 CHO) ½ c. grapes (1 CHO) 1 c. skim or low fat milk (1 CHO)	3 oz. lean beef sirloin tip roast, sliced (0 CHO) ½ c. corn (1 CHO) ½ c. mashed potatoes (1 CHO) 2 Tbsp. low sodium beef gravy (0 CHO) 1 c. strawberries (1 CHO)
Snack	3 c. Boom Chicka Pop popcorn (1 CHO)	½ banana (1 CHO) 1 oz. almonds, unsalted (0 CHO)	1 c. melon, diced (1 CHO) 1 string cheese (0 CHO)	14 Wheat Thins - hint of salt (1 CHO) 2 Tbsp. hummus (0 CHO)	½ banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)	2 Tbsp. dried apricots (1 CHO) 1 oz. almonds (0 CHO)	1 small sliced apple (1 CHO) baked with 1 tsp. cinnamon 2 Tbsp. vanilla non-fat greek yogurt on top (0 CHO)

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8 week dietitian approved menu



week 2 Heart Healthy & Diabetic Friendly

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	Breakfast Burrito - 1 small whole grain tortilla (1 CHO) - 1 scrambled egg (0 CHO) - ½ chopped green pepper, red pepper, and onion (0 CHO) - ¼ c. shredded cheese (0 CHO) 1 small apple (1 CHO) 1 c. skim or low fat milk (1 CHO)	2 scrambled eggs (0 CHO) - add chopped onions, peppers, and mushrooms (0 CHO) 2 slices whole wheat bread (2 CHO) ½ banana (1 CHO)	1-2 hard boiled eggs (0 CHO) 1 slice whole grain toast (1 CHO) 2 Tbsp. nut butter (0 CHO) 1 small orange (1 CHO) 1 c. skim or low fat milk (1 CHO)	Yogurt parfait - 1 c. Oikos Triple Zero Greek Yogurt (1 CHO) - ¼ c. granola (less than 10g sugar per serving) (1 CHO) - ¾ c. blueberries (1 CHO)	2 small 100% whole wheat pancakes (2 CHO) 2 Tbsp. peanut butter (0 CHO) 1 c. strawberries (1 CHO)	2 slices 100% whole wheat toast (2 CHO) 2 Tbsp. peanut butter (0 CHO) ½ banana, sliced (1 CHO)	¾ c. Kashi Go Cinnamon Crisp cereal (2 CHO) 1 c. skim or low fat milk (1 CHO)
Snack	Trail Mix - 2 Tbsp. walnuts (0 CHO) - 2 Tbsp. raisins (1 CHO) - 1 Tbsp. sunflower seeds (0 CHO) - 1 Tbsp. unsweetened shredded coconut (0 CHO)	1 small apple, sliced (1 CHO) 1 Baby Bell cheese (0 CHO)	1 oz. tortilla chips (1 CHO) 2 Tbsp. guacamole (0 CHO)	1 small apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 string cheese (0 CHO) 15 grapes (1 CHO)	6 oz. Yoplait Light Yogurt (1 CHO)	2 Tbsp. dried apricots (1 CHO) 1 oz. almonds (0 CHO)
Lunch	BLT - 2 slices 100% whole wheat bread (2 CHO) - 3 slices low sodium turkey bacon (0 CHO) - leaf lettuce (0 CHO) - 2 slices tomato (0 CHO) - 1 Tbsp. mayo made with olive oil (0 CHO) ½ c. pineapple chunks (1 CHO)	Sandwich - 2 slices 100% whole wheat bread (2 CHO) - 2 Tbsp. peanut butter (0 CHO) 1 small apple (1 CHO) ½ c. low fat cottage cheese (0 CHO)	Salad - 2 c. spinach (0 CHO) - ¼ c. chickpeas (1 CHO) - 2 Tbsp. raisins (1 CHO) - Additional toppings (nuts, seeds, green peppers, red peppers, etc.) (0 CHO) - 2 Tbsp. Bolthouse Farms Yogurt Ranch (0 CHO) 1 c. skim or low fat milk (1 CHO)	Egg Salad Sandwich - 2 slices 100% whole wheat bread (2 CHO) - 2 hard-boiled eggs (0 CHO) - 2 Tbsp. mayo with olive oil (0 CHO) - Mrs. Dash salt-free seasoning (0 CHO) ½ c. carrot sticks (0 CHO) 1 small orange (1 CHO)	Black Bean Tacos - 2 small corn tortillas (2 CHO) - ½ c. black beans (1 CHO) - 2 Tbsp. guacamole (0 CHO) - ¼ c. tomato salsa (0 CHO) - shredded lettuce (0 CHO)	Salad - 2 c. spinach (0 CHO) - 1 small apple, chopped (1 CHO) - 2 Tbsp. raisins (1 CHO) - 1 oz. walnuts (0 CHO) - ¼ c. feta cheese (0 CHO) - 2 Tbsp. dressing (0 CHO) 1 small 100% whole wheat bun (1 CHO)	Sandwich - 2 slices 100% whole wheat bread (2 CHO) - 2 oz. lower sodium turkey luncheon meat (0 CHO) - 1 Tbsp. mayo with olive oil (0 CHO) - lettuce, sliced tomato (0 CHO) ½ Banana (1 CHO)
Snack	1 Larabar (1-2 CHO)	3 c. Boom Chicka Pop popcorn (1 CHO)	½ c. baked sweet potato fries (1 CHO) 2 Tbsp. Bolthouse Farms Yogurt Ranch dressing (0 CHO)	2 Tbsp. almonds (0 CHO) 2 Tbsp. dark chocolate chips (1 CHO)	6 Triscuits (1 CHO) 2 oz. sliced cheese (0 CHO)	1 oz. tortilla chips (1 CHO) ¼ c. salsa (0 CHO)	¼ c. cottage cheese (0 CHO) ½ c. canned pears in 100% fruit juice (1 CHO)
Dinner	1 serving Buffalo Chicken Salad ¹ (1-2 CHO) 6 oz. light yogurt (1 CHO) 1 c. skim or low fat milk (1 CHO)	3 oz. pork chop (0 CHO) ½ c. brown rice (1 CHO) ½ c. green beans (0 CHO) ½ c. canned peaches in 100% juice (1 CHO) 1 c. skim or low fat milk (1 CHO)	Grilled Cheese - 2 slices 100% whole wheat bread (2 CHO) - 2 slices cheddar cheese (0 CHO) - 2 oz. lower sodium luncheon meat (0 CHO) ½ c. broccoli (0 CHO) 15 grapes (1 CHO)	2 BBQ meatloaf muffins ² (1 CHO) ½ c. corn (1 CHO) ½ c. steamed broccoli (0 CHO) 1 c. skim or low fat milk (1 CHO)	Chicken Quesadilla - 2 small corn tortillas (1 CHO) - 3 oz. shredded chicken (0 CHO) - onions, peppers (0 CHO) - ¼ c. shredded cheese (0 CHO) - ½ c. brown rice (1 CHO) - 1 Tbsp. sour cream (0 CHO)	1 serving of of Hearty Tomato Soup with Beans and Greens ³ (3 CHO) ½ c. steamed carrots (0 CHO) ¾ c. blueberries (1 CHO)	1 serving Mac & Cheeseburger ⁴ (3 CHO) ½ c. steamed broccoli (0 CHO) ½ c. steamed cauliflower (0 CHO)
Snack	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)	1 small apple (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 Larabar (1-2 CHO)	1 small 100% whole wheat tortilla (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 oz. almonds (0 CHO) 2 Tbsp. raisins (1 CHO)	½ whole wheat English muffin (1 CHO) 1 Tbsp. nut butter (0 CHO)	3 c. Skinny Pop popcorn (1 CHO) 2 Tbsp. almonds (0 CHO)

Recipes can be found at: ¹Buffalo Chicken Salad (<https://www.eatingwell.com/recipe/260006/buffalo-chicken-salads/>) ²Meatloaf Muffins (<https://therealfooddietitians.com/bbq-meatloaf-muffins/>)

³Hearty Tomato Soup with Beans and Greens (<http://texaswic.dshs.state.tx.us/wiclessons/english/recipes/three-can-chili.asp>) ⁴Mac & Cheeseburger (<http://www.cookinglight.com/recipes/mac-cheeseburger>)

8 week dietitian approved menu



week 3 Heart Healthy & Diabetic Friendly

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	2 slices 100% whole wheat toast (2 CHO) ¼ avocado, mashed (0 CHO) 1 scrambled egg (0 CHO) ¼ tsp. crushed red pepper flakes 1 small apple (1 CHO)	1 slice 100% whole grain toast (1 CHO) 2 Tbsp. peanut butter (0 CHO) ½ banana (1 CHO) 6 oz. Yoplait light yogurt (1 CHO)	¾ c. Kashi Go cereal (2 CHO) 1 c. skim or low fat milk (1 CHO)	½ c. oatmeal, cooked (1 CHO) 1 tsp. cinnamon (0 CHO) ½ banana (1 CHO) 1 c. skim or low fat milk (1 CHO)	Smoothie - 1 c. skim or low fat milk or Greek yogurt (1 CHO) - ¾ C. Frozen berries (1 CHO) - ½ banana (1 CHO) - 1 Tbsp. nut butter (0 CHO)	½ c. oatmeal cooked (1 CHO) 2 Tbsp. raisins (1 CHO) 1 Tbsp. nut butter (0 CHO) 1 c. Oikos Triple Zero Greek Yogurt (1 CHO)	½ 100% whole wheat bagel (1 CHO) 2 oz. spinach (0 CHO) 2 Tbsp. avocado, mashed (0 CHO) 1 hard-boiled egg, sliced (0 CHO) 1 small apple (1 CHO) 1 c. skim or low fat milk (1 CHO)
Snack	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)	1 oz. walnuts (0 CHO) 2 Tbsp. dark chocolate chips (1 CHO)	1 KIND bar (1-2 CHO)	1 hard-boiled egg (1 CHO) 6 Triscuits (1 CHO)	1 small apple, sliced (1 CHO) 1 Tbsp. peanut butter (0 CHO)	¾ c. dry Kashi Go cereal (1 CHO)	½ banana (1 CHO) 1 Tbsp. nut butter (0 CHO)
Lunch	Lunch Wrap - 1 small whole wheat tortilla (1 CHO) - 2 oz. low-sodium luncheon meat (under 400 mg sodium) (0 CHO) - leaf lettuce, sliced tomato (0 CHO) - 2 Tbsp. hummus (0 CHO) 1 c. cantaloupe (1 CHO) 1 c. skim or low fat milk (1 CHO)	2 c. serving of Chipotle Chicken Quinoa Burrito Bowl ⁶ (2 CHO) 1 small orange (1 CHO)	Salad - 2 c. romaine lettuce (0 CHO) - 3 oz. chicken breast, shredded (0 CHO) - ½ c. cooked quinoa (1 CHO) - ½ c. cooked beets, sliced (0 CHO) - ½ c. cooked sweet potato, cubed (1 CHO) - 2 Tbsp. Bolthouse Farms Yogurt dressing (0 CHO) 1 small apple (1 CHO)	Lean Cuisine Marketplace Chicken Fried Rice (3 CHO)	Sandwich - 2 slices 100% whole wheat bread (2 CHO) - 2 oz. low sodium roast beef (under 400 mg sodium) (0 CHO) - 1 Tbsp. Dijon mustard (0 CHO) - 1 slice swiss cheese (0 CHO) - leaf lettuce, sliced tomato (0 CHO) ¾ c. blueberries (1 CHO)	Grilled Cheese Sandwich - 1 slice 100% whole wheat bread (1 CHO) - 1 slice cheese (0 CHO) 1½ c. Healthy Choice Country Vegetable soup (2 CHO)	Black Bean Tacos - 2 small corn tortillas (2 CHO) - ½ c. black beans (1 CHO) - 2 Tbsp. guacamole (0 CHO) - ¼ c. tomato salsa (0 CHO) - shredded lettuce (0 CHO)
Snack	¾ c. dry Kashi Go cereal (2 CHO)	1 small 100% whole wheat tortilla (1 CHO) 2 Tbsp. hummus (0 CHO)	½ c. baked sweet potato fries (1 CHO) 2 Tbsp. Bolthouse Farms Yogurt Ranch dressing (0 CHO)	6 Triscuits (1 CHO) 2 oz. sliced cheese (0 CHO)	1 oz. tortilla chips (1 CHO) 2 Tbsp. guacamole (0 CHO)	Trail Mix - 1 oz. almonds (0 CHO) - 2 Tbsp. raisins (1 CHO) - 1 Tbsp. pumpkin seeds (0 CHO) - 1 Tbsp. unsweetened shredded coconut (0 CHO)	1 small 100% whole wheat tortilla (1 CHO) 2 Tbsp. peanut butter (0 CHO)
Dinner	Spaghetti - 1 c. 100% whole wheat noodles (2 CHO) - ½ c. Green Mill pasta sauce (0 CHO) - 3 oz. 93% lean ground beef or turkey (0 CHO) 1 small slice garlic bread (1 CHO)	1 serving Instant Pot Roast Beef ⁷ (2 CHO) ½ c. brown rice (1 CHO)	1 serving Chicken Burrito Bowl Casserole ⁸ (2-3 CHO) ½ c. steamed cauliflower (0 CHO)	1 serving Lemony Chicken ⁹ (1 CHO) ½ baked sweet potato (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 serving Chicken Strips ¹⁰ (1 CHO) ½ c. baked fries (1 CHO) 1 small orange (1 CHO)	3-4 oz. 93% lean beef seasoned with Mrs. Dash salt-free Garlic and Herb seasoning (0 CHO) ½ c. Minute Rice brown rice quinoa blend (1 CHO) ½ c. mashed potatoes (1 CHO) 1 c. cantaloupe (1 CHO)	3-4 oz. grilled salmon (0 CHO) ½ c. asparagus (0 CHO) 1 100% whole wheat roll (1 CHO) 1 small apple (1 CHO) 1 c. skim or low fat milk (1 CHO)
Snack	½ c. cottage cheese (0 CHO) ½ c. sliced peaches (1 CHO)	½ banana (1 CHO) 1 Tbsp. nut butter (0 CHO)	1 small apple, sliced (1 CHO) 2 Tbsp. nut butter (0 CHO)	1½ c. Skinny Pop popcorn (0.5 CHO) 1 Tbsp. dark chocolate chips (0.5 CHO)	2 Tbsp. dried apricots (1 CHO) 2 Tbsp. almonds (0 CHO)	1 KIND bar (1-2 CHO)	1 string cheese (0 CHO) 15 grapes (1 CHO)

Recipes can be found at: ⁶Chipotle Chicken Quinoa Burrito Bowl (<https://www.eatingwell.com/recipe/254609/chipotle-chicken-quinoa-burrito-bowl/>) ⁷Instant Pot Roast Beef (<https://www.eatingwell.com/recipe/8010984/instant-pot-roast-beef/>) ⁸Chicken burrito bowl casserole (<https://fitfoodiefinds.com/healthy-chicken-burrito-bowl-casserole/>) ⁹Lemony chicken (<https://www.eatingwell.com/recipe/265058/lemony-chicken-and-green-beans/>) ¹⁰Chicken strips (<https://www.eatingwell.com/recipe/263973/almond-crust-chicken-strips/>)

8 week dietitian approved menu



week 4 Heart Healthy & Diabetic Friendly

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	2 scrambled eggs (0 CHO) Sautéed spinach (0 CHO) 1 slice 100% whole grain toast (1 CHO) 1 Tbsp. Land 'O Lakes light butter with canola oil (0 CHO) ¾ c. blueberries (1 CHO) 1 c. skim or low fat milk (1 CHO)	2 Kashi Blueberry Waffles (2 CHO) 2 Tbsp. almond butter (0 CHO) ½ banana (1 CHO) ½ c. Minute Maid Heart Wise orange juice (1 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO) ½ c. KIND granola (1-2 CHO) 1 oz. almonds (about 28) ¾ c. berries (1 CHO)	1 hard-boiled egg (0 CHO) 1 slice of 100% whole grain toast (1 CHO) ½ of avocado (0 CHO) ½ c. grapes (1 CHO) 1 c. skim or low fat milk (1 CHO)	½ c. oatmeal, cooked (2 CHO) ¾ c. mixed berries (1 CHO) Add cinnamon to taste (0 CHO) ¼ c. walnuts (0 CHO) 1 c. skim or low fat milk (1 CHO)	1 over-hard egg (0 CHO) ½ c. Food Club O'Brien style hash browns (1 CHO) 1 slice 100% whole grain toast (1 CHO) 1 Tbsp. Land 'O Lakes light butter with canola oil (0 CHO) 1 slice of low fat cheese (0 CHO) 2 mandarin oranges (1 CHO)	2 scrambled eggs (0 CHO) shredded cheese to taste (0 CHO) 2 Tbsp. black bean corn salsa (0 CHO) ¼ c. peppers & onions (0 CHO) 1 small 100% whole wheat tortilla (1 CHO) 1 small apple (1 CHO) 1 c. skim or low fat milk (1 CHO)
Snack	14 Wheat thins (1 CHO) 2 Tbsp. hummus (0 CHO)	1 KIND bar (1-2 CHO)	1 small apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 fruit cup in 100% juice (1 CHO) ¼ c. unsalted peanuts (0 CHO)	½ banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 small sized pear (1 CHO) 1 string cheese (0 CHO)	1 Full Circle fruit leather (1 CHO) ¼ c. unsalted nuts (0 CHO)
Lunch	3 c. spring mix salad (0 CHO) 3 oz. Just Bare Boneless, Skinless Chicken Breast, cooked (0 CHO) ½ c. peas, cold (1 CHO) 2 Tbsp. no sugar added craisins (1 CHO) 1 oz. reduced fat Feta cheese (0 CHO) 2 Tbsp. extra virgin olive oil & balsamic vinegar blend (0 CHO) 1 slice of 100% whole wheat bread (1 CHO)	2 slices 100% whole wheat bread (2 CHO) 3 oz. canned tuna in water (0 CHO) 1 Tbsp. mayo w/olive oil (0 CHO) lettuce leaf (0 CHO) 1 slice of cheese (0 CHO) 1 C. raw veggie blend (0 CHO) 2 Tbsp. Greek yogurt ranch dressing (0 CHO) 1 small orange (1 CHO)	1 c. chili with lean ground beef and beans, seasoned with Mrs. Dash chili seasoning (1 CHO) 1 slice 100% whole wheat toast (1 CHO) 2 c. side salad with green peppers (0 CHO) 1 Tbsp. Litehouse vinaigrette dressing (0 CHO) 1 c. melon (1 CHO)	1 100% whole wheat tortilla (1 CHO) Starkist 25% less sodium chicken pouch (0 CHO) 1 Tbsp. mayo with olive oil (0 CHO) 1 oz. shredded cheese (0 CHO) romaine lettuce (0 CHO) 1 peach (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 can Healthy Choice soup (1 CHO) 10 Sun Chips (1 CHO) 1 small apple (1 CHO) 2 Tbsp. peanut butter (0 CHO)	Shrimp tacos - 2 corn tortillas (2 CHO) - 3 oz. grilled shrimp (0 CHO) - ½ c. brown rice (1 CHO) - ½ avocado (0 CHO) - ¼ c. sautéed onion and peppers (0 CHO) - 2 Tbsp. Bolthouse Farms Salsa Verde Avocado Yogurt salad dressing (0 CHO) ½ c. steamed broccoli (0 CHO)	Grilled cheese - 2 slices 100% whole wheat bread (2 CHO) - 1 slice cheese (0 CHO) ½ c. Campbells Healthy Request Tomato soup (1 CHO) 2 c. spinach (0 CHO) 1 Tbsp. Bolthouse farms dressing (0 CHO)
Snack	Fruit cup in 100% juice (1 CHO) ¼ c. walnuts (0 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO) 1 oz. almonds (0 CHO)	½ c. unsweetened applesauce (1 CHO) 1 string cheese (0 CHO)	3 c. Boom Chicka Pop popcorn (1 CHO)	1 KIND bar (1-2 CHO) 1 string cheese (0 CHO)	1 c. raw veggie blend (0 CHO) 2 Tbsp. Greek yogurt ranch dressing (0 CHO) ½ c. cherries (1 CHO)	10 Sun Chips (1 CHO)
Dinner	Fish tacos - 2 corn tortilla shells (2 CHO) - 3 oz. grilled tilapia (0 CHO) - 1 c. broccoli slaw with Litehouse Cole Slaw dressing (0 CHO) - 1 oz. shredded cheese (0 CHO) - ½ avocado (0 CHO) 2 small mandarin oranges (1 CHO)	3 oz. chicken breast seasoned with Mrs. Dash lemon pepper seasoning (0 CHO) 1 baked potato (1 CHO) ½ c. steamed broccoli (0 CHO) ½ c. pineapple (1 CHO) 1 c. skim or low fat milk (1 CHO)	3 oz. pork tenderloin (0 CHO) ½ c. steamed vegetable blend (broccoli cauliflower and carrots) (0 CHO) ½ c. seeds of quinoa blend (1 CHO) 15 grapes (1 CHO) 1 c. skim or low fat milk (1 CHO)	3 oz. Grilled Salmon seasoned with minced garlic & Mrs. Dash lemon pepper seasoning (0 CHO) ½ c. cooked quinoa (1 CHO) ½ c. steamed green beans (0 CHO) ½ c. pineapple (1 CHO) 1 c. skim or low fat milk (1 CHO)	3 oz. grilled chicken breast (0 CHO) 1 c. frozen stir fry vegetable blend (0 CHO) liquid aminos to taste (0 CHO) ½ c. brown rice (1 CHO) 1 c. skim or low fat milk (1 CHO)	¼ c. 100% whole wheat pasta (1 CHO) 3 oz. 93% lean ground beef (0 CHO) ½ c. Green Mill spaghetti sauce (0 CHO) 2 c. Spinach (0 CHO) 1 Tbsp. Bolthouse Farms cesaer dressing (0 CHO) ¾ c. mixed berries (1 CHO) 1 c. skim or low fat milk (1 CHO)	1.5 oz. brown rice pad Thai noodles (2 CHO) 1 c. steamed stir fry veggies (0 CHO) 3 oz. sirloin cut beef strips (0 CHO) liquid aminos to taste (0 CHO) 1 c. sugar snap peas (1 CHO)
Snack	3 c. Boom Chicka Pop popcorn (1 CHO)	½ c. low fat cottage cheese (0 CHO) fruit cup in 100% juice (1 CHO)	14 wheat thins (1 CHO) 1 string cheese (0 CHO)	21 Xotchil salt-free tortilla chips (1 CHO) 2 Tbsp. Black bean and corn salsa (0 CHO) 1 string cheese (0 CHO)	1 c. sugar snap peas (1 CHO) 1 Tbsp. hummus (0 CHO)	2 Tbsp. almond butter (0 CHO) ½ banana (1 CHO)	1 KIND bar (1-2 CHO)

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8 week dietitian approved menu



week 5 Heart Healthy & Diabetic Friendly

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	Egg muffin ¹ (0 CHO) 1 small apple (1 CHO) ½ c. orange juice (1 CHO) 1 slice whole grain toast (1 CHO)	¼ c. Bear Naked Crispy Baked Granola Triple Berry Fit granola (1.5 CHO) 1 c. Oikos Triple Zero Greek Yogurt (1 CHO) ½ c. of blueberries (0.5 CHO)	2 eggs scrambled (0 CHO) 1 slice whole grain toast (1 CHO) 1 Tbsp. nut butter (0 CHO) 1 small orange (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 c. Love Grown Power O's cereal (1.5 CHO) ½ c. skim or low fat milk (0.5 CHO) ½ banana (1 CHO)	¼ c. KIND Healthy Grains Oats and Honey Clusters (1 CHO) 6 oz. Yoplait light yogurt (1 CHO) 1 small peach (1 CHO)	1 slice whole grain toast (1 CHO) 2 Tbsp. nut butter (0 CHO) ¾ c. strawberries (1 CHO) 6 oz. Yoplait light yogurt (1 CHO)	Smoothie: - 1 c. skim milk or plain non-fat Greek yogurt (1 CHO) - ¾ c. berries (1 CHO) - ½ banana (1 CHO) - 1 Tbsp. nut butter (0 CHO) - 1 tsp. chia seeds or ground flax seed (0 CHO)
Snack	6 Triscuits (1 CHO) 2 Tbsp. peanut butter (0 CHO)	½ c. spicy roasted chickpeas ² (1 CHO)	1 KIND bar (1-2 CHO)	1 frozen whole grain waffle, toasted (1 CHO) 1 Tbsp. nut butter (0 CHO)	1 hard-boiled egg (0 CHO) 6 Triscuits (1 CHO)	2 Tbsp. Bolthouse Farms Salsa Verde Avocado Yogurt salad dressing (0 CHO) 3 oz. baked potato (1 CHO)	1 pear (1 CHO) 1 string cheese (0 CHO)
Lunch	3 oz. grilled chicken (0 CHO) ½ sweet potato (1 CHO) ½ c. cherry tomatoes (0 CHO) 1 whole grain roll (1 CHO) 1 c. skim or low fat milk (1 CHO)	Tuna salad sandwich - 1 slice whole grain bread (1 CHO) - 1 c. tuna salad (1 CHO) ½ banana (1 CHO)	Vegetarian taco salad (3 CHO) - 1½ c. romaine lettuce - ½ c. red sweet pepper strips - ½ c. no-salt added black beans, rinsed and drained - ¼ c. halved grape tomatoes - 2 Tbsp. shredded reduced-fat Mexican-style four-cheese blend - 2 Tbsp. Bolthouse Farms yogurt dressing - serve with ¾ c. pineapple chunks	Mediterranean turkey wrap (2 CHO) - 2 Tbsp. hummus - 1 whole-wheat wraps, heated - 3 oz. no-salt added, deli-style turkey - ¼ large cucumber, peeled and diced (¼ c.) - ½ roma tomato, diced (¼ c.) - 1-2 Tbsp. reduced-fat, crumbled feta cheese 1 small orange (1 CHO)	Healthy Choice Simply Café Steamers Chicken and Vegetable Stirfry (1 CHO) 6 Triscuits (1 CHO) 1 apple (1 CHO) 1 string cheese (0 CHO)	6 Triscuits (1 CHO) ½ c. of tuna (0 CHO) 15 grapes (1 CHO) 1 medium cookie (1 CHO) 1 oz. cheddar cheese slices (0 CHO) ½ c. steamed green beans (0 CHO)	Sandwich - 2 slices whole grain bread (2 CHO) - Dijon mustard (0 CHO) - 3 oz. grilled chicken (0 CHO) - 1 slice cheese (0 CHO) - 1 leaf lettuce (0 CHO) - 2 tomato slices (0 CHO) 1 c. low-sodium vegetable soup (1 CHO)
Snack	½ c. low-fat cottage cheese (0.5 CHO) ½ peach (sliced) (0.5 CHO)	1 small apple (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 apple (1 CHO) 1 string cheese (0 CHO)	Baked sweet potato fries (½ large sweet potato) (1 CHO) 2 Tbsp. hummus (0 CHO)	2 Tbsp. raisins (1 CHO) ¼ c. almonds (0 CHO) 1 Tbsp. dark chocolate chips (0 CHO)	2 Tbsp. Bolthouse Farms yogurt ranch (0 CHO) ¼ c. baby carrots (0 CHO) 1 small orange (1 CHO)	1½ c. Boom Chicka Pop popcorn (0.5 CHO) 1 Tbsp. dark chocolate chips (0.5 CHO)
Dinner	Easy Baked Meatballs ³ (1 CHO) 1 c. spaghetti squash (0 CHO) 1 c. spaghetti squash (0 CHO) ½ c. pasta sauce (1 CHO) 1 c. skim or low fat milk (1 CHO) 1 c. broccoli (0 CHO) ½ c. frozen yogurt (1 CHO)	3 oz. round steak (0 CHO) ⅓ c. brown rice (1 CHO) ½ c. cooked carrots (0 CHO) 1 c. skim or low fat milk (1 CHO) 1 orange (1 CHO)	Lemony chicken and green beans ⁴ (1 CHO) 1 c. skim or low fat milk (1 CHO) 3 oz. baked potato (1 CHO)	Roasted Salmon with Smoky Chickpeas and Greens ⁵ (1.5 CHO) ¼ c. of canned fruit in 100% juice (0.5 CHO) 1 c. skim or low fat milk (1 CHO)	Buffalo chicken salad ⁶ (1-2 CHO) ⅓ c. cooked brown rice (1 CHO) ½ c. steamed cauliflower (0 CHO) 15 grapes (1 CHO)	Oven fried chicken breasts ⁷ (1.5 CHO) ½ c. cooked peas (1 CHO) 1 c. cooked broccoli (0 CHO) ½ pear (0.5 CHO)	Mexican beef and corn skillet peppers ⁸ (1.5 CHO) ⅓ c. cooked brown rice (1 CHO) ½ c. cubed cantaloupe (0.5 CHO)
Snack	3 c. Boom Chicka Pop - sea salt (1 CHO)	1 Kodiak Cakes 100% Whole Grain waffle (1 CHO)	2 chocolate Belvita biscuits (half of 1 package) (1 CHO) 1 Tbsp. nut butter (0 CHO)	1 large stalk celery (0 CHO) 1 Tbsp. nut butter (0 CHO) 1½ Tbsp. dark chocolate chips (1 CHO)	½ c. pineapple tidbits (in 100% juice) (1 CHO) ½ c. low-fat cottage cheese (0 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)

Recipes can be found at: ¹(<https://www.tasteofhome.com/recipes/muffin-tin-scrambled-eggs/>) ²(<http://www.popsugar.com/fitness/Roasted-Garbanzo-Beans-Chickpeas-Recipe-9136958>) ³(<https://www.eatingwell.com/recipe/7965690/easy-baked-meatballs/>) ⁴(<https://www.eatingwell.com/recipe/265058/lemony-chicken-and-green-beans/>) ⁵(<https://www.eatingwell.com/recipe/262763/roasted-salmon-with-smoky-chickpeas-greens/>) ⁶(<https://www.eatingwell.com/recipe/260006/buffalo-chicken-salads/>) ⁷(<https://www.eatingwell.com/recipe/263147/oven-fried-chicken-breasts/>) ⁸(<https://www.eatingwell.com/recipe/263363/mexican-beef-and-corn-skillet-peppers/>)

Disclaimer: Some serving sizes may count as less than a ½ carbohydrate choice, therefore, they are considered 0 CHO in this menu. For further questions, please contact your healthcare provider.

8 week dietitian approved menu



week 6 Heart Healthy & Diabetic Friendly

All portions are approximate. Please see nutrition facts panel for portion size and exact grams of carbohydrates. **CHO = # of Carbohydrate Choices.** 1 Carbohydrate Choice = 15g of carbohydrates.

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	<p>¾ c. Honey Nut Cheerios (1 CHO) - with 1 c. skim or low fat milk (1 CHO)</p> <p>1 scrambled egg (0 CHO) - with diced green peppers and onions (¼ c. each) (0 CHO)</p> <p>½ c. canned peaches in 100% juice (1 CHO)</p>	<p>½ c. cooked oatmeal (1 CHO) - with ¼ c. blueberries (0.5 CHO)</p> <p>100 calorie Greek yogurt, single serve (1 CHO)</p> <p>1 hard-boiled egg (0 CHO)</p> <p>½ c. orange juice (0 CHO)</p>	<p>Breakfast sandwich (2 CHO) - 100% whole wheat english muffin, egg, 1 slice cheddar cheese, 2 slices lean turkey bacon, leaves of spinach</p> <p>1 c. coffee (0 CHO)</p> <p>15 grapes (1 CHO)</p>	<p>2 slices of whole grain bread, toasted (2 CHO)</p> <p>2 Tbsp. avocado (spread on bread) (0 CHO)</p> <p>1 poached egg (0 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p>	<p>½ c. bran flakes cereal (1 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p> <p>½ banana (1 CHO)</p>	<p>1 c. skim or low fat milk (1 CHO)</p> <p>½ c. cooked oatmeal (1 CHO)</p> <p>2 Tbsp. of raisins (with no added sugar) (1 CHO)</p> <p>1 Tbsp. chopped walnuts (0 CHO)</p>	<p>Breakfast burrito (1 CHO) - 1 small 100% whole wheat tortilla, 1 scrambled egg, 1 oz. Canadian bacon, ½ chopped green peppers, red pepper, and onions</p> <p>½ large pear (1 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p>
Snack	<p>1 KIND Bar (1-2 CHO)</p>	<p>1 c. celery sticks (0 CHO)</p> <p>2 Tbsp. peanut butter (0.5 CHO)</p> <p>1 c. Oikos Triple Zero Greek Yogurt (1 CHO)</p>	<p>½ c. of unsweetened apple sauce (1 CHO)</p> <p>1 oz. almonds (0 CHO)</p>	<p>2 Belvita breakfast bars (1 CHO)</p> <p>2 Tbsp. peanut butter (0 CHO)</p>	<p>1 KIND Bar (1-2 CHO)</p>	<p>½ c. cottage cheese (1 CHO)</p> <p>1 oz. almonds (0 CHO)</p>	<p>1 pkg. Nature Valley Biscuits with peanut butter (1 CHO)</p>
Lunch	<p>2 slices of whole grain bread (2 CHO)</p> <p>2 oz. sliced turkey or chicken breast (0 CHO)</p> <p>Lettuce, sliced tomato (0 CHO)</p> <p>2 tsp. low calorie sandwich spread (0 CHO)</p> <p>1 small apple (1 CHO)</p>	<p>2 small corn tortillas (1 CHO)</p> <p>¼-½ c. black beans (1 CHO)</p> <p>2 Tbsp. guacamole (0 CHO)</p> <p>¼ c. tomato salsa (0 CHO)</p> <p>shredded lettuce (0 CHO)</p> <p>2 Tbsp. light sour cream (0 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p>	<p>⅔ c. cooked brown rice (2 CHO)</p> <p>1 c. stir fry vegetables (0.5 CHO)</p> <p>3 oz. tofu (0 CHO)</p> <p>1 tsp. liquid aminos (0 CHO)</p> <p>1 c. pineapple (1 CHO)</p>	<p>½ c. mashed sweet potato (1 CHO)</p> <p>½ c. cooked broccoli (0 CHO)</p> <p>3 oz. broiled fish (0 CHO)</p> <p>1 c. diced cantaloupe (1 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p>	<p>1 small (2-ounce) bagel (2 CHO)</p> <p>1½ Tbsp. low-fat cream cheese (0 CHO)</p> <p>1 small apple (1 CHO)</p> <p>1 c. carrot (0 CHO)</p>	<p>1 c. chicken noodle soup with vegetables (1 CHO)</p> <p>6 saltine crackers (1 CHO)</p> <p>1 small apple (1 CHO)</p> <p>1 string cheese (0 CHO)</p>	<p>1 slice whole grain bread (1 CHO)</p> <p>2 oz. reduced sodium deli ham (0 CHO)</p> <p>1 Tbsp. olive oil w/mayo (0 CHO)</p> <p>1 slice cheddar cheese (0 CHO)</p> <p>1 c. honeydew melon (1 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p>
Snack	<p>1 string cheese (0 CHO)</p> <p>½ c. diced canned pears in 100% juice (1 CHO)</p>	<p>10 Sun Chips (1 CHO)</p> <p>2 Tbsp. black bean salsa (0 CHO)</p>	<p>1-100% whole wheat tortilla (1 CHO)</p> <p>2 Tbsp. peanut butter (0 CHO)</p>	<p>½ c. of unsweetened applesauce (1 CHO)</p> <p>1 oz. almonds (0 CHO)</p>	<p>½ c. celery (0 CHO)</p> <p>2 Tbsp. peanut butter (0 CHO)</p> <p>1 serving whole grain crackers (1 CHO)</p>	<p>14 Wheat Thins with a hint of salt (1 CHO)</p> <p>1 Tbsp. Laughing Cow cheese (0 CHO)</p>	<p>1 KIND Bar (1-2 CHO)</p>
Dinner	<p>⅓ c. cooked brown rice (1 CHO)</p> <p>½ c. broccoli (0 CHO)</p> <p>3 oz. baked, skinless, chicken breast (0 CHO)</p> <p>1 small whole grain roll (1 CHO)</p> <p>1 Tbsp. light butter (0 CHO)</p> <p>1 small apple, sliced (1 CHO)</p>	<p>⅔ c. whole grain pasta (2 CHO)</p> <p>½ c. tomato-based pasta sauce (1 CHO)</p> <p>2 oz. lean ground beef (93% lean) (0 CHO)</p> <p>Tossed salad (0 CHO)</p> <p>2 Tbsp. low-fat salad dressing (0.5 CHO)</p>	<p>½ c. mashed potato (1 CHO)</p> <p>½ c. cooked corn (1 CHO)</p> <p>3 oz. skinless turkey breast (0 CHO)</p> <p>2 Tbsp. nonfat, low sodium gravy (0 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p>	<p>2 Tbsp. hummus (0 CHO)</p> <p>¼ c. chopped olives (0 CHO)</p> <p>1 whole grain pita (2 CHO)</p> <p>Sliced tomato (0 CHO)</p> <p>Shredded lettuce (0 CHO)</p> <p>3 oz. shredded skinless, chicken breast (0 CHO)</p>	<p>3 oz. baked potato (1 CHO)</p> <p>½ c. cooked carrots (0 CHO)</p> <p>3 oz. sliced lean turkey breast (0 CHO)</p> <p>1 whole grain dinner roll (1 CHO)</p> <p>1 Tbsp. light margarine (0 CHO)</p> <p>1 c. skim or low fat milk (1 CHO)</p>	<p>1 beef and bean burrito (made with lean ground beef): - ½ c. black beans (1 CHO) - 3 oz. lean beef (at least 93% lean) (0 CHO) - 1 whole grain tortilla (1 CHO) - 1 oz. shredded cheddar cheese (0 CHO) - ¼ c. tomato-based salsa (0 CHO)</p> <p>15 grapes (1 CHO)</p>	<p>Stuffed Green peppers - 1 small green pepper, cooked (0.5 CHO) - ⅓ c. brown rice and quinoa mixture (1 CHO) - 2 oz. mozzarella cheese (0 CHO)</p> <p>½ c. skim or low fat milk (0.5 CHO)</p> <p>1 ¼ c. of strawberries (1 CHO)</p>
Snack	<p>6 Triscuits (1 CHO)</p> <p>2 Tbsp. Hummus (0 CHO)</p>	<p>3 c. of Boom Chicka Pop popcorn (1 CHO)</p> <p>1 string cheese (0 CHO)</p>	<p>1 c. Oikos Triple Zero Greek Yogurt (1 CHO)</p>	<p>6 Triscuits (1 CHO)</p> <p>2 slices cheese (0 CHO)</p>	<p>1 slice of 100% whole wheat bread/toast (1 CHO)</p> <p>2 Tbsp. avocado, spread onto bread (0 CHO)</p>	<p>3 c. popcorn (no butter, lightly salted) (1 CHO)</p> <p>1 string cheese (0 CHO)</p>	<p>6 Triscuits (1 CHO)</p> <p>2 oz. colby jack cheese (0 CHO)</p>

8 week dietitian approved menu



week 7 Heart Healthy & Diabetic Friendly

All portions are approximate. Please see nutrition facts panel for portion size and exact grams of carbohydrates.
CHO = # of Carbohydrate Choices. 1 Carbohydrate Choice = 15g of carbohydrates.

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	1 c. Oikos Triple Zero Greek Yogurt (1 CHO) - with ¾ c. berries of choice (1 CHO) ½ c. 100% orange juice (1 CHO)	Spinach omelet (0 CHO) - 1 egg, spinach, cheese, mushrooms, tomatoes 2 Tbsp. salsa (0 CHO) 1 slice of whole wheat toast with 1 Tbsp. of sugar free jelly (1 CHO) 1 fresh pear (1 CHO) 1 c. skim or low fat milk (1 CHO)	½ c. oatmeal, cooked (1 CHO) - with apple chunks (1 medium apple) (1 CHO) - cinnamon 1 c. skim or low fat milk (1 CHO)	1 whole wheat English muffin (1-2 CHO) 2 Tbsp. peanut butter (0 CHO) 1 small banana (1-2 CHO) 1 c. coffee w/1 tsp. vanilla extract (0 CHO)	Strawberry/banana smoothie - 1 c. Oikos Triple Zero Greek Yogurt (1 CHO) - ½ c. skim milk (0.5 CHO) - ½ c. strawberries (0.5 CHO) - ½ banana (1 CHO) - ½ c. frozen spinach (optional) (0 CHO)	2 whole wheat waffles (2 CHO) 1½ c. of strawberries (1 CHO)	½ c. oatmeal, cooked (1 CHO) ½ banana (1 CHO) 2 tsp. peanut butter (0 CHO)
Snack	1 medium apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	15 grapes (1 CHO) 1 oz. mozzarella cheese cubes (0 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)	1 c. trail mix with dried raisins and nuts (1 CHO)	10 Sun Chips (1 CHO)	½ banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 fresh peach (1 CHO) ½ c. low-fat cottage cheese (0 CHO)
Lunch	Turkey sandwich - 2 slices whole wheat bread (2 CHO) - 3 oz. roasted turkey (0 CHO) - tomato, lettuce (0 CHO) - 1 Tbsp. mayo (0 CHO) ½ c. cantaloupe (1 CHO)	Baked fish lightly hand breaded with lemon (1 CHO) ½ c. sugar snap peas (0 CHO) ½ c. cubes mango (1 CHO) 1 c. skim or low fat milk (1 CHO)	Spinach salad with strawberries, feta cheese, and walnuts (1 CHO) 6 Triscuits (1 CHO) ½ c. hummus (0 CHO) 1 c. skim or low fat milk (1 CHO)	1 egg salad sandwich (0 CHO) - 2 slices whole wheat bread (2 CHO) 1 c. carrot sticks (0 CHO) 1 Tbsp. light ranch dip (0 CHO) ½ c. 100% apple juice (1 CHO)	1 grilled skinless chicken breast (0 CHO) - ½ c. whole grain brown rice (1 CHO) - mixed sauteed vegetables (onions, peppers) (0 CHO) - ½ c. canned pineapple in 100% juice (1 CHO) 1 c. skim or low fat milk (1 CHO)	Turkey wrap - 1 medium size tortilla (1 CHO) - 2 oz. lean turkey (0 CHO) - romaine lettuce (0 CHO) - carrots (0 CHO) - sprouts (0 CHO) - banana peppers (0 CHO) - 1 Tbsp. mayo (0 CHO) ½ c. cherries (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 c. minestrone soup (1 CHO) 1 small whole wheat roll (1 CHO) ½ c. canned pears in 100% juice (1 CHO)
Snack	6 Triscuits (1 CHO) ⅓ c. hummus (0 CHO)	1 c. diced honeydew (1 CHO) 1 string cheese (0 CHO)	1 granola bar made with whole nuts and dried fruit (1 CHO)	8 corn tortilla chips (1 CHO) ⅓ c. salsa (0 CHO)	1 slice whole wheat bread (1 CHO) 1 Tbsp. almond butter (0 CHO)	1 snack size Laughing Cow cheese (0 CHO) 14 wheat thins (1 CHO)	10 Sun Chips (1 CHO)
Dinner	⅓ c. spaghetti (1 CHO) ½ c. meat sauce, with parmesan garnish (1 CHO) 1 c. steamed broccoli (0 CHO) ⅓ c. 100% grape juice (1 CHO)	3 oz. porkchop (0 CHO) ½ c. wild rice, cooked (1 CHO) ½ c. green beans (0 CHO) ½ c. canned peaches in 100% juice (1 CHO) 1 c. skim or low fat milk (1 CHO)	Chicken quesadilla - 1 small corn tortilla (1 CHO) - 2 oz. chicken (0 CHO) - onions, peppers (0 CHO) - colby jack (0 CHO) - ½ c. brown rice (1 CHO) - 1 Tbsp. sour cream (0 CHO) ½ fresh pear (1 CHO)	1 serving meatloaf (0 CHO) ½ c. red potatoes (1 CHO) 1 small whole wheat roll (1 CHO) ½ c. mixed cauliflower and broccoli steamed (0 CHO) 1 c. skim or low fat milk (1 CHO)	1 serving lasanga (2 CHO) ½ c. steamed carrots (0 CHO) ½ c. honeydew (1 CHO)	1 slice Cheese pizza - with spinach, tomato, and mushroom made on whole wheat crust (2 CHO) 1 c. sugar snap peas (0 CHO) 1 small orange, sliced (1 CHO)	6 homemade breaded chicken nuggets (1 CHO) 2 Tbsp. yogurt based ranch (0 CHO) ½ c. asparagus (0 CHO) 1 medium peach (1 CHO) 1 c. skim or low fat milk (1 CHO)
Snack	½ c. unsweetened applesauce (1 CHO) 1 oz. almonds (1 CHO)	1 pkg. Nature Valley Biscuits with peanut butter (1 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)	6 Triscuits (1 CHO) 2 oz. Colby Jack Cheese (0 CHO)	1 small apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	3 c. popcorn, no butter, lightly salted (1 CHO) 1 string cheese (0 CHO)	½ c. cottage cheese (0 CHO) ½ c. diced canned peaches in 100% juice (1 CHO)

8 week dietitian approved menu



week 8 Heart Healthy & Diabetic Friendly

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast	Scrambled eggs made with spinach and peppers (0 CHO) ½ c. hashbrowns (1 CHO) 1 Tbsp. ketchup (0 CHO) 1 c. orange juice (2 CHO)	1 whole wheat pancake (1 CHO) ¾ c. blueberries, crushed (1 CHO) 2 medium breakfast turkey sausage lean (0 CHO) 1 c. skim or low fat milk (1 CHO)	1 sunny-side up egg on 1 slice whole wheat toast (1 CHO) 2 slices tomato (0 CHO) 2 strips lean turkey bacon (0 CHO) 1 c. 100% orange juice (2 CHO)	¾ c. of unsweetened Cheerios (1 CHO) 1 c. skim or low fat milk (1 CHO) 15 grapes (1 CHO) 1 string cheese (0 CHO) 1 c. coffee w/1 tsp. vanilla extract (0 CHO)	½ small whole wheat bagel (1 CHO) 1 Tbsp. light cream cheese (0 CHO) ¾ c. blueberries (1 CHO) 1 hard boiled egg (0 CHO) 1 c. skim or low fat milk (1 CHO)	1 breakfast burrito (1 CHO) - 1 small whole wheat tortilla shell - with sausage, egg, and cheese ½ c. raspberries (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 slice french toast (1 CHO) 2 Tbsp. light syrup (1 CHO) ½ c. unsweetened applesauce (1 CHO) 2 turkey sausage links (0 CHO) 1 c. coffee w/1 tsp. vanilla extract (0 CHO)
Snack	10 Sun Chips (1 CHO)	14 wheat thins (1 CHO) ⅓ c. hummus (0 CHO)	1 Blueberry RxBar (1.5 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO) ½ c. cherries (1 CHO)	½ c. canned pears in 100% juice (1 CHO) ½ c. low-fat cottage cheese (0 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO) 1 Tbsp. silvered almonds (0 CHO)	½ banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)
Lunch	1 piece lightly BBQ chicken (0 CHO) ⅓ c. brown rice (1 CHO) ½ steamed vegetable mix (0 CHO) ½ c. canned peaches in 100% juice (1 CHO) 1 c. skim or low fat milk (1 CHO)	95% lean formed hamburger on a whole wheat bun (2 CHO) Lettuce and tomato (0 CHO) ½ c. watermelon (1 CHO)	Steak on ½ whole wheat submarine bun (1 CHO) - with cheese and sauteed peppers, onions, and mushrooms ½ c. canned pears in 100% juice (1 CHO) 1 c. skim or low fat milk (1 CHO)	2 slices vegetable pizza - Whole wheat crust (1 CHO) - veggie dip sauce - mixed vegetables - sprinkled cheddar cheese ½ banana (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 c. tuna salad, with peas (1 CHO) ½ c. watermelon (1 CHO) ½ c. snap peas (0 CHO) 1 c. skim or low fat milk (1 CHO)	2 soft shell tacos (2 CHO) - whole grain tortilla shell - with ground beef, lettuce, tomato, and cheese 1 small apple, sliced (1 CHO)	1 c. vegetable beef soup (1 CHO) 1 medium whole wheat dinner roll (1 CHO) ½ c. pineapple in 100% juice (1 CHO)
Snack	1 c. cantaloupe (2 CHO) 1 string cheese (0 CHO)	1 medium apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	8 corn tortilla chips (1 CHO) ⅓ c. salsa (0 CHO)	1 slice of whole wheat toast (1 CHO) 1 Tbsp. almond butter (0 CHO)	14 wheat thins (1 CHO) ⅓ c. hummus (0 CHO)	½ medium banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)	6 Triscuits (1 CHO) ⅓ c. hummus (0 CHO)
Dinner	½ grilled cheese sandwich - 1 slice of whole wheat bread (1 CHO) 1 c. Campbells Healthy Request Tomato soup (2 CHO) ¼ c. baby carrots (0 CHO) 2 Tbsp. Bolthouse Farms yogurt dressing (0 CHO)	3 oz. chicken breast (0 CHO) - with ½ c. pineapple (1 CHO) side salad with mix vegetables (0 CHO) 1 medium whole wheat dinner roll (1 CHO) 1 c. skim or low fat milk (1 CHO)	1 c. low-sodium Chicken noodle soup (1 CHO) ½ c. cubed mango (1 CHO) 1 c. side salad (0 CHO) 1 c. skim or low fat milk (1 CHO)	1 ½ c. Tator-Tot hotdish (1 CHO) - with 95% lean turkey hamburger - low-sodium mushroom soup ½ c. mashed sweet potato (1 CHO) ½ c. 100% grape juice (1 CHO)	3 oz. roasted skinless turkey breast (0 CHO) ½ c. dressing with gravy (1 CHO) ¼ c. cranberries (1 CHO) ½ c. steamed vegetables (0 CHO) 1 c. skim or low fat milk (1 CHO)	Grilled avocado, spinach, and cheese sandwich (2 CHO) - 2 slices whole wheat bread ½ c. mixed fruit (1 CHO) 1 can La Croix (0 CHO)	Grilled Salmon (0 CHO) ½ c. green beans (0 CHO) ½ c. honeydew melon (1 CHO) 1 medium whole wheat dinner roll (1 CHO) 1 c. skim or low fat milk (1 CHO)
Snack	½ c. cottage cheese (0 CHO) ½ c. pineapple tidbits in 100% juice (1 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)	1 large stalk celery (0 CHO) 1 Tbsp. nut butter (0 CHO) 1 Tbsp. dark chocolate chips (1 CHO)	3 c. Boom Chicka Pop - sea salt (1 CHO)	1 Kodiak Cakes 100% Whole Grain waffle (1 CHO)	2 Chocolate Belvita biscuits (½ of one package) (1 CHO) 1 Tbsp. nut butter (0 CHO)	1 c. Oikos Triple Zero Greek Yogurt (1 CHO)