Saturday

Breakfast
Vegetable Omelet Pie with Oat Bran Bread and Non-Fat Milk
http://dl.md/16zxhDz
Start the weekend with this high-protein, satisfying omelet pie.
Serving: 1 slice of omelet pie is ⅙ of recipe. 1 slice of bread. 1 cup of non-fat milk.

Morning Snack
Summer Veggie Dip with Cucumber Slices
http://dl.md/14gbFjG
Quick, easy and healthy!
Serving: ½ cup of veggie dip.

Lunch
Chicken and Walnut Salad with Peach Smoothie
http://dl.md/15bmGSF http://dl.md/1cGw8iD
A hunger-satisfying salad with a thirst-quenching fruit drink.
Serving: 1 cup of salad. 1 cup of peach smoothie.

Afternoon Snack
Mango Salsa with Sliced Peppers
http://dl.md/171Rcvf
A refreshing summer snack to keep you energized until dinner.
Serving: 1 serving of salsa is ¼ of recipe.

Dinner
Salmon in Parchment Paper, Roasted New Potatoes and Asparagus, with Raspberry Cheesecake
A wonderful end to the day… salmon, potatoes, vegetables, and all followed by cheesecake.
Serving: 1 serving of salmon is ¼ of recipe. ½ cup of potatoes. 1 slice of cheesecake is ⅑ of pie.

Sunday

Breakfast
Sausage Strata and Sweet Potato Biscuits
A satisfying Sunday brunch.
Serving: 1 serving of sausage is ⅛ of recipe. 1 biscuit.

Morning Snack
Guacamole Dip with Sliced Veggies
http://dl.md/1cGwWwH
Heart-healthy and very tasty!
Serving: ½ cup of dip. ½ cup of vegetables.

Lunch
Vegetable Soup with Four-Leaf Mint Salad
http://dl.md/19L8927 http://dl.md/190ZaXB
A sumptuous vegetable soup, enhanced with a leafy salad.
Serving: 1 cup of soup. 1 serving of salad is ¼ of recipe.
Afternoon Snack
Cranberry Scones
http://dl.md/13Zh3AH
Enjoy a moist and delightful scone for an afternoon treat.
Serving: 1 scone.

Dinner
Stuffed Greek Chicken Breasts and Crunchy Vegetable Salad, with Banana Chocolate Parfait
Chicken with a Greek flair, and delectable fruit and chocolate to finish.
Serving: 1 serving of chicken is ¼ of recipe. 1 serving of parfait is ¼ of recipe.

Monday

Breakfast
Mushroom Omelet with Succulent Zucchini Bread and Non-Fat Milk
http://dl.md/13hUubl http://dl.md/1918Xgp
Protein at breakfast gives you energy for the day! Start the day right with a healthy mushroom omelet.
Serving: 1 serving of omelet is ½ of recipe. 1 slice of zucchini bread. 1 cup of non-fat milk.

Morning Snack
Raspberry Thumbprints
http://dl.md/14wt1sQ
Once in a while it is ok to have a treat! And these cookies are a treat.
Serving: 1 cookie.

Lunch
Chicken, Potato and Tarragon Salad with Slice of Oatmeal Bread
http://dl.md/15LmmI0
Chicken salad with an herbal twist!
Serving: 1 serving of salad is ¼ of recipe. 1 slice of bread.

Afternoon Snack
Peanut Butter Squares
http://dl.md/14h6mxA
An American staple! A snack with peanut butter is always satisfying.
Serving: 1 square, representing 1/25 of recipe.

Dinner
Dry-rubbed Barbeque Pork Loin with Coleslaw and Country Apple Pie
Summer is here! Cook out and enjoy this succulent pork dinner.
Serving: 1 serving of pork is 1/12 of recipe. 1 cup of coleslaw. 1 slice of pie, representing 1/8 of recipe.

Tuesday

Breakfast
Spinach Quiche and Corn Salad with Non-Fat Milk
http://dl.md/1cJVdD http://dl.md/1b9S6bY
A satisfying quiche and corn salad will get the day started right.
Serving: 1 slice of quiche is 1/6 of recipe. ½ cup of corn salad. 1 cup of non-fat milk.

Morning Snack
Oatmeal Raisin Cookies
http://dl.md/156an3Z
An enjoyable snack, and a good source of fiber.
Serving: 1 cookie.
Lunch
Asian Shredded Chicken and Rice Soup with Spinach Salad
Chicken soup with Asian flair, accompanied by a spinach salad.
Serving: You can enjoy 2 servings of soup, representing ½ of recipe. 1 cup of salad.

Afternoon Snack
Popcorn Party Mix
http://dl.md/15LpxQ8
Quick and easy, and with a little extra spice.
Serving: 1 ½ cups of popcorn.

Dinner
Grilled Steak Fajitas, with Corn and Peppers, and Non Fat Yogurt
http://dl.md/1ctLto2 http://dl.md/1cH14z7
A complete summer steak dinner, with a lite yogurt for dessert.
Serving: 1 fajita. ½ cup of corn and peppers. 1 cup of yogurt.

Wednesday

Breakfast
Breakfast Burrito, and Date and Nut Coffee Cake, with Non-Fat Milk
The date and nut coffee cake is a special treat to start the day.
Serving: 1 burrito. 1 slice of coffee cake, representing ¼ of recipe. 1 cup of non-fat milk.

Morning Snack
Frozen Strawberry Pops
http://dl.md/11KkuP2
Refreshing, fruity, and easy to make.
Serving: 1 frozen pop.

Lunch
Steak and Mushroom Soup with Farmers’ Market Tomato Salad
http://dl.md/191mWmv http://dl.md/14h9Lg3
A hearty, sustaining lunch, with a summer salad.
Serving: You can enjoy 2 servings of the soup, representing ½ of recipe. 1 cup of salad.

Afternoon Snack
Curry Dip with Cucumber Slices
http://dl.md/156d9q8
A spicy curry dip with sliced cucumber.
Serving: 4 tablespoons of dip. 1 cup of cucumber.

Dinner
Southwestern Salad, Farmhouse Beef Casserole, with Pineapple Cake Dessert
http://dl.md/1b9TE5i http://dl.md/188jvZW http://dl.md/1ctLZT8
A hunger-satisfying casserole, sandwiched between a lite salad and fruit-based dessert.
Serving: You can enjoy 2 servings of the salad, representing ½ of recipe. 1 serving of casserole represents ⅓ of recipe. 2 squares of pineapple cake, representing ⅓ of recipe.

Thursday

Breakfast
Turkey Wrap and Strawberry Shake
Start the day right with lean turkey and a fruit shake.
Serving: 1 wrap. 1 cup of strawberry shake.
Morning Snack
Feta Cheese Bruschetta
http://dl.md/1equmQt
Quick and easy to make, and a lite summer treat.

*Serving:* 1 slice, representing ⅙ of recipe.

Lunch
Slow Cooker Chicken Noodle Soup, Beet Salad with Dilled Yogurt Sauce
http://dl.md/13I9piP
http://dl.md/16ssWCn
Make the soup before breakfast, and slow cook for an enjoyable midday lunch.

*Serving:* 1 serving of soup represents ⅙ of recipe. 1 serving of salad represents ¼ of recipe.

Afternoon Snack
Veggie Dip with Pita Chips
http://dl.md/14gbFjG
Simple, healthy, and quick.

*Serving:* ¼ cup of dip. Serving of pita chips must be less than 10 grams of carbs.

Dinner
Celery and Orange Salad, Shepherd's Pie, and Banana Parfaits
http://dl.md/1b9Utvm
http://dl.md/16xL4N3
http://dl.md/13DE80x
A delightful mix of a hearty entrée, with a lite and refreshing appetizer and dessert.

*Serving:* 1 serving of Shepherd's Pie represents ⅙ of recipe. 1 parfait, representing ¼ of recipe.

Friday

Breakfast
Vegetable Omelet with Apple-Cheddar Popovers, and Non-Fat Milk
http://dl.md/16zxhDz
http://dl.md/15GR9YV
A healthy omelet and tasty popovers, and it's all easy to prepare!

*Serving:* 1 serving of omelet represents ⅙ of recipe. 1 popover. 1 cup of non-fat milk.

Morning Snack
Zucchini Bread
http://dl.md/1918Xgp
A hearty snack to keep you satisfied until lunch.

*Serving:* 1 slice, representing ⅚ of recipe.

Lunch
White Chili with a Tomato Cucumber Salad
http://dl.md/15GRpXX
http://dl.md/15LrSun
A lite chili, packed with herbs, beans and flavor!

*Serving:* You can enjoy 2 servings of chili, representing ⅙ of recipe. 1 cup of salad.

Afternoon Snack
Hero Wrap
http://dl.md/191nYyR
Keep the protein coming! A turkey snack for mid-afternoon.

*Serving:* ½ a wrap.

Dinner
Spicy Seafood and Chicken Gumbo, with a Spinach Salad and Chocolate Mousse Dessert
http://dl.md/1cH3hKN
http://dl.md/1cH3jT1
http://dl.md/14wH6GK
Add some spice to your day with this traditional gumbo.

*Serving:* 1 serving of gumbo represents ⅙ of recipe. 1 cup of salad. 1 serving of mousse represents ¼ of recipe.