

Meal/Action	Meatless Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning Prep</b>	Put banana in freezer for tomorrow's breakfast		Put banana in freezer for tomorrow's breakfast	Move tilapia filets for Friday's dinner to refrigerator from freezer		Make second trip to grocery store for items on the second shopping list	
	Lunch assembly: Make sandwich for lunch, assemble nuts, carrots, hummus, applesauce, water and/or tea						
<b>Breakfast</b>	Coffee (or whatever a.m. drink you enjoy)	Coffee (or whatever a.m. drink you enjoy)	Coffee (or whatever a.m. drink you enjoy)	Coffee (or whatever a.m. drink you enjoy)	Coffee (or whatever a.m. drink you enjoy)	OPEN BREAKFAST	OPEN BREAKFAST
	1 c Whole grain cereal (steel cut oats, Kashi, Wheaties, Grape Nuts, Wheat Chex, etc.)	Banana smoothie: <a href="http://www.cooks.com/rec/view/0,173,157177-234207,00.html">http://www.cooks.com/rec/view/0,173,157177-234207,00.html</a>	1 c Whole grain cereal (steel cut oats, Kashi, Wheaties, Grape Nuts, Wheat Chex, etc.)	Banana smoothie: <a href="http://www.cooks.com/rec/view/0,173,157177-234207,00.html">http://www.cooks.com/rec/view/0,173,157177-234207,00.html</a>	1 c Whole grain cereal (steel cut oats, Kashi, Wheaties, Grape Nuts, Wheat Chex, etc.)		
	1/4 to 1/2 c Fat-free milk or vanilla soy milk (poured over cereal)		1/4 to 1/2 c Fat-free milk or vanilla soy milk (poured over cereal)		1/4 to 1/2 c Fat-free milk or vanilla soy milk (poured over cereal)		
	1 whole Fresh fruit (apple, orange, banana, whatever you prefer)		1 whole Fresh fruit (apple, orange, banana, whatever you prefer)		1 whole Fresh fruit (apple, orange, banana, whatever you prefer)		
<b>Morning Snack</b>	1 c Water or tea	1 c Water or tea	1 c Water or tea	1 c Water or tea	1 c Water or tea	1 c Water or tea	1 c Water or tea
	1/4 c of nuts (almonds, hazelnuts, pecans)	1/4 c of nuts (almonds, hazelnuts, pecans)	1/4 c of nuts (almonds, hazelnuts, pecans)	1/4 c of nuts (almonds, hazelnuts, pecans)	1/4 c of nuts (almonds, hazelnuts, pecans)	1/4 c of nuts (almonds, hazelnuts, pecans)	1/4 c of nuts (almonds, hazelnuts, pecans)
<b>Lunch</b>	1 c Water (or whatever lunch drink you enjoy)	1 c Water (or whatever lunch drink you enjoy)	1 c Water (or whatever lunch drink you enjoy)	1 c Water (or whatever lunch drink you enjoy)	1 c Water (or whatever lunch drink you enjoy)	OPEN LUNCH	OPEN LUNCH
	Soy nut butter (or peanut butter) and jelly sandwich on whole wheat bread	Pasta with mixed vegetables and Balsamic Vinaigrette (I leave out the brown sugar): <a href="http://www.foodnetwork.com/recipes/emeri-lagasse/simple-balsamic-vinaigrette-recipe/index.html">http://www.foodnetwork.com/recipes/emeri-lagasse/simple-balsamic-vinaigrette-recipe/index.html</a>	Fried Brown Rice with Shrimp (instead of white rice, I use leftover brown rice, and I use any frozen vegetable mix I like. I toss the shrimp on top): <a href="http://www.cooks.com/rec/view/0,1942,143183-231200,00.html">http://www.cooks.com/rec/view/0,1942,143183-231200,00.html</a>	Chicken Stew leftovers	Meat Loaf Sandwich with BBQ Sauce on Whole Wheat Roll		
	1/4 c Store bought unsweetened applesauce			Corn bread leftovers	1/4 c Store bought unsweetened applesauce		
<b>Afternoon Snack</b>	1 c Water or tea	1 c Water or tea OR 1/2 c Unsweetened fruit juice	1 c Water or tea OR 1/2 c Unsweetened fruit juice	1 c Water or tea OR 1/2 c Unsweetened fruit juice	1 c Water or tea		
	1/4 c Baby carrots (or other raw veggie of your choice) dipped in store-bought hummus	1/4 c Baby carrots (or other raw veggie, like broccoli) dipped in store-bought hummus	1/4 c Baby carrots (or other raw vegetable of your choice) dipped in hummus	1/4 c Baby carrots (or other raw veggie of your choice) dipped in store-bought hummus	1/4 c Baby carrots (or other raw vegetable of your choice) dipped in chile-garlic vinaigrette		
<b>Evening Prep</b>	The entrée can take more than an hour, so get it started immediately upon coming home from work. The corn takes 10 minutes.	Start the brown rice immediately upon coming home from work. The Asparagus focus on second, and the Shrimp last.	Start the stew immediately upon getting home from work. You can also use your crock pot if you feel comfortable leaving it on low all day.	The barley can take up to 2 hrs to cook, so start it immediately when you get home from work. Work on the meatloaf second.	This is a fast dinner and doesn't take much advanced prep.		
	Lunch assembly: Make extra pasta to use for tomorrow's lunch. Make tomorrow's pasta dish immediately after dinner or at the same time.	Lunch assembly: Hold enough rice back for tomorrow's lunch. Make tomorrow's Fried Rice immediately after dinner or at the same time as dinner.	Lunch assembly: Hold back some stew and corn bread for tomorrow's lunch.	Lunch assembly: Hold back a couple slices of meat loaf for tomorrow's lunch.			
<b>Dinner</b>	1 Alcoholic drink or glass of red wine (if you consume alcohol and are over 21)	1 Alcoholic drink or glass of red wine (if you consume alcohol and are over 21)	1 Alcoholic drink or glass of red wine (if you consume alcohol and are over 21)	1 Alcoholic drink or glass of red wine (if you consume alcohol and are over 21)	1 Alcoholic drink or glass of red wine (if you consume alcohol and are over 21)	1 Alcoholic drink or glass of red wine (if you consume alcohol and are over 21)	1 Alcoholic drink or glass of red wine (if you consume alcohol and are over 21)
	Shrimp Scampi (I left out the yhermouth and lemon zest, used frozen shrimp and lemon juice from the bottle, and used dried parsley flakes instead of fresh): <a href="http://www.foodnetwork.com/recipes/food-network-kitchens/shrimp-scampi-recipe/index.html">http://www.foodnetwork.com/recipes/food-network-kitchens/shrimp-scampi-recipe/index.html</a>	Chicken Stew with Green Chiles (I used a can of green chiles instead of fresh and frozen mixed vegetables): <a href="http://www.food.com/recipe/11/elastic-chicken-stew-recipe/">http://www.food.com/recipe/11/elastic-chicken-stew-recipe/</a>	Collard Greens (I left out the onion): <a href="http://www.food.com/recipe/raised-collard-greens-120993">http://www.food.com/recipe/raised-collard-greens-120993</a>	Oven Roasted Green Beans (I used kosher salt) sprinkled with Chile-Garlic Vinaigrette: <a href="http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&amp;recipe_id=1000000120274">http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&amp;recipe_id=1000000120274</a>	Tilapia Sandwiches on Whole Wheat Roll with Olive Tapenade: <a href="http://simplifried.com/2011/03/12/good-fish/">http://simplifried.com/2011/03/12/good-fish/</a>	Macadamia Crusted Mahi-Mahi (I use a splash of vanilla extract instead of the fresh vanilla bean): <a href="http://www.clubandresortbusiness.com/macadamia-crusted-mahi-mahi/">http://www.clubandresortbusiness.com/macadamia-crusted-mahi-mahi/</a>	Pork Chops (I use whole wheat bread and bottled lemon juice and dried herbs instead of fresh): <a href="http://smittenkitchen.com/2008/03/crunchy-baked-pork-chops/">http://smittenkitchen.com/2008/03/crunchy-baked-pork-chops/</a>
	Frozen corn kernels, sauteed in a pan over medium heat until warm, served with Lime Butter Sauce: <a href="http://www.epicurious.com/recipes/food/views/Lime-Butter-Sauce-1222197">http://www.epicurious.com/recipes/food/views/Lime-Butter-Sauce-1222197</a>	Serve the shrimp over Baked Brown Rice: <a href="http://simplifried.com/2011/01/02/oven-baked-brown-rice/">http://simplifried.com/2011/01/02/oven-baked-brown-rice/</a>	Corn Bread: <a href="http://www.foodnetwork.com/recipes/otto-brown/creamed-corn-bread-recipe/index.html">http://www.foodnetwork.com/recipes/otto-brown/creamed-corn-bread-recipe/index.html</a>	Barley and Onion Pilaf (I used unsalted butter and a box of stock): <a href="http://www.marthastewart.com/recipe/barley-pilaf-with-peas-onions">http://www.marthastewart.com/recipe/barley-pilaf-with-peas-onions</a>	Baked Kale Chips (scroll through the post to see the recipe): <a href="http://smittenkitchen.com/2011/03/03/baked-kale-chips/">http://smittenkitchen.com/2011/03/03/baked-kale-chips/</a>	Roasted Tomatoes: <a href="http://www.foodnetwork.com/recipes/na-garten/roasted-tomatoes-recipe/index.html">http://www.foodnetwork.com/recipes/na-garten/roasted-tomatoes-recipe/index.html</a>	Mashed Sweet Potatoes (I half this recipe): <a href="http://www.foodnetwork.com/recipes/rachael-ray/mashed-sweet-potatoes-recipe/index.html">http://www.foodnetwork.com/recipes/rachael-ray/mashed-sweet-potatoes-recipe/index.html</a>
	I set a jar of Red Chili Flakes on the table as an optional garnish for both dishes	Roasted Asparagus (I cut the recipe in half and used bottled lemon juice instead of fresh): <a href="http://www.foodnetwork.com/recipes/emeri-lagasse/garlic-roasted-asparagus-recipe/index.html">http://www.foodnetwork.com/recipes/emeri-lagasse/garlic-roasted-asparagus-recipe/index.html</a>		store-bought vanilla meringue cookies			Sauteed Spinach in Olive Oil (I use garlic salt instead of plain salt, and then leave out the fresh garlic): <a href="http://www.foodnetwork.com/recipes/na-garten/garlic-sauteed-spinach-recipe/index.html">http://www.foodnetwork.com/recipes/na-garten/garlic-sauteed-spinach-recipe/index.html</a>
		For dessert, Sauteed Pears with Balsamic Vinegar: <a href="http://www.food.com/recipe/sauteed-pears-with-balsamic-vinegar-77072">http://www.food.com/recipe/sauteed-pears-with-balsamic-vinegar-77072</a>		Chile-Garlic Vinaigrette (I used bottled lemon juice and left out the anchovy paste): <a href="http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&amp;recipe_id=1000000335890">http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&amp;recipe_id=1000000335890</a>			