

Positively Healthy

Winter Menu 1

Breakfast

Monday: Banana (1/2), Multi Grain Cheerios (1 C), milk (1/2 C), almonds (1T)
Tuesday: Egg, tortilla, cheese, pineapple, salsa, milk
Wednesday: Oatmeal, blueberries, milk, hard-boiled egg
Thursday: Ezekiel Toast (1 slice), peanut butter, banana
Friday: Oatmeal, pecans, banana, milk
Saturday: Spinach, mushroom, tomato omelet, toast, grapefruit, jam
Sunday: Raisin Bran, milk, (1/2 C) pecans (1T)

Lunch

Monday: Turkey (6 oz.), carrots (8 med.), pear (1/2), ww bread (1), Olive tapenade (1 T)
Tuesday: Brown rice (1/2 C), Black Beans (1/2 C), Swiss cheese (1 slice), Mixed green salad, vinaigrette (1T), beets
Wednesday: Chicken breast, WW bun, avocado (2-3 slices), pineapple
Thursday: PB sandwich, berries, Greek yogurt
Friday: Cucumber, Italian dressing, WW bread (1 slice), Roast beef (1.5 oz.), cheddar cheese (1 slice), Lentil Soup (1 C)
Saturday: Veggie wrap, hummus, cheese stick
Sunday: Tuna canned in water (3 oz.), WW Crackers, salad, olives (4), Tomatoes (1 C chopped)

Snack

Monday: Protein Bar
Tuesday: Apple, Almonds (1/4 C)
Wednesday: Greek yogurt, berries
Thursday: Orange
Friday: Apple, Almonds
Saturday: Popcorn
Sunday: Greek Yogurt, berries

Dinner

Monday: Salmon (6 oz.), Jasmine Rice (1/2 C), green beans
Tuesday: Lean ground beef, small baked potato, shredded cheese, green beans
Wednesday: Pork Tenderloin (4 oz.), Baked Yam (1/2), zucchini, mixed salad
Thursday: Mixed Salad with beets, sautéed shrimp, Italian dressing
Friday: WW spaghetti, Veggie meatballs, marinara sauce, shredded Parmesan, spinach salad, vinaigrette
Saturday: Chicken Breast, salad, red kidney beans, baked potato
Sunday: **Black Bean and Vegetable Burritos**, rotisserie chicken

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Winter Menu 1 Shopping List

Bananas
Apples
Pineapple
Blueberries
Berries
Grapefruits
Pears
Carrots
Spinach
Oranges
Mushrooms
Tomato
Beets
Potatoes
Yam
Onion
Mixed Salad Greens
Avocado
Cucumber
Green Beans
Red Bell Pepper
Zucchini
Cilantro

Multi Grain Cheerios
Raisin Bran
Oatmeal
Brown Rice
Jasmine Rice

Milk
Greek yogurt
Nonfat sour cream
Egg

Tortilla
Ezekiel Bread
WW Bread
WW Bun
WW Crackers

Cheddar cheese
Swiss Cheese
Monterey Jack Cheese
Parmesan Shredded
Cheese Sticks
Hummus

Almonds
Pecans

Salsa
Spaghetti
Marinara sauce
Peanut Butter
Jam
Tuna
Lentil Soup
Black Beans
Mexican Style Stewed
Tomatoes
Mayonnaise
Vinaigrette
Italian Dressing
Olive Tapenade
Olives

Sliced Turkey
Chicken Breast
Roast Beef
Salmon
Lean Ground Beef
Pork Loin
Shrimp
Veggie Meatballs
Rotisserie Chicken

Corn (Frozen)

Protein Bar
Popcorn

Olive Oil
Canola Oil
Ground Cumin
Chili Powder
Salt
Pepper

