



# FAMILY MEAL PLAN



	BREAKFAST BOOSTER	MIDMORNING MUNCH	LUNCHTIME REFUEL	MID-AFTERNOON PICK-UP	DINNERTIME DELIGHT	BEFORE BED (IF HUNGRY)
DAY 1	Picante Frittata (pg 289); 1 slice whole-grain toast; water; black coffee or herbal tea.	1 cup vegetable crudité's with lowfat hummus; hardboiled egg whites; water.	Water-packed canned tuna mixed with yogurt cheese on a whole-grain wrap with sprouts, shredded carrots and sliced apple; water.	Protein shake with ¼ cup oatmeal, 1 Tbsp flaxseed, 1 banana and 1 cup soymilk; water.	Asian Noodle Bowls (pg 374); water.	1 apple; 1 handful unsalted almonds; water; herbal tea.
DAY 2	Cookie cutter shaped whole-grain pancakes with unsweetened applesauce; scrambled egg whites; water; black coffee or herbal tea.	Lentil Spread (pg 306); cherry tomatoes and sliced cucumber; water.	Leftover Asian Noodle Bowls; 1 orange; water.	Nonfat cottage cheese with cubed melon; water.	Sloppy Joes made with lean, ground turkey breast on multi-grain buns; steamed vegetables; water.	Nonfat plain yogurt topped with 1 sliced banana; water; herbal tea.
DAY 3	Whole-grain English muffin with almond butter, topped with sliced banana and flaxseed; water; black coffee or herbal tea.	Nonfat plain yogurt; 1 banana; water.	Leftover Sloppy Joes; 1 banana; water.	Hummus; carrot and celery sticks; water.	Grilled salmon; brown rice; steamed asparagus; water.	1 Honey Almond Cookie (pg 390); 1 cup nonfat milk (or other non-dairy beverage); water.
DAY 4	Cream of Wheat cereal with 1 scoop protein powder, topped with sliced peaches, blueberries, flaxseed and bee pollen; water; black coffee or herbal tea.	1 Clean protein bar; 1 pear; water.	Salmon Salad (made with leftover salmon) on a whole-grain pita with celery, radishes and salad greens; a handful of grapes; water.	Apple slices dipped in nonfat plain yogurt with a dash of vanilla; water.	Roasted turkey breast with roasted beets, roasted sweet potatoes, roasted carrots and roasted fennel; water.	1 Chocolate Coated Frozen Banana (pg 394); water; herbal tea.
DAY 5	Ultimate Smoothie (pg 293); water; black coffee or herbal tea.	Hummus; cherry tomatoes, sliced cucumbers and radishes; water.	Leftover roast turkey dinner; water.	½ cup nonfat plain yogurt, ½ cup chopped apple, ½ cup muesli; water.	Chicken bites; oven fries; mixed vegetables; water.	Unbuttered air-popped popcorn, sprinkled with olive oil, paprika and toasted walnuts; water.
DAY 6	Granola with nonfat, plain yogurt, flaxseed, bee pollen and sliced strawberries; water; black coffee or herbal tea.	Nonfat cottage cheese with berries and flaxseed; water.	Leftover chicken bites; vegetable crudité's with yogurt cheese; water.	1 whole-grain wrap with 1 hardboiled egg white mashed with hummus, grated carrot, tomato and cucumber; water.	Bison tenderloin; mashed sweet potatoes; steamed kale; water.	Sliced apple with nut butter (of your choice); water; herbal tea.
DAY 7	Oatmeal with chopped apples, cinnamon, flaxseed and wheatgerm; scrambled egg whites; water; black coffee or herbal tea.	Smoothie: ice, 1 scoop protein powder, 1 banana, strawberries, nonfat milk (or other non-dairy beverage); water.	Whole-grain pita stuffed with leftover bison tenderloin, mixed greens and balsamic vinaigrette; water.	Nonfat plain yogurt with blackberries and ½ cup Clean Granola; water.	Whole-grain pasta with meat sauce made with lean, ground turkey, spinach and garlic; water.	Power Balls (pg 385); water; herbal tea.

\*For some great family-friendly recipes, see *The Eat-Clean Diet for Family & Kids*