WEEKLY MEAL PLANNER: "The Everyone-Else's-Ideas Meal Plan"

WEEK OF: **September 15-21, 2013**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Quinoa and Apple Breakfast Cereal (Thanks, Jeanne!)	Western Egg White Omelet wired & green bell peppers, scallions, and low-fat cheese (Thanks, Diane!)	Oatmeal with Egg Whites, Walnuts, and Maple Syrup (See Stephanie's posting in the Group folder, 8:31am, 9/12)	Pancakes in a Mug (See Patrick's post on 9/13)	SPICY & QUICK: Egg, Spinach, Salsa, & Hot Sauce on a Tortilla (See Kimberlea's posting on 9/13)	Turkey Sausage (See Suzan's posting of 9/13 for a DIY recipe)	Blueberry & Raspberry Baked Oatmeal (Thanks, Shannon!)
SNACK	watermelon, 1 oz. feta cheese, and hazelnuts	Overnight, No-Cook, Refrigerator Oatmeal (Thanks, PrincEy! Cut in ½ for snack)	veggies, slice of low-fat cheese, and ½ apple	Make-Ahead Oatmeal Smoothies (Thanks, PrincEy! Cut in ½ for snack)	carrot sticks with ¼ cup hummus and multi-grain flax seed crackers	cupped handful of grapes and 1 wedge Laughing Cow cheese	1 cup cantaloupe, 1 oz. feta cheese, and almonds
LUNCH	Taco Salad (Thanks, Kelly!)	Chicken Caesar Wrap with own Caesar Dressing substitute (See Patrick's post on 9/13)	Quinoa Patties over Greens (See Jen's posting in the Group folder at 6:23am, 9/12)	Chicken Salad with Orange Peppers & Celery (See Chrisi's post of 9/13)	QUICK SALAD: Lettuce, Spinach, Strawberries, Feta, Walnuts, and Balsamic Vinegar. (Thanks, Stephanie!)	Tuna Burgers with Homemade Mayo (See Suzan's posting of 9/13)	Chicken and Chili Wraps (Thanks, Jeanne!)
SNACK	whole wheat crackers with 1 slice low-fat cheese and 2T. peanut butter	hummus and veggies	1 cup plain Greek yogurt, topped with fresh berries and slivered almonds	low-fat cheese stick with 6-8 raw cashews and a piece of fruit	sliced mango and walnuts	1 sliced peach mixed with 1 cup Greek yogurt and granola, pistachios	low-fat cottage cheese, topped with fresh berries and slivered walnuts
DINNER	Clean Eating Lettuce Wraps (Thanks, Kelly!)	Adobe Rubbed Pork Tenderloin* (Thanks, Jen) *I will substitute chicken for pork	Meat Loaf with Vegetables (Thanks, Diane!)	South Beach Chicken and Eggplant Casserole (Thanks, Stephanie!)	Sesame Beef Stir-Fry (also found originally in the Body for Life cookbook)	Spaghetti Genovese (from Suzan!)	Quinoa and Black Bean Salad with Corn and Cilantro (Thanks, Jeanette!)
100-Calorie Freebie Snack, Part 3—being bad and loving it from LiveBetterAmerica	Large Steamed Shrimp, 10 	 Whole wheat English muffin half, with tomato sauce & low-fat mozzarella cheese	 2 cups kale chips with light coating of olive oil and a dusting of sea salt	Baked mashed sweet potato, ½ cup blended with 1 tsp of maple syrup 	 Cherries, pitted, 1 cup	Blueberries, 1 cup 	Egg, 1 large hard-boiled 