

# 50-IN-50 MENU PLAN

	DAY 1	DAY 2	DAY 3	DAY 4
<b>BREAKFAST</b>	Cereal and Banana 1 cup rice cereal 1/2 cup sliced banana 1/2 cup lowfat milk	Peanut Butter Toast 1 slice whole wheat toast 1 Tbsp Peanut Butter 1/2 cup lowfat milk	Applesauce Topped Pancake 1 small pancake 1/4 cup applesauce on top 1/4 cup blueberries 1/2 cup lowfat milk	Oatmeal made with milk 1/2 cup cooked oatmeal (1/4 cup dry) made with 1/2 cup non-fat milk 1 scrambled egg
<b>AM SNACK</b>	Egg Sandwich 1 slice whole grain bread 1 hard cooked egg 1 Tbsp cooked spinach	1/2 small apple 1 lowfat string cheese	Frozen Graham Sandwich 2 graham crackers (4 squares) 1/2 cup mashed banana 1 Tbsp peanut butter	Fruit Smoothie 1/2 cup frozen bluberries 1/4 cup milk 1/4 cup yogurt
<b>LUNCH</b>	Open-faced Chicken Sandwich and Salad 1 slice whole grain bread 1 slice lowfat cheese 1 ounce sliced chicken 1/2 cup baby spinach (raw) 1/4 cup grated carrots 1 small frozen banana 1 small orange	Crunchy Chicken Salad* 3/4 cup prepared salad 5 whole wheat crackers 1 oz cheese slices 1 small orange	Soft Taco (meat or veggie) 1 small tortilla 1/2 cup salad greens 1/4 cup chopped tomatoes 3 Tbsp shredded lowfat cheese 1 ounce cooked ground beef or 1/4 cup refried beans 1/2 cup 100% fruit juice	Shrimp Ceasar Salad 1 oz shrimp 1 tsp shredded parmesan cheese 1 cup romaine lettuce 1 oz low fat croutons 1 Tbsp low fat ceasar dressing 1/2 cup mandarine oranges
<b>PM SNACK</b>	2 graham crackers 1 cup low fat milk	Popcorn (3 cups popped) 2 Tbsp kernels 1 tsp vegetable oil 1 small orange	Yogurt Parfait: 3/4 cup vanilla greek yogurt 1/4 cup toasted oat cereal 1 tsp chopped nuts 1 Tbsp raisins	Pretzels and Dip 1/2 cup pretzels 1 Tbsp hummus 1 small banana
<b>DINNER</b>	Salmon and Spinach 3 oz salmon filet, baked 1/2 cup onion 1/2 cup cooked spinach 1 cup egg noodles 1 cup non fat milk	Roast Beef 2 ounces of roast beef 1 Small baked potato 1 tsp non-fat greek yogurt 1/2 cup green beans	Asian Stir Fry on Rice 1 cup stir fry vegetables 2 ounces chicken breast 1 cup brown rice	Muffin Meat Loaf* Mashed Potatoes 1 cup cooked potatoes 2 Tbsp plain greek yogurt 1/2 cup green peas

\* See Recipe Book

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	DAY 5	DAY 6	DAY 7	DAY 8
<b>BREAKFAST</b>	Yogurt and Strawberries 1/2 cup plain yogurt 4 sliced strawberries 1 slice whole wheat toast	Fantastic French Toast* 1 slice 1/4 cup applesauce on top 1/4 cup blueberries 1/2 cup lowfat milk	Breakfast Burrito with Salsa* 1 burrito 2 Tbsp salsa	Banana Bread* 1/4 cup blueberries
<b>AM SNACK</b>	Homemade Trail Mix 1 cup toasted oat cereal 1/2 ounce chopped nuts 1/4 cup dried fruit	Yogurt Pops* 1 frozen pop made with flavored or plain Greek Yogurt	Apple Cinnamon Bar* 1 bar	Pear Pudding 1 medium pear 1/2 cup pudding (made with 1/2 cup nonfat milk)
<b>LUNCH</b>	Veggie Pita Pocket 1 medium whole wheat pita 1/2 cup romaine 1/4 mashed avocado 2 Tbsp mashed kidney beans 1/2 cup diced cataloupe 1/2 cup lowfat milk	Grilled Cheese Sandwich and Salad 1 slice whole wheat bread 1 slice low fat cheese 1/2 cup salad greens or lettuce 1/4 cup chopped tomato 1/2 cup mandarine oranges	Tuna Sandwich 1 oz tuna 1/4 cup sliced tomatoes 1/4 cup chopped celery 1/2 cup low fat yogurt 1 mini whole grain roll	Taco Rice Salad 1 oz cooked ground lean beef 1/2 cup cooked brown rice 1/4 cup chopped tomatoes 1/4 cup corn 1 Tbsp sour cream 1 cup shredded romaine lettuce 1 small banana
<b>PM SNACK</b>	1 small banana 1 Tbsp Peanut butter 2 graham crackers	Apple Cinnamon Bar* 1 bar	Homemade Trail Mix 1 cup toasted oat cereal 1/2 ounce chopped nuts 1/2 cup dried fruit	Banana Bread* 1/4 cup sliced strawberries
<b>DINNER</b>	Quick Tuna Casserole* 1/2 cup green beans 1 whole grain roll 1 tsp margarine	Marinated Beef Mashed Potatoes 1 cup cooked potatoes 2 Tbsp plain greek yogurt 1 cup mixed vegetables	Chicken and potatoes 3 ounces of chicken 1/2 cup mashed potato 1/2 cup green peas 2 small whole grain rolls	Spaghetti and Meatballs 1 cup cooked pasta 1/2 cup tomato sauce 3 meatballs (3 ounces) 1 cup corn

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	DAY 9	DAY 10	DAY 11	DAY 12
<b>BREAKFAST</b>	Yogurt Parfait 1/2 cup low fat granola 1/2 cup yogurt 1/2 ounce finely chopped nuts	Cereal and Banana 1 cup rice cereal 1/2 cup sliced strawberries 1/2 cup lowfat milk	Oatmeal made with water 1/2 cup cooked oatmeal in water 1 scrambled egg and salsa 1 Tbsp lowfat milk 1 Tbsp salsa	Yogurt and Strawberries 1/2 cup plain yogurt 1/4 cup blueberries 1 slice whole wheat toast
<b>AM SNACK</b>	Banana Bread* 1/4 cup blueberries	1/2 small apple 1/2 cup sliced cheese	Ants on a Log 1/2 cup celery sticks spread with 1 Tbsp peanut butter 1/4 cup raisins or mixed fruit	Homemade Trail Mix 1 cup toasted oat cereal 1/2 ounce chopped nuts 1/4 cup dried fruit
<b>LUNCH</b>	English Muffin Pizza 1 whole wheat English muffin 1/4 cup tomato sauce 1/4 cup mixed veggies 2 Tbsp shredded lowfat cheese 1/2 cup 100% fruit juice	Caprese Wraps 1 medium whole grain tortilla 1/2 cup sliced mozzarella cheese 3 basil leaves 1/4 cup romaine lettuce 1/4 cup sliced tomato 1 small apple	Salmon Salad Sandwich 1 oz canned salmon 1 tsp red onion, chopped 1 Tbsp lemon juice 1 Tbsp plain greek yogurt 2 slices bread 2 slices tomato  1 small orange	Roast Beef Sandwich 2 slices whole-grain bread 2 oz lean roast beef 2 slices of tomato 1 romaine lettuce leaf 1/2 cup carrot sticks 1 Tbsp hummus  1 small apple
<b>PM SNACK</b>	Yogurt Pops* 1 frozen pop made with Greek yogurt	Pear Pudding 1 medium pear 1/2 cup pudding (made with 1/2 cup nonfat milk)	Apple Cinnamon Bar* 1 bar	1/2 small apple 1 low fat string cheese
<b>DINNER</b>	Rice and Beans 1/2 cup cooked brown rice 1/4 cup black beans 1/4 cup cooked bell pepper 2 ounces turkey sausage 3/4 cup cooked broccoli 1 small whole grain muffin	Honey Lemon Chicken* 1 piece of chicken Brown Rice 1 cup of peas & corn	Honey Mustard Pork Chops* 1 medium baked potato 1/2 cup shredded green cabbage sautéed in 1/2 tsp vegetable oil 1/2 cup apple sauce	Misickquatash* (Indian Succotash with ground beef) Mashed potatoes: 1 cup cooked potatoes 2 Tbsp plain greek yogurt

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# 50-IN-50 MENU PLAN

	DAY 13	DAY 14
<b>BREAKFAST</b>	Scrambled Egg with Spinach 1 egg 1 Tbsp lowfat milk 1/4 cup raw spinach	Pumpkin Pancake* 1 pancake
<b>AM SNACK</b>	Apple Cinnamon Bar* 1 bar	Fruit Smoothie 1/2 cup frozen strawberries 1/4 cup milk 1/4 cup yogurt
<b>LUNCH</b>	Tuna Cucumber Wrap 1 8" flour tortilla 3 oz canned tuna in water 2 Tbsp plain greek yogurt 5 cucumber sticks 1 small banana	White Chili* Side Salad 3/4 cup romaine lettuce 1/4 cup chopped carrot 1 Tbsp Light Vinagrette 1 slice whole grain bread
<b>PM SNACK</b>	Yogurt Pops* 1 frozen pop made with Greek yogurt	Ants on a Log 1/2 cup celery sticks spread with 1 Tbsp peanut butter 1/4 cup raisins or mixed fruit
<b>DINNER</b>	White Chili* Side Salad 3/4 cup romaine lettuce 1/4 cup chopped carrot 1 Tbsp Light Vinagrette 1 slice whole grain bread	Oven Fried Fish Couscous with peas & onions 1 cup green beans(frozen)

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