

Basic Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snack
Sunday	OMELLETTTE	Grilled Chicken	Grilled Beef Ribs	Sugar Free Jell-O, Broth,
	ham, cheese, bell pepper, onion, mushroom,	Green Beans	Steamed Cauliflower	Pickles, Diet Drinks,
	sliced apple with cinn. & Splenda	Yellow Squash	Steamed Broccoli	Fruit, Veggies
	coffee, tea, crystal lite, any diet	coffee, tea, crystal lite, any diet drink	coffee, tea, crystal lite, any diet drink	
	drink of your choice	drink of your choice	drink of your choice	
Monday	Breakfast	Lunch	Dinner	Snack
	Scrambled Eggs with Ham	Lean Hamburger Patty w/ Provolone	Baked Lemon Pepper Chicken	Sugar Free Jell-O, Broth,
		Garden Salad	Green Beans	Pickles, Diet Drinks,
	Half a Grapefruit	Dill Pickle	Sliced Cucumber	Fruit, Veggies
	coffee, tea, crystal lite, any diet	coffee, tea, crystal lite, any diet drink	coffee, tea, crystal lite, any diet drink	
drink of your choice	of your choice	of your choice		
Tuesday	Breakfast	Lunch	Dinner	Snack
	2 Fried Eggs (Pam cooking spray)	Boiled Shrimp	Salmon Baked with Lemon	Sugar Free Jell-O, Broth,
	1/4 Cantelope	Steamed Broccoli	Asparagus	Pickles, Diet Drinks,
			Small Garden Salad	Fruit, Veggies
	coffee, tea, crystal lite, any diet	coffee, tea, crystal lite, any diet drink	coffee, tea, crystal lite, any diet drink	
drink of your choice	of your choice	of your choice		
Wednesday	Breakfast	Lunch	Dinner	Snack
	2 Eggs Sunny Side Up	Homemade Veggie Soup	Beef Roast with Mushrooms and Onions	Sugar Free Jell-O, Broth,
	1/2 cup of grapes		Steamed Carrots	Pickles, Diet Drinks,
		Fruit salad		Fruit, Veggies
	coffee, tea, crystal lite, any diet		coffee, tea, crystal lite, any diet drink	
drink of your choice	coffee, tea, crystal lite, any diet drink	of your choice		
	of your choice			
Thursday	Breakfast	Lunch	Dinner	Snack
	Shrimp and Swiss Omellette	Baked Catfish	Baked Turkey Breast	Sugar Free Jell-O, Broth,
	1/2 an orange	Garden Salad	Acorn Squash	Pickles, Diet Drinks,
			Green Beans	Fruit, Veggies
	coffee, tea, crystal lite, any diet	coffee, tea, crystal lite, any diet drink	coffee, tea, crystal lite, any diet drink	
drink of your choice	of your choice	of your choice		
Friday	Breakfast	Lunch	Dinner	Snack
	2 Boiled Eggs	Ham and cheese lettuce wrap	Steak and Veggie K-Bobs	Sugar Free Jell-O, Broth,
	Fruit Salad with Splenda	Asparagus		Pickles, Diet Drinks,
		Dill Pickle	Garden Salad	Fruit, Veggies
	coffee, tea, crystal lite, any diet			
drink of your choice	coffee, tea, crystal lite, any diet drink	coffee, tea, crystal lite, any diet drink		
	of your choice	of your choice		
Saturday	Breakfast	Lunch	Dinner	Snack
	OMELLETTTE with chicken	Steak Salad	Grilled Pork Chops and Saurkraut	Sugar Free Jell-O, Broth,
	olives, mozzarella cheese		Spinach	Pickles, Diet Drinks,
				Fruit, Veggies
	1 med. Pear	coffee, tea, crystal lite, any diet drink	coffee, tea, crystal lite, any diet drink	
coffee, tea, crystal lite, any diet	of your choice	of your choice		
drink of your choice				