

FOWES: EAT, LOVE, LEARN

WEEKLY MEAL PLAN



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	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Spinach Banana Smoothie 1 medium Banana, 1 cup of spinach, 3 small strawberries and ¼ serving of cashew. Blend with ½ cup of soymilk or regular milk	Boiled Brown/ white Rice. Baked Beans and Vegetable Stir fry with Tofu	Mashed Potatoes, Green beans and Whole Foods Tofu Vegetable Loaf Drink: Water/Orange Juice	1 Nature Valley Peanut Dark chocolate Bar 10 sticks of baby carrot and ½ cups of Grapes
MONDAY	Trader Joe's Multigrain Oatmeal With Soymilk and ¼ servings of cashew or almonds	Salad in a Jar:- 2 cups of Spinach, ¼ cup of Cashew, ½ cup of blueberries, 1 medium mango and 1 cup of Strawberries. Dressing- Make your own!	Baked sweet potatoes and ketchup!	2 small jazz Apples with 2 tablespoons of Peanut Butter
TUES	1 cup of Greek Yogurt and 1 medium Banana and a cup of water/Orange Juice.	Couscous Salad- Boiled couscous for 10 -15 mins, Add fresh cilantro, sweet mini red, yellow, peppers, green peppers, 4 diced small berry tomatoes, ½ cup of black beans, sweet corn and diced snap peas.	3 Boiled medium Plantains & Tomato Stew:- Put 1 tablespoon of oil in a pan and Stir fry 2 med tomatoes, fresh basil, ½ med onions, 2 red, 2 yellow and 2 orange sweet mini peppers. Season with Goya/ your favorite seasoning.	1 med Green Apple, ½ cup of olives, 4 sliced mini tomatoes, diced sweet green & orange peppers, and 1 tablespoon of peanut butter
WED	Bread and Avocado Delight! 4 slice of Trader Joes Sprouts Bread, ½ Avocado, 1 med tomato, ¼ medium onions, ½ squeezed lemon. Mix together and spread on toasted bread. Yum!	Salad in a Jar - 2 cups of Spinach, ¼ cup of Cashew, 1 medium kiwi, 1 medium mango and 1 jazz apple. Make your own dressing: ½ cup of soymilk, 1 cup of peanut and 1 cup of cranberries.	Fowes Quesadilla! 3 med warmed tortillas, Add steamed spinach (tossed in pan on med heat for 5 mins), Guacamole (1 med avocado, diced onions, diced berry tomatoes, cilantro, lemon & mix!), & sweet mini red peppers	Kashi's dark chocolate & almond bar and 1 medium Peach.
THURS	Berry Blast and Almond Smoothie ¼ cup of Blueberries, blackberries, strawberries, raspberry. 1 dole mangerine fruit cup and 1 banana	Quinoa Salad- 1 cup of boiled quinoa, 1 medium boiled sweet potato, 2 each of red, yellow and orange sweet mini peppers, 6 diced small berry tomatoes, 1 cup of cooked &seasoned tofu, 1/3 cup of olives and cranberries.	Tofu Vegetable stir fry and Cooked Spaghetti in Tomato Sauce!	Mango delight – 1 diced med Mango, ½ cup of grapes, ½ medium peach, ¼ cup of fresh cilantro and ½ cup of raspberry topped with Apple Sauce
FRIDAY	Trader Joe's Multigrain Oatmeal With Soymilk and ¼ servings of cashew or almonds Or Steel Cut Oats with ½ cup of strawberries and blueberries.	Salad in a Jar- 2 cups of Spinach, 1 cup of steamed seasoned tofu, steamed green beans, peas, carrots, corn and black beans. Dressing: Caesar's Dressing or MYO!	Dine Out! Stay under 600 Calories!	1 med Green Apple, ½ cup of olives, 4 sliced mini tomatoes and 1 tablespoon of peanut butter
SAT	Go Green & Nutty Smoothie! Blend- 1 medium Green Apple, 1 stick of celery, ½ cup of spinach or kale, ½ cucumber, 1 medium Kiwi, 1 cup of dole mangerine and ¼ cup water, ¼ cup of cashews and ¼ cup of Almond	Lunch out with friends! Stay under 500 calories!	Fowes Quesadilla! With Baked Beans	Vegan/ Vegetarian Chocolate chip Cookies or brownies Trail mix!

