FINALS WEEK MEAL PLAN

MONDAY

**Breakfast: FRUIT AND CHEESE**
Assemble the night before—just grab and go in the morning!
Grab an apple, slice a couple small cubes of Cheddar cheese and wrap in plastic, and toss a small handful of fiber- and protein-rich walnuts into a resealable plastic bag.
**“Pack two bags so you have a ready snack with you, too!”**

**Dinner: PASTA ROSA VERDE**
Nutrient-rich veggies and filling pasta… and the left-overs are great for lunch tomorrow!
Cook 8 ounces of pasta (preferably whole wheat) according to package directions. Keep warm.
Heat 1 Tablespoon olive oil in a large skillet over medium heat. Add one chopped onion and two minced garlic cloves (hint: you can buy jars of pre-minced garlic at the grocery store!); cook until onion is tender. Stir in one can diced tomatoes, one teaspoon salt, and ½ teaspoon pepper; cook about two minutes. Add three cups chopped spinach; heat just until spinach starts to wilt. Pour sauce over cooked pasta. Top with feta or parmesan cheese, if you would like.
*“For added kick, add a small sprinkling of crushed red pepper along with the tomatoes, salt and pepper.”*

TUESDAY

**Breakfast: PEANUT BUTTER WAFFLE**
Skip the syrup to reduce the sugar… Instead, boost the protein and fiber of your frozen waffle!
Toast a whole-grain or bran frozen waffle and top it with peanut butter. For even more fiber (which helps deliver the meal’s nutrients slowly and steadily), top it with a spoonful of raisins, sesame seeds or extra peanuts.

**Dinner: SOUTHWESTERN PIZZA**
A healthier, well-rounded, filling alternative to your regular pizza.
Heat oven to 450 degrees. Slice up one red bell pepper. Drain and rinse one can of black beans. Spray a baking sheet with non-stick cooking spray. Put whole wheat pizza crust on baking sheet; top with one cup of salsa, a handful of shredded cheese, ½ of black beans, and sliced red bell pepper. Top with another sprinkling of cheese. Bake 8–10 minutes, until cheese is melted.

WEDNESDAY

**Breakfast: CEREAL “SUNDAE” TO GO**
Boost the fiber of your morning cereal—and make it portable!
Pour fiber-rich bran flakes (stay away from sugary cereals!) into a to-go container and top with vanilla yogurt (or your favorite flavor!). For even more fiber and vitamins, add a small handful of nuts and/or chopped or dried fruit (pecans and blueberries are great!)

**Dinner: CHICKEN FAJITAS**
A quick, well-rounded meal; and any leftovers can be added to a salad for lunch tomorrow!
Cut one boneless skinless chicken breast (about ½ pound), one green bell pepper, and one onion into strips. In a resealable plastic bag, combine fajita seasoning (can usually be found in packets in your grocery store), ¼ cup water, and 2 Tablespoons olive oil; add chicken, pepper and onion to bag and refrigerate for 15 minutes.
Heat one Tablespoon olive oil in a large skillet. Empty contents of the bag into skillet and cook until vegetables are a little tender and chicken is cooked through (about ten minutes). Remove from heat; toss with a little lime juice. Serve in whole wheat tortillas, topped with shredded cheese and salsa.
THURSDAY

**Breakfast: HUEVOS RANCHEROS**

*Hard-boil your eggs and keep them in the fridge, so they are ready any time!*

To hard-boil eggs: Put eggs in a pan and cover with cold water. Heat over high heat just until boiling; remove pan from heat and put on a cover. Let eggs sit in hot water for 12-15 minutes. Remove eggs from pan, run them under cold water and keep in the refrigerator until ready to eat.

Slice a hard-boiled egg. Set it on a whole-wheat tortilla and top it with some cheese and salsa.

**Dinner: GROWN-UP GRILLED CHEESE SANDWICH**

*Go easy on the cheese, and load it up with veggies and deli meat for a filling sandwich!*

Sprinkle two Tablespoons shredded cheese on a slice of whole wheat bread. Top with ½ cup spinach, 2 tomato slices, a couple slices of onion and a couple slices of turkey (or your favorite deli meat!). Sprinkle with two more tablespoons of shredder cheese and top with another slice of bread.

Spray a skillet with non-stick cooking spray and heat over medium heat. Place sandwich in pan and cook for three minutes on each side, or until bread is toasted and cheese melts.

FRIDAY

**Breakfast: BANANA LATTE**

*If you are going to have coffee, you might as well boost the nutrients and make it really worth it! And, you can even use the cold, left-over coffee for this recipe!*

Peel and slice one banana. In a blender, combine the banana, one cup low-fat or fat-free milk, ½ cup cold black coffee, 2 teaspoons sugar, and a small handful of ice. Blend until smooth.

Top a slice of whole wheat toast with some peanut butter, and you’re set!

**Dinner: HAM AND PINEAPPLE PIZZA SUB**

Preheat oven to “broil” (high). Cut a wheat roll or small wheat loaf in half lengthwise and open up. Spread 2 Tablespoons marinara sauce over one side of bread; top with a slice or two of ham. Sprinkle ham with shredded cheese and top with chunks of pineapple. (You can usually find pineapple already chopped in the deli section; otherwise, you can use canned pineapple—just make sure to get the “chunks”, not “crushed”.) With the bread still open, broil for three minutes in the oven. Fold top half of bread over and enjoy!