



Healthy Living Menu Planner

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Name _____

HL Menu Day 1

Breakfast:

- West Coast Yogurt Parfait
- Italian Breakfast Omelette
- Strawberry Pancakes

Lunch:

- Grilled Chicken Couscous Salad
- Grilled Shrimp Couscous Salad
- Turkey Pesto Salad
- Tofu Pesto Salad

Dinner:

- Ginger Chicken and Vegetable Saute
- Ginger Pork Tenderloin and Vegetable Saute
- Tofu Bocconcini Stuffed Red Pepper
- Red Pepper Stuffed with Tuna Salad

Snack:

- Blueberry Crisp with Cottage Cheese
- Waldorf Salad

HL Menu Day 3

Breakfast:

- Cottage Cheese and Fruit
- West Coast Yogurt Parfait
- Blueberry Pancakes

Lunch:

- Asparagus Salmon Salad
- Asparagus Chicken Salad
- Chicken with Artichoke Hearts and Sun Dried Tomatoes
- Tofu with Artichoke Hearts and Sun Dried Tomatoes

Dinner:

- Grilled Sirloin with Cherry Tomato and Corn Relish
- Cod with Cherry Tomato and Corn Relish
- Texas Style Turkey Chili
- Texas Style Vegetarian Chili

Snack:

- Banana Chocolate Chip Muffin
- Peaches and Cream Yogurt

HL Menu Day 2

Breakfast:

- Salsa Egg Scramble
- West Coast Yogurt Parfait
- Blueberry Smoothie

Lunch:

- Lonestar Chicken Salad
- Lonestar Vegetarian Salad
- Roasted Vegetable & Goat Cheese Wrap
- Roast Beef Wraps with Horseradish-Mustard

Dinner:

- Neptune Caesar Salad
- Spiced Tofu Caesar Salad
- Baked Chicken with Ancho Chile Sauce & Roasted Vegetables
- Baked Salmon with Ancho Chile Sauce & Roasted Vegetables

Snack:

- Pumpkin Mousse Cheesecake
- Egg Salad with Cucumber Slices

HL Menu Day 4

Breakfast:

- Blueberry Pancakes
- West Coast Yogurt Parfait
- Spa Smoothie

Lunch:

- Broccoli, Chicken & Cheese Casserole
- Vegetarian Broccoli Cheese Casserole
- Watercress, Orange & Chickpea Oriental Salad
- Watercress, Orange & Ginger Beef Oriental Salad

Dinner:

- Grilled Vegetable Towers w Tofu
- Grilled Chicken Vegetable Towers
- Beef Tenderloin with Lentil Stuffed Zucchini
- Glazed Pork Tenderloin with Lentil Stuffed Zucchini

Snack:

- Fresh Orange slices
- Chocolate Pudding

HL Menu Day 5

Breakfast:

- Asparagus Goat Cheese Quiche
- Bagel with Sundried Tomatoes & Cream Cheese
- West Coast Yogurt Parfait

Lunch:

- Crab Chowder
- Chicken Chowder
- Thai Tofu Salad
- Thai Chicken Salad

Dinner:

- Chicken Cordon Bleu
- Spinach & Roasted Pepper Gratin
- Grilled Turkey Burger w Corn and Tomato Relish
- Grilled Veggie Burger w Corn and Tomato Relish

Snack:

- Apple Crisp with Cottage Cheese
- Chips and Dip

HL Menu Day 7

Breakfast:

- Turkey Bacon Tomato Dill Omelette
- West Coast Yogurt Parfait
- Banana Pancakes

Lunch:

- Shrimp & Tofu Barley Jambalaya
- Ham and Barley Jambalaya
- Chickpea Quesadillas w/ Feta Cheese
- Chicken Quesadillas w/ Feta Cheese

Dinner:

- Greek Salad & Oregano Dressing
- Mexican Poblano, Spinach & Black Bean Lasagna
- Mexican Poblano, Spinach & Black Bean Chicken Lasagna
- South American Chili Soup

Snack:

- Strawberry & Pineapple Bowl
- Middle Eastern Antipasto

HL Menu Day 9

Breakfast:

- Pancakes with Caramelized Apples and Pears
- West Coast Yogurt Parfait
- Huevos Rancheros

Lunch:

- Smokey Paprika Shrimp & Yam Fries
- Smokey Paprika Chicken & Yam Fries
- Ham and Swiss Cheese Quiche
- Mushroom and Swiss Cheese Quiche

Dinner:

- Seasoned Tofu with Creamy Poppyseed Dressing
- Grilled Beef Salad with Creamy Poppyseed Dressing
- Chicken and Vegetables with Black Bean Sauce
- Salmon and Vegetables with Black Bean Sauce

Snack:

- Tuna Salad in Celery Stalks
- Blueberry Yogurt

HL Menu Day 6

Breakfast:

- West Coast Yogurt Parfait
- Grilled Vegetable Egg White Omelette
- O.J. Smoothie

Lunch:

- Grilled Vegetable & Pork Tenderloin Stir-fry
- Chicken Vegetable Stir-fry
- Spinach, Feta & Chicken Pizza
- Spinach, Feta & Vegetable Pizza

Dinner:

- Seasoned Roast Turkey with Vegetables
- Seasoned Roast Beef with Vegetables
- Grilled Chicken Breast & Vegetables in Peanut Sauce
- Grilled Tofu & Vegetables in Peanut Sauce

Snack:

- Blueberry Yogurt
- Cheese and Grapes

HL Menu Day 8

Breakfast:

- Spanish Omelette
- Strawberry Smoothie
- West Coast Yogurt Parfait

Lunch:

- Turkey Scaloppini with Herbed Tomatoes
- Penne with Tomatoes, Feta & Pine nuts
- Teriyaki Chicken & Mandarin Salad
- Teriyaki Beef & Mandarin Salad

Dinner:

- California Chicken Salad
- California Vegetarian Salad
- Pecan Crusted Halibut with Wild Rice
- Pecan Crusted Chicken with Wild Rice

Snack:

- Fruit Salad Snack - cottage cheese
- Pumpkin Gingerbread

HL Menu Day 10

Breakfast:

- Mixed Berry Smoothie
- Monterey Jack Cheese Quiche
- West Coast Yogurt Parfait

Lunch:

- Crab Cakes with Mixed Greens
- Spicy Chicken Salad with Mixed Greens
- Penne with Vegetables in Goat Cheese Sauce
- Penne with Vegetables & Chicken in Goat Cheese Sauce

Dinner:

- Triple Cheese Chickpea Stuffed Peppers
- Triple Cheese Turkey & Chickpea Stuffed Peppers
- Grilled Beef with Parmesan Asparagus
- Grilled Chicken with Parmesan Asparagus

Snack:

- Peanut Butter Cheesecake
- Veggies & Tzatziki

HL Menu Day 11

Breakfast:

- Deli Frittata
- Cottage Cheese and Fruit
- West Coast Yogurt Parfait

Lunch:

- Tuna Waldorf Stuffed Tomatoes
- Chicken Waldorf Stuffed Tomatoes
- Mediterranean Chicken
- Mediterranean Tofu

Dinner:

- Maple Glazed Salmon
- Maple Glazed Pork Tenderloin
- Cucumber & Mozzarella Dill Salad
- Cucumber & Mozzarella Dill Salad with Grilled Chicken

Snack:

- Chocolate Brownie
- Tangerine, Nut and Cheese

HL Menu Day 13

Breakfast:

- Blueberry Smoothie
- West Coast Yogurt Parfait
- Grilled Vegetable Egg White Omelette

Lunch:

- Roasted Vegetable & Goat Cheese Wrap
- Roast Beef Wraps with Horseradish-Mustard
- Southwest Tamarind Vegetarian Salad
- Southwest Tamarind Chicken Salad

Dinner:

- Pesto Shrimp with Vegetables
- Pesto Chicken with Vegetables
- Vegetarian Ratatouille
- Ratatouille with Roast Lamb

Snack:

- Banana Berry Sundae
- Mozzarella with Basil, Black Beans and Tomatoes

HL Menu Day 15

Breakfast:

- French Toast Souffle
- West Coast Yogurt Parfait
- Spa Smoothie

Lunch:

- Capri Chicken Penne
- Capri Shrimp Penne
- Spa Salad with Cashews and Turkey
- Vegetarian Spa Salad with Cashews

Dinner:

- Seasoned Cod with Sweet & Spicy Green Beans
- Pork Tenderloin with Sweet & Spicy Green Beans
- Broccoli Cheese and Chicken Casserole
- Vegetarian Broccoli Cheese Casserole

Snack:

- Greek Vegetables
- Lemon Square

HL Menu Day 12

Breakfast:

- Egg and Cheese Burrito
- Strawberry Pancakes
- West Coast Yogurt Parfait

Lunch:

- Herbed Seafood Salad
- Herbed Vegetarian Salad
- Cajun Turkey Meatloaf
- Cajun Meatloaf w/Piquant Sauce

Dinner:

- Asiago Tofu with Nutty Squash
- Asiago Chicken with Nutty Squash
- Chicken And Vegetable Fried Rice
- Shrimp and Vegetable Fried Rice

Snack:

- New York Cheesecake
- Spinach and Artichoke Dip

HL Menu Day 14

Breakfast:

- Field Berry Pancakes
- West Coast Yogurt Parfait
- Salsa Egg Scramble

Lunch:

- Bacon Spinach Salad
- Tofu Spinach Salad
- Thai Chicken Coconut Curry
- Thai Vegetarian Coconut Curry

Dinner:

- Spiced Pepper Steak
- Broccoli Cheddar Soup
- Pan Seared Scallops with White Bean Salad
- Grilled Chicken with White Bean Salad

Snack:

- Almond Biscotti
- Veggies & Dip

HL Menu Day 16

Breakfast:

- Blueberry Pancakes
- West Coast Yogurt Parfait
- Bagel & Dill Cream Cheese

Lunch:

- Grilled Turkey Burger w Corn and Tomato Relish
- Grilled Veggie Burger w Corn and Tomato Relish
- Mediterranean Chicken & Chickpea Salad
- Mediterranean Shrimp & Chickpea Salad

Dinner:

- Barbecue Beef with Vegetables
- Barbecue Salmon with Vegetables
- Sunshine Chicken Salad
- Sunshine Vegetarian Salad

Snack:

- Banana Chocolate Chip Muffin
- Vegetables with Swiss Dip

HL Menu Day 17

Breakfast:

- Cottage Cheese and Fruit
- Italian Breakfast Omelette
- West Coast Yogurt Parfait

Lunch:

- Cobb Salad with Tuna
- Cobb Salad with Chicken
- Mongolian Beef Salad with Black Bean Aioli
- Everything Veggie Toss

Dinner:

- Roast Pork with Sweet Potatoes
- Roast Chicken with Sweet Potatoes
- Grilled Vegetable Towers w Tofu
- Grilled Chicken Vegetable Towers

Snack:

- Deviled Eggs
- Blueberry Crisp with Cottage Cheese

HL Menu Day 19

Breakfast:

- Asparagus Goat Cheese Quiche
- West Coast Yogurt Parfait
- Waffles with Grapes and Kiwi

Lunch:

- Butternut Squash & Barley Risotto
- Butternut Squash & Barley Turkey Risotto
- Tarragon Chicken Salad
- Tarragon Tofu Salad

Dinner:

- Ginger Tofu with Vegetable Saute
- Ginger Pork Tenderloin and Vegetable Saute
- Neptune Caesar Salad Wrap
- Chicken Caesar Salad Wrap

Snack:

- Hummus and Vegetables
- New York Cheesecake

HL Menu Day 21

Breakfast:

- West Coast Yogurt Parfait
- Chocolate Banana Soy Smoothie
- Tomato Parmesan Frittata with Fruit

Lunch:

- Almond Tofu with Creamy Dijon Sauce
- Almond Chicken with Creamy Dijon Sauce
- Tomatillo Tamarind Soup w/ Roasted Chayote & Turkey
- Herbed Cottage Cheese Salad with Fruit

Dinner:

- Grilled Beef with Parmesan Asparagus
- Mexican Poblano, Spinach & Black Bean Chicken Lasagna
- Mexican Poblano, Spinach & Black Bean Lasagna
- Grilled Shrimp with Parmesan Asparagus

Snack:

- Veggies with Tzatziki
- Chocolate Pudding

HL Menu Day 18

Breakfast:

- Turkey Bacon Tomato Dill Omelette
- West Coast Yogurt Parfait
- Blueberry Smoothie

Lunch:

- Shrimp & Tofu Barley Jambalaya
- Ham and Barley Jambalaya
- Grilled Chicken Couscous Salad
- Grilled Tofu and Couscous Salad

Dinner:

- Halibut with Tomato Salsa
- Beef Tenderloin with Tomato Salsa
- Thai Tofu Salad
- Thai Chicken Salad

Snack:

- Pumpkin Gingerbread
- Mediterranean Veggie Mix

HL Menu Day 20

Breakfast:

- Two Berry Crepes
- West Coast Yogurt Parfait
- Zucchini and Red Pepper Frittata

Lunch:

- Crab Chowder
- Chicken Chowder
- Crunchy Chicken Curry Salad
- Crunchy Tofu Curry Salad

Dinner:

- Roasted Chicken with Cucumber Yogurt Sauce
- Roasted Salmon with Cucumber Yogurt Sauce
- Santa Fe Beef Fajitas
- Santa Fe Vegetable Fajitas

Snack:

- Eggplant and Red Pepper Dip
- Chocolate Brownie

HL Menu Day 22

Breakfast:

- Sun Ripened Fresh Fruit Medley
- West Coast Yogurt Parfait
- Grilled Vegetable Egg White Omelette

Lunch:

- Turkey Sandwich & Mixed Greens
- Sonoma Salmon Salad
- Sonoma Chicken Salad
- Buddhas Vegetable Platter

Dinner:

- Italian Antipasto Salad
- Vegetarian Antipasto Salad
- Greek Grilled Shrimp with Vegetables
- Greek Grilled Chicken with Vegetables

Snack:

- Field Berry Cheesecake
- Chicken Salad in Celery Stalks

HL Menu Day 23

Breakfast:

- Spanish Omelette
- West Coast Yogurt Parfait
- Apple Cinnamon Crepes

Lunch:

- Pan Seared Scallops with White Bean Salad
- Grilled Chicken with White Bean Salad
- Louisiana Vegetarian Gumbo
- Louisiana Turkey & Ham Gumbo

Dinner:

- Beef, Cashew & Snow Pea Stir-fry
- Pork, Cashew & Snow Pea Stir-fry
- Pesto Tofu with Vegetables
- Pesto Chicken with Vegetables

Snack:

- Strawberry & Pineapple Bowl
- Deviled Eggs

HL Menu Day 25

Breakfast:

- West Coast Yogurt Parfait
- Mexican Omelette
- Sun Ripened Fruit with Cottage Cheese

Lunch:

- Grilled Chicken Salad with Blue Cheese
- Grilled Tofu Salad with Blue Cheese
- Thai Chicken Coconut Curry
- Thai Shrimp Coconut Curry

Dinner:

- Lemon Chicken with Vegetables
- Herbed Salmon with Vegetables
- Vegetarian Ratatouille
- Ratatouille with Roast Lamb

Snack:

- Chocolate Yogurt with Strawberries and Bananas
- Spring Tofu Lettuce Rolls w Peanut Dressing

HL Menu Day 27

Breakfast:

- Quiche Lorraine
- Raspberry Smoothie
- West Coast Yogurt Parfait

Lunch:

- Chefs Spa Salad
- Vegetarian Chefs Spa Salad
- Smokey Paprika Shrimp & Yam Fries
- Smokey Paprika Chicken & Yam Fries

Dinner:

- Chicken Cacciatore
- Crab Cakes with Mixed Greens
- Deli Frittata
- Primavera Frittata

Snack:

- Chips and Dip
- Banana Berry Sundae

HL Menu Day 24

Breakfast:

- Strawberry Smoothie
- West Coast Yogurt Parfait
- Blueberry Pancakes

Lunch:

- Nonas Spagetti with Meat Sauce
- Nonas Spaghetti with Soy Herb Tomato Sauce
- Nicoise Salad with Tuna
- Nicoise Salad with Chicken

Dinner:

- BBQ Chicken Salad
- BBQ Tofu Salad
- Chicken with Sun-Dried Tomato Sauce
- Prawns with Sun-Dried Tomato Sauce

Snack:

- Banana Chocolate Chip Muffin
- Peach Crisp with Cottage Cheese

HL Menu Day 26

Breakfast:

- Western Omelette
- Two Berry Crepes
- West Coast Yogurt Parfait

Lunch:

- Broccoli Cheddar Soup
- Mongolian Beef Salad with Black Bean Aioli
- Mongolian Chicken Salad with Black Bean Aioli
- Turkey Scaloppini with Herbed Tomatoes

Dinner:

- Eggplant Chicken Parmagiana Casserole
- Eggplant Parmagiana Casserole
- Greek Salad & Oregano Dressing
- Shrimp and Vegetable Chop Suey

Snack:

- Veggies & Dip
- Peanut Butter Cheesecake

HL Menu Day 28

Breakfast:

- West Coast Yogurt Parfait
- Bagel & Cream Cheese
- Monterey Jack Cheese Quiche

Lunch:

- Grilled Chicken w Balsamic Roasted Vegetables
- Grilled Tofu w Balsamic Roasted Vegetables
- Cobb Salad with Tuna
- Cobb Salad (Chicken, Turkey Bacon, Hard Boiled Egg)

Dinner:

- Sesame Coated Salmon with Broccoli
- Sesame Coated Tofu with Broccoli
- Classic Cheeseburger
- Classic Veggie Burger

Snack:

- New York Cheesecake
- Hummus and Vegetables