

CanYouStayforDinner.com
Week 16

Monday

Breakfast: Ezekiel English Muffin (160)

*Andie note: Again with the dry muffin. These are the things that keep me up at night (not really but kind of).

Lunch: Chef Salad: Salad base (3 large handfuls mixed greens, 1/2 cup chopped bell pepper, 1/2 cup chopped cucumber, 1/2 cup shredded carrot, 6-8 cherry tomatoes = 50 calories) + 2 ounces roasted turkey breast deli meat (2 thick slices or 3 thin slices=60 calories) + 1 ounce smoked ham deli meat (1 thick slice=30 cals) + 1 ounce provolone cheese (100) + 1 hard-boiled egg (70) + 2 tablespoons Ken's Light Honey Mustard Dressing (80) = 390

Snack: 1/2 ounce walnuts (about 12 walnut halves = 100) + 1 Honey Crisp apple (100) = 200

*Andie note: Mom ate Honey Crisp apples every day because it's the only appropriate thing to do in fall in Massachusetts. We both love them, but even more? We love when our obsessions are normalized by seasonality. Get some.

Dinner: Tuna Noodle Casserole (515) + 1 1/2 cups chopped romaine salad (10) + 1 tablespoon Ken's Light Caesar dressing (40) = 565

*Andie note: Old school comfort food.

Dessert: Skinny Cow Ice Cream Sandwich (150)

Total: 1465

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Tuesday

same B, L, S as Monday (750)

Dinner: Lighter Fried Fish Sandwich (390) + 1 tablespoon tartar sauce (~35) + 2 cups steamed broccoli (100) = 525

same dessert as Monday (150)

Total: 1425

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Wednesday

same B, L, S as Monday (750)

Dinner: Bunless cheeseburger (4 oz 85% lean ground beef = 240 + 1 oz cheddar cheese (100) = 340) + 2 tablespoons ketchup (40) + 2 cups Parmesan roasted cauliflower (get the recipe in [this post](#) = 120) 480

same dessert as Monday (150)

Total: 1380

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Thursday

same B as Monday (160)

Lunch: PB & J Wrap

1 Joseph's Flax, Oat Bran, and Whole Wheat Wrap (100) + 2 tablespoons all-natural peanut butter (200) + 2 tablespoons Bonne Maman strawberry preserves (100) = 400
+ 1 cup red grapes (60) = 460

*Andie note: Let me tell you something: Bonne Maman is, in terms of commercial-quality jams and jellies, the best. It's what I'd always choose at the supermarket. But let me tell you another thing [that Mom disagrees with]: their raspberry preserves are the ones you should be eating.

Snack: 12 almonds (80) + 1 Honey Crisp apple (100) = 180

Dinner: 5 ounces NY strip steak (60 calories per ounce = 300) + 1 1/2 cups brown sugar roasted sweet potatoes (210) + 1 1/2 cups mixed salad (20) + 1 tablespoon Ken's Steak House Creamy French dressing (65) = 595

Make the brown sugar sweet potatoes: (2 servings) Preheat the oven to 400 degrees F. Wash, dry, and cut 2 medium sweet potatoes into 1-inch pieces. Place in a large bowl and toss with 2 teaspoons olive oil, taking care to coat all sides of each cut potato piece. Spread the potatoes on a large, rimmed baking sheet and season generously with salt (about 1/2 teaspoon). Bake for 35 to 40 minutes, until fork tender, flipping (as best you can) halfway. Remove the pan from the oven (but keep the oven on!) and sprinkle the potatoes with 1 tablespoon brown sugar, shuffling them around the pan so that the sugar adheres to them. Return the pan to the oven for an additional 10 minutes. The sugar should caramelize and form a light, sweet coating on the potatoes. Serve immediately.

Dessert: Skinny Cow Ice Cream Sandwich (150)

Total: 1545

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Friday

Breakfast: 1 1/2 cups Cascadian Farm Honey Nut O's cereal (165) + 1 banana (100) + 1 cup 1% milk (110) = 375

Out to lunch: cup of tomato basil soup (150) + 1/2 grilled cheese sandwich (300) = 450

Snack: Vanilla cupcake from a local bakery (400)

Dinner: Beef Tacos

2 small flour tortillas (80 calories each = 160) + 4 ounces taco-seasoned 93% lean ground beef (170 for beef alone + 20 for seasoning = 190) + 1 ounce pepper Jack cheese, shredded (100) + shredded lettuce and tomatoes (~10) = 460

Dessert: Skinny Cow Ice Cream Sandwich (150)

Total: 1835

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Saturday

Brunch: 4 slices hickory-smoked bacon (210) + 1 Thomas' Whole Wheat English muffin (120) + 2 teaspoons butter (60) = 390

Dinner: 6 ounces roasted bone-in, skin-on chicken breast (skin removed before eating, 240) + 1 cup Near East Rice Pilaf (210) + 1 1/2 cups mixed salad (20) + 1 tablespoon Ken's Light Caesar dressing (40) = 510

Dessert: Skinny Cow Ice Cream Sandwich (150) + Edy's Outshine Lime Fruit Bar (70) = 220

Total: 1120

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Sunday

Breakfast: 1 1/2 cups Cascadian Farm Honey Nut O's cereal (165) + 1 banana (100) + 1 cup 1% milk (110) = 375

Lunch: PB & J Wrap

1 Joseph's Flax, Oat Bran, and Whole Wheat Wrap (100) + 2 tablespoons all-natural peanut butter (200) + 2 tablespoons Bonne Maman strawberry preserves (100) = 400

Dinner: 4 oz roasted pork loin (coated in olive oil, salt, pepper, thyme, 160 for the pork alone, plus ~30 for oil = 190) + 2 tablespoons homemade gravy (~50) + 1/2 cup mashed potatoes (made with butter, whole milk = 175) + 2/3 cup sauteed zucchini and onion (in olive oil with garlic, 100) = 515

Dessert: Skinny Cow Ice Cream Sandwich (150)

Total: 1440

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