

CanYouStayforDinner.com

Week 18

Monday

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

Lunch: Fall salad

3 handfuls baby spinach (15) + 1 cup chopped roasted butternut squash (60 for 1 cup of squash cubes alone + ~15 for a light coating of olive oil (15) = 75) + 2 tablespoons dried cranberries (~60) + 2 ounces roasted chicken breast (from a rotisserie chicken, ~80) + 2 tablespoons crumbled goat cheese (~50) + dressing made from 2 teaspoons olive oil, 2 teaspoons honey, and 2 teaspoons apple cider vinegar (all whisked together, ~100) = 380

Snack: Honey Crisp apple (100)

Dinner: Slow Cooked Sweet Potato Chili (435) + small square of cornbread (150) = 585

Dessert: Skinny Cow Ice Cream Sandwich (150)

Total: 1590

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Tuesday

same B, L, S (855)

Dinner: Lemon Garlic Tuna Burger (175 for tuna patty + 100 for English muffin = 275) + 1 1/2 cups roasted carrot "fries" (150) = 425

same dessert as always (150)

Total: 1430

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Wednesday

same B, L, S (855)

Dinner: Breakfast for Dinner

2 eggs fried in 1 teaspoon olive oil (140 for eggs + 30 for oil = 170) + 2 slices bacon (70) + 1 slice toast (100) + 1 teaspoon butter (30) + 2 teaspoons jam (~30) + 1 cup red grapes (60) = 460

same dessert as always (150)

Total: 1465

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Thursday

same B, L, S (855)

Dinner: Chicken Stir-Fry (270) + 1 cup brown rice (200) = 470

same dessert as always (150)

Total: 1475

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Friday

Breakfast: Thomas' English Muffin (120) + 1 tablespoon natural peanut butter (100) + 1 banana (100) = 320

Out to lunch: Ham and Swiss sandwich on whole wheat bread with lettuce, tomato, and yellow mustard (~450)

Out to dinner at a Chinese restaurant: 1 large buffet plate with assorted apps and entrees (fried rice, Mongolian beef, crab rangoon, chicken finger, etc. = 1000)

Total: 1770

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Saturday

Breakfast: $\frac{1}{2}$ cup dry old-fashioned rolled oats (150) made with 1 cup water, topped with 1 tablespoon brown sugar (60) and 2 tablespoons chopped pecans (100) = 310

Lunch: PB&J

2 slices challah bread (180) + 2 tablespoons natural peanut butter (200) + 2 tablespoons strawberry preserves (100) = 480

+ 1 cup red grapes (60) = 540

Out to dinner: Fish & Chips (Mom ate half, ~700)

Dessert: Fudgicle (60)

Total: 1610

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Sunday

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

No lunch

Family Dinner: 3 ounces roast beef (180) + 1 cup roasted potatoes (200) + $\frac{1}{2}$ cup mashed butternut squash (sweetened with brown sugar, 120) + $\frac{1}{2}$ cup steamed green peas (60) = 560

Dessert: a taste of a few different pastries from a local bakery (200)

Total: 1135

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