

# Trading Cardio for Cosmos Weekly Menu Plan: Week of January 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>SkinnyishDish</b> Cheesy Sausage Hashbrown Bake (6), apple, coffee with FF 1/2 & 1/2 (1)	<b>WW</b> Chocolate Peanut Butter Banana Overnight Oats (5), coffee with FF 1/2 and 1/2 (1)	<b>SkinnyishDish</b> Cheesy Sausage Hashbrown Bake (6), apple, coffee with FF 1/2 & 1/2 (1)	<b>WW</b> Chocolate Peanut Butter Banana Overnight Oats (5), coffee with FF 1/2 and 1/2 (1)	<b>SkinnyishDish</b> Cheesy Sausage Hashbrown Bake (6), apple, coffee with FF 1/2 & 1/2 (1)	Banana, apple, iced coffee	Veggie egg white omelette, english muffin (4), coffee with FF 1/2 & 1/2 (1)
<b>Snack</b>	Apple, grapes	Orange	Apple, grapes	Orange	Apple, grapes	Orange, grapes	N/A
<b>Lunch</b>	<b>Real Moms</b> Taco Soup (1) and salad with LF dressing (1)	<b>Emily Bites</b> Cajun Turkey Club Sandwich (5), salad with LF dressing (1)	<b>Real Moms</b> Taco Soup (1) and Salad with LF dressing (1)	<b>Emily Bites</b> Cajun Turkey Club Sandwich (5), salad with LF dressing (1)	Lunch Out: Miso soup (1), spicy tuna roll (6), yellowtail with scallion (3)	1 can Progresso chicken & orzo with lemon soup (4), raw veggies	Brunch Out: 2 eggs over easy, 1/2c hashbrowns (3), 2pcs rye toast (5), Bloody Mary (5)
<b>Snack</b>	Cucumber, Peppers and 2Tbsp Tzatziki (1)	VT Smoke stick (1), cheese stick (1)	Cucumber, Peppers and 2Tbsp Tzatziki (1)	VT Smoke stick (1), cheese stick (1)	Cucumber, Peppers and 2Tbsp Tzatziki (1)	2 hardboiled eggs	Banana, orange
<b>Dinner</b>	Roast chicken drumstick & thigh - no skin (7), 3oz roasted potatoes (2) with 1tsp olive oil (1), roasted asparagus with parmesan cheese (3)	2 fish tacos (6), sheetpan fajita veggies - mushrooms, onions, peppers with taco seasoning (0)	<b>Skinnytaste</b> Skirt Steak, Bok Choy & Zucchini Stir-Fry (8), 6oz red wine (5)	<b>LaaLoosh</b> Smothered Pork Chops (6), sauteed spinach and 1/2c wild rice (3)	Grilled chicken breast with veggies, 6oz red wine (5)	Dinner Out: Linguini with white clam sauce (11), salad with balsamic and 1tsp olive oil (1), Cosmopolitan (7)	Baked white fish with salsa verde, sauteed peppers and onions, Alexia sweet potato fries (5)
<b>Snack</b>	Orange	100 calorie bag of SkinnyPop (3)	Orange	Apple	Orange	N/A	Apple

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