

Trading Cardio for Cosmos Weekly Menu Plan: Week of February 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 Emily Bites Berry French Toast Muffins (4), banana, coffee with LF 1/2 & 1/2 (1)	Skinnyish Dish Breakfast Enchilada (6), apple, coffee with LF 1/2 & 1/2 (1)	2 Emily Bites Berry French Toast Muffins (4), banana, coffee with LF 1/2 & 1/2 (1)	Skinnyish Dish Breakfast Enchilada (6), apple, coffee with LF 1/2 & 1/2 (1)	2 Emily Bites Berry French Toast Muffins (4), banana, coffee with LF 1/2 & 1/2 (1)	2 eggs on LF english muffin (3), coffee with 1/2 & 1/2 (1)	Veggie Egg White Frittata, Coffee with LF 1/2 & 1/2 (1)
Snack	Sugar snap peas and carrots	Banana	Sugar snap peas and carrots	Banana	Sugar snap peas and carrots	Banana	Banana
Lunch	SNL Hearty Sausage Lentil Soup (2), salad with LF dressing (1)	Turkey wrap with tzatziki, arugula, tomatoes (2), pretzel crisps (4)	SNL Hearty Sausage Lentil Soup (2), salad with LF dressing (1)	Turkey Wrap with Tzatziki, Arugula, Tomatoes (2), pretzel crisps (4)	Lunch Out: Mongolian BBQ shrimp & veggies (4)	Turkey wrap with tzatziki, arugula, tomatoes (2), salad with LF dressing (1)	Brunch Out: Breakfast Tacos (5), Skinny Margarita (5)
Snack	Grande nonfat latte (4), apple	Raw veggies with LF blue cheese (2)	Grande nonfat latte (4), apple	Raw veggies with LF blue cheese (2)	Grande nonfat latte (4), apple	Apple	Raw veggies
Dinner	HungryGirl Cheeseburger Lasagna (7), side salad with olives and LF dressing (1)	DrizzleMeSkinny Taco Pie (8) with sauteed peppers, onions, mushrooms	Waffle with strawberries (7), 2 eggs	Skinnytaste Beef & Mushroom Ragu with Spaghetti Squash (4), 5oz red wine (4)	Pork Loin (5) with roasted butternut squash, salad with LF dressing (1), 5oz red wine (4)	Dinner Out: Cioppino (4) with crusty bread (4), salad with LF dressing (1), 5oz white wine (4)	Skinnytaste Roast Chicken with Rosemary and Lemon (5), 3oz baby potatoes (2), sauteed broccoli rabe with 1tsp olive oil (1), 5oz red wine (4)
Snack	1/2c lowfat ice cream (3)	Clementine	1/2 Goodness Knows Bar (4)	Clementine	Clementine	1/2c lowfat ice cream (3)	Apple

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