

Trading Cardio for Cosmos Weekly Menu Plan: Week of February 17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 Emily Bites Ham & Cheese Egg Cups (2), coffee with LF 1/2 & 1/2 (1)	Skinnyish Dish Pumpkin Pie Oatmeal (5), banana, coffee with LF 1/2 & 1/2 (1)	2 Emily Bites Ham & Cheese Egg Cups (2), coffee with LF 1/2 & 1/2 (1)	Skinnyish Dish Pumpkin Pie Oatmeal (5), banana, coffee with LF 1/2 & 1/2 (1)	2 Emily Bites Ham & Cheese Egg Cups (2), coffee with LF 1/2 & 1/2 (1)	2 HungryGirl Breakfast Egg Rolls (8), coffee with LF 1/2 & 1/2 (1)	Veggie Egg White Frittata, coffee with LF 1/2 & 1/2 (1)
Snack	Apple	Orange	Apple	Orange	Apple	Orange	Apple
Lunch	DrizzleMeSkinny Buffalo Chicken Empanadas (4), salad with LF dressing (1)	Grilled chicken, black beans, corn over mixed greens with tomato, green onion, and LF avocado cilantro dressing (2)	DrizzleMeSkinny Buffalo Chicken Empanadas (4), salad with LF dressing (1)	Grilled chicken, black beans, corn over mixed greens with tomato, green onion, and LF avocado cilantro dressing (2)	Lunch Out: Chicken tikka masala with 1c. Rice (10)	Grilled chicken, black beans, corn over mixed greens with tomato, green onion, and LF avocado cilantro dressing (2)	Brunch Out: 2 poached eggs over crab cakes (8), salad with LF dressing (1)
Snack	FF Greek yogurt with no-sugar frozen berries	Cucumber and celery	FF Greek yogurt with no-sugar frozen berries	Cucumber and celery	FF Greek yogurt with no-sugar frozen berries	Raw veggies with tzatziki (1)	Cucumber and celery
Dinner	Skinnytaste Skinny Tuna Noodle Casserole (7), salad with LF dressing (1), 5oz white wine (4)	WW Feta-Stuffed Chicken Burgers (5), 12 Alexia crinkle cut fries (3), Stella Artois Cidre (5)	Emily Bites Slow Cooker Balsamic Beef (6), 1/2c wild rice (3), roasted carrots with Mike's Hot Honey (1), 6oz red wine (5)	3 pancakes (6), chicken sausage (3) with 2Tbsp SF maple syrup (2)	Pork chop with warm apples (5), sauteed spinach, 3oz baby potatoes (2)	Skinnytaste Flounder Milanese (3), sauteed green beans with olive oil (1), Cosmopolitan (7)	Dinner Out: 6oz babyback ribs (12), steamed corn, salad with LF dressing (1)
Snack	100 calorie bag SkinnyPop (3)	Bada Bing Beans (2)	Frozen grapes	1/2 Goodness Knows bar (4)	100 calorie bag SkinnyPop (3)	Frozen grapes	Clementine

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