7-Day Meal Plan for Students

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	cereal, low-fat milk, banana, yogurt, orange juice	overnight oats**, strawberries, nuts/seeds, toast	toasted English muffin, cheese, deli meat, tomato, avocado, orange juice	microwavable egg**, cheese, salsa, tortilla, grapes	sandwich 2 toaster waffles, mix flavored yogurt & berries for filling	instant oatmeal, low-fat milk, dried fruit, nuts	low-fat yogurt, low-fat granola, berries, orange juice
Snack	3 fig bars, 1 handful of dry roasted nuts	1 baggie of veggie sticks, 2 tbsp low-fat ranch dressing dip	1 oats n' honey granola bar, 1 handful of dry roasted nuts	1 handful of dry roasted nuts, 1/4 c. dried fruit	1 hard-boiled egg, 1 baggie of grapes	1 baggie of edamame	Homemade trail mix**
Lunch	turkey sandwich, pretzels, grapes, 100% veg juice	can of heart-healthy vegetable soup, grated cheese, toast, fruit crup	easy tacos**, celery & bell pepper sticks, mix plain yogurt and salsa for dip	canned salmon or tuna salad** sandwich with lettuce & tomato, carrots & hummus dip	peanut butter & banana sandwich, chips, 100% veg juice	tortilla, veggie cream cheese, & deli meat roll-up, pretzels, carrots, hummus dip.	leftover chicken pasta salad, spring mix salad with chopped nuts & apples, oil/vinegar
Snack	6 whole grain crackers, 1 tbsp. peanut butter, & sandwich together	2 graham crackers, 1 small banana	3 fig bars, 1 fruit cup	1 banana, 2 tbsp peanut butter, cut banana in half lengthwise and spread PB, fold together	Homemade trail mix**	1 baggie of celery sticks, 1 tbsp peanut butter	1 oats n' honey granola bar, 1 fruit cup
Dinner	taco salad**	pasta, leftover ground turkey, marinara sauce, steamed broccoli,	grilled cheese with low-fat cheese, sliced tomato, tomato soup, apple slices	flatbread Hawaiian pizza, low-fat cheese, marinara sauce, lean ham, pineapple, mushrooms, pineapple, mixed salad, oil/vinegar dressing	store-bought sushi rolls, steamed edamame in pods	grilled chicken pasta salad, chopped veggies, oil/vinegar, sorbet	prepared veggie burgers served on toast, baked sweet potato, shredded cheese

**recipe on reverse side

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Easy At-Home Recipes

Taco salad** Per serving: 2 oz. ground turkey, 1 tsp. vegetable oil, 1/4 c. kidney beans, drained & rinsed, 1 c. chopped lettuce, 1/2 c. avocado, 2 tbsp. salsa, 1/2 oz. low-fat grated cheese, 2 oz. tortilla chips
To prepare: Heat oil in a saute pan over medium-heat. Cook the entire package of ground turkey until thoroughly browned. Serve ~ 2 oz. cooked turkey with remaining ingredients on a plate layerig first the tortilla chips, turkey, beans, cheese, lettuce, salsa, and avocado.

Overnight oats** Per serving: 1/2 c. oats, 1/2 c. milk, 1-2 tbsp. nuts/seeds, 1/4 c. raisins or dates (for sweetness), dash of cinnamon
To prepare: Mix oats, milk, raisins or dates, and cinnamon in a bowl. Cover and refrigerate over night. Add more milk in the morning if desired.

Easy tacos**Per serving: 2-3 corn tortillas, 1 c. spinach or mixed greens, 1/2 c. black beans, drained & rinsed, 1/2 avocado, sliced, 1/2 c. tomatoes or salsa, 1/2 freshly squeezed lime, 1/2 oz. low-fat grated cheese (optional)
To prepare: pack corn tortillas separately in a baggie. In a tupperware, pack the spinach, beans, avocado, tomatoes, cheese, and squeeze lime juice over the mixture to prevent browning. Store items in refrigerator or ice-packed lunch container until ready to eat. Spoon bean mixture into tortillas; you may heat tortillas in microwave if desired.

Microwavable egg** Per serving: 1 egg, 1 tbsp shredded cheese, a splash of milk, 1 tortilla
To prepare: Add all ingredients in microwavable mug and microwave for 45 seconds. Stir and microwave an additional 15 seconds. Serve wrapped in a tortilla.

Canned salmon/tuna salad** Per serving: 1/2 lemon, juiced, 2 tbsp low-fat mayo, 3 oz can wild salmon or tuna packed in water
To prepare: Open and drain water from can. In a bowl, fork the salmon/tuna to separate. Add lemon juice, mayo, and pepper to taste. Mix until combined.

Homemade trail mix** Mix your own proportions of: 1 or more variety of ready-to-eat cereal, dried fruit, nuts, baked cheese crackers; Serve single portions in sandwich baggies for an on-the-go snack.

Grocery List for 7-Day Meal Plan

Produce		Interior Aisles		Meat / Seafood	
Quantity	*Item*	*Quantity*	*Item*	*Quantity*	*Item*
3-4	bananas	1 pkg	dried fruit, any type	1 pkg	pre-cooked grilled chicken strips
1 qt	strawberries	1 pkg	dry roasted nuts, any type	1 lb	ground turkey, raw, 95% lean
1 pkg	grapes	6 cans	100% veggie juice, low-sodium	1/4 lb	deli turkey, slices
2-3	roma tomatoes	1 pkg	fruit cups, in lite syrup	1/4 lb	deli ham, lean, slices
1-2	avocado	1 jar	salsa, with minimal or no added sugar		
1 pt	blueberries or raspberries	1 can	marinara sauce	**Dairy / Eggs**	
1 bag	spring mix, pre-washed	1 can	heart-healthy vegetable soup	*Quantity*	*Item*
1 bag	romaine lettuce, pre-washed	1 can	heart-healthy tomato soup	1 qt	Greek yogurt, plain, non-fat
1 pkg	celery hearts	1, 3 oz can	wild salmon or tuna, packed in water	2-3 ea	yogurt, flavored, low-fat
2	bell peppers, any color	1 jar	peanut butter, natural	1 bag	mozzarella cheese, shredded, low-fat
1 lb	baby carrots	1 can	black beans	1 bag	cheddar cheese, shredded, low-fat
2-3	apples	1 can	kidney beans	1 container	cream cheese, veggie flavor, low-fat
1	sweet potato, med	1 box	granola, low-fat	1 dozen	eggs
	1 lemon, 1-2 limes	1 box	cereal, whole-grain	1 qt	low-fat or fat-free milk
		1 pkg	oats, old-fashioned, rolled		
Refrigerated Section		1 pkg	oatmeal, instant, whole-grain	**Frozen Foods**	
Quantity	*Item*	1 loaf	bread, whole-grain	*Quantity*	*Item*
1 pkg	hummus dip	1 pkg	English muffins, whole-grain	1 bag	broccoli, steam-fresh bag
1 qt	orange juice	1 pkg	flatbread, whole-grain	1 bag	edamame, in pods
		1 pkg	tortillas, corn	1 pkg	veggie burgers
		1 pkg	pasta, whole wheat	1 bag	pineapple
		3 bags	pretzels & chips, single-serving bags	1 bag	berries, mixed
		1 box	baked cheese crackers	1 pkg	toaster waffles, whole-grain
		1 box	graham crackers	1 container	sorbet
		1 pkg	fig bars		
		1 pkg	oats n' honey granola bars		
			mayonnaise, low-fat		
			ranch dressing, low-fat		
			oil, canola or olive		

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Produce		Interior Aisles		Meat / Seafood	
			vinegar, balsamic or apple cider		

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