









2-Week Meal Planner

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Bagel with 2 tablespoons light cream cheese	Cinnamon Roll with 1/2 tablespoon butter	Bagel with 1 tablespoon natural peanut butter	Granola with 1/2 cup 2% milk or plain yogurt	Hearty white roll with 2 tablespoons of light strawberry cream cheese	Bagel with 1 tablespoon regular cream cheese	Toast with 1 tablespoon cashew butter
	Mozzarella and Roasted Pepper Salad w/flat bread	Easy Caesar Salad with flat bread	Shredded BBQ Pork Sandwich	Ham Sandwich with Mustard Caper Butter	Apple Cheddar Sandwich	Crunchy Strawberry Parfait	Lemon Hummus Avocado Sandwich
	Nougat Bar	Cookie	Pretzel	Nougat Bar	Cookie	Granola	Nougat Bar
	Fusilli with Tomato Sauce	Southwest Orzo Salad	Margherita Pizza	Chicken Alfredo Pizza	Fusilli with Broccoli	Three Bean Salad with Orzo	Fusilli with Red Clam Sauce

WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Granola with 1/2 cup 2% plain yogurt	Bagel with 2 tablespoons light cream cheese	Cinnamon Roll with 1/2 tablespoon butter	Bagel with 2 tablespoons light garden vegetable cream cheese	Granola with 1/2 cup 2% milk	Toast with 1/2 tablespoon of butter	Bagel with 2 tablespoons light cream cheese
	Tomato and Mozzarella Sandwich	Pesto Chicken Dagwood	Cuban Sandwich	Turkey Sandwich	Quick Picadillo Sandwich	Smoked Salmon Bagel Sandwich	Easy Caesar Salad with flat bread
	Granola	Cookie	Nougat Bar	Pretzel	Cookie	Nougat Bar	Pretzel
	Mediterranean Pizza	Fusilli Fagiole	Orzo Pilaf	Fusilli with Spinach	Mediterranean Salad with Orzo	Tomato and Cheese Pizza	Orzo Salad



Drink at least 1 glass of water with every meal.



BREAKFAST



LUNCH



SNACK



DINNER

We've taken the guesswork out of your meal planning for the next 2 weeks, simply follow the suggested menu* above. Feel free to also mix and match any of the recipes or suggestions in the Zone's Easy as 1-2-3 pamphlet. Recipes can be found for the meal planner at www.ZoneDiet.com.

*The above meals are just a sample of how to incorporate the Zone Baked foods into your lifestyle. We encourage you to add additional colorful, non-starchy vegetables to each of your meals as seen in the grocery additions list on www.zonediet.com.



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