

Huevos

RANCHEROS

For 2000 calorie menu

Serves 2

All you need:

- 4 eggs
- 1 cup (250 ml) fresh salsa
- 4 corn tortillas
- No-stick cooking spray

All you do:

1. Pre-heat oven to 500 degrees F (260 degrees C). Coat each tortilla in pan spray and place on cookie sheet. When oven is ready, cook for approximately 5-10 minutes, depending on how crisp you like your tortillas.
2. Coat 8-10-inch (20-25 cm) skillet with pan spray, cook eggs slowly (medium heat) on one side until whites are firm and yolks are runny. Salt to taste. Place one egg on each tortilla.
3. Heat salsa in the pan on high heat for about 2 minutes or until extremely hot. Pour 1/4 cup (50 ml) over the top of each egg which will further cook the top of the egg. Let stand for 1 minute before serving.



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Huevos

RANCHEROS

For 1600 calorie menu

Serves 2

All you need:

- 2 eggs
- ½ cup (125 ml) fresh salsa
- 2 corn tortillas
- Pan-spray

All you do:

1. Pre-heat oven to 500 degrees F (250 degrees C). Coat each tortilla in pan spray and place on cookie sheet. When oven is ready, cook for approximately 5-10 minutes, depending on how crisp you like your tortillas.
2. Coat small skillet with pan spray, cook eggs slowly (medium heat) on one side until whites are firm and yolks are runny. Place one egg on each tortilla.
3. Heat salsa in the pan on high heat for about 2 minutes or until extremely hot. Pour 1/4 cup (50 ml) over the top of each egg which will further cook the top of the egg. Let stand for 1 minute before serving.



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Grilled Maple SALMON

Serves 2

All you need:

- 2 Tbsp. (30 ml) pure maple syrup
- ¼ tsp. (1 ml) salt
- 2 salmon fillets (4 oz./125 g) each
- ½ fresh lemon

All you do:

1. Preheat grill to 450 degrees F/230 degrees C (high).
2. Measure salmon at thickest part. Plan to grill 5 minutes per inch (2.5 cm) of thickness, per side. (i.e. 1-inch/2.5 cm thick means 5 minutes per side. Set a timer, do not overcook).
3. In a bowl, combine syrup and salt; generously, brush onto 1 side of salmon. Reserve the sauce to brush other side.
4. Place seasoned side down on grill for about 5 minutes; brush top side of salmon with maple syrup and salt before flipping. Cook for remaining (5 minutes) or appropriate time per thickness.
5. Squeeze fresh lemon juice over cooked salmon. Let rest 2-3 minutes before serving.



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Chicken ENCHILADAS DONE LIGHT

Serves 4 (planned leftovers)

All you need:

- 2 cooked chicken breasts, shredded
- ½ onion, chopped
- ½ cup (125 ml) light sour cream
- 1 cup (250 ml) shredded 2% reduced fat Cheddar cheese, divided
- ½ Tbsp. (7 ml) dried parsley
- ¼ tsp. (1 ml) dried oregano
- ¼ tsp. (1 ml) ground black pepper
- 2 cups (500 ml) tomato sauce, divided
- ¼ cup (50 ml) water
- ½ Tbsp. (7 ml) chili powder
- ¼ cup (50 ml) chopped green bell pepper
- ½ tsp. (2 ml) minced garlic
- 4 (10 inch/25 cm) flour tortillas

All you do:

1. Preheat oven to 350 degrees F (180 degrees C).
2. In a medium skillet over medium heat, add shredded chicken, onion, sour cream, ½ cup (125 ml) cheddar cheese, parsley, oregano and pepper. Heat until cheese melts, Stir in 1 cup (250 ml) tomato sauce, water, chili powder, green pepper and garlic.
3. Spoon even amounts of the mixture in the tortillas, roll and place seam side down into a 7 inch (18 cm) by 9 inch (23 cm) baking dish. Cover with remaining tomato sauce and cheese.
4. Bake uncovered for 20 minutes. Cool 10 minutes before serving.



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WEEK 3 - 1600 CALORIE MENU

SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

Fruits

- Oranges, 4 medium
- Watermelon, 1 small
- Strawberries, 2 cups (500 ml)
- Cantaloupe, 1 small
- Grapes, 1 pound (500 g)
- Apples, 6 small
- Bananas, 3 medium
- Trop50® juice, 1 container

Vegetables

- Onion, 1
- Tomatoes, 1
- Bell pepper, 1
- Pico de Gallo, 1 cup (250 ml)
- White potatoes or Yukon Gold, 4 medium
- Romaine lettuce, 2 cups (500 ml)
- Shredded lettuce, 1 bag

Meat

- Pork chops, 2
- Chicken breast, 2
- Deli turkey 1/3 pound (151 g)
- Rotisserie chicken
- Pre-cooked shredded pork, 6 oz. (175 g) package
- Ground beef 90% lean, 1/2 pound (225 g)
- Salmon, 2 fillets

Frozen

- Frozen breakfast burrito, 2
- Amy's® Mexican Casserole bowl, 2
- Frozen yogurt, 2 (1 pint/568 ml) containers
- Gorton's® Grilled Seafood Cajun Grilled Fillets, 1 box
- Frozen mixed vegetable steamers, 2 bags
- Frozen southwest blend veggies, 2 bags
- Frozen green bean steamers, 1 bag

- Frozen pancakes, 1 box
- Healthy Choice® Café Steamers: Barbeque Seasoned Steak with Red Potatoes, 2 meals

Eggs and Dairy

- Eggs, 1 dozen
- 2% reduced fat Shredded cheddar cheese, 1 (8 oz./250 g) bag
- 1% milk, 1 gallon (16 cups)
- Light sour cream, 1 (8 oz./250 g) container
- Non-fat Fruited Greek yogurt, 6 individual (6 oz./175 g) containers

Cereals and breakfast items

- Bran flakes, 1 (16 oz./473 g) box

Chips

- Bite-sized corn chips, 1 (14.5 oz./425 g) bag

Soups/Condiments

- Pure Maple syrup
- Chocolate syrup
- Taco sauce
- Tomato sauce

Spices

- Dried onion flakes
- Red pepper flakes
- Minced garlic

Grains

- Corn tortillas, 1 (10 count) package
- Spanish rice, 2 packages (ex. Uncle Ben's®)
- Quinoa
- Whole grain pita rounds

Canned items

- Black beans, 2 (15 oz./443 ml) cans
- Salsa, 1 jar

To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee
- Mrs. Dash®
- No-stick cooking spray
- Ground pepper
- Iodized salt
- Sugar, granulated
- Unsweetened decaf tea
- Water-need a minimum of 5 cups (1.5 l) per day, more if coffee or tea is not consumed
- Used from week 1 check your supply:
- Milk, cheese, eggs, cereals, rice, fruits, veggies, rice, condiments



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WEEK 3 - 2000 CALORIE MENU

SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

Fruits

- Oranges, 4 medium
- Watermelon, 1 small
- Strawberries, 2 cups (500 ml)
- Cantaloupe, 1 small
- Grapes, 1 pound (500 g)
- Apples, 6 small
- Bananas, 3 medium
- Trop50® pomegranate blueberry juice, 1 container

Vegetables

- Onion, 1
- Tomatoes, 1
- Bell pepper, 1
- Pico de Gallo, 1 cup (250 ml)
- White potatoes or Yukon Gold, 4 medium
- Romaine lettuce, 2 cups (500 ml)
- Shredded lettuce, 1 bag

Meat

- Pork chops, 2
- Chicken breast, 2
- Deli turkey 1/3 pound (151 g)
- Rotisserie chicken
- Pre-cooked shredded pork, 6 oz. (175 g) package
- Ground beef 90% lean, 1/2 pound (225 g)
- Salmon, 2 fillets

Frozen

- Frozen breakfast burrito, 2
- Amy's® Mexican Casserole bowl, 2
- Amy's® Mexican Tamale Pie
- Frozen yogurt, 2 (1 pint/568 ml) containers
- Gorton's® Grilled Seafood Cajun Grilled Fillets, 1 box
- Frozen mixed vegetable steamers, 2 bags

- Frozen southwest blend veggies, 2 bags
- Frozen green bean steamers, 1 bag
- Frozen pancakes, 1 box
- Healthy Choice® Café Steamers: Barbeque Seasoned Steak with Red Potatoes, 2 meals

Eggs and Dairy

- Eggs, 1 dozen
- 2% reduced fat Shredded cheddar cheese, 1 (8 oz./250 g) bag
- 1% milk, 1 gallon (16 cups)
- Light sour cream, 1 (8 oz./250 g) container
- Non-fat Fruited Greek yogurt, 6 individual (6 oz./175 g) containers

Cereals and breakfast items

- Bran flakes, 1 (16 oz./473 g) box

Chips

- Bite-sized corn chips, 1 (14.5 oz./425 g) bag

Soups/Condiments

- Pure Maple syrup
- Chocolate syrup
- Taco sauce
- Tomato sauce

Spices

- Oregano
- Thyme
- Dried rosemary
- Parsley flakes

Grains

- Corn tortillas, 1 (10 count) package
- Spanish rice, 2 packages (ex. Uncle Ben's®)
- Quinoa
- Whole grain pita rounds
-

Canned items

- Black beans, 2 (15 oz./443 ml) cans
- Salsa, 1 jar

To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee
- Mrs. Dash®
- No-stick cooking spray
- Ground pepper
- Iodized salt
- Sugar, granulated
- Unsweetened decaf tea
- Water-need a minimum of 5 cups (1.5 l) per day, more if coffee or tea is not consumed

- Used from week 1 check your supply:
- Milk, cheese, eggs, cereals, rice, fruits, veggies, rice, condiments



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Turkey Tortilla ROLLS

Serves 2 (6 rolls each)

All you need:

- 2 flour tortillas (10-inch/25 cm)
- 4 Tbsp. (60 ml) onion & chive 1/3 (75 ml) less fat cream cheese
- 12 slices thin sliced deli oven-roasted turkey breast
- 1 cup (250 ml) shredded lettuce

All you do:

1. Divide and spread cream cheese on tortillas, top with turkey, lettuce. Roll up tightly and wrap with aluminum foil. Refrigerate for 1 or more hours.
2. Remove from refrigerator, remove foil, cut into 4 smaller rolls. Serve cold.



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SPRING/SUMMER WEEK 3

MEAL PLAN

Day 1	Menu Item	1600 calories	2000 calories
Fruit	Fresh Orange, sliced	1 cup (250 ml)	1 cup (250 ml)
Protein/Vegetable/Starch	Huevos Rancheros (recipe)	1 serving	2 servings
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch/Fat/Veg	Amy's® Mexican Tamale Pie (from frozen)	1 pie (1 serving)	1 pie (1 serving)
Starch	Bite-size Corn Chips with melted	1 serving	1 ½ servings
Dairy	Shredded 2% reduced-fat cheddar cheese	2 Tbsp. (30 ml)	¼ cup (50 ml)
Vegetable	Top with shredded lettuce, salsa of choice	½ cup (125 ml)/ 2 Tbsp. (30 ml)	½ cup (125 ml)/ ¼ cup (50 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Grilled Pork Loin Chop	3 oz. (75 ml)	4 oz. (125 g)
Starchy Vegetable	Baked Potato (microwaved) topped with	1 medium	1 medium
Vegetable/Fat	salsa and light sour cream	1 Tbsp. (15 ml) each	1 Tbsp. (15 ml) each
Vegetable	Frozen southwest blend veggies	½ cup (125 ml)	1 cup (250 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Watermelon chunks	1 cup (250 ml)	1 cup (250 ml)
	Light String Cheese Stick	1	1
	Water	1 cup (250 ml)	1 cup (250 ml)





SPRING/SUMMER WEEK 3

MEAL PLAN

Day 2

Menu Item

1600 calories

2000 calories

Fruit	Trop50® Pomegranate Blueberry Juice	1 cup (250 ml)	1 cup(250 ml)
Starch	Bran Flakes	1 cup (250 ml)	1 ½ cup (375 ml)
Dairy	1% Milk	½ cup (125 ml)	¾ cup (175 ml)
Fruit	Sliced strawberries	½ cup (125 ml)	2/3 cup (150 ml)
Other carbohydrate	Sugar, white, granulated	1 tsp. (5 ml)	2 tsp. (10 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Gorton's® Grilled Seafood Cajun Grilled Fillets (from frozen section, follow microwave instructions)	1 serving	1 serving
Vegetable	Steamed Mixed Vegetables with whipped margarine	½ cup (125 ml); 1 tsp. (5 ml)	½ cup (125 ml); 1 tsp. (5 ml)
Starch	Served with a warm Flour Tortilla (10-inch)	1	2
Vegetable	Pico de Gallo	½ cup (125 ml)	½ cup (125 ml)
Fruit	Cantaloupe chunks	1 cup (250 ml)	1 cup(250 ml)
Dairy	1% milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Starch/Protein/Veg	Chicken Enchiladas done Light (recipe)*	1 enchilada	1 enchilada
Starch	Spanish rice (Uncle Ben's® Ready Rice® Spanish Style)	½ cup (125 ml)	1 cup (250 ml)
Vegetable/Fat	Shredded lettuce, light sour cream	¼ cup (50 ml)/ 2 Tbsp. (30 ml)	¼ cup (50 ml)/ 2 Tbsp. (30 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Fresh Grapes	1 cup (250 ml)	1 cup (250 ml)
	Light String Cheese Stick	1	1
	Water	1 cup (250 ml)	1 cup (250 ml)

*Rotisserie Chicken works well, just pull the meat off the bone



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SPRING/SUMMER WEEK 3

MEAL PLAN

Day 3	Menu Item	1600 calories	2000 calories
Starch/Protein/Fat/ Dairy Dairy Beverages	Breakfast Burrito (from frozen) 1% Milk Unsweetened Coffee or tea Water	1 serving 0 1 cup (250 ml) 1 cup (250 ml)	1 serving 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Entrée Protein Starch/Protein Vegetables Fat Fruit/Dairy Beverage	Chicken Black Bean Lettuce Bowl: Cooked Chicken, bite-size* Black Beans, drained, rinsed Chopped Romaine Lettuce Salsa, any brand Light Ranch Salad Dressing Fruited Greek Yogurt, individual 150 calorie cup Water	2 oz. (60 g) ½ cup (125 ml) 2 cups (500 ml) 2 Tbsp. (30 ml) 2 Tbsp. (30 ml) 1 1 cup (250 ml)	3 oz. (75 g) ½ cup (125 ml) 2 ½ cups (625 ml) 3 Tbsp. (45 ml) 3 Tbsp. (45 ml) 1 1 cup (250 ml)
Protein Starch Fats Dairy Vegetable Fruit Beverage	Pre-cooked sauce-less Shredded Pork** (heated) Loaded Baked Potato, top with whipped margarine and light sour cream shredded 2% reduced fat Mexican cheese blend Frozen southwest blend veggies Banana Water	3 ounces (75 g) 1 medium (2.25-3.25 inch/5 cm -7.5 cm diameter) ½ Tbsp.(7 ml)/ ½ Tbsp. (7 ml) 2 Tbsp. (30 ml) ½ cup (125 ml) ½ 1 cup (250 ml)	3 ounces (75 g) 1 medium (2.25-3.25 inch/5 cm – 7.5 cm diameter) 1 Tbsp. (15 ml)/ 1 Tbsp. (15 ml) 2 Tbsp. (30 ml) 1 cup (250 ml) ½ 1 cup (250 ml)
Snack	Sliced Apple with Peanut butter Water	1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)	1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)

*Rotisserie Chicken works well, just pull the meat off the bone
**Purchase a pre-cooked shredded pork, sauceless





SPRING/SUMMER WEEK 3

MEAL PLAN

Day 4

Menu Item

1600 calories

2000 calories

Fruit	Trop50® Pomegranate Blueberry Juice	1 cup (250 ml)	1 cup (250 ml)
Starch	Bran Flakes	1 cup (250 ml)	1 ½ cup (375 ml)
Dairy	1% Milk	½ cup (125 ml)	¾ cup (175 ml)
Fruit	Sliced strawberries	½ cup (125 ml)	2/3 cup (150 ml)
Other carbohydrate	Sugar, white, granulated	1 tsp. (5 ml)	2 tsp. (10 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch/Veg/Fat	Amy's®: Mexican Casserole Bowl (from frozen)	1 bowl (1 container)	1 bowl (1 container)
Fruit	Fresh Orange, sliced	1	1
Dairy	Frozen Yogurt	½ cup (125 ml)	1 ½ cups (375 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Starch/Protein/Veg/Dairy	Chicken Enchiladas done Light (utilize leftovers)*	1 enchilada	1 enchilada
Starch	Spanish rice (Uncle Ben's® Ready Rice® Spanish Style)	½ cup (125 ml)	1 cup (250 ml)
Vegetable/Fat	Shredded lettuce, light sour cream	¼ cup (50 ml)/ 2 Tbsp. (30 ml)	¼ cup (50 ml)/ 2 Tbsp. (30 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Watermelon chunks	1 cup (250 ml)	1 cup (250 ml)
	Light String Cheese Stick	1	1
	Water	1 cup (250 ml)	1 cup (250 ml)



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*reheat leftovers to 165 degrees F.



SPRING/SUMMER WEEK 3

MEAL PLAN

Day 5	Menu Item	1600 calories	2000 calories
Fruit Protein/Veg/Starch Dairy Beverages	Fresh Mixed Fruit Huevos Rancheros (recipe) 1% Milk Unsweetened Coffee or tea Water	1 cup (250 ml) 1 serving 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)	1 cup (250 ml) 2 servings 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein/Starch/Fat Vegetable Fat Fruit Dairy Beverage	Turkey Tortilla Rolls (recipe) Steamed Mixed Vegetable with Whipped margarine Apple, sliced Fruited Greek Yogurt, individual 150 calorie cup Water	4 rolls ½ cup (125 ml) ½ tsp. (2 ml) ½ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml)	4 rolls 1 cup (250 ml) 1 tsp. (5 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Starch Condiment Protein Vegetables Dairy/Fat Vegetable Dairy/Other carb Beverage	Individual Taco Pita Pizza with whole grain pita rounds (not pockets) with taco sauce, cooked chicken* chopped tomatoes, salsa, shredded lettuce shredded 2% reduced fat Mexican cheese, light sour cream Side Salad with light dressing of choice 1% Chocolate Milk (add chocolate syrup) Water	1 pizza with 1-2 Tbsp. (15-30 ml) 2 Tbsp. (30 ml) 1 Tbsp. (15 ml) each ¼ cup (50 ml) 1 cup (250 ml); 1 Tbsp. (15 ml) 1 cup (250 ml) 1 cup (250 ml)	1 ½ pizzas with 1-2 Tbsp. (15-30 ml) 2 Tbsp. (30 ml) 1 Tbsp. (15 ml) each ¼ cup (50 ml) 2 cup (500 ml); 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml)
Snack	Frozen yogurt Water	½ cup (125 ml) 1 cup (250 ml)	½ cup (125 ml) 1 cup (250 ml)

*Rotisserie Chicken works well, just pull the meat off the bone



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SPRING/SUMMER WEEK 3

MEAL PLAN

Day 6	Menu Item	1600 calories	2000 calories
Entrée Protein/Dairy Fruit Starch Beverages	Pancakes (from frozen) Whipped margarine Light syrup Unsweetened Coffee or tea Water	2 2 tsp. (10 ml) 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml)	3 3 tsp. (10 ml) 3 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml)
Entrée Protein/Starchy Vegetable Vegetable/Fat Fruit Dairy Beverage	Healthy Choice® Café Steamers® frozen entrée: Barbecue Seasoned Steak with Red Potatoes Steamed Green Beans with whipped margarine Banana 1% Chocolate Milk Water	1 meal ½ cup (125 ml); 1 tsp. (5 ml) ½ 1 cup (250 ml) 1 cup (250 ml)	1 meal 1 cup (250 ml); 2 tsp. (10 ml) 1 1 cup (250 ml) 1 cup (250 ml)
Protein Starch Vegetable/Fat Fruit Dairy Beverage	Grilled Maple Salmon Fillet (recipe) over Quinoa (follow package cooking instructions) Top with Pico de Gallo and light sour cream Cantaloupe chunks 1% Milk Water	4 oz. (125 g) 2/3 cup (150 ml) ¼ cup (50 ml); 1 1 Tbsp. (15 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)	4 oz. (125 g) 1 cup (250 ml) ½ cup (125 ml); 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Snack	Sliced Apple with Peanut butter Water	1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)	1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)





SPRING/SUMMER WEEK 3

MEAL PLAN

Day 7

Menu Item

1600 calories

2000 calories

Fruit	Trop50® Pomegranate Blueberry Juice	1 cup (250 ml)	1 cup (250 ml)
Starch	Bran Flakes	1 cup (250 ml)	½ cup (125 ml)
Dairy	1% Milk	½ cup (125 ml)	¾ cup
Fruit	Sliced strawberries	½ cup (125 ml)	2/3 cup (150 ml)
Other carbohydrate	Sugar, white, granulated	1 tsp. (5 ml)	2 tsp. (10 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Shredded Pork Black Bean Lettuce Bowl:		
Protein	Cooked Shredded Pork*	2 oz.	3 oz.
Starch/Protein	Black Beans, drained, rinsed	½ cup (125 ml)	½ cup (125 ml)
Vegetables	Mixed Greens	2 cups (500 ml)	2 ½ cups (750 ml)
	Salsa, any brand	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Fat	Light Ranch Salad Dressing	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Fruit/Dairy	Fruited Greek Yogurt, individual 150 calorie cup	1	1
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Nachos, Layer these: Cooked Ground Beef	¼ cup	¼ cup (50 ml)
Starch	Bite-size Corn Chips	2 servings	2 ½ servings
Dairy	Shredded 2% reduced-fat cheddar cheese	¼ cup (60 ml)	1/3 cup (80 ml)
Vegetable	Top with shredded lettuce, salsa of choice	½ cup (125 ml) / ¼ cup (50 ml)	½ cup (125 ml)/ 1/3 cup (80 ml)
Fruit	Banana	½	1
Dairy	1% Milk	½ cup (125 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Frozen yogurt	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)

*purchase pre-cooked shredded pork, sauce-less



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