For breakfasts, I ate one of the following:

A couple of fried or scrambled eggs and some whole-wheat toast with butter

Whole-grain cereal with skim milk and berries

Greek yogurt sprinkled with whole grain cereal, flax seed and berries

Peanut butter toast

My lunches were either dinner leftovers or a non-meat Lean Cuisine and a salad. I put some non-meat protein in my salad every day: some egg or nuts or flaked salmon.

For snacks, I ate fruit or Greek yogurt with honey.

Here are the week’s dinner menus. Note that my husband is not fully participating in my flexitarian experiment. Nor should he necessarily. He’s older and bigger than I am and a man; he should eat more meat. On evenings where he supplemented our meal with some meat, I note that.

Monday:

I had black bean, corn and feta tacos\*, with rice & red beans and veggies & dip as sides.

Al had regular beef tacos.

We had cherry pie\* for dessert.

Tuesday (a meat night for me):

Spiced pork chops\*

Roasted potatoes

Balsamic roasted shallot salad\*

Cherry pie

Wednesday (another meat night):

Grilled lemon chicken\*

Feta rice\*

Mixed green salad with blue cheese & grapes\*

Ice cream sandwiches for dessert

Thursday:

Spaghetti noodles with veggies & hot chili/peanut butter sauce, sprinkled with peanuts\*

Dark chocolate for dessert

I hosted bunco on Friday night, so it was an all-French, all -vegetarian bunco menu:

Ratatouille\*

Baguette

Cheese plate

Fruit plate

Macarons and tarte tatin\*

Totally unhealthy candy, pretzels, cheesy corn puffs and caramel ginger popcorn for table snacks

My friend Suzanne brought pepperoni rolls (OK, so no TOTALLY vegetarian, but I did not eat any even though they smelled amazing)

Saturday:

Zucchini-topped cheesy polenta\* (Al supplemented with some chicken barbequed on the grille)

Leftover tarte tatin for dessert

Sunday:

Going full-on carnivore tonight, man!

Steak, French fries and broccoli!

Leftover macarons for dessert