Breakfasts, lunches & snacks were pretty much the same as last week. Because I still work & am very busy, I have to keep things real simple and uncreative….

For breakfasts, I eat 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

This week I had sautéed tomato & mushrooms on toast one morning, which was a little different

My lunches are 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 eat fruit, a protein bar or Greek yogurt with honey.

Here are the week’s dinner menus. As I mentioned, my husband is not fully participating in my flexitarian experiment. Sometimes he’ll supplement his meal with meat. But this week, every evening we ate the exact same thing and he was fine.

Monday:

Tomato/asiago frittata\*

Blueberry/arugula salad\*

Tarte tatin\*

Tuesday:

Linguini with zucchini/lemon/feta sauce\*

Cookies

Wednesday:

Crispy trout\*

Couscous with asparagus\*

Cookies

Thursday (a meat night):

Homemade pizza with manchego cheese, chicken sausage & yellow pepper\*

Green Salad

A few pieces of dark chocolate

Friday (Al is out with his friends on Fridays, so I eat dinner alone):

Veggie burger on a bun w/tomato, pickle & mayo

Mixed vegetables

A few pieces of dark chocolate

Saturday (a meat night):

BBQ chicken

Corn on the cob

Green salad

A few pieces of dark chocolate

Sunday:

We’re going to a wedding on Sunday, so we’ll eat whatever they serve.