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

On Sunday after church this week, I made us French toast with berries

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.

On Saturday, we went out to lunch at Roland’s while shopping in the Strip, and I had mussels.

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, and I note that below.

Sunday (birthday party for Al & Dan at Chuck & Bree’s house):

Burrito bowls with soy chorizo (Chuck made a burger for Al)

Chocolate cake\* & ice cream

Monday:

Pasta with veggies\*

Leftover cake

Tuesday (out to dinner at North Country Brewing with my work team):

Bean burrito

Green salad

I did order chicken wings for the table and ate two myself

Wednesday

Fried trout\*

Succotash\*

Last of the leftover cake

Thursday

Tuscan steak salad\*

Broiled tomatoes\*

Frozen yogurt

Friday

Peppercorn tilapia\*

Leftover succotash from Wednesday

Frozen yogurt

Saturday
Chicken with blueberry salsa\*

Bulgar salad with cucumbers, blueberries & feta\*

Cookies