



Bagel Sandwich BREAKFAST

Toasted medium sized bagel topped with turkey bacon and 1 scrambled egg.

Light LUNCH

Cold plate: one boiled egg, 2 lean slices of deli turkey, dill pickle spears, whole wheat crackers and 1 sliced apple with 1 tbsp peanut butter for dipping.

Snack

Cottage cheese and pineapple.

Vegetarian DINNER

Confetti Couscous: In a medium saucepan, bring 2 cups vegetable broth to a boil; stir in 1 (10 oz) box couscous. Remove from the heat; cover and set aside until all of the liquid is absorbed, about 10 minutes.

Meanwhile, in a large nonstick skillet, heat 2 tsp olive oil. Add 1 red onion, chopped and 3 minced cloves of garlic; cook until softened, about 5 minutes.

Add 1 medium, diced zucchini; 1 medium, diced yellow squash; 1 red bell pepper, seeded and diced. Cook until vegetables are tender-crisp, about 5 minutes.

Transfer the couscous to large serving bowl; fluff with a fork. Add the vegetables, 1 can chickpeas, rinsed and drained, 3 tbsp lemon juice, 1/2 tsp black pepper. Refrigerate, covered, until chilled. Serve on a lettuce leaf.

Dessert: Angel food cake, berries, and whipped topping.