

STRESS-BUSTING MENU

A week's worth of nutritious meals to help you fight stress and stay healthy

MONDAY

B: Yogurt parfait w/ plain, nonfat yogurt, fruit, granola
L: Veggie and hummus wrap
S: An orange and pistachios
D: Grilled salmon with asparagus and brown rice

TUESDAY

B: Oatmeal with skim milk, blueberries, unsalted nuts
L: Turkey-and-avocado lettuce wrap
S: An apple and reduced-fat cheese stick
D: Chicken and veggie stiry-fry over brown rice

WEDNESDAY

B: 2 eggs (any style) and a slice of whole-grain toast
L: Quinoa and black bean salad
S: Carrot sticks and hummus
D: Tuna roll with brown rice

THURSDAY

B: Broccoli & feta omelet
L: Salad topped with chicken and avocado
S: Celery sticks with peanut butter
D: Turkey tacos

FRIDAY

B: Small bran muffin and nonfat yogurt
L: Stuffed peppers: ground turkey, brown rice, veggies
S: Pumpkin seeds
D: Veggie chili

SATURDAY

B: Whole-wheat toast with nut butter and banana
L: Bun-less veggie burger on a bed of spinach
S: Red bell pepper sticks with hummus
D: Butternut squash soup

SUNDAY

B: Steel-cut oatmeal with apples and cinnamon
L: Chicken and wild rice soup
S: Air-popped popcorn
D: Roasted turkey breast with roasted carrots and quinoa