

GOTHAM CITY MEALS SAMPLE MENU WEEK 1



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|---|--|---|--|--|---|
| BREAKFAST | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk (1 cup) | Mexican Vegetable Frittata (3 oz) Potatoes (1/2 cup) Applesauce (1/2 cup) Whole Wheat Bread (1 slice) 1% Milk (1 cup) | WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup) | Waffles with Syrup (2) Cinnamon Applesauce (1/2 cup) 1% Milk (1 cup) | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk (1 cup) | Pancakes with Syrup (2) Applesauce (1/2 cup) 1% Milk (1 cup) | Breakfast Loaf Low Fat Yogurt (1/2 cup) Orange 1% Milk (1 cup) |
| LUNCH | Curried Turkey Salad (3 oz) WW Bun (1) Carrots & Cucumbers (1 cup) Orange Apple Juice (1/2 c) | Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread) Coleslaw (1/2 cup) Tomatoes (1/2 cup) Banana Orange Juice (1/2 c) | Tuna Salad (3 oz) WW Bun (1) Beet Salad (1/2 cup) Potato Salad (1/2 cup) Applesauce (1/2 c) Apple Juice (1/2 c) | Cheddar Cheese Sandwich (2 oz cheese & 2 slices WW Bread) Macaroni Salad (1/2 cup) Green Bean Salad (1/2 cup) Pear Orange Juice (1/2 c) | French Lentil Salad with lentils, mixed vegetables, and yogurt dressing (2 cups) WW Bread (1 slice) Applesauce (1/2 c) Orange Pineapple Juice (1/2 c) | Tossed Salad with cottage cheese (2 cups salad, 1/2 c cottage cheese) WW Bread (1 slice) Orange Apple Juice (1/2 c) | Mexican Red Bean & Corn Salad with Cabbage (2 cups) Corn Tortilla (1) Apple Orange Juice (1/2 c) |

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|--|---|---|---|--|---|
| DINNER | Chinese Style Sweet & Sour Fish (3 oz) Zucchini (1/2 cup) Brown Rice (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) | Turkey Meatloaf (4 oz) Mashed Potatoes Winter Blend Veggies (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | Cheese Lasagna (6 oz) Mixed Veggies (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) | Beef Stroganoff (3 oz) Egg Noodles (1/2 cup) Broccoli (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) | Cheese Crepes (6 oz) Steamed Peas (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | Dominican Beef Picadillo (3 oz) Sauteed Kale (1/2 cup) Brown Rice (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) | Chicken Curry (3 oz) Rice and Peas (1/2 cup) Steamed Carrots (1/2 cup) WW Bread (1 slice) Applesauce (1/2 cup) 1% Milk (1 cup) |

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GOTHAM CITY MEAL SAMPLE MENU WEEK 2



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|---|--|--|---|---|--|
| BREAKFAST | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk | Mexican Vegetable Frittata (3 oz) Breakfast Potato (1/2 cup) Applesauce (1/2 cup) Whole Wheat Bread (1 slice) 1% Milk (1 cup) | WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup) | Waffles with Syrup (2) Cinnamon Applesauce (1/2 cup) 1% Milk (1 cup) | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk (1 cup) | Pancakes with Syrup (2) Applesauce (1/2 cup) 1% Milk (1 cup) | Bran Muffin Low Fat Yogurt (1/2 cup) Orange 1% Milk (1 cup) |
| LUNCH | Harvest Turkey Salad (3 oz) WW Bun (1) Cabbage Slaw (1/2 cup) Chickpea Salad (1/2 cup) Orange Apple Juice (1/2 c) | Curried Egg Salad (3 oz) WW Bread (1 slice) Baby Carrots (1/2 cup) Bean Salad (1/2 c) Banana Orange Juice (1/2 c) | Cottage Cheese Salad (3 oz) Asian Cucumber Salad (1/2 c) Tomatoes (1/2 c) WW Bun (1) Applesauce (1/2 c) Apple Juice (1/2 c) | Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread) Pasta & Veggie Salad (1 cup) Pear Orange Juice (1/2c) | Chickpea Salad (1 cup) WW Bread (1 slice) Corn & Green Bean Salad (1 cup) Applesauce (1/2 c) Orange Pineapple Juice (1/2 c) | Caesar Salad with Tuna (2 cups salad & 3 oz Tuna) WW Bun (1) Orange Apple Juice (1/2 c) | Black Bean & Cous Cous Salad (1 cup) Tomato & Cucumber Salad (1 c) WW Bun (1) Apple Orange Juice (1/2 c) |

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GOTHAM CITY MEALS SAMPLE MENU WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|--|---|---|--|--|---|
| DINNER | Teriyaki Fish (3 oz) Brown Rice (1 cup) Broccoli (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) | Turkey Burger with Onions (3 oz) Mashed Sweet Potatoes (1/2 cup) Winter Blend Veggies (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | Baked Falafel (3 oz) White Bean Stew (1/2 cup) Carrots (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) | Salisbury Steak (3 oz) Mashed Potatoes (1/2 cup) California Blend Veggies (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) | Sweet Noodle & Cheese Casserole (6 oz) Mixed Veggies (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | Chicken Bolognese (3 oz) WW Pasta (1/2 cup) Green Beans (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) Turkey | Turkey Tetrazzini (3 oz) Green Peas (1/2 cup) WW Bread (1 slice) Applesauce (1/2 cup) 1% Milk (1 cup) |

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GOTHAM CITY MEALS SAMPLE MENU WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|---|---|---|--|--|---|
| BREAKFAST | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk | Mexican Vegetable Frittata (3 oz) Breakfast Potato (1/2 cup) Applesauce (1/2 cup) Whole Wheat Bread (1 slice) 1% Milk (1 cup) | WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup) | Waffles with Syrup (2) Cinnamon Applesauce (1/2 cup) 1% Milk (1 cup) | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk (1 cup) | Pancakes with Syrup (2) Applesauce (1/2 cup) 1% Milk (1 cup) | Breakfast Loaf Low Fat Yogurt (1/2 cup) Orange 1% Milk (1 cup) |
| LUNCH | Turkey Salad (3 oz) WW Bun (1) Carrots & Cucumbers (1 cup) Orange Apple Juice (1/2 c) | Egg Salad (3 oz) WW Bread (2 slices) Coleslaw (1/2 c) Tomatoes (1/2 c) Banana Orange Juice (1/2 c) | Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread) Macaroni Salad(1/2 cup) Tomatoes (1/2 cup) Applesauce (1/2 c) Apple Juice (1/2 c) | Cheddar Cheese Sandwich (2 oz cheese & 2 slices WW Bread) Macaroni Salad (1/2 cup) Sliced Bell Pepper (1/2 cup) Pear Orange Juice (1/2 c) | Lentil & Chickpea Salad (2 cups) Cucumber Salad (1/2 c) WW Bread (1 slice) Applesauce (1/2 c) Orange Pineapple Juice (1/2 c) | Tossed Salad with cottage cheese (2 cups salad, 1/2 c cottage cheese) WW Bread (1 slice) Orange Apple Juice (1/2 c) | Mexican Red Bean & Corn Salad with Cabbage (2 cups) Corn Tortilla (1) Apple Orange Juice (1/2 c) |

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|---|--|---|--|---|---|
| DINNER | Baked Fish with Lemon Dill Sauce (3 oz) White Rice (1/2 cup) Carrots (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) | Chicken Patty (3 oz) Couscous (1/2 cup) Zucchini (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | 3 Bean Chili (3 oz) California Blend Veggies (1/2 cup) White Rice (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) | Swedish Meatballs (3 oz) Egg Noodles (1/2 cup) Broccoli (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) | Curry Chickpea Stew (4 oz) White Rice (1/2 cup) Green Beans (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | Unstuffed Beef Cabbage (4 oz) Mixed Veggies (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) | Jerk Chicken (3 oz) Mashed Potatoes (1/2 cup) Sautéed Kale (1/2 cup) WW Bread (1 slice) Applesauce (1/2 cup) 1% Milk (1 cup) |

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GOTHAM CITY MEALS SAMPLE MENU WEEK 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|---|---|---|--|--|---|
| BREAKFAST | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk | Mexican Vegetable Frittata (3 oz) Breakfast Potato (1/2 cup) Applesauce (1/2 cup) Whole Wheat Bread (1 slice) 1% Milk (1 cup) | WW Bagel with Cream Cheese Hard Boiled Egg (1) Orange 1% Milk (1 cup) | Waffles with Syrup (2) Cinnamon Applesauce (1/2 cup) 1% Milk (1 cup) | Cereal (2 cups) String Cheese (1 oz) Banana 1% Milk (1 cup) | Pancakes with Syrup (2) Applesauce (1/2 cup) 1% Milk (1 cup) | Corn Muffin Low Fat Yogurt (1/2 cup) Orange 1% Milk (1 cup) |
| LUNCH | Chipotle Turkey Salad (3 oz) WW Bun (1) Carrots & Cucumbers (1 cup) Orange Apple Juice (1/2 c) | Curried Egg Salad (3 oz) WW Bread (2 slices) Coleslaw (1/2 c) Tomatoes (1/2 c) Banana Orange Juice (1/2 c) | Soy Lime Tuna Salad (3 oz) WW Bun (1) Asian Cucumber Salad (1/2 c) Tomatoes (1/2 c) Applesauce (1/2 c) Apple Juice (1/2 c) | Beef Bologna Sandwich (3 oz Meat & 2 slices WW Bread) Pasta & Veggie Salad (1 cup) Pear Orange Juice (1/2 c) | White Bean Smash Sandwich (3 oz beans & 2 slices WW Bread) Potato Salad (1/2 c) Applesauce (1/2 c) Orange Pineapple Juice (1/2 c) | Cottage Cheese Salad (3 oz) Asian Cucumber Salad (1/2 c) Tomatoes (1/2 c) WW Bun (1) Orange Apple Juice (1/2 c) | Tuna Egg Salad Supreme (3 oz tuna & Egg) Beet Salad (1/2 c) Coleslaw (1/2 c) WW Bread (1 slice) Apple Orange Juice (1/2 c) |

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---|--|--|--|--|---|--|
| DINNER | Breaded Fish (3 oz) Rice Pilaf (1/2 cup) Green Beans (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) Baked Chicken P | Baked Chicken Patty with Lemon Sauce (3 oz) California Blend Veggies (1/2 cup) Roasted Potatoes (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | Jeweled Rice and Beans (8 oz) Kale in Garlic Sauce (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) | Turkey Meat Sauce (3 oz) WW Pasta (1/2 cup) Zucchini (1/2 cup) Apple WW Bread (1 slice) 1% Milk (1 cup) | Black Bean and Mushroom Veggie Burger (4 oz) Couscous (1/2 cup) Steamed Spinach (1/2 cup) WW Bread (1 slice) Orange 1% Milk (1 cup) | Sloppy Joe (3 oz) Brown Rice (1/2 cup) Cauliflower (1/2 cup) WW Bread (1 slice) Pear 1% Milk (1 cup) | BBQ Chicken (3 oz) Mashed Sweet Potatoes (1/2 cup) Broccoli (1/2 cup) WW Bread (1 slice) Applesauce (1/2 cup) 1% Milk (1 cup) |

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