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# ENLIGHTENING CHOICES

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## *Nutrition for a Lighter Lifestyle*

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### **Menu Planning Ideas**

*Recipes Available Upon Request*

#### **Breakfast**

Greek Omelet  
Sweet Potato Crisps  
Whole Wheat Pita Bread  
Fresh Fruit Cup

*Or*

Chicken, Spinach & Feta Cheese Quesadillas  
Melon Wedges

#### **Lunch**

Chicken Caesar Salad with Whole Wheat French Rolls  
Chocolate Covered Strawberries

*Or*

Tortilla Soup  
Southwest Shrimp Salad  
Corn Tortilla Crisps  
Caramel Flan

#### **Dinner**

Spinach Salad  
Chicken Shish Kebobs  
Wild Rice  
Peach & Blueberry Crisp

*Or*

Hoisin Shrimp & plum sauté  
Ginger Snap Peas &  
Jasmine Rice  
Baked Apple & Walnuts with Biscotti Wafers

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