

eat right **HEALTHY-EATING PLANNER:** the calendar

October

What's for dinner tonight? We've taken the 10 superfoods and turned them into 20 delicious recipes for you to make this month.



MON	TUES	WED	THURS	FRI	SAT	SUN
	BBQ Chicken Sandwich With Balsamic Spinach Salad	Garlic Parmesan Chicken With Roasted Vegetables	Lemon-Butter Salmon & Broccoli Penne	Pinto Bean Tacos	BBQ Chicken Sandwich With Balsamic Spinach Salad	Steak Salad With Lemon-Walnut Vinaigrette & Whole-Grain Roll
		1	2	3	4	5
Spinach & Goat Cheese Flatbread Pizza	Avocado & Black Bean Wraps	Basil & Walnut Pesto Pasta With Side Salad & Light Vinaigrette	Garlic Parmesan Chicken With Roasted Vegetables	Fried-Rice Bowl With Broccoli & Shrimp	Pinto Bean Tacos	Roasted Cumin Chicken With Steak Fries & Broccoli
6	7	8	9	10	11	12
Basil & Walnut Pesto Pasta with Side Salad & Light Vinaigrette	Greek Salad With Pita Croutons	Mole Chicken Tacos	BBQ Salmon With Greens & Sweet Potato	Spinach & Goat Cheese Flatbread Pizza	Herbed Quinoa With Shrimp & Zucchini	BBQ Chicken Sandwich With Balsamic Spinach Salad
13	14	15	16	17	18	19
White Bean, Tomato & Basil Pasta	Steak Salad With Lemon-Walnut Vinaigrette & Whole-Grain Roll	Lemony Lentil Soup & Whole-Grain Roll	Lemon-Butter Salmon & Broccoli Penne	Potato With Veggie Chili, Broccoli & Cheddar	Fried-Rice Bowl With Broccoli & Shrimp	Moroccan Quinoa & Chicken
20	21	22	23	24	25	26
Greek Salad With Pita Croutons	Guacamole Veggie Burger With Pea Pods, Carrots & Low-Fat Ranch Dressing	Mole Chicken Tacos	Curried Chickpeas & Cauliflower With Brown Rice	White Bean, Tomato & Basil Pasta		
27	28	29	30	31		

