



# Mexican Meal Plan

(based on portions for one person)



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Breakfast

Usually a light breakfast and mid-morning coffee break.

2 huevos rancheros

8oz cafe con leche (coffee with milk)

*Mid-morning:*

8oz hot chocolate (spiced if desired)

1 banana

½ cup pomegranate arils

1 small sweet roll

8oz hot chocolate

*Mid-morning:*

8oz cafe con leche

1 egg

1 small corn tortilla

1 cup papaya cubes

1 small sweet roll

8oz cafe con leche

*Mid-morning:*

1 small corn tortilla

¼ cup refried beans

8oz cafe con leche

2 huevos a la Mexicana

8oz hot chocolate

*Mid-morning:*

8oz cafe con leche

1 cup papaya cubes

1 banana

1 small sweet roll

8oz cafe con leche

*Mid-morning:*

8oz cafe con leche

1 small tostada

½ cup shredded chicken

2 Tbsp mole

2 huevos rancheros

8oz hot chocolate

*Mid-morning:*

1 cup papaya cubes

8oz cafe con leche

1 banana

1 small sweet roll

8oz hot chocolate

*Mid-morning:*

1 small corn tortilla

¼ cup refried beans

8oz cafe con leche

### Lunch

Main meal.

½ cup carne asada

1 small elote (grilled corn cob with cotija cheese, chili powder and lime)

¼ cup fresh guacamole

¼ cup refried beans

½ cup fresh greens

1 small corn tortilla

½ cup shredded chicken

2 Tbsp mole

¼ cup seasoned rice

½ cup seasoned black beans

1 small dessert (tres leches or flan)

6oz shrimp with garlic, lime and chili

2 Tbsp mole

1 cup chicken tortilla soup

½ cup fresh greens

1 small dessert (tres leches or flan)

½ cup seasoned black beans

½ cup fresh greens

¼ cup seasoned rice

1oz cheese (queso fresco or cotija)

1 small corn tortilla

1 cup pozole

½ cup carne asada

½ cup refried beans

1 small corn tortilla

1 small dessert (tres leches or flan)

6oz shrimp with garlic, lime and chili

½ cup fresh greens

½ cup seasoned black beans

1 small corn tortilla

1 small dessert (tres leches or flan)

1 cup pozole

½ cup shredded chicken

2 Tbsp mole

1oz cheese

¼ cup seasoned rice

½ cup fresh greens

### Dinner

Light or even skipped. Usually leftovers.

½ cup seasoned rice (long grain with tomato sauce, spices and onion)

½ cup diced tomato salsa

1 small elote

½ cup carne asada

¼ cup fresh guacamole

1 cup pozole (corn stew)

1 cup pozole (corn stew)

1 cup chicken tortilla soup

¼ cup fresh guacamole

½ cup diced tomato salsa

¼ cup seasoned rice

¼ cup fresh guacamole

1 small tostada (beans or cheese if desired)

### Snack

Usually late afternoon.

8oz agua fresca (blended fruit drink with water and sugar)

1-2 small cookies

8oz cafe con leche

1 cup papaya cubes

1oz mixed nuts and/or candied fruit

½ cup pomegranate arils

1oz mixed nuts and/or candied fruit

8oz cafe con leche

8oz agua fresca

1-2 small cookies

1oz mixed nuts and/or candied fruit

8oz cafe con leche

½ cup pomegranate arils

1-2 small cookies