

# FUEL YOUR BODY

A GUIDE TO GREAT NUTRITION



8-week guide to healthy eating complete with daily meal plans,  
48 delicious recipes and convenient weekly grocery list.

## **Welcome to your Guide to Healthy Eating**

We understand that life can get pretty hectic. Sometimes you barely have time to eat, let alone to eat balanced, healthy meals. We want to help, and in the Guide to Healthy Eating we've planned and presented every detail of a simple meal plan that you can start now and see results fast.

The Guide to Healthy Eating is quick and easy because we've done all the work for you. We started with eight weeks of meal plans, designed by a team of registered dietitians and gourmet chefs—so you know that your meals will be healthy and delicious. Every meal of the day, including snacks, has been carefully laid out; we've even counted the calories so you don't have to.

The recipes that you need are all included in the Guide, with directions that are clear and easy to follow. To top it off, we've gone through each week of the plan and created a grocery list that makes shopping easy—just follow the list and you'll always have exactly what you need at meal time.

You'll notice that each week leaves one day open—this is your day to choose your own meals, but don't use it as an excuse to binge. Remember your health, weight and fitness goals, and try to eat foods similar to those in the meal plan.

Follow the Guide to Healthy Eating and you'll find balanced, healthy, delicious results in no time!

*Consult your physician before starting this or any other meal plan. If you are pregnant, diabetic, have a heart condition or have any other medical condition, do not undertake this or any dietary change without your physician's permission.*

## Portions

Check this column to see at a glance how much of each item you'll need to prepare your meals throughout the day. Items marked with a "○" are for breakfasts, lunches, and snacks. The amounts shown are enough to SERVE ONE. Items marked with a "□" are for dinner. The dinner amounts will SERVE FOUR TO SIX comfortably. If you're cooking for one, it's easy to halve or quarter the recipe. If you end up with leftovers, you're welcome to eat them in place of one of your recommended meals, but remember to keep your portion sizes modest. If more than four are expected for dinner, the Grocery List makes it easy to decide which ingredients you'll need more of to alter your dinner recipes.

## Pantry Items to Check

Before shopping each week, check to make sure you have enough of these essentials. They're common ingredients in many of the meals you'll be preparing, so if you're running short, you'll want to restock.

## Item Column

This column lets you know conveniently and easily which foods you'll need during the upcoming week. You may substitute another food of choice at any time. Just take note of the calories allotted for a specific food or meal, and try to substitute within that calorie budget. Substitution also applies to fruits or vegetables, some of which may be out of season or simply unavailable.

- = These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving
- = These items are for your **DINNER** menus and will allow for 4 servings

WEEK 1 GROCERY LIST					
<b>PANTRY</b>	<ul style="list-style-type: none"> <li>□ Whole-wheat bread</li> <li>○ Low-fat milk</li> <li>□ Parmesan cheese</li> <li>○ Low-fat salad dressing</li> <li>□ Brown sugar</li> </ul>	<ul style="list-style-type: none"> <li>○ Natural peanut butter</li> <li>○ Soft tub margarine</li> <li>○ Light Miracle Whip*</li> <li>○ Jam or preserves</li> <li>○ Mustard</li> </ul>	<ul style="list-style-type: none"> <li>○ = These items are for your <b>BREAKFAST, LUNCH &amp; SNACK</b> menus and will allow for 1 serving</li> <li>□ = These items are for your <b>DINNER</b> menus and will allow for 4 servings</li> </ul>		
<b>DAIRY</b>	<ul style="list-style-type: none"> <li>□ Fat-free sour cream 1/2 cup</li> <li>□ Shredded, low-fat cheddar cheese 1 cup</li> <li>○ Ranch dip 1 (7.5-oz.) container</li> <li>○ Light yogurt 3 (6-oz.) containers</li> <li>○ Eggs 1/2 dozen</li> <li>○ Orange juice (calcium-fortified) 1/2 gallon</li> <li>○ Low-fat cottage cheese 1 (8-oz.) container</li> <li>○ Part-skim mozzarella string cheese 1 each</li> <li>○ Cheese slices (low-fat) 1 (16 slice) package</li> </ul>	<ul style="list-style-type: none"> <li>○ Grapefruit 1 each</li> <li>○ Melons 1 cup each</li> <li>○ Nectarines 1 each</li> <li>○ Peaches 1 each</li> <li>○ Plums 1 each</li> <li>○ Oranges 1 each</li> <li>□ Fresh fruit of choice 10 cups</li> </ul>	<b>VEGETABLES</b>	<ul style="list-style-type: none"> <li>○ Baby carrots 1 (1-lb.) bag</li> <li>○ Cucumbers 1 each</li> <li>○ Sugar snap peas 1 small bag (or 1 cup)</li> <li>○ Celery 1 stalk</li> <li>○ Dark, leafy green salad mix 1 (5-oz.) bag</li> <li>□ Dark, leafy green salad mix 15 oz.</li> <li>○ Tomatoes 1 each</li> <li>□ Tomatoes 3 each</li> <li>□ Onions (yellow or white) 1 1/2 each</li> <li>□ Red onions 1/4 each</li> <li>□ Jalapeño peppers 1 1/2 each</li> <li>□ Fresh cilantro 1/4 bunch</li> <li>○ Broccoli florets 1 bunch</li> <li>□ Broccoli florets 2 bunches</li> <li>□ Crockneck OR zucchini squash 1 of choice</li> <li>□ Red potatoes 6 each</li> <li>□ Whole mushrooms 8 oz.</li> </ul>	
<b>GRAIN</b>	<ul style="list-style-type: none"> <li>○ Kashi® cereal or Cheerios® 1 (14-oz.) box</li> <li>○ Plain oatmeal 1 (2-lb.) container</li> <li>□ Whole-wheat tortillas 6 each</li> <li>□ Whole-grain pasta 1 (8-oz.) package</li> <li>○ Whole-wheat pita bread 1 package (6 1/2 inch)</li> <li>□ Garlic bread (whole-wheat, if possible) 1/2 loaf</li> <li>□ Whole-wheat dinner rolls 4 each</li> <li>□ Instant brown rice 3 cups cooked</li> <li>□ UNCLE BEN'S® Long Grain and Wild Rice (Fast Cook) 1 (6.2-oz.) box</li> </ul>	<ul style="list-style-type: none"> <li>○ Mixed nuts 1 (4.5-oz.) container</li> <li>○ Whole-wheat pretzels 1 (15-oz.) bag</li> <li>○ 94% fat-free microwave popcorn or plain popcorn 1 (9-oz.) box</li> <li>○ Baked chips 1 (10-oz.) bag</li> <li>□ Tomato paste 1 (6-oz.) can</li> <li>□ Tomato sauce 1 (15-oz.) can</li> <li>□ Enchilada sauce 1 (10-oz.) can</li> <li>□ Fat-free refried beans 1 (14-oz.) can</li> <li>□ Italian-flavored, diced, stewed tomatoes 1 (15-oz.) can</li> <li>○ Healthy Choice® broth-based soup 1 can</li> <li>□ Marinades of choice 2 each</li> </ul>	<ul style="list-style-type: none"> <li>○ Lean Cuisine® or Healthy Choice® frozen entrée ≤ 450 calories 1 each</li> <li>○ Frozen yogurt 1 (1.75-quart) container</li> </ul>	<b>FROZEN FOODS</b>	<ul style="list-style-type: none"> <li>□ Frozen green peas 2 cups</li> <li>□ Bird's Eye® Frozen Vegetable Stir Fry 1 (28-oz.) bag</li> </ul>
<b>PACKAGED GOODS</b>			<b>MEAT</b>	<ul style="list-style-type: none"> <li>○ Sliced turkey 8 thin slices</li> <li>○ Tuna in spring water 1 can</li> <li>○ Lean ground beef 1/2 lb.</li> <li>○ Boneless, skinless chicken breasts 1 each</li> <li>□ Boneless, skinless chicken breasts 3 lbs.</li> <li>□ Boneless, skinless chicken breasts 1 lb.</li> <li>□ Boneless, skinless chicken breasts OR precooked shrimp 1 lb.</li> <li>□ Turkey tenderloin 1 1/2 lbs.</li> <li>□ Fish fillets of choice (i.e. halibut, haddock, orange roughy, red snapper, etc.) 4 (8-oz.) fillets</li> </ul>	
<b>FRUIT</b>	<ul style="list-style-type: none"> <li>□ Lemons 1 each</li> <li>○ Apples 2 each</li> <li>○ Bananas 1 each</li> <li>○ Berries 1/2 cup</li> <li>○ Grapes 1 1/2 pounds</li> </ul>				

# WEEK 1 GROCERY LIST

## PANTRY

- Whole-wheat bread
- Low-fat milk
- Parmesan cheese
- Low-fat salad dressing
- Brown sugar
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- Mustard

- = These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving
- = These items are for your **DINNER** menus and will allow for 4 servings

## DAIRY

- Fat-free sour cream 1/2 cup
- Shredded, low-fat cheddar cheese 1 cup
- Ranch dip 1 (7.5-oz.) container
- Light yogurt 3 (6-oz.) containers
- Eggs 1/2 dozen
- Orange juice (calcium-fortified) 1/2 gallon
- Low-fat cottage cheese 1 (8-oz.) container
- Part-skim mozzarella string cheese 1 each
- Cheese slices (low-fat) 1 (16 slice) package

## GRAIN

- Kashi® cereal or Special K® 1 (14-oz.) box
- Plain oatmeal 1 (2-lb.) container
- Whole-wheat tortillas 8 each
- Whole-grain pasta 1 (8-oz.) package
- Whole-wheat pita bread 1 package (6 1/2 inch)
- Garlic bread 1/2 loaf (whole-wheat, if possible)
- Whole-wheat dinner rolls 4 each
- Instant brown rice 3 cups cooked
- UNCLE BEN'S® Long Grain and Wild Rice (Fast Cook) 1 (6.2-oz.) box

## PACKAGED GOODS

- Mixed nuts 1 (4.5-oz.) container
- Whole-wheat pretzels 1 (15-oz.) bag
- 94% fat-free microwave popcorn or plain popcorn 1 (9-oz.) box
- Baked chips 1 (10-oz.) bag
- Tomato paste 1 (6-oz.) can
- Tomato sauce 1 (15-oz.) can
- Enchilada sauce 1 (10-oz.) can
- Fat-free refried beans 1 (14-oz.) can
- Italian-flavored, diced, stewed tomatoes 1 (15-oz.) can
- Healthy Choice® broth-based soup 1 can
- Marinades of choice 2 each

## FRUIT

- Lemons 1 each
- Apples 2 each
- Bananas 1 each
- Berries 1/2 cup

- Grapes 1 1/2 pounds
- Grapefruit 1 each
- Melons 1 cup each
- Nectarines 1 each
- Peaches 1 each
- Plums 1 each
- Oranges 1 each
- Fresh fruit of choice 10 cups

## VEGETABLES

- Baby carrots 1 (1-lb.) bag
- Cucumbers 1 each
- Sugar snap peas 1 small bag (or 1 cup)
- Celery 1 stalk
- Dark, leafy green salad mix 1 (5-oz.) bag
- Dark, leafy green salad mix 13 oz.
- Tomatoes 1 each
- Tomatoes 3 each
- Onions (yellow or white) 1 1/2 each
- Red onions 1/4 each
- Jalapeño peppers 1 1/2 each
- Fresh cilantro 1/4 bunch
- Broccoli florets 1 bunch
- Broccoli florets 2 bunches
- Crookneck OR zucchini squash 1 of choice
- Red potatoes 6 each
- Whole mushrooms 8 oz.

## FROZEN FOODS

- Frozen green peas 2 cups
- Bird's Eye® Frozen Vegetable Stir Fry 1 (28-oz.) bag
- Lean Cuisine® or Healthy Choice® frozen entrée ≤450 calories 1 each
- Frozen yogurt 1 (1.75-quart) container

## MEAT

- Sliced turkey 8 thin slices
- Tuna in spring water 1 can
- Lean ground beef 1/2 lb.
- Boneless, skinless chicken breasts 1 each
- Boneless, skinless chicken breasts 3 lbs.
- Boneless, skinless chicken breasts OR precooked shrimp 1 lb.
- Turkey tenderloin 1 1/2 lbs.
- Fish fillets of choice (i.e. halibut, haddock, orange roughy, red snapper, etc.) 4 (8-oz.) fillets

**DAY 1**

**BREAKFAST** CALORIES

1 cup Kashi® cereal or Special K®	120
1 cup low-fat milk	110
1 peach	45

**SNACK** .....

1 banana	110
water	0

**LUNCH** .....

2 slices whole-wheat bread	200
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip® or light mayo; mustard	35
tomato, lettuce, other veggies	25
1 apple	80
1 oz. baked chips (9–12 chips)	120
water or diet beverage	0

**SNACK** .....

1 oz. (handful) mixed nuts	164
water	0

**DINNER** .....

1 cup Spaghetti with Sauce	300
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
1 slice garlic bread (whole-wheat bread if possible)	160
1 cup low-fat milk	110

**SNACK** .....

10–15 baby carrots	45
1 Tbsp. low-fat dressing	25
water	0

**TOTAL** 1789

**DAY 2**

**BREAKFAST** CALORIES

2 slices whole-wheat toast	200
1 Tbsp. jam	56
1 cup low-fat milk	110
1/2 grapefruit	37

**SNACK** .....

6 oz. light yogurt	100
water	0

**LUNCH** .....

1 large wheat pita (6 1/2")	170
4 slices lean turkey or other lean deli meat	40
1 oz. (slice) cheese	106
1 Tbsp. Light Miracle Whip®	35
1/2 Tbsp. mustard	5
tomato, cucumber, lettuce, sprouts, other veggies	25
4 celery sticks	4
1 cup raw broccoli	25
2 Tbsp. low-fat dressing	50
water or diet beverage	0

**SNACK** .....

1 oz. whole-wheat pretzels (10–15 small knots)	108
water	0

**DINNER** .....

2 cups Stir-fry with Chicken or Shrimp	305
3/4 cup brown rice	162
1 cup fresh fruit	100
1 cup low-fat milk	110

**SNACK** .....

1/2 cucumber, sliced	15
2 Tbsp. low-fat dressing	50
water	0

**TOTAL** 1813

**DAY 3**

**BREAKFAST** CALORIES

- 1 cup oatmeal (prepared, not dry) .....140
- 2 tsp. brown sugar .....30
- 2 scrambled eggs (use 2 egg whites  
and 1 yolk).....92
- 1 cup orange juice (calcium-fortified).....110

**SNACK** .....

- 1 apple .....80
- water.....0

**LUNCH** .....

- Lean Cuisine® or Healthy Choice® frozen  
entrée ≤450 calories OR 2 cups leftover  
chicken or shrimp stir-fry with 1/2  
cup brown rice .....450
- 1 1/2 cups grapes .....171
- water or diet beverage .....0

**SNACK** .....

- 1/2 cup low-fat cottage cheese .....80
- 1 plum.....36
- water.....0

**DINNER** .....

- 1 Chicken Enchilada with Salsa and  
1 Tbsp. light sour cream.....290
- 2 cups tossed greens with veggies .....50
- 2 Tbsp. low-fat dressing .....50
- 1 cup low-fat milk .....110

**SNACK** .....

- 6 oz. light yogurt .....100
- water.....0

**TOTAL** 1789

**DAY 4**

**BREAKFAST** CALORIES

- 1 cup Kashi® cereal or Special K® .....120
- 1 cup low-fat milk .....110
- 1 slice whole-wheat toast .....100
- 1 Tbsp. natural peanut butter.....100

**SNACK** .....

- 1 cup (about 20) sugar snap peas .....80
- water.....0

**LUNCH** .....

- 1 grilled or baked chicken breast .....140
- 4 cups tossed greens with veggies .....100
- 1/4 cup low-fat dressing .....100
- 1 slice whole-wheat bread .....100
- 2 tsp. jam .....40
- water or diet beverage .....0

**SNACK** .....

- 1 cup grapes .....114
- water.....0

**DINNER** .....

- 6 oz. Marinated Fish (i.e., halibut, haddock,  
orange roughy, red snapper, etc.) .....260
- 1/2 cup steamed baby red potatoes  
(no butter, use herbs to season).....70
- 1 cup steamed broccoli .....44
- 1 whole-wheat dinner roll.....90
- 1 cup low-fat milk .....110

**SNACK** .....

- 3 cups 94% fat-free microwave popcorn  
or plain popcorn.....60
- 1 cup melon (i.e., cantaloupe,  
watermelon, honeydew) .....60
- water.....0

**TOTAL** 1798

**DAY 5**

**BREAKFAST** CALORIES

2 slices whole-wheat toast.....	200
2 tsp. butter or soft tub margarine.....	66
2 tsp. jam.....	40
1 cup orange juice (calcium-fortified).....	110

**SNACK** .....

1 nectarine.....	67
1 string cheese (part-skim mozzarella).....	80
water.....	0

**LUNCH** .....

1 1/2 cups broth-based soup.....	150
1 slice whole-wheat toast.....	100
1 oz. (slice) cheese.....	106
1 orange.....	60
2 cups tossed greens with veggies.....	50
2 Tbsp. low-fat dressing.....	50
water or diet beverage.....	0

**SNACK** .....

10-15 baby carrots.....	45
2 Tbsp. ranch dip.....	65
water.....	0

**DINNER** .....

Broiled or Grilled Lemon Chicken (1 breast) with Roasted Veggies (1 1/2 cups).....	330
1/2 cup fresh fruit.....	50
1 cup low-fat milk.....	110

**SNACK** .....

1/2 cup frozen yogurt.....	90
1/2 cup berries.....	30
water.....	0

**TOTAL** 1799

**DAY 6**

**BREAKFAST** CALORIES

1 cup oatmeal (prepared, not dry).....	140
2 tsp. brown sugar.....	30
2 scrambled eggs (use 2 egg whites and 1 yolk).....	92
1 cup orange juice (calcium-fortified).....	110

**SNACK** .....

1 cup grapes.....	114
water.....	0

**LUNCH** .....

2 slices whole-wheat bread.....	200
1/2 can tuna.....	110
1 Tbsp. Light Miracle Whip®.....	35
10-15 baby carrots.....	45
1 oz. whole-wheat pretzels (10-15 small knots).....	108
1 cup low-fat milk.....	110

**SNACK** .....

6 oz. light yogurt.....	100
water.....	0

**DINNER** .....

4 oz. Marinated Turkey Tenderloin.....	170
1/2 cup Uncle Ben's® Long Grain and Wild Rice Fast Cook Recipe.....	100
1/2 cup green peas.....	60
1 cup fresh fruit.....	100
1 cup low-fat milk.....	110

**SNACK** .....

3 cups 94% fat-free microwave popcorn or plain popcorn.....	60
water.....	0

**TOTAL** 1794

# WEEK 2 GROCERY LIST

## PANTRY

- Whole-wheat bread
- Low-fat milk
- Orange-juice (calcium-fortified)
- Kashi® cereal or Special K®
- Low-fat salad dressing
- Brown sugar
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- Mustard
- Parmesan cheese
- Oatmeal
- Light sour cream
- Frozen yogurt
- Baked chips
- Whole-wheat pita bread
- Fat-free popcorn
- Whole-wheat pretzels
- Mixed nuts

= These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving

= These items are for your **DINNER** menus and will allow for 4 servings

## DAIRY

- Shredded, low-fat cheddar cheese 1 cup
- Light yogurt 4 (6-oz.) containers
- Eggs 1/2 dozen
- Light sour cream 1/2 cup

## GRAIN

- Whole-wheat tortillas 8 each
- Whole-wheat dinner rolls 1 each
- Whole-wheat dinner rolls 8 each
- Whole-wheat buns 4 each
- Whole-wheat pasta of choice 16 oz.

## PACKAGED GOODS

- Dijon mustard 2 tbsp.
- Fermented black beans 1/3 cup
- Tomato paste 1 (6 oz.) can
- Sloppy joe seasoning 1 packet
- Taco seasoning 1 packet
- Black beans 1 (15-oz.) can
- Reduced-Fat Cream of Mushroom Soup can 1 (10 3/4-oz.)
- Salsa 1 cup
- Sliced black olives 1 (2.25-oz.) can

## FRUIT

- Apples 2 each
- Bananas 2 each
- Berries 1/2 cup
- Grapes 3/4 lb.
- Grapefruit 1 each
- Pears 1 each
- Melons 1 cup
- Nectarines 1 each
- Oranges 2 each
- Peaches 1 each
- Kiwis 1 each
- Plums 2 each
- Tangerines 1 each
- Mixed fruit of choice 2 cups

## VEGETABLES

- Baby carrots 1 (1-lb.) bag
- Cucumbers 2 each
- Sugar snap peas 1 small bag (or 1 cup)
- Green onions/scallions 8 each
- Dark, leafy green salad mix 1 (5-oz.) bag
- Dark, leafy green salad mix 1 (7-oz.) bag
- Baby spinach 1 (16-oz.) bag
- Tomato 2 each
- Tomato 2 each
- Roma tomatoes OR cherry or grape tomatoes 1 carton
- Broccoli florets 1/4 lb.
- Raw vegetables of choice 4 cups

## FROZEN FOODS

- Lean Cuisine® or Healthy Choice® frozen entrée ≤350 calories 1 each
- Frozen broccoli spears 1 (10-oz.) bag
- Frozen, mixed vegetables of choice 2 cups

## MEAT

- Tuna in spring water 1 (6-oz.) can
- Lean turkey deli meat 8 slices
- Salmon fillets 2 lbs.
- Boneless, skinless chicken breasts 1 each
- Boneless, skinless chicken breasts 3 lbs.
- Boneless, skinless chicken breasts or extra-lean ground beef 1 lb.
- Extra-lean ground beef or turkey 1 lb.



**DAY 1**

**BREAKFAST** CALORIES

- 1 cup Kashi® cereal or Special K® .....120
- 1 cup low-fat milk .....110
- 1 banana .....110

**SNACK** .....

- 1 plum .....36
- 1/2 oz. whole-wheat pretzels  
(5-7 small knots) .....54
- water .....0

**LUNCH** .....

- Lean Cuisine® or Healthy Choice®  
frozen entrée ≤350 calories .....350
- 2 cups tossed greens with veggies .....50
- 2 Tbsp. low-fat dressing .....50
- water or diet beverage .....0

**SNACK** .....

- 10-15 baby carrots .....45
- 2 Tbsp. low-fat dressing .....50
- water .....0

**DINNER** .....

- 6 oz. Steamed Salmon with Black  
Bean Sauce .....358
- 1/2 cup steamed mixed vegetables .....25
- 1 whole-wheat dinner roll .....90
- 1 cup low-fat milk .....110

**SNACK** .....

- 1 cup melon (i.e., cantaloupe,  
watermelon, honeydew) .....60
- 1 oz. (handful) mixed nuts .....164
- water .....0

**TOTAL** 1782

**DAY 2**

**BREAKFAST** CALORIES

- 2 slices whole-wheat toast .....200
- 1 Tbsp. jam .....56
- 1 tsp. butter or soft tub margarine .....33
- 1 cup low-fat milk .....110
- 1/2 grapefruit .....37

**SNACK** .....

- 6 oz. light yogurt .....100
- water .....0

**LUNCH** .....

- 2 slices whole-wheat bread .....200
- 4 slices lean turkey or other lean deli meat .40
- 1 Tbsp. Light Miracle Whip® or  
light mayo; mustard .....35
- tomato, lettuce, other veggies .....25
- 1 tangerine .....37
- 1/2 cup raw broccoli .....13
- 1 Tbsp. low-fat dressing .....25
- water or diet beverage .....0

**SNACK** .....

- 1 apple .....80
- 1/2 oz. whole-wheat pretzels  
(5-7 small knots) .....54
- water .....0

**DINNER** .....

- Sloppy Joe (1/2 cup) on a whole-wheat bun .300
- 1 cup raw veggies (i.e., carrots, celery,  
broccoli, cucumber, cherry tomatoes) .40
- 3 Tbsp. low-fat dressing .....75
- 1/2 cup fresh fruit .....50
- 1 cup low-fat milk .....110

**SNACK** .....

- 3/4 cup frozen yogurt .....135
- 1/2 cup berries .....30
- water .....0

**TOTAL** 1785

**DAY 3**

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry) . . . . .	140
2 tsp. brown sugar . . . . .	30
2 scrambled eggs (use 2 egg whites and 1 yolk) . . . . .	92
1 cup orange juice (calcium-fortified) . . . . .	110

**SNACK . . . . .**

1 nectarine . . . . .	67
water . . . . .	0

**LUNCH . . . . .**

2 slices whole-wheat bread . . . . .	200
1/2 can tuna . . . . .	110
1 Tbsp. Light Miracle Whip® . . . . .	35
1 oz. baked chips (9–12 chips) . . . . .	120
10–15 baby carrots . . . . .	45
2 Tbsp. low-fat dressing . . . . .	50
1 peach . . . . .	45
water or diet beverage . . . . .	0

**SNACK . . . . .**

6 oz. light yogurt . . . . .	100
1/2 cucumber, sliced . . . . .	15
1 Tbsp. low-fat dressing . . . . .	25
water . . . . .	0

**DINNER . . . . .**

Sliced Seasoned Chicken over Spinach Salad (1 chicken breast, 3 cups spinach salad) . . . . .	357
1 whole-wheat dinner roll . . . . .	90
1 cup low-fat milk . . . . .	110

**SNACK . . . . .**

1 orange . . . . .	60
water . . . . .	0

**TOTAL** 1801

**DAY 4**

<b>BREAKFAST</b>	CALORIES
1 cup Kashi® cereal or Special K® . . . . .	120
1 cup low-fat milk . . . . .	110
1 pear . . . . .	98
1 slice whole-wheat toast . . . . .	100
1 Tbsp. natural peanut butter . . . . .	100

**SNACK . . . . .**

1 cup (about 20) sugar snap peas . . . . .	80
water . . . . .	0

**LUNCH . . . . .**

1 large wheat pita (6 1/2") . . . . .	170
4 slices lean turkey or other lean deli meat . . . . .	40
1 Tbsp. Light Miracle Whip® . . . . .	35
1/2 Tbsp. mustard . . . . .	5
tomato, cucumber, lettuce, sprouts, other veggies . . . . .	25
1 oz. whole-wheat pretzels (10–15 small knots) . . . . .	108
1 plum . . . . .	36
water or diet beverage . . . . .	0

**SNACK . . . . .**

1 cup grapes . . . . .	114
water . . . . .	0

**DINNER . . . . .**

2 cups Chicken Divan . . . . .	335
2 cups tossed greens with veggies . . . . .	50
2 Tbsp. low-fat dressing . . . . .	50
1 cup low-fat milk . . . . .	110

**SNACK . . . . .**

3 cups 94% fat-free microwave popcorn or plain popcorn . . . . .	60
1 kiwi . . . . .	40
water . . . . .	0

**TOTAL** 1786

**DAY 5**

<b>BREAKFAST</b>	CALORIES
2 slices whole-wheat toast.....	200
2 tsp. jam.....	40
1 cup orange juice (calcium-fortified).....	110

**SNACK** .....

6 oz. light yogurt.....	100
water.....	0

**LUNCH** .....

1 grilled or baked chicken breast.....	140
4 cups tossed greens with veggies.....	100
1/4 cup low-fat dressing.....	100
1 whole-wheat dinner roll.....	90
2 tsp. jam.....	40
water or diet beverage.....	0

**SNACK** .....

1 orange.....	60
water.....	0

**DINNER** .....

1 1/2 cups Roasted Tomato Pasta.....	502
2 cups tossed greens with veggies.....	50
2 Tbsp. low-fat dressing.....	50
1 cup low-fat milk.....	110

**SNACK** .....

1/2 cup frozen yogurt.....	90
water.....	0

**TOTAL** 1782

**DAY 6**

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry).....	140
2 tsp. brown sugar.....	30
2 scrambled eggs (use 2 egg whites and 1 yolk).....	92
1 cup orange juice (calcium-fortified).....	110

**SNACK** .....

6 oz. light yogurt.....	100
water.....	0

**LUNCH** .....

peanut butter (1 Tbsp.) and jelly or jam (1 Tbsp.) sandwich on whole-wheat bread (2 slices).....	350
1/2 cup grapes.....	57
10-15 baby carrots.....	45
2 Tbsp. low-fat dressing.....	50
1 cup low-fat milk.....	110

**SNACK** .....

1 banana.....	110
water.....	0

**DINNER** .....

2 Soft Tacos:	
2 whole-wheat tortillas.....	150
4 oz. taco meat (extra-lean ground beef or chicken).....	190
1/4 cup low-fat cheddar cheese.....	50
lettuce, tomato, olives, etc.....	30
1/4 cup salsa.....	12
1 Tbsp. light sour cream.....	18
1/3 cup black beans.....	74
water.....	0

**SNACK** .....

1 apple.....	80
water.....	0

**TOTAL** 1798

# WEEK 3 GROCERY LIST

## PANTRY

- Whole-wheat bread
- Low-fat milk
- Low-fat salad dressing
- Brown sugar
- Orange juice (calcium-fortified)
- Kashi® cereal or Special K®
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- 94% fat-free popcorn
- Oatmeal
- Light sour cream
- Instant brown rice
- Mustard
- Mixed nuts
- Cheese slices (low-fat)
- Frozen yogurt
- Whole-wheat pretzels
- Whole-wheat pita bread
- Baked chips
- Ranch dip

- = These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving
- = These items are for your **DINNER** menus and will allow for 4 servings

## DAIRY

- Low-fat cheddar cheese 1 cup
- Light yogurt 4 (6-oz.) containers
- Eggs 1/2 dozen
- Light sour cream 1/2 cup
- Low-fat cottage cheese 1 small container
- Part-skim mozzarella string cheese 1 each

## GRAIN

- Instant brown rice 3 cups cooked
- Whole-wheat dinner rolls 1 each
- Whole-wheat dinner rolls 8 each
- Wild rice 4 cups cooked
- Whole-wheat tortillas 8 each

## PACKAGED GOODS

- Fat-free refried beans 3 (16-oz.) cans
- Salsa 1 cup
- Slivered almonds 1/3 cup
- Fat-free chicken broth 1/4 cup
- Healthy Choice® broth-based soup 1 can
- Marinades of choice (mesquite, teriyaki) 2 bottles
- Apricot preserves 2 Tbsp.

## FRUIT

- Lemons 4 each
- Apples 2 each
- Bananas 2 each
- Berries 1 1/2 cup
- Grapes 1 lb.
- Grapefruit 1 each
- Tangerines 1 each
- Melons 1 cup each
- Nectarines 1 each
- Oranges 1 each
- Oranges 2 each
- Peaches 2 each
- Pears 1 each
- Fresh fruit of choice 2 cups

## VEGETABLES

- Baby carrots 1 (1-lb.) bag
- Cucumbers 2 each
- Sugar snap peas 1 small bag (or 1 1/2 cups)
- Celery 1 stalk
- Tomatoes 3 each
- Tomatoes 1 each
- Broccoli florets 1/4 lb.
- Fresh cilantro 3 Tbsp.
- Red potatoes 1 lb.
- Crookneck squash 1 each
- Zucchini squash 1 each
- Portabella mushrooms 2 each
- Red onions 1 each
- Dark, leafy green salad mix 5 oz.
- Dark, leafy green salad mix 14 oz.
- Sweet potatoes 4 each

## FROZEN FOODS

- Frozen, mixed vegetables of choice 2 cups
- Frozen, stir-fry vegetables 1 (16-oz.) bag
- Lean Cuisine® or Healthy Choice® frozen entrée ≤425 calories 1 each

## MEAT

- Tuna in spring water 1 (6-oz.) can
- Lean turkey deli meat 8 slices
- Halibut fillets 4 (8-oz.) fillets
- Boneless, skinless chicken breasts 1 each
- Boneless, skinless chicken breasts 4 lbs.
- Lean London Broil (flank steak may be substituted) 2 lbs.

**DAY 1**

<b>BREAKFAST</b>	CALORIES
1 cup Kashi® cereal or Special K®	120
1 cup low-fat milk	110
1 cup berries	60
1 slice whole-wheat toast	100
1 Tbsp. natural peanut butter	100

**SNACK** .....

1/2 cup grapes	57
water	0

**LUNCH** .....

2 slices whole-wheat bread	200
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip® or light mayo; mustard	35
tomato, lettuce, other veggies	25
1 apple	80
1 oz. baked chips (9–12 chips)	120
water or diet beverage	0

**SNACK** .....

1 banana	110
water	0

**DINNER** .....

1 cup Orange Chicken	264
1/2 cup Lemon Dill Rice	128
1/2 cup steamed vegetables	25
1 cup low-fat milk	110

**SNACK** .....

10–15 baby carrots	45
2 Tbsp. ranch dip	65
water	0

**TOTAL** 1794

**DAY 2**

<b>BREAKFAST</b>	CALORIES
2 slices whole-wheat toast	200
1 Tbsp. jam	56
1 cup low-fat milk	110
1/2 grapefruit	37

**SNACK** .....

1 oz. (handful) mixed nuts	164
water	0

**LUNCH** .....

1 large wheat pita (6 1/2")	170
4 slices lean turkey or other lean deli meat	40
1 oz. (slice) cheese	106
1 Tbsp. Light Miracle Whip®	35
1/2 Tbsp. mustard	5
tomato, cucumber, lettuce, sprouts, other veggies	25
4 celery sticks	4
1 cup raw broccoli	25
2 Tbsp. low-fat dressing	50
water or diet beverage	0

**SNACK** .....

1 tangerine	37
water	0

**DINNER** .....

2 Soft Bean Burritos:	
2 soft whole-wheat tortillas	150
1 cup beans	220
1 oz. (1/4 cup) shredded cheese (part-skim mozzarella)	70
lettuce, tomatoes	20
1 Tbsp. light sour cream	18
1/4 cup salsa	12
1 cup low-fat milk	110

**SNACK** .....

1/2 cup frozen yogurt	90
1 peach	45
water	0

**TOTAL** 1799

**DAY 3**

**BREAKFAST** CALORIES

- 1 cup oatmeal (prepared, not dry) . . . . .140
- 2 tsp. brown sugar . . . . .30
- 2 scrambled eggs (use 2 egg whites  
and 1 yolk) . . . . .92
- 1 cup orange juice (calcium-fortified) . . . . .110

**SNACK** . . . . .

- 1 apple . . . . .80
- water . . . . .0

**LUNCH** . . . . .

- Lean Cuisine® or Healthy Choice® frozen  
entrée ≤425 calories. . . . .425
- 1 cup grapes . . . . .114
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 10–15 baby carrots . . . . .45
- 2 Tbsp. ranch dip. . . . .65
- water . . . . .0

**DINNER** . . . . .

- 6 oz. Steamed or Broiled Halibut . . . . .243
- 1/2 cup Seasoned, Boiled Red Potatoes. . . . .69
- 2 cups tossed greens with veggies . . . . .50
- 2 Tbsp. low-fat dressing . . . . .50
- 1 whole-wheat dinner roll. . . . .90
- 1 cup low-fat milk . . . . .110

**SNACK** . . . . .

- 6 oz. light yogurt . . . . .100
- water . . . . .0

**TOTAL** 1813

**DAY 4**

**BREAKFAST** CALORIES

- 1 cup Kashi® cereal or Special K® . . . . .120
- 1 cup low-fat milk . . . . .110
- 1 peach . . . . .45
- 1 slice whole-wheat toast . . . . .100
- 1 Tbsp. natural peanut butter . . . . .100

**SNACK** . . . . .

- 1 string cheese (part-skim mozzarella) . . . . .80
- water . . . . .0

**LUNCH** . . . . .

- 1 grilled or baked chicken breast . . . . .140
- 4 cups tossed greens with veggies . . . . .100
- 1/4 cup low-fat dressing . . . . .100
- 1 slice whole-wheat bread . . . . .100
- 2 tsp. jam . . . . .40
- 6 oz. light yogurt . . . . .100
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 1 nectarine. . . . .67
- 1/2 cup (about 10) sugar snap peas . . . . .40
- water . . . . .0

**DINNER** . . . . .

- 1 Mesquite-Marinaded Chicken Breast . . . . .171
- 1 medium sweet potato, baked . . . . .110
- 2 tsp. butter or soft tub margarine . . . . .60
- 1/2 cup fruit. . . . .50
- 2 cups tossed greens with veggies . . . . .50
- 2 Tbsp. low-fat dressing . . . . .50
- water . . . . .0

**SNACK** . . . . .

- 3 cups 94% fat-free microwave popcorn  
or plain popcorn . . . . .60
- water . . . . .0

**TOTAL** 1800

**DAY 5**

<b>BREAKFAST</b>	CALORIES
2 slices whole-wheat toast.....	200
1 Tbsp. jam.....	56
1 cup orange juice (calcium-fortified).....	110

**SNACK .....**

1 oz. whole-wheat pretzels (10-15 small knots).....	108
1 cup (about 20) sugar snap peas.....	80
water.....	0

**LUNCH .....**

1 1/4 cups broth-based soup.....	125
1 slice whole-wheat toast.....	100
1 oz. (slice) cheese.....	106
1 orange.....	60
2 cups tossed greens with veggies.....	50
2 Tbsp. low-fat dressing.....	50
water or diet beverage.....	0

**SNACK .....**

1 pear.....	98
water.....	0

**DINNER.....**

4 oz. Grilled, Marinated London Broil.....	262
1/2 cup Grilled Vegetables.....	90
1 whole-wheat dinner roll.....	90
1 cup low-fat milk.....	110

**SNACK .....**

1/2 cup frozen yogurt.....	90
1/2 cup berries.....	30
water.....	0

**TOTAL** 1815

**DAY 6**

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry).....	140
2 tsp. brown sugar.....	30
2 scrambled eggs (use 2 egg whites and 1 yolk).....	92
1 cup orange juice (calcium-fortified).....	110

**SNACK .....**

1 cup grapes.....	114
water.....	0

**LUNCH .....**

2 slices whole-wheat bread.....	200
1/2 can tuna.....	110
1 Tbsp. Light Miracle Whip®.....	35
10-15 baby carrots.....	45
1/2 oz. whole-wheat pretzels (5-7 small knots).....	54
1 cup low-fat milk.....	110

**SNACK .....**

1 banana.....	110
6 oz. light yogurt.....	100
water.....	0

**DINNER.....**

Teriyaki Chicken, 1 breast.....	177
1 cup stir-fried vegetables with teriyaki sauce.....	80
3/4 cup brown rice.....	162
water.....	0

**SNACK .....**

1 cup melon (i.e., cantaloupe, watermelon, honeydew).....	60
1/2 cucumber, sliced.....	15
2 Tbsp. low-fat dressing.....	50
water.....	0

**TOTAL** 1794

# WEEK 4 GROCERY LIST

## PANTRY

- Whole-wheat bread
- Whole-wheat pretzels
- Baked chips
- Whole-wheat pita bread
- Oatmeal
- Kashi® cereal or Special K®
- Low-fat milk
- Low-fat salad dressing
- Orange juice (calcium-fortified)

- Frozen yogurt
- Brown sugar
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- 94% fat-free popcorn
- Mixed nuts
- Mustard

= These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving

= These items are for your **DINNER** menus and will allow for 4 servings

## DAIRY

- Half-and-half 1/4 cup
- Butter 1 Tbsp.
- Shredded, low-fat cheddar cheese 1/2 cup
- Light sour cream 1/2 cup
- Light yogurt 2 (6-oz.) containers
- Eggs 1/2 dozen
- Low-fat cottage cheese 1 (8-oz.) container

## GRAIN

- Whole-wheat dinner rolls 1 each
- Whole-wheat dinner rolls 12 each
- Whole-wheat buns 4 each
- Linguine (whole-wheat) 16 oz.

## PACKAGED GOODS

- Baked tortilla chips 4 oz.
- Fat-free chicken broth 1/4 cup
- Taco seasoning 1 packet
- Powdered ranch dressing mix 1 packet
- Baked beans 1 (28-oz.) can
- Sliced black olives 1 (2.5-oz.) can
- Slivered almonds 1/2 cup
- Fat-free refried beans 2 (16-oz.) cans
- Salsa 1 cup
- Mandarin oranges 1 (15-oz.) can

## FRUIT

- Granny Smith apples 1 each
- Apples 1 each
- Bananas 2 each
- Berries 1 cup
- Grapes 1/2 lb.
- Grapefruit 1 each
- Kiwis 1 each
- Melons 1 cup
- Nectarines 1 each
- Peaches 2 each
- Pears 2 each
- Plums 2 each
- Tangerines 2 each

## VEGETABLES

- Fresh fruit of choice 2 cups
- Baby carrots 1 (1-lb.) bag
- Cucumbers 2 each
- Sugar snap peas 1 small bag (or 1/2 cup)
- Tomatoes 2 each
- Tomatoes 3 each
- Asparagus spears 28 each
- Broccoli florets 1/4 lb.
- Broccoli florets 3/4 lb.
- Cilantro 1 1/2 Tbsp.
- Jicama 1/2 each
- Sliced mushrooms 8 oz.
- Green onions 4 each
- Red onions 1/4 each
- Red bell peppers 1 each
- Snow peas 2 cups
- Dark, leafy green salad mix 5 oz.
- Dark, leafy green salad mix 20 oz.
- Baby spinach 1 (10-oz.) bag
- Small potatoes (for baking) 4 each

## FROZEN FOODS

- Lean Cuisine® or Healthy Choice® frozen entrée ≤450 calories 1 each

## MEAT

- Tuna in spring water 1 (6-oz.) can
- Lean turkey deli meat 8 slices
- Extra-lean ground beef 1 lb.
- Lean pork tenderloin 2 lbs.
- Boneless, skinless chicken breasts or precooked shrimp 1 lb.
- Boneless, skinless chicken breasts 3 lbs.
- Fish fillets of choice 4 (8-oz.) fillets



**DAY 1**

**BREAKFAST** CALORIES

- 1 1/2 cups Kashi® cereal or Special K® . . .180
- 1 cup low-fat milk . . . . .110
- 1 banana . . . . .110

**SNACK** . . . . .

- 1 apple . . . . .80
- water . . . . .0

**LUNCH** . . . . .

- Lean Cuisine® or Healthy Choice® frozen entrée ≤450 calories . . . . .450
- 2 cups tossed greens with veggies . . . . .50
- 2 Tbsp. low-fat dressing . . . . .50
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 1 oz. (handful) mixed nuts . . . . .164
- water . . . . .0

**DINNER** . . . . .

- 4 oz. Creole Pork Tenderloin . . . . .231
- 1/2 cup Apple Jicama Salsa . . . . .67
- 6 steamed asparagus spears . . . . .22
- 1 whole-wheat dinner roll . . . . .90
- 1 cup low-fat milk . . . . .110

**SNACK** . . . . .

- 1 oz. whole-wheat pretzels (10-15 small knots) . . . . .108
- water . . . . .0

**TOTAL** 1822

**DAY 2**

**BREAKFAST** CALORIES

- 2 slices whole-wheat toast . . . . .200
- 1 Tbsp. jam . . . . .56
- 2 scrambled eggs (use 2 egg whites and 1 yolk) . . . . .92
- 1 cup low-fat milk . . . . .110
- 1/2 grapefruit . . . . .37

**SNACK** . . . . .

- 1 nectarine . . . . .67
- water . . . . .0

**LUNCH** . . . . .

- 2 slices whole-wheat bread . . . . .200
- 4 slices lean turkey or other lean deli meat . .40
- 1 Tbsp. Light Miracle Whip® or mayo; mustard . . . . .35
- tomato, lettuce, other veggies . . . . .25
- 1 pear . . . . .98
- 1 cup raw broccoli . . . . .25
- 2 Tbsp. low-fat dressing . . . . .50
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 6 oz. light yogurt . . . . .100
- water . . . . .0

**DINNER** . . . . .

- Taco Salad:
- 10 baked tortilla chips . . . . .84
  - 3/4 cup extra-lean ground beef with taco seasoning . . . . .135
  - 1/2 cup refried beans . . . . .120
  - 2 Tbsp. light cheddar cheese . . . . .35
  - 2 Tbsp. sliced olives . . . . .19
  - 2 cups salad greens with tomato . . . . .30
  - 3 Tbsp. light sour cream . . . . .53
  - 1/4 cup salsa . . . . .12
  - 1/2 cup fruit . . . . .50
  - water . . . . .0

**SNACK** . . . . .

- 1 kiwi . . . . .40
- 1/2 cup low-fat cottage cheese . . . . .80
- water . . . . .0

**TOTAL** 1793

**DAY 3**

<b>BREAKFAST</b>	CALORIES
1 cup Kashi® cereal or Special K®	120
1 cup low-fat milk	110
1 peach	45
1 slice whole-wheat toast	100
1 Tbsp. natural peanut butter	100

**SNACK**

1 tangerine	37
water	0

**LUNCH**

2 slices whole-wheat bread	200
1/2 can tuna	110
1 Tbsp. Light Miracle Whip®	35
1 oz. baked chips (9–12 chips)	120
1 plum	36
water or diet beverage	0

**SNACK**

1/2 cucumber, sliced	15
2 Tbsp. low-fat dressing	50
water	0

**DINNER**

2 cups Pasta Primavera with shrimp or chicken	448
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
1 whole-wheat dinner roll	90
water or diet beverage	0

**SNACK**

1/2 cup frozen yogurt	90
water	0

**TOTAL** 1806**DAY 4**

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry)	140
2 tsp. brown sugar	30
2 scrambled eggs (use 2 egg whites and 1 yolk)	92
1 cup orange juice (calcium-fortified)	110

**SNACK**

1 oz. (handful) mixed nuts	164
water	0

**LUNCH**

1 large wheat pita (6 1/2")	170
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip®	35
1/2 Tbsp. mustard	5
tomato, cucumber, lettuce, sprouts, other veggies	25
1 oz. whole-wheat pretzels (10–15 small knots)	108
1 peach	45
water or diet beverage	0

**SNACK**

1 plum	36
1/2 cup (about 10) sugar snap peas	40
water	0

**DINNER**

Chicken Breast Sandwich on whole-wheat bun	255
1 Tbsp. sauce (i.e., light mayo, Light Miracle Whip®, light honey mustard)	50
veggies for sandwich (lettuce, tomato, etc.)	10
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
1/2 cup baked beans	190
1 cup low-fat milk	110

**SNACK**

3 cups 94% fat-free microwave popcorn or plain popcorn	60
water	0

**TOTAL** 1815

**DAY 5**

**BREAKFAST** CALORIES

- 2 slices whole-wheat toast . . . . .200
- 2 tsp. butter, jam or soft tub margarine . . . .66
- 1 cup orange juice (calcium-fortified) . . . .112

**SNACK** . . . . .

- 1 oz. (handful) mixed nuts . . . . .164
- water . . . . .0

**LUNCH** . . . . .

- 1 grilled or baked chicken breast . . . . .140
- 4 cups tossed greens with veggies . . . . .100
- 1/4 cup low-fat dressing . . . . .100
- 1 whole-wheat dinner roll . . . . .90
- 2 tsp. jam . . . . .40
- 1 tangerine . . . . .37
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 1 pear . . . . .98
- water . . . . .0

**DINNER** . . . . .

- 6 oz. Balsamic-Glazed Steamed Fish . . . . .261
- 1 small baked potato (top with 1 1/2 Tbsp. light sour cream and sprinkle with powdered ranch dressing mix) . . . . .200
- 1/2 cup steamed broccoli . . . . .20
- 1 cup low-fat milk . . . . .110

**SNACK** . . . . .

- 1 cup melon (i.e., cantaloupe, watermelon, honeydew) . . . . .60
- water . . . . .0

**TOTAL** 1798

**DAY 6**

**BREAKFAST** CALORIES

- 1 cup oatmeal (prepared, not dry) . . . . .140
- 2 tsp. brown sugar . . . . .30
- 2 scrambled eggs (use 2 egg whites and 1 yolk) . . . . .92
- 1 cup orange juice (calcium-fortified) . . . .110

**SNACK** . . . . .

- 6 oz. light yogurt . . . . .100
- water . . . . .0

**LUNCH** . . . . .

- peanut butter (1 Tbsp.) and jelly or jam (1 Tbsp.) sandwich on whole-wheat bread (2 slices) . . . . .350
- 1 cup grapes . . . . .114
- 10-15 baby carrots . . . . .45
- 1 Tbsp. low-fat dressing . . . . .25
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 1 banana . . . . .110
- water . . . . .0

**DINNER** . . . . .

- 1 Marinated Chicken Breast . . . . .170
- spinach salad:
  - 2 cups spinach . . . . .13
  - 1/4 cup mandarin oranges . . . . .23
  - 1/8 cup slivered almonds . . . . .78
  - 2 Tbsp. fat-free vinaigrette . . . . .30
- 1 whole-wheat dinner roll . . . . .90
- 1 cup low-fat milk . . . . .110

**SNACK** . . . . .

- 3/4 cup frozen yogurt . . . . .135
- 1 cup berries . . . . .60
- water . . . . .0

**TOTAL** 1825

# WEEK 5 GROCERY LIST

## PANTRY

- Whole-wheat bread
- Kashi® cereal or Special K®
- Orange juice (calcium-fortified)
- Low-fat milk
- Low-fat salad dressing
- Brown sugar
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- 94% fat-free popcorn
- Oatmeal
- Light sour cream
- Instant brown rice
- Mixed nuts
- Whole-wheat pita bread
- Cheese slices (low-fat)
- Ranch dip
- Frozen yogurt
- Whole-wheat pretzels

= These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving

= These items are for your **DINNER** menus and will allow for 4 servings

## DAIRY

- Light yogurt
- Eggs
- Part-skim mozzarella cheese
- Orange juice concentrate
- Light sour cream

3 (6-oz.) containers  
1/2 dozen  
1/2 cup  
8 fl. oz.  
1/3 cup

## GRAIN

- Whole-wheat dinner rolls
- Whole-wheat linguine
- Instant brown rice

8 each  
16 oz.  
3 cups cooked

## PACKAGED GOODS

- Slivered almonds
- Powdered ranch dressing mix
- Fat-free chicken broth
- Canned, red kidney beans
- Healthy Choice® broth-based soup
- Diced or crushed stewed tomatoes
- Chili seasoning mix
- Fat-free vinaigrette
- Dry red wine (optional)
- Drained capers (in the Asian section)
- Black or green olives
- Minced anchovies
- Mandarin oranges

1/2 cup  
1 packet  
3 cups  
2 (15-oz.) cans  
1 can  
2 (14-oz.) cans  
1 packet  
1/2 cup  
1/2 cup  
1 Tbsp.  
1 (2.25-oz.) can  
1 Tbsp.  
1 (15-oz.) can

## FRUIT

- Berries
- Bananas
- Apples
- Grapefruit
- Grapes
- Pears
- Plums
- Oranges
- Fresh fruit of choice

1 1/2 cups  
1 each  
2 each  
1 each  
1 1/2 lbs.  
1 each  
1 each  
1 each  
4 cups

## VEGETABLES

- Baby carrots
- Cucumbers
- Sugar snap peas
- Celery
- Tomatoes
- Broccoli florets
- Broccoli florets
- Onions
- Small potatoes for baking
- Shallots
- Baby spinach
- Dark, leafy green salad mix
- Dark, leafy green salad mix
- Roma tomatoes OR canned diced tomatoes
- Raw veggies of choice

1 (1-lb.) bag  
2 each  
1 small bag (or 1 cup)  
1 stalk  
3 each  
1/4 lb.  
1/2 lb.  
1 each  
4 each  
8 to 10 each  
1 (10-oz.) bag  
5 oz.  
26 oz.  
12 (about 2 lbs) OR 2 (28-oz.) cans  
6 cups

## FROZEN FOODS

- Bird's Eye® Frozen Vegetable Stir-Fry
- Lean Cuisine® or Healthy Choice® frozen entrée ≤425 calories

1 (28-oz.) bag  
1 each

## MEAT

- Tuna in spring water
- Lean turkey deli meat
- Deli sliced turkey, chicken, or ham
- Extra-lean ground beef
- Boneless, skinless chicken breasts
- Boneless, skinless chicken breasts
- Precooked shrimp or boneless, skinless chicken breasts
- Turkey tenderloin
- Fish of choice

1 (6-oz.) can  
8 slices  
1 lb. (or 3 cups)  
1/2 lb.  
1 each  
2 1/2 lbs.  
1 lb.  
1 1/2 lbs.  
4 (8-oz.) fillets

**DAY 1**

**BREAKFAST** CALORIES

1 cup Kashi® cereal or Special K®	120
1 cup low-fat milk	110
1 cup berries	60

**SNACK** .....

1 banana	110
water	0

**LUNCH** .....

2 slices whole-wheat bread	200
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip® or light mayo; mustard	35
tomato, lettuce, other veggies	25
1 apple	80
1 oz. baked chips (9-12 chips)	120
water or diet beverage	0

**SNACK** .....

1 oz. (handful) mixed nuts	164
water	0

**DINNER** .....

2 1/2 cups Stir-fry with Chicken or Shrimp	386
3/4 cup brown rice	162
1 cup low-fat milk	110

**SNACK** .....

10-15 baby carrots	45
1 Tbsp. low-fat dressing	25
water	0

**TOTAL** 1792

**DAY 2**

**BREAKFAST** CALORIES

2 slices whole-wheat toast	200
1 Tbsp. jam	56
1 cup low-fat milk	110
1/2 grapefruit	37

**SNACK** .....

6 oz. light yogurt	100
water	0

**LUNCH** .....

1 large wheat pita (6 1/2")	170
4 slices lean turkey or other lean deli meat	40
1 oz. (slice) cheese	106
1 Tbsp. Light Miracle Whip®	35
1/2 Tbsp. mustard	5
tomato, cucumber, lettuce, sprouts, other veggies	25
4 celery sticks	4
1 cup raw broccoli	25
2 Tbsp. low-fat dressing	50
water or diet beverage	0

**SNACK** .....

1 oz. whole-wheat pretzels (10-15 small knots)	108
water	0

**DINNER** .....

4 oz. Turkey Saltimbocca with Marsala Sauce	241
1 small baked potato (top with 1 1/2 Tbsp. light sour cream and sprinkle with powdered ranch dressing mix)	200
1/2 cup steamed broccoli	20
1 cup fresh fruit	100
1 cup low-fat milk	110

**SNACK** .....

1/2 cucumber, sliced	15
2 Tbsp. low-fat dressing	50
water	0

**TOTAL** 1807

**DAY 3**

**BREAKFAST** CALORIES

- 1 cup oatmeal (prepared, not dry) . . . . .140
- 2 tsp. brown sugar . . . . .30
- 2 scrambled eggs (use 2 egg whites  
and 1 yolk) . . . . .92
- 1 cup orange juice (calcium-fortified) . . . .110

**SNACK** . . . . .

- 1 apple . . . . .80
- water . . . . .0

**LUNCH** . . . . .

- Lean Cuisine® or Healthy Choice® frozen  
entrée ≤425 calories . . . . .425
- 1 1/2 cups grapes . . . . .171
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 1 plum . . . . .36
- water . . . . .0

**DINNER** . . . . .

- 1 1/2 cups Chili (use extra-lean ground  
beef or lean ground turkey) . . . . .300
- 1 whole-wheat dinner roll or breadstick . . .90
- 1 cup raw veggies (i.e., carrots, celery,  
broccoli, cucumber, and cherry tomatoes) 40
- 3 Tbsp. low-fat dressing . . . . .75
- 1 cup low-fat milk . . . . .110

**SNACK** . . . . .

- 6 oz. light yogurt . . . . .100
- water . . . . .0

**TOTAL** 1799

**DAY 4**

**BREAKFAST** CALORIES

- 1 cup Kashi® cereal or Special K® . . . . .120
- 1 cup low-fat milk . . . . .110
- 1 slice whole-wheat toast . . . . .100
- 1 Tbsp. natural peanut butter . . . . .100

**SNACK** . . . . .

- 1 cup (about 20) sugar snap peas . . . . .80
- water . . . . .0

**LUNCH** . . . . .

- 1 grilled or baked chicken breast . . . . .140
- 4 cups tossed greens with veggies . . . .100
- 1/4 cup low-fat dressing . . . . .100
- 1 slice whole-wheat bread . . . . .100
- 2 tsp. jam . . . . .40
- water or diet beverage . . . . .0

**SNACK** . . . . .

- 1 cup grapes . . . . .114
- water . . . . .0

**DINNER** . . . . .

- 6 oz. Fish Fillet with Orange-Rosemary Sauce .297
- spinach salad:
  - 2 cups spinach . . . . .13
  - 1/4 cup mandarin oranges . . . . .23
  - 1/8 cup slivered almonds . . . . .78
  - 2 Tbsp. fat-free vinaigrette . . . . .30
- 1 whole-wheat dinner roll . . . . .90
- 1 cup low-fat milk . . . . .110

**SNACK** . . . . .

- 3 cups 94% fat-free microwave popcorn  
or plain popcorn . . . . .60
- water . . . . .0

**TOTAL** 1805

## DAY 5

<b>BREAKFAST</b>	CALORIES
2 slices whole-wheat toast	200
2 tsp. butter or soft tub margarine	66
2 tsp. jam	40
1 cup orange juice (calcium-fortified)	110

### SNACK

1 pear	98
water	0

### LUNCH

1 1/2 cups broth-based soup	150
1 slice whole-wheat toast	100
1 oz. (slice) cheese	106
1 orange	60
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
water or diet beverage	0

### SNACK

1 oz. whole-wheat pretzels (10-15 small knots)	108
water	0

### DINNER

Chef Salad	
4 cups mixed greens	50
3/4 cup diced turkey, chicken or lean ham (from deli)	160
1 hard-boiled egg, sliced	77
2 Tbsp. part-skim mozzarella cheese	35
vegetables of choice (tomato, cucumber, broccoli, peas, etc.)	25
1/4 cup low-fat dressing	100
1 cup low-fat milk	110

### SNACK

1/2 cup frozen yogurt	90
1/2 cup berries	30
water	0

**TOTAL** 1815

## DAY 6

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry)	140
2 tsp. brown sugar	30
2 scrambled eggs (use 2 egg whites and 1 yolk)	92
1 cup orange juice (calcium-fortified)	110

### SNACK

1 cup grapes	114
water	0

### LUNCH

2 slices whole-wheat bread	200
1/2 can tuna	110
1 Tbsp. Light Miracle Whip®	35
10-15 baby carrots	45
1 Tbsp. ranch dip	33
1 cup low-fat milk	110

### SNACK

6 oz. light yogurt	100
water	0

### DINNER

Chicken Puttanesca (1 chicken breast with sauce)		234
1 cup whole-wheat pasta		174
2 cups tossed greens with veggies		50
2 Tbsp. low-fat dressing		50
1 cup low-fat milk		110

### SNACK

3 cups 94% fat-free microwave popcorn or plain popcorn	60
water	0

**TOTAL** 1797

**PANTRY**

- Whole-wheat bread
- Kashi® cereal or Special K®
- Orange juice
- (calcium-fortified)
- Low-fat milk
- Low-fat salad dressing
- Brown sugar
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- 94% fat-free popcorn
- Oatmeal
- Baked chips
- Whole-wheat pretzels
- Whole-wheat pita bread
- Ranch dip
- Mixed nuts
- Frozen yogurt
- Mustard

= These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving

= These items are for your **DINNER** menus and will allow for 4 servings

**DAIRY**

- Light sour cream 1/2 cup
- Shredded, low-fat cheddar cheese 1 cup
- Shredded, part-skim mozzarella cheese 1 cup
- Non-fat ricotta cheese 1 (15-oz.) container
- Eggs 1/2 dozen
- Eggs 5 each
- Light yogurt 3 (6-oz.) containers

**GRAIN**

- Whole-wheat dinner rolls 1 each
- Whole-wheat dinner rolls 8 each
- Whole-wheat tortillas 8 each
- Brown rice 2 cups cooked
- Lasagna noodles 12 each

**PACKAGED GOODS**

- Betty Crocker® Instant Herb Mashed Potatoes 1 (3.5-oz.) box
- UNCLE BEN'S® Long Grain and Wild Rice (Fast Cook) 1 (6.2-oz.) box
- Apricot jam 1/2 cup
- Tomato juice (or Spicy V-8®) 2 cups
- Catsup 1/2 cup
- Low-fat beef broth 1 (15-oz.) can
- Spaghetti sauce 1 (28-oz.) jar
- Black beans 1 (15-oz.) can

**FRUIT**

- Lemons 2 each
- Limes 1 each
- Apples 2 each
- Bananas 3 each
- Berries 1/2 cup
- Grapes 1 lb.
- Grapefruit 1 each
- Melons 1/2 cup
- Nectarines 1 each
- Oranges 2 each
- Peaches 2 each
- Pears 1 each
- Plums 2 each
- Tangerines 1 each
- Fresh fruit of choice 2 cups

**VEGETABLES**

- Baby carrots 1 (1-lb.) bag
- Carrots, large 3 each
- Cucumbers 2 each
- Sugar snap peas 1 small bag (or 1/2 cup)
- Broccoli florets 1/4 lb.
- Broccoli florets 1 lb.
- Asparagus (fresh or frozen) 24 spears
- Bean sprouts 1 handful
- Bell peppers 2 each
- Jalapeno peppers 1/2 each
- Cilantro (fresh) 1/4 bunch
- Green beans (frozen, fresh, or canned) 4 cups
- Green onions 1 bunch + 3 onions
- Onions 3 each
- Red onions 1/4 each
- Shallots 3 each
- Tomatoes 3 each
- Tomatoes 7 each
- Dark, leafy green salad mix 5 oz.
- Dark, leafy green salad mix 13 oz.
- Russet potatoes 2 each

**FROZEN FOODS**

- Frozen peas 1 cup
- Lean Cuisine® or Healthy Choice® frozen entrée ≤350 calories 1 each

**MEAT**

- Lean turkey deli meat 8 slices
- Tuna in spring water 1 (6-oz.) can
- Beef stew meat 1 lb.
- Extra-lean ground beef 1/2 lb.
- Boneless, lean ham (fully cooked) 1 1/2 lbs.
- Diced lean ham 1/3 lb. (1 cup)
- Boneless, skinless chicken breasts 1 each
- Boneless, skinless chicken breasts 3 lbs.
- Whole salmon, cleaned 2 to 3 lbs.



## DAY 1

### BREAKFAST CALORIES

1 cup Kashi® cereal or Special K®	120
1 cup low-fat milk	110
1 banana	110

### SNACK .....

1 plum	36
1/2 oz. whole-wheat pretzels (5-7 small knots)	54
water	0

### LUNCH .....

Lean Cuisine® or Healthy Choice® frozen entrée ≤350 calories	350
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
water or diet beverage	0

### SNACK .....

10-15 baby carrots	45
2 Tbsp. ranch dip	65
water	0

### DINNER .....

1 1/2 cups Beef or Chicken Stew	330
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
1 whole-wheat dinner roll (or breadstick)	90
1 cup low-fat milk	110

### SNACK .....

1/2 cup melon (i.e., cantaloupe, watermelon, honeydew)	30
1 oz. (handful) mixed nuts	164
water	0

**TOTAL** 1814

## DAY 2

### BREAKFAST CALORIES

2 slices whole-wheat toast	200
1 Tbsp. jam	56
1 tsp. butter or soft tub margarine	33
1 cup low-fat milk	110
1/2 grapefruit	37

### SNACK .....

1 pear	98
water	0

### LUNCH .....

2 slices whole-wheat bread	200
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip® or mayo; mustard	35
tomato, lettuce, other veggies	25
1 tangerine	37
1/2 cup raw broccoli	13
1 Tbsp. low-fat dressing	25
water or diet beverage	0

### SNACK .....

1 apple	80
6 oz. light yogurt	100
water	0

### DINNER .....

1 cup Tiny Spicy Chicken	322
1/2 cup Ham Fried Rice	169
1 cup steamed green beans	44
water or diet beverage	0

### SNACK .....

3/4 cup frozen yogurt	135
1/2 cup berries	30
water	0

**TOTAL** 1789

### DAY 3

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry) . . . . .	140
2 tsp. brown sugar . . . . .	30
2 scrambled eggs (use 2 egg whites and 1 yolk) . . . . .	92
1 cup orange juice (calcium-fortified) . . . . .	110

#### **SNACK** . . . . .

1 nectarine . . . . .	67
water . . . . .	0

#### **LUNCH** . . . . .

2 slices whole-wheat bread . . . . .	200
1/2 can tuna . . . . .	110
1 Tbsp. Light Miracle Whip® . . . . .	35
1 oz. baked chips (9–12 chips) . . . . .	120
10–15 baby carrots . . . . .	45
1 peach . . . . .	45
water or diet beverage . . . . .	0

#### **SNACK** . . . . .

6 oz. light yogurt . . . . .	100
1/2 cucumber, sliced . . . . .	15
1 Tbsp. low-fat dressing . . . . .	25
water . . . . .	0

#### **DINNER** . . . . .

Lasagna (2"x 4" piece) . . . . .	320
2 cups tossed greens with veggies . . . . .	50
2 Tbsp. low-fat dressing . . . . .	50
1 whole-wheat dinner roll . . . . .	90
1 cup low-fat milk . . . . .	110

#### **SNACK** . . . . .

1 orange . . . . .	60
water . . . . .	0

**TOTAL** 1814

### DAY 4

<b>BREAKFAST</b>	CALORIES
1 cup Kashi® cereal or Special K® . . . . .	120
1 cup low-fat milk . . . . .	110
1 banana . . . . .	110
1 slice whole-wheat toast . . . . .	100
1 Tbsp. natural peanut butter . . . . .	100

#### **SNACK** . . . . .

1/2 cup (about 10) sugar snap peas . . . . .	40
water . . . . .	0

#### **LUNCH** . . . . .

1 large wheat pita (6 1/2") . . . . .	170
4 slices lean turkey or other lean deli meat . . . . .	40
1 Tbsp. Light Miracle Whip® . . . . .	35
1/2 Tbsp. mustard . . . . .	5
tomato, cucumber, lettuce, sprouts, other veggies . . . . .	25
1 oz. whole-wheat pretzels (10–15 small knots) . . . . .	108
1 plum . . . . .	36
water or diet beverage . . . . .	0

#### **SNACK** . . . . .

1 cup grapes . . . . .	114
water . . . . .	0

#### **DINNER** . . . . .

2 Soft Chicken Tacos with Black Beans (with Salsa) . . . . .	557
1/2 cup fresh fruit . . . . .	50
water . . . . .	0

#### **SNACK** . . . . .

3 cups 94% fat-free microwave popcorn or plain popcorn . . . . .	60
water . . . . .	0

**TOTAL** 1780

**DAY 5**

<b>BREAKFAST</b>	CALORIES
2 slices whole-wheat toast . . . . .	200
1 Tbsp. jam . . . . .	56
1 cup orange juice (calcium-fortified) . . . . .	110

**SNACK** . . . . .

1 oz. (handful) mixed nuts . . . . .	164
water . . . . .	0

**LUNCH** . . . . .

1 grilled or baked chicken breast . . . . .	140
4 cups tossed greens with veggies . . . . .	100
1/4 cup low-fat dressing . . . . .	100
1 whole-wheat dinner roll . . . . .	90
2 tsp. jam . . . . .	40
1/2 cup grapes . . . . .	57
water or diet beverage . . . . .	0

**SNACK** . . . . .

1 orange . . . . .	60
water . . . . .	0

**DINNER** . . . . .

4 oz. Baked Lean Ham . . . . .	233
1/2 cup Betty Crocker® Instant Herb Mashed Potatoes . . . . .	160
1 cup steamed broccoli . . . . .	44
1 cup low-fat milk . . . . .	110

**SNACK** . . . . .

3/4 cup frozen yogurt . . . . .	135
1 medium peach . . . . .	45
water . . . . .	0

**TOTAL** 1844**DAY 6**

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry) . . . . .	140
2 tsp. brown sugar . . . . .	30
2 scrambled eggs (use 2 egg whites and 1 yolk) . . . . .	92
1 cup orange juice (calcium-fortified) . . . . .	110

**SNACK** . . . . .

6 oz. light yogurt . . . . .	100
water . . . . .	0

**LUNCH** . . . . .

peanut butter (1 Tbsp.) and jelly or jam (1 Tbsp.) sandwich on whole-wheat bread (2 slices) . . . . .	350
1/2 cup grapes . . . . .	57
1/2 oz. whole-wheat pretzels (5-7 small knots) . . . . .	54
10-15 baby carrots . . . . .	45
2 Tbsp. ranch dip . . . . .	65
1 cup low-fat milk . . . . .	110

**SNACK** . . . . .

1 banana . . . . .	110
water . . . . .	0

**DINNER** . . . . .

6 oz. Baked Salmon . . . . .	273
2 Tbsp. Spicy Apricot Glaze . . . . .	78
1/2 cup Uncle Ben's® Long Grain and Wild Rice Fast Cook Recipe . . . . .	100
6 steamed asparagus spears . . . . .	22
water or diet beverage . . . . .	0

**SNACK** . . . . .

1 apple . . . . .	80
water . . . . .	0

**TOTAL** 1816

# WEEK 7 GROCERY LIST

## PANTRY

- Whole-wheat bread
- Kashi® cereal or Special K®
- Orange juice (calcium-fortified)
- Lowfat milk
- Lowfat salad dressing
- Brown sugar
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- 94% fat-free popcorn
- Oatmeal
- Instant brown rice
- Cheese slices (low-fat)
- Frozen yogurt
- Ranch dip
- Mixed nuts
- Mustard
- Whole-wheat pita bread
- Whole-wheat pretzels
- Baked chips

- = These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving
- = These items are for your **DINNER** menus and will allow for 4 servings

## DAIRY

- Light yogurt 4 (6-oz.) containers
- Eggs 1/2 dozen
- Lowfat cottage cheese 1 (8-oz.) container
- Part-skim mozzarella string cheese 1 each

## GRAIN

- Instant brown rice 2 cups cooked
- Near East® Couscous 1 (5.8-oz.) box
- Cracked wheat bulgar 1 cup
- Whole-wheat spaghetti 12 oz.
- Whole-wheat sandwich buns 4 each
- Whole-wheat breadsticks 4 each

## PACKAGED GOODS

- Slivered almonds 1/2 cup
- Fat-free vinaigrette 1/2 cup
- Tomato paste 1 (6-oz.) can
- BBQ sauce (low sodium, if possible) 1 (18-oz.) bottle
- Spaghetti sauce 1 (28-oz.) jar
- Healthy Choice® broth-based soup 1 can
- Au jus seasoning mix 1 packet
- Mandarin oranges 1 (15-oz.) can

## FRUIT

- Apples 2 each
- Bananas 1 each
- Berries 1 1/2 cups
- Grapes 1 lb.
- Grapefruit 1 each
- Kiwis 1 each
- Nectarines 1 each
- Oranges 2 each
- Peaches 1 each
- Pears 1 each
- Tangerines 1 each
- Fresh fruit of choice 11 cups

## VEGETABLES

- Baby carrots 1 (1-lb.) bag
- Sugar snap peas 1 small bag (or 1 1/2 cups)
- Broccoli florets 1/4 lb.
- Cilantro (fresh) 1 stalk
- Celery (diced) 1/4 cup
- Celery (diced) 2 each
- Cucumbers 1/2 each
- Green beans (fresh or frozen) 4 cups
- Green bell peppers 3 each
- Red bell peppers 1 each
- Button mushrooms 1 pint
- Parsley 1/2 cup
- Onions 4 each
- Green onions 1/2 bunch
- Green peas (fresh or frozen) 2 cups
- Dark, leafy green salad mix 5 oz.
- Dark, leafy green salad mix 13 oz.
- Baby spinach 10 oz.
- Tomatoes 4 each
- Tomatoes 1 each
- Cherry tomatoes 1 pint
- Corn 2 cups

## FROZEN FOODS

- Lean Cuisine® or Healthy Choice® frozen entrée ≤450 calories 1 each

## MEAT

- Tuna in spring water 1 (6-oz.) can
- Lean turkey deli meat 8 slices
- Lean, deli-sliced roast beef 3/4 lb.
- Turkey breast 1 1/2 lbs.
- Boneless, skinless chicken breast OR precooked shrimp 3/4 lb.
- Boneless, skinless chicken breast 1 each
- Boneless, skinless chicken breast 3 1/2 lbs.

**DAY 1**

**BREAKFAST** CALORIES

1 cup Kashi® cereal or Special K®	120
1 cup low-fat milk	110
1 cup berries	60
1 slice whole-wheat toast	100
1 Tbsp. natural peanut butter	100

**SNACK** .....

1/2 cup grapes	57
water	0

**LUNCH** .....

2 slices whole-wheat bread	200
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip® or light mayo; mustard	35
tomato, lettuce, other veggies	25
1 orange	60
1 oz. baked chips (9–12 chips)	120
water or diet beverage	0

**SNACK** .....

1 apple	80
water	0

**DINNER** .....

Barbecue Chicken (1 breast with sauce)	234
1/2 cup corn	65
spinach salad:	
2 cups spinach	13
1/4 cup mandarin oranges	23
1/8 cup slivered almonds	78
2 Tbsp. fat-free vinaigrette	30
3/4 cup fruit	75
1 cup low-fat milk	110

**SNACK** .....

10–15 baby carrots	45
1 Tbsp. ranch dip	33
water	0

**TOTAL** 1813

**DAY 2**

**BREAKFAST** CALORIES

2 slices whole-wheat toast	200
1 Tbsp. jam	56
1 cup low-fat milk	110
1/2 grapefruit	37

**SNACK** .....

1/2 oz. (small handful) mixed nuts	82
1 kiwi	40
water	0

**LUNCH** .....

1 large wheat pita (6 1/2")	170
4 slices lean turkey or other lean deli meat	40
1 oz. (slice) cheese	106
1 Tbsp. Light Miracle Whip®	35
1/2 Tbsp. mustard	5
tomato, cucumber, lettuce, sprouts, other veggies	25
4 celery sticks	4
1 cup raw broccoli	25
2 Tbsp. low-fat dressing	50
water or diet beverage	0

**SNACK** .....

1 tangerine	37
6 oz. light yogurt	100
water	0

**DINNER** .....

5 oz. Tender Turkey Breast with Herbs	270
3/4 cup Near East® Couscous	172
1/2 cup green peas	71
1 cup low-fat milk	110

**SNACK** .....

1/2 cup frozen yogurt	90
water	0

**TOTAL** 1835

**DAY 3**

**BREAKFAST** CALORIES

1 cup oatmeal (prepared, not dry) . . . . .	140
2 tsp. brown sugar . . . . .	30
2 scrambled eggs (use 2 egg whites and 1 yolk) . . . . .	92
1 cup orange juice (calcium-fortified) . . . . .	110

**SNACK** . . . . .

1 apple . . . . .	80
water . . . . .	0

**LUNCH** . . . . .

Lean Cuisine® or Healthy Choice® frozen entrée ≤450 calories . . . . .	450
1 cup grapes . . . . .	114
water or diet beverage . . . . .	0

**SNACK** . . . . .

10–15 baby carrots . . . . .	45
water . . . . .	0

**DINNER** . . . . .

French Dip Sandwich:	
1 multi-grain sandwich bun . . . . .	150
3 oz. lean roast beef . . . . .	173
1/4 cup au jus . . . . .	10
2 cups tossed greens with veggies . . . . .	50
2 Tbsp. low-fat dressing . . . . .	50
1 cup fruit . . . . .	100
1 cup low-fat milk . . . . .	110

**SNACK** . . . . .

6 oz. light yogurt . . . . .	100
water . . . . .	0

**TOTAL** 1804

**DAY 4**

**BREAKFAST** CALORIES

1 cup Kashi® cereal or Special K® . . . . .	120
1 cup low-fat milk . . . . .	110
1 peach . . . . .	45
1 slice whole-wheat toast . . . . .	100
1 Tbsp. natural peanut butter . . . . .	100

**SNACK** . . . . .

1 oz. whole-wheat pretzels (10–15 small knots) . . . . .	108
water . . . . .	0

**LUNCH** . . . . .

1 grilled or baked chicken breast . . . . .	140
4 cups tossed greens with veggies . . . . .	100
1/4 cup low-fat dressing . . . . .	100
1 slice whole-wheat bread . . . . .	100
2 tsp. jam . . . . .	40
6 oz. light yogurt . . . . .	100
water or diet beverage . . . . .	0

**SNACK** . . . . .

1 nectarine . . . . .	67
1/2 cup (about 10) sugar snap peas . . . . .	40
water . . . . .	0

**DINNER** . . . . .

3/4 cup Chicken Paprika . . . . .	236
1/2 cup brown rice . . . . .	108
1 cup steamed green beans . . . . .	44
1 cup low-fat milk . . . . .	110

**SNACK** . . . . .

2 cups 94% fat-free microwave popcorn or plain popcorn . . . . .	40
water . . . . .	0

**TOTAL** 1808

## DAY 5

<b>BREAKFAST</b>	CALORIES
2 slices whole-wheat toast	200
1 Tbsp. jam	56
1 cup orange juice (calcium-fortified)	110

### SNACK

1 cup (about 20) sugar snap peas	80
water	0

### LUNCH

1 1/4 cups broth-based soup	125
1 slice whole-wheat toast	100
1 oz. (slice) cheese	106
1 orange	60
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
water or diet beverage	0

### SNACK

1 pear	98
water	0

### DINNER

Pasta with Marinara Sauce:	
1 cup whole-wheat pasta	170
1/2 cup marinara	50
3 oz. seafood or chicken	140
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
1 whole-wheat breadstick	90
1 cup low-fat milk	110

### SNACK

1/2 cup frozen yogurt	90
1/2 cup berries	30
water	0

**TOTAL** 1815

## DAY 6

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry)	140
2 tsp. brown sugar	30
2 scrambled eggs (use 2 egg whites and 1 yolk)	92
1 cup orange juice (calcium-fortified)	110

### SNACK

1 cup grapes	114
6 oz. light yogurt	100
water	0

### LUNCH

2 slices whole-wheat bread	200
1/2 can tuna	110
1 Tbsp. Light Miracle Whip®	35
10-15 baby carrots	45
1 Tbsp. low-fat dressing	25
1/2 oz. whole-wheat pretzels (5-7 small knots)	54
1 cup low-fat milk	110

### SNACK

1 banana	110
1 string cheese (part-skim mozzarella)	80
water	0

### DINNER

2 Chicken Kabobs with Vegetables	178
1/2 cup Tabbouleh Salad	115
1 cup mixed fresh fruit	100
water or diet beverage	0

### SNACK

1/2 cucumber, sliced	15
2 Tbsp. low-fat dressing	50
water	0

**TOTAL** 1813

**PANTRY**

- Whole-wheat bread
- Kashi® cereal or Special K®
- Orange juice (calcium-fortified)
- Low-fat milk
- Low-fat salad dressing
- Brown sugar
- Natural peanut butter
- Soft tub margarine
- Light Miracle Whip®
- Jam or preserves
- 94% fat-free popcorn
- Oatmeal
- Instant brown rice
- Whole-wheat pita bread
- Whole-wheat pretzels
- Baked chips
- Mixed nuts
- Mustard

= These items are for your **BREAKFAST, LUNCH & SNACK** menus and will allow for 1 serving

= These items are for your **DINNER** menus and will allow for 4 servings

**DAIRY**

- Fat-free cream cheese 2 oz.
- Shredded, low-fat cheddar cheese 2 cups
- Eggs 1/2 dozen
- Eggs 3 each
- Light yogurt 3 (6-oz.) containers
- Low-fat cottage cheese 1 (8-oz.) container
- Light sour cream 1/3 cup

**GRAIN**

- Whole-wheat tortillas 8 each
- Favorite pasta (preferably whole grain), try bow tie, fusilli, rotelli or any other 3 oz.
- UNCLE BEN'S® Long Grain and Wild Rice (Fast Cook) 1 (6.2-oz.) box
- Instant brown rice 6 cups cooked

**PACKAGED GOODS**

- Peanuts, unsalted, dry roasted 1 cup
- Black beans 2 (15-oz.) cans
- Garbanzo beans 1/2 (15-oz.) can
- Chow mein noodles 2 cups
- Fat-free chicken gravy 1 cup
- Chicken stock 5 cups

**FRUIT**

- Limes 2 each
- Avocados 3 ripe
- Apples 1 each
- Bananas 3 each
- Berries 1/2 cup
- Red or green grapes 1/2 lb.
- Red or green grapes 1/3 cup each
- Kiwis 1 each
- Melons 1 cup
- Oranges 1 each
- Oranges 2 each
- Peaches 2 each
- Pears 2 each
- Plums 2 each

- Tangerines 2 each
- Grapefruit 1 each
- Fresh fruit of choice 2 cups

**VEGETABLES**

- Baby carrots 1 (1-lb.) bag
- Cucumbers 1 each
- Sugar snap peas 1 small bag (or 1 1/2 cups)
- Dark, leafy green salad mix 5 oz.
- Shredded lettuce 2 cups
- Broccoli florets 1/4 lb.
- Broccoli florets 1 1/4 lbs.
- Cauliflower 1/4 cup
- Cilantro 1 bunch
- Green onions 2 bunches
- Green peppers 1 each
- Red peppers 1 each
- Yellow peppers 1 each
- Mushrooms (optional) 8 oz.
- Jalapeno peppers 2 each
- Onions 2 each
- Red onions 1/4 each
- Small potatoes for baking 4 each
- Squash (crookneck & zucchini) 4 cups
- Peas (frozen) 8 oz.
- Tomatoes 3 each
- Tomatoes 5 each

**FROZEN FOODS**

- Lean Cuisine® or Healthy Choice® frozen entrée ≤450 calories 1 each

**MEAT**

- Lean turkey deli meat 8 slices
- Tuna in spring water 1 (6-oz.) can
- Lean pork loin (boneless) 1 1/2 lbs.
- Skirt or sirloin steaks 1 1/2 lbs.
- Halibut 4 (8-oz.) fillets
- Boneless, skinless chicken breasts 1 each
- Boneless, skinless chicken breasts 3 1/2 lbs.



## DAY 1

### BREAKFAST CALORIES

1 1/2 cups Kashi® cereal or Special K®	180
1 cup low-fat milk	110
1 banana	110

### SNACK .....

1 apple	80
water	0

### LUNCH .....

Lean Cuisine® or Healthy Choice® frozen entrée ≤450 calories	450
2 cups tossed greens with veggies	50
2 Tbsp. low-fat dressing	50
water or diet beverage	0

### SNACK .....

1 oz. (handful) mixed nuts	164
water	0

### DINNER .....

Hawaiian Haystacks:	
1 cup brown rice	216
1/2 cup diced chicken breast	100
1/4 cup fat-free chicken gravy	15
1/4 cup chow mein noodles	60
peas, pineapple, celery, green onions, etc.	40
1 cup low-fat milk	110

### SNACK .....

1 tangerine	37
1/2 oz. whole-wheat pretzels (5-7 small knots)	54
water	0

**TOTAL** 1826

## DAY 2

### BREAKFAST CALORIES

2 slices whole-wheat toast	200
1 Tbsp. jam	56
1 tsp. butter or soft tub margarine	33
1 cup low-fat milk	110
1/2 grapefruit	37

### SNACK .....

1 oz. (handful) mixed nuts	164
water	0

### LUNCH .....

2 slices whole-wheat bread	200
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip® or mayo; mustard	35
tomato, lettuce, other veggies	25
1 pear	98
1 cup raw broccoli	25
2 Tbsp. low-fat dressing	50
water or diet beverage	0

### SNACK .....

6 oz. light yogurt	100
water	0

### DINNER .....

1 Steak Fajita with Salsa	312
1/2 Tbsp. Guacamole	32
1/2 cup Spicy Black Beans	112
1/2 cup mixed fruit	50
water or diet beverage	0

### SNACK .....

1 kiwi	40
1/2 cup low-fat cottage cheese	80
water	0

**TOTAL** 1799

### DAY 3

<b>BREAKFAST</b>	CALORIES
1 cup Kashi® cereal or Special K®	120
1 cup low-fat milk	110
1 peach	45
1 slice whole-wheat toast	100
1 Tbsp. natural peanut butter	100

### SNACK

1 orange	60
water	0

### LUNCH

2 slices whole-wheat bread	200
1/2 can tuna	110
1 Tbsp. Light Miracle Whip®	35
1 oz. baked chips (9–12 chips)	120
1 plum	36
water or diet beverage	0

### SNACK

1/2 cucumber, sliced	15
2 Tbsp. low-fat dressing	50
water	0

### DINNER

6 oz. Lemon Halibut (baked or grilled)	244
1 small baked potato (top with 1 1/2 Tbsp. light sour cream and sprinkle with powdered ranch dressing mix)	200
1 cup steamed broccoli	44
1 cup low-fat milk	110

### SNACK

1/2 cup frozen yogurt	90
water	0

**TOTAL** 1789

### DAY 4

<b>BREAKFAST</b>	CALORIES
1 cup oatmeal (prepared, not dry)	140
2 tsp. brown sugar	30
2 scrambled eggs (use 2 egg whites and 1 yolk)	92
1 cup orange juice (calcium-fortified)	110

### SNACK

1 banana	110
1/2 oz. whole-wheat pretzels (5–7 small knots)	54
water	0

### LUNCH

1 large wheat pita (6 1/2")	170
4 slices lean turkey or other lean deli meat	40
1 Tbsp. Light Miracle Whip®	35
1/2 Tbsp. mustard	5
tomato, cucumber, lettuce, sprouts, other veggies	25
1 oz. whole-wheat pretzels (10–15 small knots)	108
1 peach	45
water or diet beverage	0

### SNACK

1 plum	36
1/2 cup (about 10) sugar snap peas	40
water	0

### DINNER

3/4 cup Kung Pao Chicken	356
1/2 cup brown rice	108
1 cup Egg Drop Soup	78
1 cup steamed crookneck squash and zucchini	36
1 cup low-fat milk	110

### SNACK

3 cups 94% fat-free microwave popcorn or plain popcorn	60
water	0

**TOTAL** 1788

**DAY 5**

**BREAKFAST** CALORIES

2 slices whole-wheat toast . . . . .	200
2 tsp. butter or soft tub margarine . . . . .	.66
2 tsp. jam . . . . .	.37
1 cup orange juice (calcium-fortified) . . . . .	112

**SNACK** . . . . .

1 pear . . . . .	98
1 oz. (handful) mixed nuts . . . . .	164
water . . . . .	0

**LUNCH** . . . . .

1 grilled or baked chicken breast . . . . .	140
4 cups tossed greens with veggies . . . . .	100
1/4 cup low-fat dressing . . . . .	100
1 whole-wheat dinner roll . . . . .	90
2 tsp. jam . . . . .	40
1 tangerine . . . . .	37
water or diet beverage . . . . .	0

**SNACK** . . . . .

6 oz. light yogurt . . . . .	100
water . . . . .	0

**DINNER** . . . . .

3 oz. Lean Pork Loin . . . . .	150
3/4 cup Uncle Ben's® Long Grain and Wild Rice Fast Cook Recipe . . . . .	150
1 cup steamed mixed vegetables . . . . .	50
1 cup low-fat milk . . . . .	110

**SNACK** . . . . .

1 cup melon (i.e., cantaloupe, watermelon, honeydew) . . . . .	60
water . . . . .	0

**TOTAL** 1844

**DAY 6**

**BREAKFAST** CALORIES

1 cup oatmeal (prepared, not dry) . . . . .	140
2 tsp. brown sugar . . . . .	30
2 scrambled eggs (use 2 egg whites and 1 yolk) . . . . .	92
1 cup orange juice (calcium-fortified) . . . . .	110

**SNACK** . . . . .

6 oz. light yogurt . . . . .	100
water . . . . .	0

**LUNCH** . . . . .

peanut butter (1 Tbsp.) and jelly or jam (1 Tbsp.) sandwich on whole-wheat bread (2 slices) . . . . .	350
1 cup grapes . . . . .	114
10-15 baby carrots . . . . .	45
1 Tbsp. low-fat dressing . . . . .	25
water or diet beverage . . . . .	0

**SNACK** . . . . .

1 banana . . . . .	110
1 cup (about 20) sugar snap peas . . . . .	80
water . . . . .	0

**DINNER** . . . . .

Herb-Marinated Chicken (1 breast) . . . . .	164
1 cup Citrus Pasta Salad . . . . .	126
1 cup mixed fruit . . . . .	100
1 cup low-fat milk . . . . .	110

**SNACK** . . . . .

1/2 cup frozen yogurt . . . . .	90
1/2 cup berries . . . . .	30
water . . . . .	0

**TOTAL** 1816

**Day 1***Gourmet***Spaghetti with Sauce**

1/2 Tbsp. olive oil  
1/2-1 tsp. minced garlic  
1/2 yellow, white or red onion, chopped  
1/2 lb. lean ground beef  
1 (15-oz.) can Italian-flavored, diced, stewed tomatoes, or crushed tomatoes  
1 (6-oz.) can tomato paste  
1 (15-oz.) can tomato sauce  
salt and pepper to taste  
1 Tbsp. fresh, minced basil, or  
1/2-1 tsp. dried  
1/2 Tbsp. fresh, minced oregano, or  
1/2 tsp. dried  
1 Tbsp. balsamic vinegar, optional  
8 oz. whole-wheat pasta of choice,  
cook following package directions  
1/8 cup Parmesan cheese

1. Heat olive oil in large skillet or saucepan. Add garlic and onion, sauté 1 minute. Add ground beef and cook until browned. Add remaining ingredients and let simmer 15-20 minutes. Prepare pasta.
2. When pasta is done, drain and toss with sauce. Sprinkle with cheese and serve. Makes approximately 5 cups.

**Day 2***Quick & Easy***Stir-fry with Chicken or Shrimp**

1 (28-oz.) bag Bird's Eye® Frozen Vegetable Stir-Fry  
1 lb. boneless, skinless chicken breasts or precooked shrimp  
1 Tbsp. canola or olive oil

1. Cut chicken into bite-size pieces and stir-fry 3-5 minutes until chicken is cooked through. Add vegetables and cook 5-10 minutes more until veggies are heated through. Season to taste. Serves 4-6.

**Day 3****Gourmet****Chicken Enchiladas**

- 1 1/2 lbs. boneless, skinless chicken breasts
- 1 Tbsp. olive oil
- 1/2 tsp. cumin
- 2 tsp. minced garlic cloves
- 1 onion, chopped
- 1 jalapeño, seeded and minced
- salt and pepper to taste
- red pepper to taste
- 1 (14-oz.) can fat-free refried beans
- 8 whole-wheat tortillas
- 1 (10-oz.) can enchilada sauce
- 4 oz. (1 cup) shredded low-fat cheddar cheese
- 1/2 cup fat-free sour cream

1. Boil chicken breasts in water approximately 20 minutes or until done. Remove, let cool and shred or thinly slice. (A whole chicken can be cooked and shredded as well.) Heat oil in skillet. Add cumin, garlic, onion and jalapeño; stir-fry 3 minutes. Add cooked chicken, salt and pepper, and red pepper. Simmer to warm through.
2. Fill tortillas with equal portions of refried beans and chicken. Roll up and place in a baking dish large enough to fit all 8 enchiladas. Pour enchilada sauce over the top and sprinkle with shredded cheese. Bake at 350° F for approximately 20 minutes or until cheese is melted and enchiladas are warmed through. Serve each with 1 Tbsp. fat-free sour cream and salsa. Makes 8 enchiladas.

**Salsa**

- 3 tomatoes
- 1/4 red onion, minced
- 1/4 bunch fresh cilantro, use less if you like
- 1/2 jalapeno, seeds removed and minced
- 1/4 cup lime juice
- salt and pepper to taste

1. Combine all ingredients and serve. Makes about 3 cups.

**Day 4****Quick & Easy****Marinated Fish**

- 4 (8-oz.) fish fillets of choice (e.g., halibut, haddock, orange roughy, red snapper, etc.)
- marinade of choice
- seasonings of choice

1. Marinate fish. Broil, bake or grill without added fat. Makes 4 (6-oz.) cooked fillets.

**Day 5****Gourmet****Broiled or Grilled Lemon Chicken  
with Roasted Veggies****Marinade\*:**

zest of 1 lemon  
1 cup lemon juice  
1/2 cup olive oil  
salt and pepper to taste  
1 tsp. minced garlic

**Meat:**

1 1/2 lbs. boneless, skinless chicken breasts

**Vegetables:**

1 bunch broccoli, 1 crookneck or zucchini  
squash, all cut into large, bite-size chunks  
1 russet or 2 red potatoes, sliced 1/4" or  
thinner for equal cooking time  
8 oz. whole mushrooms

1. Mix marinade ingredients together in a large resealable bag. Add chicken and vegetables and let marinate 1 hour or as long as overnight, turning bag and moving vegetables around occasionally.
2. Remove chicken and vegetables from marinade and place on a cookie sheet sprayed with a non-stick spray. Discard marinade. Roast meat and vegetables in oven at 375° F for 20–30 minutes or until chicken is cooked through. Stir and turn occasionally. When meat is done, season to taste and serve. Serves 4.

\*This marinade is also delicious with fish.

**Day 6****Quick & Easy****Marinated Turkey Tenderloin**

1 lb. turkey tenderloin  
marinade of choice  
seasonings of choice

1. Marinate turkey overnight or for at least 1 hour. Cut into 4 equal portions. Bake on a non-stick pan at 350° F for 20–30 minutes until internal temperature reaches 165° F.

## Day 1

### Gourmet

#### Broiled Salmon with Black Bean Sauce

**Sauce:**

1/3 cup fermented black beans  
2 Tbsp. soy sauce  
2 tsp. sugar  
1 tsp. sesame oil  
2 Tbsp. rice vinegar  
1 rounded Tbsp. cornstarch  
1/3 cup water

**Salmon:**

2 lbs. salmon fillets  
4 scallions, chopped in 1" pieces

1. Combine sauce ingredients in a small saucepan. Heat to boiling, stirring constantly until thickened. Set aside.
2. Spray baking sheet with non-stick cooking spray and lay salmon fillets on sheet. Top with scallions. Broil on high 7-10 minutes or until fish flakes easily with fork.
3. Drizzle salmon with black bean sauce and serve. Makes 4 (6-oz.) cooked fillets.

## Day 2

### Quick & Easy

#### Sloppy Joes

1 lb. extra-lean ground beef or ground turkey  
1 packet sloppy joe seasoning  
1 (6-oz.) can tomato paste  
1 package whole-wheat buns

1. Prepare according to directions on seasoning packet. Serves 4.

## Day 3

## Gourmet

### Sliced Seasoned Chicken over Spinach Salad

- 1 Tbsp. olive oil
- 1 tsp. minced garlic
- 1 1/2 lbs. boneless, skinless chicken breasts, sliced in 1" x 3" strips

#### Spinach Salad:

- 1 lb. fresh spinach salad greens, washed and rinsed well
- 1 large tomato, sliced
- 4 green onions, sliced

#### Dressing:

- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 2 Tbsp. Dijon mustard
- 1 Tbsp. each, minced basil and thyme or 1 tsp. each, dried
- 1 tsp. minced garlic
- salt and pepper to taste

1. Heat oil and garlic in skillet, sauté 30 seconds. Add chicken and stir-fry until lightly browned and cooked through, approximately 3–5 minutes.
2. When chicken is cooked through, transfer to a plate and cool. While chicken is cooling, whisk together dressing ingredients.
3. Discard coarse stems from spinach, toss with tomato and green onions. Arrange chicken over spinach salad and drizzle with dressing. Serves 4.

## Day 4

## Quick & Easy

### Chicken Divan

- 1 1/2 lbs. boneless, skinless chicken breasts, diced
- 1 (10-oz.) package frozen broccoli spears, rinsed and drained
- 1 can reduced-fat cream of mushroom soup
- 2 Tbsp. grated Parmesan cheese

1. Place diced chicken breasts in baking dish. Lay broccoli spears over chicken. Spread mushroom soup over top. Bake at 350° F for 30 minutes or until chicken is cooked through. Sprinkle with Parmesan cheese and brown in oven, if desired. Serves 4.



## Day 5

### Gourmet

#### Roasted Tomato Pasta

16 oz. whole-wheat pasta of choice  
12 Roma tomatoes or carton of cherry  
or grape tomatoes  
1/3 cup olive oil  
1/2 cup minced fresh basil or 1 Tbsp. dried  
1/4 cup minced fresh oregano or 1 tsp. dried  
2 Tbsp. minced thyme or 2 tsp. dried  
1–2 tsp. salt  
1 tsp. pepper  
1 tsp. minced garlic  
1 tsp. red pepper flakes  
1/4 cup grated Parmesan cheese

1. Prepare pasta according to package directions. Set aside. Meanwhile, prepare tomatoes.
2. Cut Roma tomatoes in half and place on large baking sheet. If you're using cherry or grape tomatoes, there's no need to halve them. Place remaining ingredients, except Parmesan, on baking pan and stir tomatoes to mix herbs and seasonings.
3. Broil for 5–7 minutes or until tomatoes are softened and slightly roasted. Pour entire mixture over pasta. Use a rubber scraper to get every bit of seasoning from the baking sheet. Sprinkle with Parmesan cheese and serve. Makes approximately 8 cups.

## Day 6

### Quick & Easy

#### Soft Taco (Beef or Chicken)

1 packet taco seasoning  
1 lb. boneless, skinless chicken or extra-  
lean ground beef  
8 whole-wheat tortillas  
4 oz. (1 cup) low-fat cheddar cheese.  
1/2 cup light sour cream  
1 cup salsa  
lettuce, tomato, olives, etc.

1. Thoroughly cook meat without added fat or oil. Season. Heat tortillas. Assemble tacos. Serves 4.

## Day 1 | Gourmet

### Orange Chicken

- 1/4 cup fat-free chicken broth
- 3 Tbsp. hoisin sauce
- 2 Tbsp. apricot preserves
- 2 tsp. soy sauce
- 1 tsp. orange zest
- 2 large oranges
- 3 Tbsp. chopped, fresh cilantro
- 1 Tbsp. olive oil
- 1 1/2 lbs. boneless, skinless chicken breasts, cut into large chunks

1. In a small bowl, combine first five ingredients. Set aside.
2. Peel and coarsely chop oranges, remove seeds. In a large bowl, gently toss oranges with cilantro. Set aside.
3. Heat olive oil in skillet. Add chicken pieces and sauté 2–5 minutes or until lightly browned. Pour hoisin sauce mixture over chicken; simmer 5 minutes. Sauce will reduce while simmering and will create a glaze for chicken. Remove to platter, serve with orange cilantro mixture. Makes approximately 4 1/2 cups.

### Lemon Dill Rice

- 1 Tbsp. olive oil
- 1–2 tsp. minced garlic
- 1–2 tsp. minced ginger root
- 1 tsp. dried dill
- 4 cups cooked wild rice
- juice of 1 lemon, about 1/4 cup
- 1/3 cup slivered almonds
- salt and pepper to taste

1. Heat oil in skillet. Add garlic and ginger root and stir-fry 30 seconds. Add remaining ingredients. Heat through and season to taste. Makes approximately 4 cups.

## Day 2 | Quick & Easy

### Soft Bean Burrito

- 3 (16-oz.) cans fat-free refried beans
- 4 oz. (1 cup) shredded low-fat cheddar cheese
- 1/2 cup light sour cream
- 8 (8") whole-wheat tortillas
- 1 cup salsa
- lettuce, tomato, onion, etc.

1. Heat refried beans and tortillas. Assemble burritos. Serves 4.

**Day 3** | *Gourmet***Steamed or Broiled Halibut**

4 (8-oz.) halibut fillets  
2 Tbsp. minced fresh ginger  
lemon slices and wedges

1. Place halibut on steamer rack; if you don't have a steamer, place halibut on a baking sheet sprayed with non-stick cooking spray. Top with ginger and lemon. Place in steamer over boiling water, and steam for approximately 12 minutes or until fish flakes easily. (Or broil 6" under broiler for 10–12 minutes).
2. When fish is done, remove to serving platter and serve with additional lemon wedges. Makes 4 (6-oz.) cooked fillets.

**Seasoned, Boiled Red Potatoes**

1 lb. small red potatoes  
1 lemon  
1 tsp. Italian seasonings  
salt and pepper

1. Cover red potatoes with water and boil approximately 20 minutes, or until tender when pierced with a knife.
2. Drain and season potatoes with the juice of one lemon. Toss with Italian seasonings; salt and pepper to taste. Makes approximately 2 1/2 cups.

**Day 4** | *Quick & Easy***Mesquite-Marinated Chicken Breast**

1 1/2 lbs. boneless, skinless chicken breasts  
1 bottle mesquite marinade (low-sodium,  
if available)  
seasonings of choice

1. Marinate chicken 2–3 hours, and bake at 350° F until chicken is no longer pink and reaches an internal temperature of 165° F, approximately 20–30 minutes.

**Day 5****Gourmet****Grilled, Marinated London Broil**

2 lbs. lean London broil, thinly sliced  
(flank steak may be substituted)

**Marinade:**

1 1/2 cups soy sauce  
3/4 cup rice vinegar  
3/4 cup sherry or cooking sherry  
2 tsp. Chinese five spice (or substitute  
with 1/2 tsp. each, nutmeg, ginger  
and cloves, and 1 whole star anise)  
1 piece ginger root  
1/3 cup sugar

1. Combine all marinade ingredients in a large bowl. Place meat in marinade, cover and let set 8 hours. Turn meat in marinade 2 or 3 times during the 8-hour period.
2. Heat grill to medium high. Grill for only 2–3 minutes on each side. Makes 6 (4-oz.) cooked servings

**Grilled Vegetables**

1 crookneck squash, sliced lengthwise  
into strips  
1 zucchini squash, sliced lengthwise  
into strips  
2 Portabella mushrooms  
1 red onion, sliced crosswise into  
thick rings  
3 Tbsp. olive oil  
salt and pepper

1. Place all vegetables on large baking sheet. Drizzle with olive oil, and season with salt and pepper. Stir to coat vegetables with oil and seasonings.
2. Place the vegetables on grill with London broil. The vegetables will cook a few minutes longer than the beef. Makes approximately 3 cups.

**Day 6****Quick & Easy****Teriyaki Chicken**

1 1/2 lbs. boneless, skinless chicken breasts  
1 bottle teriyaki sauce (low-sodium,  
if available)

1. Baste chicken with teriyaki sauce, and bake at 350° F until chicken is no longer pink and reaches an internal temperature of 165° F, approximately 20–30 minutes.

**Day 1** | *Gourmet***Creole Pork Tenderloin**

2 lbs. lean pork tenderloin  
 1 tsp. garlic salt or garlic powder  
 1 tsp. onion powder  
 1 tsp. cayenne or red pepper  
 fresh ground pepper  
 1–2 tsp. olive oil

1. Rub tenderloin with all seasonings.
2. Add small amount of oil in large skillet; sear tenderloin over medium-high heat on all sides. Place in baking dish, and bake at 350° F for approximately 50 minutes. Check for internal temperature of 170° F. Makes 4 (4-oz.) cooked servings.

**Apple Jicama Salsa**

1 Granny Smith apple, cored and diced  
 1/2 jicama, peeled and diced  
 \*Jicama looks similar to a potato; it has a brown peel. Cut jicama in half and then into quarters. This gives you a smaller piece to peel. Use a paring knife or vegetable peeler, and remove the thick, brown peel. The jicama has a slightly sweet flavor—a cross between an apple and a potato.  
 1/4 red onion, minced  
 1 1/2 Tbsp. chopped, fresh cilantro  
 1 Tbsp. lime juice  
 1/2 tsp. salt  
 fresh ground pepper to taste  
 1/4 tsp. red pepper

1. Combine all ingredients and stir thoroughly. Makes approximately 4 cups. Serve alongside Creole Pork Tenderloin.

**Day 2** | *Quick & Easy***Taco Salad**

1 packet taco seasoning  
 1 lb. extra-lean ground beef  
 2 (16-oz.) cans fat-free refried beans  
 2 oz. (1/2 cup) shredded low-fat cheddar cheese  
 1 bag baked tortilla chips (at least 4 oz.)  
 3/4 cup light sour cream  
 1 cup salsa  
 lettuce, tomato, onion, olives, etc.

1. Brown and season meat without added fat. Assemble Taco Salad. Serves 4.

**Day 3****Gourmet****Pasta Primavera**

16 oz. whole-wheat linguine  
 1 Tbsp. butter  
 2-3 tsp. minced garlic  
 2 green onions, chopped; white separated from green chive  
 8 oz. sliced mushrooms  
 1 cup chopped broccoli florets  
 8 asparagus spears, cut into 1" pieces  
 2 cups snow peas  
 1 red bell pepper, sliced julienne  
 3 Tbsp. chopped, fresh basil  
 or 1 Tbsp. dried basil  
 salt and pepper to taste  
 3 cups cooked, cubed chicken  
 or 1 lb. cooked shrimp  
 1/4 cup half-and-half  
 1/2 cup freshly grated Parmesan cheese

1. Cook linguine according to package directions.
2. Meanwhile, melt butter in a large skillet. Add garlic and white part of green onions; cook for 30 seconds. Add mushrooms and broccoli. Sauté 3 minutes or until mushrooms are softened. Add asparagus, snow peas, bell pepper, basil, and salt and pepper. Cook and stir until vegetables are slightly tender.
3. Toss vegetables and chicken or shrimp with linguine, add half-and-half. Sprinkle with Parmesan cheese. Let set a few minutes before serving. Makes 12 cups.

**Day 4****Quick & Easy****Chicken Breast Sandwich**

1 1/2 lbs. boneless, skinless chicken breasts  
 4 whole-wheat buns  
 vegetables of choice for sandwich  
 seasonings of choice

1. Place chicken breasts on broiler pan or non-stick baking sheet. Broil on high 11-13 minutes. Meat should be approximately 7" from broiler. Season to taste. Prepare vegetables. Assemble sandwiches. Serves 4.

**Day 5****Gourmet****Balsamic-Glazed Steamed Fish**

4 (8-oz.) fish fillets of choice  
1/4 cup fat-free chicken broth  
1 Tbsp. balsamic vinegar  
1 Tbsp. cooking sherry  
1 Tbsp. soy sauce  
1/2 tsp. cornstarch  
2 green onions, minced

1. Place fish fillets on steamer rack over boiling water. Sprinkle fish with pepper. Cover and steam approximately 10 minutes per inch, or bake at 375° F until fish flakes easily.
2. Combine broth, vinegar, sugar, soy sauce and cornstarch in a small saucepan. Bring to a boil; cook until sauce thickens. Remove from heat. Spoon glaze over fish; top with green onion. Makes 4 (6-oz.) cooked servings of fish.

**Day 6****Quick & Easy****Marinated Chicken Breast**

1 1/2 lbs. boneless, skinless chicken breasts  
marinade of choice  
seasonings of choice

1. Marinate chicken 1–3 hours, and bake at 350° F until chicken is no longer pink and reaches an internal temperature of 165° F, approximately 20–30 minutes.

**Day 1****Quick & Easy****Stir-fry with Chicken or Shrimp**

- 1 28-oz. bag Bird's Eye® Frozen Vegetable Stir-Fry
- 1 lb. boneless, skinless chicken breasts or precooked shrimp
- 1 Tbsp. canola or olive oil

1. Cut chicken into bite-size pieces and stir-fry 3–5 minutes until chicken is cooked through. Add vegetables and cook 5–10 minutes more until veggies are heated through. Season to taste. Serves 4–6.

**Day 2****Gourmet****Turkey Saltimbocca with Marsala Sauce****Sauce:**

- 1 Tbsp. olive oil
- 4–6 shallots, minced
- 1 tsp. minced garlic
- 1 cup dry Marsala wine, or Marsala cooking wine from the grocery store
- 1/2 cup balsamic vinegar
- 2 1/2 cups fat-free chicken broth
- 2 Tbsp. fat-free chicken broth mixed with 2 Tbsp. cornstarch
- 1 Tbsp. fresh sage or 1 tsp. dried sage
- 1/2 tsp. salt
- pepper to taste

1. In a saucepan or skillet, heat 1 Tbsp. olive oil. Add shallots and garlic. Sauté 2 minutes. Add Marsala and balsamic vinegar, and simmer to reduce by half, about 3 minutes.
2. Add 2 1/2 cups chicken broth and continue to simmer and reduce by half.
3. Add remaining ingredients and heat to boiling. Stir constantly until sauce thickens. Season to taste. Set aside.

**Turkey:**

- 1 1/2 lbs. turkey tenderloin, sliced crosswise into medallions with tendon removed
- 1–2 Tbsp. olive oil

1. While sauce is cooking, pound medallions to 1/4" thick between sheets of plastic wrap. Heat large skillet with olive oil; sauté medallions in batches (add more oil as needed to cook all medallions). Cook until golden and cooked through, approximately 1–2 minutes per side. Transfer turkey to warm Marsala Sauce and serve. Makes 6 (4-oz.) servings.



**Day 3****Quick & Easy****Chili**

2 (15-oz.) cans red kidney beans, drained  
2 (14-oz.) cans diced or crushed tomatoes  
1/2 lb. lean ground beef, browned (optional)  
1 onion, chopped  
1 package chili seasoning mix (or 1 tsp. minced garlic, 2 Tbsp. chili powder, 1 tsp. pepper, 1 tsp. red pepper and 1 tsp. cumin)

1. Combine all ingredients in a large soup pot. Heat to boiling, reduce and simmer 15 minutes to an hour. Serves 4.

**Day 4****Gourmet****Fish with Orange-Rosemary Sauce**

4 (8-oz.) fish fillets

**Sauce:**

1 cup orange juice concentrate  
1/2 cup fat-free chicken broth  
4 shallots, minced or 1/2 red onion, minced  
2 Tbsp. lemon juice  
2 Tbsp. fresh rosemary sprigs, or  
1-2 tsp. dried  
salt and pepper to taste

1. Place fillets on a non-stick baking sheet. Broil on high, 7" below broiler for 7-10 minutes until fish flakes easily.  
2. Meanwhile prepare sauce. Combine all ingredients in saucepan. Bring to a boil. Lower heat, simmer and let reduce by 1/3. Pour over cooked fish. Makes 4 (6-oz.) cooked fillets.

**Day 5****Quick & Easy****Chef Salad**

- 2 (10-oz.) bags dark, leafy-green salad mix
- 2 cups chopped vegetables of choice
- 3 cups precooked, chopped chicken, turkey or lean ham (from deli)
- 4 boiled eggs
- 1/2 cup part-skim mozzarella cheese

1. Toss all ingredients together and serve with low-fat salad dressing. Serves 4.

**Day 6****Gourmet****Chicken Puttanesca**

- 1 Tbsp. olive oil
- 6 boneless, skinless chicken breasts (approximately 2 1/2 lbs.)
- 1 medium onion, chopped
- 2 Tbsp. minced garlic
- 12 Roma tomatoes (2 lbs.) peeled and chopped, or 2 (28-oz.) cans diced tomatoes
- 1/2 cup dry red wine (optional)
- 1/4 cup balsamic vinegar
- 1 Tbsp. drained capers
- 8–10 black or green olives, thinly sliced
- 1 Tbsp. minced, rinsed anchovies
- freshly ground black pepper
- 1/4 tsp. crushed red peppers
- 1 lb. whole-wheat linguine

1. Heat olive oil in large skillet over medium-high heat. Add chicken and cook 3–4 minutes until lightly browned. Remove from pan and set aside.
2. Add onion and garlic. Sauté 2–3 minutes.
3. Add tomatoes, wine, vinegar, capers, olives and anchovies. Simmer uncovered for 5 minutes, stirring often. Adjust seasonings. Add reserved chicken breasts, making sure they are covered in sauce. Simmer uncovered for 5–10 minutes, or until chicken is cooked through.
4. Meanwhile, bring a large pot of salted water to a boil. Cook pasta 7–10 minutes. Drain, toss and place on large serving platter. Place chicken on top and drizzle with sauce. Season with freshly ground black pepper. Serves 6.

**Day 1****Quick & Easy****Beef or Chicken Stew**

- 1 lb. beef stew meat
- 1 onion, chopped
- 3 large carrots, diced
- 2 russet potatoes, diced
- 2 cups tomato juice or Spicy V-8® juice
- 1 (15-oz.) can low-fat beef broth
- pepper to taste

1. Place all ingredients in oven-safe pot. Cover and bake at 350° F for 2 1/2–3 hours until meat is tender. Serves 4.

**Day 2****Gourmet****Tiny Spicy Chicken**

- 1 1/2 lbs. boneless, skinless chicken breasts, cut into bite-size pieces
- 1 egg white
- 1 1/2 Tbsp. cornstarch
- 2–4 Tbsp. olive oil
- 2 tsp. minced garlic
- 2 tsp. minced ginger root
- 2 tsp. red pepper flakes
- 3 green onions, minced
- 1/3–1/2 cup catsup
- 1 tsp. hot chili oil
- 2 Tbsp. soy sauce
- 2–3 Tbsp. brown sugar
- 2–3 Tbsp. sherry (or cooking sherry)
- 1/4–1/2 tsp. sesame oil (optional)
- 1 Tbsp. cornstarch
- garlic-salt and pepper to taste

1. Marinate chicken in egg white, cornstarch and salt. Let set 10–15 minutes.
2. Heat 2 Tbsp. oil in skillet. Add garlic, ginger root, red pepper flakes and green onions. Stir-fry 1 minute. Add chicken and cook 4–5 minutes until cooked through. Remove chicken from skillet and set aside.
3. Reduce heat; add 1 Tbsp. olive oil, catsup and hot chili oil; stir until blended. In a separate bowl, mix soy sauce, sugar, sherry, sesame oil (if desired) and cornstarch.
4. Return chicken to skillet and pour sauce over; simmer and stir until sauce thickens. Makes approximately 5 cups.

**Ham Fried Rice**

- 1 Tbsp. olive oil
- 2 tsp. minced garlic
- 1 bunch green onions, white parts minced, chives cut into 1" pieces
- 4 eggs
- 1 cup finely diced ham
- 1 cup frozen peas
- 2 cups cooked brown rice
- 1 handful bean sprouts
- 2–3 Tbsp. soy sauce or to taste

1. Heat oil in fry pan. Add garlic and white part of green onion. Stir-fry 1 minute. Add eggs and scramble until formed into small pieces. Add ham, peas and rice. Stir to warm through. Top with bean sprouts and chives. Season with soy sauce. Makes approximately 4 cups.

**Day 3****Quick & Easy****Lasagna**

- 1/2 lb. lean ground beef
- 1 onion, chopped
- 1 (28-oz.) jar spaghetti sauce
- 12 lasagna noodles
- 1 cup shredded part-skim mozzarella cheese
- 15 oz. non-fat ricotta cheese
- 1/4 cup Parmesan cheese

1. In large skillet, brown meat with onion and drain off fat. Stir in spaghetti sauce; set aside.
2. Spread a small amount of sauce in the bottom of a baking dish.

3. Arrange one layer of uncooked lasagna noodles over sauce.
4. Stir mozzarella and ricotta cheese together in a small bowl. Spread a thin layer over noodles.
5. Pour a layer of meat sauce over cheese and continue this pattern.
6. Sprinkle with Parmesan cheese. Cover with foil and bake at 350° F for 45 minutes.
7. Remove foil and bake 10 minutes more. Let stand 10 minutes before serving. Serves 4-6.

**Day 4****Gourmet****Chicken Soft Tacos with Black Beans**

- 4 chicken breasts
- 1 Tbsp. olive oil
- 1/2 tsp. cumin
- 2 tsp. minced garlic cloves
- 1 onion, chopped
- 2 bell peppers, chopped
- 2 tomatoes, chopped
- 1 (14-oz.) can black beans, drained and rinsed
- juice of 1 lime
- red pepper to taste
- 8 whole-wheat tortillas
- 4 oz. shredded low-fat cheddar cheese
- 2 tomatoes, chopped
- 2 cups shredded lettuce
- 1/2 cup low-fat sour cream

1. Boil chicken breasts in water approximately 20 minutes or until done. Remove, let cool and shred or thinly slice. (A whole chicken can be cooked and shredded as well). Heat oil in skillet. Add cumin, garlic, onion and bell peppers; stir-fry 3 minutes. Add cooked chicken, tomatoes, black beans, lime and red pepper. Simmer to warm through.
2. Fill tortillas with equal portions of chicken mixture; top each with 1/2 oz. cheddar cheese, tomatoes, lettuce, and 1 Tbsp. sour cream. Serve with salsa. Makes 8 tacos.

**Salsa**

- 3 tomatoes
- 1/4 red onion, minced
- 1/4 bunch fresh cilantro, use less if you like
- 1/2 jalapeno, seeds removed and minced
- 1/4 cup lime juice
- salt and pepper to taste

1. Combine all ingredients and serve. Makes about 3 cups.

**Day 5** | *Quick & Easy***Baked Lean Ham**

1 1/2 lbs. boneless, fully cooked lean ham

1. Roast ham in 325° F oven until internal temperature reaches 160° F, approximately 20–30 minutes per pound. Makes 4–6 servings.

**Day 6** | *Gourmet***Whole Baked Salmon with Spicy Apricot Glaze**

2–3 lbs. whole salmon, cleaned  
2 lemons, cut into wedges  
ginger root cut into julienne strips  
several large sprigs of fresh dill,  
or 1 Tbsp. dried

1. Spray baking sheet with non-stick spray. Place salmon on baking sheet. Layer lemon slices, ginger root and dill in the center cavity of salmon. Loosely cover with foil and bake at 350° F for approximately 30–40 minutes or until fish flakes easily with a fork.
2. Meanwhile, prepare sauce. Recipe follows.

3. When salmon is cooked through, serve with sauce and fresh lemon wedges.

Serve in 6-oz. portions.  
(2 lbs. fish=4 portions, 3 lbs. fish=6 portions)

\*If you want to use salmon fillets instead of whole salmon, you may (8-oz. fillet=6 oz. cooked). Lay seasonings on top of each fillet and cook in the same manner for about 15 minutes or until cooked through.

**Spicy Apricot Glaze**

3 shallots, minced  
1 tsp. olive oil  
2 Tbsp. soy sauce  
1/2 cup apricot jam  
1 Tbsp. minced ginger root  
1 tsp. minced garlic  
1 Tbsp. lime or lemon juice  
1 tsp. zest of lime or lemon (optional)

1. Heat skillet and sauté shallots in oil for 1–2 minutes. Stir in remaining ingredients. Simmer to warm through. Makes about 3/4 cup.

**Day 1****Quick & Easy****Barbecue Chicken**

1 1/2 lbs. boneless, skinless chicken breasts  
barbecue sauce of choice (low-sodium)

1. Baste chicken with barbecue sauce and bake at 350° F until chicken is no longer pink and reaches an internal temperature of 165° F, approximately 20–30 minutes. Serves 4.

**Day 2****Gourmet****Tender Turkey Breast with Herbs**

1/2 cup olive oil  
1/4 cup lemon juice  
2 Tbsp. fresh basil, chopped  
or 1 Tbsp. dried  
1 Tbsp. fresh oregano, chopped  
or 1 tsp. dried  
1 Tbsp. fresh thyme, chopped  
or 1 tsp. dried  
salt and pepper to taste  
1 1/2 lb. turkey breast, sliced in 1" strips

1. In a gallon resealable bag, combine all ingredients. Shake to coat turkey with herbs. Let marinate in refrigerator at least an hour or overnight.
2. Pour 1 Tbsp. olive oil in large baking pan. Remove turkey from marinade and place on oiled pan. Discard marinade. Bake at 350° F for 10–15 minutes or until turkey is cooked through. Stir and turn turkey once, halfway through cooking time. Serves 4 (5-oz. servings).

**Day 3****Quick & Easy****French Dip Sandwiches**

3/4 lb. precooked lean roast beef (from deli)  
1 package whole-wheat sandwich buns  
au jus powdered mix (or au jus from  
the deli)

1. Prepare au jus according to package directions. Assemble sandwiches. Serves 4–6.

**Day 4** | *Gourmet***Chicken Paprika**

- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 2 onions, chopped
- 1 lb. boneless, skinless chicken breasts, cut into bite-size chunks
- 2 green bell peppers, chopped
- pepper to taste
- 3 Tbsp. tomato paste
- 1 Tbsp. Hungarian paprika (regular paprika can substitute)

1. Heat oil in skillet. Add garlic and onion; stir-fry 4–5 minutes. Add chicken and cook until meat is cooked through, approximately 5 minutes. Add remaining ingredients, and stir to combine and warm through. Makes 4 (3/4-cup) servings.

**Day 5** | *Quick & Easy***Pasta with Marinara Sauce**

(You may use the Spaghetti recipe from Week 1, Day 1)

- 1 (28-oz.) jar of spaghetti sauce
- 1 (12-oz.) package whole-wheat spaghetti noodles
- 1 lb. boneless, skinless chicken or 3/4 lb. precooked shrimp

1. Dice chicken and cook thoroughly. Boil noodles until done. Heat spaghetti sauce and combine all ingredients. Serves 4–6.

**Day 6****Gourmet****Chicken Kabobs with Vegetables**

- 1 lb. boneless, skinless chicken breasts cut into small cubes
- 1 pint cherry tomatoes
- 1 pint button mushrooms
- 1 green bell pepper, cut into large chunks
- 1 red bell pepper, cut into large chunks
- 1 red or white onion, cut into large chunks

**Marinade:**

- 1/2 cup lemon juice
- 1/2 cup olive oil
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. minced garlic
- 1 onion, quartered
- 1 Tbsp. minced fresh thyme or 1 tsp. dried

1. Prepare all meat and vegetables. Combine marinade ingredients. Toss meat and vegetables in marinade and let marinate 2–3 hours.
2. Alternating vegetable and meat, thread onto metal skewers. Grill or broil 10 minutes or until chicken is cooked through. Makes 10 skewers.

**Tabbouleh Salad**

- 1 cup cracked wheat bulgar
- 2 cups boiling water
- 2 1/2 Tbsp. olive oil
- 2 1/2 Tbsp. lemon juice
- 1/2 cup chopped parsley
- 1/4 cup chopped cilantro
- 1/2 bunch minced green onions
- 1 large tomato, chopped
- 1/4 cup diced celery
- 1/2 cucumber, diced

1. Pour boiling water over bulgar wheat in bowl. Let stand 1 hour. Meanwhile, prepare all other ingredients. When liquid is absorbed, grain is ready. Add remaining ingredients and stir well. Serve cold. Makes approximately 4 1/2 cups.



**Day 1****Quick & Easy****Hawaiian Haystacks**

- 1 lb. diced, boneless, skinless chicken breasts
- 4 cups cooked instant brown rice
- 1 cup chow mein noodles
- 1 cup fat-free chicken gravy
- 2 cups fruit or vegetables of choice (peas, celery, green onions, tomato or pineapple)

1. Heat skillet with 2 Tbsp. water. Add chicken and stir-fry over medium-high heat until cooked through, approximately 5–10 minutes. Assemble in this order: brown rice, diced chicken, chow mein noodles, vegetables and gravy. Serves 4.

**Day 2****Gourmet****Steak Fajitas****Fajita Marinade:**

- 4 tsp. minced garlic
- 1/3 cup lime juice
- 2 Tbsp. soy sauce
- 1/3 cup red wine vinegar
- 1 jalapeño, cut in half
- 1/2 tsp. each salt and pepper

- 1 1/2 lbs. skirt or sirloin steaks, cut very thin across the grain
- 1 Tbsp. olive oil
- 1 each red, green and yellow bell peppers, cut into strips
- 1 onion, cut into strips
- 8 oz. mushrooms, sliced (optional)
- 8 whole-wheat flour tortillas
- 2 cups shredded low-fat cheddar cheese
- 2 tomatoes, diced
- 2 cups shredded lettuce

1. Combine marinade ingredients in a large resealable bag. Add meat and let marinate overnight if possible. Remove meat from marinade and pat dry with paper towels. Discard marinade.
2. Heat oil in large skillet over high heat. Cook peppers and onions first. Stir-fry on high heat to keep pan dry and vegetables browning. Remove when vegetables are lightly browned. Put vegetables on a platter and set aside.
3. Cook mushrooms in the same manner. Remove to platter with vegetables. Add additional oil if needed. Add meat and continue to stir-fry on high heat 2–3 minutes until meat is done.
4. Add vegetables and stir to warm through. Season with salt and pepper. Place tortillas, cheese, diced tomatoes, lettuce, guacamole and salsa in different dishes at the table. Assemble fajitas as desired. Chicken can be substituted for steak; follow directions, but stir-fry until chicken is completely cooked through. Makes 8 fajitas.

**Guacamole**

- 3 ripe avocados
- 2 oz. fat-free cream cheese

1. Mix all ingredients together until smooth. Makes approximately 1 cup.

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...Day 2 continued

### Salsa

3 tomatoes  
1/4 red onion, minced  
1/4 bunch fresh cilantro, use less if you like  
1/2 jalapeno, seeds removed and minced  
1/4 cup lime juice  
salt and pepper to taste

1. Combine all ingredients and serve. Makes about 3 cups.

### Spicy Black Beans

1 Tbsp. olive oil  
1 medium onion, chopped  
2 cloves garlic, minced  
2 tsp. chili powder  
1 tsp. cumin  
1 tsp. crushed red pepper  
2 (15-oz.) cans black beans,  
rinsed or drained  
1/4 cup loosely packed, chopped cilantro  
salt and pepper  
lime wedges

1. Heat oil in skillet; add garlic and onion. Stir-fry until onion softens, about 5 minutes. Stir in chili powder, cumin and crushed red pepper; cook 30 seconds. Stir in beans and reduce heat to low. Simmer uncovered for 10 minutes.
2. Sprinkle with cilantro; lightly season with salt and pepper. Serve with lime wedges. Makes about 4 cups.

## Day 3

### Quick & Easy

### Lemon Halibut

4 (8-oz.) halibut fillets  
2 Tbsp. minced fresh ginger  
lemon slices and wedges

1. Place halibut on a baking sheet sprayed with non-stick cooking spray. Top with ginger and lemon. Broil 6" under broiler for 10–12 minutes or until done. Serve with additional lemon wedges, if desired. Makes 4 (6-oz.) cooked fillets.

**Day 4****Gourmet****Kung Pao Chicken**

- 1 Tbsp. olive oil
- 1 lb. boneless, skinless chicken breasts, cut into bite-size pieces
- 3 tsp. minced garlic
- 1 Tbsp. minced ginger root
- 1 bunch green onion, chopped; separate the white part from the chive

**Sauce ingredients:**

- 1/3 cup orange juice concentrate
- 2 Tbsp. dry sherry or cooking sherry
- 2 Tbsp. oyster sauce
- 1 Tbsp. sesame oil
- 1 Tbsp. red wine vinegar or rice vinegar
- 1 Tbsp. cornstarch
- 1 tsp. chili sauce or 1 Tbsp. dried red pepper flakes
- salt and pepper to taste
- 1 cup peanuts, unsalted, dry-roasted

1. Prepare sauce ingredients, set aside.
2. Heat oil in skillet. Add garlic, ginger and onions. Stir-fry for 30 seconds. Add chicken, and stir-fry 4–5 minutes or until cooked through.
3. Stir sauce ingredients together in a small bowl and pour into skillet. Add peanuts and stir until sauce thickens. Adjust seasonings and serve over brown rice. Makes approximately 4 cups.

**Egg Drop Soup**

- 5 cups chicken stock; homemade is best, but canned works well
- 6 slices ginger root
- 4 green onions, chopped
- 8 oz. frozen peas
- 3 eggs, lightly beaten

1. Bring stock to a boil with ginger slices. Discard ginger and lightly season with salt and pepper. Add green onions and peas. Pour eggs slowly into hot stock; let set several minutes, then gently cut through with a knife or wire whisk to separate egg. Makes 6 cups.

**Day 5****Quick & Easy****Lean Pork Loin**

- 1 1/2 lbs. boneless lean pork loin
- seasonings of choice

1. Season pork.
2. Preheat oven to 450° F. Place pork in a shallow pan, sprayed with non-stick cooking spray. Reduce heat to 325° F and bake approximately 30 minutes, until internal temperature reaches 155° F. Makes 4 (3-oz.) cooked portions.

**Day 6****Gourmet****Herb-Marinated Chicken Breast****Marinade:**

zest of 1 lemon  
juice of 2 lemons, about 1/2 cup  
1/4 cup olive oil  
1 Tbsp. minced fresh parsley or 1 tsp. dried  
1 Tbsp. minced fresh thyme or 1 tsp. dried  
1 tsp. dried dill  
1 tsp. minced garlic  
salt and pepper to taste  
1 1/2 lbs. boneless, skinless chicken breasts

1. Combine all marinade ingredients together in a large resealable bag. Add chicken and marinate overnight.
2. To bake, place chicken on baking sheet sprayed with non-stick cooking spray. Discard marinade. Bake chicken at 350° F for approximately 20 minutes or until chicken is cooked through. Serves 4.

**Citrus Pasta Salad**

3 oz. favorite pasta (preferably whole-grain; try bow tie, fusilli, rotelli) cooked according to package directions  
1 1/2 oranges, segmented and cut into bite-size pieces  
1/3 cup each green and red grapes  
1/2 (15-oz.) can garbanzo beans, drained  
1/4 cup each broccoli and cauliflower florets  
1 1/2 green onions, minced

**Dressing:**

2 Tbsp. red wine vinegar, or red wine rosemary vinegar  
2 1/2 Tbsp. orange juice concentrate  
1 Tbsp. each, fresh basil and oregano, minced, or 1/2 tsp. each, dried  
1/4 tsp. minced garlic

1. Combine all salad ingredients in a large bowl; toss together well. Mix dressing ingredients together in a small bowl, pour over salad. Cover and chill at least one hour, stirring occasionally. Makes approximately 5 cups.