KICK IT UP! FIRST COAST

FIRST COAST NEWS

STUDENTS

Meal Plan

Welcome! This meal plan is a tool to help you succeed in the journey to a new you! It is designed to help you choose healthy foods easily and quickly. You will be able to mix and match meals so that you can meet your lifestyle needs.

- Each breakfast, lunch and dinner provides approximately 1,200 calories, averaging over a week.
- Breakfast is approximately 300 to 370 calories.
- Lunch is approximately 350 to 450 calories.
- Dinner is approximately 425 to 500 calories.
- Since each breakfast, lunch and dinner has about the same number of calories, you can mix and match them to suit your own tastes.
- Recipes for the meals, when indicated, are at the end of the menu pages. If there are no recipes, you are free to prepare the food how you like. Please see the "Cooking Tips" page in this manual for low-fat cooking methods and recipe sources.
- If you are following the 1,400 calorie plan, include two (2) 100 calorie snacks in addition to a breakfast, lunch and dinner daily. 100-calorie snack choices are included in this manual.
- If you are following the 1,800 calorie plan, include two (2) 300 calorie snacks along with a breakfast, lunch and dinner. 300-calorie snack choices are included in this manual.
- All the portions on the menus are for one person, so you can have everything listed. When planning your meals and snacks, keep in mind you do not want to go longer than four (4) hours without eating.
- A daily multivitamin/mineral supplement is recommended that meets 100% DV of most essential vitamins and minerals and is USP approved.

Nutrition Basics

Carbohydrates: contain 4 calories per gram and provide energy to the body. They are a major fuel source for the muscles and organs. The two types of carbohydrates are:

- *Simple carbohydrates*: are easily and quickly digested in the body. They are found in processed foods, fruits, fruit juices, refined sugar, soft drinks and some candy.
- *Complex carbohydrates*: usually take longer for the body to digest. Most are from plants sources, they are found in whole-wheat bread, whole- grain pasta, brown rice, and starchy vegetables (peas, lima beans, corn).

Fats: contain 9 calories per gram. They are an essential nutrient. They provide energy, energy storage, insulation, help adsorb vitamins and give shape to the body. The 2 main types of dietary fat are:

- *Saturated fat (Bad fat),* found in animal meats, butter, margarine, processed/hydrogenated oils, tropical oils, and fried foods
- *Unsaturated fats (Good fat):* found in vegetable oils (olive, canola, corn, flaxseed) & nuts
- *Trans fats (Bad fat):* found in shortening, stick margarines, fried foods, and some commercially prepared foods (such as crackers or cookies). Look for “partially hydrogenated” vegetable oil on food labels. Avoid these fats whenever possible.

Proteins: contain 4 calories per gram. They are the building blocks of cells, build muscles, blood, skin, hair, nails and internal organs. Protein helps you feel full.

- They are found in meat, poultry, fish, eggs, nuts, dairy products, beans, tofu, peas, lentils

Vitamins/Minerals: contain 0 calories, but they are necessary for normal growth, development and function. They also help you process the nutrients from the foods that you eat and turn them into energy.

- *Vitamins* include A, C, D, E, K and B vitamins,
- *Minerals* include calcium, Iron, zinc, selenium, magnesium, sodium, potassium, calcium, iodide.

Day 1

¾ cup Bran Cereal

1 cup Skim or 1% Milk

½ cup blueberries

1 hardboiled egg

Coffee or tea

300 calories,18g protein, 48g carbohydrates, 7g fat

BREAKFAST

Day 1

Chicken Pita Pocket Sandwich:

- ½ 6" Whole Wheat Pita Bread
- 3 oz shredded cooked Chicken Breast
- ¼ cup Onions or Bean Sprouts
- ¼ cup chopped Tomato
- 1 Tbsp Light Mayo
- 1 Tbsp mustard

4 oz Fat-free light Yogurt (fruited or plain)

414 calories, 33g protein, 50g carbohydrates, 7g fat

LUNCH

Day 1

1 serving Pepper Steak (see recipes)

1/2 cup Brown Rice

½ cup steamed carrots

1 baked Apple (see Recipes)

460calories, 30g protein, 52g carbohydrates, 15g fat

DINNER

BREAKFAST

Day 2

1 whole wheat English Muffin

1 Tbsp Peanut or Almond Butter

1 Tbsp Sugar free Jam

2 slices Canadian Bacon

1 cup Skim or 1% Milk

325calories, 21g Protein, 35g Carbohydrates, 13g Fat

LUNCH

Day 2

Asian Spinach Salad

- 2 cups torn Spinach leaves or Napa Cabbage leaves
- 3 oz chopped cooked Chicken breast
- ½ cup Mandarin Oranges &1/4 cup sliced Almonds
- ¼ cup sliced onions or Bok Choy
- 2 Tbsp Low-fat Sesame Ginger Salad Dressing

6 Saltine Crackers

381 Calories, 32g Protein, 30g Carbohydrates, 18g fat

DINNER

Day 2

1 Pan-fried Fish Fillet (see recipes)

1 cup cooked Zucchini, Onions, Mushrooms

½ cup Brown Rice

1 cup Tossed Salad with 1 Tbsp Light Salad Dressing

3 Pineapple Rings (grilled if desired)

445 calories, 35g protein, 54g Carbohydrates, 11g fat

Day 3

BREAKFAST

1 mini Whole Wheat Bagel

1 Tbsp Low fat Cream Cheese

1 strip of Turkey Bacon

4 oz Light nonfat yogurt (plain or fruited)

1 small Orange

306 calories, 14g protein, 50g carbohydrates, 6g fat

Day 3

LUNCH

Sloppy Joe (see Recipes)

1 Sandwich thin

1 cup raw Broccoli Florets with

1 Tbsp Light Ranch Dressing

1 cup Watermelon cubes

408 calories, 31g protein, 46g carbohydrates, 13g fat,

Day 3

DINNER

1 serving Mexican Lasagna (see recipes)

Tossed Salad with 1Tbsp Light Salad Dressing

1 Grilled Peach

*Spray with nonstick cooking spray, place on very hot grill pan for 2-3 minutes

1 cup Skim or 1% Milk

425 calories, 36g Protein, 46g Carbohydrates, 10g fat

Day 4

1 serving Broccoli Quiche (see Recipes)

1 cup mixed Melons and Berries

1 cup Skim/1% milk

Coffee or Tea

338 Calories, 20g Protein, 41g Carbohydrates, 11g Fat

BREAKFAST

Day 4

Green & Bean Salad

1 Tomato cut in wedges

1/3 cup Black Beans

1 cup Chopped Vegetables (carrots, celery, zucchini, peppers, onions)

1 cup Torn Lettuce and/or Spinach leaves

1 oz Shredded Low Fat Cheese

1 Egg, Hardboiled

2 Tbsp Light Salad Dressing

362 calories, 21g protein, 38g carbohydrates, 15g fat

LUNCH

Day 4

1 serving Vegetable Chili (see Recipes)

2 oz part-skim Mozzarella cheese

4 reduced fat Whole Wheat Crackers

½ cup sliced Peaches topped with ½ cup non-fat, light Yogurt

474 calories, 24g Protein, 52g Carbohydrates, 19g Fat

DINNER

BREAKFAST

Day 5

1 cup Kashi Go Lean Cereal

1 cup Skim or 1% Milk

½ medium Banana

3 egg Whites Scrambled

Coffee or Tea

326 Calories, 30g Protein, 51 g Carbohydrates, 3 g Fat

LUNCH

Day 5

¾ cup Chicken Salad (Made with low fat Mayo)

4 reduced fat Triscuits Crackers

1 cup Tossed Salad with

1 Tbsp Light Balsamic Salad Dressing

1 small Apple

374 Calories, 30g Protein, 41g Carbohydrates, 11g Fat

DINNER

Day 5

1 serving Scallops Parmesan (see recipes)

¾ cup Wild Rice

1 cup Oven Roasted* Zucchini

*Slice zucchini into ½ moon shaped slices, place on to baking sheet lined with parchment paper. Lightly spray zucchini with non-stick cooking spray. Cook for 20 minutes at 400 degrees F.

1 cup Blackberries with 1 Tbsp fat-free Whipped Topping

445 Calories, 32g Protein, 53g Carbohydrates, 11g Fat

BREAKFAST

Day 6

½ cup Grits

1 oz low fat Shredded Cheese

1 Egg Fried

½ cup sliced Strawberries

½ cup Nonfat yogurt

Coffee or Tea

315 Calories, 20g Protein, 37g Carbohydrates, 10g Fat

LUNCH

Day 6

Pasta Salad:

- ½ cup Whole Wheat Pasta, cooked
- ½ can Tuna, canned in water, drained
- 1 Tbsp low-fat Shredded Cheese
- 1 cup mixture of Broccoli, Cucumbers & Bell Peppers
- 2 Tbsp Low-fat Salad Dressing or Low-fat Mayonnaise

1 Tomato, cut into wedges

1 Nectarine

432 Calories, 30g Protein, 48g Carbohydrates, 15g Fat

DINNER

Day 6

1 Lean Frozen Dinner (Healthy Choice Café Steamers, Lean Cuisine, Weight Watchers, or Kashi) (~300 calories)

3/4 cup Asparagus with

- 1 tsp Olive Oil
- Lemon Juice

½ cup Applesauce with ¼ tsp Cinnamon

425 Calories, 24g Protein, 55g Carbohydrates, 11g Fat

Day 7

1 Protein Shake (Slim Fast or Kellogg's Protein Shake)

1 large Apple

Coffee or Tea

310 Calories, 21g Protein, 37g Carbohydrates, 9g Fat

BREAKFAST

Day 7

Turkey Sandwich:

- 2 slices Light Whole Wheat Bread
- 2 oz low fat Turkey, sliced
- 1 slice Swiss Cheese
- Lettuce, Sliced Tomatoes
- Mustard

1 cup Carrot and Celery sticks

½ cup Apricot halves

380 Calories, 30g Protein, 40g carbohydrates, 12g Fat

LUNCH

Day 7

1 Grilled Pork Loin Chop (see recipes)

2 small New Potatoes

1 cup Vegetables (yellow squash, onions, bell peppers) sautéed in 1 Tbsp Canola oil

½ cup Pineapple chunks

460 Calories, 25g Protein, 41g Carbohydrates, 23g Fat

DINNER

BREAKFAST

Day 8

Breakfast Pocket:

½ cup Egg substitute, scrambled with

¼ cup Chopped Green Pepper

¼ cup Chopped Onion

1 Tbsp low fat Shredded Cheddar Cheese

1 (4”) small whole wheat pita

Hot sauce (optional)

1 cup Skim or 1% milk

329 Calories, 27g Protein, 46g Carbohydrates, 5g Fat

LUNCH

Day 8

Vegetable Potato:

1 Medium Baked Potato (microwave or bake until cooked)

¼ cup fat free Plain Greek Yogurt

1 oz shredded Cheese

¼ cup Broccoli florets

¼ cup chopped Tomato

¼ cup chopped green onions

¼ cup sliced mushrooms

1 container Jello, sugar free

371 Calories, 21g Protein, 50g Carbohydrates, 10g Fat

DINNER

Day 8

1 serving Spinach Manicotti (see recipes)

1 Tbsp Parmesan Cheese, grated

Tossed Salad with 2 Tbsp Light Salad Dressing

½ cup Blueberries topped with

1 Tbsp Light Whipped Topping

515 Calories, 23g Protein, 65g Carbohydrates, 20g Fat

BREAKFAST

Day 9

Mango Yogurt (see recipes)

1/4 cup Low fat granola- without raisins

Coffee or Green Tea

300 calories, 21g Protein, 50g Carbohydrates, 2g Fat

LUNCH

Day 9

Quesadilla*:

Nonstick vegetable cooking spray

1 Whole Wheat Tortilla, cut in half

1 oz shredded Cheddar Cheese

¼ cup Black Beans, drained and rinsed

1Tbsp diced Onion

**Coat skillet with vegetable spray, then heat.*
Put ½ tortilla in pan and sprinkle with beans, onions and cheese. Cover with other ½ tortilla. Brown on both sides.

¼ cup Salsa

1 cup Carrot Sticks

385 Calories, 16g Protein, 50g Carbohydrates, 13g Fat

DINNER

Day 9

1 serving Brunswick Stew (see recipes)

1 cup Salad Greens

1 Tbsp Light Salad Dressing

1 small Whole Wheat Dinner Roll

1 tsp Margarine

473 Calories, 36g Protein, 54g Carbohydrates, 13g Fat

Day 10

BREAKFAST

1 Peanut Butter Chocolate Shake

- 1 cup skim milk
- 1 small frozen banana (6” or less)
- 1 Tbsp peanut butter
- 2 Tbsp sugar free chocolate powder
- - Blend until smooth

302 calories, 15g protein, 45g carbohydrates, 10g fat, 5g fiber

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Day 10

LUNCH

Warm Northern Bean Salad (Recipes)

2 oz Boiled Chicken Breast, shredded (add to bean salad)

4 whole wheat crackers

1 small plum

330 calories, 28g protein, 42 g carbohydrates, 9 g fat

Day 10

DINNER

1 serving Zucchini Lasagna (see recipes)

1 cup steamed Broccoli with 1 tsp olive oil

Pepper and salt to taste

1 cup Skim or 1% Milk

512 Calories, 34g Protein, 59g Carbohydrates, 16g Fat

Day 11

BREAKFAST

Breakfast Tortilla:

½ cup Egg substitute or 2 Eggs , scrambled with

2 Tbsp chopped onions and

2 Tbsp chopped green pepper

2 Tbsp Salsa, wrapped in

1 (12" dia) Whole Wheat Tortilla

1 Kiwi fruit

1 cup Skim or 1% Milk

345 Calories, 26g Protein, 51g Carbohydrates, 4g Fat

Day 11

LUNCH

Tuna Pocket:

1 7-inch Pita, halved, stuff with

½ cup shredded lettuce

½ cup Tuna Salad made with

1 Tbsp low-fat mayonnaise

½ cup Celery Sticks with

2 tsp Creamy Peanut Butter

1 cup Cantaloupe

445 Calories, 30g Protein, 52g Carbohydrates, 13g Fat

Day 11

DINNER

1 serving Mushroom & Chicken Stew (see recipes)

1 slice Whole Wheat Bread with

1 tsp Margarine

2 cups Tossed Salad with

2 Tbsp Light Salad Dressing

1 Tangelo

450 Calories, 42g Protein, 51g Carbohydrates, 7g Fat

Day 12

BREAKFAST

1 serving Oatmeal Pancake (see Recipe)

¼ cup Sugar Maple free syrup

½ cup Blueberries

½ cup Skim Milk

345 Calories, 25g Protein, 58g Carbohydrates, 4g Fat

Day 12

LUNCH

Veggie Hummus Sandwich

- 2 slices 100% Whole Wheat Light Bread
- 2 Tbsp Hummus
- 2 slices low fat Muenster Cheese
- 2 slices Medium Tomato
- 1 Lettuce Leaf
- 3 Rings Red Onion

1 cup Baby Carrots with

1 Tbsp Light Ranch

395 Calories, 22g Protein, 44g Carbohydrates, 16g Fat

Day 12

DINNER

1 serving Creamy Chicken (see Recipe)

½ cup Brown Rice

1 ½ cup steamed Carrots, Broccoli, Cauliflower mix

1 tsp Olive oil

½ cup Raspberries, Blueberries or Blackberries with

1 pkt Splenda (optional)

448 Calories, 38g Protein, 49g Carbohydrates, 10g Fat

Day 13

1 McDonald’s Egg McMuffin (without cheese)

1 small Apple

½ cup Skim

Coffee or Tea

350 Calories, 21g Protein, 50g Carbohydrates, 9g Fat

BREAKFAST

Day 13

1 Arby’s regular Roast Beef Sandwich

Side Tossed Salad with

1 Tbsp low fat Italian Salad Dressing

360 Calories, 23g Protein, 39g Carbohydrates, 12g Fat

LUNCH

Day 13

1 serving Chicken Scaloppini (see recipes)

3/4 cup cooked Vegetable Pasta

1 cup Steamed Broccoli

1 tsp Margarine and 1 tsp grated Parmesan Cheese

½ cup Sugar Free Jello

470 Calories, 44g Protein, 47g Carbohydrates, 11g Fat

DINNER

Day 14

1 pkt Weight Control Oatmeal (any flavor)

½ cup Unsweetened Applesauce

1 Tbsp chopped almonds

1 cup Skim milk

330 calories, 17g Protein, 54g Carbohydrates, 6g Fat

BREAKFAST

Day 14

Roast Beef Wrap:

- 1 low fat Whole Wheat Tortilla
- 3 slices Lean Deli Roast Beef
- 1 slice Swiss Cheese
- 1 leaf Lettuce
- 1 tsp low fat Mayo
- 1 slice Tomato

½ cup Peaches

395 Calories, 24g Protein, 44g Carbohydrates, 10g Fat

LUNCH

Day 14

1 serving Orzo Chicken (see Recipes)

1 cup Tossed salad

1 Tbsp light Italian Dressing

1 cup Strawberries cut in half, topped with

- 2 pkts Artificial Sweetener
- 2 Tbsp fat free Whipped Topping

440 calories, 36g Protein, 49g Carbohydrates, 11g Fat

DINNER

Day 15

1 Banana Muffin (see recipes)

4 oz fat-free Greek Yogurt (plain or fruit-flavored)

½ Grapefruit with

1 pkt Artificial Sweetener

335 Calories, 20g Protein, 46g Carbohydrates, 9g Fat

BREAKFAST

Day 15

1 cup Chunky Chicken Noodle Soup, low fat

4 Triscuits crackers

Chef Salad:

- 2 cups torn or chopped Romaine lettuce
- 1 oz low fat Shredded Cheese
- 1 oz sliced Turkey
- 2 Tbsp low-fat Salad Dressing

2 Plums

355 calories, 22g Protein, 36g Carbohydrates, 13g Fat

LUNCH

Day 15

1 serving Italian Chicken (see recipes)

½ cup cooked Whole Wheat Pasta

¾ cup Cooked Spinach

- 1 tsp Parmesan Cheese
- 1 tsp Margarine

1 cup Mixed Berries

450 Calories, 44g Protein, 47g Carbohydrates, 13g Fat

DINNER

Day 16

1 Whole Wheat English Muffin

1 slice Canadian Bacon

1 Fried Egg with nonstick cooking spray

1 small Apple

Coffee or Tea

345 Calories, 18g Protein, 48g carbohydrates, 11g Fat

BREAKFAST

Day 16

½ Ham Sandwich:

- 1 slice 100% Whole Wheat bread
- 2 oz sliced low fat Ham
- Lettuce and sliced Tomatoes with
- 1 tsp low-fat mayonnaise

2 Pear halves with

½ cup Cottage Cheese

½ cup Baby Carrots

350 Calories, 28g Protein, 52g Carbohydrates, 6g Fat

LUNCH

Day 16

4 oz Sirloin Steak- Grilled with

- 1 tsp Grill Seasoning

2 Grilled Veggie Kabobs-Marinated in Light Sesame Salad Dressing

- ¼ cup Pineapple Chunks- fresh or Canned
- ¼ cup Grape Tomatoes
- ½ Green Pepper, sliced into 1" squares
- ½ Red Onion, sliced into 1" squares

¾ cup cooked Wild Rice

490 Calories, 33g Protein, 53g Carbohydrates, 16g Fat

DINNER

BREAKFAST

Day 17

¾ cup Bran Cereal or other High Fiber Cereal

1 cup Skim

2 Hardboiled Eggs

Coffee or Tea

346 Calories, 24g Protein, 30g Carbohydrates, 12g Fat

LUNCH

Day 17

1 Slim Fast or Protein Shake

1 cup Cantaloupe and Melon

2 Tbsp Whole Roasted Almonds

350 Calories, 25g Protein, 23g Carbohydrates, 18g Fat

DINNER

Day 17

1 Balsamic Salmon (see recipes)

1 small Baked Sweet Potato

1 Tsp Margarine

1 cup Tossed Salad

1 Tbsp Light Salad Dressing

¾ cup sugar free, fat free Chocolate Pudding with

½ Banana, sliced

1 Tbsp fat free Whipped Topping

445 Calories, 33g Protein, 44g Carbohydrates, 15g Fat

Day 18

BREAKFAST

6 oz Plain Greek Yogurt

1 small Apple diced

½ tsp Cinnamon

2 Tbsp Walnuts chopped

½ cup Oatmeal, dry

1-2 pkts Splenda

357 Calories, 25g Protein, 42g Carbohydrates, 12g Fat

Day 18

LUNCH

Small Wendy's Chili with Cheese

2 Saltine crackers

Side Tossed Salad with

1 pkt low-fat Salad Dressing

380 Calories, 24g Protein,31g Carbohydrates, 17g Fat

Day 18

DINNER

Mexican Chicken Burrito:

1 Low Carb, Whole Wheat Tortilla

3 oz cooked chicken, diced

1 Tbsp low fat shredded Cheese

¼ cup Black Beans

½ cup shredded Lettuce

¼ cup chopped onion

2 Tbsp Salsa

1 Tbsp low-fat Ranch Dressing

1 medium Orange

450 Calories, 30g Protein, 48g Carbohydrates, 7g Fat

Day 19

1 Slice Whole Wheat Toast with

1 tbsp Sugar free Jam

1 tsp Margarine

4 Egg Whites or 1 cup Egg Substitute Scrambled

Salt & Pepper

1 Orange

1 cup Skim Milk

332 Calories, 28g Protein, 47g Carbohydrates, 5g Fat

BREAKFAST

Day 19

Reuben Sandwich:

2 slices toasted Rye Bread

2 oz cooked corned beef, sliced

1 slice part-skim Mozzarella Cheese

1 Tbsp Thousand Island Dressing

¼ cup Sauerkraut, rinsed and drained

1 cup Broccoli Florets

1 Tbsp Light Ranch Dressing

384 Calories, 27g Protein, 41g Carbohydrates, 12g Fat

LUNCH

Day 19

1 serving Oven Crispy Chicken (see recipes)

½ cup Potato Salad (see recipes)

2 cup Tossed Salad

1 Tbsp low-fat Dressing

½ cup sugar free Jello, topped with

1 Tbsp fat free Whipped Topping

460 Calories, 38g Protein, 48g Carbohydrates, 14g Fat

DINNER

Day 20

Breakfast Parfait (layer in glass):

- 6 oz Fat-Free Vanilla Greek Yogurt
- 1 Tbsp chopped Pecan halves
- ½ Banana
- 3 Tbsp wheat germ
- 3 Graham Crackers (2-1/2 inch squares)

330 Calories, 15g Protein, 44g Carbohydrates, 8g Fat

BREAKFAST

Day 20

Tuna Patty Melt:

- 2 slices Whole Wheat Bread Thin Sliced, toasted
- ½ can water packed Tuna mixed with
- 2 slices Tomato
- 1 Tbsp low-fat Mayonnaise
- 1 slice low fat Mozzarella Cheese

1 cup raw Carrots

1 kiwi

430 Calories, 32g Protein, 48g Carbohydrates, 11g Fat

LUNCH

Day 20

4 oz (raw wt) Turkey Cutlet browned with

- 3 Tbsp White Wine or White Grape Juice

1 serving Mashed Cauliflower (see Recipes)

1 cup Green Beans with

1 tsp Margarine

20 Grapes

½ cup Light Ice Cream (Edy's Slow Churned, etc)

470 Calories, 36g Protein, 45g Carbohydrates, 18g Fat

DINNER

Day 21

1 mini Whole Wheat Bagel

1 Tbsp low fat Cream Cheese

2 slices Canadian bacon

1 small Orange

1 cup Skim or 1% Milk

330 Calories, 25g Protein, 43g Carbohydrates, 7g Fat

BREAKFAST

Day 21

Hummus & Veggies;

- 1 (4”) Whole Wheat Pita, cut in triangles
- 1/3 cup Hummus
- ½ cup Cherry or Grape Tomatoes
- ½ cup Baby Carrots
- ½ cup Raw Broccoli Florets

1 Hardboiled Egg

5 Whole Strawberries

365 Calories, 18g Protein, 45g Carbohydrates, 14g fat

LUNCH

Day 21

1 serving Italian Eggplant (see recipes)

3 oz Chicken Breast baked

1 cup steamed Broccoli

1 Tbsp Parmesan cheese

1 cup Sliced Peaches

425 Calories, 40g Protein, 38g Carbohydrates, 15g Fat

DINNER

Day 22

1 slice 100% Whole Wheat Toast with

1 Tbsp sugar free Jam

1 tsp Margarine

4 Egg Whites Scrambled with

- ¼ cup diced Green Peppers
- ¼ cup diced Onion
- 2 Tbsp low fat Shredded Cheese

½ medium Banana

310 Calories, 23g Protein, 40g Carbohydrates, 7g Fat

BREAKFAST

Day 22

Peanut and Apple Sandwich:

- 2 slices Light Whole Wheat Bread
- 2 Tbsp Natural Crunchy Peanut Butter
- 1 small Apple, sliced thin

1 cup Skim Milk

415 Calories, 20g Protein, 51g carbohydrates, 17g Fat

LUNCH

Day 22

1 serving Fajita Steak (see recipes) over salad;

- 2 cups Lettuce
- ½ cup cooked corn
- ¼ cup Back Beans

Spicy Dressing; combine

- ¼ cup Salsa
- 2 Tbsp Light Ranch Dressing

460 Calories, 39g Protein, 37g Carbohydrates, 16g Fat

DINNER

Day 23

1 serving Mediterranean Omelet (see recipes)

1 slices Rye Toast, thin sliced with

1 tsp Margarine

1 cup Cantaloupe

1 cup Skim Milk

360 Calories, 30g Protein, 40g Carbohydrates, 10g Fat

BREAKFAST

Day 23

1 cup Vegetable Soup

Chicken Salad Sandwich, made with

2 slices 100% Whole Wheat Bread, thin sliced

½ cup Chicken Salad (made with 1 Tbsp low fat mayo)

1 slice tomato

1 piece Lettuce or Spinach leaves

½ cup Mandarin Oranges

400 Calories, 28g Protein, 46g Carbohydrates, 10g Fat

LUNCH

Day 23

1 serving Grilled Tuna Steak (see recipes)

¾ cup Butternut Squash, cubed

1 cup Asparagus

½ cup sugar free, fat free Vanilla pudding

440 Calories, 42g Protein, 38g Carbohydrates, 16g Fat

DINNER

Day 24

BREAKFAST

1 Whole Wheat English Muffin with

1 Tbsp Natural Crunchy Peanut Butter

1 cup Whole Strawberries

1 cup Skim Milk

360 Calories, 19g Protein, 53g Carbohydrates, 10g Fat

Day 24

LUNCH

1 Mini Wheat Bagel with

2 oz Lox and

1 Tbsp low-fat Cream Cheese

1 cup Raw Broccoli

1 sliced Tomato

1 Tbsp Light Ranch Dressing

1 cup Skim Milk

370 Calories, 27g Protein, 43g Carbohydrates, 11g Fat

Day 24

DINNER

1 serving Turkey Polynesian (see recipes)

½ cup steamed Brown Rice

1 cup Tossed Salad with

1 Tbsp Vinegar & Oil Salad Dressing

½ cup sugar-free Gelatin with

1 Tbsp Whipped Topping

460 Calories, 34g Protein, 48g Carbohydrates, 14g Fat

BREAKFAST

Day 25

1 poached Egg

1 slice Whole Wheat Toast

1 Tbsp Natural Peanut Butter

1 Plumb

4oz (1/2 cup) fat free, light Yogurt (any flavor)

375 Calories, 19g Protein, 43g Carbohydrates, 14g Fat

LUNCH

Day 25

Tortilla Ranch Style;

- 1 Whole Wheat Tortilla
- 2 oz sliced Turkey Breast
- 2 Tbsp low fat Ranch Dressing
- 1 slice low fat Swiss Cheese
- 1 cup chopped Zucchini, Onions, Spinach, Red Peppers

1 Nectarine

410 Calories, 24g Protein, 52g Carbohydrates, 14g Fat

DINNER

Day 25

1 serving Herbed Pork Kabobs (see recipes)

½ cup cooked Brown Rice

Spinach Gorgonzola Salad

- 2 cup Fresh Spinach Leaves
- 1 Tbsp Gorgonzola Crumbles
- 1 ½ Tbsp Raisins
- 2 Tbsp Light Balsamic Salad Dressing

405 Calories, 30g Protein, 39g Carbohydrates, 14g Fat

Day 26

1 Mini Cinnamon/Raisin Bagel with

¼ cup Ricotta Cheese Spread (see recipes)

1 Kiwi

1 cup Light Soy Milk

300 Calories, 17g Protein, 48g Carbohydrates, 5g Fat

BREAKFAST

Shrimp Salad:

Day 26

- 12 Large Shrimp Boiled
- 2 cup Lettuce & Spinach Mix
- 1 chopped Tomato
- ¼ cup Diced Cucumber
- 1 Tbsp Shredded Part Skim Mozzarella Cheese
- 2 Tbsp low-fat French Dressing

1 cup Tomato basil Soup

400 Calories, 22g Protein, 49g Carbohydrates, 12g Fat

LUNCH

Day 26

1 serving Beef Brisket (see recipes)

1 cup cooked Green Beans

½ cup Mashed Red Potatoes

1 Tbsp margarine

½ cup sugar free Vanilla Pudding with

- ¼ cup Blueberries
- 1 Tbsp fat free Whipped Topping

445 Calories, 30g Protein, 45g Carbohydrates, 12g Fat

DINNER

Day 27

BREAKFAST

1 serving Banana Muffin (see Recipes for Day 15 Breakfast)

3 Egg Whites scrambled with

2 Tbsp low fat Cheddar Cheese shredded

½ cup Raspberries

Coffee or Tea

335 Calories, 21g Protein, 40g Carbohydrates, 10g Fat

Day 27

LUNCH

Tortilla Pizzas; *Bake assembled pizzas at 400 degrees F for 8-9 minutes.

- 2 (6”) Low Carb Whole Wheat Tortillas
- ½ cup Pasta Sauce
- ½ cup Part Skim Mozzarella Cheese
- ½ cup Diced Veggies (onions, peppers, mushrooms)
- ¼ cup shredded cooked Chicken Breast

1 cup Tossed Salad

1 Tbsp low-fat Italian Dressing

400 Calories, 26g Protein, 42g Carbohydrates, 14g Fat

Day 27

DINNER

1 serving Tofu Stir Fry (see recipes)

½ cup steamed Brown Rice

Cucumber Salad;

- ½ cup Sliced Cucumber
- ½ medium Tomato
- 2 Tbsp Light Balsamic Dressing

12 Cherries

430 Calories, 23g Protein, 52g Carbohydrates, 13g Fat

Day 28

BREAKFAST

¾ cup Bran Cereal

1 cup Skim

½ cup sliced Blueberries

1 Hardboiled Egg

Coffee or tea

300 calories,18g protein, 48g carbohydrates, 7g fat

Day 28

LUNCH

Turkey Sandwich:

- 2 slices Light Whole Wheat Bread
- 2 oz low fat Turkey, sliced
- 1 slice Swiss Cheese
- Lettuce, Sliced Tomatoes
- Mustard

1 cup Carrot and Celery sticks

1 small Apple

380 Calories, 30g Protein, 40g carbohydrates, 12g Fat

Day 28

DINNER

Grilled Pork Chop (see recipes, Day 7 Dinner)

1 serving Mashed Cauliflower (see recipes, Day 20 Dinner)

½ cup Steamed Broccoli

1 cup Cantaloupe, cubed

1 cup Skim Milk

455 Calories, 38g Protein, 45g Carbohydrates, 16g Fat

Day 29

1 Slice Whole Wheat Toast with

1 tbsp Sugar free Jam

1 tsp Margarine

4 Egg Whites or 1 cup Egg Substitute Scrambled

Salt & Pepper

1 small Apple

1 cup Skim Milk

332 Calories, 28g Protein, 47g Carbohydrates, 5g Fat

BREAKFAST

Day 29

4 oz Lean Ham Steak

½ cup steamed Wild Rice

½ cup Black Beans with chopped onion, 1 tsp olive oil, and vinegar to taste

½ cup Turnip Greens with hot pepper sauce to taste

435 Calories, 36g Protein, 50g Carbohydrates, 11g Fat

LUNCH

Day 29

3 oz Baked Chicken Breast

1 small Baked Sweet Potato

1 tsp Margarine

1 cup steamed Asparagus with

1 tsp Olive oil

lemon juice

1 Peach, sliced with

2 Tbsp fat free Whipped Topping

430 Calories, 33g Protein, 47g Carbohydrates, 12 Fat

DINNER

BREAKFAST

Day 30

1 Toad in a Hole (see recipes)

6 oz Plain Greek Yogurt with

½ cup Sliced Strawberries

1 pkt Sugar Substitute

335 Calories, 31g Protein, 27g Carbohydrates, 12g Fat

LUNCH

Day 30

Vegetable Potato:

- 1 Medium Baked Potato (microwave or bake until cooked)
- ¼ cup fat free Plain Greek Yogurt
- 1 oz shredded Cheese
- ¼ cup Broccoli florets
- ¼ cup chopped Tomato
- ¼ cup chopped Green onions
- ¼ cup sliced Mushrooms

1 container Jello, sugar free

371 Calories, 21g Protein, 50g Carbohydrates, 10g Fat

DINNER

Day 30

Spaghetti & Sauce;

- ½ cup cooked Whole Wheat Pasta
- 1 serving Veggie Spaghetti Sauce (see Recipes)
- ½ cup Extra lean Ground Beef Cooked

1 Tbsp Parmesan Cheese

1 cup Tossed Salad with

1 Tbsp Low-fat Salad Dressing

1cup Skim Milk

440 Calories, 36g Protein, 49g Carbohydrates, 11g Fat

Recipes

Day 1 Dinner

Pepper Steak – serving size ¼ recipe

1 lb top round or flank steak 2 tsp light soy sauce
1 tsp minced garlic4 tsp Canola oil – separated
2 cups sliced green peppers 2 cups chopped celery
2/3 cup chopped green onions ¼ cup water
1 Tbsp Cornstarch

1. Trim fat from steak and cut into 1x1/4-inch pieces. Place in a bowl and add garlic and soy sauce; stir. Set aside.
2. Heat 2 tsp Canola oil until very hot in large skillet. Add prepared vegetables and stir-fry for 2 minutes. Remove from skillet and place in a stainless steel bowl and cover to keep warm.
3. Add remaining oil to skillet, heat, add steak, stir-fry for 2 minutes.
4. In a cup mix cornstarch with water. Add to steak. Cook, stirring constantly until thickened. Add Vegetables, mix thoroughly and heat for another minute until hot. Serve over rice.

Nutrition Info (per serving)
260 calories, 26g protein, 7g carbohydrates, 14g fat, 190mg sodium, 1g fiber

Day 1 Dinner

Baked Apple- serving size 1 each

1 small apple (granny smith or tart) 1 pkt artificial sweetener
¼ tsp ground cinnamon ¼ tsp of ground nutmeg
1 tsp water

1. Preheat oven to 350 degrees F.
2. Core and peel apple. Place in center of piece of aluminum foil.
3. Pour water, artificial sweetener, cinnamon and nutmeg into hollow core of apple. Wrap foil around apple and place on baking sheet.
4. Bake for 45 minutes, enjoy.

Nutrition Info (per serving)
60 calories, 0 g protein, 16g carbohydrates, 0 g sodium, 2 g fiber

Day 2 Dinner

Pan Fried Fish Fillet – serving size 1 fillet

1 tsp margarine Garlic Salt to taste
Onion powder to taste 2 tsp grated Parmesan Cheese
4 Fish Fillets (5 oz each) Nonstick cooking spray
¼ cup water

1. Combine margarine, garlic salt, onion powder, and Parmesan cheese. Sprinkle mixture over both sides of fillets.
2. Coat frying pan with cooking spray. Heat at medium temperature. Add water to pan. Then add fish. Pan-fry fish 5 minutes or until white and flaky.

Nutritional Info (per serving)
150 calories, 3.5g fat, 95mg sodium, 29g protein, 0g carbohydrates, 0 g fiber

Recipes

Day 3 Lunch

Sloppy Joes- serving size ¼ of recipe

16 oz extra lean ground beef
2/3 reduced sugar ketchup
2 Tbsp white vinegar
¼ cup diced green peppers
1 cup diet coke
1 Tbsp Worcestershire sauce
2 tsp dry mustard
¼ cup diced onions

1.Brown ground beef in skilled over medium heat
2.Drain beef and add back to skillet. Add remaining ingredients and stir well.
3.Cook mixture on low for 30 minutes uncovered, sauce will thicken.
4.Serve on multigrain sandwich thins

Nutrition Info (per serving)
200 calories, 24g protein, 5g carbohydrates, 8g fat, 270mg sodium, 0 g fiber

Day 3 Dinner

Lasagna Mexicana – serving size ¼ casserole

½ pound raw boneless skinless chicken breast cut in strips
½ garlic clove minced
½ cup chopped cilantro
4 corn tortilla (6" diameter) cut in half
1 cup fat free ricotta cheese
½ jar chopped green chile peppers
¼ cup red pepper chopped
½ cup black beans rinsed, drained
½ cup shredded low-fat Monterey jack cheese
½ cup reduced fat sour cream
½ cup yellow onion chopped
1 cup salsa

1. Preheat oven to 350 degrees F.
2. Coat large nonstick skillet w cooking spray, place over medium heat; add chicken and cook, turning frequently, about 5 minutes until no longer pink. Remove chicken from pan, place aside in bowl.
3. Place skillet over medium heat, coat with cooking spray, add onion, garlic, and red peppers to pan, cover and cook completely until lightly browned, about 7-8 minutes. Add to bowl with chicken
4. In another medium bowl combine ricotta, sour cream, chile peppers, cilantro, cumin, and black beans.
5. Spread ½ cup salsa over bottom of 8-inch square casserole dish. Arrange half of the corn tortillas over salsa.
6. Spread ½ of ricotta mixture on top of tortillas as second layer. Add ½ of the chicken mixture as next layer. Add ¼ cup salsa on top of chicken.
7. Repeat layering sequence with remaining tortillas, ricotta mixture, chicken, and salsa. Sprinkle cheese evenly over casserole
8. Bake 30 minutes, or until heated through; cover loosely with foil if cheese browns too quickly.

Nutrition Info (per serving):
280 calories, 26g protein, 21g carbohydrates, 8g fat, 640mg sodium, 4g fiber

Recipes

Day 4 Breakfast

Broccoli Quiche - serving size is 1/6 wedge

10 oz frozen cut broccoliNonstick Cooking Spray   1 cup Skim or 1% Milk
½ cup chopped green peppers1/3 cup chopped onions   1 cup shredded Cheese
½ cup biscuit mix   3 eggs (or ¾ cup egg sub)   Pepper and Salt

1. Cook broccoli according to package directions; drain.
2. Place broccoli in a 9x2-inch deep pie plate coated with cooking spray. Sprinkle with green pepper, onion and cheese. Set aside.
3. Combine remaining ingredients in blender for 15 seconds or whip until smooth.
4. Pour over broccoli mixture. Bake at 375 degrees for 25-30 minutes. Let stand 5 minutes.

Nutrition Info (per serving):
170 calories, 11g protein, 13g carbohydrates, 8g fat, 350mg sodium, 2g fiber

Day 4 Dinner

Vegetable Chili - serving size is 1-1/3 cups

2 Tbsp Canola oil   1 cup chopped onions
2 garlic cloves, minced   2 16-0z cans whole unsalted tomatoes, with liquid
1 Tbsp chili powder   2 cups chopped green peppers
2 chopped zucchini   1 tsp crushed oregano
½ tsp ground cumin   Fresh ground pepper
1-1/2 Tbsp all-purpose flour
3 Tbsp water   8-oz canned red kidney beans, drained

1. In a large non-stick skillet, heat oil until medium hot. Add onion and garlic. Sauté until lightly brown.
2. Chop un-drained tomatoes (or cut with kitchen shears). Add to onion mixture along with peppers, zucchini, chili powder, oregano, cumin and pepper.
3. Simmer, covered, until vegetables are tender.
4. Combine flour and water. Add to chili along with kidney beans. Cook until thickened, about 5 minutes.

Nutrition Info (per serving):
190 calories, 6g protein, 25g carbohydrates, 8g fat, 70mg sodium, 7g fiber

Day 5 Dinner

Scallops Parmesan – serving is ¼ recipe

2 Tbsp Margarine   1 Garlic clove, chopped
½ cup white Wine   Juice of 1 Lemon
1-1/2 lbs diver (sea) scallops (can substitute shrimp or lobster)
1/3 cup grated Parmesan cheese

1. Melt butter over medium heat in skillet.
2. Add garlic and scallops to skillet. Sauté until scallops are firm and opaque. Reduce heat to medium-low.
3. Combine lemon juice, wine, and parmesan in small bowl
4. Add lemon juice combination to skillet with scallops, cover and heat 2-3 minutes

Nutrition Info (per serving):
220 calories, 23g protein, 7g carbohydrates, 8g fat, 690mg sodium, 0g fiber

Recipes

Day 7 Dinner

Grilled Pork Loin Chop – serving size is ¼ recipe

1 lb center cut boneless pork loin, trimmed of excess fat
2 large tomatoes
3 Tbsp minced Basil
Salt to taste

1. Cut pork loin into 4 equal cutlets, no more than 1/2-inch thick. Lightly season with salt if desired.
2. Slice tomatoes ¼-to-1/2-inch thick and set aside. Mince fresh basil and set aside.
3. Grill chops. When first side is done, turn pork over, cover, and continue grilling. About five minutes before the end of cooking time, add basil and sliced tomatoes on top of chops.

Nutrition Info (per serving)

180 calories, 22g protein, 4g carbohydrates, 8g fat, 400mg sodium, 1g fiber

Day 8 Dinner

Spinach Manicotti – serving size 1/6 recipe (2 shells)

1 (26 oz) pasta sauce
½ cup chopped onions
2 garlic gloves; minced
½ tsp dried Basil
½ tsp dried Oregano
10 Manicotti shells
1 10-oz pkg frozen Spinach, thawed, drained and squeezed dry
1 cup low-fat cottage cheese
1/3 cup grated Parmesan
1 cup fat free ricotta cheese
¼ tsp ground Nutmeg
Nonstick cooking spray
1 tsp chopped Parsley

1. Sauté onions and garlic over medium-high heat for 3 minutes. Remove from heat and set aside
2. Cook manicotti shells according to package directions, omitting salt; drain, refresh with cold water (to stop cooking), and set aside.
3. Combine spinach, cottage cheese, ricotta, parmesan cheese, sautéed onions and garlic, and nutmeg. Stuff manicotti shells with spinach mixture and arrange in a 13x9x2-inch baking dish coated with cooking spray.
4. Pour tomato sauce over manicotti. Bake at 350 degrees for 45 minutes. Garnish with parsley.

Nutrition info (per serving)

270 calories, 20g protein, 44g carbohydrates, 3.5g fat, 840mg sodium, 5g fiber

Day 9 Breakfast

Mango Yogurt – serving size 1 recipe

1/2 large Mango, peeled and pitted
1 tsp Vanilla extract
6 oz nonfat Plain Greek yogurt
½ medium banana

1. In a food processor or blender, place prepared mango and banana. Process until smooth. Add vanilla and yogurt and process just until blended.
2. Serve with granola on top, serves 1.

Nutrition Info (per serving)

240 calories, 19g protein, 39g carbohydrates, 0.5g fat, 0mg sodium, 3g fiber

Recipes

Day 9 Dinner

Brunswick Stew – serving size is 1-3/4 cups

3 medium onions, cut in thin wedges
1 cup low sodium ham, diced
1 (14oz) can low-sodium chicken broth
1TB Worcestershire sauce
1 tsp dried thyme, crushed
1 (16oz) pkg. frozen succotash
1 cup frozen corn
2 lbs skinless chicken pieces/thighs
1 (14.5oz) can diced tomatoes
4 cloves garlic minced
1 tsp dry mustard
¼ tsp pepper, ground
1 cup frozen lima beans
¼ tsp hot pepper sauce

1. In a 4-5 quart Crockpot (slow cooker) place onions. Top with chicken and ham.
2. In a small bowl combine un-drained tomatoes, broth, garlic, Worcestershire sauce, mustard, thyme, pepper, and hot pepper sauce; Pour over chicken and ham
3. Cover and cook on low-heat setting for 8-10 hours or on high- heat setting for 4-5 hours
4. Add succotash, corn and lima beans to slow cooker. If using a low-heat setting, turn to high-heat setting. Cover and cook 45 minutes more or until vegetables are tender.
5. Season with pepper to taste. Makes 6 (1-3/4 cup) servings.

Nutrition Info (per serving)
290 calories, 29g protein, 26g carbohydrates, 7g fat, 615mg sodium, 5g fiber

Day 10 Lunch

Warm Great Northern Bean Salad- serving size is 1/6 recipe

2 Tbsp olive oil
2 cups slivered onion
¼ cup red wine vinegar
1 tsp kosher salt
¼ cup pimento- stuffed olives, sliced in half
1 tsp oregano, dried
2 (15oz) cans of great northern beans
1 cup chopped flat-leaf parsley

1. Heat olive oil is large pot over medium heat. Add onion and sauté for about 5 minutes. Add oregano, vinegar, and beans. Cook over low heat until beans are warm.
2. Remove from heat and stir in parsley, salt and olives. Serve warm or at room temperature.

Nutrition Info (per serving)
200 calories, 10g protein, 29g carbohydrates, 6g fat, 440mg sodium, 11g fiber

Day 10 Dinner

Zucchini Lasagna – serving size is1/8 of recipe

Nonstick vegetable spray
1 (16oz) jar pasta sauce
1 (8oz) can tomatoes
½ lb (9-12) Lasagna Noodles
15 oz low fat Ricotta Cheese2 large eggs, beaten
½ tsp dried Basil
½ tsp dried Oregano
¼ cup grated Parmesan Cheese
3 cups coarsely chopped Zucchini
Fresh ground pepper to taste
2 tsp flour
8 oz shredded part skim mozzarella cheese
¼ cup Chopped yellow Onion
1 garlic clove minced

1. Preheat oven to 350 degrees. Coat an 8x12 inch baking dish with vegetable spray.
2. Place a large pot of water on to boil. When water boils, add lasagna noodles. Cook just one minute or until slightly softened. Remove from water and set aside.
3. Combine pasta sauce, onions, garlic and tomatoes. Spread ¾ cup of mixture over bottom of dish. Arrange a layer of softened noodles in dish.
4. In a medium bowl, combine ricotta, eggs, basil, oregano, and Parmesan cheese. Spread ½ of the mixture over lasagna noodles. Top with more noodles and ½ cup of tomato sauce.
5. In the same bowl, combine zucchini, pepper, and flour. Spoon over mixture in baking dish and spread to make a level layer. Top with remaining noodles, ricotta mixture, and tomato sauce.
6. Cover dish with foil and place on a rimmed baking sheet. Bake 55-60 minutes or until noodles are tender. Remove foil and sprinkle with mozzarella. Bake 15-20 minutes more or until cheese is golden brown (or place under broiler). After removing from oven, let stand 10-15 minutes before cutting. Recipe serves 8.

Nutrition Info (per Serving)
330 calories, 22g protein, 35g carbohydrates, 11g fat, 480mg sodium, 7g fiber

Day 11 Dinner

Crockpot Mushroom & Chicken Stew- serving size ¼ recipe

1 large Onion chopped
1 large Carrot chopped
1 large Celery stalk chopped
2 cups Sliced Mushrooms
2 cloves Garlic, minced
1 ¼ lb boneless, skinless Chicken Breast, chopped
1 tsp dried Thyme
1 tsp dried Oregano
1 tsp dried Parsley
½ cup Red Wine
¾ cup fat free, low-sodium Chicken Broth
¼ cup tomato paste

1. Coat inside of Crockpot with non-stick vegetable cooking spray.
2. Place onions, celery, garlic, and mushrooms in Crockpot. Add chicken on top of veggies and sprinkle with thyme, oregano and parsley.
3. In separate bowl, combine tomato paste and chicken broth. Add combination to Crockpot.
4. Cook on low for 6 hours. Serves 4.

Nutrition Info (per Serving)
240 calories, 36g protein, 19g carbohydrates, 2g fat, 160mg sodium, 4g fiber

Recipes

Day 12 Breakfast

Oatmeal Pancakes- 1 serving is 1/3 Recipe

1 cup Oatmeal, dry
¾ Egg substitute
1 pinch salt
1 Pinch Nutmeg
1 cup low fat Cottage cheese
2 pkts Splenda
½ tsp Ground Cinnamon

1. Blend all ingredients in Food Processor or blender until pureed.
2. Heat griddle or skillet over medium heat. Pour batter onto skillet. Makes 3 pancakes.

Nutrition Info (per Serving)
230 Calories, 20g Protein, 30g Carbohydrates, 3.5g Fat, 380mg Sodium, 4g fiber

Day 12 Dinner

Creamy Chicken – serving size ¼ of recipe

4 (5oz) Boneless Skinless chicken breasts
1 can Water
¼ tsp dried Parsley
¼ tsp Thyme
1 can low sodium Cream Mushroom Soup
1 small Onion diced
½ tsp Ground Black Pepper
Salt and Pepper

1. Lightly salt and pepper the chicken pieces. Add chicken to crock pot.
2. Place onions, spices, soup and water in bowl, stir until combined.
3. Cover chicken with soup mixture in crock pot, place on low heat. Cover and cook for 8-10hrs.

Nutrition Info (Per Serving)
210 calories, 33g protein, 9g carbohydrates, 4g fat, 360mg sodium, 1g fiber

Day 13 Dinner

Chicken Scaloppini – serving size ¼ recipe

4 (5oz) chicken breasts (pounded thin)
1 Tbsp Olive oil
2 gloves garlic, minced
4 Roma tomatoes, seeded and diced
¼ cup whole-wheat flour
½ cup Wine (red or white)
8 oz fresh mushrooms, thinly sliced

1. Dust chicken breasts lightly with flour.
2. Heat heavy skillet to medium high and add oil. When oil is hot, add chicken and quickly cook until lightly brown on both sided.
3. Remove chicken and add wine to pan (to deglaze). Cook until almost dry and then add garlic and mushrooms to pan. Cook, stirring, about 2 minutes, or until mushrooms are tender.
4. Add tomatoes and reserved chicken. Cover and heat 2 minutes. Serve immediately.

Nutrition Info (per Serving)
240 calories, 34g protein, 9g carbohydrates, 6g fat, Sodium 80mg, 2g fiber

Day 14 Dinner

Orzo Chicken- serving size 1 cup (1/4 recipe)

1 Tbsp Canola oil
1 lb Boneless skinless chicken breasts cut into ½" pieces
1 tsp Italian seasoning
1 ¾ cup low sodium Chicken Broth
1 cup uncooked Orzo
1 can Italian-style Stewed Tomatoes, undrained
1 medium Zucchini, cut into half moon slices
2 Tbsp shredded Asiago Cheese

1. In non-stick skillet, heat oil over medium-high heat. Cook chicken in oil for 4-6 minutes, until chicken is brown.
2. Stir Italian seasoning, broth and pasta into skillet and heat to boiling; reduce heat to medium. Cover and cook 10-15 minutes. Stir occasionally, until pasta is tender and most of the liquid is absorbed.
3. Add tomatoes and zucchini. Cook uncovered 5-10 minutes, stirring occasionally and breaking up tomatoes with spoon. Cook until zucchini is tender. Sprinkle with cheese and serve.

Nutrition Info (per serving)

350 calories, 34g protein, 35g carbohydrates, 9g fat, 530mg sodium, 3g fiber

Day 15 Breakfast

Banana muffin – serving is one muffin

1 1/2 cup all purpose flour
1 cup wheat germ
½ cup white sugar
1 TB baking powder
½ tsp salt
1 cup overripe banana, mashed
½ cup skim milk
¼ cup canola oil
½ cup egg substitute
½ cup chopped walnuts

1. Preheat oven to 400 degrees F.
2. Combine flour, baking powder, wheat germ, sugar, salt, and walnuts in medium bowl. Stir until well blended
3. Combine banana, milk, oil and egg substitute in small bowl. Beat slightly.
4. Pour combined banana mixture into bowl of dry ingredients. Stir until combined and all ingredients are moistened.
5. Pour into lined muffin pans. Fill to 2/3 full. Bake 20-25 minutes or until tooth pick comes out clean. Makes 12 muffins.

Nutrition Info (per serving)

230 calories, 7g protein, 31g carbohydrates, 9g fat, 250mg sodium, 3g fiber

Day 15 Dinner

Italian Chicken - serving size 1 chicken breast half

1 Tbsp Olive oil
2 tomatoes, diced
2 Tbsp red wine vinegar
2 Tbsp minced fresh basil
2 Tbsp parmesan grated
4 boneless, skinless chicken breast halves (5oz each)
1 clove garlic minced
2 Tbsp water
½ tsp dried parsley

1. In a large non-stick frying pan over medium heat, warm oil for 1 minute
2. Add chicken to pan and sauté for 5 minutes per side
3. Remove chicken and set aside on plate
4. Add tomatoes, garlic, parsley, vinegar, and water to pan, cover and cook for 5 minutes or until tomatoes have softened and given up some juice
5. Add the chicken to the pan, cover, and cook for 5 minutes or until chicken is cooked through.
6. Sprinkle with parmesan cheese and basil

Nutrition Info (per serving):
220 calories, 33g protein, 4g carbohydrates, 7g fat, 115mg sodium

Day 17 Dinner

Balsamic Salmon – serving size 1 filet

4 (4oz) Salmon Fillets
¼ cup water
2 tsp canola oil
4 tsp lemon juice
½ tsp salt
¼ tsp pepper
¼ cup balsamic vinegar

1. Sprinkle both sides of the fillets with salt and pepper. In large skillet cook salmon in oil over medium heat for 10-15 minutes or until fish flakes easily with fork, flipping once. Remove from skillet and set aside.
2. In same skillet, combine water, vinegar and lemon juice. Bring to a boil; cook until liquid is reduced.
3. Add fish back to skillet and cook a few minutes until fish is crispy on both sides.

Nutrition Info (Per Serving)
230 calories, 29g protein, 3g carbohydrates, 10g fat, 450mg sodium, 0g fiber

Day 19 Dinner

Oven Crispy Chicken – serving size ½ breast or 2 drumsticks

½ cup skim milk or nonfat buttermilk	1 tsp poultry seasoning
1 cup cornflakes crumbled	1 ½ Tbsp onion powder
1 ½ Tbsp garlic powder	2 tsp black pepper
2 tsp crushed hot pepper	1 tsp ginger
8 pieces chicken, skinless (4 breasts, 4 drumsticks)	
Dash of paprika	1 tsp canola oil

1. Preheat oven to 350 degrees.
2. Add ½ tsp poultry seasoning to yogurt.
3. Combine all dry ingredients with cornflakes in large plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, then dip into bag with seasonings and cornflake crumbs.
5. Place chicken pieces on greased baking sheet. Cover with aluminum foil and bake 40 minutes. Remove foil and bake another 30-40 minutes or until meat can easily be pulled away from bone. Do not turn chicken to check during baking.

Nutrition Info (Per Serving)

260 calories, 30g protein, 22g carbohydrates, 5g fat, 280mg sodium, 1g fiber

Day 19 Dinner

Potato Salad – serving size ½ cup

4 hard boiled Eggs, peeled	¼ cup low-fat mayonnaise
2 Tbsp Skim or 1% Milk	¼ tsp Salt
1 tsp Mustard	2 Tbsp chopped onion
1 Tbsp diced celery	1-1/2 lbs white or new potatoes, boiled in skin

1. Cut one egg in half; remove yolk and place it in a large mixing bowl. Mash egg yolk with fork.
2. Add mayonnaise, milk, salt and mustard. Mix well.
3. Peel potatoes while they are still warm and cut into small pieces.
4. Chop remaining egg white and remaining eggs and add. Add chopped onion and celery.
5. Mix all ingredients well. Chill thoroughly. Makes about 6 (1/2cup) servings.

Nutrition Info (Per serving)

160 calories, 6g protein, 17g carbohydrates, 7g fat, 230mg sodium, 1g fiber

Day 20 Dinner

Mashed Cauliflower- serving size ¼ recipe (3/4 cup)

8 cups cauliflower (1 head), cut into bite-sized florets
4 cloves garlic, minced
4 tsp olive oil
½ tsp salt
½ cup nonfat buttermilk
1 tsp margarine
Ground pepper to taste

1. Steam cauliflower and garlic, until very tender; about 12-15 minutes. If using microwave, place cauliflower and garlic in microwave-safe bowl with ¼ cup water, cover and microwave on high for 3-5 minutes.
2. Place cooked cauliflower and garlic in blender or food processor. Add buttermilk, 2 tsp oil, margarine and salt and pepper. Process until smooth and creamy. Garnish with 2 tsp drizzled olive oil.

Nutrition Info (Per Serving)
110 calories, 5g protein, 10g carbohydrates, 7g fat, 340mg sodium, 4g fiber

Day 21 Dinner

Italian Eggplant- serving size is ¼ recipe

1/8 cup olive oil
2 garlic cloves, minced
2 Tbsp minced fresh basil
2 medium tomato, thinly sliced
2 small eggplant, peeled & cut into ¼ inch slices
3 Tbsp grated Parmesan cheese
1 cup shredded mozzarella cheese

1. Preheat oven to 425 degrees F.
2. Combine oil and garlic; brush over both sides of eggplant slices. Place on a greased baking sheet. Bake for 15 minutes; turn. Bake 5 minutes longer or until golden brown. Cool on a wire rack.
3. Place half of the eggplant in a greased 1-qt. baking dish. Sprinkle with half of the basil and Parmesan cheese. Arrange tomato slices over top; sprinkle with remaining basil and Parmesan. layer with half of the mozzarella cheese and the remaining eggplant; top with remaining mozzarella.
4. Cover and bake at 350 degrees F for 20 minutes. Uncover; bake 5 minutes longer or until the cheese is melted.

Nutrition Info (Per Serving)
160 calories, 8g protein, 12g carbohydrates, 9g fat, 170mg sodium, 6g fiber

Day 22 Dinner

Fajita Steak – serving size ¼ recipe

1 lb lean flank steak, well trimmed
¼ cup fresh lime juice
1 tsp salt
1 clove garlic, minced
¼ tsp ground black pepper
1/8 tsp cayenne pepper
1 medium red pepper, thin sliced
1 medium green pepper, thin sliced
1 onion, thin sliced
1 tsp canola oil

1. Make marinade by combining lime juice, garlic, lime juice, salt, black pepper and cayenne in shallow dish. Add steak to bowl, turn to coat. Refrigerate for at least 3 hours or overnight, turning once.
2. Turn on grill to preheat.
3. Remove steak from marinate and grill for 4-5 minutes for medium-rare or longer if desired. Once cooked, slice steak into strips.
4. While steak is on grill, in nonstick skillet, heat oil on medium-high heat. Sauté sliced onions and peppers. Sauté, stirring occasionally, until onion is slightly brown, but crisp and tender; about 5 minutes. Add steak to vegetables.
5. Serve over salad. Recipe makes 4 servings

Nutrition Info (Per Serving)
250 calories, 32g protein, 6g carbohydrates, 10g fat, 65mg sodium, 2g fiber

Day 23 Breakfast

Mediterranean Omelet – serving size ½ recipe

6 egg whites
½ tsp onion powder
½ cup fresh spinach or frozen; thawed & drained
½ cup low fat feta cheese
2 Tbsp diced tomatoes
2 artichoke hearts canned, drained and chopped

1. Beat all ingredients together in large bowl.
2. Place large frying pan over medium heat and spray generously with non-stick cooking spray.
3. Pour ingredients into frying pan and cook until omelet is set enough to flip. Flip the omelet and cook the other side until golden brown. Cut in two equal portions and serve.

Nutrition Info (Per Serving)
140 calories, 18g protein, 7g carbohydrates, 5g fat, 840mg sodium, 2g fiber

Recipes

Day 23 Dinner
Grilled Tuna Steak – serving size 4 oz

4 (4oz) tuna steaks
¼ cup lemon juice
½ tsp Worcestershire sauce
1/8 tsp hot pepper sauce
Paprika
½ cup canola oil
1 tsp salt
¼ tsp pepper
¼ tsp white pepper

1. Heat grill until coals are moderately hot. Meanwhile, cut fish into six equal portions and set aside.
2. Combine remaining ingredients except paprika. With a pastry brush, brush marinade on one side of tuna and sprinkle with paprika. Place marinated side down onto the heated grill. Brush the other side of fish with remaining marinade and sprinkle with paprika.
3. Cook about 4 inches from moderately hot coals for 5-6 minutes. Turn, brush with additional marinade and paprika; cook 4-5 minutes longer or until tuna has a slightly pink center. Do not overcook.

Nutrition Info (Per Serving)
280 calories, 34g protein, 2g carbohydrates, 210mg sodium, 0g fiber

Day 24 Dinner
Turkey Polynesian – serving size is ¼ recipe

1 tsp light soy sauce
2 tsp cornstarch
½ cup sliced onions
1 Tbsp minced ginger
2/3 cup snow peas, strings removed
1 cup pineapple chunks, reserve ¼ cup liquid
1 cup mandarin oranges, drained
2 tsp water
1 Tbsp canola oil
2/3 cup diced celery
½ cup drained, sliced water chestnuts
1 lb uncooked, skinless turkey breast, cubed

1. In a small bowl, combine soy sauce, water, cornstarch and salt. Coat turkey cubes with cornstarch mixture.
2. In nonstick skillet over medium heat, sauté onions and celery in 1 tsp oil.
3. Add ginger, water chestnuts, and snow peas. Cook for 2 minutes. Remove vegetables from skillet.
4. To skillet, add 1 tsp oil and turkey. Sauté until brown. Add sautéed vegetables, pineapple and juice. Simmer for 10 minutes. Remove from heat. Add oranges.

Nutrition Info (Per Serving)
250 calories, 30g protein, 23g carbohydrates, 5g fat, 115mg sodium, 3g fiber

Day 25 Dinner

Herbed Pork Kabobs – serving size 1 4-oz skewer

1 lb pork tenderloin
¾ tsp dried marjoram or oregano
1 clove garlic, minced
¼ tsp salt (optional)
lemon wedges
4 Skewers
¼ cup dry white wine
¾ tsp dried rosemary
2 Tbsp margarine
Fresh ground pepper

1. Preheat broiler.
2. Combine trimmed pork, wine, ¼ tsp marjoram, ¼ tsp rosemary, and garlic in medium-size bowl; toss to coat. Let stand at room temperature for 20 minutes.
3. Combine melted margarine, remainder of marjoram and rosemary, salt and pepper.
4. Drain pork; reserve marinade. Whisk marinade into margarine mixture.
5. Cut pork into 1-1/2-inch cubes and thread evenly on 4 skewers.
6. Place on wire rack over shallow baking dish. Broil 4 inches from heat. Turn frequently; baste occasionally with herb-margarine mix until brown on all sides. Serve with lemon wedges.

Nutrition Info (Per Serving)
190 calories, 23g protein, 1g carbohydrates, 8g fat, sodium 420mg, 0g fiber

Day 26 Breakfast

Ricotta Cheese Spread – whole recipe

¼ cup low-fat ricotta cheese
1/8 tsp vanilla
1 packet sugar substitute
Dash cinnamon

1. Mix together cheese, sugar substitute and vanilla.
2. Spread mixture evenly on bagel halves.
3. Sprinkle with cinnamon.
4. Place bagel halves under broiler and broil for 1-2 minutes until cheese mixture is bubbly.

Nutrition Info (Per Serving)
70 calories, 8g protein, 3g carbohydrates, 3g fat, 80mg sodium, 0g fiber

Recipes

Day 26 Dinner

Easy Beef Brisket – serving size 1/10 recipe (3oz beef & 1/3 cup sauce)

3 ½ lb beef brisket, flat-cut, trimmed & cut in half
1 envelope onion soup mix
Non-stick cooking spray
2 large onion, sliced (about 3 cups)
1 can (14.5oz) stewed tomatoes, with garlic, basil & oregano, undrained
4 tsp garlic, minced

1. Sprinkle beef evenly with soup mix, and place in a 5-quart electric slow cooker (Crockpot) coated with cooking spray. Top beef with onion, tomatoes, and garlic. Cover and cook on high 1 hour. Reduce heat to low, and cook 6 hours or until tender.
2. Transfer beef to a serving platter; keep warm. Let onion-tomato sauce stand for 30 minutes. Skim fat from surface of onion-tomato sauce, and serve over beef.

Nutrition Info (Per Serving)
190 calories, 26g protein, 10g carbohydrates, 5g fat, 450mg sodium, 1g fiber

Day 27 Dinner

Tofu Stir Fry- Serving is ¼ of Recipe

1 pack (16oz) extra firm tofu
1 pack of stir fry veggies (carrots, shitake mushrooms, bok choy, broccoli, cauliflower, celery, leeks, cabbage, or zucchini)
1/4 tsp minced garlic
3 Tbsp low sodium soy sauce
1/2 tsp of canola oil
1 tsp peanuts, chopped
1/4 lemon squeezed
Salt and cayenne pepper to taste

1. Cut tofu into ½ inch pieces and drain.
2. In a non-stick pan heat oil over medium heat. Add garlic, peanuts and tofu to pan; sauté for 1-2 minutes over medium-high heat.
3. Add veggies and soy sauce; stir for 5-6 minutes briskly. Add salt and cayenne. Sprinkle with water if needed. Squeeze lemon over stir fry and serve.

Nutrition Info (Per Serving)
220 calories, 19g protein, 16g carbohydrates, 8g fat, 540mg sodium, 4g fiber

Day 30 Breakfast

Toad in a Hole – serving size whole recipe

1 slice whole wheat bread
1 tsp margarine
1 egg
1 Tbsp low fat grated cheese

1. Using a biscuit cutter, cut a hole in the middle of a slice of whole-grain bread.
2. Heat nonstick skillet on medium heat and add ½ tsp margarine.
3. Toast bread and cut-out circle of bread in pan until lightly browned, about 1-2 minutes. Remove the circle of bread, leaving the rest of the bread in the pan.
4. Turn bread over and add remaining margarine. Crack egg into the hole in the bread, and then sprinkle with cheese. Cook about 2-3 minutes until the yolk is cooked. Top with circle of bread.

Nutrition Info (Per Serving)
210 calories, 12g protein, 13g carbohydrates, 12g fat, 290mg sodium, 2g fiber

Day 30 Dinner

Veggie Spaghetti Sauce- serving size ¼ recipe

1 jar Chunky Pasta Sauce
1 pkg frozen chopped spinach, thawed & drained
1 Vidalia onion chopped
1 tsp Italian seasonings

1. Combine all ingredients in medium sauce pan.
2. Heat over medium low heat 15-20 minutes

Nutrition Info (Per Serving)
80calories, 4g protein, 16g carbohydrates, 370mg sodium, 5g fiber

Vegetable & Fruit Substitutes

If you do not like the fruit choice at a meal or snack, you can substitute with one of the following:

Strawberries	Raspberries	Cantaloupe
Pineapple	Kiwi Fruit	Oranges
Papaya	Watermelon	Apricots
Grapefruit	Grapes	Raisins
Blueberries	Cranberries	Bananas
Plums	Prunes	Tangelo
Nectarines	Apples	Pears

A serving size of fruit is 1 medium whole fruit, ½ cup grapes, berries or canned fruit, 1 cup diced melon, or ¼ cup dried fruit.

If you do not like the vegetable choice at a meal or snack, you can substitute with one of the following:

Spinach	Swiss Chard	Mushrooms
Asparagus	Broccoli	Collard Greens
Romaine Lettuce	Mustard Greens	Cauliflower Tomatoes
	Kale	Green Beans
Brussels Sprouts	Zucchini	Bell Peppers Celery
	Fennel	*Green Peas
Cabbage	Carrots	Winter Squash Beets
	Beet Greens	Eggplant Cucumbers
	Onions	*Sweet Potatoes
Leeks	*Potatoes	*Avocados Olives
	*Corn	

A serving size of vegetables is ½ cup cooked or 1 cup raw.

* Note these vegetables average 60 calories per serving compared to roughly 20 calories for the other choices.

Cooking Tips

Cooking healthier does not mean you have to sacrifice flavor. It is easy to make your own recipes a little lower in fat and calories. Just follow these tips. Cooking with less fat not only saves calories, but clean up is usually easier too!

Cook with minimal fat

- Use Non-stick skillets; they require very little fat for cooking.
- Bake, stew/boil, roast, broil, microwave, grill or steam.
- Avoid frying. Most recipes can be adapted by baking the food instead.
- De-fat gravy by using a special cup or chilling so fat rises to the top and hardens.
- Drain or rinse fatty meats like ground beef
- Remove all visible fat and skin from meats and poultry

Reduce Fat

- Use light or fat-free salad dressing or a small amount of vinegar and oil to dress salads.
- Order/put dressings on the side, dip each bit in the dressing
- Measure, do not pour.
- Use liquid oils (canola, olive or peanut) instead of shortening, lard, butter or margarine.

Choose Fat-Free or Light Dairy

- Use skim or 1% milk
- Use fat-free or light sour cream
- Use light margarine (look for trans-free)
- Use fat-free half and half (you can cook with it!)
- Use reduced fat cheese or regular cheese sparingly

Use More Fruits and Vegetables

Fruits and vegetables are naturally low in fat (and help you feel full). Add more vegetables to casseroles, soups, stews, and pasta dishes.

Websites for low-fat or low-calorie recipes

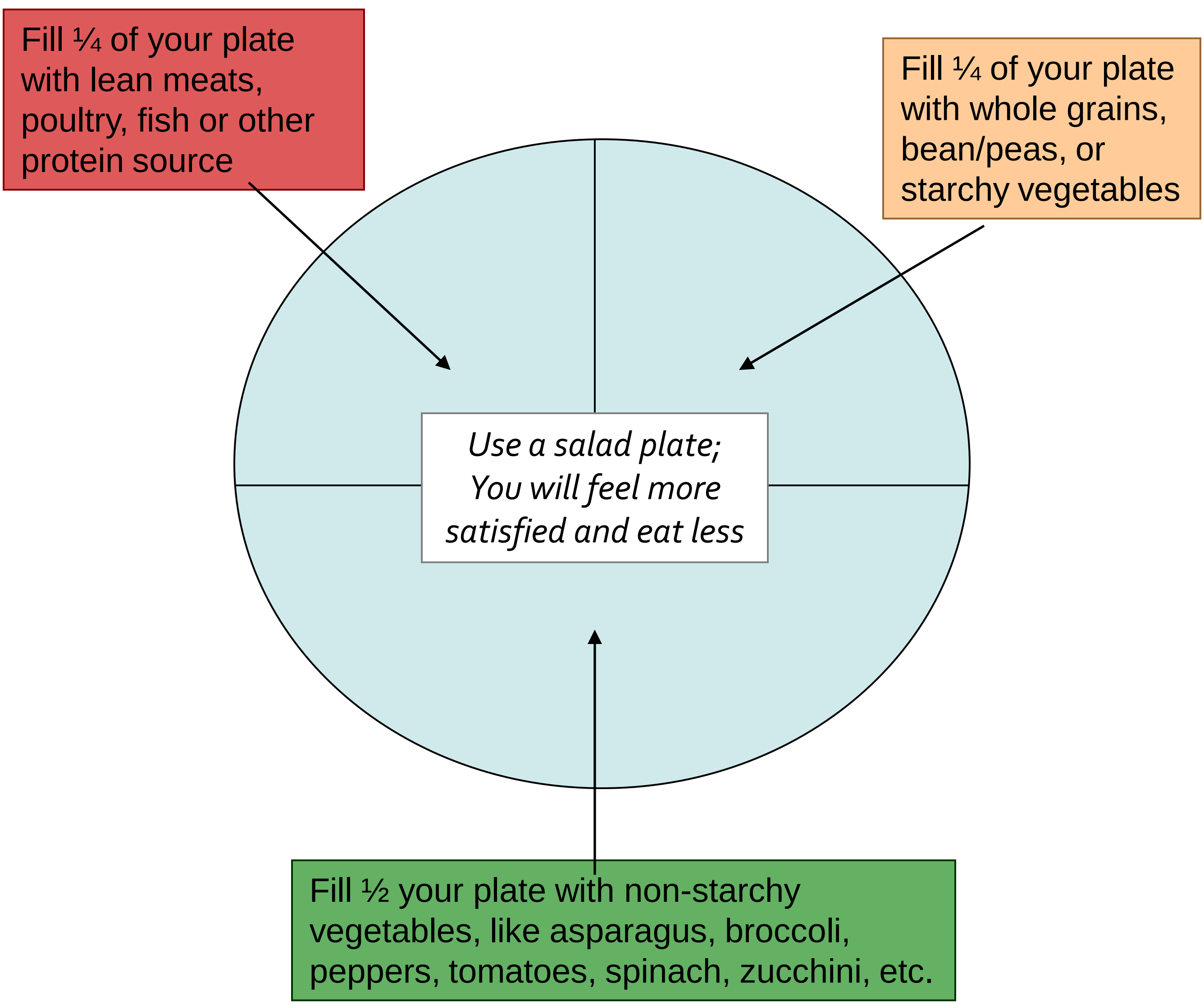
Search these sites for low calorie or low fat recipes

- www.cookinglight.com
- www.americanheart.org
- www.epicurious.com
- www.allrecipes.com
- www.foodnetwork.com
- www.eatingwell.com

Portion Control and Weight Loss

One of the ways to lose weight and maintain weight loss is through portion control. Portions are listed on your meal plan and snacks. The best way to learn portion sizes is to measure or weigh food. However, when that is not feasible, the chart below can help you out.

Plan your Plate to Help with Portion Control



100 Calorie Snacks

For the 1400 Calorie Plan, Choose Two (2) Snacks Daily

2 Ginger snaps & 1 small Apple

½ Red bell pepper sliced dipped in 3 tablespoons hummus

1 oz Pretzels and 1 Orange

1 oz Tortilla Chips with ½ cup Salsa and 1 cup Baby Carrots

2 Celery Stalks w/ 1 Tbsp FF Cream Cheese and 1 small Banana

1 Laughing Cow Light Creamy Garlic & Herb cheese wedge and 3 Triscuits

1 Granola Bar (no more than 115 calories)

3 WW Crackers w/ 1 Tbsp FF Cream Cheese and Cucumber Slices

1 cup Cauliflower dipped in 1 tsp Light Dressing and 1 Peach

½ Apple dipped in 1 tsp peanut butter

100 calorie snack Popcorn

2 cups Romaine Salad w/ 1 Tbsp Light Dressing and ½ Grapefruit

1 Celery Stalk with 1 Tbsp Peanut butter & 10 Raisins

½ cup Whole Grain Cereal with ½ cup Skim Milk

½ cup Fat Free Frozen Yogurt

2 TB raisins and 1 Celery Stalk with 1 Tbsp Peanut Butter

6 strawberries dipped in 1⁄4 cup fat free light vanilla yogurt

1 cup sliced Bell Peppers w/ 1 tsp Light Dressing and 2 Plums

4 oz Light Yogurt

8 Walnut Halves

1 tub (113g) Fat Free Pudding

4-6 oz Fat Free Greek Yogurt, any flavor

1/3 cup Black Bean Dip with vegetable chips (carrots, broccoli, celery)

1 hard boiled Egg and 1 melba toast

½ cup low-fat Cottage Cheese and ½ cup Fruit Cocktail

1 Pear and 1 oz low-fat Cheese

1 Mozzarella String Cheese (1 oz) Rolled Up in 1 slice (1 oz) Deli Turkey

300 Calorie Snacks

For the 1800 Calorie Plan, Choose Two (2) Snacks Daily

1 Apple, 2 Tbsp Peanut Butter and 1 box Raisins (1.5 oz)

1 Fat-Free Pudding snack cup, 12 Cherries, 3 Graham Cracker squares

2 Tbsp Peanut Butter & 1 tsp Jelly & 2 slices WW Bread

3/4 cup Cottage Cheese (1%), ½ cup sliced Peaches & 6 Almonds

2 cup Tossed Salad w/ 1oz Turkey & 1oz shredded Cheese & 1 Tbsp Lite Dressing

Ham Sandwich (2 oz meat) w/ mustard & tomatoes/onions/lettuce & 1 cup 1% Milk

English Muffin Pizza (2 Tbsp pizza sauce, 2oz LF Cheese, diced tomato & onion)

1 cup Frosted Mini Wheats Cereal w ½ cup Skim Milk, ¼ Cantaloupe wedge

1 cup 1% Milk, 1 Apple, 1 Tbsp Peanut butter

½ banana, ½ c berries, ¼ c Walnuts mixed together & topped w/6oz Greek Yogurt

6 oz low-fat fruited Yogurt and 2 Rice Cakes w/ 1 Tbsp PB and 2 tsp Jelly

3 oz Laughing Cow cheese spread & 6 Saltine Crackers with 1 apple

1 Banana, 2 Tbsp Peanut Butter, 1 tsp Honey

1 cup Oatmeal w/ 1 tsp brown sugar and 1 box Raisins (1.5 oz) and 1 cup 1% Milk

Egg Salad (1/4 cup) Sandwich (2 sl WW) w/ lettuce& tomato and 1 cup 1% Milk

24 Almonds & 6 oz low fat Greek Yogurt

1 Bagel (3" dia) with 2 Tbsp LF Cream Cheese and 1 cup Broccoli

¾ cup Whole Grain Cereal and 1 cup 1% Milk and ½ cup Strawberries

1 cup Vegetable Soup and ½ Roast Beef Sandwich (2oz meat) w/ mustard

2 Mozzarella String Cheese (2oz) and 2 sl Turkey Roll-Ups with 1 kiwifruit

1 or 2 Granola Bar(s) (200 calories total) and 1 Pear

1 oz Pretzels with 1 oz Cheese and 1 cup low-sodium Vegetable Juice

6 Graham Cracker squares w/ 2 Tbsp Peanut Butter and 1 cup Skim or 1% Milk

1 Bag Light Popcorn

1 6" tortilla w/ 2oz LF shredded cheese, ½ c Salsa and 1 cup Carrot Sticks

Snacking: A Compliment to Your Weight Loss Plan

In a effort to lose weight, one common mistake that many people make is to avoid snacking. Actually, healthy snacks are an essential part of your weight loss plan. Snacking is important for many reasons.

Eating healthy snacks can:

- Help curb your hunger and reduce the urge to binge later in the day
- Maintain energy level throughout the day
- Provide nutrients that you may have missed during your meals. Snacks can be your back up.

The key is choosing healthy snacks that will help manage your hunger while fitting into your calorie goal.
Choose foods like:

- ✓ **Fruits and vegetables** are low in calorie and high in fiber to help you feel full, and also contain many vitamins & minerals
- ✓ **Whole grains** are high in fiber and complex carbohydrates to give you energy
- ✓ **Nuts and seeds** contain protein, so you will feel fuller longer. However, nuts and seeds are high in calories, so stick to the recommended serving size.
- ✓ **Low-fat dairy products** are good sources of calcium and protein, plus many other vitamins and minerals.

Trying to lose weight?

Drink Water

Healthy weight loss can occur only by increasing one's intake of water – whether plain or non-caloric flavored. Water is the most abundant nutrient needed by the body. The water you consume determines your body's ability to metabolize and shed excess fat.

Weight loss is primarily the result of the liver converting stored fat into useable energy. This process not only requires sufficient water intake, but can be accelerated by drinking adequate amounts of water. Water also suppresses the appetite naturally and helps digest food.

Benefits of water include:

- Improved endocrine (hormone) function (e.g. digestion of foods)
- Increases metabolic function (e.g. absorption of nutrients in small intestine)
- Decreases appetite
- Increases fat use for energy
- Liver function improves
- Decreases fluid retention
- Increases natural thirst

A good indication of how much water is enough is to notice how much color is in your urine. Your urine should be colorless or no darker than the color of straw. Any color or shade darker than straw indicates a water deficiency, resulting in reduced nutrient absorption and a slower metabolic rate.

To stay adequately hydrated, you should drink about three quarts (96 ounces) of water a day and an additional eight (8) ounces for every 25 pounds you are over your ideal body weight.   Keep in mind that plant food – especially fruits and vegetables – are 60-90% water. Water from food can help meet your daily requirement for water. *If you have not been drinking much water, your body may stimulate hunger when it is actually just thirsty because it has become accustomed to getting most of its fluid needs from food instead of water*.

Drink an extra glass of water in the morning, before lunch and dinner. You will be amazed at how less "hungry" you are at meals.

Water also needs to be replaced when exercising and for hot weather.

Eating Out without Blowing your Diet

Eating out is one of America's great past times, you don't have to avoid restaurants when dieting! You can eat out and eat healthy, too. Many restaurants offer delicious low-fat, low calorie meals. The most important thing you can do is to be aware of healthy options and to make wise choices. As with all things, moderation and sensibility are keys to success with any diet. Choose foods that fit into a well-balanced diet.

Quick Healthy Dining Secrets

- Savor your food rather than stuff yourself. Remember, you do not have to clean your plate and eat slowly.

- Try to not to finish everything on your plate. Leave ½ or more of the food on your plate, especially when served large portions. Either take the rest home or give it to someone else. Ask for a to-go box and bag when your food comes and pack ½ of your meal up right away and seal it in the bag to take home. This prevents you from eating it all at once, and encourages eating smaller more frequent meals.

- Never arrive at a restaurant hungry! Hungry people make bad ordering choices. Eat an apple before you go out to dinner to help control your hunger or drink a glass of water. Drinking water not only quenches your thirst but it helps you feel full.

- Avoid alcoholic beverages. Alcohol can stimulate your appetite. Plus the extra calories (almost 200 calories per ounce) in alcohol can add up fast! Sometimes alcoholic drinks can have more calories than your meal! If you do order an alcoholic beverage, sip it slowly throughout your dinner.

- Remember you are the consumer. If you are unsure how a dish is prepared, ask the server. Most restaurants have their nutritional information posted online or in the restaurant. You can use this book to help; **Eat This Not That; Restaurant Survival Guide** by David Zinczenko with Matt Goulding. Also, there are a number of apps for your smartphone with nutritional information.

Healthy Dining Out - Breakfast

Eat higher protein food such as eggs, sausage, and ham. A trick to reduce the amount of fat consumed regarding fatty breakfast meats is to use a paper towel or napkin to soak up the extra grease. In addition, many breakfast restaurants offer **egg whites** instead of the whole egg with yolk, and **low fat turkey bacon** instead of full fat pork bacon. Breakfast can be low fat and enjoyable!

When choosing your breakfast bread, stick to the **whole wheat** and **whole grain** or Rye toast. If you are deciding to have biscuits on that specific day, eat only half of the biscuit, and use the other half for a snack later in the day. Biscuits are higher in fat and calories than most other breads. Often they are covered in butter and/or dipped in very fatty sausage gravy. It's best to refrain from breakfast biscuits altogether.

Most breakfast buffets have fruit; choose **apples, pears, grapefruits, strawberries, cantaloupe and/or blueberries**. Skip the whipped cream. Also, avoid fruit juices because they don't fill you up like whole fruit do; they also contain added sugar and extra unneeded calories.

Finally, use sugar and creamer sparingly in your coffee, or use the fat-free creamer and sugar substitutes. Or give teas a try. Earl grey and green teas are wonderful in the morning.

Healthy Dining Out - Lunch & Dinner

Many of the excessive calories we consume at lunch and dinner actually come from our beverage choices. The solution? Easy, drink **plenty of water**. Avoid sugar filled drinks. Avoid sweetened tea and sodas. If you are in the mood for a carbonated soda, choose the zero calorie diet option. Keep in mind that water still is the best choice, as it aids in metabolism, makes you feel fuller which causes you to eat less, and best of all…. its free. So, drink plenty of water!

Start lunch or dinner with a healthy soup or salad; filling your empty stomach with soup or salad before a meal is a good way to keep you from bingeing and can positively affect your meal choice. Be selective. A **clear, broth-based soup** with vegetables is good as an appetizer because soup tends to decrease your appetite. Most soups are low in calories and will fill you up to help you eat less. Soup takes extra time to eat, it is filling and low calorie.

Salads help hold you over before your entrée is served. When you order a salad, go for the **vinaigrette dressings** or use your own oil and vinegar. Stay away from the thick and/or creamy dressings like ranch and blue cheese. You can also ask for the dressings on the side and dip your fork into the dressings with each bite. This will control how much dressing or how little you add. Be wary of Caesar salads they are often higher in fat and calories than a cheeseburger. Also be wary of cheeses and bacon bits on salads. They are high in fat and can defeat the purpose of having the salad in the first place!

When ordering side items, focus on the vegetables. Make your plate colorful. Order **orange or green veggies**, and try to stay away from the white baked potatoes and French fries. Rice pilaf with vegetables mixed in is also a good side option, especially with brown rice. As with any restaurant menu choices, if you aren't sure about your options, ask your server. You can usually substitute healthier foods for the more popular default side items.

News flash; AVOID FRIED FOODS!! While most of us know this, many of us aren't aware of what foods the restaurants may actually fry. Examples of "hidden" fried foods are eggrolls, hamburgers, some crab cakes, tortilla chips, hush puppies, conch fritters and chicken wings. Choose baked foods on the menu to keep the calories down.

Finally, limit your consumption of deserts in general, but especially when ordering out to eat. Restaurants tend to prepare their desserts with much more fat and sugar. Their main focus is for it to taste good, with no concern for health. If your sweet tooth is having a craving, wait until you get home and make a **yogurt parfait**, or have some fresh or **frozen fruit**. These healthier choices will satisfy your urge for a "sweet treat" and help with your goal of healthy eating and/or weight loss.

Feeling good about your healthy diet choices when eating out can be a satisfying addition to a healthy lifestyle.

USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, *trans* fat and cholesterol.
- *Trans* fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and *trans* fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.