

DAY 1 MENU

BREAKFAST

1/2 c. cooked oatmeal
2 tbsp. raisins
1 c. skim milk
Calorie-free beverage

AM SNACK

* 1 c. grapes

LUNCH

Southwestern Salad

Top 2 c. shredded lettuce with 2 1/2 oz. shredded cooked chicken, 1 c. chopped green peppers and onions, 1/2 c. crushed pineapple, 1/6 avocado, and 2 tbsp. low-calorie Western-style salad dressing.

1/2 whole-grain pita break
Calorie-free beverage

PM SNACK

1 Old Wisconsin Turkey Stick
1 low-fat cheese stick

DINNER

Spaghetti with marinara sauce

Top 1c. Cooked whole-grain spaghetti with 1/2c. spaghetti sauce, 1/4 lb ground turkey, 4 tbsp. Parmesan cheese

*1/4 small cantaloupe
Calorie-free beverage

EVENING SNACK

1/4 c. whole almonds

**Eat as much as you like! The serving size listed is the minimum amount!*

STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- 2 links of turkey sausage for breakfast
- 30 pretzel sticks for lunch
- 1 slice whole-grain bread + 1 tsp. butter and a dash of garlic salt—toast in oven until crisp

Week 1:

- Start your weight record. You will only need to weigh yourself once each week, but keep track of your progress on the weight tracker page in the front of this packet!
- Keep moving! Not only is keeping up with your exercise routine a must, encouraging friends and family members to be active increases your support group and makes it more enjoyable!
- Follow the menu plan! Today is devised for approximately 1,500-calories! See the bottom of this page if you are still hungry!
- Stay motivated! Week 1 is always exciting—take time to write down your goals for your first week!



DAY 2 MENU

BREAKFAST

Pancake

Top a 4-inch pancake with 3/4c. Berries, 1 tsp. butter and 1 1/2 tbsp syrup

1 c. skim milk

Calorie-free beverage

AM SNACK

Protein shake

LUNCH

1 serving dilled pasta salad with spring vegetables

*1 small apple

Calorie-free beverage

PM SNACK

100 calorie snack pack

*1/2 c. grapes

DINNER

Rosemary chicken

Brush 5-oz. boneless, skinless chicken breast with 1 tsp. each olive oil, lemon juice, and rosemary. Grill or bake.

1/3 c. brown rice mixed with 1/2 c. chopped green onion

*1 1/2 c. green beans

* 1 medium orange

Calorie-free beverage

EVENING SNACK

*1 serving of favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*

DILLED PASTA SALAD WITH SPRING VEGETABLES

3 c. shell pasta

8 asparagus spears, cut into 1/2" pieces, steamed

1 c. halve cherry tomatoes

1 c. sliced green peppers

Dressing:

1/4 c. olive oil

2 tbsp. lemon juice

2 tbsp. white wine vinegar

2 tsp. dill weed

Cracked black pepper, to taste

Cook pasta according to package directions. Cool pasta completely. Add asparagus, cherry tomatoes, and green peppers. In small bowl, whisk together dressing ingredients. Toss in salad.



DAY 3 MENU

BREAKFAST

1 poached egg
 1 slice whole-grain toast
May substitute with 2 slices of 45 calorie whole-grain bread
 1 tsp. butter
 1/2 c. orange juice
 Calorie-free beverage

AM SNACK

Low-fat cheese stick

LUNCH

Tuna salad pita
Fill 1/2 whole-grain pita bread with mixture of 3 oz. water-packed tuna, chopped celery and onion, and 1 tbsp. reduced-calorie mayonnaise.
 *1 medium bell pepper, sliced
 *1 small apple
 Calorie-free beverage

PM SNACK

1/4 c. almonds

DINNER

1/4 classic tomato-basil pizza
Top a prepared 12-inch pizza crust with 1 c. diced plum tomatoes, fresh basil, 1 1/3 c. shredded low-fat mozzarella Cheese. Bake at 400 F about 10 min.
 *2 c. lettuce
 2 tbsp. low-calorie salad dressing
 *1/4 small cantaloupe
 Calorie-free beverage

EVENING SNACK

*1 serving of favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

Dietitian's Note:

- Frozen berries can be used in place of fresh berries. Appearance and texture may change!
- If substituting frozen for fresh vegetables, you make want to cook them separately or thaw before using, they may contain extra water!
- Frozen vegetables can be rinsed under warm water to thaw quickly!
- To save time when using chicken, pre-cook and keep up to 2 days in the fridge or use canned chicken.
- You can substitute dried herbs for fresh! You will want to use about 1/3-1/2 the amount of dried herbs compared to fresh.



DAY 4 MENU

Extra ways to add physical activity to your day:

- Always take the stairs.
- Walk or bike to close destinations.
- Choose the parking spot farthest from the store.
- If you ride the bus, get off a few blocks prior to your stop.
- Exercise while watching t.v.—or at least during the commercials!
- Hide the remote control.
- Housework—there is always something to do!
- Take the dog for a walk.
- Work in the yard—gardening, weeding, etc.
- Wash & wax your car.
- Walk during your lunch break.

BREAKFAST

Fruit yogurt parfait

Combine 1 c. reduced-calorie, fat-free vanilla yogurt with 1 serving of fruit

1 small muffin, any flavor

1 tsp. margarine

Calorie-free beverage

AM SNACK

1/2 c. low-fat cottage cheese

*favorite fruit of your choice

LUNCH

Spinach fruit salad

Top 2 c. baby spinach with 1/2 c. green pepper strips and water chestnuts and 1/2 c. mandarin orange sections

2 tbsp. low-calorie French dressing

6 whole-grain crackers

1 c. skim milk

Calorie-free beverage

PM SNACK

1 Old Wisconsin turkey stick

* 1 c. carrots

DINNER

3 oz. shrimp or fish, broiled or grilled

2/3 c. cooked brown rice

*1 c. steamed broccoli

*2 c. lettuce

2 tbsp. reduced-calorie salad dressing

*1 c. mixed berries

Calorie-free beverage

EVENING SNACK

*1 serving of favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 5 MENU

BREAKFAST

2 slices whole-grain toast
2 tbsp. peanut butter
1/2 c. orange juice
Calorie-free beverage

AM SNACK

100 calorie snack pack
*favorite fruit of your choice

LUNCH

2 oz. low-fat cheddar cheese
10 whole-grain crackers
*1/2 c. raw baby carrots
2 tbsp. reduced-calorie ranch dressing
*1 small apple
Calorie-free beverage

PM SNACK

Protein shake

DINNER

4 oz. port tenderloin, roasted or grilled
*1 1/2 c. cooked green beans
* 1/2 c. applesauce with cinnamon
Calorie-free beverage

EVENING SNACK

*1 serving of favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- Add a banana to your peanut butter toast at breakfast
- Add 3 oz. of deli meat to go with your crackers and cheese at lunch
- Add 1/2 of a whole-grain bun (or skinny bun) to your pork tenderloin at dinner!



DAY 6 MENU

BEEF STEW:

3 tbsp. all-purpose flour
 1 lb. beef stew meat, cubed
 2 tbsp. olive oil
 1/2 fennel bulb, trimmed & thinly sliced vertically
 3 large shallots
 1 1/2 tsp. salt
 3/4 tsp. pepper
 2 fresh thyme sprigs
 1 bay leaf
 3 c. vegetable or beef stock
 1/2 c. red wine
 4 large carrots, cut into bite size pieces
 18 pear onions, halved
 3 Portobello mushrooms, cut into 1-inch pieces
 1/3 c. finely chopped fresh parsley

- Place flour on a plate. Coat beef cubes. In large sauce pan, heat the oil over medium heat. Add beef and cook until browned on all sides. Remove from pan.
- Add fennel and shallots to the pan and sauté until softened, 7-8 min. Add salt and pepper, thyme and bay leaf and sauté for 1 minute. Add beef, vegetable stock and wine. Bring to a boil, reduce heat and simmer gently for 40-45 minutes.

BREAKFAST

Fruit yogurt parfait

Combine 1 c. reduced-calorie, fat-free vanilla yogurt with 1 serving fruit

1 small muffin, any flavor

1 tsp. margarine

Calorie-free beverage

AM SNACK

1/4 c. almonds

*17 grapes

LUNCH

Chicken wrap

Combine 2 1/2 oz. shredded cooked chicken, 2 tbsp. raisins, 3 tbsp cranberry sauce and shredded lettuce. Wrap in 6-inch corn tortilla

1 sliced tomato

Drizzle tomato with 1 tsp. EVOO and balsamic vinegar to taste

Calorie-free beverage

PM SNACK

3 c. air popped popcorn

1 low-fat cheese stick

DINNER

1 serving beef stew

1 small whole-grain roll

1 tsp. butter

Calorie-free beverage

EVENING SNACK

*1 serving of favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*

BEEF STEW Cont'd:

- *Add the carrots, potatoes, onions, and mushrooms. Simmer gently until vegetables are tender, about 30 min. Discard thyme and bay leaf. Stir in parsley.*
- *Ladle into individual bowls and serve!*

**Other vegetables can be added for a "heartier" stew. Add when the rest of vegetables are added. May need to increase vegetable stock by 1/4 c. increments.*



DAY 7 MENU

Walking is one of the best ways to fit exercise into your daily routine. A few guidelines to keep in mind as you plan your walking routes:

1. Look for a route that is close and accessible! For assistance in calculating routes and distances, use the satellite map on the USA Track & Field website (www.usat&f.com).
2. Make sure safety is an issue. Never walk at night alone, always carry a cell phone with you, and finding a good walking partner is a must!
3. Make sure to add variety. You can do this by changing your route, changing the terrain, the time of day

BREAKFAST

1/2 c. whole-grain cereal
 *1 small banana
 1 c. skim milk
 Calorie-free beverage

AM SNACK

Low-fat cheese stick

LUNCH

Turkey sandwich
Top two slices whole-grain bread with 3 oz. smoked turkey, Dijon mustard, lettuce and tomato slices
 *2 c. mixed greens
 2 tbsp. reduced-calorie salad dressing
 *1 small apple
 Calorie-free beverage

PM SNACK

Carrots and 2 tbsp. peanut butter

DINNER

3 oz. grilled halibut or other fish
Sprinkle with lemon and season with garlic pepper
 *1/2 c. peas
 1/2 medium baked potato
 1 tsp. butter
 *1 c. berries
 Calorie-free beverage

EVENING SNACK

*1 serving of favorite vegetable
 3 tbsp. reduced-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

BREAKFAST

- *1 small banana
- 1/2 whole-grain English muffin
- 1 tsp. margarine
- 1 c. skim milk
- Calorie-free beverage

AM SNACK

- Cottage Cheese and fruit

LUNCH

- Bagel sandwich
 - Spread 1 whole-grain bagel with mustard. Top with 2 oz. lean ham, lettuce, tomato and onion slices*
- *2 c. raw mixed vegetables
- Calorie-free beverage

PM SNACK

- 100 calorie pack and *vegetables

DINNER

- 1/4 recipe Chinese noodles and vegetables
 - Prepare 1 package ramen noodles as directed. Rinse and set aside. Saute 1 tbsp. grated ginger and 1 tbsp. chopped garlic in 1 tbsp. sesame oil and 1 tbsp. peanut oil. Add 1/2 c. broccoli florets and sauté 3 minutes. Add 1/2 c. of each: bean sprouts, fresh spinach and cherry tomato halves. Add noodles and toss. Sprinkle with chopped green onions and soy sauce.*
- *1/2 c. pineapple chunks
- 1 c. skim milk
- Calorie-free beverage

EVENING SNACK

- *1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*

Proper hydration is very important! Remember to always keep a bottle of water close by, especially when exercising! It is important to drink water throughout the day to make sure that you are well hydrated! Waiting for your body to tell you you're thirsty is usually too late. A glass of water first thing in the morning will help get your metabolism and body moving on the right path to an excellent day!



DAY 2 MENU

BREAKFAST

- *1 small banana
- 1/2 c. whole-grain cereal
- 1 c. skim milk
- Calorie-free beverage

AM SNACK

- Cheese stick

LUNCH

- 1 serving pineapple chicken salad with balsamic vinaigrette
- 6 wheat crackers
- 1/2 c. vegetable juice
- Calorie-free beverage

PM SNACK

- *Peach and 1/4 c. almonds

DINNER

- 3 oz. grilled tuna or other fish
Brush with lemon juice and top with fresh minced basil.
- 1/2 baked sweet potato
- 1 tsp. margarine
- *Cucumber and tomato salad
Combine 1c. Thinly sliced cucumber and 8 cherry tomatoes, halved. Sprinkle with balsamic, rice wine or herb flavored vinegar to taste.
- *1 c. grapes
- Calorie-free beverage

EVENING SNACK

- 30 pretzel sticks

**Eat as much as you like! The serving size listed is the minimum amount!*

Pineapple Chicken Salad
with Balsamic Vinaigrette:
4 c. fresh baby spinach
1 can boneless chicken
cubed
2 c. broccoli florets
1/2 c. thinly sliced red
onion

Dressing:
1/4 c. olive oil
2 tbsp. balsamic vinegar
2 tsp. sugar
1/4 tsp. cinnamon



DAY 3 MENU

Strategies when eating lite:

- Eat slowly—this will help your brain realize when you are full.
- See what you eat—see your food on a plate or in a bowl gives you a better idea of how much you are eating.
- Try to eat 3 meals at regular times—skipping a meal during the day can lead to extreme hunger which can lead to indiscriminate snacking.
- Focus on your food—watching TV or reading while eating can lead to mindless eating.
- Serve smaller portions—take less than what you think you'll eat, if needed you can go back for seconds.
- Don't feel obligated to clean your plate!
- Keep snacking under control.
- Share a meal—restaurants give out generous portions, so share with your eating companion.
- Ask for a carryout bag—leftovers make a great lunch or supper for another day!

BREAKFAST

1 slice whole-grain toast
 1 tsp. margarine
 *1 medium orange
 Calorie-free beverage

AM SNACK

*1 c. Grapes

LUNCH

Open-faced turkey sandwich
Spread 1 tbsp. reduced-calorie mayonnaise on a slice of sourdough bread. Top with 3 oz. smoked turkey, 2 oz. low-fat Gouda cheese, 1 slice tomato and chopped basil.
 *1 c. carrot and celery sticks
 Calorie-free beverage

PM SNACK

30 pretzels

DINNER

1/4 recipe vegetarian chili
Sauté 1/2 c. onion in olive oil. Add 12 oz. tofu pieces, 2 14 oz. cans diced tomatoes, 2 14 oz. cans kidney beans and 1 14 oz. can black beans (drained), 3 tbsp. chili powder, 1 tbsp. oregano. Simmer 30 minutes.
 *1 c. grapes
 Calorie-free beverage

EVENING SNACK

*1 sliced apple with 1 1/2 tbsp. peanut butter

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

BREAKFAST

1 slice whole-grain toast
 1 1/2 tsp peanut butter
 *1 small banana
 1 c. skim milk
 Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

Tuna salad bagel
Spread on 1 bagel a mixture of 3oz. water-packed tuna, chopped celery and onion, and 1 tbsp. reduced calorie mayonnaise.
 *1 c. sliced bell pepper
 *1 small apple
 Calorie-free beverage

PM SNACK

Cottage cheese and fruit

DINNER

Beef fajita
Sauté 1 1/2 oz. lean beef strips in 1 tsp extra virgin olive oil. Add 1/2 c sliced onion and 1 c. sliced green, red and yellow bell peppers. Season with chili powder and lime juice as desired.
 2 tortillas
 * 1/2 c. mandarin orange sections

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- *Add your favorite fruit with your morning snack*
- *30 pretzel sticks for lunch*
- *1 serving of multi-grain Tostitos with 1/4c. Salsa would go great with the beef fajita's!*

DAY 5 MENU

BREAKFAST

1 c. whole-grain cereal
1 c. skim milk
* 1 medium orange
Calorie free beverage

AM SNACK

Protein shake

LUNCH

Open-faced grilled cheese sandwich
Top 1/2 whole grain bagel with tomato and 1 1/2 oz. mozzarella cheese. Broil until cheese melts.
1 1/2 c. shredded cabbage and 1/2 c. shredded carrots
* 1 medium apple
Calorie-free beverage

PM SNACK

30 pretzel sticks

DINNER

2 oz. lean pork
1/2 medium baked sweet potato
1 tsp. margarine
6 steamed asparagus spears, topped with 4 tsp. sliced almonds
*1/2 c. pineapple cubes
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable
3 tbsp. low-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

Chicken stir-fry with eggplant and basil:

1/4 c. chopped fresh basil
 2 tbsp. chopped fresh mint
 3/4 c. chicken stock
 3 green onions, including tender green tops, 2 coarsely chopped and 1 thinly sliced
 2 cloves garlic
 1 tbsp. peeled and chopped fresh ginger
 2 tbsp. extra-virgin olive oil
 1 small eggplant, with peel, diced
 1 yellow onion, chopped
 1 red bell pepper, chopped
 1 yellow bell pepper, chopped
 1 lb. boneless chicken breast cut into strips
 2 tbsp. low-sodium soy sauce

- In a blender, combine the basil, mint, 1/4 c. of the stock, the green onions, garlic and ginger. Pulse until the mixture is minced but not pureed. Set aside.
- In a large, nonstick frying pan, heat 1 tbsp. of the olive oil over medium-high heat. Add the eggplant, yellow onion and bell peppers and sauté until vegetables are tender.

BREAKFAST

1/2 English muffin
 1 tsp. margarine
 *1 large grapefruit
 Calorie-free beverage

AM SNACK

1/4 c. Almonds
 *1 c. grapes

LUNCH

Simple pizza
Top two English muffin halves each with 1/4 c. marinara sauce, 1/2 c. sliced onion and green peppers, and 1/3 c. shredded part-skim mozzarella cheese. Broil until cheese melts.
 Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

1 serving chicken stir-fry with eggplant and basil
 1/3 c. cooked brown rice
 1/2 c. pineapple cubes
 Calorie-free beverage

EVENING SNACK

7 smoked almonds

**Eat as much as you like! The serving size listed is the minimum amount.*

Chicken stir-fry with eggplant and basil continued:

- Add remaining 1 tbsp. olive oil to the pan and heat over medium-high heat. Add the basil mixture and sauté for about 1 minute, stirring constantly. Add the chicken strips and soy sauce and sauté until the chicken is almost opaque throughout, about 2 minutes. Add the Remaining 1/2 c. stock and bring to a boil. Return the vegetable mixture to the pan and stir until heated through, about 3 minutes. Transfer to a serving dish and garnish with sliced green onion. Serve immediately.



DAY 7 MENU

BREAKFAST

1/2 c. whole-grain cereal
1 c. skim milk
* 1/2 large grapefruit
Calorie-free beverage

AM SNACK

1/4 c. Almonds
* 1 medium orange

LUNCH

Chicken sandwich
Spread 1 whole-grain bun with honey mustard. Add 2 1/2 oz. grilled, boneless, skinless chicken breasts, lettuce and tomato slices.
* 2 c. mixed spring greens
1 tbsp. sunflower seeds
2 tbsp. low-calorie ranch dressing
* 1 small banana
Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

3 oz. orange roughy or other fish
1/2 c. linguine topped with 1/4 c. marinara sauce
* 1 c. steamed broccoli
* 1 c. berries
Calories-free beverage

EVENING SNACK

*1 serving favorite vegetable
3 tbsp. reduced-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

BREAKFAST

1/2 whole-grain English muffin
 1 tbsp honey
 *1/2 large grapefruit
 Calorie-free beverage

AM SNACK

*1 med apple
 1 tbsp. peanut butter

LUNCH

Tuna salad sandwich
Top 2 slices whole-grain bread with a mixture of 3 oz. water-packed tuna, chopped celery and onion, and 1 tbsp. reduced Calorie mayonnaise.
 2 c. bell peppers and cucumbers, sliced
 * 1 c. grapes
 Calorie-free beverage

PM SNACK

Pudding (sugar free)

DINNER

2 1/2 oz. grilled chicken breasts, boneless and skinless
Topped with 4 tsp sliced almonds
 1 6 to 8 inch breadstick
 1/2 c. fat-free frozen yogurt topped with 1 c. berries
 Calorie Free beverage

EVENING SNACK

* 1 serving favorite vegetable
 2 tbsp. reduced-calorie vegetable dip

You are almost there!!
 Your hard work deserves some special treatment!
 Find some time to reward yourself :

- This would be a great time to reward yourself with a special treat!
- Remember—portion size is important too!!



**Eat as much as you like! The serving size listed is the minimum amount!*

DAY 2 MENU

BREAKFAST

2 slices whole-grain toast
 1 1/2 tsp peanut butter
 1/2 c. orange juice
 Calorie-free beverage

AM SNACK

*1 c. grapes

LUNCH

California Burger

Top 3 oz. extra-lean ground beef patty with 1/2 grilled onion, lettuce, and tomato slices. Serve on a small whole-grain bun spread with 1 tbsp. reduced-calorie mayonnaise

* 1 small apple
 Calorie-free beverage

PM SNACK

1/2 c. cottage cheese
 *1 serving favorite fruit

DINNER

3 oz. cod or other fish with salsa
 * 3/4 c. green beans
 * 1 c. cubed cantaloupe
 Calorie-free beverage

EVENING SNACK

* 4 celery sticks
 1 1/2 tsp. peanut butter

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- Add 2 tsp. of your favorite jelly to your peanut butter toast
- 1 serving of baked Lays potato chips
- 1 slice whole-grain bread + 1 tsp. butter and a dash of garlic salt—toast in oven until crisp

DAY 3 MENU

Spring pasta salad:

6 c. cooked pasta
 1 tbsp. olive oil
 1/4 c. chicken broth
 1 clove garlic, chopped
 1 28 oz. can tomatoes in juice
 1 lb. mushrooms, sliced
 1 red bell peppers, sliced
 1 green bell pepper, sliced
 2 medium zucchinis, shredded
 1/2 tsp. basil
 1/2 tsp. oregano
 Several leaves of romaine lettuce

- Fill a large kettle with water and heat until boiling. Add the pasta and cook until al dente. Remove from heat and drain the pasta. Place pasta in a large bowl. Add the olive oil and toss. Set aside.
- In a large skillet, add the chicken broth and heat. Add garlic, onions and tomatoes. Cook until onions are transparent. Add the remaining vegetables and cook for 5 minutes. Stir in the basil and oregano. Pour over the pasta, mix and refrigerate. Serve on a leaf of romaine lettuce.

BREAKFAST

*1/2 large grapefruit
 1 c. reduce-calorie, fat-free yogurt
 Calorie-free beverage

AM SNACK

Meat and cheese stick

LUNCH

1 c. canned lentil soup
 10 baked tortilla chips
 * 1/4 c. salsa
 * 1 c. grapes
 Calorie-free beverage

PM SNACK

Vegetables
 2 tbsp. low-calorie dip

DINNER

1 serving spring pasta salad
 1 slice whole-grain bread
 1 tsp. margarine
 1 c. skim milk
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit
 1/2 c. nondairy whipped topping

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

BREAKFAST

1 whole-grain English muffin
1 tbsp. peanut butter
1/2 c. orange juice
Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Open-faced turkey sandwich
Spread 1 tbsp. reduced-calorie mayonnaise on a slice of sourdough bread. Top with 3 oz. smoked turkey, 2 oz. low-fat Gouda cheese, 1 slice tomato, and chopped basil.
* 2 c. carrots and celery sticks
Calorie-free beverage

PM SNACK

Sugar-free jell-o
1 tbsp. low-fat whipped topping

DINNER

1/4 recipe marinated flank stake
Place 6 oz. flank steak in plastic bag with 1/2 c. smoky barbecue sauce. Refrigerate several hours. Grill steak or sear on stove. Slice and top with barbecue sauce.
3 baby red-skinned potatoes
* 1 1/2 c. summer squash
* 1 c. berries
Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 5 MENU

BREAKFAST

Omelet

Mix 1/2 c. egg substitute with 1/2 c. diced onions, tomatoes, green peppers and mushrooms and cook until set.

1 slice whole-grain toast

1 tsp. margarine

* 1 small banana

Calorie-free beverage

AM SNACK

* 1 medium orange

LUNCH

1 whole-grain pita bread with hummus

Combine 1/3 c. mashed garbanzo with 1 tsp. olive oil. Add garlic, cumin, lemon and parsley to taste.

* Cucumber and tomato salad

Combine 1 c. thinly sliced cucumber and 8 cherry tomatoes, halved. Add balsamic, red wine or herb-flavored vinegar to taste.

* 1 small pear

Calorie-free beverage

PM SNACK

1 Old Wisconsin turkey stick

1 low-fat cheese stick

DINNER

3 oz. salmon or other fish

Season with lemon juice and dill.

1/2 c. cooked pasta with 1 tsp. olive oil and black pepper

* 1 c. steamed broccoli

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit



**Eat as much as you like! The serving size listed is the minimum amount!*

DAY 6 MENU

Turkey Pot Pie with

Baby Vegetables:

10 baby carrots
 1 c. pearl onions
 1/3 lb. fresh white mushrooms
 1 1/4 c. frozen artichoke hearts, thawed
 1/4 c. plus 2 tbsp. olive oil
 1 tsp. dry mustard
 3/4 c. all-purpose flour
 2 1/2 c. chicken broth
 1 clove garlic, minced
 2 lb. skinless, boneless turkey breasts, diced
 1 c. peas
 1 tomato diced
 1 tbsp. each fresh chopped dill and basil
 1/4 c. low-fat sour cream
 1 1/2 tsp. salt
 1/2 tsp. fresh ground pepper
 1/2 c cornmeal
 1 1/2 tsp. baking powder
 3/4 plain soy milk
 1 tbsp. dark honey

- Halve and slice carrots crosswise. Boil onions in water about 2 minutes, drain, and plunge in cold water. Cut root ends off onions slip off the skins, and cut a shallow X in the root end of each. Clean and slice mushrooms. Quarter artichokes lengthwise. Set the vegetables aside.

BREAKFAST

1 whole-grain English muffin
 3 tbsp. fat-free cream cheese
 * 1 medium apple
 Calorie-free beverage

AM SNACK

100 cal snack

LUNCH

Chicken Caesar salad

Combine 2 c. romaine lettuce with 2 1/2 oz. grilled boneless, skinless chicken breast strips, 2 tbsp. low-calorie Caesar dressing and 1 tbsp. seasoned croutons.

6 whole-grain crackers
 Calorie-free beverage

PM SNACK

Almonds
 * 1 c. Grapes

DINNER

1 serving turkey pot pie with baby vegetables
 * 1 c. mixed fruit
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

Turkey Pot Pie with Baby Vegetables Continued:

- In a large pan heat 1/4 c. olive oil over low heat. Add mustard and 1/4 c. of flour
- Add the stock, still whisking, increase heat to medium-high and bring to a boil. Add garlic, carrots and onions. Reduce to low heat. Cook until vegetables are softened, about 5 minutes. Add turkey, mushrooms, artichoke hearts, peas, tomato, dill and basil. Cover and simmer until turkey is opaque. Add sour cream and 1 tsp. salt and pepper. Place in a 9-by-13-inch baking dish and set aside.
- Preheat oven to 425 F.
- In a bowl, combine cornmeal, 1/2 c. flour, baking powder and 1/2 tsp. salt. In another bowl, mix soy milk, 2 tbsp. olive oil and honey. Stir in dry ingredients.
- Pour batter over turkey mixture. Bake, uncovered, about 40 minutes. Let stand 10 minutes. Serve.



DAY 7 MENU

BREAKFAST

1 egg fried in non-stick pan
1 slice whole-grain bread
1 tsp. margarine
* 1 small banana
Calorie-free beverage

AM SNACK

* 1 c. carrots
2 tbsp. peanut butter

LUNCH

Tuna salad
Combine 1 c. mixed green with 1/2 c. sliced tomatoes, cucumbers zucchini, bell peppers and onions. Top with 3 oz. tuna mixed with 1 tbsp. reduced-calorie mayonnaise.
* 1 medium apple
Calorie-free beverage

PM SNACK

Sugar-free jell-O
1 tbsp. low-fat Whipped cream

DINNER

3 oz. halibut or other fish topped with vegetable salsa
Combine 1 medium diced tomato, 1/4 c. each diced tomatillo and red onion and 1 diced jalapeno pepper
* 1 c. grapes
1/2 c. fat-free frozen yogurt
Calorie-free beverage

EVENING SNACK

9 large olives

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

BREAKFAST

1 whole-grain bagel
3 tbsp. fat-free cream cheese
1 medium orange
Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

Smoked turkey wrap

Top 6-inch tortilla with 3 oz. thin-sliced smoked turkey, shredded lettuce, sliced tomato and onion. Top with 2 tbsp. reduced-calorie Western dressing and roll-up

* Cucumber and tomato salad

Combine 1 c. thinly sliced cucumber and 8 cherry tomatoes, halved. Add balsamic, rice wine or herb-flavored vinegar to taste.

* 1 small apple

Calorie-free beverage

PM SNACK

Protein shake

DINNER

3 oz. marinated, broiled flank steak

Marinate in salsa or other tomato-style sauce

1/2 medium baked potato

3 tbsp. fat-free sour cream

* 1 1/2 c. green beans

* 1/4 small cantaloupe

Calorie-free beverage

EVENING SNACK

* 1 serving of favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

BREAKFAST

1 whole-grain bagel
3 tbsp. fat-free cream cheese
1 small apple
1 c. skim milk
Calorie-free beverage

AM SNACK

* 1 c. raw vegetables
2 tbsp. Peanut butter

LUNCH

1 c. vegetable soup
* 2 c. lettuce
1 tbsp. reduced-calorie salad dressing
1 c. reduced-calorie, fat-free yogurt mixed with 1 c. berries
Calorie-free beverage

PM SNACK

Protein shake

DINNER

2 1/2 oz. chicken breast, boneless, skinless
3 red-skinned baby potatoes with fresh parsley
* 2 c. steamed broccoli
1 tsp. margarine
* 1 small pear
Calorie-free beverage

EVENING SNACK

2 c. low-fat microwave popcorn

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- *Blend your favorite fruit into your protein shake*
- *1 slice low-fat cheese with your popcorn!*

DAY 3 MENU

Soft taco with Southwestern

Vegetables:

1 tbsp. olive oil
 1 medium red onion, chopped
 1 c. diced yellow summer squash
 1 c. diced green zucchini
 3 large garlic cloves minced
 4 medium tomatoes chopped
 1 jalapeno pepper chopped
 1 c. corn, frozen
 1/2 c. fresh cilantro
 1 c. canned pinto or black beans, rinsed
 1 8-in. fat-free tortillas
 1/2 c. salsa

- Heat oil in large skillet; add onion and cook until tender. Add squash and zucchini, stir and continue cooking about 5 minutes. Add garlic, half of the tomatoes and all of the pepper. Reduce heat to low and cook until flavorful. Add corn kernels; stir and cook until kernels are tender-crisp. Add cilantro, the remaining tomatoes and beans.
- Warm and fill tortillas. Top with salsa and serve.

BREAKFAST

1 c. reduced-calorie, fat-free yogurt
 * 1 small banana
 Calorie-free beverage

AM SNACK

* 1 c. carrots
 2 tbsp. peanut butter

LUNCH

Mixed green salad
Combine 2 c. spring mix greens with 1/2 sliced tomato, 1/2 sliced cucumber and red onion.
 2 tbsp. reduced-calorie French dressing
 * 1 small apple
 1 c. skim milk
 Calorie-free beverage

PM SNACK

* 1 medium orange

DINNER

1 serving soft taco with southwestern vegetables
 * 1 c. berries
 Calorie-free beverage

EVENING SNACK

7 Smoky almonds

**Eat as much as you like! The serving size listed is the minimum amount!*

STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- 2 links of turkey sausage for breakfast
- 30 pretzel sticks for lunch
- 1 serving of multi-grain tortilla chips with 1/4c. Salsa with your taco



DAY 4 MENU

BREAKFAST

1 c. whole-grain breakfast cereal
1 c. skim milk
* 1 medium orange
Calorie-free beverage

AM SNACK

Old Wisconsin turkey stick
1 low-fat cheese stick

LUNCH

Grilled chicken salad
Combine 2 c. mixed greens with 2 1/2 oz. grilled boneless, skinless chicken breast and 1 c. sliced tomatoes, bell peppers and chopped green onions. Top with 1 tsp. extra-virgin olive oil mixed with 2 tbsp. red wine vinegar. Sprinkle with cracked black pepper.

* 1 small pear
Calorie-free beverage

PM SNACK

* 1 c. raw vegetables
2 tbsp. Reduced-calorie dip

DINNER

3 oz. grilled tuna or other fish
Sprinkle with lemon juice and basil
2/3 c. cooked brown rice
* 1 1/2 c. steamed summer squash and zucchini
1 tsp. margarine
* 1 c. grapes
Calorie-free beverage

EVENING SNACK

8 whole peanuts

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 5 MENU

BREAKFAST

1 c. whole-grain breakfast cereal
1 c. skim milk
* 1/2 large grapefruit
Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

Spinach fruit salad
*Top 2 c. baby spinach leaves with 1/2 c. green pepper strips
and water chestnuts and 1/2 c. mandarin orange sections.
2 tbsp. reduced-calorie French dressing*
6 Whole-grain crackers
1 c. skim milk
Calorie-free beverage

PM SNACK

1 c. raw vegetables
2 tbsp. reduced-calorie dip

DINNER

2 oz. lean pork
1/2 c. wild rice
* 1/2 c. green peas
1 tsp. margarine
Calorie-free beverage

EVENING SNACK

*1 c. berries
1/2 c. nondairy whipped topping

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

Broiled Trout with Tomato and Red Onion

Relish:

3 c. cherry tomatoes
 1 tsp. olive oil
 1/4 c. red onion, chopped
 1/4 c. balsamic vinegar
 1 tsp. light molasses
 1 tbsp. grated lemon zest
 1 tbsp. chopped fresh leaf
 parsley
 1/2 tsp. salt
 1/4 tsp. freshly ground
 pepper
 1 tsp. fresh thyme
 4 trout filets. 5 oz.

- Preheat broiler. Position the rack 4 inches from heat.
- Arrange tomatoes cut-side down on a baking sheet lined with aluminum foil. Broil until the skins wrinkle and begin to brown. Set aside and leave broiler on.
- In a frying pan, heat olive oil over medium heat. Add onion and sauté. Add vinegar and molasses and bring to a boil. Reduce heat and simmer for 2 minutes. Add the broiled tomatoes, lemon zest, parsley, salt and pepper. Stir and combine. Remove from heat and set aside and keep warm.

BREAKFAST

1 egg, fried in nonstick pan
 1 slice whole-grain toast
 1 tsp. margarine
 1/2 c. orange juice
 Calorie-free beverage

AM SNACK

* 1 small apple
 7 Almonds

LUNCH

Roast beef sandwich
*Fill 1 whole-grain roll with 1 1/2 oz. sliced lean roast beef,
 Dijon mustard, lettuce, tomato and red onion slices.*
 * 1 c. grapes
 Calorie-free beverage

PM SNACK

* 1 c. raw vegetables

DINNER

1 serving broiled trout with tomato and red onion relish
 1/2 medium baked potato
 1 tsp. margarine
 * 2 c. mixed greens
 2 tbsp. reduced-calorie salad dressing
 Calorie free beverage

EVENING SNACK

1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



Broiled Trout Continued:

- Lightly coat a broiler pan with olive oil cooking spray. Sprinkle thyme and a dash of salt over the filets and place on the prepared pan. Broil until the fish is opaque throughout when tested with a knife. About 5 minutes. Transfer to warmed individual plates and serve topped with warm tomato relish.

DAY 7 MENU

10 steps to healthier eating:

1. Have at least one serving of fruit at have meal or one as a snack during the day.
2. Try to include at least 2 servings of vegetables at lunch and dinner.
3. Switch from low-fiber cereal to lower sugar, higher fiber cereals.
4. Choose whole-grain breads, switch from white rice to brown rice, and try cooking with whole wheat flour.
5. Lighten up your milk—drop 1% at at time until you adjust to drinking skim milk.
6. Cook with olive or canola oil rather than butter or margarine.
7. Flavor foods with herbs and spices rather than gravies and sauces.
8. Have fish at least 2x/ week.
9. Serve fresh fruit for dessert.
10. Limit high-calorie

BREAKFAST

1 breakfast burrito

Sauté 1/2 c. chopped tomato, 2 tbsp. chopped onion, 1/4 c. canned corn and some of its liquid. Add 1/4 c. egg substitute and scramble with vegetables. Spread on a fat-free tortilla, roll up, top with 2 tbsp. salsa.

* 1 medium orange

Calorie-free beverage

AM SNACK

1 c. cottage cheese

LUNCH

Turkey pita sandwich

Top 1/2 whole-grain pita with 3oz. Shredded turkey, 1/6 avocado, chopped lettuce, tomato and onion.

* 1 small apple

Calorie-free beverage

PM SNACK

1 c. sugar free jell-O

1/2 c. non-dairy whipped topping

DINNER

Tuna-stuffed tomato

Mix 3 oz. water-packed tuna (drained) with 2 tsp. reduce-calorie mayonnaise. Season with black pepper and a bit of chopped pickle if desire. Core and partially quarter a tomato. Stuff it with tuna.

* 4 medium celery sticks

6 wheat crackers

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

Dilled Pasta Salad with Spring Vegetables:

3 c. shell pasta
 8 asparagus spears cut into 1/2 inch pieces
 1 c. halved cherry tomatoes
 1 c. sliced green peppers
 1/2 c. green onions

Dressing:

1/4 c. olive oil
 2 tbsp. lemon juice
 2 tbsp. white wine vinegar
 2 tsp. dill weed
 Cracked pepper, to taste

- Cook pasta. Drain and rinse with cold water
- In a small saucepan, cover asparagus with water. Bring to a boil and cook only until tender-crisp. Drain and rinse under cold water. Add asparagus, tomatoes, green peppers and onions to pasta.
- Whisk together the ingredients for the dressing. Pour dressing over pasta and vegetables. Cover, refrigerate and serve.

BREAKFAST

Blueberry pancake

Top a 4 in-diameter pancake with 3/4 c. Blueberries and 1/2 tbsp. syrup.

1 c. skim milk

Calorie-free beverage

AM SNACK

1 Old Wisconsin turkey stick

1 low-fat cheese stick

LUNCH

1 serving dilled pasta salad with spring vegetables

* small apple

Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

Rosemary chicken

5 oz. boneless, skinless chicken breast with 1 tsp. each olive oil, lemon juice, and rosemary. Grill or bake.

1/3 c. brown rice mixed with chopped green onion

* 1 1/2 c. green beans

* 1 medium orange

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

Greek Salad:

4 c. red and green leaf lettuce
 1/2 c. diced cucumber
 1/2 c. diced sweet peppers
 1/2 c. diced carrots
 1/2 c. feta cheese
 2 slices red onion
 4 pitted kalamata olives
 4 pepperoncini peppers

- Place 2 c. of the mixed lettuce on separate plates
- Dice the cucumber, sweet pepper and carrots. Toss each plate of greens with 1/4 c. of the diced cucumber, sweet peppers, and carrots. Top with 1/4 c. feta cheese.
- Slice red onions into 1/8 in slices. Separate the slices into rings and place on each salad.
- Garnish with two pitted kalamata olives and two pepperoncini peppers. Drizzle 1 tbsp. of balsamic vinegar dressing on each salad. Serve immediately.

BREAKFAST

1 slice whole-grain toast
 1 1/2 tbsp. jam
 * 1 large grapefruit
 Calorie-free beverage

AM SNACK

1 box raisins

LUNCH

California Burger

Top 3 oz. cooked extra-lean ground beef patty with 1/2 grilled onion lettuce, and tomato slices. Serve on a small whole-grain bun spread with 1 tbsp. reduced-calorie mayonnaise.

* 1 small apple
 Calorie-free beverage

PM SNACK

Protein shake

DINNER

1 serving Greek salad
 6 whole-grain crackers
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable
 3 tbsp. fat-free sour cream

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 3 MENU

BREAKFAST

Fruit yogurt parfait

Combine 1 c. reduced-calorie, fat-free vanilla yogurt with 1 serving fruit.

1 small muffin, any flavor

Calorie-free beverage

AM SNACK

1/4 c. almonds

*16 grapes

LUNCH

2/3 c. low-fat cottage cheese mixed with 2 small pear halves

1 slice whole-grain toast

1 1/2 tsp. peanut butter

* 1 c. raw broccoli

2 tbsp. reduced-calorie vegetable dip

Calorie-free beverage

PM SNACK

Sugar-free pudding

DINNER

3 oz. large shrimp

Steam and sprinkle with lemon juice or seafood seasoning

2/3 c. cooked brown rice

* 12 steamed asparagus spears

* 2 c. lettuce

2 tbsp. reduced-calorie French dressing

* 1/2 c. mandarin orange sections

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

BREAKFAST

1 c. reduced-calorie, fat-free yogurt
 *1 large banana
 Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Turkey sandwich
*Top 2 slices whole-grain bread with 3 oz. smoked turkey,
 Dijon mustard, lettuce and tomato slices*
 *2 c. mixed greens
 2 tbsp. reduced-calorie Western dressing
 Calorie-free beverage

PM SNACK

1 small muffin

DINNER

Pasta Primavera
*Top 1 c. cooked whole-grain pasta with 1 c. steamed carrots,
 broccoli and cauliflower. Sprinkle with 1 tsp. olive oil and
 4 tbsp. shredded Parmesan cheese*
 *1 small apple
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable
 2 tbsp. reduced-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*

*STILL HUNGRY?? Try some of these healthy delicious meal additions to
 keep your energy and spirits up!*

- 30 pretzel sticks for lunch
- 1 slice whole-grain bread + 1 tsp. butter and a dash of garlic salt—toast in oven until crisp



DAY 5 MENU

10 strategies to add physical activity to your day:

1. Go for a short walk before breakfast or after dinner.
2. Several times each day, take time to move around and stretch your legs.
3. If you have a cordless phone, walk around the house while to talk.
4. Participate or play with your kids at the park.
5. Spend time in your yard gardening, pulling weeds, mowing or raking.
6. Put aside kitchen appliances or power tools when you can. Instead of using an electric mixer, mix by hand.
7. Clean up the garage or organize your closets.
8. Avoid restaurant drive-through.
9. Go shopping. You don't have to buy anything, but you can walk the aisles.
10. Walk from hole to hole at the golf course rather than renting a cart.

BREAKFAST

2 small muffins, any flavor
 2 tsp. margarine
 * 2 pear halves
 Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

Chicken wrap

Combine 2 1/2 oz. shredded cooked chicken, 2 tbsp. Raisins, 3 tbsp. cranberry sauce and shredded lettuce. Wrap in a fat-free tortilla.

1 sliced tomato
 Calorie-free beverage

PM SNACK

* 1 small apple
 2 oz. Cheese stick

DINNER

Beef kebobs

Place 3 ox marinated cubed round stead and a total of 2 c. diced fresh mushrooms, tomatoes, green peppers, and onions on skewers. Broil or grill.

3 baby, red-skinned potatoes
 * 2 pineapple rings
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

Braised Chicken:

1/4 c. flour
 1 tsp. salt
 1/2 tsp. pepper
 2 skinless, bone-in chicken breast halves
 2 skinless, bone-in chicken Thighs
 2 chicken legs
 1 1/2 tbsp. olive oil
 1 shallot, chopped
 1 lb. mushrooms
 1/2 peeled pearl onions
 3/4 c. vegetable stock
 1/2 c. dry red wine
 2 tbsp. balsamic vinegar
 2 tbsp. fresh thyme

- Stir together the flour, salt and pepper. Dredge the chicken in the seasoned flour.
- Heat the oil, Add the chicken and cook turning to brown on both sides. Transfer to a platter. Add the shallot and mushrooms to the pan and sauté until they begin to brown.
- Stir in stock and wine and deglaze the pan, stirring to scrape and browned bits. Return chicken and bring to a boil. Cover and let simmer, stirring occasionally until chicken and vegetables are tender, 45 to 50 minutes.

BREAKFAST

1/2 c. cooked oatmeal
 2 tbsp. raisins
 1 c. skim milk
 Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Banana and peanut butter bagel

*Spread 1 tbsp. of peanut butter onto a whole-grain bagel.
 Top with a small, sliced banana.*

* 1 small apple
 Calorie-free beverage

PM SNACK

3 c. popcorn

DINNER

1 serving braised chicken with mushrooms and pearl onions
 1/2 c. wild rice
 * 1 1/2 c. green beans
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

Braised chicken continued:

- Stir in the vinegar, thyme, and a dash of salt and pepper.
- To serve, divide the vegetables among shallow individual bowls. Top each portion with two pieces of chicken, one light meat and one dark. Garnish with thyme and serve.



DAY 7 MENU

BREAKFAST

1 slice whole-grain toast
 1 tsp. margarine
 * 1 large grapefruit
 Calorie-free beverage

AM SNACK

* 1 medium apple
 2 tbsp. peanut butter

LUNCH

Ham sandwich
2 oz. lean ham on two slices whole-grain bread, topped with lettuce, tomato slices and Dijon mustard.
 * 1/2 c. raw baby carrots
 2 tbsp. reduced-calorie ranch dressing
 Calorie-free beverage

PM SNACK

Cheese and meat stick

DINNER

1 serving seared scallops with new potatoes and field greens
 * 1 small apple
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- 30 pretzel sticks for lunch
- 1 slice whole-grain bread + 1 tsp. butter and a dash of garlic salt—toast in oven until crisp



DAY 1 MENU

BREAKFAST

1/2 whole-grain English muffin
1 tbsp. honey
* 1/2 large grapefruit
1 c. skim milk
Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Southwestern salad
Top 2 c. shredded lettuce with 2 1/2 oz. shredded cooked chicken, 1 c. chopped green peppers, and onions, 1/2 c. crushed pineapple, 1/6 avocado, and 2 tbsp. reduced-calorie Western dressing.
1/2 whole-grain pita bread
Calorie-free beverage

PM SNACK

1 box raisins
Muffin

DINNER

Spaghetti with tomato sauce
1 c. cooked whole-grain spaghetti with 1/4 c. meatless spaghetti sauce from a jar and 4 tbsp. parmesan cheese.
* 3/4 c. steamed zucchini
* 1 c. grapes
Calorie-free beverage

EVENING SNACK

8 whole peanuts

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

Brussels sprouts with shallots and lemon:

1 tbsp. extra-virgin olive oil
 3 shallots, thinly sliced
 1/4 tsp. plus 1/8 tsp. salt
 1 lb, brussel sprouts, trimmed and cut into quarters
 1/2 c. vegetable stock
 1/4 tsp. finely grated lemon zest
 1 tbsp. fresh lemon juice
 1/4 tsp freshly ground pepper

- Heat 2 tsp. of the olive oil over medium heat. Saute the shallots until soft and lightly golden, about 6 minutes. Stir in the 1/8 tsp. salt. Transfer to a bowl and set aside.
- In the same frying pan, heat the remaining 1 tsp. olive oil. Saute the Brussels sprouts until they begin to brown. Add the vegetable stock and simmer. Cook, uncovered until the Brussels sprouts are tender. Return the shallots to the pan. Stir in the lemon zest and juice. Add the 1/4 tsp. salt and pepper. Serve immediately.

BREAKFAST

1 medium hard-boiled egg
 1 slice whole-grain toast
 1 tsp. margarine
 * 1 medium orange
 Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

1 whole-grain pita bread with hummus
Combine 1/3 c. mashed garbanzos with 1 tsp. extra-virgin olive oil. Add garlic, cumin, lemon and parsley to taste
 * Cucumber and tomato salad
Combine 1/2 c. thinly sliced cucumber and 4 cherry tomatoes, halved. Add rice wine or herb-flavored vinegar to taste.
 * 1 small banana
 Calorie-free beverage

PM SNACK

Protein shake

DINNER

3 oz. orange roughy or other fish
 Sprinkle with seafood seasoning
 1/3 c. brown rice
 1 serving Brussels sprouts with shallots and lemon
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 3 MENU

BREAKFAST

1 whole-grain English muffin
1 1/2 tbsp. peanut butter
*1/2 large grapefruit
Calorie-free beverage

AM SNACK

1 c. cottage cheese
* 1 serving fruit

LUNCH

Chef salad
Top 2 c mixed greens with 1 oz. low-fat cheddar cheese strips. 1 1/2 oz. turkey strips and 1 c. sliced tomatoes, cucumbers, green peppers, broccoli florets and red onion.
2 tbsp. reduced-calorie French dressing
2 wheat crackers
* 1 small banana
Calorie-free beverage

PM SNACK

* 1 c. raw vegetables
2 tbsp. reduced-calorie dip

DINNER

Chicken kebabs
Place skewers 2 1/2 oz. cubed boneless, skinless chicken marinated in fat-free Italian salad dressing and a total of 2 c. of diced mushrooms, green peppers and onion chunks, and cherry tomatoes. Broil or grill.
1/3 c. brown rice with chopped onions
1 tsp. margarine
* 1 small apple

EVENING SNACK

1/2 c. fat-free frozen yogurt

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

BREAKFAST

Fruit yogurt parfait

1 c. reduced-calorie, fat-free yogurt mixed with 1 serving fruit.

Calorie-free beverage

AM SNACK

30 pretzels

LUNCH

1/4 recipe of tuna and pasta salad

Combine 1 can tuna in spring water, 4 c. cooked shell pasta, 2 c. diced carrots and zucchini and 4 tbsp. reduced-calorie Mayonnaise

* 1 small orange

Calorie-free beverage

PM SNACK

* 1 c. raw vegetables

2 tbsp. reduced calorie dip

DINNER

1/2 10-inch. Thin-crust cheese pizza

* 2 c. lettuce with 1/2 c. sliced tomatoes, red onions, and mushrooms

2 tbsp. reduced-calorie salad dressing

Calorie-free beverage

EVENING SNACK

* 1 small apple

1 1/2 tsp peanut butter

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- 1 low-fat string cheese
- 6 whole-grain crackers

DAY 5 MENU

BREAKFAST

1/2 English muffin
1 tsp. margarine
*1 small banana
1 c. skim milk
Calorie-free beverage

AM SNACK

Cheese and meat stick

LUNCH

Chicken sandwich
Spread a whole-grain bun with honey mustard. Add 2 1/2 oz. grilled boneless, skinless chicken breasts, lettuce and tomato slices.
*2 c. mixed greens
2 tbsp reduced-calorie ranch dressing
* 1 orange
Calorie-free beverage

PM SNACK

Sugar-free jello with whipped cream

DINNER

3 oz. salmon or other fish
1/2 c. linguine topped with 1 tsp. olive oil and 1 c. steamed broccoli
* 8 cherry tomatoes
* 1 small pear
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

New York strip steak with whiskey-mushroom sauce:

6 oz. New York strip steak
1 tsp. margarine
3 chopped garlic cloves
1/2 c. sliced shitake
mushrooms
1/2 c. button mushrooms
1/4 tsp. thyme
1/4 tsp. rosemary
2 oz. whisky

- Grill steak to desired doneness.
- In the meantime, in a sauté pan, heat the margarine and add the garlic. Then add the mushrooms and herbs. Saute lightly over medium heat for about 1-2 minutes. Remove the pan from heat and carefully add the whiskey. Cook for another minute and top steak with sauce.

BREAKFAST

1 c. reduced-calorie, fat-free yogurt
* 1 large grapefruit
Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

1 c. cream of tomato soup
6 saltine crackers
* 1 c. raw mixed vegetables
Calorie-free beverage

PM SNACK

* 1 c. carrots
2 tbsp peanut butter

DINNER

1/2 New York strip steak with whisky-mushroom sauce
* 1/2 c. asparagus
1 baked potato
1 tsp. margarine
* 1 1/2 c. strawberries
Calorie-free beverage

EVENING SNACK

3 c. low-fat microwave popcorn

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 7 MENU

Jamaican barbecued pork tenderloin:

2 tsp. packed brown sugar
 1 tsp. ground allspice
 1 tsp. ground cinnamon
 1/2 tsp. ground ginger
 1/2 tsp. onion powder
 1/2 tsp. garlic powder
 1/4 tsp. cayenne pepper
 1/8 tsp. ground cloves
 3/4 tsp. salt
 1/2 tsp. freshly ground black pepper
 1 pork tenderloin, about 1 lb., trimmed of visible fat
 2 tsp. white vinegar
 1 1/2 tsp. dark honey
 1 tsp. tomato paste

- In small bowl, combine brown sugar, allspice, cinnamon, ginger, onion powder, garlic powder, cayenne, cloves, 1/2 tsp. salt, & black pepper. Rub spice mixture over pork and let stand 15 min.
- In separate bowl, combine vinegar, honey, tomato paste, and remaining salt. Whisk & set aside.
- Grill tenderloin on high heat until all sides are browned, about 3-4 min total time. Move to cooler part of grill and cook 14-16 min longer.

BREAKFAST

1 slice whole-grain toast
 1 tsp. margarine
 * 1 large grapefruit
 Calorie-free beverage

AM SNACK

* 1 small apple
 1 tbsp. peanut butter

LUNCH

Cheese sandwich
Top 1/2 whole-grain bagel with a tomato slice and 1 1/2 oz. mozzarella cheese. Broil until cheese melts.
 1 c. canned chicken noodle soup
 * 1 medium orange
 Calorie-free beverage

PM SNACK

Meat and cheese stick

DINNER

1 serving Jamaican barbecued pork tenderloin
 1/3 c. cooked brown rice
 * 1 1/2 c. green beans
 1 sliced tomato
Drizzle tomato with 1 tsp. extra-virgin olive oil and balsamic vinegar to taste
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable
 2 tbsp. low-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*



Jamaican pork continued:

- Baste pork with glaze and continue cooking until pork is slightly pink inside, about 3-4 min. longer. Transfer to cutting board and let rest 5 min before slicing.
- To serve, slice tenderloin crosswise into 16 pieces and serve individually or put on a warm serving platter.

DAY 1 MENU

BREAKFAST

1 whole-grain bagel
3 tbsp. fat-free cream cheese
1/2 c. orange juice
Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Egg salad sandwich

Mash one hardboiled egg with a fork. Add chopped onion and 1 tbsp. reduced-calorie mayonnaise. Serve on 2 slices whole-grain bread.

* 1 small pear
1 c. skim milk
Calorie-free beverage

PM SNACK

30 pretzels

DINNER

3 oz. halibut or other fish topped with vegetable salsa

Combine 1 medium diced tomato, 1/4 c. each diced tomatillo and red onion and 1 diced jalapeno pepper

* 1 sliced cucumber
Sprinkle with cider vinegar and dill.
* 2 grilled pineapple rings
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

BREAKFAST

1 slice whole-grain toast
 1 tsp. margarine
 * 1 medium orange
 Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

Open-faced turkey sandwich
Spread 1 tbsp. reduced-calorie mayonnaise on a slice of sourdough bread. Top with 3 oz. smoked turkey, 2 oz. low-fat gouda cheese, 1 slice tomato and chopped basil.
 *1 c. carrot and celery sticks
 Calorie-free beverage

PM SNACK

20 Almonds

DINNER

1/4 recipe vegetarian chili
Sauté 1/2 c. onion in olive oil. Add 12 oz. tofu pieces, 2 14-oz. can kidney beans and 1 14-oz. can black beans (drained), 3 tbsp. Chili powder, 1 tbsp. oregano. Simmer 30 minutes.
 *1 c. grapes
 Calorie-free beverage

EVENING SNACK

* 1 small apple, sliced
 1 1/2 tsp. peanut butter

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- *Add 2 tsp. of your favorite jelly to your peanut butter toast*
- *1 serving of baked Lays potato chips*
- *1 slice whole-grain bread + 1 tsp. butter and a dash of garlic salt—toast in oven until crisp*

DAY 3 MENU

Sesame asparagus and carrot stir-fry:

24 asparagus spears
6 large carrots
1/4 c. water
1 tbsp. grated fresh ginger
1 tbsp. soy sauce
1 1/2 tsp. sesame oil
1 1/2 tbsp. sesame seeds, toasted

- Cut the asparagus into 1/2 inch thick slices. Cut carrots into 1/4 inch thick slices
- Coat a nonstick frying pan with nonstick cooking spray and place over high heat. Add the carrots and stir-fry for 4 minutes. Add the asparagus and water. Stir and toss to combine. Cover and cook until the vegetables are barely tender. Uncover and add the ginger. Stir-fry until any remaining water evaporates
- Add the soy sauce, sesame oil and sesame seeds. Stir-fry to coat the vegetables evenly. Dish onto individual plates and serve immediately.

BREAKFAST

1/2 English muffin
1 tsp. margarine
* 1 medium orange
Calorie-free beverage

AM SNACK

1 meat and cheese stick

LUNCH

Cheese sandwich

Top 2 slices whole-grain bread with 2 tsp. mayonnaise, 2 oz. low-fat Colby cheese, tomato slices and alfalfa sprouts.

*1/2 c. raw baby carrots
*1 c. cherries

PM SNACK

1/2 c. low-fat cottage cheese

DINNER

4 oz. lean pork
1/3 c. cooked brown rice
1 serving sesame asparagus and carrot stir-fry
1 small slice angel food cake
* 1 c. berries
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

Spring pasta salad:

6 c. cooked pasta
 1 tbsp. olive oil
 1/4 c. chicken broth
 1 clove garlic, chopped
 1 28 oz. can tomatoes in juice
 1 lb. mushrooms, sliced
 1 red bell peppers, sliced
 1 green bell pepper, sliced
 2 medium zucchinis, shredded
 1/2 tsp. basil
 1/2 tsp. oregano
 Several leaves of romaine lettuce

- Fill a large kettle with water and heat until boiling. Add the pasta and cook until al dente. Remove from heat and drain the pasta. Place pasta in a large bowl. Add the olive oil and toss. Set aside.
- In a large skillet, add the chicken broth and heat. Add garlic, onions and tomatoes. Cook until onions are transparent. Add the remaining vegetables and cook for 5 minutes. Stir in the basil and oregano. Pour over the pasta, mix and refrigerate. Serve on a leaf of romaine lettuce

BREAKFAST

* 1 small pear
 1 c. reduced-calorie, fat free yogurt
 Calorie-free beverage

AM SNACK

Protein shake

LUNCH

1 c. canned lentil soup
 10 baked tortilla chips
 * 1/2 c. salsa
 Calorie-free beverage

PM SNACK

* 1 small apple
 2 tbsp. peanut butter

DINNER

1 serving spring pasta salad
 1 slice whole-grain bread
 * 1 medium orange
 1/2 c. skim milk
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit
 1/2 c. nondairy whipped topping

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 5 MENU

BREAKFAST

Omelet

Mix 1/2 c. egg substitute with 1/2 c. diced onions, tomatoes, green peppers, and mushrooms, and cook until set

1 slice whole-grain toast

1 tsp margarine

* 1 medium orange

Calorie-free beverage

AM SNACK

1/4 c. Almonds

LUNCH

Hummus pita

Combine 1/3 c. mashed garbanzos with 1 tsp. extra-virgin olive oil. Add garlic, cumin, lemon and parsley to taste.

Place in a whole-grain pita.

Cucumber and tomato salad

Mix 1 c. sliced cucumbers and 8 cherry tomatoes, halved.

Add balsamic or herb-flavored vinegar.

*1 c. grapes

Calorie-free beverage

PM SNACK

*1/2 c. baby carrots

1 tbsp. peanut butter

DINNER

3 oz. Perch or other fish

1/2 c. cooked lemon-peppered pasta

*3/4 c. green beans

*1 c. berries

Calorie-free beverage

EVENING SNACK

9 large olives

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

BREAKFAST

1 c. reduced-calorie, fat-free yogurt
*1 c. cherries
Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Open-faced turkey sandwich
Spread 1 tbsp reduced-calorie mayonnaise on 1 slice sour dough bread. Top with 3 oz. smoked turkey, 2 oz. low-fat gouda cheese, 1 slice tomato and chopped basil
Coleslaw
Combine 1 1/2c. Shredded cabbage and 1/2c. Shredded carrots with 2 tbsp. reduced-calorie coleslaw dressing.
Calorie-free beverage

PM SNACK

Sugar free pudding

DINNER

1 serving spaghetti with summer squash and peppers
* 1 medium orange
Calorie-free beverage

EVENING SNACK

*1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*

STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- *1 slice whole-grain toast with 1 tsp. butter*
- *1 serving of baked Lays potato chips*
- *1/2 c. nondairy whipped topping with your fruit*



DAY 7 MENU

BREAKFAST

1 whole-grain bagel
3 tbsp. fat-free cream cheese
*1 small pear
Calorie-free beverage

AM SNACK

1/4 c. Almonds

LUNCH

Chicken Caesar salad
Combine 2 c. romaine lettuce with 2 1/2 oz. grilled boneless, skinless chicken breast strips, 2 tbsp. reduced-calorie Caesar dressing and 1 tbsp. seasoned croutons.
6 wheat crackers
Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

3 oz. marinated flank steak
*1/2 c. peas
1 slice whole-grain bread
1 tsp. margarine
*2 c. berries
Calorie-free beverage

EVENING SNACK

*1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

Soft taco with Southwestern Vegetables

1 tbsp. olive oil
1 medium red onion,
chopped
1 c. diced yellow summer
squash
1 c. diced green zucchini
3 large garlic cloves minced
4 medium tomatoes chopped
1 jalapeno pepper chopped
1 c. corn, frozen
1/2 c. fresh cilantro
1 c. canned pinto or black
beans, rinsed
1 8-in. fat-free tortillas
1/2 c. salsa

- Heat oil in large skillet; add onion and cook until tender. Add squash and zucchini, stir and continue cooking about 5 minutes. Add garlic, half of the tomatoes and all of the pepper. Reduce heat to low and cook until flavorful. Add corn kernels; stir and cook until kernels are tender-crisp. Add cilantro, the remaining tomatoes and beans.
- Warm and fill tortillas. Top with salsa and serve.

BREAKFAST

1 c. reduced calorie fat-free yogurt
* 1 small banana
Calorie-free beverage

AM SNACK

1 c. raw vegetables
3 tbsp. low calorie dip

LUNCH

Chef salad

Top 2 c. mixed greens with 1 oz. low-fat cheddar cheese strips, 1 1/2 oz. turkey strips, and 1 c. sliced tomatoes, cucumbers, green peppers, broccoli florets and red onion.

2 tbsp. Reduced-calorie French dressing
* 1 small apple
Calorie-free beverage

PM SNACK

1/2 c. Low-fat cottage cheese
* 1 small apple

DINNER

1 serving soft taco with southwestern vegetables
* 1 c. cubed cantaloupe
Calorie-free beverage

EVENING SNACK

9 large olives

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

BREAKFAST

1 c. whole-grain cereal
 1 c. skim milk
 * 1 small apple
 Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Grilled chicken salad

Combine 2 c. mixed greens with 2 1/2 oz. grilled boneless, skinless chicken breast strips and 1 c. sliced tomatoes cucumbers, zucchini, bell peppers and onions. Top with 1 tsp. extra-virgin olive oil mixed with 2 tbsp. balsamic vinegar.

* 1 small banana
 Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

3 oz. grilled tuna or other fish
 2/3 c. cooked brown rice
 * 1 1/2 c. steamed zucchini and summer squash
 1 tsp margarine
 *1/2 c. mixed fruit
 Calorie-free beverage

EVENING SNACK

8 whole peanuts

**Eat as much as you like! The serving size listed is the minimum amount!*

STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- *Add your favorite berries to your cereal*
- *1 slice whole-grain bread + 1 tsp. butter and a dash of garlic salt—toast in oven until crisp*



DAY 3 MENU

Wild rice pilaf with cranberries and apples:

1 1/2 c. wild rice
 3 c. water
 1/2 c. dried cranberries
 2 tbsp. olive oil
 1 tbsp. red wine vinegar
 1 tbsp. sugar
 2 Granny Smith apples cored and diced
 1/4 c. silvered almonds, toasted

- In a medium bowl, rinse and drain the wild rice. Bring the water to a boil in a medium saucepan. Add the rice. Reduce heat and simmer, covered, until tender, about 45 minutes. Stir in the dried cranberries. Remove from heat and let stand.
- In a small bowl, mix together the oil, red wine vinegar and sugar. In a large bowl, combine the rice and diced apples. Add the oil mixture and toss. Serve warm or cold on individual plates. Top with toasted silvered almonds.

BREAKFAST

1 c. whole-grain cereal
 1 c. skim milk
 * 1 small banana
 Calorie-free beverage

AM SNACK

Smoothie
 Combine 1 c. low-fat yogurt with 1/2 c. berries and ice

LUNCH

1 serving minted Mediterranean fruit mix
 6 wheat crackers
 1 c. skim milk
 Calorie-free beverage

PM SNACK

2 oz. cheese stick

DINNER

3 oz. turkey
 1 serving wild rice pilaf with cranberries and apples
 * 2 c. mixed greens with 1 c. sliced mushrooms and green peppers
 2 tbsp. reduced-calorie ranch dressing
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

BREAKFAST

1 egg fried in nonstick pan
1 slice whole-grain toast
1 tsp. margarine
1/2 c. orange juice
Calorie-free beverage

AM SNACK

* 1 small apple
2 tbsp. peanut butter

LUNCH

Tuna salad pita
Fill 1/2 whole-grain pita bread with mixture of 3 oz. water-packed tuna, chopped celery and onion, and 1 tbsp. reduced-calorie mayonnaise.
* 1 medium bell pepper, sliced
* 1 small apple
Calorie-free beverage

PM SNACK

2 oz. cheese stick

DINNER

1/4 classic tomato-basil pizza
Top a prepared 12-inch pizza crust with 1 c. diced plum tomatoes, fresh basil, 1 1/3 c. shredded low-fat mozzarella cheese. Bake at 400 F about 10 minutes.
* 2 c. lettuce
2 tbsp. low-calorie dressing
* 1/4 small cantaloupe
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable



**Eat as much as you like! The serving size listed is the minimum amount!*

DAY 5 MENU

BREAKFAST

1 slice whole-grain toast
1 tsp. margarine
* 1/2 large grapefruit
1 c. skim milk
Calorie-free beverage

AM SNACK

Protein shake

LUNCH

1 c. canned vegetable soup
6 wheat crackers
2 oz. low-fat cheddar cheese
* 1 medium orange
Calorie-free beverage

PM SNACK

1/4 c. almonds

DINNER

3 oz. grilled chicken breast
1 medium baked potato
3 tbsp. fat-free sour cream
* 1 1/2 c. green beans
* 1 small wedge watermelon
Calorie-free beverage

EVENING SNACK

* 1 c. celery
1 1/2 tbsp. peanut butter

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

Cornmeal-crusted sole with chili vinaigrette:

1/4 c. flour
 1/4 c. cornmeal
 3/4 tsp. salt
 4 sole fillets, 5 oz each
 3 tbsp. extra virgin olive oil
 2 tbsp. dry white wine
 1 1/2 tbsp. fresh lemon juice
 1 1/2 tbsp. vegetable stock
 3/4 tsp. chili powder
 1/4 tsp. dry mustard
 1/4 tsp. ground cumin
 1 tbsp. chopped fresh cilantro
 1 tbsp. grated lemon zest

- Stir together flour, cornmeal and 1/4 tsp. of the salt. Dredge the fillets in the mixture, coating completely and shake off the excess. In a large, nonstick frying pan, heat 1 tbsp. of the olive oil over medium heat. Add the fish and cook, turning once, until the fish is opaque throughout when tested with the tip of a knife and the crust is golden brown, about 3 minutes on each side. Transfer to individual plates and keep warm

BREAKFAST

1 slice whole-grain toast
 1 1/2 tsp jam
 *1 large grapefruit
 Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Chicken ranch wrap
Combine 2 1/2 oz. grilled chicken strips, shredded lettuce, sliced tomatoes and onion with 2 tbsp. reduced-calorie ranch dressing. Wrap in a corn tortilla.
 * 1 medium celery stalk
 * 1 small banana
 Calorie-free beverage

PM SNACK

Cheese stick

DINNER

1 serving cornmeal-crusted sole with chili vinaigrette
 1 medium baked potato
 3 tbsp. Fat-free sour cream
 * 2 c. steamed broccoli
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

Cornmeal-crusted sole continued:

- Add the wine and deglaze the pan, stirring to scrape up any browned bits. Cook to reduce by half. In a small bowl, combine the pan juices, lemon juice, vegetable stock, chili powder, mustard, cumin and the remaining 1/2 tsp. salt. Whisk in the remaining 2 tbsp. olive oil to make a thick vinaigrette.
- To serve, drizzle the vinaigrette over the fillets and sprinkle with the cilantro and lemon zest.



DAY 7 MENU

BREAKFAST

1 breakfast burrito

Sauté 1/2 c. chopped tomato, 2 tbsp. chopped onion, 1/4 c. canned corn and some liquid. Add 1/4 c. egg substitute and scramble with the vegetables. Spread on 8 inch flour tortilla, roll up and top with 2 tbsp. salsa

* 1 medium orange

Calorie-free beverage

AM SNACK

Sugar free jello cup

LUNCH

Turkey pita

Top 1/2 whole-grain pita with 3 oz. shredded turkey, 1/6 avocado chopped lettuce, tomato and onion.

* 1/2 c. cubed pineapple

Calorie-free beverage

PM SNACK

1/4 c. almonds

DINNER

“Beefed-up” salad

Assemble on a large salad plate 2 c. spring greens, 1/2 c. sliced canned beets, 3 canned baby potatoes, 1 medium tomato cut into wedges, 1 1/2 oz. thinly sliced marinated, grilled flank steak and 9 olives. Chill and top with 2 tbsp. reduced-calorie salad dressing.

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

BREAKFAST

Fruit yogurt parfait

Combine 1 c. reduced-calorie, fat-free vanilla yogurt with 1 c. favorite fruit.

1/2 whole-grain bagel

3 tbsp. fat-free cream cheese

Calorie-free beverage

AM SNACK

1 c. baby carrots

1 tbsp. peanut butter

LUNCH

Chicken wrap

Combine 2 1/2 oz. shredded cooked chicken, 2 tbsp. raisins, 3 tbsp. cranberry sauce and shredded lettuce. Wrap in a 6-inch corn tortilla.

1 sliced tomato

Drizzle tomato with 1 tsp. extra-virgin olive oil and balsamic vinegar to taste.

Calorie-free beverage

PM SNACK

Protein shake

DINNER

2 oz. marinated pork tenderloin

Marinate whole pork tenderloin in 1/4 c. teriyaki sauce for 4 hours. Grill pork, turning occasionally until 150 F.

Tenderloin may also be browned and then baked at 450 F about 15 minutes. Slice and serve.

* 1 c. asparagus

3 red-skinned baby potatoes

1 small whole-grain roll

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

BREAKFAST

1 c. reduced-calorie, fat-free yogurt
*1 large grapefruit
Calorie-free beverage

AM SNACK

1/4 c. Almonds

LUNCH

Turkey sandwich
*Top 2 slices whole-grain bread with 3 oz. smoked turkey,
Dijon mustard, lettuce and tomato slices*
*2 c. mixed greens
2 tbsp. reduced-calorie salad dressing
Calorie-free beverage

PM SNACK

*1 c. raw carrots
2 tbsp. peanut butter

DINNER

Pasta Primavera
*1 c. cooked pasta topped with 1 c. steamed carrots, broccoli
and cauliflower, sprinkled with 1 tsp. olive oil and 2 tbsp.
shredded Parmesan cheese*
*1 medium orange
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable
2 tbsp. reduced-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- *1 slice whole-grain bread toasted + 1 tsp. butter*
- *Add your favorite fruit at lunch*

DAY 3 MENU

Curried vegetable

couscous:

4 inch pieces celery stalk, cut into 1 inch pieces
 4 inch pieces of carrot peeled and cut into 1 inch pieces
 1/3 yellow onion, coarsely chopped
 1/3 red bell pepper chopped
 1/3 inch piece fresh ginger thinly sliced
 1 clove garlic
 1 tbsp. extra-virgin olive oil
 1 tsp. curry powder
 1 c. whole-wheat couscous
 2 c. chicken stock
 1/2 tsp. salt
 2 tbsp. chopped fresh cilantro

- In a food processor, combine the celery, carrot, onion, bell pepper, ginger and garlic. Pulse until minced. Do not puree.
- In a large frying pan, heat the olive oil over medium heat. Add the minced vegetables and sauté until the soften. Add the curry powder and sauté until fragrant, about 1 minute.
- Add the couscous and stock and stir. Bring to a boil. Reduce heat to low and cover. After 5 minutes, remove from heat.

BREAKFAST

1/2 c. whole-grain cereal
 1 c. skim milk
 * 1 medium orange
 Calorie-free beverage

AM SNACK

1/2 c. cottage cheese
 * 1 small banana

LUNCH

2 oz.. Low-fat cheddar cheese
 5 round whole-grain snack crackers
 * 1/2 c. raw baby carrots
 2 tbsp. reduced-calorie ranch dressing
 1 c. grapes
 Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

3 oz. halibut or other fish
 1 serving curried vegetable couscous
 * 3/4 c. blueberries
 Calorie-free beverage

EVENING SNACK

30 pretzel sticks
 3 tbsp. fat-free sour cream dip

**Eat as much as you like! The serving size listed is the minimum amount!*

Couscous continued:

- Uncover and fluff the couscous with a fork. Add the salt and cilantro and toss to mix. Transfer to a serving bowl and serve immediately.



DAY 4 MENU

Greek Salad:

4 c. red and green leaf lettuce
 1/2 c. diced cucumber
 1/2 c. diced sweet peppers
 1/2 c. diced carrots
 1/2 c. feta cheese
 2 slices red onion
 4 pitted kalamata olives
 4 pepperoncini peppers

- Place 2 c. of the mixed lettuce on separate plates
- Dice the cucumber, sweet pepper and carrots. Toss each plate of greens with 1/4 c. of the diced cucumber, sweet peppers, and carrots. Top with 1/4 c. feta cheese.
- Slice red onions into 1/8 in slices. Separate the slices into rings and place on each salad.
- Garnish with two pitted kalamata olives and two pepperoncini peppers. Drizzle 1 tbsp. of balsamic vinegar dressing on each salad. Serve immediately.

BREAKFAST

1/2 whole-grain bagel
 1 1/2 tbsp. jam
 * 1 large grapefruit
 Calorie-free beverage

AM SNACK

Turkey meat stick

LUNCH

California burger

Top 3 oz. extra-lean ground beef patty with 1/2 grilled onion, Lettuce and tomato slices. Serve on a small whole-grain bun Spread with 2 tsp. mayonnaise.

* 1 medium orange
 Calorie-free beverage

PM SNACK

* 1 c. raw vegetables
 2 tbsp. fat-free dip

DINNER

1 serving Greek salad
 6 wheat crackers
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 5 MENU

BREAKFAST

Blueberry pancake

Top. A 4-inch-diameter pancake with 3/4c. Blueberries, 1 tsp. margarine and 1 1/2 tbsp. syrup.

1 c. skim milk

Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

Banana and peanut butter bagel

Spread 1 tbsp. of peanut butter on whole-grain bagel and top with 1 small banana, sliced.

1 c. fat-free, reduced-calorie yogurt

* 1 c. grapes

Calorie-free beverage

PM SNACK

Protein shake

DINNER

1/4 recipe beef stir-fry

Sauté chopped garlic and ginger root in 1 tsp. oil. Add 1/2 pound thin strips of flank steak, scallions, green beans sliced diagonally, and 1/4 c. stir-fry sauce. Use cornstarch to thicken

1/3 c. brown rice

*12 steamed asparagus spears

Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

Grilled chicken with roasted yellow tomato sauce:

4 yellow tomatoes seeded
 1 1/2 tsp. extra virgin olive oil
 2 cloves garlic, minced
 1 tbs. Balsamic vinegar
 3 tbs. fresh basil, chopped
 3/4 tsp. salt
 1/4 tsp. pepper
 4 skinless boneless chicken breasts
 2 tbs. chopped parsley
 1 tbs. chopped fresh thyme

- Preheat grill and lightly coat the grill rack with cooking spray. Position the rack 4 to 6 inches from the heat source
- Arrange tomatoes skin-side down on a grill rack. Grill or broil until the skins begin to blacken. Remove the tomatoes from the rack. Transfer them to a bowl cover and let the steam loosen the skins
- Heat the olive oil over medium heat. Add the garlic and sauté until softened, about 1 minute. Remove from heat and set aside.
- Core and peel the tomatoes. In a blender, combine tomatoes, and garlic with the oil and vinegar.

BREAKFAST

1 whole-grain bagel
 3 tsp. peanut butter
 * 1 medium orange
 Calorie-free beverage

AM SNACK

1/4 c. almonds

LUNCH

1 c. canned vegetable soup
 6 wheat crackers
 2 oz. low-fat cheddar cheese
 * 1 medium sliced pepper, any color
 * 1 c. grapes
 Calorie-free beverage

PM SNACK

* 1 small apple
 2 tbs. peanut butter

DINNER

1 serving grilled chicken breast with roasted yellow tomato sauce
 3 red-skinned baby potatoes with fresh parsley
 1 tsp. margarine
 * 3/4 c. green beans
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*

Grilled Chicken Continued:

- Stir in 1 tbs. of the basil, 1/2 tsp salt, and 1/8 tsp of the pepper.
- Sprinkle the chicken with the remaining salt and pepper. Stir together the parsley, thyme, and the remaining 2 tbs. basil. Dredge the chicken in the herb mixture. Grill or bake the chicken turning once, until browned on both sides and no longer pink on the inside.
- Transfer the chicken breasts to warmed individual plates. Spoon the tomato sauce on top, dividing evenly, and serve immediately.



DAY 7 MENU

BREAKFAST

- *1/2 large grapefruit
- 1 slice whole-wheat toast
- 1 tsp margarine
- Calorie-free beverage

AM SNACK

- Protein shake

LUNCH

Southwestern salad

Top 2 c. shredded lettuce with 2 1/2 oz. shredded cooked chicken, 1 c. chopped green peppers and onions, 1/2 c. crushed pineapple, 1/6 avocado, and 2 tbsp. reduced-calorie Western-style salad dressing.

- Calorie-free beverage

PM SNACK

- * 1 small apple
- 1 string cheese

DINNER

- 3 oz. large shrimp, steamed
- 2/3 c. cooked brown rice
- *1 1/2 c. zucchini and summer squash, steamed
- *1 large peach
- Calorie-free beverage

EVENING SNACK

- * 1 serving chocolate pudding pie (see recipe on page 58)

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

BREAKFAST

1 c. whole-grain cereal
1 c. skim milk
* 1 small banana
Calorie-free beverage

AM SNACK

Sugar free pudding

LUNCH

Chef salad

*Top 2 c. mixed greens with 1 oz. low-fat cheddar cheese strips, 1 1/2 oz. turkey strips, and 1 c. sliced tomatoes, cucumbers, green peppers, broccoli florets and red onion.
2 tbsp. reduced-calorie salad dressing*

6 wheat crackers
* 1 apple
Calorie-free beverage

PM SNACK

Protein shake

DINNER

2 oz. lean pork
1/2 medium baked sweet potato
1 tsp. margarine
* 1/4 c. green peas
* 1 c. berries
Calorie-free beverage

EVENING SNACK

* 4 celery sticks
1 1/2 tsp. peanut butter

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

BREAKFAST

- * 1 large grapefruit
- 1 small muffin
- Calorie-free beverage

AM SNACK

- Turkey meat stick

LUNCH

- Bagel sandwich

Spread 1 whole-grain bagel with mustard. Top with 2 oz lean ham, lettuce, tomato and onion slices.

- * 2 c raw mixed vegetables
- * 1/4 small honeydew melon
- Calorie-free beverage

PM SNACK

- 1/2 c. cottage cheese
- * 1 small piece of fruit

DINNER

- 3 oz. broiled flank steak
- 1/2 medium baked potato
- 1 1/2 tbsp. sour cream, fat-free
- 1 c. steamed asparagus
- Calorie-free beverage

EVENING SNACK

- 1 c. broccoli florets
- 2 tbsp. reduced-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- *Add a cheese stick with your morning snack*
- *2 tbsp. reduced-calorie vegetable dip at lunch*

DAY 3 MENU

BREAKFAST

1 small muffin
 1 tbsp. honey
 *1 small banana
 Calorie-free beverage

AM SNACK

Protein shake

LUNCH

1 serving pineapple chicken salad with balsamic vinaigrette
 4 crispy 6- to 8-inch breadsticks
 *1 c. raw baby carrots
 Calorie-free beverage

PM SNACK

1/2 c. cottage cheese
 * 1 small piece of fruit

DINNER

3 oz. grilled tuna or other fish
 1 small ear corn on the cob
 1 tsp. margarine
 *Cucumber and tomato salad
Combine 1/2 c. thinly sliced cucumber and 4 cherry tomatoes, halved. Add balsamic, rice wine or herb-flavored vinegar to taste
 *1 apple
 Calorie-free beverage

EVENING SNACK

1/2 c. fat-free frozen yogurt

**Eat as much as you like! The serving size listed is the minimum amount!*

Pineapple Chicken Salad
 with Balsamic Vinaigrette:
 4 c. fresh baby spinach
 1 can boneless chicken
 cubed
 2 c. broccoli florets
 1/2 c. thinly sliced red
 onion

Dressing:
 1/4 c. olive oil
 2 tbsp. balsamic vinegar
 2 tsp. sugar
 1/4 tsp. cinnamon



DAY 4 MENU

BREAKFAST

1 slice whole-grain toast
 1 tsp. margarine
 * 1 large grapefruit
 Calorie-free beverage

AM SNACK

Cheese stick

LUNCH

Simple pizza
*Top 2 English muffin halves each with 1/4 c. marinara sauce,
 1/2 c. sliced onion and green pepper and 1/3 c. shredded
 part-skim mozzarella cheese. Broil until cheese melts.*
 Calorie-free beverage

PM SNACK

* 1 orange

DINNER

2 1/2 oz. boneless, skinless chicken breast
 1/4 c. cooked orzo pasta tossed with 1 tbs. extra-virgin olive oil
 *1/2 c. peas
 * 1 small apple
 Calorie-free beverage

EVENING SNACK

1 c. berries
 1/2 c. nondairy whipped topping

Time for a treat!

- A trip for a small ice cream treat
- Schedule a massage
- Shopping with friends
- A walk in the park with someone special,

All your hard work deserves a reward! Don't let your effort go unnoticed. Choose the treat you want and take the time to enjoy!

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 5 MENU

BREAKFAST

Fruit yogurt parfait

Mix 1 c. fat-free, reduced-calorie yogurt with 1 serving fruit.

1 small muffin

1 tsp. margarine

Calorie-free beverage

AM SNACK

1/4 c. Almonds

LUNCH

Chicken sandwich

Spread a whole-grain bun with honey mustard. Add 2 1/2 oz. grilled boneless, skinless chicken breasts, lettuce and tomato slices.

* 2 c. mixed greens

2 tbsp. reduced-calorie salad dressing

* 1 small apple

Calorie-free beverage

PM SNACK

Sugar free pudding cup

DINNER

1/6 recipe brown rice pilaf with vegetables

Over medium heat, stir 1 c. brown rice until golden. Add 3 c. chicken broth, 1 chopped onion, 8 oz. sliced mushrooms, Broil. Reduced simmer 30 minutes. Add 1/12 c. asparagus pieces. Cook 5 minutes. Top with grated Swiss cheese, 1/2 c. chopped parsley and serve.

*1/4 small honeydew melon

Calorie-free beverage

EVENING SNACK

*1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

Broccoli seafood linguine:

1 1/2 c. frozen broccoli cuts
 2 c. cooked linguine
 1 tsp. olive oil
 1 garlic clove, minced
 2 c. fresh tomatoes,
 chopped
 1/4 c. dry white wine
 4 oz. shredded reduced-fat
 American cheese
 1 8 oz package imitation
 seafood thawed

- Cook the broccoli until tender-crisp and cook the linguine.
- While broccoli and linguine are cooking, add olive oil to a large skillet and sauté the minced garlic until golden. Stir in the tomatoes and wine. Simmer, uncovered, about 5 minutes or until the liquid is reduced by one-half. Stir frequently.
- Add the cheese to the tomato mixture, stirring until melted. Stir in the cooked broccoli and linguine and add the seafood.
- Cook until thoroughly heated and serve.

BREAKFAST

1/2 c. whole-grain cereal
 1/2 c. orange juice
 1 c. skim milk
 Calorie-free beverage

AM SNACK

Sugar free jello

LUNCH

2/3 c. low fat cottage cheese mixed with 2 pear halves
 * 1 c. cauliflower florets
 1 slice whole-grain toast
 1 1/2 tsp. peanut butter
 Calorie-free beverage

PM SNACK

Protein shake

DINNER

1 serving broccoli seafood linguine
 * 2 c. mixed greens
 2 tbsp. reduced-calorie salad dressing
 * 1 small pear
 Calorie-free beverage

EVENING SNACK

*1 serving favorite vegetable
 2 tbsp. low-calorie vegetable dip

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 7 MENU

Hearty Grain-Filled Peppers:

4 c. water
 1/2 tsp. ground cinnamon
 1/2 tsp. ground cumin
 2 c. bulgar wheat
 8 oz. mushrooms, coarsely chopped
 1 1/2 c. diced fresh tomatoes or 14 1/2 oz. canned diced tomatoes, drained
 1 onion, finely chopped
 2 garlic cloves, minced
 1/2 c. chopped fresh flat-leaf parsley (Italian)
 1/3 c. raisins
 3 red bell peppers, halved, stemmed and seeded
 3 green bell peppers, halved, stemmed and seeded
 6 tbsp. plain fat-free yogurt
 1 tbsp. sunflower seeds, toasted

- In large saucepan, bring the water, cinnamon and cumin to a boil. Stir in the bulgur. When water returns to boil, reduce heat to low. Cover and simmer for 15 min.
- In large frying pan over medium heat, combine the mushrooms, tomatoes, onion, garlic and parsley. Cover and cook, stirring occasionally, until vegetables are tender, about 10 min. Stir vegetable mixture into the bulgur.

BREAKFAST

1 slice whole-grain toast
 1 tsp. margarine
 *1/2 c. mixed fruit
 1 c. skim milk
 Calorie-free beverage

AM SNACK

Sugar free jello

LUNCH

Grilled chicken salad
Combine 2 c. mixed greens with 2 1/2 oz. grilled boneless, skinless chicken breasts and 1 c. sliced tomatoes, cucumber, zucchini, bell peppers and onions. Top with 1 tsp. extra-virgin olive oil mixed with 2 tbsp. balsamic vinegar.
 * 1 medium apple
 Calorie-free beverage

PM SNACK

Protein shakes

DINNER

1 serving hearty grain-filled peppers
 * 1 c. honeydew melon, cubed
 1/2 c. fat-free frozen yogurt
 Calorie-free beverage

EVENING SNACK

7 whole almonds

**Eat as much as you like! The serving size listed is the minimum amount!*



Hearty Grain-Filled Peppers continued:

- Preheat the oven to 400. Coat a shallow baking dish with nonstick cooking spray. Arrange the bell pepper halves in a single layer, cut side up, in the dish. Divide the bulgur mixture among the bell peppers, mounding slightly. Cover with aluminum foil and bake until peppers are tender, about 45 minutes.
- To serve, top each pepper with half of the 1/2 tbsp. yogurt. Garnish with sunflower seeds

DAY 1 MENU

BREAKFAST

- 1c. Whole-grain cereal
- 1 c. skim milk
- *1 small pear
- Calorie-free beverage

AM SNACK

- * 1 small apple
- 2 tbsp. peanut butter

LUNCH

- Roast beef sandwich
 - 2 oz. lean roast beef, Dijon mustard, sweet onion, lettuce and tomato on an onion roll.*
- * 1 c. sliced cucumber
- 3 tbsp. fat-free sour cream
- * 1 medium orange
- Calorie-free beverage

PM SNACK

- 100 calorie pack

DINNER

- 1/4 recipe ginger chicken stir-fry
 - 1 lb. boneless, skinless chicken cut into thin strips, chopped garlic and ginger root sautéed in 1 tsp. sesame oil, and a total of 2 c. snow peas, fresh mushrooms and red peppers.*
- * 2 c. lettuce topped with 1 tbsp. sunflower seeds
- 2 tbsp. reduced-calorie ranch dressing
- * 1 serving favorite fruit
- Calorie-free beverage

EVENING SNACK

- * 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 2 MENU

Salmon en papillote:

1 clove garlic, chopped
 1 tsp. shallots, chopped
 1/8 tsp. black pepper
 1 tbsp. fresh lime juice
 1 lb. salmon (four 4 oz pieces)
 20 asparagus spears
 1 medium tomato peeled and seeded
 1 tbsp. tarragon, chopped
 1 tsp. chervil, chollid
 5 oz. fish stock
 2 oz. white wine
 Parchment paper
 Vegetable cooking spray

- Combine ingredients for marinade. Marinade salmon at room temp for 20-30 minutes.
- Cut parchment paper into heart shape. Spray one side lightly with vegetable cooking spray. Place salmon on the paper and top with asparagus, tomato and herbs.
- Combine fish stock and white wine. Top salmon with liquid. Fold Parchment in half. Seal tightly
- Bake at 325 F for 8-10 minutes. Remove and serve in paper. Garnish with tarragon.

BREAKFAST

Omelet

Mix 1/2 c. egg substitute with 1/2 c. diced onions, tomatoes, peppers and mushrooms, and cook until set

* 1 slice whole-grain toast

1 tsp. margarine

* 1 small banana

Calorie-free beverage

AM SNACK

3/4 c. cottage cheese

LUNCH

Hummus pita

Combine 1/3 c. mashed garbanzos with 1 tsp. extra-virgin olive oil. add garlic, cumin, lemon and parsley to taste.

1 whole-grain pita

*Cucumber and tomato salad

Combine 1/2 c. thinly sliced cucumber and 4 cherry tomatoes, halved. Add balsamic, rice wine or herb-flavored vinegar to taste.

Calorie-free beverage

PM SNACK

1 Protein shake

DINNER

1 serving salmon en papillote

1/2 c. cooked lemon-peppered pasta

3/4 c. summer squash

* 1 small pear

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 3 MENU

BREAKFAST

1 c. fat-free reduced-calorie yogurt
1 slice whole-grain toast
1 1/2 tbsp jam
* 1 small banana
Calorie-free beverage

AM SNACK

Sugar free jello

LUNCH

Egg salad sandwich
Mash one hard-boiled egg with a fork. Add chopped onion and 1 tbsp. reduced-calorie mayonnaise. Serve on 2 slices whole-grain bread.
* 1 small pear
1/2 c. vegetable juice
Calorie-free beverage

PM SNACK

1 c. raw carrots
2 tbsp. reduced-calorie dip

DINNER

“Beefed-up” salad
Assemble on large salad plate: 2 c. spring greens, 1/2 c. sliced canned beets, 3 canned baby potatoes, 1 medium tomato cut into wedges, 1 1/2 oz. thinly sliced marinated, grilled flank steak and 9 black olives. Chill and top with 2 tbsp. reduced-calorie salad dressing.
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

BREAKFAST

1 slice whole-grain toast
 1 1/2 tsp jam
 *1 large grapefruit
 Calorie-free beverage

AM SNACK

* 1 c. grapes
 1/4 c. almonds

LUNCH

Open-faced turkey sandwich
Spread 1 tbsp. reduced-calorie mayonnaise on a slice of sourdough bread. Top with 3 oz. smoked turkey, 2 oz. low-fat gouda cheese, 1 slice tomato and chopped basil.
 *1 c. carrot and celery sticks
 Calorie-free beverage

PM SNACK

Protein shake

DINNER

Tuna-stuffed tomato
Mix 3 oz. water-packed tuna (drained) with 2 tsp. reduced-calorie mayonnaise. Season with black pepper and a bit of chopped pickle if desired. Core and partially quarter tomato. Stuff it with the tuna mixture.
 * 4 celery sticks
 6 wheat crackers
 Calorie-free beverage

EVENING SNACK

*1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- Add 2 tsp. of your favorite jelly to your peanut butter toast
- 1 serving of baked Lays potato chips
- 1 slice whole-grain bread + 1 tsp. butter and a dash of garlic salt—toast in oven until crisp



DAY 5 MENU

BREAKFAST

1 pancake

Top 1 4-inch-diameter pancake with 1 c. berries, 1 tsp. margarine and 1 1/2 tbsp. maple syrup.

* 1 medium orange

Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Open-faced turkey sandwich

Spread 1 tbsp. reduced-calorie mayonnaise on 1 slice sourdough bread. Top with 3 oz. smoked turkey, 2 oz. low-fat Gouda cheese, 1 slice tomato and chopped basil.

* 2 c. raw vegetables

Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

Beef fajita

Sauté 1 1/2 oz. lean beef strips in 1 tsp. extra virgin olive oil. Add 1/2 c. sliced onion and 1/2 c. sliced green, red and yellow bell peppers. Season with chili powder and lime juice as desired 2 corn tortillas

* 1 1/2 c. strawberries

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

BREAKFAST

1 c. fat-free, reduced-calorie yogurt
*1 small banana
Calorie-free beverage

AM SNACK

Turkey meat stick
Cheese stick

LUNCH

Cheese wraps
3 6-inch low-fat flour tortillas layered with 2 oz. shredded, lo-fat cheddar cheese. Microwave to melt cheese.
*1/2 c. raw baby carrots
*1 c. pineapple chunks
Calorie-free beverage

PM SNACK

1/4 c. Almonds

DINNER

Tuna-stuffed tomato
Mix 3 oz. water-packed tuna (drained) with 2 tsp. reduced-calorie mayonnaise. Season with black pepper and a bit of chopped pickle, if desired. Core and partially quarter a tomato. Stuff it with tuna mixture.
*4 medium celery sticks
6 wheat crackers
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable
2 tbsp. reduced-calorie salad dressing

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 7 MENU

Pork medallions with rosemary:

1 lb. well trimmed pork tenderloin
Freshly ground black pepper
1 tsp. rosemary, crushed
1/2 c. dry white wine

- Cut pork crosswise into 12 pieces. Sprinkle the pieces of pork with pepper to taste
- Place the pieces of pork between sheets of wax paper and pound them with a mallet until about 1/4 in thick.
- Brown pork medallions in a large nonstick frying pan over medium heat 2-3 minutes on each side. Remove and place on a heated platter. Sprinkle with rosemary
- Pour wine into the skillet and boil. Scrape the brown bits from the bottom of the pan. Pour the sauce over the pork and serve hot.

BREAKFAST

1 c. fat-free, reduced-calorie yogurt mixed with 4 chopped pecan halves.
* 1/2 large grapefruit
Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

Tuna salad sandwich
Top 2 slices whole-grain bread with mixture of 3 oz. water packed tuna, chopped celery and onion to taste, and 1 tbsp reduced-calorie mayonnaise.
1 c. vegetable juice
* 1 c. grapes
Calorie-free beverage

PM SNACK

Protein shake

DINNER

3 oz. pork medallions with rosemary
1 baked potato
3 tbsp. fat-free sour cream
* 1/4 c. peas
* 1/2 c. applesauce sprinkled with cinnamon
Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 1 MENU

Turkey Pot Pie with Baby Vegetables:

10 baby carrots
 1 c. pearl onions
 1/3 lb. fresh white mushrooms
 1 1/4 c. frozen artichoke hearts, thawed
 1/4 c. plus 2 tbsp. olive oil
 1 tsp. dry mustard
 3/4 c. all-purpose flour
 2 1/2 c. chicken broth
 1 clove garlic, minced
 2 lb. skinless, boneless turkey breasts, diced
 1 c. peas
 1 tomato diced
 1 tbsp. each fresh chopped dill and basil
 1/4 c. low-fat sour cream
 1 1/2 tsp. salt
 1/2 tsp. fresh ground pepper
 1/2 c cornmeal
 1 1/2 tsp. baking powder
 3/4 plain soy milk
 1 tbsp. dark honey

- Halve and slice carrots crosswise. Boil onions in water about 2 minutes, drain, and plunge in cold water. Cut root ends off onions slip off the skins, and cut a shallow X in the root end of each. Clean and slice mushrooms. Quarter artichokes lengthwise. Set the vegetables aside.

BREAKFAST

2 slices whole-grain toast
 1 tbsp. honey
 * 1 small banana
 Calorie-free beverage

AM SNACK

* 1 small apple
 2 tbsp. peanut butter

LUNCH

Chicken Caesar salad
Combine 2 c. romaine lettuce with 2 1.2 oz. grilled boneless, skinless chicken breast strips, 2 tbsp. reduced-calorie Caesar dressing, 9 black olives, and 1 tbsp. seasoned croutons.
 * 1 medium tomato, sliced
 6 wheat crackers
 Calorie-free beverage

PM SNACK

1/4 c. Almonds

DINNER

1 serving turkey potpie with baby vegetables
 * 1 1/2 c. strawberries
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*

Turkey Pot Pie with Baby Vegetables Continued

- In a large pan heat 1/4 c. olive oil over low heat. Add mustard and 1/4 c. of flour
- Add the stock, still whisking, increase heat to medium-high and bring to a boil. Add garlic, carrots and onions. Reduce to low heat. Cook until vegetables are softened, about 5 minutes. Add turkey, mushrooms, artichoke hearts, peas, tomato, dill and basil. Cover and simmer until turkey is opaque. Add sour cream and 1 tsp. salt and pepper. Place in a 9-by-13-inch baking dish and set aside.
- Preheat oven to 425 F.
- In a bowl, combine cornmeal, 1/2 c. flour, baking powder and 1/2 tsp. salt. In another bowl, mix soy milk, 2 tbsp. olive oil and honey. Stir in dry ingredients.



DAY 2 MENU

BREAKFAST

1 c. whole-grain cereal
 1 c. milk
 * 1 small banana
 Calorie-free beverage

AM SNACK

2 oz. cheese stick

LUNCH

2/3 c. low-fat cottage cheese mixed with 2 pear halves
 * 1 c. broccoli florets
 2 tbsp. reduced-calorie vegetable dip
 Calorie-free beverage

PM SNACK

Sugar free pudding cup

DINNER

3 oz. orange roughy or other white fish
 2/3 c. cooked brown rice
 Spinach salad
*Combine 2 c. fresh spinach with 8 cherry tomatoes, halved.
 Top with 1 tbsp. sunflower seeds and 2 tbsp. reduced-calorie
 Ranch dressing.*
 * 1 c. berries
 Calorie-free beverage

EVENING SNACK

* 1 serving favorite vegetables

**Eat as much as you like! The serving size listed is the minimum amount!*



STILL HUNGRY?? Try some of these healthy delicious meal additions to keep your energy and spirits up!

- Add 2 tsp. of peanut butter with your banana
- 1 serving of baked Lays potato chips
- Add 3 c. air popped popcorn with your night snack

DAY 3 MENU

BREAKFAST

1 c. fat-free, reduced-calorie yogurt mixed with 4 chopped pecan halves.
* 1 small banana
Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Chicken ranch wrap
Combine 2 1/2 oz. grilled chicken strips, shredded lettuce, sliced tomato and onion. Top with 2 tbsp. reduced-calorie ranch dressing. Wrap in a corn tortilla.
Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

Spaghetti with tomato sauce
Top 1 c. cooked whole-grain spaghetti with 1/2 c. meatless sauce from a can and 4 tbsp. parmesan cheese
* 2 c. lettuce
2 tbsp. reduced-calorie salad dressing
1/4 small honeydew melon
Calorie-free beverage

EVENING SNACK

2 c. low-fat microwave popcorn

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

Chicken stir-fry with eggplant and basil:

1/4 c. chopped fresh basil
 2 tbsp. chopped fresh mint
 3/4 c. chicken stock
 3 green onions, including tender green tops, 2 coarsely chopped and 1 thinly sliced
 2 cloves garlic
 1 tbsp. peeled and chopped fresh ginger
 2 tbsp. extra-virgin olive oil
 1 small eggplant, with peel, diced
 1 yellow onion, chopped
 1 red bell pepper, chopped
 1 yellow bell pepper, chopped
 1 lb. boneless chicken breast cut into strips
 2 tbsp. low-sodium soy sauce

- In a blender, combine the basil, mint, 1/4 c. of the stock, the green onions, garlic and ginger. Pulse until the mixture is minced but not pureed. Set aside.
- In a large, nonstick frying pan, heat 1 tbsp. of the olive oil over medium-high heat. Add the eggplant, yellow onion and bell peppers and sauté until vegetables are tender.

BREAKFAST

1 medium hard-boiled egg
 1 slice whole-grain toast
 1 tsp. Margarine
 * 1 medium orange
 Calorie-free beverage

AM SNACK

* 1 serving favorite fruit

LUNCH

Open-faced roast beef sandwich
Top 1 slice whole-grain bread with Dijon mustard and 2 oz. sliced lean roast beef.
 * 8 cherry tomatoes
 * 1 small apple
 .Calorie-free beverage

PM SNACK

1/4 c. almonds

DINNER

1 serving chicken stir-fry with eggplant and basil
 3/4 c. blueberries with 1/2 c. nondairy whipped topping
 Calorie-free beverage

EVENING SNACK

1 c. fat-free, reduced-calorie yogurt

**Eat as much as you like! The serving size listed is the minimum amount!*

Chicken stir-fry with eggplant and basil continued:

- Add remaining 1 tbsp. olive oil to the pan and heat over medium-high heat. Add the basil mixture and sauté for about 1 minute, stirring constantly. Add the chicken strips and soy sauce and sauté until the chicken is almost opaque throughout, about 2 minutes.
- Add the remaining 1/2 c. stock and bring to a boil. Return the vegetable mixture to the pan and stir until heated through, about 3 minutes. Transfer to a serving dish and garnish with sliced green onion. Serve immediately.



DAY 5 MENU

BREAKFAST

1 c. reduced-calorie, fat-free yogurt
* 1/2 large grapefruit
Calorie-free beverage

AM SNACK

100 calorie snack

LUNCH

1 c. cream of tomato soup
6 saltine crackers
* 1 small apple
Calorie-free beverage

PM SNACK

Protein shake

DINNER

California burger

Top 3 oz. cooked extra-lean ground beef patty with grilled onion, lettuce and tomato slices. Serve on a small whole-grain bun spread with 1 tbsp. reduced-calorie mayonnaise.

* 2 c. lettuce with 1/2 c. sliced tomatoes, red onions and mushrooms
2 tbsp. reduced-calorie salad dressing
* 1 small banana
Calorie-free beverage

EVENING SNACK

2 c. low-fat microwave popcorn

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 6 MENU

BREAKFAST

Fruit yogurt parfait

Combine 1 c. reduced-calorie, fat-free yogurt with 1 serving of fruit.

* 1 small apple

Calorie-free beverage

AM SNACK

Protein shake

LUNCH

1/4 recipe tuna and pasta salad

Combine 1 can tuna in spring water, 4 c. cooked shell pasta, 2 c. diced carrots and zucchini, and 4 tbsp. reduced-calorie mayonnaise.

* 1 medium orange

Calorie-free beverage

PM SNACK

Sugar free pudding cup

DINNER

1/2 10-inch, thin-crust pizza

Lettuce salad

Top 2 c. lettuce with 1/2 c. sliced tomatoes, red onion, and mushrooms, and 1 tbsp. sunflower seeds.

2 tbsp. reduced-calorie salad dressing

Calorie-free beverage

EVENING SNACK

* 1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 7 MENU

Chicken stir-fry with eggplant and basil:

1/4 c. chopped fresh basil
 2 tbsp. chopped fresh mint
 3/4 c. chicken stock
 3 green onions, including tender green tops, 2 coarsely chopped and 1 thinly sliced
 2 cloves garlic
 1 tbsp. peeled and chopped fresh ginger
 2 tbsp. extra-virgin olive oil
 1 small eggplant, with peel, diced
 1 yellow onion, chopped
 1 red bell pepper, chopped
 1 yellow bell pepper, chopped
 1 lb. boneless chicken breast cut into strips
 2 tbsp. low-sodium soy sauce

- In a blender, combine the basil, mint, 1/4 c. of the stock, the green onions, garlic and ginger. Pulse until the mixture is minced but not pureed. Set aside.
- In a large, nonstick frying pan, heat 1 tbsp. of the olive oil over medium-high heat. Add the eggplant, yellow onion and bell peppers and sauté until vegetables are tender.

BREAKFAST

1 slice whole-grain toast
 1 1/2 tbsp. jam
 * 1 large grapefruit
 Calorie-free beverage

AM SNACK

Protein shake

LUNCH

Ham sandwich
Between 2 slices whole-grain bread, top 2 oz. lean ham with lettuce, tomato, and Dijon mustard.
 *1/2 c. raw baby carrots
 2 tbsp. reduced-calorie ranch dressing
 Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

1 serving chicken stir-fry with eggplant and basil
 1/3 c. cooked brown rice
 * 2 pineapple rings
 Calorie-free beverage

EVENING SNACK

1 serving yogurt-almond ice cream

**Eat as much as you like! The serving size listed is the minimum amount!*

Chicken stir-fry with eggplant and basil continued:

- Add remaining 1 tbsp. olive oil to the pan and heat over medium-high heat. Add the basil mixture and sauté for about 1 minute, stirring constantly. Add the chicken strips and soy sauce and sauté until the chicken is almost opaque throughout, about 2 minutes. Add the Remaining 1/2 c. stock and bring to a boil. Return the vegetable mixture to the pan and stir until heated through, about 3 minutes. Transfer to a serving dish and garnish with sliced green onion. Serve immediately.



DAY 1 MENU

BREAKFAST

1 breakfast burrito

Sautee 1/2 c. chopped tomato, 2 tbsp. chopped onion, 1/4 c. canned corn and some liquid. Add 1/4 c. egg substitute and scramble with the vegetables. Spread mixture on a tortilla, roll up and top with 2 tbsp. salsa.

1 small banana

Calorie-free beverage

AM SNACK

1 turkey meat stick

1 cheese stick

LUNCH

Turkey pita sandwich

Top 1/2 whole-grain pita with 3 oz. shredded turkey, 1/6 avocado, chopped lettuce, tomato and onion.

1 small apple

Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

3 oz. broiled shrimp

Season with Cajun spices

2 c. lettuce with 4 cherry tomatoes, 1/4 c. red onion and

1 tbsp. sunflower seeds

2 tbsp. low-calorie salad dressing

*1 large kiwi

Calorie-free beverage

EVENING SNACK

* 8 oz low-fat yogurt



**Eat as much as you like! The serving size listed is the minimum amount!*

DAY 2 MENU

BREAKFAST

1 whole-grain English muffin
1 tbsp. peanut butter
1/2 c. orange juice
* 1 small banana
Calorie-free beverage

AM SNACK

3 c. low fat popcorn

LUNCH

Bagel sandwich
Spread 1 whole-grain bagel with mustard. Top with 2 oz lean ham, lettuce, tomato and onion slices.
* 2 c raw mixed vegetables
* 1/4 small honeydew melon
Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

1/6 recipe brown rice pilaf with vegetables
Over medium heat, stir 1 c. brown rice until golden. Add 3 c. chicken broth, 1 chopped onion, 8 oz. sliced mushrooms, Broil. Reduced simmer 30 minutes. Add 1/12 c. asparagus pieces. Cook 5 minutes. Top with grated Swiss cheese, 1/2 c. chopped parsley and serve.
* 1 large kiwi
Calorie-free beverage

EVENING SNACK

*1 serving favorite fruit

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 3 MENU

BREAKFAST

1 c. whole-grain cereal
1 c. skim milk
* 1 small apple
Calorie-free beverage

AM SNACK

Protein Shake

LUNCH

Chicken sandwich

Spread a whole-grain bun with honey mustard. Add 2 1/2 oz. grilled boneless, skinless chicken breasts, lettuce and tomato slices.

* 2 c. mixed greens
2 tbsp. reduced-calorie salad dressing
* 1 small apple
Calorie-free beverage

PM SNACK

100 calorie snack

DINNER

1/4 recipe ginger chicken stir-fry

1 lb. boneless, skinless chicken cut into thin strips, chopped garlic and ginger root sautéed in 1 tsp. sesame oil, and a total of 2 c. snow peas, fresh mushrooms and red peppers.

* 2 c. lettuce topped with 1 tbsp. sunflower seeds
2 tbsp. reduced-calorie ranch dressing
* 1 serving favorite fruit
Calorie-free beverage

EVENING SNACK

*1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*



DAY 4 MENU

Greek Salad:

- 4 c. red and green leaf lettuce
 - 1/2 c. diced cucumber
 - 1/2 c. diced sweet peppers
 - 1/2 c. diced carrots
 - 1/2 c. feta cheese
 - 2 slices red onion
 - 4 pitted kalamata olives
 - 4 pepperoncini peppers
- Place 2 c. of the mixed lettuce on separate plates
 - Dice the cucumber, sweet pepper and carrots. Toss each plate of greens with 1/4 c. of the diced cucumber, sweet peppers, and carrots. Top with 1/4 c. feta cheese.
 - Slice red onions into 1/8 in slices. Separate the slices into rings and place on each salad.
- Garnish with two pitted kalamata olives and two pepperoncini peppers. Drizzle 1 tbsp. of balsamic vinegar dressing on each salad. Serve immediately

BREAKFAST

Fruit yogurt parfait

Combine 1 c. reduced-calorie, fat-free vanilla yogurt with 1 c. favorite fruit.

1/2 whole-grain bagel

3 tbsp. fat-free cream cheese

Calorie-free beverage

AM SNACK

Protein Shake

LUNCH

Turkey pita

Top 1/2 whole-grain pita with 3 oz. shredded turkey, 1/6 avocado chopped lettuce, tomato and onion.

* 1/2 c. cubed pineapple

Calorie-free beverage

PM SNACK

1/2 c. cottage cheese

* 1 small apple

DINNER

1 serving Greek salad

6 wheat crackers

Calorie-free beverage

EVENING SNACK

*1 serving favorite vegetable

**Eat as much as you like! The serving size listed is the minimum amount!*

