9 WEEKS TO WEIGHT LOSS

It's Not Your Fault You're Unhealthy and Overweight! Due to dramatic devastating changes in food processing, the food that once nourished us now curses us with Ugly Fat and Poor Health.

The good news is this "**9 Weeks to Weight Loss**" plan can effortlessly remove decades of "food abuse" and reveal the sleek, sexy and surprisingly healthy you inside.

Let's Get Started – and Get Healthy!

Contents

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Basics of Nutrition

Nutrition Food Groups

Most foods contain a combination of nutritional elements even though one may dominate a certain food. Let's take a look at what the main food groups are:

Carbohydrates

Carbohydrates are our body's fuel, the fuel that our bodies need to function. They are our main source of energy. The brain relies on carbohydrates to refuel the body's energy stores.

There are three types of carbohydrates:

Simple Carbohydrates

These types of carbohydrates are also known as sugars. They are found in milk, fruits and many vegetables. Sucrose, lactose, fructose, dextrose and maltose are all simple carbohydrates. In the body they are converted to glucose (blood sugar). They break down quickly in your body so it gets a quick burst of energy after eating them.

Complex Carbohydrates

Complex carbohydrates are sometimes called starches. They include grains and grain products, fruits, vegetables, beans and dairy products. It takes longer for the body to break down these foods. Your body will hold onto complex carbohydrates much longer than simple carbohydrates.

Cellulose

Also known as fiber. The human body cannot digest fiber. However we still need it because of the benefits it provides. It gives you a feeling of fullness that helps curb hunger. You will feel full longer than you do when you eat sweets. Fiber also lowers blood cholesterol levels and protects against intestinal problems.

Proteins

Proteins are the building blocks of the body. They are made up of amino acids which are used to create, maintain, and repair all protein components of the body, such as skin, hair, bones, muscles, and organs. They also take care of the immune system, digestive enzymes and genes.

The best sources of protein are found in the animal foods meat, cheese and eggs. Other sources are beans and nuts.

Fats (Lipids)

The body uses fats in many different ways, so you don't want to avoid them entirely. They supply immediate energy and also can be stored for further use. Fats transport nutrients and play an important role in normal growth and development. Fats occur naturally in many plants and animals. Fats should make up no more than 30% of your daily caloric intake.

Saturated and Unsaturated Fats

The simple explanation about the differences between saturated and unsaturated fats are: Saturated fats are solid at room temperature, like butter and fatty meats. Unsaturated fats are liquid, such as vegetable oil. All fats have the same amount of calories.

Saturated fats raise the level of LDL in your blood. Too much LDL is deposited on the inner walls of arteries and leads to high blood pressure and other health problems.

Unsaturated fats do not increase the level of LDL in your blood – they lower it. You do not need a large amount of unsaturated fat to reap the benefits. In fact, they still have the same amount of fat calories.

Trans Fats

Trans fats are made from vegetable oil but have been hydrogenated – made to appear in solid form, not liquid. Studies being conducted show that trans fat, such as in margarine, can raise the risk for heart attack. They raise LDL levels and also lower the levels of HDL, the "good" cholesterol. Trans fats are found in French fries, chips and most fast foods, as well as margarine.

Vitamins

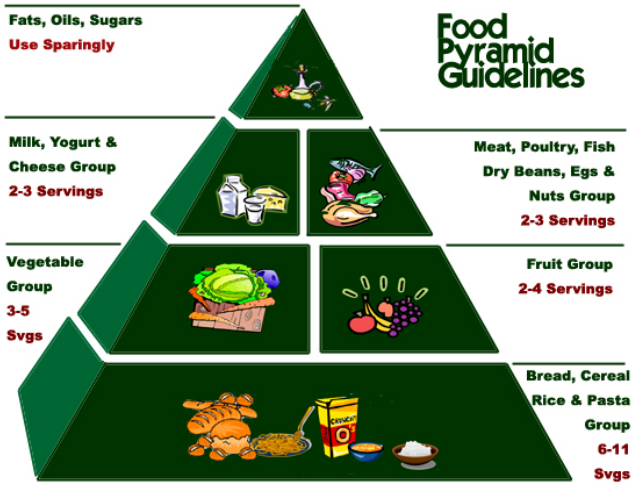
Vitamins and minerals are called micronutrients because we only need small amounts of them. If you are eating a balanced diet, you are probably getting all the vitamins and minerals you need. But if your diet consists of junk foods, you probably are not.

Vitamins help break foods down to convert them to energy. The body also uses vitamins to help produce blood cells, hormones, genes and parts of the nervous system.

Minerals are necessary for maintaining bones and soft tissues. They are also necessary for preserving the nervous system and the clotting of blood.

For help in counting calories, go to the Calorie Counter at MyFoodDiary.com

Food Pyramid



The food pyramid was developed by the USDA to illustrate the proportions of food groups that are necessary to a balanced, healthy diet.

- Fats – eat sparingly
- Meats – eat 2-3 serving per day
- Dairy products – eat 2-3 servings daily
- Vegetables – eat 3-5 servings a day
- Fruits – eat 2-4 servings a day
- Breads, cereals, pasta – eat 6-11 servings daily.

Food Labels

Nutrition Facts
Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving
Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

By law, all packaged and prepared foods must carry nutritional labels. These labels tell you recommended serving sizes and the nutritional elements that are contained in the packaged foods.

- Serving Sizes is the amount that should typically be eaten.
- Calories from fat are now shown on labels to help people meet dietary guidelines.
- The nutrition list shows the nutrients that are most important to meet nutritional guidelines.
- % of Daily Value (DV) shows how a food in the specified serving size fits into the overall daily diet. It's provided so you can easily determine whether a food contributes a lot or a little of a particular nutrient.

Label Terms

These front-of-the-box claims have specific meanings, defined by government regulation. Some claims are not as clear as you might think.

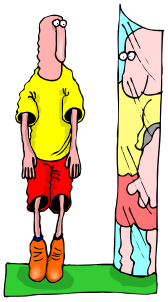
- *Calorie-free:* the food contains less than 5 calories per serving.
- *Low calorie:* the food contains 40 calories or less per serving. (For serving size, check the "Nutrition Facts" box on the back.)
- *Reduced calorie:* the food contains at least 25 percent fewer calories than regular versions of the product.

- *Lite* or *light:* the food contains one-third fewer calories or one-half the fat of the traditional version of the food.
- *Fat-free:* the food contains less than 0.5 grams of fat per serving.
- *Free:* the food contains none or trivial amounts of a substance, such as sodium, fat, cholesterol, calories, or sugars.
- Low-fat: 3 grams of fat or less per serving.
- Reduced fat (same as "reduced calorie"): food contains at least 25 percent less fat than regular versions of the food. (Note that a "reduced fat" mayonnaise or margarine will still contain plenty of fat. "Reduced fat" may be many calories away from "low-fat.")
- *Cholesterol-free:* the food has no more than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving.
- *Low cholesterol:* the food has no more than 20 milligrams of cholesterol and 2 grams or less of saturated fat per serving.
- *Low saturated fat:* the food has 1 gram or less per serving.
- *Lean:* fewer than 10 grams of fat, four grams of saturated fat, and 95 milligrams of cholesterol per serving and per 100 grams of a food. "Extra lean" means the same thing, except the food has less than 2 grams of saturated fat and less than 5 grams of total fat.
- *Fresh:* means unprocessed, uncooked, unfrozen (for example, fresh or freshly-squeezed orange juice). Washing and coating of fruits and vegetables are allowed. If a food has been quickly frozen, it can be described as fresh-frozen, which is commonly done with fresh fish.
- *Healthy:* the food may contain no more than 3 grams of fat (including one gram of saturated fat) and 60 milligrams of cholesterol per serving. The food must also contain 10 percent of the daily value of one of these nutrients: vitamin A, vitamin C, calcium, iron, protein, or fiber. "Healthy" individual foods must contain no more than 300 milligrams of sodium; prepackaged meals can't exceed 480 milligrams. There is no limit on the sugar content in "healthy" food.
- *Natural flavors:* The Federal Food, Drug, and Cosmetic Act defines "natural flavors" as: "the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating, or enzymolysis, which contains a flavoring constituent derived from a spice, fruit, fruit juice, vegetable, vegetable juice, edible yeast, herb, bark, bud, root, leaf, or similar plant material; meat, seafood, poultry, eggs, dairy products, or fermentation products thereof whose significant function in food is flavoring rather than nutritional. This broad definition simply means that "natural flavors" are extracts from these nonsynthetic foods.
- *Good source:* means a serving must contain 10 to 19 percent of the daily value of a particular nutrient (e.g., vitamin A).
- *High* (e.g., high-iron): means the serving contains 20 percent or more of the recommended daily value of this nutrient.
- *Less* (e.g., less salt): the food contains at least one-quarter less of this nutrient than the regular food to which it is compared (e.g., contains less sodium than the usual vegetable soup).
- *More* (e.g., more vitamin C): a serving contains at least 10 percent more of the daily value of this nutrient than the usual food to which it is compared (e.g., more vitamin C than tomato juice).
- *Energy* (e.g., energy drinks): any product that contains calories. Just about any drink, except water, could meet the definition.
- *Not from concentrate:* When this label appears on fruit juice packages, many consumers believe that these juices must be nutritionally superior. This is not necessarily true.

Concentrating juices simply means that the water is removed and the consumer adds it back before drinking.

Weight Loss

Do You Need To Lose Weight?



Everywhere you look, you see advertisements for products, cookbooks and exercise equipment telling you that you will lose weight by using them. Isn't it funny how they always assume that you DO need to lose weight? Not everyone does, you know!

It is your body style that dictates your shape, as well as being overweight. Please don't confuse having "big bones" as having too much fat on your body. Of course, the models you see on the runway and in magazines starve themselves to weigh as light as possible. Is that what you really want?

I don't think so. I think what you really want is to be fit and healthy; to feel energetic and ready to take on the world! That doesn't mean dieting. It only means eating nutritious foods and using healthy meal planning techniques.

Before you go on a weight loss diet, be sure you REALLY need to lose weight. I'm not saying that you could be anorexic, but many people do have a tendency to see themselves as overweight when they are not. That mirror does not always tell the truth if your eyes are "seeing" ten or more extra pounds where there are none.

Diets for weight loss are just that – for losing weight. If you are at, or near, your weight range for your height and body type, you probably need to eat a **healthy** diet, rather than cutting calories to the bone.

If your doctor says that you need to lose a few, or more, extra pounds, that's the time to really get yourself on a diet of some kind. All most diets are is a plan giving you nutritious foods in the reasonable quantities designed for your body type. Why starve yourself with a 1200 calorie diet if you only need to lose ten pounds? Ask your doctor for guidelines.

If you are what they call "morbidly obese," you already know you need to do something about it. But you STILL need to see your doctor before starting on your plan. He or she will probably refer you to a dietitian who is trained specifically for your needs.

Are You Fit?

Determining Your Fitness

Can you take [even a short] walk without being winded? How about running around the yard with your children? If you have trouble doing the least little bit of exercise, you're probably not "fit." You don't have the stamina for extended physical activity.

You must have the endurance to do the physical activities you want, whether it's walking around a mall or running for a missed bus. If you don't have it, you can't do it!

I'm sure you've heard the saying, "Use it or lose it." Well, that is exactly what happens when you lose your endurance, or your body fitness. You lose muscle tone, not only in your legs and other exterior muscles, but also in your interior muscles. Your heart is the most important muscle.

Strength training with certain exercises will help keep your legs, arms and back stronger, but will they help your heart? They will to a point. Unless you keep working your cardio-respiratory system by exercising, you will not be healthy and fit. Even though your heart has to work harder if you are overweight, this is NOT the kind of workout it needs! That kind of "exercise" will only cause more damage.

Resting Heart Rate

How can you tell if you are fit – other than trying to run a mile? Take a look at your resting heart rate. The normal number of heartbeats per minute is 70. This is your resting heart rate (RHR). It can vary from person to person, but normally the slower the resting heartbeat the better. Here's how to check your resting heart rate:

- Locate a pulse point – either on the side of your neck or in your wrist at the base of your thumb.
- Firmly but gently place your index and middle fingers on one of these points. Don't use your thumb. It has its own pulse.
- Count the beats f or 15 seconds.
- Multiply the number of beats by 4 to get your resting heart rate.
- Check it for a few days and average out your results. This will give you a more accurate overall reading.

Maximum Heart Rate

Your maximum heart rate (MHR) is supposedly the highest number of times per minute the heart can beat. This will happen only in times of extreme stress. You can figure your MHR by subtracting your age from the number 220. If you are 58 years old, your MHR would be 162.

Target Heart Rate

If your resting heart rate is at one end of the scale and your maximum heart rate at the other, your target heart rate is somewhere between them. When you exercise, your heart

rate will increase. That is what you want it to do. There is a range you should strive for which is appropriate for your age. See the chart below:

AGE	MHR	50%	60%	75%	80%
20	200	100	120	150	160
25	195	98	117	146	156
30	190	95	114	143	152
35	185	93	111	139	148
40	180	90	108	135	144
45	175	88	105	131	140
50	170	85	102	128	136
55	165	83	99	124	132
60	160	80	96	120	128
65	155	78	93	116	124
70	150	75	90	113	116
75	145	73	87	109	116
80	140	70	84	105	112

I bet you're wondering where I'm going with all these statistics. Ideally, when doing aerobic exercise, you want to reach your target heart rate – and keep it there – for 20 to 30 minutes. The American Heart Association recommends you keep your heart rate just a little less than that.

Another gauge to tell how fit you are is to see how long it takes to get to your target heart rate. I may seem backward, but the fact is that a person who is unfit will get to the target rate sooner and stay there longer than someone who is fit. This means that the "unfit" heart is actually working harder – so take care not to overdue when you first start exercising.

Here are some easier ways to tell if you are exercising too fast or too hard:

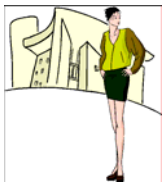
- Can you walk and talk? If you can carry on a conversation while walking or exercising, you aren't working too hard.
- If you can sing without lessening your effort, your are not working hard enough.
- If all you can do is gasp for breath, slow down! You are working way too hard!

Self-assessment

There are many websites that will present a fitness test that you can do at home. When you complete their form(s), they will evaluate your results and give you a personal fitness score.

Of course, you may already be "fit." But if you're like me, you may need to rethink your aerobic exercise schedule. It's not just about losing weight. It's about being healthy and fit. Increasing your endurance will help you keep weight off in the long run. it will also raise your metabolism, which will allow you to burn more calories with less effort.

What If You're Under?



Health Risks

There are health risks associated with being underweight just as there are for being overweight. If your Body Mass Index is 19 or lower, you are considered to be at an unhealthy weight. This would mean you have a higher risk of anemia, bone loss, nutrient deficiency, heartbeat irregularities and osteoporosis (later in life). Risks could also include depression and other emotional problems. If you are underweight, you should see your doctor to make sure there is not an underlying medical problem.

Eating Disorders

Some people that are underweight may have eating disorders, such as anorexia or bulimia. These disorders, as well as others, should be treated by a doctor.

Goals and Planning

The best way to "start" on the road to weight loss is to find out where you are. In a notebook, write down what your weight should be for your height, bone size and age group. Then determine what your "ideal" weight should be by checking out the height and weight charts. Take your own measurements to see overall starting points and how much progress you make throughout.

Setting Goals

Now that you know how much weight you need to lose, you can set up your goals so that you can achieve the weight loss that is necessary. Create goal "milestones" that are reasonable. It must be realistic. There's no way you will lose 50 pounds in a week!

Create goals for one week for several weeks, and then go on to monthly goals. Remember: they must be achievable! One baby step at a time! A short-term goal would be the number of pounds you want to lose in a week. If you want to lose that specific number of pounds, you will also want to be able to keep those pounds off. Depending on how many pounds that goal is, stretch that loss over 6 months to a year. That will be your long-term goal.

Plan To Lose

How much are you eating now? A food diary will tell you exactly how much you are eating – and why you are eating, if it's between meals. Write down every little morsel. You may think you're just "having a bite," but those bites can add up to be quite a lot at the end of a day. Don't forget to record how many glasses of water you drink. Go for a minimum of eight glasses (8 oz.) of water each day.

Set Up Your Plan

I believe the key to success is to write it down. So, sit down right now and look at the forms below. The forms are: Daily Food Diary (Page 20), so you know what you're eating; and the Exercise Log (Page 20), to chart your starting point and progress for your exercise program. Start with "now" and go from there. The forms aren't complicated and will guide you in the correct direction to your weight loss (or gain) goals. You will find many more forms in the **9 Weeks to Weight Loss Workbook**.

In order to succeed, you must have a plan and the firm resolve to follow it. I'm sorry, but I don't believe "fad" diets will help you succeed. You may lose a lot of [water] weight to begin with, but you are also more likely to gain it back just as quickly.

Make a weight loss "contract" with yourself. Make sure it contains "the pledge" to lose weight, how many pounds you want to lose and the date you want to lose them by. **Sign it** and date it. Put it somewhere you will be sure to see it daily, like on your refrigerator. You will need the motivation it provides!

Compulsive Eating

What if you just can't seem to follow your plan? Why would that happen? There are several reasons. You could be a "compulsive eater." What is compulsive eating? My definition may not be the clinical one, but I believe it is eating for reasons that are not connected to being physically hungry.

A person may be eating to compensate for other lacks in their life such as loneliness, anger, fear, or some other emotion not so easily defined. When you "feel hungry," stop and really listen to your body. Do you feel physically hungry or emotionally hungry?

Visualize what you want to eat. Is it sweet or salty? If it is, you may be eating because you feel emotionally "empty" – not physically hungry.

Chart Your Success

The following pages contain a **Food Diary** and an **Exercise Log**. You will find even more forms in the **9 Weeks 4 Health Workbook** will help you organize your weight loss plan and develop your own system for weight loss success.

For help in counting calories, go to the Calorie Counter at MyFoodDiary.com

DAILY FOOD DIARY

Day **Date**

Breakfast Time:
FOOD

SERVINGS CALORIES
COMMENTS: Location, Eating Alone?, Emotions, Hunger Level, Did Meal Satisfy Hunger?

Lunch Time:
FOOD

SERVINGS CALORIES
COMMENTS: Location, Eating Alone?, Emotions, Hunger Level, Did Meal Satisfy Hunger?

Dinner Time
FOOD

SERVINGS CALORIES

Snacks Time
FOOD

SERVINGS CALORIES

Total Calories:
Water: Check box for each 8 oz serving ☐☐☐☐☐☐☐☐☐☐

EXERCISE LOG

Date	
Did I exercise today? If not, why not	
Other comments	

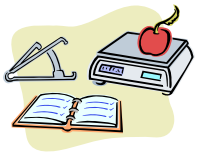
Strengthening Exercises

Exercise	Lbs	Reps	Lbs	Reps	Lbs	Reps	Exercise	Lbs	Reps	Lbs	Reps	Lbs	Reps

Aerobic Exercises

Type:	Type:
Minutes:	Minutes:
Heart Rate:	Heart Rate:
Type:	Type:
Minutes:	Minutes:
Heart Rate:	Heart Rate:

Following Your Diet



There are many, **many**, diet plans available. You see them everywhere you look. There are also other hoaxes such as appetite-suppressing jewelry and "special" vitamins that you just have to have.

Look twice (or more) at any weight-loss program that claims to be:

- easy
- effortless
- guaranteed
- miraculous
- magical
- newly "discovered"
- a "secret"

Also watch out for these deceptive claims:

- diet patches
- fat blockers
- magnet pills
- magic weight loss jewelry
- starch blockers
- electrical muscle stimulators

AND also steer clear of these supplements:

- muscle builders
- amino acids
- fat burners

While some of these marvels may be harmless (other than loss of money), there are others – such as the supplements that may cause physical harm. Never take a supplement without a doctor's approval.

If you just can't "do it on your own," try one of the many support groups that abound everywhere. You'll find them in your own community, as well as online. Support groups can keep your motivation going when you compare notes with a "sister" dieter.

Counting Calories

Should You Count Calories?

In a word – yes. The only way to lose weight is to take in fewer calories than your body needs for daily activities. Only you can decide how exact you want to be. I mentioned the Food Diary earlier when we talked about assessing where you are now in your weight loss program. You may want to continue to keep the most accurate records during the initial phases of your plan. Later, when you are maintaining your weight, you may be able to "eyeball" your portion sizes.

The best way to cut calories is to cut fat. Just take a look at the calorie [spelled f-a-t] levels of a Big Mac at McDonalds. They have enough fat in them to sustain you for several days!

The chart below gives you an idea of how many servings of carbohydrates, fruit, milk, vegetables, and meat that you need to eat for your daily calorie allotment.

Calories per Day	1,200	1,500	1,800	2,000	2,500
Carbohydrates Starch (15 gram carb servings)	5	7	8	9	11
Fruit (15 gram carb servings)	3	3	4	4	6
Milk (12 gram carb servings)	2	2	3	4	5
Vegetables (5 gram carb svgs)	2	2	3	4	5
Other carbohydrates					
Meat & Meat Substitutes	4	4	6	6	8
Fat	3	4	4	5	6

Your Exercise Program

Do you exercise? I mean, other than getting out of bed and walking to the garage to get into your car to go to work? A lot of people hate that "E" word more than they hate the fat that it burns!

The trick is to find an exercise program that suits you. You're not a runner? Then walk – fast. Of course, when you first start your walking program, you'll walk a lot slower than you will when you've been at it for several weeks. And you'll walk faster still after a few months. It's a matter of conditioning your body to the new activity. That is the whole point of exercising after all!

Maybe you prefer swimming or bike riding. Not everyone wants to go to the gym and work on the fancy machines and follow aerobic teachers' steps. If you do, fine. Go for it! But don't

feel you have to suffer unduly to get into shape. You will have to put out some effort, but try to put the effort into an exercise you will enjoy.

Be sure you are "fit" enough for the exercise you plan. Go slow, and **get a doctor's permission** before taking on anything extreme, especially if you've been a sedentary couch potato.

Set daily, weekly and monthly goals for your exercise program, just as you did for your meal planning. Complete the log (Page **Error! Bookmark not defined.**) that you started at the beginning of this program and take it one step at a time.

Just as with your weight loss eating plans, you can find a support group for your exercise program as well. Hey, maybe you can find someone who can fulfill both roles! You may want to have more than one person cheering you on. That's okay too.

Just remember to "keep moving." As the proverb says, "Use it or lose it."

Walk for Your Life

By Edel Jarboe

There is a common misconception that walking is not exercise. A lot of people believe that in order to be healthy and to lose weight, you need to do high impact exercise. Luckily, this is not the case. Studies have shown that walking provides great overall cardiovascular fitness, reduces the risk of cancer and heart disease, lowers cholesterol levels, lowers blood pressure, helps alleviate lower back pain, and reduces the risk of arthritis and osteoporosis. Walking also alleviates stress and depression and improves your immunity as well. Additional benefits of walking include stimulating creativity and problem solving skills, as well as being used as a form of meditation. Walking gives you the opportunity to be outdoors in the fresh air and the chance to watch the seasons change. It is also the perfect way to get away from phones, pagers, faxes, e-mail, and other interruptions. And, in addition to all these great benefits, walking is safe, easy, and cheap. What more can you ask for? Get out there and start walking!

Getting Started

(Consult your doctor prior to starting any exercise program if you are sedentary, a 40+ male, or a 50+ female.)

Stretch first to warm up your muscles. You should concentrate on stretching your torso, quadriceps, hamstring, gluteal muscles (buttocks), calves, and Achilles' tendon (heel). Hold each stretch for 15 to 30 seconds each, repeating at least once for each muscle group and being careful not to bounce.

- Wear loose fitting garments
- Always carry water when you walk.
- For beginners, walk 30 minutes a day 3 days a week, gradually increasing to 5 days a week.

How to Walk

- Start slow and easy, at your own pace.
- Push off from your back foot.
- Walk heel to toe with a rolling motion of the foot.
- Keep arms close to body and bent at an almost 90 degree angle to your body.
- Hold your head high, keep shoulders down and relaxed, chest should be out, and eyes looking straight ahead.
- Concentrate on breathing evenly and swinging your arms naturally.

Walking Gear

Shoes - Choose a comfortable, lightweight shoe that has shock absorbers in the heel and in the ball of the shoe. It should also bend at the widest part of the shoe. The back of the shoe should be soft and contoured to help your foot roll forward.

Socks - Wear white synthetic socks or white synthetic/cotton blend socks because colored dyes can aggravate athlete's foot. The heel and toe should be padded and, to prevent blisters, there should be no toe seams. The center of the sock should also have a tight weave to prevent bunching and slippage.

Hat / Visor - Wear a hat in the early morning hours to keep warm and a visor on hot days to protect your face from the sun and to allow the heat from your head to escape, keeping you cool.

Pedometer - for keeping track of how many miles you are walking.

Calorie Burn Counter - to help keep you motivated if you are trying to achieve weight loss.

10 Walking Tips

1. If you don't have a solid block of time, break your walking into smaller chunks. For example, instead of walking 1 hour, walk for 30 minutes twice a day. Studies have shown that this is as beneficial as walking for 1 hour at one time.
2. Wear reflective clothing at night and, if you must walk on a road or street that does not have a sidewalk, always walk facing traffic.
3. Incorporate hills into your walking route. This adds variety and challenge to your workout and raises your metabolism by at least 10%.
4. Interval train to get more out of your workout. Increase your walking speed for 1 or 2 blocks and then slow back down t o your regular pace for the next 1 or 2 blocks. Continue to alternate between walking and speed walking.
5. If you are walking solo, listen to music or an audio book but always make sure that you can still hear what is going on around you.

6. Find a walking partner. In addition to the companionship provided, it will help keep you motivated as well.
7. Alternate your route to prevent boredom. Take one route every other day and another one in between. In addition to neighborhoods try the beach, a park, or a trail.
8. Another way to get more out of your walking routine is to swing your arms more. This helps burn more energy and helps you to walk faster. See power walking below for more information.
9. Add push ups, sit ups, and weight training to your pre-walk stretches to build muscle and strength.
10. Keep a log of your time, distance, and calories burned for motivation.

About the Author: Edel Jarboe is the founder of Self Help for Her.com (http://www.selfhelpforher.com) , an online self-help magazine helping you create your better life. She also publishes a free weekly newsletter, which features advice on goal setting, stress management, coping with difficult people, and overcoming obstacles.
note - this link seems to be non-functioning.

Maintenance

Hurray! You've reached your goal weight! Now what? Well, I hate to dampen your spirits, but maintaining your weight at your new level can be as hard, or harder, than losing the weight in the first place. A lot of people have lost weight only to gain in back again within a very short time.

Dieting alone does not work. Create healthy eating habits to keep you on the right path. Go back to keeping your food diary for a while if you think you're slipping. Stay aware of your eating habits and why you eat at the times you eat.

You got the weight off and you can keep it off!

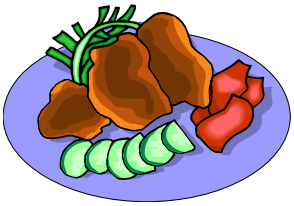
Nutritious Meal Plans

These meal plans have been put together to make your life easier by making your meal planning easier. You don't have to take them as they are. You can "mix and match" according to your family's preferences. You will find some of the "recipes" incorporated right into the meal plan. Others will have a hyperlink that you click on to jump to the recipe. Alternatively, if you would like to print **9 Weeks for Health**, I have provided page numbers so the recipes will be easy to find.

NOTE: All Meal Plans are based on 1,500 calories per day. You may need to add calories to your plan, if your gender or lifestyle calls for it. ALSO, the meal plans are planned for "one" person. You will have to double or triple quantities for more family members.

DO NOT begin any diet or exercise program without consulting your doctor first.

Weekly Plans



Week 1

Click Here for Shopping List (Page 206)

Monday

Breakfast

- ½ cup Cooked Oatmeal or Whole Grain Cereal OR ¾ cup high-fiber, low sugar cold cereal
- 1 Tbs. Brown sugar or raisins
- ½ cup Grapefruit
- 1 cup 1% or nonfat milk

Lunch

- 1 serving Broccoli Cheese Soup (Page 142)
- 1 French roll
- 1 tsp. Margarine
- 1 Peach (or other fruit)
- 1 cup Milk, nonfat or 1%

Dinner

- 1 Cup Tossed green salad
- 1 Tbs. Ranch dressing, low-calorie
- 4 oz. Broiled salmon (or other fish)
- 1 cup Brown rice
- ½ cup Green beans
- Beverage of Choice

Tuesday

Breakfast

- 1 Peachy Oat Muffin (Page 184)
- Fruit Shake – Blend:
  - ¾ cup plain, low-fat or nonfat yogurt
  - ¼ cup 1% or nonfat Milk
  - Dash Vanilla
- 1 cup Frozen strawberries, unsweetened

Lunch

- Tuna Bagel: 1 Bagel, herb-flavored, split; spread with:
  - 2 oz. Tuna, water-packed, drained
  - 1 Tbs. Mayonnaise, fat-free
  - 1 Tbs. each Celery, dill pickle, chopped
  - Dash Dill weed
  - Lettuce (as desired)
- 1 Small Apple
- 1 cup Milk, nonfat or 1%

Dinner

- 1 Cup Romaine lettuce
- ¼ Cup Cucumber, sliced
- 1 Tbs. Blue cheese dressing, diet
- 1 Serving Black Beans with Pasta (Page 120)
- 1 Cup Strawberries or other fresh fruit
- 1 cup Milk, nonfat or 1%

Wednesday

Breakfast

- ½ cup Orange Juice
- ½ cup low-fat Cottage Cheese, sprinkled with a Dash of Cinnamon
- 2 slices Raisin Bread
- 2 tsp. Margarine

Lunch

- Chicken Melon Salad:
  - 1 Cup Leaf lettuce
  - Mix and server over lettuce:
  - 2 oz. Chicken breast, cooked
  - 1 cup Melon cubes
  - ¼ Cup Grapes
  - ½ Kiwi, peeled, sliced
  - ¼ Banana, peeled, sliced
  - 1 Tbs. Honey Lime Dressing (Page 172)
- 1 Whole-grain roll
- 1 tsp. margarine
- Beverage

Dinner

- 1 Cup total: Tomato, cucumber, red onion, green pepper, sliced
- 2 Tbs. Italian dressing, fat-free
- 3 oz. Lamb or pork chop, broiled
- 1 Tbs. Apple jelly OR ½ cup Applesauce
- 1 Cup Winter squash served with:
  - 1 tsp. Margarine
  - 1 tsp. Brown sugar
- ½ cup Brussels sprouts
- 1 cup Milk, nonfat or 1%

Thursday

Breakfast

- Tortilla cups (page 204)
- Coffee or Tea

Lunch

- 1 Serving Beef & Mushroom Barley Soup (Page 141)
- 1 Crusty roll
- 1 tsp. Margarine
- 1 Medium Orange
- 1 cup Milk, nonfat or 1%

Dinner

- 1 Wedge Iceberg lettuce
- 1 Tbs. Thousand Island dressing, low-calories
- 3 oz. Chicken breast basted with Quick BBQ Sauce (Page 176)
- ½ cup Corn
- ½ cup Spinach, cooked
- 1 cup Ice cream, low-fat
- Beverage

Friday

Breakfast

- 1 small Orange
- 1 Egg, scrambled with:
  - 1 tsp. Imitation bacon bits
- ½ small Bagel
- 1 tsp. Margarine
- 1 cup Milk, skim or 1%

Lunch

- Turkey Waldorf Sandwich: 1 Pita pocket, split; Combine and fill Pita with:
  - 2 oz. Turkey, cooked
  - 2 Tbs. Mayonnaise, fat free
  - 1 Tbs. Celery, chopped
  - 2 Tbs. Apple, chopped
  - 1 Tbs. Raisins
  - 1 Tbs. Walnuts, chopped
  - 1 Lettuce leaf
- 2 medium Plums
- 1 cup Milk, nonfat or 1%

Dinner

- 1 cup Tossed Green Salad
- 1 Tbs. French dressing
- 1 Serving Fish Sticks (Page 103)
- 1 Serving Oven Baked Fries (Page 131)
- ½ cup Peas and Carrots
- ½ cup Lime Sherbet
- Beverage

Saturday

Breakfast

- Fruit Smoothie (blend together)
  - ½ cup Fruit, fresh, canned or frozen, unsweetened
  - 1 cup Milk, 1% or nonfat
  - ½ cup Yogurt, nonfat
  - 2 Tbs. Apple or orange juice
- 1 slice Bread, whole wheat, toasted
- 2 tsp. Jam or preserves

Lunch

- 1 cup Tossed green salad
- 1 Tbs. Ranch dressing, diet
- 1 Serving Smoked Salmon Pizza (Page 192)
- 1 cup Milk, nonfat or 1%

Dinner

- 1 cup Romaine lettuce
- 1 Tbs. Italian dressing, fat free
- 1 serving Spinach Manicotti (Page 126)
- 1 cup Green beans
- 1 serving Creamy Rice Pudding (Page 196)
- Coffee or Tea

Sunday

Brunch

- 1 cup Cranberry juice
- 1 Serving Peach Focaccia (Page 198)
- 1 Serving Mushroom Omelet (Page 118)
- 1 cup Milk, nonfat or 1%

Dinner

- Sliced Fruit Salad:
  - 1 cup total: Orange, grapefruit, kiwi, sliced
  - 1 Tbs. Honey Lime Dressing (Page 172)
- 1 Serving Tomato Beef Stir-Fry (Page 73)
- 1 slice Angel food cake
- ½ cup Frozen yogurt
- 1 cup Milk, nonfat or 1%

Week 2

Click Here for Shopping List (Page 209)

Monday

Breakfast

- ½ cup Grapefruit juice or Orange juice
- 2 Breakfast Bars (Page 202)
- 1 cup Milk, nonfat or 1%

Lunch

- Turkey Sandwich:
  - 2 slices Whole-wheat bread
  - 2 Tbs. Cream cheese, fat free
  - 1 Tbs. Cranberry sauce
  - 2 Oz. Turkey breast, sliced
  - 1 Lettuce leaf
- 1 med Apple
- 1 Cup Milk, nonfat or 1%

Dinner

- Caesar Salad:
  - 1 Cup Romaine lettuce
  - 1 Tbs. Low-fat Caesar Dressing
  - 2 Tbs. Croutons, dry, toasted
- 4 Oz. Baked halibut (or other fish)
- 1 cup Corn
- ½ Cup Beets
- ½ Cup Lime sherbet
- Beverage of choice

Tuesday

Breakfast

- 1/2 cup V-8 or Tomato Juice
- 2 Whole Wheat Tortillas with
  - 1 Tbs. Salsa
  - Cilantro - to taste
- 1/4 cup low-fat Ricotta cheese

Lunch

- Nicoise Salad:
  - 1 Cup Romaine lettuce
  - ½ Cup Green beans, cooked
  - ½ Cup New potato, cooked, sliced
  - ½ Cup Tomato, sliced
  - 2 Oz. Tuna, water-packed, drained
  - 2 Tbs. Honey mustard dressing, low-fat
- 1 Whole-wheat roll
- 1 tsp. Margarine
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Cup total: Carrot, Radish, Green Pepper, Cucumber Slices
- 1 Tbs. French dressing, low-calorie
- 1 Serving Macaroni & Cheese (Page 122)
- ½ Cup Green beans
- Beverage of Choice

Wednesday

Breakfast

- ½ medium Banana sliced
- ½ cup Cooked cereal
- 1 cup skim or 1% Milk

Lunch

- 1 Serving Tomato Garlic Soup (Page 150)
- 4 Soda crackers
- ½ Cup Green grapes
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Wedge Iceberg lettuce
- 1 Tbs. Thousand Island dressing, low-calorie
- 3 Oz. Roast beef, baked
- 1 Cup Winter squash served with:
  - 1 tsp. Margarine
- ½ Cup Cooked cabbage
- 1 serving Chocolate Cake (Page 194) served with:
  - 1 Tbs. Whipped topping, low-fat
- 1 Cup Milk, nonfat or 1%

Thursday

Breakfast

- ½ cup Orange sections
- Cheese and "Bacon" Melt: Broil ½ English muffin, toasted, topped with:
  - 1 ounce American cheese
  - 1 tsp. imitation bacon bits
- ½ cup skim or 1% Milk

Lunch

- 1 Cup Carrot and celery sticks
- 1 Serving Sloppy Joes (Page 72)
- 1 Cup Melon and banana slices
- 1 Cup Milk, nonfat or 1%
-

Dinner

- Sliced Fruit Salad:
  - ½ Cup total Orange, grapefruit, kiwi slices
  - 1 Tbs. Honey Lime Dressing (Page 172)
  - 1 Lettuce Leaf
- 1 Serving Curried Chicken Breast With Rice (Page 89)
- ½ Cup Broccoli
- 1 Cup Milk, nonfat or 1%

Friday

Breakfast

- ½ cup Grapefruit sections
- 1 Egg, cooked as desired (without using fat)
- 1 slice Raisin bread, toasted, with
  - 1 tsp. Reduced-Calorie Margarine
- 1 cup skim Milk

Lunch

- Oriental Salad:
  - 1 Cup total Lettuce and Oriental cabbage, chopped
  - 2 Oz. Chicken breast, cooked, chopped
  - ½ Cup Frozen broccoli, thawed
  - 1 Tbs. Water chestnuts
  - ¼ Cup Mandarin orange slices
  - 1 Tbs. Chow mien noodles
  - ½ tsp. Sesame seeds, toasted
  - 1 Tbs. Oriental Dressing (Page 172)
- 2 Raisin-Walnut Cookies (Page 200)
- 1 Cup Milk, nonfat or 1%

Dinner

- Salad with:
  - 1 Cup Spinach, raw
  - 1 Tbs. Parmesan cheese, grated
  - 2 Tbs. Mushrooms, sliced
  - 1 Tbs. dressing, fat-free
- 1 Serving Vera Cruz-Style Fish (Page 112)
- 1 Cup New potatoes, steamed
- ½ Cup Brussels sprouts served with:
  - 1 tsp. Margarine
- Beverage of Choice

Saturday

Breakfast

- Fruit Shake:
  - 1/3 cup Pineapple juice
  - 1/3 cup Milk, nonfat or 1%
  - 1/3 cup Frozen yogurt, vanilla
  - ½ Banana, ripe (peeled, sliced)
  - ½ tsp Vanilla
  - Combine ingredients in blender; process until smooth
- 1 Orange Blossom Muffin (Page 36) served with
- 1 oz Cream cheese, nonfat

Lunch

- 1 Cup Raw vegetable sticks (examples: summer squash, radish, cucumber)
- 1 Tbs. Ranch dressing, low-calorie
- 1 Serving Quick Tuna Casserole (Page 108)
- ½ Cup Cooked greens
- 1 med Orange
- 1 Cup Milk, nonfat or 1%

Dinner

- Healthy Salad
  - 1 Cup Mixed green salad
  - 2 slices Avocado
  - ¼ Cup Jicama slices
  - 1 Tbs. French dressing, low-calorie
- 1 Serving Hummus (Page 177)
- 1 Pita bread, warmed
- 1 Serving Lentil Soup (Page 144)
- 1 Cup Milk, nonfat or 1%

Sunday

Brunch

- Fruit Cup
  - 1 Cup total: Papaya, pineapple, kiwi slices
- 1 Serving Orange-Cinnamon French Toast (Page 179)
- 2 Oz. Smoked turkey breast or Canadian bacon, grilled
- 1 Cup Milk, nonfat or 1%

Dinner

- Dinner Salad
  - 1 Cup Romaine lettuce
  - ¼ Cup tomato slices
  - ¼ Cup Cucumber slices
  - 1 Tbs. Blue cheese dressing, low-calorie
- 1 Serving Chicken Cacciatore (Page 82)
- 1 Cup Cauliflower, Broccoli, cooked
- 1 Cup Ice cream, nonfat
- 2 Raisin-Walnut Cookies (Page 200)
- 1 Cup Milk, nonfat or 1%

Week 3

Click Here for Shopping LIst (Page 211)

Monday

Breakfast

- 1 medium Kiwi fruit, sliced
- ¼ cup part-skim Ricotta cheese
- ½ English Muffin, toasted
- 1 cup skim Milk

Lunch

- Turkey Bagel Sandwich:
  - 1 Bagel, whole wheat
  - 2 Tbs. Cream cheese, nonfat
  - 1 Tbs. Cranberry sauce
  - 3 Oz. Turkey breast, skinned, boned, roasted
  - 1 Lettuce leaf
  - 2 slices Onion
  - ¼ Cup Alfalfa sprouts (optional)
- 5 Apple rings, dried
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Seafood Pasta (Page 125)
- 1 Cup Green salad
- 2 Tbs. Salad dressing, Fat Free
- ½ Cup Sorbet
- 1 Cup Milk, nonfat or 1%

Tuesday

Breakfast

- ½ cup Orange juice
- 1 Scrambled Egg
- 1 slice Rye bread, toasted, with
  - 1 tsp. Margarine
- Café au Lait (1/2 cup each hot coffee and skim milk sprinkled with nutmeg

Lunch

- 1 Cup Tomato soup
- 1 Roll, whole Wheat
- Green Salad Topped with Tuna:
  - 1 Cup Lettuce, chopped
  - 1 small Tomato, diced
  - ¼ Cup Carrots, shredded
  - ½ small Cucumber, sliced
  - 3 Oz. Tuna, water-packed, drained, mixed with:
    - 2 Tbs. Mayonnaise, fat free
- 1 med Orange
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Homestyle Veggie Pizza (Page 191)
- ½ Cup Fruit, fresh, cubed
- 3 Fig bars
- 1 Cup Milk, nonfat or 1%
-

Wednesday

Breakfast

- ½ cup Melon, cubed
- ½ cup Granola (Page 203)
- 1 cup Milk, nonfat or 1%

Lunch

- Burrito Wrap:
  - 1 Tortilla, whole wheat, 10”
  - ¼ Cup Black Beans, cooked
  - ¼ Cup Rice, cooked
  - ½ Oz. Cheddar cheese, lowfat, sharp
  - ¼ Cup Tomato, diced
  - ½ Cup Lettuce, chopped
  - Roll ingredients in tortilla, top with:
  - 2 Oz. Salsa
- 1 Serving Banana Frosty (Page 193)

Dinner

- 1 Serving Sesame Pork Roast (Page 76)
- ½ Cup New potatoes, roasted, with:
  - 2 tsp. Olive oil
- 1 Cup Cauliflower, fresh, steamed
- ¾ Cup Melon, cubed
- 1 Cup Milk, nonfat or 1%

Thursday

Breakfast

- 2-inch wedge Honeydew Melon
- 1 Egg, sunny-side-up
- 1 slice Whole Wheat Bread, toasted with
  - 1 tsp. Reduced-Calorie Margarine
- ¾ cup Milk, skim or 1%

Lunch

- 1 Frozen 300-calorie Beef Entrée
- 1 Serving Zesty Broccoli Florets (Page 138)
- 1 small Banana
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Quick Glazed Chicken (Page 96)
- 1 Cup Carrots, cut in sticks
- 1 Serving Garlicky Rice (Page 121)
- 1 Kiwi, peeled, sliced
- Beverage of Choice

Friday

Breakfast

- ½ medium Banana, sliced
- ¾ ounce Cold Cereal (whole grain)
- 1 cup Milk, skim or 1%

Lunch

- 1 Serving Tasty Turkey Tenderloin (Page 98)
- ½ Cup Rotini Pasta, topped with
  - 2 Tbs. Marinara sauce (Page 175)
- ½ Cup Asparagus, steamed, with
  - Dash Lemon juice
  - Dash Lemon pepper
- 1 Pear
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Red Pepper Fish Roast (Page 109)
- ½ Cup Spinach, fresh, cooked
- ½ Cup Red potatoes, steamed
- 1 Slice Angel food cake (1/12th)
- ¼ cup Fruit, sliced (your choice)
- Beverage

Saturday

Breakfast

- Peach Yogurt (1/2 cup plain low-fat yogurt mixed with ½ cup canned [in juice] peach slices)
- 1 slice Raisin Bread, toasted, with
  - 1 tsp. Reduced-Calorie Margarine
- Coffee or Tea

Lunch

- 1 Serving Shrimp and Pea Salad (Page 155)
- Served over:
  - 2 Lettuce leaves
- ½ Pita bread, whole wheat
- 2 Fig bars
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Tomato and Bean Soup (Page 148)
- 1 Open-Faced Vegetable Sandwich (Page 186)
- 1 Apple
- 1 Cup Milk, nonfat or 1%

Sunday

Brunch

- 1 Serving Spinach and Sun Dried Tomato Frittata (Page 119)
- ½ Cup Melon, cubed
- 2 slices Italian bread, toasted with
  - 1 Tbs. Margarine, soft tub
- 1 Serving Raspberry Dream (Page 201)
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Chicken Cordon Bleu (Page 83)
- 1 Serving Vegetable Rice Casserole (Page 128)
- 1 Cup Green salad
- 2 Tbs. Salad dressing, fat free
- 1 slice Angel food cake (1/12th)
- 2 Tbs. Berries, unsweetened, sliced
- Beverage

Week 4

Click Here for Shopping List (Page 213)

Monday

Breakfast

- ½ cup Orange Sections
- 1/3 cup Cottage Cheese
- 1 sliced Reduced-Calorie Multi-grain Bread, toasted
- 1 serving Reduced-Calorie Hot Cocoa

Lunch

- 15 Grapes
- 1 serving Veggie Chili (Page 152)
- 1 serving Tortilla Triangles (Page 204)
- 1 cup 1% or nonfat Milk

Dinner

- 2 cups Romaine Lettuce Salad
- 1 serving Low-Calorie Dressing
- 1 serving Mock Fried Chicken (page 92)
- 1/2 cup Peas
- 1/2 cup Beets
- 1 tsp. Margarine
- 1 Mandarin Orange

Tuesday

Breakfast

- ½ medium Grapefruit sprinkled with ½ tsp. sugar
- 1 serving Mexican Eggs (Page 116)
- 1 slice Whole Wheat Bread, toasted
- ½ cup Milk, skim or 1%

Lunch

- 1 cup Carrot sticks
- 1 serving Turkey Pita Pockets (Page 188)
- 3 Tbs. Ranch Yogurt Dressing (Page 173)
- 1 Banana
- 1 cup 1% or nonfat Milk

Dinner

- Sliced Tomato Salad on Lettuce Bed (1 tomato)
- Low-calorie Dressing
- 4 oz. Halibut Dijon Baked Fish (Page 105)
- 1 cup Rice
- 1 cup Spinach
- 1 tsp. Margarine
- 1/2 cup Sherbet

Wednesday

Breakfast

- ½ medium Banana, sliced
- Maple Oatmeal (1/2 cup cooked oatmeal drizzled with ½ tsp. maple syrup)
- ½ cup Milk, skim or 1%

Lunch

- 1 cup Citrus Spritzer (Page 205)
- Chicken Sandwich:
  - 2 slices Whole Wheat Bread
  - 2 oz. Chicken
  - 1 Tbs. Low-calorie Mayonnaise
  - Lettuce, Tomato, Sprouts (as desired)
- 1 cup 1% or nonfat Milk
- 1 Apple
- Beverage

Dinner

- 1 cup Green Salad

- 2 Tbs. Low-fat Dressing
- 4 oz. Roast Beef (lean only)
- 1 Medium Baked Potato
- 6 Tbs. Mock Sour Cream with Chives (Page 175)
- 1/2 cup Green Beans with Mushrooms
- 1/2 cup Melon
- Beverage

Thursday

Breakfast

- ½ cup Grapefruit Sections
- Cheddar Melt (1 oz. Cheddar cheese melted on 1 slice whole wheat bread)
- 1 cup Milk, skim or 1%

Lunch

- 1 cup Raw Vegetable Sticks
- 1 serving Tuna Bagelwich (Page 187)
- 1 medium Pear
- 1 cup 1% or nonfat Milk

Dinner

- 1 serving Cranberry Waldorf Salad (Page 166)
- 4 oz. Turkey Breast
- 1 serving Stir-fried Zucchini & Carrots (Page 134)
- 1 cup Mashed Potatoes
- 2 tsp. Margarine
- Beverage

Friday

Breakfast

- ½ medium Grapefruit drizzled with
  - ½ tsp. Honey
- ¾ oz. Cold Cereal
- ½ cup Milk, skim or 1%

Lunch

- Vegetarian Sandwich:
  - 2 slices Whole Grain Bread
  - 1 Tbs. Low-calorie Mayonnaise
  - 2 oz. low-fat Swiss Cheese
  - Sprouts, Tomato, Cucumber, Green Pepper, Lettuce (as desired)
- 1 medium Apple
- 1 cup 1% or nonfat Milk

Dinner

- 1/2 cup Relish Plate: assorted raw vegetables
- 2 Tbs. Low Calorie Dressing
- 1 serving Mexican Baked Fish (Page 106)
- 1 cup Corn
- 1 Orange
- Beverage

Saturday

Breakfast

- ½ medium Grapefruit
- 1 Soft-cooked Egg
- ½ Whole wheat English muffin, toasted, with
  - 1 tsp. Reduced-Calorie Margarine
- 1 cup Milk, skim or 1%

Lunch

- 1/2 cup low-fat Cottage Cheese
- 4 Rye Krisp crackers
- 1/4 cup Banana with Blueberries
- 1/2 cup Tossed Green Salad
- Zero Dressing (as desired) (Page 174)

Dinner

- 2 cups Tossed Green Salad
- 2 Tbs. Low-calorie Dressing
- 1 serving Chicken Nuggets (page 85)
- 1/2 cup Roast Potatoes (Page 133)
- 1/2 cup Green Beans
- 1/2 cup canned (or 3/4 cup fresh) Pineapple

Sunday

Brunch

- 1/2 cup Orange Juice
- 4-4" Pancakes
- 2 oz. Ham or Canadian Bacon
- 1 cup sliced Melon Wedge
- Jam Syrup (2 Tbs. jam, 1 Tbs. water, heated together)
- 1 cup 1% or nonfat Milk

Dinner

- 1 serving Scallops with Garlic and Dill (Page 110)
- 1 cup Spinach Pasta
- 1 cup Broccoli, steamed
- 1-2" Wheat Dinner Roll
- 2 tsp. Margarine

Week 5

Click Here for Shopping List (Page 215)

Monday

Breakfast

- 1/3 cup Pineapple juice
- ½ cup Cooked Cereal (oatmeal or cream of wheat)
- 1 serving Reduced-Calorie Hot Cocoa

Lunch

- Sea Garden Salad:
  - 1 Cup Romaine lettuce, torn
  - ¼ cup Carrots, shredded
  - ¼ cup Tomatoes, chopped
  - ¼ Cup Green onions, chopped
  - ¼ cup Cucumber, sliced
  - 3 Oz. Bay shrimp, cooked
  - 4 Tbs. Buttermilk Salad Dressing (Page 171)
- 1 Small Roll, whole wheat, with:
- 1 tsp. Margarine
- ½ Cup Grapes
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Cup Autumn Lentil Soup (Page 140)
- 1 slice Garlic parmesan bread
- ½ Cup Asparagus, steamed
- Creamsicle Spritzer (Makes 2 servings)
  - ½ Cup soymilk
  - ½ Cup Orange juice
  - 1 cup Sparkling Water

Tuesday

Breakfast

- ½ cup Grapefruit sections
- 1 slice Cinnamon-Raisin bread, tasted, with
  - 1 tsp. Reduced-calorie Apricot spread
- ½ cup Milk, skim or 1%

Lunch

- 1 Cup Bean and Corn Salad (Page 158)
- 1 Tortilla, whole wheat
- 1 med Peach, fresh or ½ Cup canned in own juice
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Pork Ragout (Page 74)
- ½ Cup Rice, steamed
- Spinach Salad:
  - 1 Cup Spinach, fresh, chopped
  - ½ apple, sliced
  - 2 Tbs. Salad dressing, fat free
- 1/3 Cup Sorbet
- 1 Cup Milk, nonfat or 1%

Wednesday

Breakfast

- 1 small Orange
- 1 Egg, scrambled with:
  - 1 tsp. Imitation bacon bits
- ½ small Bagel with
  - 1 tsp. Margarine
- 1 cup Milk, skim or 1%

Lunch

- 1 Serving Quick Potato With Marinara Topping (Page 132)
- 1 Tangerine
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Chicken Stir Fry (Page 87)
- ½ Cup Rice, cooked
- ½ Cup Broccoli, fresh, steamed
- 1 Serving Glazed Banana Treat
- 1 Cup Milk, nonfat or 1%

Thursday

- Breakfast Fruited Yogurt:
  - ½ cup plain low-fat yogurt, mixed with
  - ½ cup canned fruit cocktail
- 1 slice Raisin brad, toasted
- Coffee or tea

Lunch

- Curried Chicken Salad Sandwich:
  - 2 Oz. Chicken breast, skinned, chopped, cooked
  - 2 Tbs. Mayonnaise, fat free
  - 1/14 cup Grapes, halved
  - 1 Tbs. Celery, chopped
  - ½ tsp. Curry powder
  - 1 Lettuce leaf
  - 2 slices Tomato
  - 1 slice Bread, whole wheat
- 10 Potato chips, baked, low-fat
- 1 med Apple
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Frozen 300-calorie entrée
- 1 Cup Vegetables, raw, sliced
- 1 slice Angel food cake (1/12th)
- ½ Cup Fruit, sliced, your choice
- 2 Tbs. Whip topping, low-calorie
- Beverage

Friday

Breakfast

- Apple-Yogurt Cereal, mix together:
  - ½ cup plain low-fat yogurt
  - ¾ oz. cold cereal
  - 1 small apple, diced
- Café au Lait (1/2 cup each hot coffee and skim milk with cinnamon stick)

Lunch

- 1 Serving Salmon Salad Wrap (Page 154)
- 2 Rye-Krisp crackers
- 6 Baby carrots
- 1 Pear
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Quick Pasta and Cheese Soup (Page 145)
- Veggie Burger:
- 1 Vegetable burger patty, broiled
- 1 Bun, whole wheat
- 1 Lettuce leaf
- 2 slices Tomato
- 1 Tbs. Dijon mustard
- 1 Banana
- 2 Fig bar cookies
- Beverage

Saturday

Breakfast

- 2 canned Pineapple slices
- 1/3 cup Cottage cheese
- Coffee or tea
- Lunch 1 Serving Basil Sauce Fettuccine (Page 114)
- ½ Cup Broccoli, steamed
- 1 med Apple, baked, sprinkled with:
  - 1 Tbs. each Raisins, brown sugar
- 1 Cup Milk nonfat or 1%

Dinner

- 1 Serving Savory Lemon Lamb Chops (Page 79)
- 1 med Potato, baked, topped with
  - 3 Tbs. Sour cream, low-fat
- Pineapple Spinach Salad:
  - 1 Cup Spinach, fresh, torn
  - ¼ Cup Pineapple chunks, canned in own juice, drained
  - 4 slices Red onion
  - 1 Tbs. Almond slivers, toasted
  - 2 Tbs. Italian dressing, fat free
- 1 Cup Milk, nonfat or 1%

Sunday

Brunch

- 1 Serving Apple-icious Oatmeal Coffee Cake (Page 178) with:
  - 2 tsp. Margarine
- 3 Oz. Turkey sausage
- One Cup Fruit Salad:
  - ¼ Cup Banana, sliced
  - ¼ cup Melon, chopped
  - ¼ Cup Apple, chopped
  - ¼ Cup Orange, chopped
  - ¼ Cup Yogurt, nonfat, your choice
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Chicken Creole (Page 84)
- 1 Cup Rice, steamed
- 1 Serving Zucchini with Tomatoes (Page 139)
- 1 slice Cornbread (2" square)
- 1 Cup Milk, nonfat or 1%

Week 6

Click Here for Shopping List (Page 217)

Monday

Breakfast

- ½ cup Orange sections
- 1 English muffin, toasted, with
  - 2 tsp. Reduced-calorie Strawberry spread
- 1 cup Milk, skim or 1%

Lunch

- Chicken Sandwich:
  - 2 slices Whole Wheat Bread
  - 2 oz. skinless Chicken
  - Sliced Tomatoes, Sprouts, Lettuce - as desired
  - 1 Tbs. Low-calorie mayo
- Yogurt Fruit Parfait:
  - 1 cup Plain Nonfat Yogurt
  - 1 cup Blueberries
- Beverage

Dinner

- 1/2 cup Grape Salad with Creamy Yogurt Dressing (Page 168)
- 1 serving Pork Tenderloin with Raspberry Sauce (page 75)
- 1 cup Brown Rice
- 1/2 Cup Steamed Cauliflower
- Beverage

Tuesday

- Breakfast 1 small Orange
- 1 Egg, scrambled with:
  - 1 tsp. Imitation bacon bits
- ½ small Bagel with
  - 1 tsp. Margarine
- 1 cup Milk, skim or 1%

Lunch

- Stuffed Tomato Salad:
  - 1 medium fresh tomato
  - 1/4 cup Tuna Salad
- Whole Wheat Roll
  - 1 tsp. Margarine
- 1 medium Orange
- 1 cup 1% or non-fat Milk

Dinner

- 2 Cups Spinach Salad with
  - 2 Tbs. Vinaigrette Dressing (Page 173)
- 1 serving Lemon Baked Chicken (Page 90)
- 1 1/2 Cup Baked Squash
- 1/2 Cup Green Beans with Mushrooms (2 Tbs.)
- 1 Kiwi
- Beverage

Wednesday

Breakfast

- ½ medium Grapefruit
- ½ cup cooked Oatmeal drizzled with
  - ½ tsp. Honey
- 1 cup Milk, skim or 1%

Lunch

- 2 Cups Romaine Lettuce topped with 3 oz. Fish, Crab, or Crab Substitute.
- 1 Cup Assorted Raw Veggies
- 2 Tbs. Low Calorie Dressing
- 8 Rye Krisp crackers
- 1 Cup 1% or non-fat Milk

Dinner

- 4 Oz Turkey Breast
- 1 small (6 oz) Baked Sweet Potato
  - 2 tsp. Margarine or 2 Tbs. Brown Sugar
- 1 Cup Brussels Sprouts
- 1/2 Cup Unsweetened Applesauce

Thursday

Breakfast

- Pineapple-cheese Breakfast:
  - 1/3 cup Cottage cheese mixed with
  - ½ cup canned crushed pineapple
  - 2 Tbs. Walnuts, chopped
- ½ Raisin English muffin, toasted, with
  - 1 tsp. Margarine
- Coffee or tea

Lunch

- 1 serving Chili-Spiced Beef & Rice Salad (page 69)
- 1/2 Banana
- 1 cup 1% or Non-fat Milk

Dinner

- Cup Carrot-Pineapple Salad:
  - 1/2 Cup Grated Carrot
  - 1/4 Cup Pineapple
  - 2 Tbs. Low-fat or Non-fat Yogurt
- Frozen Dinner (300 calories, 10 grams of fat, 800 mg. of sodium - or less)

Friday

Breakfast

- ½ cup Orange sections
- 1/3 cup Cottage cheese
- 2 Rice cakes with 2 tsp. Reduced-calorie spread
- 1 cup Milk, skim or 1%

Lunch

- 1 serving Pasta Salad (Page 170)
- Orange/Banana Cup:
  - 1/2 medium Banana
  - 1 small Orange
- 2 Bread Sticks
- 1 cup 1% or nonfat Milk

Dinner

- 1 serving Rosy Vegetable Slaw (Page 164)
- 2 Tbs. Vinaigrette Dressing (Page 173)
- 4 Oz. Baked Salmon
- 1 Serving Roast Potatoes (Page 133)
- 1 cup 1% or non-fat Milk

Saturday

Breakfast

- ½ medium Grapefruit
- 1 Egg, scrambled
- ½ English muffin, toasted, with
  - 2 tsp. Peach Preserves
- ¾ cup Milk, skim or 1%

Lunch

- 1 serving Seafood Chowder (Page 146)
- 24 Oyster Crackers
- 1 Cup Tossed Salad
- Zero Dressing- As desired (Page 174)
- 1 Cup Cantaloupe chunks

Dinner

- 2 Cups Green Salad
- 2 Tbs. Low-calorie Dressing
- 2 servings Spinach Stuffed Shells (page 127) with Marinara Sauce (Page 175)
- 1 slice French Bread
- 1 tsp. Margarine
- 1 serving Pear Ice (Page 199)
- 1 cup 1% or non-fat Milk

Sunday

Brunch

- 1 serving Four Fruit Salad (Page 167)
- 4 4" diameter Pancakes
- 3 Tbs. Jam or Syrup
- 2 tsp. Margarine
- 1 Cup 1% or Non-fat Milk

Dinner

- Stacked Ham on Rye:
  - 4 oz. Lean ham
  - 2 slices Rye Bread
  - Lettuce, Tomato, Sprouts, Mustard - as desired
- 1 serving Potato Salad
- 1 Cup Green Beans
- 1/4 Melon

Week 7

Click Here for Shopping List (Page 219)

Monday

Breakfast

- ½ medium Banana
- ¾ oz. Cold Cereal
- ½ cup Milk, skim or 1%
- Coffee or tea

Lunch

- 1 Cup Tomato Barley Soup
- 4 Rye Krisp crackers
- 1 oz. Part-Skim Ricotta or Mozzarella Cheese
- 1 small Banana

Dinner

- 4 oz. Oriental Halibut Steaks (Page 107)
- 1 Cup Brussels Sprouts
- 1 Cup Rice
- 1 tsp. Margarine
- 1 serving Fruit

Tuesday

Breakfast

- ½ medium Grapefruit
- 1 Scrambled Egg
- 1 slice Whole Wheat bread, toasted, with
  - 1 tsp. Margarine
- 1 cup Milk, skim or 1%

Lunch

- 1 Cup Assorted Raw Veggies
- Tuna in Pocket Bread:
  - 1 Pita Bread

- 3 oz. Tuna
- 1/4 Cup Ricotta Cheese (part Skim, Low-fat)
- Tomato and Alfalfa Sprouts - As desired
- 3 Tbs. Vinaigrette Dressing (Page 173)

- 1 Apple

Dinner

- 1 Tomato, sliced drizzled with 1/2 tsp. Olive oil, sprinkled with Dill Weed or Dill Herb
- 4 oz. Charbroiled Chicken Breast (skin removed)
- 3-4 oz. Boiled New Potatoes
- 1/2 Cup Sherbet

Wednesday

Breakfast

- ¼ small Cantaloupe
- ¼ cup Cottage cheese
- ½ cup Milk, skim or 1%
- Coffee or tea

Lunch

- 1 serving Lentil Soup (Page 144)
- 1 Roll
- 1 tsp. Margarine
- 1/2 Cup 1% Cottage Cheese
- 1 cup juice-packed Peaches or 1 fresh Peach

Dinner

- 1 serving Chicken Stir Fry (Page 87) over
- 1 Cup Brown Rice
- 1 serving Japanese-Style Pear Salad (Page 169)

Thursday

Breakfast

- 1 medium Peach, sliced, topped with
  - ¼ cup Plain low-fat Yogurt
- 1 slice Raisin brad, toasted
- Coffee or tea

Lunch

- 1 serving Beef Quesadillas (Page 69)
- 2 cups Green Salad
- 2 Tbs. Ranch Yogurt Dressing (Page 173)
- 1/2 cup Pineapple Chunks (juice-packed or fresh)
- 1 cup Milk, 1% or Nonfat

Dinner

- Lettuce Wedges - as desired
- 2 Tbs. Low Calorie Dressing
- 3 oz. Steamed or Baked Fish
- 1 cup Mixed Vegetables
- 1 cup Baked Squash
- 1 tsp. Margarine
- 1 Apple

Friday

Breakfast

- ½ cup Raspberries
- 1 Egg, poached
- 1 English muffin, toasted
- ¼ cup Milk, skim or 1%
- Coffee or tea

Lunch

- Fruit Juice Spritzer:
  - 1/2 cup Fruit Juice
  - /2 cup Sparkling Soda Water
- 1 serving Turkey Salad (Page 157)
- 3 Tbs. Vinaigrette Dressing (Page 173)
- 4 Rice Cakes
- 1 cup 1% or Nonfat Milk

Dinner

- Dinner Salad with Beans:
  - 2 cups Lettuce
  - 1/2 cup Lettuce
  - Onions, Mushrooms - as desired
  - 1/2 cup Kidney or Garbanzo Beans
  - 1/3 cup Cottage Cheese (1%)
  - 2 Tbs. Low-calorie Dressing
- 1 - 2" Dinner Roll
- 1 tsp. Margarine
- 1 Kiwi

Saturday

Breakfast

- 1 cup total Berries, grapes, melon, sliced – Topped with:
  - 1 cup Low-fat yogurt
  - 3 Tbs. Nugget cereal (GrapeNuts)

Lunch

- Lettuce Wedges - as desired
- Zero Dressing - as desired (Page 174)
- 1 serving Ham & Cheese Stuffed Potato (Page 130)
- Angel Food Cake topped with Unsweetened Frozen Strawberries (sweeten with sugar substitute)
- 1 cup 1% or Nonfat Milk

Dinner

- 1 serving Crispy Baked Fillets (Page 101)
- 1 cup Baked Winter Squash sprinkled w/1 tsp Brown Sugar
- 1 tsp. Margarine
- 1/2 cup Steamed Carrots
- 1 Cinnamon Baked Apple (Page 195)

Sunday

Brunch

- 1 cup Honeydew Melon chunks
- Mushroom Omelets:
  - 1 Egg & 2 Egg Whites
  - 1/4 cup Mushrooms
- 1/4 cup Ricotta Cheese, Low-fat
- 1 Peachy Oat Muffin (Page 184)
- 1 tsp. Margarine

Dinner

- 2 cups Green Salad
  2 Tbs. Low-calorie Dressing
- 1 serving Eastern Vegetable Curry (Page 115)
- 1 1/2 cups Brown Rice
- Condiments:
  - 1/2 cup Non-fat Yogurt
  - 10 chopped Peanuts
- 1/2 cup Curried Carrots
- 1/2 Banana
- 1 cup 1% or Nonfat Milk

Week 8

Click Here for Shopping List (Page 221)

Monday

Breakfast

- ½ medium Grapefruit
- Cheddar Melt:
  - ½ English muffin, toasted
  - 1 oz. Cheddar cheese
  - 2 Tomato slices
- ½ cup Milk, skim or 1%
- Coffee or tea

Lunch

- 1 Serving Black Bean Salad (Page 159)
- 1 Whole-wheat roll
- 1 tsp. Margarine
- 1 med. Pear
- 1 cup Milk, nonfat or 1%

Dinner

- Dinner Salad
  - 1 cup Lettuce
  - ¼ Cup each Tomato, cucumber
  - 1 Tbs. Thousand Island dressing, low-calorie
- 3 Oz. Top sirloin, broiled
- ½ cup Beets
- 1 med. Baked potato, Served with: (optional)
  - 2 Tbs. Sour cream, nonfat
  - ½ tsp. Chives
- 1 Cup Milk, nonfat or 1%

Tuesday

Breakfast

- Apple-Yogurt Cereal, mix together:
  - ½ cup plain low-fat yogurt
  - ¾ oz. cold cereal
  - 1 small apple, diced
- Café au Lait (1/2 cup each hot coffee and skim milk with cinnamon stick)

Lunch

- 1 Serving Vegetable Beef Soup (Page 151)
- Garlic Cheese Bread:
  - 1 slice French bread
  - 1 tsp. Margarine
  - Dash Garlic powder
  - 1 tsp. Parmesan cheese, grated
  - Spread bread with above ingredients, then toast.
- 1 Cup Milk, nonfat or 1%

Dinner

- Serve over Lettuce:
  - ½ Cup Orange slices
  - 2 slices Avocado
  - 1 tsp. Nuts, chopped
  - 1 Tbs. Honey Lime Dressing (Page 172)
- 1 Serving Oven Fried Chicken (Page 93)
- 1 Cup Corn
- ½ Cup Broccoli
- ½ Cup Raspberry gelatin
- 1 Cup Milk, nonfat or 1%

Wednesday

Breakfast

- ½ medium Grapefruit
- 1 Egg, scrambled
- ½ English muffin, toasted, with
  - 2 tsp. Peach Preserves
- ¾ cup Milk, skim or 1%

Lunch

- Chicken Hero Sandwich:
  - 1 med Sourdough roll, split
  - 1 tsp. Mayonnaise, fat-free
  - 1 tsp. Dijon mustard
  - 1 Oz. Chicken breast, cooked
  - 1 Oz. Swiss cheese, low-fat
  - 3 slices Tomato
  - Lettuce (as desired)
- 1 Cup Papaya cubes (or other fruit), tossed with:
  - 1 Tbs. Lime juice
- Coffee or Tea

Dinner

- 1 Wedge Iceberg Lettuce
- 1 Tbs. French dressing, low-calorie
- 1 Serving Tuna Noodle Casserole (Page 111)
- ½ Cup Green beans
- ½ Cup Rainbow sherbet
- 1 Cup Milk, nonfat or 1%

Thursday

Breakfast

- ½ cup Grapefruit juice or Orange juice
- 2 Breakfast Bars (Page 202)
- 1 cup Milk, nonfat or 1%

Lunch

- Seafood Caesar Salad:
  - 1 Cup Romaine lettuce
  - 2 Tbs. Low-fat Caesar Dressing
  - 2 Oz. Salmon or other fish, cooked
  - 2 tsp. Parmesan cheese, shredded
  - ½ Cup Croutons, dry, toasted
- 1 Bagel, sliced
- 2 Tbs. Cream cheese, fat-free
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Mushroom Veggie Burgers (Page 185)
- 1 Serving Crispy Onion Rings (Page 129)
- Low-fat Beverage (as desired)

Friday

Breakfast

- ½ cup Melon, cubed
- ½ cup Granola (Page 203)
- 1 cup Milk, nonfat or 1%

Lunch

- 1 Serving Harvest Bisque (Page 78)
- 1 Cranberry-Walnut Muffin (Page 182)
- 1 tsp. Margarine
- 1 Cup Milk, nonfat or 1%

Dinner

- Romaine Salad:
  - 1 Cup Romaine lettuce
  - 1 Tbs. each Radish, Carrot, grated
  - 1 Tbs. Blue cheese dressing, low-calorie
- 1 Serving Favorite Meatloaf (Page 71)
- 1 Cup Brown rice
- ½ Cup Spinach, cooked
- 1 Cup Milk, nonfat or 1%

Saturday

Breakfast

- Fruit Cup
  - 1 Cup total: Papaya, pineapple, kiwi slices
- 1 Serving Orange-Cinnamon French Toast (Page 179)
- 2 Oz. Smoked turkey breast or Canadian bacon, grilled
- 1 Cup Milk, nonfat or 1%

Lunch

- 1 Serving Taco Salad (Page 156)
- 1 slice Perfect Banana Bread (Page 181) Served with: (optional)
  - 1 Tbs. Cream cheese, nonfat
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 cup Mixed green salad
- 1 Tbs. Ranch dressing, fat-free
- 1 Serving Chicken Pot Pie (Page 86)
- 1 Cup Melon cubes
- Beverage of choice

Sunday

Brunch

- 1 Serving Fruit Trifle (Page 197)
- 1 Serving Turkey Sausage (Page 99)
- 1 Cup Milk, nonfat or 1%

Dinner

- Sliced Fruit Salad:
  - 1 Cup total Grapes, oranges, bananas, strawberries, sliced
  - 1 Tbs. Honey Lime Dressing (Page 172)
- 1 Serving Szechwan-Style Lamb with Brown Rice (Page 80)
- 1 Serving Orange Delight
- 4 Vanilla wafer cookies
- Beverage of choice

Week 9

Click Here for Shopping List (Page 224)

Monday

Breakfast

- ½ cup Orange sections
- 1/3 cup Cottage cheese
- 1 English muffin, toasted with
  - 1 tsp. low-fat Margarine
- Coffee or tea

Lunch

- Mock Egg Salad Sandwich:
- 1 Pita bread, whole wheat
- Mash and fill pita with:
  - 3 Oz. Tofu, firm
  - 1 Tbs. Mayonnaise, fat free
  - 1 tsp. Dijon mustard
  - ¼ tsp. Turmeric
  - 1 Tbs. Chives, chopped
  - 1 Cup Green salad
  - 3 Tbs. Salad dressing, fat free
- 1 Pear
- 1 Cup Milk, nonfat or 1%

Dinner

- 3 ½ oz Lean meat, grilled or broiled
- 1 Cup New potatoes, steamed
- ½ Cup Broccoli, fresh, steamed
- 1 Cup Fruit, fresh, cubed
- Beverage

Tuesday

- Breakfast 1 medium Kiwi fruit, sliced
- 1 small Bagel, toasted, with
  - 1 tsp. Apricot preserves
- 1 cup Milk, skim or 1%

Lunch

- BBQ Sandwich:
  - 1 Sandwich bun/roll
  - 2 Tbs. Barbecue sauce
  - 3 Oz. Roast beef, deli-sliced
  - 2 Lettuce leaves
- 4 slices Sweet pickles, low sodium
- ½ Oz. Pretzels, low sodium
- ½ Cup Grapes
- 1 Cup Milk, nonfat or 1%

Dinner

1 Serving Pasta, Chicken, and Herbs (Page 94)

- 1 Serving Carrot Salad (Page 160)
- ½ Cup Sherbet
- Beverage of Choice

Wednesday

Breakfast

- ½ cup Orange juice
- 1 Bagel, toasted
  - 1 Tbs. Peanut butter
  - OR 2 Tbs. Cream cheese, nonfat
- 1 cup Milk, nonfat or 1 %

Lunch

- 1 Frozen 300-calorie entrée, your choice
- 1 Bread stick
- ½ Cup Melon, cubed
- 1 Cup Milk, nonfat or 1%

Dinner

- 3 Oz. Fish (orange Roughy), baked or broiled
- 1 Serving Stuffed Potatoes (Page 135)
- 1 Cup Green beans, steamed
- 1 slice Italian bread with:
  - 1 tsp. Margarine
- 2 Cookies, fat free
- Beverage

Thursday

Breakfast

- 1/3 cup Apple juice
- 1 Egg, soft-cooked
- 1 small Bagel
- 1 cup Milk, skim or 1%

Lunch

- Salmon Pasta Salad
  - 1 Cup Pasta, cooked
  - 1 ½ Oz. Smoked salmon
  - 2 Tbs. Red bell peppers, chopped
  - 2 Tbs. Green onions, chopped
  - ½ Cup Carrots raw, grated
  - 2 Tbs. Italian dressing, fat free
- ¾ Cup Melon, cubed
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Vegetable Kebabs (Page 137)
- Potato Salad: (Makes 2 servings)
  - ¼ Cup Yogurt, plain, nonfat
  - 2 Tbs. Dijon mustard
  - 1 Tbs. Italian dressing, fat free
  - ¼ tsp. each Salt, White pepper
  - 1 Cup Potatoes, cooked, cubed
  - ¼ Cup each Carrots, celery, chopped
- 1 Pear
- Beverage

Friday

Breakfast

- ½ Grapefruit
- 1 cup Cooked cereal
- 1 tsp. Brown sugar
- 1 cup Milk, nonfat or 1%

Lunch

- Veggie Burger
  - 1 Vegetable burger patty, broiled
  - 1 Hamburger bun
  - 1 Lettuce leaf
  - 2 slices Tomato
  - 1 Tbs. Mayonnaise, fat free
  - 1 tsp. Mustard
- 1 Banana
- 1 Cup Milk, nonfat or 1%

Dinner

- Pasta With Meat Sauce:
  - 3 Oz. Hamburger, lean, browned
  - ½ Cup Tomato sauce
  - 4 oz. Pasta, cooked
- ¾ Cup Broccoli, fresh, steamed
- 1 Cup Green salad
- 2 Tbs. Salad dressing, fat free
- ¾ Cup Sherbet
- Beverage

Saturday

- Breakfast
- ½ medium Grapefruit
- ½ cup Oatmeal, cooked
- 1 cup Milk, skim or 1%
- Coffee or tea

Lunch

- Club Sandwich:
  - 2 slices, Bread, whole wheat
  - 1 ½ Oz. each Turkey, roast beef, sliced
  - 2 Lettuce leaves
  - 4 slices Tomato
  - 2 Tbs. Thousand Island, fat free
- ½ Cup Apricots, canned in own juice
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Mexican Dinner Pie (Page 91)
- Tropical Salad:
  - ½ Orange
  - ¼ Cup Radishes
  - 1/8 Cup Avocado, cubed
  - 1 tsp. Cilantro, minced
  - 1 tsp. Lime juice
  - 1/8 tsp. each Salt, pepper
- 2 Ginger snap cookies
- Beverage

Sunday

Brunch

- 1 Serving Breakfast Pizza (Page 189)
- 1 Serving Banana Frosty (Page 193)
- ¾ Cup Melon, cubed
- 1 Cup Milk, nonfat or 1%

Dinner

- 1 Serving Zesty Prawns (Page 113)
- 1 Cup Rice, steamed
- 1 Serving Coleslaw (Page 161)
- ¾ Cup Frozen yogurt, nonfat
- Beverage

Nutritious Recipes

Meat and Fish Recipes

Beef

Bistro Beef	Serves 6
Ingredients • 1 lb. Boneless top sirloin steak, ¾" thick • 2 Tbs. Italian parsley, fresh, chopped • 2 cloves Garlic, crushed • ½ tsp. Pepper	 • 1 large Red onion • 1 Tbs. Olive oil • ¼ cup Dry red wine
Cooking Instructions Trim fat from steak. Cut steak lengthwise in half, then crosswise into ½" thick strips. In medium bowl, combine beef, parsley, garlic and pepper; toss to coat. Cut onion into ¼" thick slices; separate into rings. In nonstick skillet, heat oil over medium-high heat until hot. Add onion; cook and stir 3-5 minutes or until crisp-tender. Remove to serving platter; keep warm. In same skillet, add beef and stir-fry 2 minutes or until outside surface is no longer pink. Place beef on top of onion. Add wine to skillet; cook and stir until browned bits attached to skillet are dissolved and liquid thickens slightly. Pour sauce over beef and onions.	
Other Information 152 calories 6.9 gm fat 40 mg sodium 51 mg cholesterol 1 serving = ½ fat, 2 meat/protein, 1 vegetable	

Easy Beef Quesadillas

Serves 4

Ingredients

- 6 Oz. Deli roast beef, thinly sliced
- 1 small Onion, thinly sliced
- ¼ Cup Green bell pepper, chopped
- ½ Cup Prepared medium salsa, divided
- 1 Oz. Colby cheese, shredded
- 2 Oz. Monterey jack Cheese, shredded
- 4 Flour tortillas (7-inch diameter)

Cooking Instructions

Place onion and green pepper in a small microwave-safe bowl. Cover, venting one corner, and microwave at HIGH 3 to 4 minutes. Stir in 3 Tbs. salsa; reserve. Sprinkle an equal amount of cheese evenly on each tortilla; arrange beef over cheese and top with vegetable mixture. Fold tortillas over to close.

Meanwhile heat nonstick frying pan (or use vegetable spray) over medium heat 5 minutes. Heat two quesadillas in pan 2 to 2 ½ minutes, turning once; repeat with remaining quesadillas. Serve with remaining salsa.

Other Information

1 serving = 3 protein/meat, 1 starch, 1 vegetable, 1 fat

Easy Dinner Nachos

Serves 6

Ingredients

- ½ lb. extra-lean ground beef
- 1 (15 oz.) can Pinto beans, drained and rinsed.
- 1 (1 ¼ oz.) package Taco Seasoning Mix
- 1/3 Cup water
- 3 ½ cups (3 oz) reduced-fat nacho cheese tortilla chips
- 2 oz. (1/2 cup) shredded reduced-fat Colby-Monterey jack cheese blend
- 1 medium tomato, chopped
- 1 Cup shredded leaf lettuce
- ½ Cup sour cream
- 2 Tbs. chopped fresh cilantro

Cooking Instructions

In large nonstick skillet, brown ground beef; drain. Stir in beans, taco seasoning mix and water. Bring to a boil. Reduce heat; simmer 1 to 2 minutes until water is absorbed.

Arrange tortilla chips on 6 dinner plates. Spoon beef mixture over chips. Top with cheese, tomato, lettuce sour cream and cilantro.

Other Information

1 serving = 2 Starch, 1 ½ Lean Meat, ½ Fat, 2 Carbohydrate

Total Fat 10 g
Cholesterol 30 mg
Sodium 700 mg

Favorite Meatloaf	Serves 4
Ingredients • 1 cup Fine dry breadcrumbs • 1 cup Celery, chopped • 1 cup Onion, chopped • 1 Tbs. Sage • ½ tsp. Pepper • 1 Egg	 • 1 clove Garlic, minced • 1 cup Milk, nonfat • 2 lb. Ground lean top round, 9% fat or less • ½ cup Catsup • 2 Tbs. Brown sugar • ½ tsp. Mustard powder
Cooking Instructions In large bowl, combine breadcrumbs, celery, onion, sage, pepper, egg, garlic and milk. Add beef and mix lightly. Place in 10" rimmed shallow baking pan. Combine catsup, sugar and mustard and spread over meatloaf. Bake in 400 degree oven for 1 hour. Remove from oven; carefully drain fat from pan.	
Other Information 270 calories 7.6 gm fat 367 mg sodium 98 mg cholesterol 1 serving = 3 meat/protein, 1 starch, 1 vegetable	

Sloppy Joes	Serves 4

Ingredients

- ½ lb. Ground lean top round, 9% or less fat
- ¾ cup Onion, chopped
- 1 clove Garlic, minced
- 1 ½ cup Water
- 1/3 cup Tomato paste
- 1 Tbs. Vinegar
- 1 tsp. Sugar
- 1 tsp. Chili powder
- ¼ tsp. Worcestershire sauce
- 4 Hamburger buns

Cooking Instructions

In nonstick skillet, cook ground beef, onion and garlic till meat is brown and onion is tender. Drain off fat. Stir in water, tomato paste, vinegar, sugar, chili powder and Worcestershire sauce. Bring to a boil; reduce heat. Summer, uncovered, 8-10 minutes or to desired consistency. Serve on warmed hamburger buns.

HINT: Reduce sodium by using “No Added Salt” tomato paste.

Other Information

272 calories
6.9 gm. fat
492 mg sodium
46 mg cholesterol

1 serving = 2 meat/protein, 1 ½ starch

Tomato-Beef Stir-Fry

Serves 4

Ingredients

- 1 lb. Boneless sirloin steak, lean
- ¼ tsp. Coarsely ground black pepper
- ¼ tsp. Crushed red pepper flakes
- ½ cup Celery, diagonally-sliced
- 2 cloves Garlic, minced
- ½ cup Onion, chopped
- 28 oz can Whole tomatoes, undrained, chopped
- 8 oz can Water chestnuts, sliced, drained.
- 1 cup Chinese cabbage, chopped
- 2 cups Spinach, torn
- 4 cups Noodles, cooked, still warm
- 1 Tbs. Sesame seeds

Cooking Instructions

Trim fat from steak and slice diagonally into thin strips. Sprinkle with black pepper; set aside. Coat large nonstick skillet with cooking spray, and heat over medium-high heat. Add red pepper, celery, garlic and onion; sauté 30 seconds. Add steak; sauté 2 minutes. Add tomatoes and water chestnuts; cook 2 minutes. Add spinach and Chinese cabbage; cook until spinach wilts. Spoon beef mixture over noodles and sprinkle with sesame seeds.

Other Information

477 calories
11.0 gm fat
432 mg sodium
129 mg cholesterol

1 serving = 3 meat/protein, 2 ½ starch, 3 vegetable

Pork, Ham and Sausage

Pork Ragout

Serves 5

Ingredients

- 1 cup Onion, finely chopped
- 2 cups Sweet potato, peeled, cut into ½" cubes
- 1 cup Potato, peeled, cut into ½" cubes
- 2 Tbs. Tomato paste
- 1 ½ tsp. Curry powder
- ½ tsp. Salt
- ½ tsp. Ground cumin
- ¼ tsp. Pepper
- 2 cloves Garlic, minced
- 10 ½ oz. can Chicken broth, low-salt
- 1 lb. Pork loin, lean, boned, cut into ½" pieces
- 1 cup Green peas, frozen

Cooking Instructions

Place onion in 2 quart casserole dish. Cover and microwave on high 2 minutes. Add all ingredients except pork and peas; stir, cover, and microwave on high 10 minutes. Add pork; cover, and microwave on high 2 minutes.

Other Information

346 calories
10.6 gm fat
340.5 mg sodium
55.8 mg cholesterol
37.8 gm carbohydrates

1 serving = 3 meat/protein, 2 starch, 1 vegetable

Pork Tenderloin with Raspberry	Serves 4
Ingredients • 1 lb. Pork tenderloin, trimmed and cut into 8 crosswise pieces • 2 Tbs. Margarine • 2 Kiwi fruit, peeled, thinly sliced	Raspberry Sauce: • 6 Tbs. Red raspberry preserves • 2 Tbs. Red wine vinegar • 1 Tbs. Ketchup • ½ tsp. Soy sauce • 1 clove Garlic, minced
Cooking Instructions Press each tenderloin slice to 1-inch thickness. Lightly sprinkle both sides of each slice with cayenne pepper. Heat margarine in large heavy skillet over medium-high heat. Add pork slices; cook 3 to 4 minutes on each side. Meanwhile, combine all sauce ingredients in small saucepan; simmer over heat about 3 minutes, stirring occasionally. Keep warm. Place cooked pork slices on warm serving plate. Spoon sauce over; top each pork slice with a kiwi slice.	
Other Information 1 serving = 3 Meat/Protein, 1 Fruit, 2 Fat	

Sesame Pork Roast	Serves 4
Ingredients • 1 lb. Pork tenderloin, fat removed • 1 Tbs. Honey • 1 Tbs. Soy sauce, low-sodium	 • ½ tsp. Sesame oil • 2 Tbs. Sesame seeds, toasted
Cooking Instructions Preheat oven to 425 degrees. Place pork in shallow baking pan. In small bowl, stir together honey, soy sauce and sesame oil. Brush honey mixture over meat; sprinkle with sesame seeds. Place meat, uncovered, in oven and roast 45 minutes or until meat thermometer registers 150 degrees. Let stand 5 minutes, slice thinly to serve	
Other Information 237 calories 6 gm fat 288.7 mg sodium 89.6 mg cholesterol 4.4 gm carbohydrates 1 serving = 1 fat, 3 ½ meat/protein	

Smoked Sausage and Chunky Veggies	Serves 4
Ingredients 4 cups hot cooked instant rice (cooked as directed on package, omitting margarine and salt) ¾ lb. 97% fat-free smoked sausage, sliced 1 medium onion, cut into 1-inch pieces.	1 medium green bell pepper, cut into 1-inch pieces 1 medium zucchini, sliced 1/3 cup water ½ tsp. dried thyme leaves 1 ½ tsp. Worcestershire sauce
Cooking Instructions While rice is cooking, spray non-stick Dutch oven or 12-inch skillet with nonstick cooking spray. Heat over medium-high; add onion and bell pepper. Cook an additional 2 minutes. Add all remaining ingredients; mix well. Bring to a boil. Reduce heat to medium; cover tightly and cook 4 to 6 minutes or until vegetables are crisp-tender. Serve over rice.	
Other Information 1 serving = 3 Starch, 1-1/2 Very Lean Meat	

Spiced Apple Pork Chops	Serves 4

Ingredients

- 4 (4-oz.) boneless pork chops
- ½ tsp. pumpkin pie spice
- ¼ tsp. salt
- 1/8 tsp. pepper
- 1 Tbsp. apple or crabapple jelly, melted

Cooking Instructions

Line broiler pan with foil; spray foil with nonstick cooking spray. Sprinkle both sides of pork chops with pumpkin pie spice, salt and pepper. Place pork on sprayed foil-lined pan.

Broil 4 to 6 inches from heat for 4 to 5 minutes or until browned. Turn pork; cook an additional 3 to 5 minutes or until no longer pink in center.

Brush pork with jelly; broil an additional 30 to 60 seconds to glaze.

Other Information

Total Fat: 8 g
Sodium 70 mg
Carbohydrate: 4 g
Dietary Fiber – g
Sugars 2 g
Protein 24 g

Dietary Exchanges: 3 Lean Meat

Lamb and Veal

Savory Lemon Lamb Chops	Serves 4
Ingredients • 1 tsp. Dried rosemary, crushed • ½ tsp. Thyme, ground • 1 tsp. Oregano, ground • 1 tsp. Garlic powder • (4) 3 oz Lamb leg sirloin chops, cut ¾" thick, fat removed	 • 1/3 cup Chicken broth, low-salt • 1 tsp. Cornstarch • ¼ tsp. Lemon peel, finely shredded • 1 Tbs. Lemon juice • 1 tsp. Dijon mustard
Cooking Instructions Set oven to "broil." Mix herbs and rub over chops. Place chops on rack of broiler pan; broil 3-4 inches from heat for 5-6 minutes. turn chops and broil 3-5 minutes or until center of chop is slightly pink. In a saucepan, stir together broth and cornstarch; stir in remaining ingredients. Cook over medium heat, stirring constantly until thickened and bubbly, about 3 minutes. Cook 2 minutes more, stirring constantly. 1 serving = 1 ½ Tbs. sauce + 1 chop)	
Other Information 112 calories 5 gm fat 154.2 mg sodium 43.7 mg cholesterol 2.3 gm carbohydrates 1 serving = 2 meat/protein	

Szechwan-Style Lamb with Rice

Serves 4

Ingredients

- ¾ lb. Boneless lamb steak, cut crosswise into ½" thick strips
- 2 Tbs. soy sauce, reduced-sodium
- 3 cloves Garlic, minced
- ½ tsp. crushed Red pepper flakes
- 1 Tbs. olive oil
- 1 Tbs. grated fresh Ginger
- 1 large Red bell pepper cut into thin strips
- 6 Green onions, cut into 2" lengths
- 1 cup Broccoli
- ½ cup Celery, diagonally sliced
- 8 oz. can Water chestnuts, sliced, drained
- ½ cup Beef broth
- 1 Tbs. Cornstarch
- ½ lb. Stemmed spinach
- 4 cups cooked Brown rice

Cooking Instructions

In bowl, toss lamb strips with 1 Tbs. soy sauce, 2 cloves garlic, and ¼ tsp. red pepper flakes. Let marinate for 10 minutes. In nonstick skillet using 1 tsp. oil, stir-fry lamb until pink color is gone. Remove lamb and cover to keep warm.

Add remaining oil to skillet. Stir in ginger, remaining garlic and red pepper flakes. Cook, stirring constantly, about 1 minute. Stir in bell pepper, green onions, broccoli, celery, water chestnuts and the remaining soy sauce. Reduce heat and stir-fry until vegetables are tender.

In small bowl, blend beef broth and cornstarch. Add spinach to the skillet, and stir-fry until wilted. Stir in cornstarch mixture, lamb and any juices that have collected. Cook, stirring until lamb is heated through and juices are thickened. Serve with hot rice.

Other Information

426 calories
10.4 gm fat
451 mg sodium
57 mg cholesterol

1 serving = 2 ½ meat/protein, 2 ½ starch, 2 vegetable

Poultry

Cacciatore Chicken with Potatoes

Serves 4

Ingredients

- 4 boneless, skinless chicken breast halves
- ¼ Cup Italian style breadcrumbs
- 2 Russet potatoes, cut into 1-inch pieces (2 cups)
- 1 medium green bell pepper, cut into ½ inch pieces.
- 1 (26-oz.) jar fat-free spaghetti sauce
- ¼ Cup water
- 2 Tbs. shredded fresh Parmesan cheese.

Cooking Instructions

Coat chicken breast halves with breadcrumbs. Spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add chicken; cook until lightly browned on both sides.

Add potatoes, bell pepper, spaghetti sauce and water; mix well. Bring to a boil. Reduce heat to medium-low; cover and cook 25 to 30 minutes or until chicken is fork-tender, and its juices run clear; stir occasionally. Sprinkle with cheese.

Other Information

1 serving = 2-1/2 Starch, 3-1/2 Very-Lean Meat

Total Fat 4 g, Cholesterol 75 mg, Sodium 820 mg, Carbohydrate 35 g, Dietary Fiber 4 g, Sugars 15 g, Protein 33 g

Chicken Cacciatore	Serves 4
Ingredients • ½ Cup Mushrooms, sliced • ½ cup each Onion, Celery, chopped • 1 Can diced tomatoes • ½ Cup tomato puree	• 1 tsp. each Oregano, Basil • 2 cloves Garlic, minced • 1/8 tsp. Pepper • 1 lb. Chicken breast, boneless, skinned • 4 Cups Cooked spinach noodles
Cooking Instructions Combine mushrooms, onion, celery and ¼ Cup water in 10" skillet; cover and cook until tender. Stir in tomato, tomato puree, and seasonings. Cover and simmer 30 minutes; uncover and simmer an additional 15 minutes. Serve over noodles.	
Other Information 363 calories 2.5 gm fat 310 mg. sodium 65 mg. cholesterol 1 serving = 3 meat/protein, 2 ½ starch, 1 ½ vegetable	

Chicken Cordon Bleu	Serves 4
Ingredients • (4) 3 oz. Chicken or turkey breasts, skinned, boned • (4) ½ oz slices Canadian bacon	 • 2 Tbs. Buttermilk • ¼ cup Breadcrumbs • 2 oz Swiss cheese, reduced-fat
Cooking Instructions Preheat oven to 400 degrees; spray baking pan with nonstick coating. Cut a pocket in each breast and tuck in 1 slice Canadian bacon. Dip breast in buttermilk, roll in breadcrumbs, place in baking pan. Bake 25 minutes, or until well done, then top each piece with ½ oz. cheese and return to oven until cheese is melted.	
Other Information 199 calories 3.3 gm fat 313.5 mg sodium 78.9 mg cholesterol 5.5 gm carbohydrates 1 serving = 3 ½ meat/protein, ½ starch	

Chicken Creole

Serves 4

Ingredients

- 1 tsp Olive oil
- 2 cups Onion, chopped
- 1 cups Okra, chopped
- 1 cups Green bell pepper, chopped
- 1 cup Celery, chopped
- 2 tsp. Garlic, minced
- 1 cup Tomato juice
- 24 cups Tomatoes, canned, drained
- 2 medium Bay leaves
- 2 tsp. Paprika
- ½ tsp. Cayenne pepper
- dash each Salt, pepper
- 2 ¼ lb. Chicken breast, boned, skinned, cut into strips

Cooking Instructions

In skillet, heat oil over medium heat. Add onion, okra, green pepper, celery, and garlic; sauté 8-10 minutes. Add remaining ingredients except chicken; simmer 25-30 minutes over low heat. Add chicken and simmer, stirring occasionally, 20-30 minutes until chicken is cooked through. Season to taste.

Other Information

139 calories
1/8 gm fat
358.3 mg sodium
49.3 mg cholesterol
9.3 gm carbohydrates

1 serving = 2 ½ meat/protein, 2 vegetable

Chicken Nuggets with Honey Mustard	Serves 2
Ingredients • 8 oz. Chicken breast halves, skinned & boned • 1 Tbs. Olive oil • 2 cloves Garlic, minced • ½ Cup Breadcrumbs, finely ground	• 1/8 tsp. Cayenne pepper Sauce: • 1 Tbs. Dijon mustard • 1 ½ tsp. Honey
Cooking Instructions Preheat oven to 475 degrees. Cut chicken into 16 pieces. Mix chicken, oil, garlic and ground pepper. Marinate 30 minutes. Combine breadcrumbs and Cayenne pepper on plate. Roll chicken pieces in bread and place on large cookie sheet. Bake 15 minutes. For extra browning, broil a few minutes more. To serve, dip nuggets into honey-mustard sauce.	
Other Information 1 serving = 3 meat/protein, 1 fat, 1 starch	

Chicken Pot Pie

Serves 4

Ingredients

- ½ Cup All-purpose flour
- Pinch Salt
- 2 Tbs. Margarine, well chilled
- 1 Tbs. Ice water
- 1 Cup Chicken broth
- 3 Cups New potatoes, unpeeled, diced
- 1 Cup Onions, chopped
- 2 Cups Mixed vegetables, frozen
- 1 Tbs. Cornstarch
- ½ lb. Chicken breast, boneless, skinless, cooked, cut into large chunks
- 2 Tbs. Parsley, chopped

Cooking Instructions

In bowl, stir together flour and salt. Cut in margarine until mixture resembles coarse cornmeal. Add ice water and stir until dough forms a ball. Cover bowl and set aside. In saucepan, bring broth, potatoes and onions to a boil. Reduce heat, cover and simmer until potatoes are tender. Add mixed vegetables and return mixture to a boil.

In bowl, stir together cornstarch and ¼ Cup cold water until smooth. Add chicken to saucepan; stir in cornstarch mixture. Simmer 1-2 minutes or until sauce thickens. Stir in parsley.

Place chicken mixture in shallow 10” baking dish and set aside. Roll out dough on lightly floured work surface, place on top of chicken mixture and bake at 400 degrees for 15-20 minutes or until pastry is golden.

Other Information

431 calories
8.6 gm fat
469 mg sodium
48 mg cholesterol

1 serving = 1 fat, 2 meat/protein, 3 starch, ½ vegetable

Chicken Stir Fry	Serves 2
Ingredients • 2 Tbs. Chicken broth • 1 Tbs. "Light" soy sauce • 1 tsp. Cornstarch • 2 tsp. Oil	• 1 small Garlic clove • ½ tsp. Grated Gingerroot, or 1 tsp. ground • 8 oz. Chicken, cut into strips • 4 cups Assorted fresh vegetables (your choice)
Cooking Instructions Combine broth, soy sauce and cornstarch and set aside. Heat oil in skillet; add garlic and ginger; cook 1/2 minute, then add slowest cooking vegetables first. When vegetables are crisp, but tender, add meat (skinless) and broth mixture. Cook until bubbly and serve immediately.	
Other Information 1 serving = 3 meat/protein, 1 fat, 2 vegetable	

Citrus Chicken

Serves 4

Ingredients

- (4) 4 oz. chicken breasts

Marinade:

- ¾ cup Orange juice
- 2 Tbs. each Lemon juice, Honey, Worcestershire sauce, Dijon mustard
- 1 Tbs. Orange peel, grated
- 1 tsp. Tarragon, ground

Cooking Instructions

Combine marinade ingredients. Marinate chicken in refrigerator at least two hours. Bake with marinade at 375 degrees for 20 minutes or until done.

Other Information

212 calories
4.8 gm fat
238 mg sodium
0 mg cholesterol

1 serving = ½ fat, 2 meat/protein, 1 starch

Curried Chicken Breast with Rice

Serves 4

Ingredients

- 1 lb. Chicken breast, boneless, skinless
- ¼ Cup all-purpose flour
- ¼ Cup Margarine
- ¼ Cup Green pepper, finely chopped
- 1 clove Garlic, minced
- ¼ Cup Onion, chopped
- 2 tsp. Curry powder
- ½ tsp. Thyme
- 2 Cups Stewed tomatoes
- 3 Tbs. Dried currants
- 2 Cups Cooked brown rice
- 1 Tbs. Sliced almonds

Cooking Instructions

Rinse chicken breasts, dip in flour to coat. In large skillet, sauté chicken in 2 Tbs. margarine until browned. Transfer chicken to baking dish.

Sauté green pepper, garlic and onion in remaining margarine. Add curry powder, thyme and tomatoes. Stir to mix, then pour over chicken. Bake at 350 degrees for 40 minutes. Add currants and bake 5 minutes more.

Serve over hot rice and top with almonds.

Other Information

430 calories
14.8 gm fat
536 mg sodium
65 mg cholesterol

1 serving = 3 meat/protein, 2 starch, 2 vegetable

Lemon Baked Chicken

Serves 2

Ingredients

- 6 oz. Chicken, skinned
- 2 tsp. Margarine
- 1 tsp. Lemon juice
- dash Lemon pepper seasoning

Cooking Instructions

Preheat oven to 350 degrees. Melt margarine in pan; add lemon juice and spices. Place chicken in baking dish, and baste with mixture. Bake uncovered about 30 minutes.

Other Information

1 serving = 2 meat/protein, 1 fat.

Mexican Dinner Pie

Serves 4

Ingredients

- 1 Tbs. Olive oil
- ¾ lb. Turkey, lean, ground
- 1/3 cup Onions, chopped
- 1/3 cup Green onions, thinly sliced
- 2 Tbs. Chili powder
- 1 tsp. Ground cumin
- ¼ cup Water
- 14 oz. jar spaghetti sauce
- 15 oz. can Black beans, drained and rinsed
- 2 large Egg whites
- ¼ cup Milk, 1% or nonfat
- 4 oz. can Green chilies, diced
- 8 ½ oz. package Cornbread mix
- ½ cup Jack cheese, low-fat, shredded

Cooking Instructions

Heat oil in frying pan over medium-high heat. Crumble turkey into pan; add onions, cook and stir until onions are limp, about 3 minutes. Add chili powder and cumin, stir 2-3 minutes. Add water, spaghetti sauce, and beans; bring to a boil. Reduce heat, simmer, uncovered 10-12 minutes, stirring occasionally.

In a bowl, lightly beat together egg whites and milk. Stir in chilies and cornbread mix. Pour turkey mixture into 2 ½-3 quart baking dish and sprinkle with cheese; spread cornbread batter over cheese. Bake, uncovered, 375 degrees until cornbread topping is brown, 25-30 minutes.

Other Information

536 calories
19.4 gm fat
958.8 mg sodium
60 mg cholesterol
61.3 gm carbohydrates

1 serving = 2 fat, 2 ½ meat/protein, 3 ½ starch, 2 vegetable

Mock Fried Chicken

Serves 4

Ingredients

- ¼ Cup 1% or nonfat Milk
- ¼ Cup Yellow cornmeal
- ¼ Cup Dry breadcrumbs
- 2 Tbs. Chopped fresh parsley
- 1/8 tsp. Nutmeg
- ½ tsp. Pepper
- 1 lb. Chicken breasts, boneless, skin removed.

Cooking Instructions

Preheat oven to 400 degrees F. Spray baking sheet with vegetable cooking spray. Pour milk into shallow bowl. Mix dry ingredients in plastic bag. Dip chicken one piece at a time in milk, then coat with cornmeal mixture. Place on prepared baking sheet. Bake, turning pieces once, until cooked through, 30-35 minutes.

Other Information

1 serving = 3 meat/protein, ½ starch, 1 fat

Oven-Fried Chicken

Serves 4

Ingredients

- 1 Tbs. Lemon juice
- 1 Tbs. Water
- 2 cloves Garlic, minced
- 1 lb. Chicken breast, boneless, skinless
- ½ cup Soft whole-wheat breadcrumbs
- 2 Tbs. Cornmeal
- 1 tsp. Paprika
- ½ tsp. Pepper
- 1 tsp. Poultry seasoning

Cooking Instructions

In a shallow bowl, combine lemon juice, water and garlic. Add chicken, turning to coat. Let stand 20 minutes.

In another bowl, mix remaining ingredients. Spray large rimmed baking sheet with nonstick cooking spray. Lift chicken from marinade; let drain briefly. Discard marinade. Turn chicken in crumb mixture to coat and place skinned side up on baking sheet. Bake at 450 degrees until meat is no longer pink; cut to test (about 20 minutes).

Other Information

161 calories
1.8 gm fat
103 mg sodium
65 mg cholesterol

1 serving = ½ bread, 4 meat/protein

Pasta, Chicken and Herbs

Serves 4

Ingredients

- 1 tsp. Olive oil
- 1 ½ cups Mushrooms, sliced
- 1/3 cup Green onion, chopped
- 2 cloves Garlic, minced
- 1 lb. Chicken breasts, skinned, boned, cut into 1" pieces
- ¾ tsp. Dried basil
- ¼ tsp. Pepper
- 2 cups Tomatoes, coarsely chopped
- 4 cups Fettuccine, cooked (about 8 oz. uncooked)
- ½ cup Parmesan cheese, low-fat, grated

Cooking Instructions

Heat oil in nonstick skillet over medium-high heat. Add mushrooms, onion, and garlic; sauté 2 minutes. Add chicken, basil, and pepper; sauté 5 minutes or until chicken is done. Add tomato; sauté 2 minutes. Serve over pasta; sprinkle with cheese.

1 serving = 1 cup chicken mixture, 1 cup pasta, 2 Tbs. cheese.

Other Information

496 calories
16.8 gm fat
317.2 mg sodium
82.4 mg cholesterol
47.8 gm carbohydrates

1 serving = 1 fat, 4 meat/protein, 2 ½ starch, 1 vegetable

Pepper Chicken

Serves 4

Ingredients

- 4 skinless, boneless chicken breasts cut in strips
- 1 each: orange, yellow and red pepper, sliced
- 1 can (14.5 oz) sliced tomatoes with basil and garlic
- 4 Tbs. Olive oil
- 2 Tbs. All-purpose flour

Cooking Instructions

Put flour in a plastic or paper bag with chicken pieces. Close and shake to coat evenly.

Heat 2 tsp. oil in a large nonstick skillet over medium heat. Add chicken and cook, about 6 to 7 minutes, turning to brown evenly. When chicken is golden brown and juices run clean when chicken is pierced, remove to plate.

Put remaining oil in skillet. Add sliced peppers and cook, stirring often, 4 to 5 minutes, until lightly browned and crisp-tender. Stir in tomatoes and chicken and heat 2 minutes.

Other Information

Serve with Brown Rice

Quick Glazed Chicken

Serves 4

Ingredients

- ½ cup Italian dressing, low-fat
- 2 tsp. Ginger
- 1 tsp. White pepper
- 1 ½ lb. Chicken pieces, skinned
- ¼ cup Apricot preserves

Cooking Instructions

In shallow dish blend dressing, ginger, and pepper. Add chicken, turn to coat, marinate in the refrigerator 3-12 hours. Remove Chicken. Reserve ¼ cup marinade and boil 1 minute; stir in preserves until melted. Grill or broil chicken until thoroughly done; brush with preserve mixture during last 5 minutes.

Other Information

253 calories
2.8 gm fat
619.5 mg sodium
98.7 mg cholesterol
15.6 gm carbohydrates

1 serving = 1 fruit, 3 ½ meat/protein

Stir-Fried Chicken	Serves 4
Ingredients • 2 Tbs. oil • 3 Chicken breast halves, skinned and thinly sliced • 1 green pepper, thinly sliced • ½ Cup Celery, sliced diagonally • 1 Cup sliced Water Chestnuts	• 1 2/3 cups (14 ½ oz. can) Chicken Broth • 1/3 Cup Dry white wine or an extra 1/3 cup broth • 2 Tbs. Soy sauce • 1 tsp. Sugar • 2 Tbs. Cornstarch • ¼ Cup Water

COOKING INSTRUCTIONS

Heat oil in heavy skillet or wok. Stir-fry chicken 2 to 3 minutes. Add onion, carrot, pepper and celery. Stir-fry 3 minutes. Stir in water chestnuts, broth, wine and soy sauce. Cook 3 minutes. Blend sugar, cornstarch and water. Add to chicken and stir until thickened. Serve over rice.

Other Information

Total fat: 14 gm
Cholesterol: 62 gm
Carbohydrate: 11 gm
Dietary Fiber: 2 gm
Protein: 23 gm

1 1/2 vegetable, 3 lean meat, 1 fat

Tasty Turkey Tenderloin

Serves 4

Ingredients

- 1 lb. Turkey breast tenderloin, sliced, fat removed
- ½ cup + 2 Tbs. White dry wine OR ½ cup + 2 Tbs. Apple juice
- ¼ cup Raisins
- 2 Tbs. Onion, chopped
- 1 Tbs. Capers, drained (optional)
- 1 tsp. Garlic powder
- ¼ tsp. Cinnamon
- 1 Tbs. Cornstarch

Cooking Instructions

Spray large skillet with nonstick coating. Heat turkey over medium-high heat 1 minute per side or until brown. Remove skillet from heat; remove turkey from skillet.

Slowly add ½ cup wine or juice to skillet, scraping brown bits from bottom of pan. Return skillet to heat; add raisins, onion, capers, garlic powder, and cinnamon, and bring to a boil.

Add turkey, reduce heat, cover, and simmer 2 minutes or until turkey is thoroughly done. Remove turkey from skillet; keep warm.

In small bowl, stir together remaining 2 Tbs. of wine or juice and cornstarch. Stir into liquid in skillet; cook and stir until thickened and bubbly, about 3 minutes. Cook 2 minutes more, stirring constantly. Serve sauce with turkey.

1 serving – ¼ lb. turkey + 2 Tbs. sauce

Other Information

200 calories
6.6 gm fat
128.8 mg sodium
9.6 gm carbohydrates

1 serving = ½ fruit, 3 meat/protein

Turkey Sausage	Serves 4
Ingredients • 1 lb. Turkey breast, skinned, ground • ½ cup Onion, chopped • ½ tsp. Rosemary	 • 2 tsp. Sage • ½ tsp. Freshly ground pepper • ¼ tsp. Garlic powder
Cooking Instructions Combine all ingredients. Form mixture into 8 patties. Place patties in nonstick frying pan. Cook over high heat for 1 minute; turn patties and continue to cook 1 more minute. Reduce heat; cook, turning occasionally, until golden brown and cooked through (about 3 minutes).	
Other Information 64 calories 0.5 gm fat 23 mg sodium 36 mg cholesterol 1 serving = 2 meat/protein	

Fish and Seafood

Broiled Scallop Gratin

Serves 4

Ingredients

- 1/3 cup Lime juice, fresh
- 1 Tbs. Dill
- ¼ cup Parsley, fresh, minced
- ¼ cup Red bell pepper, minced
- ¼ cup Green onions, minced
- 1 ½ Tbs. Chili oil
- 1 tsp. Lemon-pepper seasoning
- 1 ½ lb. Scallops
- ¼ cup Dry breadcrumbs

Cooking Instructions

Combine all ingredients except breadcrumbs; stir well. Divide scallop mixture evenly in 4 oven-proof serving dishes. Place dishes on baking sheet and broil 10 minutes or until scallops are done. Sprinkle with breadcrumbs.

Other Information

235 calories
6.7 gm fat
593 mg sodium
56 mg cholesterol

1 serving = 1 fat, 3 meat/protein, ½ starch, 1 vegetable

Crispy Baked Fillets	Serves 4
Ingredients • 1 lb Fish fillets • ¼ tsp. Herb seasoning • Dash Freshly ground pepper	 • 2 Tbs. Oil • 1/3 cup Corn flake crumbs
Cooking Instructions Preheat oven to 500 degrees. Wash and dry fillets and cut into serving pieces. Season, dip in oil, and coat with corn flake crumbs. Arrange in a single layer in a lightly oiled shallow baking dish. Bake ten minutes without turning or basting.	
Other Information 235 calories 6.7 gm fat 593 mg sodium 56 mg cholesterol 1 serving = 1 fat, 3 meat/protein	

Fish Rolls	Serves 4
Ingredients • (4) oz. Sole or flounder fillets, fresh or frozen • ½ tsp. Lemon-pepper seasoning • 1 small Zucchini	 • 1 small Yellow summer squash • 4 Green onions • dash Paprika
Cooking Instructions Thaw fish fillets, if using frozen fish. Sprinkle with lemon-pepper seasoning. Cut zucchini and yellow squash into thin matchstick pieces about 2 ½" long. Cut green onions into slivers about 2 ½" long. Mix vegetables and divide evenly over centers of fish fillets. Roll fish fillets around vegetables. Place fish rolls, seam side down, in baking dish and sprinkle with paprika. Secure with toothpicks, if necessary. Bake, covered, at 350 degrees for 25 minutes. Uncover and bake 5-10 minutes or until fish flakes when tested with a fork.	
Other Information 214 calories 8.7 gm fat 136 mg sodium 87 mg cholesterol 1 serving = 1 ½ fat, 3 meat/protein, 1 vegetable	

Fish Sticks	Serves 4
Ingredients • 1 lb Cod or other fish, cut into strips • ½ cup Cornmeal	 • 2 Tbs. Canola oil • 1 Lemon, quartered
Cooking Instructions Moisten fish with water then coat with cornmeal. Heat oil in skillet. Sauté fish quickly in oil, turning once. Serve with lemon wedge.	
Other Information 270 calories 7.6 gm fat 367 mg sodium 98 mg cholesterol 1 serving = 3 meat/protein, 1 starch, 1 vegetable	

Grilled Halibut	Serves 6
Ingredients	
• 4 Halibut, haddock or turbot steaks, fresh or frozen (2 lbs.) • ¼ cup Lemon juice • ¼ cup Soy sauce, lite •	• 2 Green onions, finely chopped • ½ tsp. Ginger • ¼ tsp. Onion salt • ¼ tsp. Pepper
Cooking Instructions Place fish in glass dish. Combine remaining ingredients and pour over fish. Cover dish and marinate in refrigerator 1 hour. Spray grid of broiling pan with nonstick coating. Remove fish steaks from marinade and place on grid. Grill about 15 minutes or until fish flakes with fork, basting several times with marinade.	
Other Information 180 calories 3.5 gm fat 510 mg sodium 48 mg cholesterol 1 serving = 3 ½ meat/protein	

Halibut Dijon	Serves 4
Ingredients • 1 lb. Halibut (or other fish) • 3 Tbs. non or low-fat yogurt	 • 1 ½ Tbs. Dijon mustard • ¼ Cup Dry white wine • Dash pepper
Cooking Instructions Combine mustard and yogurt in bowl, set aside. Place fish in baking dish, season with pepper, spread with mustard mixture. Pour wine around fish. Bake uncovered 15 minutes at 400 degrees or until fish flakes with fork.	
Other Information 1 serving = 2 meat/protein	

Mexican Baked Fish

Serves 4

Ingredients

- 1 lb. Flounder fillets or other fish
- 1 Tbs. Vegetable oil
- ¼ Cup Chopped onion
- 3 cloves Garlic, minced
- 16 oz. Canned tomatoes, drained, chopped
- 1 Tbs. Green chilies, chopped
- 1 tsp. Chili powder
- 1/8 tsp. Pepper
- 1 Tbs. Skim milk
- 1 Egg white
- ½ Cup Cornmeal
- 2 oz. Mozzarella cheese, part-skim, shredded (approx. ½ Cup)

Cooking Instructions

Preheat oven to 350 degrees. Sauté onion and garlic in hot oil about 3 minutes. Add tomatoes, chilies, chili powder and pepper; bring to a boil. Reduce heat and simmer 15 minutes. Set aside. Beat egg white and milk. Place corn meal on waxed paper. Dip fillets in egg mixture then coat in cornmeal. Place fish single layer in baking dish. Pour tomato mixture over fish, sprinkle with cheese. Bake uncovered 20 minutes or until fish flakes easily.

Other Information

1 serving = 3 meat/protein, 1 starch, 1 vegetable

Oriental Halibut Steaks	Serves 4
Ingredients • ¼ cup Orange juice concentrate • 3 Tbs. Water • 2 Tbs. Catsup • 1 Tbs. Soy sauce • 2 Tbs. Rice vinegar	• 2 tsp. Sesame oil • 2 Tbs. Brown sugar, packed • 1 ½ lb. Halibut steaks, ¾ - 1 inch thick • Nonstick vegetable spray • 1 ½ Tbs. Toasted sesame seeds (bake on a cookie sheet at 350 degrees for about 10 minutes.
Cooking Instructions Thoroughly combine orange juice concentrate, water, catsup, soy sauce, vinegar, sesame oil, and brown sugar. Pour over fish. Marinate fish in the refrigerator for 2-3 hours, turning several times and spooning the sauce on top. Preheat broiler. Coat broiler pan rack with nonstick spray. Broil fish about 6 inches from heating element for 4-5 minutes per side. (Baste fish with marinade before turning.) Divide fish into four servings; sprinkle with sesame seeds.	
Other Information 1 serving = 4 meat/protein, 1 starch, 1 fat	

Quick Tuna Casserole

Serves 4

Ingredients

- ½ cup each Onion, celery, chopped
- 2 tsp. Olive oil
- 1 ½ cup Chicken broth
- ¾ cup Brown rice
- ½ cup Green pepper, chopped
- ½ cup Carrot, shredded
- ½ tsp. dill weed
- ½ tsp. Dried thyme, crushed
- 61/2 oz. can Tuna, water-packed, drained
- 1 cup Tomato, chopped

Cooking Instructions

In nonstick saucepan, sauté onion and celery in oil till tender. Stir in broth, rice, green pepper, carrot, dill and thyme. Bring to boil; reduce heat. Cover and simmer 20 minutes. Remove from heat. Stir tuna and tomato into rice mixture. Cover and let stand 5 minutes or till rice has absorbed all the liquid and tuna is heated through. Serve immediately.

HINT: Reduce sodium by using low-sodium broth.

Other Information

255 calories
4.1 gm fat
482 mg sodium
8 mg cholesterol

1 serving = 2 meat/protein, 1 ½ starch, 1 vegetable

Red Pepper Fish Roast	Serves 4
Ingredients • (4) 1/3 lb. Fish fillets, white fish (cod, Pollack, halibut) • 1 tsp. Pepper • 2 cloves Garlic, minced	 • 12 oz. jar Red bell peppers, roasted, not in oil • 2 tsp. Olive oil
Cooking Instructions Preheat oven to 450 degrees. Season fish with pepper. Add lemon juice and 1 tsp. oil to red peppers and then puree. Spray large oven-proof skillet with nonstick coating. Add 1 tsp. oil and garlic; sauté fish in skillet for 1 minute, turning to cook both sides. Transfer skillet to hot oven and cook 12 minutes per inch of thickness of fish. Fish is done when it flakes easily. Heat puree mixture; keep warm. When fish is done, remove from oven and pour any juices that have gathered around fish into the sauce; mix. To serve, place 1/3 cup sauce on each plate and place fish on top.	
Other Information 320 calories 14.4 gm fat 410.5 mg sodium 119 mg cholesterol 6.7 gm carbohydrates 1 serving = 2 fat, 4 meat/protein, 1 vegetable	

Scallops with Garlic and Dill	Serves 4
Ingredients • 6 oz. Bay scallops • ¼ Cup low-salt chicken broth • 1 tsp. Olive oil	 • ¼ Cup Dry white wine • 1 Tbs. Fresh dill OR ½ tsp. dried dill • 2 cloves Garlic, minced
Cooking Instructions Rinse scallops and pat dry. Heat 1 Tbs. chicken broth in a nonstick frying pan. Add scallops and cook briefly over medium-low heat until scallops turn pink. Remove scallops from pan. Add oil to pan, heat. Add garlic and cook 30 seconds until brown. Add wine and remaining broth. Boil until liquid is reduced by half. Return scallops to pan, add dill. Stir and cook 2-3 minutes longer.	
Other Information 1 serving = 3 meat/protein, 1 fat	

Tuna Noodle Casserole	Serves 4

Ingredients

- 2 cups cooked Egg noodles
- ½ cup each Celery, onion, chopped
- 1 clove Garlic, minced
- 10-3/4 oz can Condensed Cream of Mushroom soup (reduced sodium)
- ¾ cup Milk, nonfat
- (2) 6 oz cans Tuna, water-packed, drained, flaked
- 2 oz. Pimento, chopped
- 1 cup Frozen peas, thawed
- 2 Tbs. Parmesan cheese, grated

Cooking Instructions

Combine noodles, celery, onion, garlic, soup and milk, Fold in tuna, pimento and peas. Place in 2-quart casserole. Cover and bake in 375 degree oven for 45 minutes or until hot and bubbly. Sprinkle with cheese.

Other Information

338 calories
6.0 gm fat
656 mg sodium
46 mg cholesterol

1 serving = 3 meat/protein, 2 starch

Vera Cruz-Style Fish

Serves 4

Ingredients

- ½ cup each: Green & red bell pepper, chopped
- 1 cup Tomato, chopped
- 1 cup Onion, chopped
- 3 cloves Garlic, minced
- ¼ cup Water
- 4 oz. can diced Green chilies
- 1/3 cup Pimento-stuffed green olives, sliced
- 3 Tbs. Lime juice
- ½ tsp. Ground cinnamon
- ¼ tsp. White pepper
- 1 lb. Snapper, mahi mahi, or other fish fillets
- 1 Tbs. Capers, drained
- Lime wedges

Cooking Instructions

In nonstick frying pan, sauté bell peppers, tomato, onion and garlic in water, stirring often until vegetables are tender-crisp (3-5 minutes). Add chilies, olives, lime juice, cinnamon and white pepper; bring mixture to a boil. Boil, stirring until sauce is slightly thickened.

Rinse fish, pat dry. Place in lightly greased 9x13" baking dish. Pour sauce over fish. Bake at 350 degrees until fish is just opaque, but still moist (10-15 minutes). Sprinkle with capers; serve with lime wedge.

Other Information

183 calories
4.2 gm fat
957 mg sodium
42 mg cholesterol

1 serving = 3 meat/protein, 2 vegetable

Zesty Prawns	Serves 4
Ingredients • 2 lbs. medium Prawns, clean, peeled, de-veined • 2 Tbs. Olive oil • 4 cloves Garlic, minced • ½ cup Green onions, minced	 • 1 cup Tomatoes, chopped • ¼ cup Lime juice, freshly squeezed • ¼ cup Cilantro, fresh, chopped • to taste: Pepper, coarsely ground • to taste: Tabasco or other hot sauce
Cooking Instructions Clean and prepare prawns. In large saucepan sauté garlic, green onions, and tomatoes; add prawns and lime juice. Cook until prawns turn pink. Add cilantro; add pepper and hot sauce to taste.	
Other Information 307 calories 9.5 gm fat 648.4 mg sodium 442.3 mg cholesterol 5.6 gm carbohydrates 1 serving = 1 fat, 4 ½ meat/protein, ½ vegetable	

Meatless Main Dishes

Basil Sauce Fettuccini	Serves 4
Ingredients • 10 ½ oz. Tofu, silken soft, drained • 1 tsp. Onion powder • 1/8 tsp. Chili powder • ¼ tsp. White pepper • 1 Tbs. Basil, fresh, chopped • 1 Tbs. Olive oil	 • 2 cloves Garlic, minced • ¾ cup Parmesan cheese, low-fat, grated • 2 Tbs. Milk, 1% or nonfat • 4 cups Spinach pasta, cooked, heated • 1 Tbs. Parsley, fresh, chopped
Cooking Instructions In food processor or blender, blend tofu until smooth; add onion powder, chili powder, pepper, and basil. In nonstick skillet, heat oil over medium heat; add garlic and sauté 1 minute. Turn heat to low; add tofu mixture, stir in Parmesan cheese, and cook 2-3 minutes, stirring constantly until cheese melts. Add milk; stir to blend and to thin sauce. Serve over hot pasta; top with parsley. 1 serving = ¼ cup sauce of 1 cup pasta	
Other Information 353 calories 11.5 gm fat 4223.3 mg sodium 15 mg cholesterol 41 gm carbohydrates 1 serving = 1 fat, 1 meat/protein, 3 starch	

Eastern Vegetable Curry	Serves 4
Ingredients • ½ Medium Onion, chopped • 1 clove Garlic • 12 oz. Tofu, cubed • 1 Medium Apple, cubed • 3 Cloves • ½ Stick Cinnamon (optional)	 • ½ tsp. Curry powder • ½ Cup Green pepper strips • ½ cup Mushrooms • ½ Cup Chicken stock or water • 2 Tbs. Raisins • ½ Tbs. Cornstarch
Cooking Instructions Sauté first 6 ingredients until onion and tofu start to brown. Add remaining ingredients (except cornstarch) and simmer 10 minutes. Dissolve cornstarch in 2 Tbs. water. Add to mixture. Cook until thickened.	
Other Information 1 serving = 2 meat/protein, ½ starch, 1 fruit	

Mexican Eggs

Serves 2

Ingredients

- ½ cup each diced Onion, green bell pepper, and tomato
- 1 Tbs. chopped fresh Cilantro
- 1 ½ tsp. Lime juice OR lemon juice
- ½ small Jalapeno pepper, seeded and minced
- ¼ tsp. Salt
- dash Pepper
- 3 eggs
- 1 Tbs. each Half-and half (blend of milk and cream) and whipped cream cheese
- ½ Garlic clove, minced
- 1 tsp. each margarine and olive OR vegetable oil
- 1 oz. Monterey Jack OR Cheddar cheese, shredded
- 2 tsp. sour cream

Cooking Instructions

In blender container combine ¼ cup each onion, bell pepper, and tomato, 1 ½ tsp. cilantro, the lime juice, half the jalapeno pepper, and the salt and pepper; using an on-off motion, process until finely chopped. Set aside.

In medium mixing bowl, using electric mixer at medium speed, beat together eggs, half-and-half, and cream cheese until blended; stir in garlic and remaining onion, bell pepper, tomato, cilantro, and jalapeno pepper.

In 8-inch nonstick skillet heat margarine and oil together until margarine is bubbly and mixture is hot; pour in egg mixture and sprinkle with cheese. Cook, stirring frequently with a wooden spoon to allow uncooked portions to flow to bottom of pan, until egg is set and forms large, soft curds. Transfer egg mixture to serving platter; top with chopped vegetable mixture and sour cream.

Other Information

276 calories
21 gm fat
545 mg sodium
433 mg cholesterol
9 gm carbohydrates

1 serving = 1 fat, 2 meat/protein, 1 ½ vegetable

Mini Swiss Quiche

Serves 4

Ingredients

- 2 tsp. Canola oil
- 1 medium Onion, finely chopped
- ½ medium Green bell pepper, chopped
- ½ medium Red bell pepper, chopped
- 1 ½ cup Broccoli florets and stems, chopped
- 1 Egg
- 3 Egg whites
- 1/3 cup Cottage cheese, low-fat, 2%
- 2 oz. Swiss cheese, low-fat, shredded
- 2 Tbs. Salsa

Cooking Instructions

Preheat oven to 375 degrees. Spray four 3" custard cups with nonstick cooking spray and place on cookie sheet. Preheat large nonstick skillet over medium-high heat 30 seconds; add oil and heat 30 seconds more. Add onion and peppers; cook 3 minutes stirring constantly. Stir in broccoli and ¼ cup water; cook 6-8 minutes until broccoli is almost tender, stirring occasionally, adding a little water if mixture begins to stick. Remove from heat; cool. In large bowl, beat egg and egg whites until frothy; stir in cottage cheese, Swiss cheese and salsa. Add broccoli mixture; stir to combine. Divide into custard cups and bake until firm, about 20-25 minutes.

Other Information

128 calories
5 gm fat
260 mg sodium
54 mg cholesterol

1 serving = 1 serving = 1 ½ meat/protein, 1 vegetable

Mushroom Omelet	Serves 4
Ingredients • 1 tsp. Olive oil • ½ cup Onion, chopped • 1 cup Mushrooms, sliced • 4 Eggs	 • 4 Egg whites • 3 Tbs. Water • 2 Tbs. Mozzarella cheese, grated
Cooking Instructions In large nonstick fry pan sauté onion and mushrooms in oil. In bowl, beat together eggs,egg whites, and water. Pour over mushroom mixture and sprinkle with cheese, Reduce heat, cover, and cook until egg is firm (about 2 minutes).	
Other Information 133 calories 7.3 gm fat 153 mg sodium 216 mg cholesterol 1 serving = 1 ½ meat/protein, ½ vegetable	

Spinach and sun-dried Tomato Frittata

Serves 4

Ingredients

- 1 ½ oz. Sun-dried tomatoes, packed without oil (about 20)
- 4 cups Spinach, fresh, torn
- 2 tsp. Olive oil
- 1 cup Mushrooms, sliced
- 2 cloves Garlic, minced
- ¼ cup Parsley, fresh, chopped
- 1 Tbs. Breadcrumbs, Italian-seasoned
- ½ tsp. Pepper
- 2 cups Egg substitute
- 4 Tbs. Sour cream, nonfat

Cooking Instructions

Place dried tomatoes in a bowl containing 1 ½ cups boiling water; let stand 30 minutes. Drain; cut each tomato in half.

Spray medium skillet with nonstick coating, cook spinach over medium heat 3 minutes or until wilted, stirring constantly. Remove spinach from skillet and press between paper towels until barely moist.

Add oil to skillet and sauté mushrooms and garlic over medium-high heat 4 minutes or until lightly browned. Add tomatoes, spinach, parsley, and remaining ingredients except sour cream; stirring well.

Cover, reduce heat to medium-low, and cook 15 minutes or until set. Cut into 4 wedges; serve, topped with 1 Tbs. sour cream per serving.

Other Information

190 calories
7.5 gm fat
468 mg sodium
0 mg cholesterol
15.5 gm carbohydrates

1 serving = 1 fat, 2 meat/protein, 2 vegetable

Rice and Pasta

Black Beans with Pasta	Serves 4
Ingredients • 8 oz. Pasta, radiatore or other, dry • 2 Tbs. Olive oil • 2 cloves Garlic, minced • 15 oz. can Black beans,, rinsed, drained • 1 lb. Roma tomatoes, chopped	• ½ Cup Mushrooms, sliced • 2 tsp. Dried basil • ½ Cup Parsley, chopped • ¼ tsp. Ground pepper • ¼ Cup Parmesan, freshly grated
Cooking Instructions Cook pasta according to package directions. In frying pan, sauté garlic in oil. Add black beans, tomatoes, mushrooms and basil. Cook, stirring until heated and tomatoes begin to soften (about 3 minutes). Remove from heat. Drain pasta and place in bowl; add black bean mixture and parsley and mix well. Garnish with pepper and cheese.	
Other Information 471 calories 10.5 fat 135 mg sodium 5 mg cholesterol 1 serving = 1 fat, 1 meat/protein, 4 starch, 1 vegetable	

Garlicky Rice	Serves 6

Ingredients

- 2 Tbs. Olive oil
- 2 cups Brown rice, uncooked
- 3 cloves Garlic, minced
- (2) 13 ¾ oz. cans Vegetable broth
- 4 Tbs. Green onions, thinly sliced
- 2 tsp. Lemon zest (rind)

Cooking Instructions

Heat oil in large skillet over medium-high heat. Add rice and sauté 1 minute; add garlic and sauté 2 minutes. Stir in broth and 1 ½ cup water and bring to a boil. Cover, reduce heat, and cook over medium-low heat 45 minutes or until liquid is absorbed. Spoon into a bowl, fluff with a fork, top with green onions and lemon zest.

Other Information

212 calories
5.2 gm fat
433.6 mg sodium
0 mg cholesterol
37.7 gm carbohydrates

1 serving = 1 fat, 2 starch

Macaroni & Cheese

Serves 4

Ingredients

- 1 ½ cups Soft breadcrumbs
- 1 tsp. Olive oil
- 2 cloves Garlic, minced
- 2 cups Cottage cheese, nonfat
- 1 ½ cup Milk, nonfat
- 1 ½ Tbs. all-purpose flour
- 8 oz. Elbow macaroni, dry
- 1 ½ cup Cheddar cheese, low-fat, grated
- ¼ tsp. ground White Pepper

Cooking Instructions

Combine crumbs, 1 Tbs. water, oil and garlic in nonstick frying pan. Cook, stirring, until crumbs are crisp (8-10 minutes). Remove pan; set aside.

Combine cottage cheese and ½ cup milk in blender or food processor. Blend until smooth; set aside.

In small bowl, whisk flour and ¼ cup milk until smooth; set aside.

Cook pasta according to package directions; drain. In large saucepan, heat remaining milk until steaming; do not boil. Add flour mixture, whisking until smooth. Cook, stirring often, until mixture begins to thicken. Remove from heat and stir in cottage cheese mixture and cheddar cheese. Add pasta to cheese mixture and mix thoroughly. Season with pepper.

Spoon into 2 quart casserole dish. Cover tightly and bake at 350 degrees for 20 minutes. Uncover, sprinkle with crumbs, continue baking until mixture is browned and bubbling (about 20 minutes).

Other Information

496 calories
10.1 gm fat
926 mg sodium
30 mg cholesterol

1 serving = 3 meat/protein, 3 ½ starch

Quick Pasta Primavera

Serves 4

Ingredients

- 12 oz. pkg. Mixed vegetables, frozen
- 2 cloves Garlic, minced
- 1 Tbs. Olive oil
- 1 medium Tomato, diced
- ½ cup Mushrooms, fresh, sliced
- ½ tsp. Black pepper
- 12 oz. Spaghetti or linguine noodles, cooked
- 1 tsp. Margarine
- 1 Tbs. All-purpose flour
- 1 cup Milk, nonfat
- ½ cup Chicken broth, fat-free
- ¼ cup Parmesan cheese, grated
- 1 tsp. Dried basil

Cooking Instructions

Steam or blanch vegetables and keep warm. Heat olive oil in skillet; sauté garlic in oil 1 minute, but do not brown. Add tomatoes, mushrooms and pepper, and cook 4 minutes. Add this mixture to vegetables, tossing gently.

To prepare sauce: Melt margarine in small, heavy saucepan; add flour, whisking over medium-low heat 1 minute. Gradually add milk and broth, stirring constantly until sauce thickens slightly. Stir in Parmesan cheese and basil; heat sauce over medium-low heat, stirring until cheese is melted. Pour sauce over vegetable mixture and toss gently to coat. Place cooked pasta in large serving bowl or platter. Spread vegetable and sauce mixture over pasta, toss gently and serve.

Other Information

286 calories
7.6 gm fat
258 mg sodium
6 mg cholesterol

1 serving = 2 meat/protein, 2 starch, 1 vegetable

Red Beans and Rice	Serves 4
Ingredients • 2 cups Water • ½ tsp. Salt • 1 cup Rice, uncooked • ½ small Onion, chopped	 • 16 oz. can Kidney beans, drained • 1 Tbs. Dried chili pepper • 1/8 tsp. Black pepper
Cooking Instructions Boil water; add salt, rice and chopped onion. Turn heat to low, cover pan and cook until rice is tender, about 25-30 minutes. Stir beans into rice. Sprinkle with pepper.	
Other Information 359 calories 2.9 gm fat 274 mg sodium 0 mg cholesterol 1 serving = ½ fat, 1 meat/protein, 3 starch, 1 vegetable	

Seafood Pasta	Serves 4
Ingredients • 2 Tbs. Olive oil • ¼ cup Green onions, finely chopped • ½ cup White wine • 1 cup tomatoes, chopped • ¼ tsp. Dried thyme • ½ tsp. Dried basil	 • 1 lb. Fish (halibut), cut into 1" cubes • 1 tsp. lemon peel, grated • 2 Tbs. Lemon juice • ¼ cup Parsley, fresh, minced • 1 lb. Pasta (linguini), cooked
Cooking Instructions Heat olive oil in nonstick saucepan, add green onions and sauté, stirring constantly, until wilted. Add wine; cook 1 minute. Stir in tomatoes, thyme, basil, and fish; cook over medium heat 7-8 minutes or until fish is opaque. Add lemon rind, lemon juice, and parsley. Toss with hot pasta.	
Other Information 385 calories 10 gm fat 71.4 mg sodium 36.3 mg cholesterol 37 gm carbohydrates 1 serving = 1 fat, 3 meat/protein, 2 starch, 1 vegetable	

Spinach Manicotti

Serves 6

Ingredients

- 2 Tbs. Olive oil
- 1 cup Onion, chopped
- 1 ½ cups Celery, chopped
- 3 cloves Garlic, minced
- 1 tsp. each Oregano, basil, thyme
- (2) 15 oz. cans Tomato puree
- 2 cups Water
- 1 lb. Soft tofu, drained, rinsed
- 10 oz. pkg. Frozen chopped spinach, thawed, squeezed dry
- 12 Manicotti tubes, dry
- 1 cup Mozzarella cheese, part-skim, shredded

Cooking Instructions

In large nonstick fry pan, sauté onion, celery, garlic, basil, thyme, oregano in oil. Cook, stirring often, until onion is soft. Add tomato puree and water. Bring to a boil; reduce heat, cover, simmer 25 minutes, stirring often.

Meanwhile, mix tofu and spinach in a bowl and blend well. Evenly stuff dry manicotti with mixture. Spread half the tomato sauce in 9x13" baking pan. Set manicotti in sauce; top with remaining sauce.

Cover and bake in 375 degree oven until pasta is tender (about 50 minutes). Sprinkle with mozzarella cheese.

Other Information

340 calories
12.0 gm fat
741 mg sodium
11 mg cholesterol

1 serving = 1 fat, 1 ½ meat/protein, 1 starch, 4 vegetable

Spinach Stuffed Shells	Serves 4
Ingredients • 1 10-oz. package Frozen chopped spinach, thawed and well drained • ½ Cup Ricotta cheese, low-fat • 2 oz. Mozzarella cheese, part-skim, shredded (about ½ Cup) • 1 Egg white, lightly beaten	 • 1 Tbs. Parmesan cheese, grated • 1/8 tsp. each Nutmeg, pepper • 4 oz. Jumbo pasta shells (16) • 2 Cups Marinara Sauce (Page 175)
Cooking Instructions Prepare Marinara Sauce. Preheat oven 350 degrees. Cook pasta shells according to label, omitting salt. Mix remaining ingredients. Fill each shell with mix (about 1 Tbs/shell) and place in baking dish lined with sauce. Pour sauce over shells. Bake 20-30 minutes.	
Other Information 1 serving = 2 meat/protein, 2 breads, 1 1/2 vegetable, 1/2 fat	

Vegetable Rice Casserole

Serves 4

Ingredients

- ¼ cup Onion, chopped
- 2 tsp. Olive oil
- 10 oz. pkg. Broccoli, chopped, cooked
- 10 oz. pkg. Cauliflower florets, cooked
- 2 cups Rice, cooked
- 10 ¾ oz. can Cream of Celery Soup, low-fat
- ½ cup Milk, 1% or nonfat
- 1 cup Cheddar cheese, low-fat, sharp, shredded
- 2 tsp. Pepper
- ¼ tsp. Cayenne pepper
- 2 Tbs. Parmesan cheese, low-fat

Cooking Instructions

Sauté onion in olive oil. Combine all ingredients except Parmesan cheese and place in a casserole dish sprayed with nonstick coating. Sprinkle with Parmesan cheese, cover and bake at 350 degrees for 30 minutes.

Other Information

265 calories
7.6 gm fat
421 mg sodium
10.5 mg cholesterol

1 serving = 1 fat, 1 meat/protein, 1 starch, 3 vegetable

Vegetables

Crispy Onion Rings	Serves 4
Ingredients • 2 large Sweet onions • 7 oz. Corn flakes, crushed • 1 tsp. Seasoning salt	 • 2 tsp. Sugar • 1 tsp. Paprika • 1 cup Egg substitute
Cooking Instructions Cut each onion into 4 thick slices; separate into rings. Combine cereal and next 3 ingredients. Beat egg substitute with an electric mixer until soft peaks form. Dip onion rings in egg substitute, then crumb mixture. Place onion rings in single layer on baking sheet sprayed with nonstick cooking spray. Bake at 375 degrees for 15 minutes or until crisp; serve warm. HINT: To reduce sodium, use “No Added Salt” herb blend in place of seasoning salt.	
Other Information 277 calories 2.5 gm fat 908 mg sodium 1 mg cholesterol 1 serving = ½ fat, 3 starch, 1 vegetable	

Ham and Cheese Stuffed Potato	Serves 4
Ingredients • 4 small Baking potatoes • ½ Cup 1% or nonfat milk, warmed • 1 Cup part-skim Ricotta • 2 cloves Garlic (small), crushed	 • 1/8 tsp. Black pepper • 2 Cups chopped cooked Broccoli or Spinach • 3 oz. cooked Turkey Ham, cut in small pieces
Cooking Instructions Bake potatoes. Cut in half lengthwise. Scoop out pulp. In a medium bowl, mash potato pulp with warm milk. Combine with ricotta, garlic, pepper, broccoli (or spinach), ham pieces and 2 Tbs. parmesan cheese. Stuff potato mixture into skins. Sprinkle with remaining cheese. Place potatoes in pan and bake in a preheated 350 degrees oven for 20 minutes.	
Other Information 1 serving = 2 meat/protein, 1 starch, 1 fat	

Oven Baked Fries	Serves 4
Ingredients • 1 lb. Russet potatoes • ¼ tsp. Cumin	 • ¼ tsp. Chili con carne seasoning • 1/8 tsp. Paprika
Cooking Instructions Scrub potatoes, but do not peel. Cut each into 4 to 8 wedges. Spray shallow-rimmed baking pan with nonstick spray. Place potatoes in pan skin side down, single layer; spray with cooking spray. Mix seasonings; sprinkle over potatoes. Bake, uncovered, at 400 degrees until potatoes are brown and tender when pierced (about 1 hour).	
Other Information 124 calories 0.1 gm fat 9 mg sodium 0 mg cholesterol 1 serving = 2 starch	

Quick Potato with Marinara Topping	1
Ingredients • 1 small Potato, baked • ¼ lb. Ground beef, extra lean • 2 Tbs. Onion, chopped • 2 Tbs. Green bell pepper, chopped	 • ¼ cup Marinara Sauce (Page 175) • ¼ tsp. Italian herb seasoning • 3 Tbs. Mozzarella cheese, low-fat, grated
Cooking Instructions Cut baked potato in half; flake center with a fork. Brown meat, onion, and green pepper in nonstick pan; add marinara sauce and Italian seasoning, cook thoroughly. Spoon mixture over potato halves and top with grated cheese.	
Other Information 321 calories 11 gm fat 581.6 mg sodium 100 mg cholesterol 24.7 gm carbohydrates 1 serving = 1 ½ fat, 4 meat/protein, 1 starch, ½ vegetable	

Roast Potatoes	Serves 4
Ingredients • 1 Tbs. Olive oil • 1 clove Garlic, crushed • ¼ tsp. Salt	 • ¼ tsp. freshly ground Pepper • 1 ½ lbs. small new Red potatoes, scrubbed and quartered • 1 Tbs. fresh Parsley, chopped
Cooking Instructions Preheat oven to 425 degrees. Mix oil, garlic, salt and pepper in 9=inch square baking dish. Add potatoes and turn to coat with oil. Bake until tender and browned, 30-35 minutes. Sprinkle with parsley.	
Other Information 1 serving = 1 Starch	

Stir-Fried Zucchini and Carrots	Serves 4
Ingredients • 1 Tbs. Vegetable oil • 3 medium Carrots, sliced julienne-style • 3 medium Zucchini, sliced julienne-style • 1 small Onion, sliced	 • 2 Tbs. Honey • 1 ½ tsp. Lemon juice • ½ tsp. grated Lemon peel • Salt and pepper to taste
Cooking Instructions Add oil to hot skillet. Add carrots, zucchini and onion and stir-fry until vegetables are crisp-tender. Stir in remaining ingredients and cook one minute longer.	
Other Information 1 serving = 1 vegetable	

Stuffed Potatoes

Serves 8

Ingredients

- 4 (8 oz.) Baking potatoes
- 1 Tbs. Olive oil
- 1 Cup Leek, chopped
- 1 Cup Green onion, chopped
- 3 cloves Garlic, minced
- 1 Cup frozen Corn, thawed, drained
- ½ cup Cottage cheese, 1%
- ½ Cup Sour cream, nonfat
- ½ tsp. Salt
- ¼ tsp. Paprika

Cooking Instructions

Preheat oven to 375 degrees. Wrap potatoes in foil; bake 1 hour or until tender. Heat oil in skillet over medium-high heat. Add leek, green onion, and garlic; sauté 4 minutes or until tender. Slice potatoes lengthwise; scoop out pulp leaving 1/4" thick shell. Combine potato pulp, onion mixture, corn, and remaining ingredients in a bowl. Stuff shells with potato mixture. Place on baking sheet, bake 10 minutes or until thoroughly heated.

Other Information

223.2 mg sodium
24.8 gm carbohydrates
2 gm fat
1 mg cholesterol

1 serving = 1/2 fat, 1/2 meat/protein, 1 starch

Stuffed Winter Squash

Serves 4

Ingredients

- 2 medium Squash, acorn (about 1 ¼ lb ea) OR 2 small squash, butternut
- 1 Tbs. Vegetable oil
- 3 cups Apples, preferably tart, peeled, chopped
- ½ cup Onion, chopped
- 2 cups Cottage cheese, low-fat
- ¾ cup Cheddar, Gouda or Swiss cheese, grated
- ¼ cup Lemon juice
- 2 Tbs. Raisins
- 2 Tbs. Walnuts, chopped
- ¼ tsp. Cinnamon
- ¼ tsp. Nutmeg
- ¼ Cup Toasted bulgur or Wheat Germ

Cooking Instructions

Cut squashes in half lengthwise, scoop out and discard seeds and strings, and place cut side down in baking pan sprayed with nonstick coating. Bake at 350 degrees for 30 minutes or until squashes are tender. Heat oil in small skillet; sauté apples and onions 5 minutes or until onion is translucent. In large bowl, combine apple-onion mixture with cottage cheese, grated cheese, lemon juice, raisins, walnuts and cinnamon; fill baked squashes with this stuffing and sprinkle with nutmeg. Place squashes on baking sheet or shallow pan, cover with foil and bake at 350 degrees for 20 minutes.

Other Information

297 calories
8 gm fat
555 mg sodium
14 mg cholesterol

1 serving = 2 meat/protein, ½ milk, 1 starch, 1 vegetable

Vegetable Kebabs

Serves 3

Ingredients

- 12 small Button mushrooms, wiped
- ½ lb. Tofu, firm, cut into ½" cubes
- 1 small Red bell pepper, seeded, cut into 1/2"x1" strips
- 1 small Green bell pepper, seeded, cut into ½"x1" strips
- 3 small Zucchini (about ¾ lb), cut into slices ½" thick
- 12 Cherry tomatoes
- 6 Kebab skewers, bamboo or metal

Marinade:

- 2 Tbs. Canola oil
- 2 Tbs. Sesame oil
- 1 Tbs. Dijon mustard
- ½ tsp. Garlic powder
- ½ tsp. Ground ginger
- 1 Tbs. Honey
- ½ Cup soy sauce, lite, low-sodium

Cooking Instructions

Mix marinade ingredients; pour in dish large enough to hold vegetable kebabs. Thread vegetables on skewers; divide evenly for 6 kebabs. Place in marinade and marinate one hour or more, turning occasionally to coat all vegetables. Barbecue 10-15 minutes or until tender.

1 serving = 2 vegetable skewers.

Other Information

353 calories
26 gm fat
300.5 mg sodium
0 mg cholesterol
21 gm carbohydrates

1 serving = 3 fat, 2 meat/protein, ½ starch, 3 vegetable

Zesty Broccoli Florets	Serves 4
Ingredients • 10 oz. pkg. Broccoli florets • 2 tsp. Water • 2 tsp. Orange juice concentrate, frozen	 • 1 tsp. Oil • ¼ tsp. Sesame seeds, toasted
Cooking Instructions Cook broccoli florets according to package directions; drain. In a small saucepan, combine remaining ingredients; cook and stir over low heat. To serve, toss orange juice mixture with broccoli florets.	
Other Information 56 calories 3.6 gm fat 17.4 mg sodium 0 mg cholesterol 5 gm carbohydrates 1 serving = ½ fat, 1 vegetable	

Zucchini with Tomatoes

Serves 4

Ingredients

- 1 Tbs. Olive oil
- 2 cloves Garlic, minced
- 1 medium Tomato chopped
- 1 ½ lb. Zucchini squash, chopped
- 2 Tbs. Parsley, fresh, chopped
- dash each Salt, pepper
- 2 Tbs. Breadcrumbs, Italian style

Cooking Instructions

Heat oil in nonstick skillet and lightly sauté garlic. Add chopped tomato; cook, stirring often, for 5 minutes. Blanch zucchini 3 minutes in boiling water; drain well. Add cooked zucchini and parsley to skillet; season with salt and pepper. When heated through, transfer to serving dish and sprinkle with breadcrumbs.

Other Information

77 calories
3.9 gm fat
63 mg sodium
0 mg cholesterol
9.5 gm carbohydrates

1 serving = 1 fat, ½ starch

Soups and Stews

Autumn Lentil soup	Serves 4
Ingredients • 1 Tbs. Olive oil • ½ cup Onion, finely chopped • ½ cup Carrot, finely chopped • ½ cup Celery, finely chopped • 5 cups Vegetable broth • 2 cups Lentils, red or green	 • 4 cups Acorn squash, halved, seeded, peeled, cut in 1" chunks • 1 tsp. Dried thyme • ½ cup Dry sherry • to taste: Salt, pepper
Cooking Instructions Heat oil over medium heat in large stockpot. Add onion, carrot, and celery, and sauté 7-8 minutes. Vegetables should be soft, but not browned. Add 4 cups broth and lentils. Bring to a boil, cover, lower heat, and simmer 1 hour. Add squash, thyme, and sherry, and simmer until squash and lentils are thoroughly cooked (about 30-45 minutes.) Add remaining broth if soup seems too thick. Season to taste.	
Other Information 167 calories 2 gm fat 607 mg sodium 28.2 gm carbohydrates 0 mg cholesterol 1 serving = 2 starch, 1 vegetable	

Beef & Mushroom Barley Soup	Serves 4

Ingredients

- ½ lb. Lean, bottom round steak, cut into bite-size pieces
- 2 cups Beef broth
- 2 cups Water
- 1 cup Onions, chopped
- ½ cup Barley
- ½ tsp. each Basil, thyme
- ½ cup each Carrots, celery, sliced
- ½ lb. Mushrooms, fresh, sliced

Cooking Instructions

In large saucepan, brown meat over medium heat. Add broth, water, onion, garlic, barley, basil and thyme. Bring to a boil. Reduce heat, cover, let simmer 1 hour. Add carrots, celery and mushrooms to soup. Cover and simmer 30 minutes longer.

Other Information

233 calories
4.9 gm fat
436 mg sodium
41 mg cholesterol

1 serving = 2 meat/protein, 1 starch, 1 vegetable

Broccoli Cheese Soup

Serves 4

Ingredients

- 1 lb. Broccoli, chopped
- ½ lb. Potato, diced
- 1 cup Onion, chopped
- 1 Carrot, grated
- 1 clove Garlic, minced
- 1 ½ cup Vegetable broth
- 2 cups Nonfat milk
- ¼ cup flour
- ½ tsp each Tarragon, thyme, oregano
- ¼ tsp. Black pepper
- 4 oz. Low-fat Monterey jack cheese, shredded
- ½ cup Red bell pepper, minced

Cooking Instructions

In large saucepan, combine broccoli, potato, onion, carrot, garlic and broth. Cover; bring to a boil. Reduce heat; cook until tender. In small bowl whisk milk into flour. Add milk mixture to soup along with tarragon, thyme, oregano and black pepper. Stirring constantly, cook mixture until it comes to a boil and is thickened. Serve soup garnished with cheese and bell pepper.

Other Information

288 calories
6.4 gm fat
397 mg sodium
2 mg cholesterol

1 serving = 1 meat/protein, ½ milk, 1 starch, 2 vegetable

Harvest Bisque	Serves 6
Ingredients • 2 tsp. Olive oil • 1 cup Onion, chopped • 4 cups Winter squash, peeled, cubed • 2 cups Sweet potato, peeled, cubed • 1 cup Corn • 1 ½ cup chicken broth, canned	 • 1 ½ cups Water • 1 tsp. Ginger • 2 tsp. Brown sugar • 1 tsp. coriander, ground • ¼ tsp. Black pepper, freshly ground • 1/4 cup Plain yogurt • Parsley sprigs
Cooking Instructions In large saucepan, sauté onion in oil until it begins to brown. Add squash, sweet potato, corn, chicken broth, water, ginger, brown sugar, coriander and pepper, and bring to a boil. Reduce heat, cover, and simmer until squash is tender. With slotted spoon, transfer solids to food processor or blender and process to a smooth puree. Return puree to saucepan and stir to blend with remaining liquid. Serve hot garnished with 1 Tbs. yogurt and parsley sprig.	
Other Information 203 calories 3.6 gm fat 310 mg sodium 1 mg cholesterol 1 serving = ½ fat, 2 starch, ½ vegetable	

Lentil Soup	Serves 4
Ingredients • 1 Cup dry Lentils • 4 Cups Chicken broth, unsalted • ½ Cup Onion, chopped • ½ cup Carrots, chopped • 2-3 cloves Garlic, crushed •	• • • 8 oz canned, Stewed Tomatoes • Pepper and Oregano to taste • 1 Bay leaf • 1 Tbs. Vinegar
Cooking Instructions Wash lentils. Combine all ingredients. Bring to a boil. Cover and simmer 1 hour or until lentils are tender. (For thicker soup, puree ½ of cooked soup in blender and mix with remainder of soup.)	
Other Information 1 serving = 1 meat/protein, 1 starch, 1 vegetable	

Quick Pasta and Cheese Soup

Serves 4

Ingredients

- 2 ½ cups Water
- 7 ¼ oz. pkg. Macaroni and cheese mix
- 10 oz. pkg. Peas and carrots, frozen
- 1 tsp. Garlic powder
- 1/8 tsp. White pepper
- 2 cups Milk, 1% or nonfat

Cooking Instructions

In large saucepan, combine water and dry cheese sauce mix from macaroni and cheese mix. Bring to a boil. Stir in macaroni, peas, and carrots, and seasonings. Return to a boil; reduce heat, cover and simmer 7-10 minutes or until macaroni is tender, stirring occasionally. Stir in milk; simmer 2-3 minutes.

1 serving = 1 ¼ cup)

Other Information

160 calories
5 gm fat
463 mg sodium
9.4 mg cholesterol
20.5 gm carbohydrates

1 serving = ½ fat, ½ milk, ½ starch, 1 ½ vegetable

Seafood Chowder

Serves 4

Ingredients

- 2 small Potatoes, cooked, peeled and diced (2" diameter)
- 6 oz. fresh or frozen Halibut, Snapper, Sole or Cod
- 1 tsp. Vegetable oil
- ½ Cup Onion, chopped
- 1 Celery stalk, sliced
- 6 oz. uncooked small Shrimp, shelled and de-veined (about 18)
- ½ Cup Water
- 2 ½ Tbs. all-purpose Flour
- 4 Cups 1% or nonfat Milk
- 1/3 Cup Instant mashed potato flakes
- ½ tsp. Salt
- 1/8 tsp. Pepper
- ¼ tsp. Paprika

Cooking Instructions

Cut fresh or partially thawed fish into bite-sized pieces; set aside. In a medium skillet coated with a nonstick vegetable spray, heat oil. Sauté celery and onion until soft; stir in fish. Add 1/2 Cup water; bring to a simmer. Cover. Simmer until fish just begins to flake, about 5 minutes; set aside.

Combine flour and 1/2 Cup milk in a small container with a tight fitting lid. Cover tightly, shake until smooth.

In a large saucepan, heat remaining milk until small bubbles form around edge of pan. Gradually add flour mixture, stirring constantly with a whisk until mixture comes to a boil and thickens slightly; Sprinkle instant potatoes over soup; stir in with a whisk. Add diced potatoes and fish mixture. Season with pepper and paprika.

Cook over low heat until heated through or until potato cubes are hot, stirring frequently. DO NOT LET CHOWDER BOIL.

Other Information

1 serving = 3 meat/protein, 2 starch, 1/2 fat

Tamale Cheese Chili

Serves 4

- Ingredients
-
- ½ lb. Lean ground beef
- 1 cup Frozen Corn
- 1 cup Chunky Salsa
- 2 cups Water
- 1 (15.5-oz.) can Dark Red Kidney Beans, drained, rinsed.
-
- ¾ tsp. Sugar
- 1 ½ tsp. Cumin
- 4 tsp. Chili powder
- 3 (6-inch) soft corn tortillas, cut into 1x1/2-inch pieces
- 1 oz. (1/4 cup) shredded reduced-fat sharp Cheddar cheese

Cooking Instructions

1. Heat large nonstick skillet over medium-high heat until hot. Add ground beef; cook until browned. Remove beef from skillet; drain on paper towels.

2. Wipe skillet dry with paper dowels. Return beef to skillet; stir in corn, salsa, water, kidney beans, sugar, cumin and chili powder. Bring to a boil. Reduce heat to medium; simmer 5 minutes.

3. Stir tortilla pieces into chili; spoon into individual serving bowls. Sprinkle with Cheese

Other Information

2-1/2 Starch, 1 1/2 Medium-fat meat

11 g fat, 40 mg cholesterol, 720 mg. sodium, 36 g carbohydrate, 7 g dietary fiber, 5 g. sugars, 19 g. protein

Tomato and Bean soup	Serves 6

Ingredients

- 2 tsp. Olive oil
- ½ cup Onion, chopped
- ½ Green bell pepper, chopped
- ¼ lb. Mushrooms, sliced
- 3 cloves Garlic, minced
- (2) 14 ½ oz. cans Tomatoes, diced, no salt added, undrained
- (2) 16 oz. cans White beans, cannelloni or other, drained
- 14 ½ oz. can Vegetable broth
- 1 Tbs. Parsley, fresh, chopped
- ¾ tsp. Oregano
- ¼ tsp. Pepper
- ½ cup Parmesan cheese, low-fat, grated

Cooking Instructions

Heat oil in large nonstick skillet over medium heat. Add onion, green pepper, mushrooms, and garlic; sauté 5 minutes or until tender. Add remaining ingredients except cheese; bring to a boil. Reduce heat; simmer 10 minutes. Ladle into bowls and sprinkle with cheese.

1 serving = 10 oz. soup and 1 ½ Tbs. cheese

Other Information

188 calories
5 gm fat
470 mg sodium
6.6 mg cholesterol
26.8 gm carbohydrates

1 serving = ½ meat/protein, 1 starch, 2 vegetable

Tomato-Barley Soup	Serves 10
• Ingredients • • 4 Cups Water • 1 28-oz can Tomatoes • 1/3 Cup uncooked Barley • 1 Cup Onion, finely chopped • 1 ½ Cup chopped Celery • ½ Cup chopped Parsley (or ¼ Cup dried) • 2 tsp. Oregano • ¼ tsp. Pepper • 2 tsp. dried Basil • ½ tsp. dried Rosemary • Dash Garlic powder •	• • • 1 ½ Cup or more chopped Vegetables, fresh or frozen (use any combination of carrots, zucchini, broccoli, green beans, green pepper, cabbage) • ½ Cup Potato, green peas or corn • 1 Cup cooked or canned Beans (Limas, garbanzos, kidney or pinto) • 1 Cup raw Noodles or spaghetti • ½ Cup sautéed Mushrooms (optional)

Cooking Instructions

Place water in a large pot and stir in canned tomatoes. Add barley and bring to boil. Reduce heat to simmer, cover.

Meanwhile sauté onions and celery in oil until they soften a bit (3-4 minutes). Add to barley in pot. Let simmer; add parsley and seasonings. Chop and add vegetables of your choice. Add cooked beans (be sure to rinse and drain them). Stir in noodles or broken spaghetti and simmer 15 more minutes. If using mushrooms, sauté and add a few minutes before serving.

Other Information

1 serving = 1 starch, 1 vegetable

Tomato-Garlic soup	Serves 4

Ingredients

- 1 Tbs. Olive oil
- 1 cup Carrot, finely chopped
- ¾ cup Celery, diced
- ½ cup Onion, chopped
- 2 cloves Garlic, minced
- 1 tsp. basil
- 28 oz. can Tomatoes in puree
- 2 cups Vegetable broth
- 4 oz. Macaroni, dry
- ¾ tsp. Black pepper
- 3 oz. Part-skim mozzarella cheese, grated

Cooking Instructions

In nonstick saucepan, sauté carrot, celery, onion and minced garlic until vegetables are tender. Stir in basil. Add tomatoes and broth, breaking up tomatoes with a spoon. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Return soup to a boil. Stir in the macaroni and pepper. Reduce heat and cook until pasta is tender. Served topped with mozzarella cheese.

HINT: To reduce sodium to 556 mg, use “No Added Salt” tomatoes.

Other Information

290 calories
8.0 gm fat
1,104 mg sodium
12 mg cholesterol

1 serving = 1 fat, ½ meat/protein, 1 ½ starch, 3 vegetables

Vegetable Beef Soup

Serves 4

Ingredients

- ½ lb. Boneless beef top sirloin steak, cut ¾" thick
- 14 oz can Beef broth
- 2 cups Water
- 1 ½ cup Onion, chopped
- ½ lb. Potatoes, cut into ½" pieces
- ½ lb. Yellow summer squash, sliced
- ½ lb. Baby carrots
- 1 cup Green beans, frozen
- 1 cup Peas, frozen
- 1 tsp. each Basil, oregano, thyme
- ¼ cup Parsley, chopped
- 2 Tbs. Balsamic vinegar
- 2 tsp. Olive oil
- ½ tsp. Black pepper, coarsely ground

Cooking Instructions

Trim fat from steak. Cut steak lengthwise into three strips, then crosswise into ½" thick pieces. In large saucepan, combine broth, water, onion, potatoes, squash, carrots, green beans and peas. Bring to a boil; reduce heat. Simmer uncovered until vegetables are tender. Stir in herbs and vinegar.

In nonstick skillet, heat oil until hot. Add beef and stir-fry 2-3 minutes or until outside surface is no longer pink. (Do not overcook.) Season with pepper. Add to vegetable mixture. Serve immediately.

Other Information

269 calories
6.5 mg fat
426 mg sodium
38 mg cholesterol

1 serving = 1 ½ meat/protein, 1 starch, 3 vegetable

Veggie Chili	Serves 4
Ingredients • 3 cloves Garlic • 1 medium Onion, chopped • 2-3 stalks Celery, chopped • ½ lb. Mushrooms, sliced • 1 Green pepper, chopped	 • 1 Tbs. Vegetable oil • 1 Tbs. Water • 16 oz. canned unsalted Tomatoes, crushed • 16 oz. canned low-sodium Kidney Beans, drained • 3 Tbs. chili powder OR to taste
Cooking Instructions Lightly sauté fresh vegetables in oil and water until onions are tender. Add tomatoes, beans and chili powder. Cook over low heat 1 hour or longer.	
Other Information 1 serving = 2 meat/protein, 2 starch, 1 vegetable	

Salads

Meat Salads

Chili-Spiced Beef and Rice Salad	Serves 4
Ingredients • 6 oz. Deli roast beef, thinly sliced • 1 Small Onion, thinly sliced • ¼ cup Green bell pepper, chopped • ½ Cup Prepared medium salsa, divided	 • 1 Medium Orange, peeled OR • 1 Apple, red, cut into ¾ inch pieces • 2-3 Green onions, thinly sliced • ¼ Cup Walnuts, coarsely chopped, toasted
Cooking Instructions Heat 10-inch nonstick frying pan over medium heat 5 minutes. Meanwhile, rub 1 tsp. Seasoning Mix into both sides of beef steak. Pan-broil steak 12 to 14 minutes for rare (140 degrees) to medium (160 degrees), turning once. Combine rice, orange or apple, onions and walnuts. Carve steak into ¼-inch thick slices. Arrange beef and rice mixture on individual plates or serving platter.	
Other Information *Spicy Cooked Rice* Cook 2/3 Cup rice according to package directions; add 1 tsp. Seasoning Mix to water before cooking. *Seasoning Mix* ¼ Cup Garlic powder ½ tsp. Cayenne pepper 4 tsp. each Ground basil, marjoram, thyme, parsley, mace, sage, onion, pepper. Combine all spices in a mixing bowl. Stir to mix well. Pour into a tightly covered container or spice shaker. Let stand overnight to let flavors blend. Makes about 1 Cup.	

Salmon Salad Wrap

Serves 4

Ingredients

- (2) 6 1/8 oz. cans Pink salmon, boneless, skinless, drained
- 1 cup Cottage cheese, 1%
- ¼ cup Green onions, sliced
- ¾ tsp. Dried dill weed
- 1 tsp. Lemon peel, finely shredded
- 1 Tbs. Lemon juice
- ¼ tsp. Lemon pepper
- 1/8 tsp. Pepper
- 8 large Lettuce leaves, Romaine, outer leaves

Cooking Instructions

Combine all ingredients except lettuce. Cut off heavy base from each lettuce leaf. Place about 1/3 cup salmon mixture in center of each leaf near base. Turn side edges of lettuce leaf inward and roll up jelly-roll style, starting at the base.

Other Information

156 calories
4 gm fat
555.6 mg sodium
64 mg cholesterol
2.7 gm carbohydrates

1 serving = 3 meat/protein

Shrimp and Pea Salad	Serves 4
Ingredients • ¼ cup Yogurt, nonfat, plain • ¼ cup Mayonnaise, fat free • 1 ½ tsp. each Onion, parsley, chopped • 1/8 tsp. White pepper • 1 cup Pasta, shells, whole wheat, cooked	 • 2 cups frozen Green peas, cooked • ¼ cup Carrots, grated • 12 oz. Shrimp, small, shelled, de-veined, steamed or boiled.
Cooking Instructions Combine all ingredients.	
Other Information 190 calories 1 gm fat 329 mg sodium 121.3 mg cholesterol 25.8 gm carbohydrates 1 serving = 2 meat/protein, 1 starch	

Taco Salad

Serves 4

Ingredients

- ½ lb. lean top round Ground Beef, 9% or less fat
- ¾ cup Onion, chopped
- 2 cloves Garlic, minced
- 8 oz can Tomato sauce
- ½ cup Frozen corn
- 3 Tbs. canned Green chili peppers, chopped
- 1 tsp. Chili powder
- 1 tsp. Dried oregano, crushed
- 4 cups Salad greens, torn
- 1 medium Tomato, chopped
- ½ cup low-fat Cheddar cheese, shredded
- ½ cup Sour Cream, fat-free
- 8 large Ripe Olives, diced
- ½ small Avocado, sliced
- ½ cup Salsa

Cooking Instructions

In skillet, cook beef, onion and garlic until meat is brown and onion is tender. Drain off fat. Stir in tomato sauce, corn, chili peppers, chili powder and oregano. Cook and stir until heated through. Place torn greens in individual salad bowls and top with hot meat mixture. Top each serving with tomato, cheese, sour cream, olives, avocado and salsa. Serve immediately.

Other Information

279 calories
11.0 gm fat
784 mg sodium
42 mg cholesterol

1 serving = 1 fat, 2 meat/protein, ½ starch, 2 ½ vegetable

Turkey Salad	Serves 2
Ingredients • 1 cup Iceberg lettuce • 1 cup Romaine lettuce • 4 oz. Turkey; white meat, skinless, cooked, cubed • 1 cup Alfalfa sprouts	 • ½ cup Broccoli florets, raw • ½ cup Carrot coins, raw • ¼ cup Low-calorie dressing
Cooking Instructions Arrange turkey on lettuce. Top with dressing.	
Other Information 1 serving = 2 protein, 1 vegetable	

Vegetable Salads

Bean and Corn Salad

Serves 4

Ingredients

- 1 Tbs. Olive oil
- 3 Tbs. White wine vinegar
- 1 cup Corn kernels, frozen, thawed
- 1 cup Black beans, cooked
- ½ tsp. Garlic, minced
- ¾ cup Red bell pepper, finely diced
- ½ cup Red onion, finely diced
- ½ cup Green onion, chopped
- 1 Tbs. Lime juice
- 2 Tbs. Cilantro, fresh, chopped
- 1/8 tsp. Cayenne pepper
- ¼ tsp. Pepper, freshly ground
- ½ tsp Salt

Cooking Instructions

Mix Olive oil with vinegar; cook corn, cooked beans and garlic in olive oil mixture 5 minutes. When corn mixture is cooked, toss with bell pepper and onions. Mix lime juice with cilantro and spices and toss with vegetables. Serve at room temperature.

Other Information

1 serving = 1 vegetable, 1 meat/protein

Black Bean Salad

Serves 4

Ingredients

- 15 oz. can Black beans, drained, rinsed
- 1 cup Jicama, finely chopped
- ½ cup each Celery, red and green bell pepper, chopped
- ¼ cup Feta cheese, crumbled
- 3 Tbs. Lime juice
- ½ cup Cilantro or parsley, minced
- 2 Tbs. Green onion, thinly sliced
- 1 Tbs. Honey
- ¼ tsp. Red pepper flakes, crushed
- 8 Lettuce leaves

Cooking Instructions

In a bowl, combine beans, Jicama, celery, bell pepper, cheese, lime juice, cilantro, onion, honey and red pepper flakes. Mix well. Spoon bean mixture into lettuce leaves.

Other Information

209 calories
2.2 gm fat
100 mg sodium
6 mg cholesterol

1 serving = 1 meat/protein, 1 ½ starch, ½ vegetable.

Carrot Salad

Serves 6

Ingredients

- 1 ½ lb. Carrots, peeled, trimmed
- 1/3 cup Lemon juice, fresh
- 2 tsp. Dijon mustard
- 1 tsp. Sugar
- 1 Tbs. Olive oil
- ¼ tsp. Pepper
- ¾ cup Green onions, chopped
- ¼ cup Parsley, fresh, minced

Cooking Instructions

Cut carrots into thin strips 2-2 ½" long. Blanch carrots in boiling water until tender, 3-4 minutes. Drain well. Whisk together lemon juice, mustard, and sugar, Gradually whisk in olive oil; add pepper. Toss carrots with dressing; mix in green onions and parsley. Salad may be served at room temperature immediately or chilled.

Other Information

82 calories
2.7 gm fat
85.4 mg sodium
0 mg cholesterol
14.6 gm carbohydrates

1 serving = ½ fat, 2 ½ vegetable

Coleslaw	Serves 4
Ingredients • 2 cups Cabbage, green, grated • 1 cup Cabbage, red, grated • 1 cup Carrot, grated • ½ cup Black olives, pitted, diced • ½ cup Pimientos • ½ cup Onion, chopped	 • 2 cloves Garlic, minced • 2 Tbs. Mayonnaise, fat free • to taste: Salt • 2 tsp. apple cider vinegar • ¼ tsp. Pepper • ¼ tsp. Cayenne pepper (optional)
Cooking Instructions 44 calories 1.4 gm fat 147.4 mg sodium 0 mg cholesterol 7.7 gm carbohydrates 1 serving = ½ fat, 1 vegetable	
Other Information	

Lite Potato Salad	Serves 4

Ingredients

- 1 lb. peeled, cooked potatoes, cubed and chilled
- 2 hard-boiled eggs, sliced
- 1 cup finely chopped Celery
- ½ cup finely chopped Red Onion
- ½ cup plain low-fat Yogurt
- ¼ cup reduced-calorie Mayonnaise
- 1 Tbs. chopped Parsley
- 2 Tbs. Yellow Mustard
- Dash each Salt and Pepper

Cooking Instructions

Combine potatoes, celery and onion; set aside. In small bowl, combine yogurt and remaining ingredients. Add to potato mixture; stir to coat. Cover and chill at least 30 minutes.

Other Information

10 g fat
29 g carbohydrate
8 g protein
3 g carbohydrate

1 serving = 1 ½ vegetable, ½ dairy, ½ lean meat, 1 fat

Potato Salad	Serves 2
Ingredients • 1 cup Potatoes, steamed, skinned, cubed • 1 Tbs. Onions, minced • ¼ cup Celery, finely chopped • 2 Tbs. Green pepper, diced • 2 Tbs. Pickle relish	 • 2 Tbs. Low calorie mayonnaise or salad dressing • 2 tsp. Vinegar or milk, 1% • 1/8 tsp. Dry mustard • Dash Pepper
Cooking Instructions Mix first four ingredients together. Mix in remaining ingredients. For tart dressing, use vinegar; for mild taste, use milk to thin the mayonnaise. Season with pepper to taste.	
Other Information 1 serving = 1 starch, 1 fat	

Rosy Vegetable Slaw	Serves 2
Ingredients • ½ cup Cauliflower, chopped • ½ cup Carrots, grated • ½ cup Red cabbage, finely shredded	 • 2 Tbs. Green pepper, finely sliced • 2 Tbs. Green onion, finely diced
Cooking Instructions Mix ingredients well. Chill.	
Other Information 1 serving = 1 vegetable	

Tabouleh

Serves 6

Ingredients

- 1 ½ cup Bulgur wheat (cracked wheat)
- 2 cups Water, boiling
- 1 ½ cup Eggplant, finely chopped
- ½ cup Red or green bell pepper, chopped
- ½ cup Onion, finely chopped
- 2 cloves Garlic, crushed
- 1 Tbs. Olive oil
- 1 cup Tomato, chopped
- 1 cup Parsley, chopped
- 1/3 cup Fresh mint, finely chopped
- 1/3 cup Lemon juice
- ½ tsp. Black pepper

Cooking Instructions

In large bowl, mix bulgur wheat and boiling water; let stand 30 minutes. Drain. Heat oil in skillet over medium heat, sauté eggplant, pepper, onion and garlic until tender. Remove from heat; stir in bulgur wheat. Stir in tomato, parsley, mint, lemon juice and pepper, tossing to coat well. Chill at least 2 hours.

Other Information

180 calories
3.1 gm fat
31 mg sodium
0 mg cholesterol

1 serving = ½ fat, 1 starch, 1 vegetable

Fruit Salads

Cranberry Waldorf Salad	Serves 4
Ingredients • 2 cups Low calorie cranberry juice • 1 envelope Unflavored gelatin	• 2 medium Apples, chopped • ½ cup Celery, finely sliced
Cooking Instructions Soften gelatin in 1 cup of cranberry juice. Heat juice to a boil, remove and stir until gelatin is dissolved. Add remaining juice, apple and celery. (Artificial sweetener may be added.) Chill until set.	
Other Information 1 serving = 2 fruit	

Four Fruit Salad	Serves 6
Ingredients • 1 cup California seedless grapes • 1 cup Orange segments	 • 1 large Apple, cut up • 1 large Pear, cut up
Cooking Instructions Toss all ingredients together. Serve in bowl topped with 1 Tbs. of your favorite low-fat yogurt.	
Other Information 1 serving = 1 fruit	

Grape Salad with Yogurt Dressing	Serves 4
Ingredients • 2 cups Green and red California grapes, halved and seeded, if necessary • 1 Orange, peeled and cut into chunks • 1 Banana, peeled and sliced	 • 1/3 cup Celery, sliced • 1/3 cup Orange or lemon-flavored yogurt • ¼ cup Walnuts, broken • Lettuce cups (optional)
Cooking Instructions Combine all fruits and celery; gently stir in yogurt and nuts. Refrigerate at least one hour.	
Other Information 1 serving = 1 fruit, 1 fat	

Japanese-Style Pear Salad	Serves 4
Ingredients • 2 Tbs. Rice vinegar, red wine vinegar or balsamic vinegar • 2 Tbs. Brown sugar, packed • 2 Pears, cored and sliced	 • 1/3 cup Mushrooms, thinly sliced • ¼ cup Green pepper, thinly sliced • ¼ cup Radishes, thinly sliced
Cooking Instructions Combine vinegar and sugar; gently toss pears into mixture. Allow to stand 30 minutes to 1 hour to blend flavors; stir occasionally. Drain pears and arrange with vegetables on individual trays or plates.	
Other Information 1 serving = 1 fruit	

Pasta/Rice Salads

Pasta Salad	Serves 2
Ingredients • 1 cup Pasta, cooked (try Rotelli) • 12 oz. Tofu, cut in ½ inch dice • 2 tsp. Vegetable oil • 10 Black olives, sliced • ½ cup Green or red pepper, diced	 • ¼ cup Green onions, sliced • ½ cup Mushrooms, sliced • 1 Tbs. Wine vinegar • ¼ tsp. Oregano • 2 Tbs. Parmesan cheese (optional)
Cooking Instructions Combine ingredients. Chill until served.	
Other Information 1 serving = 2 meat/protein, 1 vegetable, 1 starch, 1 fat	

Dressings, Sauces & Dips

Salad Dressings

Buttermilk Salad Dressing	Serves N/A
Ingredients • 1/3 cup Cottage cheese, 1% • 3 Tbs. Buttermilk, nonfat • 1 tsp. Ginger, fresh, grated • ¼ tsp. Garlic powder	 • 1 tsp. Dijon mustard • 2 Tbs. Orange juice, fresh • ¼ tsp. turmeric
Cooking Instructions Combine all ingredients and blend in a food processor until smooth. Store tightly covered in glass or heavy plastic container; keep refrigerated.	
Other Information 50 calories 1 gm fat 240.7 mg sodium 2.5 mg cholesterol 4.6 gm carbohydrates 1 serving = 1 meat/protein	

Honey Lime Dressing

Serves 4

Ingredients

- ¼ cup Lime juice
- ¼ cup Honey
- 2 tsp. Grated lime peel
- ¼ tsp. Coriander
- ¼ tsp. Nutmeg

Cooking Instructions

Stir together all ingredients. Cover and chill.

Other Information

34 calories/tablespoon
Trace fat
1 mg sodium
0 mg cholesterol

1 serving = 1 fruit

Oriental Dressing

Serves N/A

Ingredients

- ½ cup Orange juice
- 3 Tbs. Cider vinegar
- 1 Tbs. Soy sauce, low-sodium
- 2 tsp. Honey
- 1 tsp. Sesame oil
- 1 tsp. Grated Orange peel
- ¼ tsp. Ground ginger
- dash Crushed red pepper

Cooking Instructions

Combine all ingredients; mix well to blend

Other Information

17 calories/tablespoon
0.5 gm fat
52 mg sodium
0 mg cholesterol

1 serving = 1/3 fruit

Ranch Yogurt Dressing	Serves N/A
Ingredients • 1/3 cup Plain low-fat yogurt • ½ cup Buttermilk	 • 3 Tbs. reduced-calorie Mayonnaise • 1 Tbs. dry Ranch-style salad dressing mix
Cooking Instructions In a small bowl, combine yogurt, buttermilk and mayonnaise. Add dressing mix; stir until blended. Cover tightly; refrigerate until served, up to 5 days. Stir before serving. Makes about 1 Cup	
Other Information 1 serving = ½ fat	

Vinaigrette Dressing	Serves N/a
Ingredients • 4 tsp. Vegetable oil • 1 Tbs. Lemon juice • 1 Tbs. Wine vinegar • 1 clove Garlic, minced	 • 1 Tbs. Parsley, finely chopped • 1 Tbs. Chives, chopped • dash Tabasco • 6 Tbs. Water
Cooking Instructions Combine ingredients. Cover tightly and refrigerate. Lasts up to one week.	
Other Information 3 Tbs. = 3 calories	

Zero Dressing	Serves N/A
Ingredients • 1 ½ cup Tomato juice • 6 Tbs. Lemon juice	 • 3 Tbs. Onion, grated • Dash Pepper (optional: parsley)
Cooking Instructions Combine ingredients. Mix and chill.	
Other Information 1 Tbs.= 3 calories	

Sauces

Marinara Sauce	Serves N/a
Ingredients • 2 cloves Garlic, minced • ½ Tbs. Olive oil • 16 oz. canned Tomatoes, crushed • 8 oz. canned Tomato sauce, low-sodium	• ½ small Onion, chopped • ½ tsp. each Oregano, Basil, Parsley • ½ cup Mushrooms, sliced (optional)
Cooking Instructions Sauté garlic and onions in oil. Add remaining ingredients; bring to a boil. Cover, reduce heat and simmer 20 minutes to 1 hour.	
Other Information 1 serving = about 1/2 Cup (1/2 starch).	

Mock Sour Cream	Serves N/a
Ingredients • 1 cup Cottage cheese (1% low-fat) • 2 Tbs. Buttermilk (low-fat)	• ½ to 1 tsp. Lemon juice
Cooking Instructions Combine and blend all ingredients with mixer until smooth. Refrigerate.	
Other Information Serving size = 1 Tbs.	

Quick BBQ Sauce	Serves N/a
Ingredients • ½ cup Cranberry sauce, jellied • 1/3 cup Tomato paste • 2 Tbs. Dijon mustard	 • ½ tsp. Vinegar • ¼ tsp. Garlic powder
Cooking Instructions Blend ingredients in blender; process until mixture is smooth. Use to base poultry or other meat during baking.	
Other Information 21 calories/tablespoon 0.2 gm fat 75 mg sodium 0 mg cholesterol 1 serving = 1/3 fruit	

Dips

Hummus	Serves 8
Ingredients • 3 Tbs. Sesame seeds, toasted • 15 oz. can Garbanzo beans, drained • 2 Tbs. Lemon juice	 • 1 Tbs. Olive oil • 2 cloves Garlic
Cooking Instructions Blend all ingredients in blender or food processor until mixture is smooth and creamy. Serve at room temperature or chilled. Store leftover Hummus in refrigerator.	
Other Information Serving size is ¼ cup 123 calories 4.6 gm fat 4 mg sodium 0 mg cholesterol 1 serving = ½ meat/protein, 1 starch	

Breads

Breads

Apple-icious Oatmeal Coffee Cake	Serves 24
Ingredients • 3 cups Oats, quick or old fashioned • 1 cup Flour, whole wheat • 1 ½ cup All-purpose flour • 1 tsp. Cinnamon • 2 tsp. Baking powder • 1 ½ tsp. Baking soda • 1 cup Brown sugar, firmly packed • 2 cups Applesauce, unsweetened • 1 cup Milk, 1% or nonfat	 • 6 Tbs. Safflower oil • ¼ cup Raisins • 2 Eggs Topping: • 2 Tbs. Brown sugar, firmly packed • ¼ tsp. Cinnamon • 2 Tbs. Walnuts
Cooking Instructions Preheat oven to 375 degrees; spray 9x12" baking dish with nonstick coating. Combine first 7 ingredients. Mix together applesauce, milk, oil, raisins, and eggs, and add to dry ingredients; stir until moistened. Pour into baking dish, sprinkle topping ingredients over batter, and bake 35-40 minutes or until golden brown. When cooled, cut into 24 pieces. Freeze unused portions.	
Other Information 167 calories 5 gm fat 133.3 mg sodium 15.8 mg cholesterol 27.5 gm carbohydrates 1 serving = 1 fat, 1 ½ starch	

Orange-Cinnamon French Toast	Serves 4

Ingredients

- 1 Egg
- ¾ cup Milk, nonfat
- 1 tsp. Grated orange zest (rind)
- ¼ tsp. Ground cinnamon
- ¼ tsp. Ground nutmeg
- 8 slices whole-wheat French bread, ½" thick
- ½ cup Raspberry jam
- 1 Tbs. confectioners' sugar

Cooking Instructions

Combine egg, milk, orange zest, cinnamon and nutmeg in large shallow bowl; blend well. Place bread slices in egg mixture and coat both sides. Let bread stand 10 minutes to absorb liquid.

Heat nonstick griddle. Brown both sides of bread slices on griddle, cooking until done. Sprinkle with sugar and serve with jam (2 Tbs. per serving).

Other Information

358 calories
3.7 gm fat
451 mg sodium
56 mg cholesterol

1 serving = 2 fruit, 2 ½ starch

Orange Pancakes

Serves 5

Ingredients

- 1 ½ cups All-purpose flour
- 2 tsp. Baking powder
- ½ tsp. Salt
- 2 Tbs. Sugar
- ¼ cup Egg substitute, liquid
- 1 cup Milk, nonfat
- 6 Tbs. Orange juice concentrate, unsweetened, frozen
- 3 Tbs. Vegetable oil

Cooking Instructions

Combine flour, baking powder, salt, and sugar in bowl. Mix together egg substitute, milk, orange juice concentrate and oil. Add liquid ingredients to dry ingredients; stir only until blended. Batter will be slightly lumpy. Using about 3 Tbs. of batter for each pancake, bake on a preheated griddle, sprayed with nonstick coating, until browned. 3 pancakes per serving.

Other Information

291 calories
9 gm fat
457 mg sodium
1 mg cholesterol

1 serving = 1 ½ fat, ½ fruit, 2 ½ starch

Perfect Banana Bread	Serves 16

Ingredients

- 1 cup Sugar
- 2 Bananas, mashed
- 4 Egg whites
- 1 cup sour cream, nonfat
- 1 tsp. Vanilla
- 1 tsp. Baking soda
- ½ tsp. Salt
- 2 tsp. Baking powder
- 2 cups all-purpose flour

Cooking Instructions

Mix sugar and bananas with electric mixer. Add egg whites, sour cream, and vanilla and mix well. Add soda, salt, baking powder and flour and mix until just moistened. Pour mixture into one large nonstick bread pan or two small loaf pans. Bake at 350 degrees for 45-55 minutes.

Other Information

136 calories
0.3 gm fat
188 mg sodium
0 mg cholesterol

1 serving = 1 fruit, 1 starch

Muffins

Cranberry Walnut Muffins	Serves 4
Ingredients • 1 cup Whole-wheat flour • ½ cup all-purpose Flour • ½ cup Oatmeal, quick cooking • 2 tsp. Baking powder • ½ tsp. Ground cinnamon • pinch Salt	 • 1/3 cup Milk, nonfat • 2 Tbs. Canola oil • ¼ cup Applesauce, unsweetened • ¼ cup Honey • 1 large Egg, lightly beaten • ¼ cup Walnuts, chopped
Cooking Instructions Preheat oven to 400 degrees. Lightly spray 12 muffin cups with nonstick cooking spray. In large bowl combine dry ingredients. In small bowl stir together milk, oil, applesauce, honey and egg. Add milk mixture to dry ingredients and stir until moistened. Stir in cranberries and walnuts. Spoon batter into muffin cups and bake 30 minutes or until tops are golden.	
Other Information 140 calories 4.6 gm fat 80 mg sodium 18 mg cholesterol 1 serving = 1 fruit, 1 starch	

Orange Blossom Muffins

Serves 15

Ingredients

- 1 cup Sugar
- ¼ cup Margarine
- 1 Egg
- 1 Egg white
- 1 tsp. Baking soda
- 1 cup Buttermilk, low-fat
- 2 cups Flour
- ½ tsp. Salt
- 1 cup Raisins
- 1 (juice from) Orange
- 2 tsp. Orange rind, freshly grated

Cooking Instructions

Cream sugar and margarine until smooth. Add egg and egg white; beat until fluffy. Add baking soda to buttermilk; set aside.

Sift flour and salt together. Alternate adding flour mixture and buttermilk to sugar mixture. Stir until mixed.

In blender or food processor, grind raisins and orange zest with orange juice. Add to batter and mix well. Spoon batter into nonstick muffin pans. Bake at 350 degrees for 15-20 minutes or until done.

Other Information

191 calories
3.7 gm fat
197 mg sodium
15 mg cholesterol

1 serving = ½ fat, 1 ½ fruit, 1 starch

Peachy Oat Muffins	Serves 20
Ingredients • 2 cups Whole wheat flour • 1 cup Rolled oats • ½ cup Unprocessed wheat bran • ½ cup Brown sugar (packed) • 1 ½ tsp. Baking soda • 1 tsp. Salt	• 2 Eggs • 1 ½ cup Buttermilk • ¼ cup Vegetable oil • 3 fresh Peaches OR pears OR nectarines OR plums, finely chopped • 3 tsp. Orange zest • 1 ½ tsp. Cinnamon
Cooking Instructions Combine all ingredients in mixing bowl. Stir until blended. Spoon batter into 2 1/2-inch nonstick muffin pans. Bake in 400 degree oven for 20 minutes or until toothpick inserted in center comes out dry. Serve warm.	
Other Information 1 serving = 1 starch, 1 fat	

Sandwiches and Pizza

Sandwiches

Mushroom-Veggie Burgers

Serves 4

Ingredients

- 1 cup Water
- ¼ tsp. Salt (optional)
- ½ cup Bulgur wheat
- ½ cup Mushrooms, chopped
- 1 cup Carrots, shredded
- 4 oz. Firm tofu
- 1 Egg white
- ½ tsp. dill weed
- ¼ cup Green onion, chopped
- ¼ tsp. Cayenne pepper
- 1/3 cup Dried breadcrumbs
- 1/3 cup Flour
- 2 Tbs. Catsup
- ½ tsp. Mustard powder
- 1 Tbs. Olive oil
- 4 Hamburger buns
- 4 Tbs. Mayonnaise, fat-free
- 4 Romaine lettuce leaves
- 8 slices tomato
- ½ cup alfalfa sprouts
- ½ cup cucumber slices

Cooking Instructions

In large saucepan, boil salt and water. Add bulgur, mushrooms and carrots, remove from heat, cover and let stand until bulgur has softened and absorbed all the liquid (15 minutes). Drain well.

In large bowl, mash tofu. Stir in bulgur mixture, egg white, dill, green onion and cayenne, stirring well. Stir in breadcrumbs, ¼ cup flour, catsup and mustard.

Form bulgur mixture into 4 patties about 1" thick. Coat patties with remaining flour.

In large nonstick skillet, sauté patties in oil until crusty (4 minutes per side). Transfer to nonstick baking sheet and bake at 400 degrees until heated through (5 minutes).

Serve burgers on buns with mayonnaise, lettuce, tomato, cucumber and alfalfa sprouts.

Other Information

359 calories
8.0 gm fat
694 mg sodium
Trace cholesterol

1 serving = 1 fat, 3 ½ starch, 1 vegetable

Open-Faced Vegetable Sandwich	Serves 1
Ingredients • 2 slices Italian bread • 1 tsp. Olive oil • 1 Tbs. Parsley, fresh, chopped	 • 1 tsp. Capers, drained (optional) • 2 cloves Garlic, minced • 7 oz. Red bell peppers, roasted, drained
Cooking Instructions Brush bread with olive oil; toast lightly. Place remaining ingredients in blender and puree; spread over bread.	
Other Information 276 calories 7.8 gm fat 1,181 mg sodium (with capers) 0 mg cholesterol 42.7 gm carbohydrates 1 serving = 1 fat, 2 starch, 2 vegetable	

Tuna Bagelwich

Serves 4

Ingredients

- 2 oz. Neufchatel cheese, room temperature
- 1 Tbs. Buttermilk or skim milk
- 1/8 tsp. dried Dill Weed
- Dash Garlic salt
- 1 (6 ¾ oz.) canned Tuna packed in water, drained.
- 1 Green Onion, sliced
- 2 Tbs. sliced Pimento-stuffed Olives
- 1 Tbs. Red-wine vinegar
- 2 Pumpernickel or onion bagels (3 inch dia. 1 ½ inch thick)
- 4 Iceberg or Bibb lettuce leaves

Cooking Instructions

In a small bowl, beat cheese and buttermilk until smooth. Stir in dill weed and garlic salt. In another small bowl, combine tuna, green onion and olives. Sprinkle vinegar over tuna mixture; toss with a fork to distribute. Cut bagels in half horizontally; toast cut sides. Place 1 bagel half, toasted side up, on each of 4 plates. Spread 1/4 of tuna mixture over lettuce on each bagel half.

Other Information

1 serving = 2 meat/protein, 1 starch, 1 fat.

Turkey Pita Pockets	Serves 3
Ingredients • 2 small Pita breads (whole wheat) • ½ lb. ground turkey (low-fat) • 1 Tbs. Lemon juice • ½ Onion, halved and thinly sliced • Pinch Cinnamon and Nutmeg • 1 clove Garlic, minced	 • 1 Tbs. chopped fresh Mint (or 2 tsp. dried) • ¼ tsp. dried Oregano • 2 Tbs. chopped fresh Parsley (or 1 tsp. dried) • ½ large Tomato, peeled and cubed • ¼ Cucumber, sliced
Cooking Instructions Shape turnkey meat into tiny meatballs, about 3/4" across. Brown lightly in non-stick skillet. Stir in lemon juice, onion, and seasonings. Cover tightly; simmer onions for two to three minutes until heated. Slit pocket breads in half to make pockets. Spoon mixture into pockets. Add a spoonful of tomatoes and a couple of slices of cucumbers to each Spoon low-fat Ranch Dressing on top.	
Other Information 1 serving = 3 meat/protein, 1 vegetable, 1 starch, 1 fat	

Pizza

Breakfast Pizza	Serves 6
Ingredients • 6 large slices Bread, sourdough • 1 cup Mozzarella cheese, part-skim, grated • 3 oz. Canadian bacon, cut into 1 ½" strips (about ½ cup)	 • 1/3 cup Green onions, chopped • 1 ¼ cup tomato salsa • 6 Eggs • to taste: Salt, Pepper
Cooking Instructions Lightly toast bread. In a small bowl toss cheese, Canadian bacon, and green onions. Spread about 3 Tbs. salsa over middle of each slice of toast, leaving ½" border all around. Preheat oven to 500 degrees. Mound ½ cup cheese mixture at the edge of each salsa circle to form a barrier for egg while it cooks. Carefully crack one egg in center of each pizza; season with salt and pepper. Place pizzas on baking sheet and bake 4 minutes. Turn sheet around and bake 3-6 minutes longer or until eggs are thoroughly cooked.	
Other Information 240 calories 10.2 gm fat 1,068 mg sodium 230.9 mg cholesterol 18.1 gm carbohydrates 1 serving = 1 fat, 2 meat/protein, 1 starch	

Cheese & Vegetable Pizza	Serves 8
Ingredients • (1) 10 oz. Prepared Italian bread shell (Boboli) • ¾ cup Tomato sauce, canned • 8 oz. Mozzarella cheese, low-fat, shredded	 • ½ cup Olive, canned, sliced • 2 medium Tomatoes, thinly sliced • ¾ cup Green bell pepper, chopped or thinly sliced
Cooking Instructions Preheat oven to 450 degrees. Place prepared bread shell on pizza pan or cookie sheet. Spoon on tomato sauce, sprinkle with cheese and olives, cover with tomato slices and bell pepper. Bake 8-10 minutes or until cheese is melted.	
Other Information 198 calories 8 gm fat 545 mg sodium 18.4 mg cholesterol 1 serving = ½ fat, 1 meat/protein, 1 starch, ½ vegetable	

Homestyle Veggie Pizza

Serves 6

Ingredients

- 10 oz. can Pizza crust dough, refrigerated
- 1 tsp. dried Thyme
- 2 Tbs. Balsamic vinegar
- 1 tsp. Olive oil
- ¼ tsp. salt
- 4 small Red potatoes, each cut into 8 wedges
- 2 tsp. Garlic powder
- 1 small Yellow squash, cut into ¼" slices
- 1 small Red bell pepper, cut into 2" pieces
- 1 small Sweet onion, cut into 12 wedges
- 3 oz. Provolone cheese, low-fat, shredded
- ¼ cup Marinara sauce (Page 175)

Cooking Instructions

Preheat oven to 425 degrees; spray baking sheet with nonstick coating. Unroll pizza dough onto baking sheet; fold under edges to form 11" circle. Bake for 7 minutes; set aside.

Set oven to 500 degrees. Combine all ingredients except cheese and marinara sauce; toss well.

Bake vegetables at 500 degrees for 15 minutes, stirring occasionally.

Reduce oven to 425 degrees. Spread marinara sauce over prepared pizza crust, arrange vegetables over sauce, and top with cheese. Bake 12 minutes or until crust is lightly browned. Cut into 6 slices.

1 serving = 1 slice

Other Information

231 calories
7 gm fat
567.2 mg sodium
10 mg cholesterol
33.3 gm carbohydrates

1 serving = 1 fat, 2 starch, 2 vegetable

Smoked Salmon Pizza

Serves 4

Ingredients

- 1 lb. Frozen wheat bread dough, thawed
- ¼ cup Cheese, low-fat, softened
- 6 oz. Smoked salmon, flaked
- 1 medium Red onion, thinly sliced
- 1 medium Green pepper, seeded, thinly sliced
- 2 tsp. Capers

Cooking Instructions

Cut dough into quarters. shape each piece into a ball; roll out to make 6" rounds. Place rounds 1" apart on 2 lightly oiled 12x15" baking sheets. Use hand to flatten rounds to about ¼" thickness (make edge slightly thicker). Let stand, uncovered, at room temperature until puffy (about 20 minutes).

Spread each round with cream cheese to ¼" of edge. Top rounds equally with salmon, onion and green pepper rings, and capers.

Bake at 400 degrees until crust is brown on bottom; lift to check (about 16 minutes).

Other Information

372 calories
8.0 gm fat
1,064 mg sodium
18 mg cholesterol

1 serving = 1 meat/protein, 3 ½ starch, ½ vegetable

Alternate topping: Vegetarian Pizza

Omit cream cheese, salmon and capers. Top dough with onion, green pepper, 3 sliced Roma tomatoes, 1 cup sliced mushrooms, 4 oz. shredded part-skim mozzarella cheese and 1 tsp. oregano.

377 calories
8.4 gm fat
735 mg sodium
19 mg cholesterol

1 serving = 1 meat/protein, 3 ½ starch, 1 vegetable

Desserts

Banana Frosty	Serves 1
Ingredients • ½ Banana • ¼ cup Yogurt, nonfat, plain • 1 cup Milk, 1% or nonfat	 • ½ tsp. Vanilla • 1 Tbs. Honey • to taste: Cinnamon
Cooking Instructions Peel banana, cut in chunks, freeze in a plastic bag for 24 hours. Place yogurt, milk, vanilla, honey, and frozen bananas in blender or food processor. Using pulsing action, process until smooth. Add cinnamon and vanilla to taste. Serve immediately or keep in freezer for up to 2 hours (any longer it will harden).	
Other Information 241 calories 1 gm fat 174.5 mg sodium 5.5 mg cholesterol 47.5 gm carbohydrates 1 serving = 2 fruit, 1 ½ milk	

Chocolate Cake	Serves 15
Ingredients • 3 cups all-purpose Flour • ½ cup Cocoa • 2 cups Sugar • 1 tsp. Salt • 2 tsp. Baking soda	 • 2 tsp. Vanilla • ¼ cup Vinegar • 1 cup sour cream, nonfat • 2 cups Water
Cooking Instructions Mix together dry ingredients in bowl, then add liquid ingredients and mix. Pour in 9x13" pan and bake for 30-35 minutes.	
Other Information 216 calories 0.6 gm fat 290 mg sodium 0 mg cholesterol 1 serving = 2 fruit, 1 starch	

Cinnamon Baked Apple	Serves 4
Ingredients • 2 tsp. Margarine • 1 Tbs. Dark brown sugar • 1 Tbs. chopped Pecans	 • 2 medium Rome Beauty Apples • ¼ tsp. Cinnamon • dash Nutmeg
Cooking Instructions Preheat oven to 350 degrees. In a small skillet, melt margarine. Add brown sugar; stir until sugar melts. Add cinnamon, nutmeg, and nuts; stir and set aside. Using a vegetable peeler or knife, core apples. Cut apples in half crosswise. Place apples, cut-side down, in an ungreased 8-inch-square baking pan or shallow casserole dish. Spoon 1/4 of sugar mixture into each apple half. Cover with foil or a lid. Bake in preheated oven until apples are tender, 30-40 minutes. To serve, place 1 baked apple half on each of 4 dessert dishes. Serve warm.	
Other Information 1 serving = 1 fruit	

Creamy Rice Pudding	Serves 6
Ingredients • 3 cups Milk, nonfat • 1/3 cup White rice, uncooked, short-grain • 1/3 cup Sugar	 • 1 tsp. Vanilla • ¼ tsp. Ground nutmeg • 2 Tbs. Raspberry jam
Cooking Instructions In a 9" square baking dish, combine milk, rice, sugar, vanilla and nutmeg. cover and bake in 300 degree oven until thick and light golden in color (about 3 hours). Serve pudding warm and garnish each serving with 1 tsp. raspberry jam.	
Other Information 142 calories 0.3 gm fat 65 mg sodium 2 mg cholesterol 1 serving = 1 fruit, ½ milk, ½ starch	

Fruit Trifle	Serves 6
Ingredients • 8 cups Fruit (strawberries, blueberries, kiwi, melon, or other) • 2 Tbs. Sugar • ¾ cup Orange juice	 • 24 Ladyfingers • 3 cups Lemon yogurt, low-fat (or other flavor
Cooking Instructions Mix fruit with sugar and orange juice. In deep bowl, place an even layer of Ladyfingers; cut and piece together, if needed. Spoon about ½ of the fruit and juice mixture over Ladyfingers, then top with ½ of the yogurt. Repeat layers. Garnish trifle with sliced fruit. Serve at once or cover and refrigerate for up to one day.	
Other Information 413 calories 5.1 gm fat 108 mg sodium 161 mg cholesterol 1 serving = 1 fat, 3 fruit, ½ milk, 2 starch	

Peach Focaccia	Serves 6

Ingredients

- 1 lb. Frozen whole-wheat bread dough, thawed
- 2 Tbs. Margarine, melted
- 3 cups Peaches, fresh or canned, thinly sliced (or other fruit)
- 2 Tbs. Sugar
- ¼ tsp. Nutmeg or allspice
- 1 tsp. Ground cinnamon

Cooking Instructions

Spray 10x15" baking pan with nonstick spray. Place dough in pan and stretch to fill pan evenly. Cover lightly with plastic wrap and let rise until puffy (about 45 minutes). Brush dough with 1 Tbs. margarine. Arrange peach slices on dough and brush with remaining margarine. Mix sugar, nutmeg (or allspice) and cinnamon; sprinkle over fruit. Bake Focaccia at 350 degrees until well browned on edges and bottom (about 40 minutes). Serve warm.

Substitute other fruits for peaches; try also apples and golden raisins. May be stored overnight at room temperature. Reheat, uncovered, before serving.

Other Information

271 calories
6.2 gm fat
449 mg sodium
2 mg cholesterol

1 serving = 1 ½ fat, 1 fruit, 2 starch

Pear Ice	Serves 8
Ingredients • 1 16-oz. can Bartlett pears in natural juices • 2 cups Water • 1/3 cup Sugar	 • ¼ cup Lime juice • 1 tsp. grated Lime peel • dash Salt
Cooking Instructions Puree pears and juice in blender or food processor; measure 2 Cups puree. Combine water and sugar; bring to boil, stirring until sugar dissolves. Boil 5 minutes; cool. Add pear puree, lime juice, peel and salt. Pour into 8-inch square baking pan; freeze until firm. Remove to bowl and beat with electric mixer until smooth. Return to pan and freeze until firm.	
Other Information 1 serving = 1 fruit	

Raisin-Walnut Cookies	60 cookies

Ingredients

- 2 cups All-purpose flour
- 1 ½ cup Whole-wheat flour
- 1 tsp. Baking soda
- 1 tsp. Ground cinnamon
- ½ tsp. Ground ginger
- ¼ tsp. Ground cloves
- ½ cup Butter, softened
- ½ cup Dark brown sugar, packed
- ½ cup Molasses
- 2 large Egg whites
- ½ cup Dark raisins
- 1/3 Cup Walnuts, chopped

Cooking Instructions

Stir together flours, soda and spices; set aside. Cream butter with sugar. Add molasses and egg whites, and beat until blended. Add flour mixture, beat well. Stir in raisins and walnuts. Preheat oven to 375 degrees. Pinch off walnut-size balls of dough. Place 1” apart on nonstick baking sheets. Dip bottom of drinking glass in flour and flatten each ball. Bake 15 minutes or until tops are puffed and begin to crack. Cool cookies on a rack.

Other Information

63 calories per cookie
2.0 gm fat
36 mg sodium
4 mg cholesterol

1 serving = ½ fat, ½ starch

Raspberry Dream	Serves 6
Ingredients • 2 ½ cups Raspberries, fresh or frozen, unsweetened • 2 cups Milk, 1% or nonfat • 1 ½ cup Ice cubes	 • ½ cup Sherbet or sorbet, pineapple, or other flavor • 3 Tbs. Sugar
Cooking Instructions Whirl all ingredients in blender until smooth. Serve in chilled glasses.	
Other Information 112 calories 3 gm fat 48 mg sodium 7 mg cholesterol 21 gm carbohydrates 1 serving = ½ fruit, 1 starch	

Snacks and Beverages

Snacks

Breakfast Bars

Serves 8

- 1 cup rolled oats (uncooked)
- 2/3 cup nonfat dry milk
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 dash ground allspice
- 1/4 cup raisins
- 1 cup unsweetened applesauce
- 3 tablespoons sugar
- 1 teaspoon vanilla extract
- 3/4 teaspoon almond extract

Cooking Instructions

Spray an 8-inch square baking pan with nonstick cooking spray.

In a large bowl, combine oats, dry milk, baking powder, baking soda and spices. Mix well. Stir in raisins.

In a small bowl, combine remaining ingredients, mixing well. Add to dry mixture, mixing until all ingredients are moistened. Spoon into prepared pan. Smooth the top with the back of a spoon.

Bake 30 minutes, until lightly browned. Be careful not to overcook.

Cool in pan on a wire rack. Cut into bars.

Other Information

125 Calories; 1g Fat (5.8% calories from fat); 6g Protein; 24g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 164mg Sodium.
Exchanges: 1 serving = 1/2 Grain(Starch); 1/2 Fruit; 1/2 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates

Granola

Serves 11

Ingredients

- 3 cups Rolled oats
- 3 Tbs. Sunflower seeds
- 2 Tbs. Sesame seeds
- 3 Tbs. Walnuts or pecans, chopped
- 1/3 cup Wheat germ
- ½ tsp. Ground cinnamon
- 6 Tbs. Canola oil
- ¼ cup Honey
- ½ cup Dried apricots, chopped
- ½ cup Dried apples, chopped
- ¾ cup Golden raisins

Cooking Instructions

Preheat oven to 350 degrees. Combine first six ingredients in large bowl. Add oil and honey; toss to coat dry ingredients. Spread mixture in two shallow 9x13" baking pans and bake 15 minutes, stirring frequently. Allow to cool. Stir dried fruits into cooled granola. Store in covered container in refrigerator. Makes 5-1/2 cups; serving size is ½ cup.

Other Information

262 calories per ½ cup
10.1 gm fat
8 mg sodium
0 mg cholesterol

1 serving = 2 fat, 1 ½ fruit, 1 starch

Tortilla Cups

Serves 3

Ingredients

- 2 tsp. Sugar
- ½ tsp. Ground cinnamon
- 3 Flour tortillas
- ½ cup Strawberries, fresh or frozen, unsweetened, sliced
- 1/3 cup Peaches, fresh or canned, unsweetened, sliced
- 1/3 cup Raspberries, fresh or frozen, unsweetened
- 1 Tbs. Honey
- 2 tsp. Lemon juice
- 1 ½ cup Yogurt, low-fat
- 4 Tbs. Dried almonds, sliced, toasted

Cooking Instructions

Blend sugar and cinnamon. Lightly spray both sides of tortillas with nonstick coating; sprinkle with sugar mixture. Press tortillas into 8 oz. custard cups and bake at 350 degrees for 12-14 minutes or until crisp and golden; cool 5 minutes in cups then remove and cool completely.

Combine fruit, honey, and lemon juice. Scoop ½ cup yogurt into each tortilla cup; top with 1/3 fruit mixture, and 1 Tbs. + 1 tsp. almonds.

Other Information

1 serving = 2 fat, 1 ½ fruit, ½ milk, 1 starch

Tortilla Triangles

Serves 2

Ingredients

- 2 corn or flour Tortillas, 6” in diameter.

Cooking Instructions

Cut each tortilla in 6 wedges. Place on cookie sheet and bake in preheated 400 degree F oven for 10 minutes. Turn wedges over and cook 3 minutes longer.]

Other Information 1 serving = 1 starch

Beverages

Citrus Spritzer	Serves
Ingredients • 2 tsp. frozen Lemonade concentrate, partially thawed • 1 cup Club soda, chilled • Ice cubes	 • 1 Lime slice • 1 Lemon slice
Cooking Instructions Spoon lemonade concentrate into a dinking glass. Pour about 1/4 Cup club soda into glass. Stir to dissolve. Stir in remaining club soda. Add ice cubes, lemon slice and lime slice. Serve cold.	
Other Information 1 serving = free	

Shopping Lists

The Shopping Lists in this section are not intended to give you the exact quantity of foods that you will need to prepare your recipes. They are only a guideline so that you have a place to start. The quantities will depend upon the size of your family and their appetite!

Shopping List -Week 1

Produce – Fruit

1 grapefruit
7 Peaches (Pears or Nectarines)
1 Orange (zest –peel of 1 orange)
1 Small Apple
1 Cup Strawberries or other fresh fruit
½ cup Strawberries, fresh or frozen, unsweetened, sliced
1 Cup Melon cubes
¼ Cup Grapes
1 Kiwi fruit
1 Banana
1 Orange
1 small Orange
1 Apple
2 med. Plums
1 Orange
1 Grapefruit
1 kiwi
1/3 cup Raspberries, fresh or frozen, unsweetened
1 Lemon

Produce – Vegetables

1 lb. Broccoli
1 ½ lb. Russet potatoes
6 Onions
2 medium Red onion
4 Carrots
1 lb. Mushrooms, fresh
8 clove Garlic
1 Red Bell pepper
2 medium Green peppers
1 Package Salad Greens
Celery
2 lbs. Roma tomatoes
1 Cup Mushrooms
1 Cup Parsley
Leaf lettuce
Iceberg Lettuce
1 Head Romaine lettuce
2 bunches Spinach
1 Cucumber
1 Tomato
1 Cucumber
1 bunch Celery
1 lb. Soft tofu
1 cup Chinese cabbage, chopped
1 Winter squash

Deli

2 oz. Chicken breast, cooked
2 Oz. Turkey, cooked
6 oz. Smoked salmon, flaked

Dairy

Margarine
12 cups 1% milk
4 oz. Low-fat Monterey jack cheese, shredded
2 cups Yogurt, nonfat
12 Eggs
1 ½ cups Buttermilk
½ Cup Parmesan cheese
Low-fat Cottage Cheese
Soft Cheese, low-fat
1 package Mozzarella cheese, part-skim, shredded

Meat, Poultry and Fish

4 oz. Salmon fillet
3 Oz. Lamb (or Pork) chop,
3 Oz. Chicken breast
½ lb. Lean, bottom round steak
1 lb Cod or other fish
1 lb. Boneless sirloin steak, lean

Packaged Foods

1 Package Brown Rice (quick cooking)
1/3 cup White rice

8 oz. Pasta, radiatore or other, dry
½ cup Barley
8 oz. Pasta, radiatore
1 package Egg (or Eggless) Noodles
12 Manicotti tubes, dry

Baking Products

Sugar
Brown sugar
All-Purpose Flour
Whole wheat flour
Unprocessed wheat bran
Baking Soda
Salt
Imitation bacon bits
Raisins
Walnuts
Dried almonds
Cornmeal
Honey

Spices

Black Pepper
Chili con carne seasoning
Cinnamon
Coriander
Crushed red pepper flakes
Cumin
Dill weed
Dried basil
Garlic Powder
Nutmeg
Oregano
Paprika
Sesame seeds
Tarragon
Thyme
Thyme
Vanilla

Cereals

1/2 cup quick cooking oatmeal
1 cup Rolled oats

Oils and Dressings

1 Bottle Ranch dressing, low-calorie
Vegetable oil
Mayonnaise, fat-free
Blue cheese dressing, diet
Olive oil
Italian dressing, fat free
Thousand Island dressing, low-calorie
Mayonnaise, fat free
French Dressing

Condiments

Dill pickle
Jam or preserves
Raspberry jam
Dijon mustard
Vinegar

Canned Foods

1 can Green Beans
1 can Vegetable broth
2 cups Beef broth
2 oz. Tuna, water-packed, drained
15 oz. can Black beans
8 oz can Water chestnuts, sliced
1/3 cup Peaches, canned, unsweetened, sliced
½ cup Cranberry sauce, jellied
28 oz can Whole tomatoes
1/3 cup Tomato paste
Capers
15 oz. can Black beans
(2) 15 oz. cans Tomato puree
15 oz. can Applesauce

Frozen Foods

Frozen Strawberries, unsweetened
1 Package Brussels sprouts
Corn, canned or frozen
(2) 10 oz. pkg. Frozen chopped spinach
Ice cream, low-fat
1 package frozen Peas and Carrots
Lime Sherbet
Green beans
Frozen yogurt
2 lb. Frozen wheat bread dough

Bakery

French rolls
Bagels, herb-flavored
Raisin Bread
Whole-grain rolls

Crusty rolls
Bagel s
Pita pockets
Bread, whole wheat
Angel food cake
Flour Tortillas

Beverages

Apple juice
Orange Juice
Cranberry juice
Lemon juice
Lime juice

Shopping List - Week 2

Produce – Fruit

Papaya
1 med Apple
Pineapple
2 Kiwi
3 medium Bananas
½ Cup Green grapes
3 Grapefruit
4 Oranges
1 Melon
1 Avocado
1 jicama
1 Lime

Produce – Vegetables

1 Cup Cauliflower, Broccoli, cooked
1 Head Broccoli
Romaine lettuce
5 Tomatoes
1 package Carrots
1 package Celery
4 Onions
10 cloves Garlic
1 Head Cabbage
2 Cucumbers
1 Winter squash
1 Head iceberg Lettuce
2 New potatoes
1 Head Oriental cabbage
1 bunch Cilantro
1 Head Romaine lettuce
4 Green Bell Peppers
1 Red Bell Pepper
10 Mushrooms
1 Bunch Spinach
2 Bunches Radishes
1 1 Summer Squash
1 Package mixed green salad

Deli

2 Oz. Smoked turkey breast or Canadian bacon, grilled
3 Oz. Roast beef, baked
2 Oz. Turkey breast, sliced

Dairy

2 Gallons Milk
1 lb. Margarine
1 Tbs. Parmesan cheese, grated
1 ounce American cheese
1 ½ cup Cheddar cheese, low-fat, grated
1 Dozen Eggs
1 oz Cream cheese, nonfat
1/3 cup Frozen yogurt, vanilla
1/4 cup low-fat Ricotta cheese
1 cup sour cream, nonfat
1 carton Cottage cheese, nonfat
3 oz. Part-skim mozzarella cheese, grated
1 cup Buttermilk, low-fat

Meat, Poultry and Fish

3 lb. Chicken breast
4 Oz. Baked halibut (or other fish)
lb. Ground lean top round, 9% or less fat
1 lb. Snapper, mahi mahi, or other fish fillets

Packaged Foods

4 Soda crackers
1 Package Spinach Noodles
1 Package Soft breadcrumbs
16 oz. Elbow macaroni
1 package Brown Rice
1 Cup dry Lentils

Baking Products

1 lb. Whole-wheat flour
Wheat germ
Baking soda
Sesame seeds
Mixed dried fruit bits
Walnuts
Almonds
All-purpose flour
Salt
Raisins
Walnuts
Dried currants
Cocoa
Sugar
Confectioners' sugar
Dark brown sugar
Molasses

Spices

Vanilla
Cinnamon
Nutmeg
Dill weed
Dried thyme
Pepper
Oregano
Basil
Crushed red pepper
Coriander
Bay leaf
Ground ginger
Ground White Pepper
Chili powder
Worcestershire sauce
Ground cloves
Curry powder
White pepper

Cereals

½ cup Cooked cereal, your choice
½ cup Oatmeal, quick cooking

Oils and Dressings

Low-fat Caesar Dressing
Blue cheese dressing, low-calorie
French dressing, low-calorie
Ranch dressing, low-calorie
Honey mustard dressing, low-fat
Thousand Island dressing, low-calorie
Sesame oil
French dressing, low-calorie
Olive oil
Vinegar
Cider vinegar
Soy sauce, low-sodium

Condiments

Salsa
Imitation bacon bits
Honey
Honey
Raspberry jam

Canned Foods

Water chestnuts
Chow mien noodles
Cranberry sauce
1 can Corn
1 can Beets
2 6 1/2 oz. Tuna, water-packed
1 can Applesauce
5 Cans Chicken broth, unsalted
15 oz. can Garbanzo beans, drained
8 oz canned, Stewed Tomatoes
1 small can tomato puree
1 Can diced tomatoes
28 oz. can Tomatoes in puree
2 Cans Vegetable broth
1 can Tomato paste
2 cans Stewed tomatoes
4 oz. can diced Green chilies
¼ Cup Mandarin orange slices
1/3 cup Pimento-stuffed green olives, sliced

Frozen Foods

Frozen broccoli
Lime sherbet
Green beans
Whipped topping, low-fat

Bakery

Whole-wheat bread
1 pita bread
Raisin bread
Croutons
Whole Wheat Tortillas with
Whole-wheat rolls
English muffins
Whole-wheat French bread
4 Hamburger buns

Beverages

Grapefruit juice
Orange juice
Pineapple juice
Lime juice
Lime juice
Lemon juice
V-8 or Tomato Juice

Shopping List - Week 3

Produce – Fruit

1 medium Kiwi fruit, sliced
1 tsp. lemon peel, grated
1 med Orange
½ cup Melon, cubed
½ Banana
½ medium Banana, sliced
¾ Cup Melon, cubed
2-inch wedge Honeydew Melon
1 small Banana
1 Kiwi, peeled, sliced
1 Pear
2 ½ cups Raspberries, fresh or frozen, unsweetened
2 Tbs. Berries, unsweetened, sliced
1 Apple

Produce – Vegetables

12 cloves Garlic, minced
1 Cup Lettuce, chopped
1 small Tomato, diced
6 medium tomatoes
1 package Carrots
A bunch Green onions
1 small Cucumber
1 head Iceberg Lettuce
4 medium Onions
1 Green bell pepper, chopped
3 small Red bell peppers
1 lb. Mushrooms, sliced
3 bunches Spinach
10 small Red potatoes
2 bunches Parsley
10 stalks Asparagus
3 New potatoes
1 head Cauliflower
1 package Green salad Mix
¼ Cup Alfalfa sprouts (optional)
1 small Yellow squash, cut into ¼" slices

Deli

3 Oz. Turkey breast

Dairy

¼ cup part-skim Ricotta cheese
Eggs
2 Gallons Milk, nonfat or 1%
1 package Parmesan cheese
Buttermilk
Cream cheese, nonfat
3 packs Yogurt, nonfat, plain
3 oz. Provolone cheese, low-fat, shredded
2 oz Swiss cheese, reduced-fat
Margarine, soft tub
Sour cream, nonfat
Egg substitute
4 Oz. Cheddar cheese, lowfat, sharp

Meat, Poultry and Fish

1 lb. Fish (halibut), cut into 1" cubes
(4) 3 oz. Chicken or turkey breasts, skinned, boned
(4) ½ oz slices Canadian bacon
12 oz. Shrimp, small, shelled, de-veined, steamed or boiled.
(4) 1/3 lb. Fish fillets, white fish (cod, Pollack, halibut)
1 lb. Pork tenderloin
1 ½ lb. Chicken pieces, skinned
1 lb. Turkey breast tenderloin

Packaged Foods

1 lb. Pasta (linguini), cooked
1 package Rice
Breadcrumbs
2 Fig bars
Pasta, shells, whole wheat
Rotini Pasta
3 Fig bars
Brown rice

Baking Products

Cornstarch
5 Apple rings, dried
Sugar
Sunflower seeds
Sesame seeds
Dried apricots, chopped
Dried apples, chopped
Golden raisins
Raisins
Walnuts or pecans
Wheat germ
Honey

Spices

Dried thyme
Dried basil
Cayenne pepper
Vanilla
Pepper
Oregano
Dried Parsley
Ginger
White pepper
Garlic powder
Cinnamon
Lemon pepper
Soy sauce, low-sodium

Cereals

3 cups Rolled oats
¾ ounce Cold Cereal (whole grain)

Oils and Dressings

Olive oil
Mayonnaise, fat free
Balsamic vinegar
Canola oil
Sesame oil
Italian dressing, low-fat

Condiments

2 Oz. Salsa
¼ cup Apricot preserves

Canned Foods

1 Tbs. Cranberry sauce
1 Cup Tomato soup
(2) 14 ½ oz. cans Tomatoes, diced, no salt added
10 ¾ oz. can Cream of Celery Soup, low-fat
10 oz. can Pizza crust dough, refrigerated
1 ½ oz. Sun-dried tomatoes, packed without oil (about 20)
(2) 13 ¾ oz. cans Vegetable broth
(2) 16 oz. cans White beans, cannelloni
14 ½ oz. can Vegetable broth
½ cup canned [in juice] peach slices
12 oz. jar Red bell peppers, roasted, not in oil
16 oz. canned Tomatoes
8 oz. canned Tomato sauce, low-sodium
1 can Black Beans
3 Oz. Tuna, water-packed

Frozen Foods

(2) 10 oz. pkg. Broccoli florets
10 oz. pkg. Cauliflower florets, cooked
½ cup Sherbet or sorbet, pineapple, or other flavor
2 cups frozen Green peas, cooked
Frozen 300-calorie Beef Entrée
2 tsp. Orange juice concentrate, frozen

Bakery

English Muffins
Bagels, whole wheat
Tortilla, whole wheat, 10”
Rye bread
Angel food cake (1/12th)
Italian bread
Pita bread, whole wheat
Raisin Bread, toasted
Roll, whole Wheat
Whole Wheat Bread

Beverages

White dry wine OR Apple juice
Lemon juice
Orange juice
White wine
Lime juice

Shopping List - Week 4

Produce – Fruit

2 large Oranges
1 Melon
4 medium Apples
1 Bunch Grapes
3 medium Grapefruit
1 pkg. Blueberries
1 Lime
1 Lemon
1 medium Pear
1 Mandarin Orange
3 Bananas

Produce – Vegetables

1 Head Romaine Lettuce
1 Head Iceberg lettuce
1 Head Broccoli
10 cloves Garlic
1 bunch Fresh dill
1 bunch fresh Parsley
1 ½ lbs. small new Red potatoes
1 bunch Green Onion
1 package medium Carrots
6 medium Zucchini
1 package Celery
5 Onions
3 Green bell peppers
5 large Tomatoes
small Jalapeno pepper
1 bunch fresh Mint
1 bunch fresh Cilantro
2 Cucumbers
1 lb. Mushrooms
1 pkg. Bean Sprouts
1 large pkg. Green Salad Mix
5 Potatoes

Deli

4 oz. Turkey Breast
4 oz. Roast Beef (lean only)
2 oz. Chicken

Dairy

2 oz. Neufchatel cheese, room temperature
1 carton Cottage Cheese
1 oz. Monterey Jack OR Cheddar cheese
1 oz. Cheddar cheese
2 gallons 1% or nonfat Milk
1 tub lowfat Margarine
½ Dozen Eggs
Small carton Buttermilk (low-fat)
Sour cream, lowfat
2 packs low-fat yogurt
1 small pkg whipped cream cheese

Meat, Poultry and Fish

6 oz. Bay scallops
2 ½ lb. Chicken breasts, boneless
2 oz. Ham or Canadian Bacon
1 lb. Halibut (or other fish)
½ lb. ground turkey (low-fat)

Packaged Foods

Rye Krisp crackers
Mashed Potatoes Mix
Spinach Pasta
Reduced-Calorie Hot Cocoa
Breadcrumbs
White Rice

Baking Products

Unflavored gelatin
Honey
Yellow cornmeal

Spices

Pepper
Salt
Cayenne pepper
Chili powder
Garlic salt
Dill Weed
Nutmeg
Cinnamon
Oregano

Cereals

Cold Cereal, high fiber, low fat

Quick oatmeal

Oils and Dressings

Low-calorie Mayonnaise
Low-calorie Dressing
Olive oil
Vegetable oil
Red-wine vinegar
dry Ranch-style salad dressing mix

Condiments

Jam
Dijon mustard
Maple syrup

Canned Foods

low-salt Chicken broth
1 can Pineapple pieces
1 can Corn
1 can Tomato juice
6 oz. canned unsalted Tomatoes
16 oz. canned low-sodium Kidney Beans
Pimento-stuffed Olives
1 (6 ¾ oz.) canned Tuna packed in water
1 can Green Beans
1 can Beets

Frozen Foods

10 oz. pkg. Green Beans
1 can frozen Lemonade concentrate
1 pint Sherbet
10 oz. package Green Peas
10 oz. package Spinach

Bakery

Reduced-Calorie Multi-grain Bread
Wheat Dinner Rolls
Whole wheat English muffins
corn or flour Tortillas, 6” in diameter.
Pumpernickel or onion bagels
Whole Wheat Bread
2 small Pita breads (whole wheat)

Beverages

Club soda
Lemon juice
Dry white wine
Low calorie cranberry juice
Orange Juice
Lime juice

Shopping List - Week 5

Produce – Fruit

Pineapple juice
2 Bananas
1 Melon
5 Apples
1 Orange
1 bunch Grapes
1 Grapefruit
Fruit, your choice
1 small Orange
1 Pear
1 med Peach
1 Tangerine
1/4 cup Grapes

Produce – Vegetables

10 ½ oz. Tofu, silken soft, drained
1 bunch fresh Parsley
7 cloves Garlic
Basil, fresh
6 Baby carrots
Lettuce leaves, Romaine
3 bunches Green onions
4 Tomatoes
6 Onions
3 Green bell pepper
2 Acorn squash
1 ½ lb. Zucchini squash
4 med Potato
2 Red onion
2 bunches Spinach
1 Head Broccoli
1 Red bell pepper
1 Gingerroot
Assorted fresh vegetables (your choice)
1 package Carrots
1 small bunch Cilantro, fresh
1 Cucumber
1 package Celery
2 Sweet potatoes
Okra
1 bunch Asparagus

Deli

3 Oz. Turkey sausage
Imitation bacon bits

Dairy

2 Gallons Milk
1 Tub Margarine
1 dozen Eggs
3 cartons plain low-fat yogurt
2 cartons Cottage cheese, 1%
1 pint Buttermilk, nonfat
1 carton Sour cream, low-fat
1 pkg. Parmesan cheese, low-fat
1 pkg. Mozzarella cheese, low-fat

Meat, Poultry and Fish

(4) 3 oz Lamb leg sirloin chops, cut ¾"
5 lb. Chicken breast
1 lb. Pork loin, lean
¼ lb. Ground beef, extra lean
3 Oz. Bay shrimp, cooked

Packaged Foods

Reduced-Calorie Hot Cocoa
Breadcrumbs, Italian style
2 Fig bar cookies
White Rice
Potato chips, baked, low-fat
7 ¼ oz. pkg. Macaroni and cheese mix
1 pkg. Lentils, red or green
1 pkg. Spinach pasta
Rye-Krisp crackers

Baking Products

1 pkg. Cornbread Mix
Flour, whole wheat
All-purpose flour
Cornstarch
Baking powder
Baking soda
Almond slivers
Brown sugar

Raisins
Walnuts

Spices

Salt
Pepper
Cinnamon
Dried rosemary
Thyme
Oregano
Cayenne pepper
Onion powder
Chili powder
Italian herb seasoning
White pepper
Garlic powder
Ginger
Curry powder
Turmeric
Dried dill weed
Ground cumin
Lemon pepper
Bay leaves
Paprika

Cereals

Oatmeal, quick or old fashioned
Cream of wheat
Cold cereal, high fiber, low fat

Oils and Dressings

Olive oil
Safflower oil
White wine vinegar
Italian dressing, fat free
Salad dressing, fat free
Mayonnaise, fat free

Condiments

Dijon mustard
Reduced-calorie Apricot spread
“Light” soy sauce

Canned Foods

Applesauce, unsweetened
(2) 6 1/8 oz. cans Pink salmon, boneless, skinless
Canned Pineapple slices
1 can Tomatoes
1 can Tomato juice
3 cans Vegetable broth
1 can Black beans
1 can Chicken broth, low-salt
1 can Pineapple chunks
1 can Fruit cocktail
1 small can Tomato paste
10 ½ oz. can Chicken broth, low-salt

Frozen Foods

Vegetable burger patty
Green peas
Corn kernels
Whip topping, low-calorie
10 oz. pkg. Peas and carrots
1 Frozen 300-calorie entrée
1 pint Sorbet

Bakery

Rolls, whole wheat
Hamburger Buns, whole wheat
1 loaf Bread, whole wheat
Garlic parmesan bread
Cinnamon-Raisin bread
Angel food cake
Tortillas, whole wheat
Bagels

Beverages

Pineapple juice
Dry sherry
Soymilk
Lime juice
Orange juice
Sparkling Water
Orange juice

Shopping List - Week 6

Produce – Fruit

6 Oranges
1 carton Blueberries
2 cups Green and red California grapes
2 Bananas
3 Kiwi fruit
2 Grapefruit
1 Melon
1 Cup Cantaloupe chunks
California seedless grapes
Orange segments
1 Apple
1 large Pear
1/2 medium Banana
1 small Orange
1 Lime

Produce – Vegetables

12 oz. Tofu
5 cloves Garlic
1 bunch fresh Parsley
1 bunch Chives
1 Head Cauliflower
3 Potatoes, cooked
1 ½ lbs. small new Red potatoes,
1 package Celery
1 head Romaine Lettuce
1 Acorn Squash
1 package Carrots
1 head Red cabbage
3 Green Bell pepper
1 Red Bell Bepper
2 bunches Green onion
3 Onions
2 (6 oz) Sweet Potatoes
1 Head Iceberg Lettuce
Sprouts
1 large pkg. Tossed Salad Mix
4 Tomatoes
1 carton Mushrooms

Deli

2 oz. skinless Chicken
4 oz. Lean ham
4 Oz Turkey Breast
6 Oz. Deli roast beef

Dairy

Parmesan cheese, grated
1 carton Cup Ricotta cheese, low-fat
2 cartons Cottage cheese
2 oz. Mozzarella cheese, part-skim
1 dozen Eggs
Margarine (tubbed)
2 cartons Plain Nonfat Yogurt
1 Oz. Colby cheese
2 Oz. Monterey jack Cheese
1 carton Orange or lemon-flavored yogurt

Meat, Poultry and Fish

6 oz. fresh or frozen Halibut, Snapper, Sole or Cod
6 oz. small Shrimp, (about 18)
4 Oz. Salmon
1 lb. Pork tenderloin
6 oz. Chicken, skinned
3 oz. Fish, Crab, or Crab Substitute

Packaged Foods

Oyster Crackers
Jumbo pasta shells (16)
Mashed potato flakes
Bread Sticks
1 package Pasta - Rotelli
Rice cakes
Rye Krisp crackers
Brown Rice
Imitation bacon bits

Baking Products

all-purpose Flour
1 package Pancake Mix
Walnuts
Sugar
Honey

Spices

Salt
Pepper
Nutmeg
Dry mustard
Oregano
Basil

Parsley
Paprika
Tabasco
Lemon pepper seasoning

Cereals

Oatmeal

Oils and Dressings

Low-calorie Dressing
Low calorie mayonnaise
Vegetable oil
Olive oil
Wine vinegar

Condiments

Pickle relish
Mustard
Reduced-calorie Strawberry spread
Red raspberry preserves
Peach Preserves
Prepared medium Salsa
Catsup
Soy sauce

Canned Foods

1 can Unsweetened Applesauce
16 oz. canned Tomatoes
8 oz. canned Tomato sauce, low-sodium
Green Beans
1 can Tomato juice
1 16-oz. can Bartlett pears in natural juices
1 can Black olives, sliced
1 can Crushed pineapple
1 can chunk Pineapple
2 cans white tuna (in water)

Frozen Foods

1 10-oz. package Green Beans
1 10-oz. package chopped Spinach
Frozen Dinner (300 calories, 10 grams of Fat)
1 10-oz. package Brussels Sprouts

Bakery

English muffins
Whole Wheat Bread
Whole Wheat roll
Rye Bread
Raisin English Muffin
French Bread
Flour tortillas (7-inch diameter)
Bagels

Beverages

Lemon juice
¼ cup Lime juice

Shopping List - Week 7

Produce – Fruit

2 Banana
3 fresh Peaches OR pears OR nectarines OR plums
2 Medium Apples
1 Honeydew Melon
2 medium Rome Beauty Apples
1 Kiwi
1 carton Berries
1 bunch Grapes
1 small Banana
2 Pears
1 medium Grapefruit
1 tsp. Margarine
1 Apple
1½ cup Raspberries
1 medium Peach
1 small Cantaloupe

Produce – Vegetables

12 oz. Tofu
1 Gingerroot
1 cup Alfalfa sprouts
1 clove Garlic
2 cloves Garlic (small), crushed
1 small Garlic clove
1 package Celery
1 package Carrots
2 Winter Squash
1 bunch Parsley
3 Tomatoes
5 Medium Onion
1 package Curried Carrots
3 cartons Mushrooms
1/3 cup Mushrooms, thinly sliced
¼ cup Green pepper, thinly sliced
¼ cup Radishes, thinly sliced
1 small Onion, thinly sliced
¼ Cup Green bell pepper, chopped
½ Cup Prepared medium salsa, divided
1 Green bell pepper
1 pkg. Green Salad Mix
2 heads Iceberg Lettuce
1 head Romaine lettuce
5 small Baking potatoes
1 Zucchini
1 Head Broccoli
1 Green pepper
1 head Cabbage

3-4 New Potatoes

Deli

3 oz. cooked Turkey Ham
4 oz. Turkey; white meat
6 Oz. Deli roast beef, thinly sliced

Dairy

2 Gallons Milk, nonfat or 1%
1 Dozen Eggs
1 quart Buttermilk
1 carton Non-fat Yogurt
1 tub Margarine
3 carton Cottage Cheese (1%)
2 carton Ricotta Cheese, Low-fat
1 carton Part-Skim Ricotta
Mozzarella Cheese
Colby cheese, shredded
Monterey jack Cheese, shredded
1 cartons Low-fat yogurt

Meat, Poultry and Fish

1 lb Fish fillets
12 oz. Chicken, cut into strips
3 lb. Halibut steaks, ¾ - 1 inch thick
3 oz. Fish fillet
3 oz. Tuna fillet

Packaged Foods

Brown Rice
1 pkg. Barley
Rice Cakes
1 pkg. Noodles or spaghetti
Rye Krisp crackers
Rice

Baking Products

Whole wheat flour
Cornstarch
Unprocessed wheat bran
Brown sugar
Baking soda
1 pkg. Peanuts
Cornstarch

Raisins
1 pkg. Pecans

Spices

Salt
Pepper
Oregano
Basil
dried Rosemary
Herb seasoning
Garlic powder
Cloves
Stick Cinnamon
Curry powder
Orange zest
ground Cinnamon
Nutmeg
Dill Weed
Sesame seeds

Cereals

Cold Cereal
Rolled oats
Corn flake crumbs
Nugget cereal (GrapeNuts)

Oils and Dressings

Low-calorie Dressing
Vegetable oil
Nonstick vegetable spray
Rice vinegar
Sesame oil

Condiments

2 Tbs. Catsup
1 Tbs. Soy sauce

Canned Foods

1 28-oz can Tomatoes
1 can green beans
2 cans Kidney or Garbanzo Beans
1 can juice-packed Peaches
1 can Pineapple Chunks

Frozen Foods

Frozen Strawberries
1 pkg. chopped Broccoli or Spinach
Orange juice concentrate
Brussels Sprouts
Sherbet
Mixed Vegetables
Green peas
Corn

Bakery

Angel Food Cake
Dinner Rolls
English muffins
Raisin bread
Pita Bread
Whole Wheat bread
Flour tortillas (7-inch diameter)

Beverages

1 can/jar Fruit Juice of choice
Sparkling Soda Water
1 ½ cup Tomato juice

Shopping List - Week 8

Produce – Fruit

2 medium Grapefruit
2 Limes
1 small apple, diced
1 Cup total Grapes, oranges, bananas, strawberries, sliced
1 cup Jicama, finely chopped
8 cups Fruit (strawberries, blueberries, kiwi, melon, or other)
2 Bananas, mashed
2 Melon
1 small Avocado, sliced
1 Orange
2 Papaya
1 Pineapple
1 Kiwi
1 Pear

Produce – Vegetables

4 oz. Firm tofu
9 cloves Garlic, minced
7 Onions
1 package Celery
2 large Sweet onions
1 head Romaine lettuce
1 head Iceberg Lettuce
5 Tomatoes
½ cup alfalfa sprouts
1 Cucumber
½ lb. Stemmed spinach
fresh Ginger
2 large Red bell peppers
1 large Green bell pepper
2 bunches Green onions
1 bunch Parsley
1 head Broccoli
2 New potatoes
Cilantro
1 package Carrots
1 bunch Radishes
2 Winter squash
4Sweet potatoes
½ lb. Potatoes
½ lb. Yellow summer squash
½ lb. Baby carrots
1 med. Baking potato
1 Cucumber
1 large pkg. Green salad Mix
¼ lb. Mushrooms

Deli

1 lb. Turkey breast, skinned, ground
2 Oz. Smoked turkey breast or Canadian bacon, grilled

Dairy

1 oz. Cheddar cheese
½ cup low-fat Cheddar cheese, shredded
2 Gallons Milk
1 dozen Eggs
3 cups Lemon yogurt, low-fat (or other flavor
1 carton Egg substitute
Cream cheese, nonfat
Sour cream, nonfat
2 cartons plain low-fat yogurt
¼ cup Feta cheese, crumbled
Parmesan cheese
1 Oz. Swiss cheese, low-fat

Meat, Poultry and Fish

¾ lb. Boneless lamb steak
2 lb. Chicken breast, boneless, skinless,
2 ½ lb. Ground lean top round, 9% fat or less
2 Oz. Salmon or other fish, cooked
½ lb. Boneless beef top sirloin steak
3 Oz. Top sirloin

Packaged Foods

Brown rice
Vanilla wafer cookies
Ladyfingers
Fine dry breadcrumbs
Bulgur wheat
Croutons, dry, toasted
Egg noodles
1 pkg. Raspberry gelatin
Soft whole-wheat breadcrumbs

Baking Products

Cornmeal
Cornstarch
Honey
Sugar
Brown sugar
Vanilla
Baking soda
Salt
Pepper
Baking powder
Whole-wheat flour
All-purpose Flour
Confectioners' sugar
Walnuts, chopped
Dried apricots, chopped
Dried apples, chopped
Golden raisins
Wheat germ
Almond extract
Raisins
Baking soda
Nonfat dry milk

Spices

Seasoning salt
Paprika
Coriander
Nutmeg
Red pepper flakes
Grated orange zest (rind)
ground Cinnamon
Nutmeg
Rosemary
Mustard powder
Ginger
Sage
Basil
Oregano
Thyme
Chili powder
Allspice
Garlic powder
Sunflower seeds
Sesame seeds
Cayenne pepper
Dill weed
Poultry seasoning

Cereals

Oatmeal, quick cooking
Rolled oats
Corn flakes
Cold cereal, low fat

Oils and Dressings

Mayonnaise, fat-free
Olive oil
Ranch dressing, fat-free
Thousand Island dressing, low-calorie
Blue cheese dressing, low-calorie
Canola oil
Low-fat Caesar Dressing
French dressing, low-calorie
Balsamic vinegar

Condiments

Soy sauce, reduced-sodium
Salsa
Raspberry jam
Peach Preserves
Catsup
Dijon mustard

Canned Foods

1 can Beef broth
8 oz. can Water chestnuts
3 cans chicken broth
Canned Green chili peppers
8 oz can Tomato sauce
15 oz. can Black beans
1 can small can whole Ripe Olives
2 cans Applesauce, unsweetened
2 oz. Pimento
14 oz can Beef broth
10-3/4 oz can Condensed Cream of Mushroom soup (reduced sodium)
(2) 6 oz cans Tuna, water-packed, drained, flaked
1 can Beets

Frozen Foods

(3) 10 oz. pkg. Corn
10 oz. pkg. Spinach
1 pint Rainbow sherbet
(2) 10 oz. pkg. Green beans

(2) 10 oz. pkg. Green peas
10 oz. pkg. Broccoli
10 oz. pkg. Mixed vegetables

Bakery

English muffin,s
Whole-wheat French bread, ½" thick
Hamburger buns
Sourdough rolls
Bagels
Whole-wheat rolls

Beverages

Grapefruit juice
Orange juice
Lemon juice

Shopping List - Week 9

Produce – Fruit

2 Oranges
1 Lime
2 Melons
3 Banana
1 Avocado
1 medium Grapefruit
2 Pears
1 medium Kiwi fruit
1 Lemon
1 bunch Grapes

Produce – Vegetables

1 lb. Tofu, firm
1 package Carrots
1 head green Cabbage
1 head red Cabbage
5 Tomatoes
1 bunch Leeks
3 bunches Green onions
1 ½ cups Mushrooms
12 cloves Garlic, minced
1 bunch Radishes
2 Onions
1 Head Iceberg Lettuce
2 Red bell pepper
1 Green bell pepper
1 head Broccoli
1 bunch Parsley
1 bunch Cilantro
1 bunch Chives
1 large pkg. Green salad mix
3 New potatoes
4 (8 oz.) Baking potatoes
1 pkg. Celery
3 small Zucchini (about ¾ lb)
12 small Button mushrooms
12 Cherry tomatoes
½ lb Green beans

Deli

3 oz. Canadian bacon, cut into 1 ½" strips (about ½ cup)
1 ½ Oz. each Turkey, roast beef, sliced
1 ½ Oz. Smoked salmon
3 Oz. Roast beef, deli-sliced

Dairy

2 Gallons Milk, 1% or nonfat
1 carton Cottage cheese
2 cartons Yogurt, nonfat, plain
1 tub Margarine
6 Eggs
Mozzarella cheese, part-skim, grated
Jack cheese, low-fat, shredded
Sour cream, nonfat
Parmesan cheese, low-fat, grated

Meat, Poultry and Fish

2 lbs. medium Prawns
¾ lb. Turkey, lean, ground
3 Oz. Hamburger, lean, browned
3 ½ oz Lean Meat (pork chops)
3 Oz. Fish (orange Roughy)
1 lb. Chicken breasts

Packaged Foods

Rice
Ginger snap cookies
Pasta (try something different)
Cookies, fat free
Fettuccine
Pretzels, low sodium

Baking Products

Honey
8 ½ oz. package Cornbread mix
Vanilla
Brown sugar
Honey
Sugar

Spices

Salt
Pepper
Cayenne pepper
Cinnamon
Paprika
Chili powder
Ground cumin

Dried basil
Turmeric
Garlic powder
Ground ginger

Cereals

Oatmeal
Cream of Wheat

Oils and Dressings

Canola oil
Sesame oil
Mayonnaise, fat free
Apple cider vinegar
Olive oil
Thousand Island, fat free
Salad dressing, fat free
Italian dressing, fat free
Peanut butter

Condiments

Tabasco
tomato salsa
Dijon mustard
Mustard
Soy sauce, lite, low-sodium
Apricot preserves
Barbecue sauce
Sweet pickles, low sodium

Canned Foods

1 can Apricots, canned in own juice
1 can Black olives
1 jar Pimientos
4 oz. can Green chilies, diced
14 oz. jar spaghetti sauce
15 oz. can Black beans
1 can Tomato sauce

Frozen Foods

Frozen yogurt, nonfat
Sherbet
Vegetable burger patties
10 oz. pkg. Corn, thawed
1 Frozen 300-calorie entrée, your choice

Bakery

Pita bread, whole wheat
Bread, sourdough
English muffins
Bread, whole wheat
Hamburger buns
Bagels
Italian bread
Bread sticks
Sandwich buns/rolls

Beverages

Orange juice
Apple juice