



What's
Cook'n?


**On the Go?
No Problem!**

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Cranberry Walnut Oatmeal

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------------------|---------------|
| Plain oatmeal (slow-cook or instant) | ½ cup |
| Dried cranberries | 1½ oz. |
| Walnuts, chopped | 1 oz. |
| Honey | 1 tsp |
| Cinnamon | 1 tsp |
| Orange juice | ½ cup |

Instructions

Cook oatmeal according to the directions on the package. Add remaining ingredients. Serve with a small glass of orange juice. **NOTE:** You can substitute any fruit and/or nut that you want.

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 461 |
| PROTEIN | 10.5 g |
| CARBOHYDRATES | 69.5 g |
| FAT | 18 g |
| SATURATED FAT | 1 g |
| SODIUM | 55 mg |
| FIBER | 7 g |

Servings: 1

Yogurt and Fruit

| <u>Ingredients</u> | <u>Amount</u> |
|------------------------|---------------|
| Low-fat vanilla yogurt | 8 oz |
| Blueberries | 1/2 cup |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 210 |
| PROTEIN | 11 |
| CARBOHYDRATES | 37 |
| FAT | 3 |
| SATURATED FAT | 2 |
| SODIUM | 150 |
| FIBER | 1 |

Apple and String Cheese

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------|---------------|
| Medium Apple | 1 |
| String Cheese | 1 each |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 160 |
| PROTEIN | 9 |
| CARBOHYDRATES | 30 |
| FAT | 2 |
| SATURATED FAT | 1 |
| SODIUM | 220 |
| FIBER | 5 |

Light Breakfast

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------------|---------------|
| Rice & Shine (rice cereal) | ½ cup |
| Black pepper | To taste |
| Whole wheat bread, toasted | 1 slice |
| Unsalted butter | ½ tsp |
| Grape jelly, or desired flavor | 1 tsp |
| Low-fat strawberry yogurt | 1 each |
| 1% Milk | 1 cup |

Instructions

Cook cereal according to instructions on package. Add pepper. Toast bread; add butter and jelly. Serve with yogurt and a glass of milk.

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 461 |
| PROTEIN | 19 g |
| CARBOHYDRATES | 76 g |
| FAT | 9 g |
| SATURATED FAT | 5 g |
| SODIUM | 357 mg |
| FIBER | 2 g |

Servings: 1

Cottage Cheese and Pineapple

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------|---------------|
| Pineapple chunks | 1/2 cup |
| 1% Cottage cheese | 1/2 cup |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 160 |
| PROTEIN | 15 |
| CARBOHYDRATES | 23 |
| FAT | 1.5 |
| SATURATED FAT | 0.5 |
| SODIUM | 460 |
| FIBER | 1 |

pudding Parfait

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------|---------------|
| Fat free pudding | 1 |
| Banana, sliced | 1/2 |
| Light whipped cream | 1 tbsp |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 160 |
| PROTEIN | 3 |
| CARBOHYDRATES | 37 |
| FAT | 1 |
| SATURATED FAT | 0 |
| SODIUM | 150 |
| FIBER | 2 |

Maple Oatmeal

| <u>Ingredients</u> | <u>Amount</u> |
|-------------------------------------|---------------|
| Maple brown sugar oatmeal (instant) | 1 package |
| Whole wheat English muffin | 1 each |
| Orange juice | 1 cup |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 480 |
| PROTEIN | 14 g |
| CARBOHYDRATES | 99 g |
| FAT | 4 g |
| SATURATED FAT | 0.5 g |
| SODIUM | 620 mg |
| FIBER | 10 g |

Servings: 1

Chocolate Soy Nuts and Cherries

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------------|---------------|
| Genisoy chocolate soy nuts | 1 oz |
| Cherries | 1/2 cup |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 180 |
| PROTEIN | 5 |
| CARBOHYDRATES | 25 |
| FAT | 8 |
| SATURATED FAT | 4 |
| SODIUM | 15 |
| FIBER | 2 |

Strawberry and Banana Oatmeal

| <u>Ingredients</u> | <u>Amount</u> |
|---|---------------|
| Steel-cut oats | ½ cup |
| Oat bran | ⅓ cup |
| Strawberries, frozen or fresh | ¾ cup |
| Fresh banana | 1 medium |
| Whey protein powder (strawberry or vanilla) | 1½ scoops |
| Water | As directed |
| Ground cinnamon | 1 tsp |

| <u>Nutrition Facts</u> | |
|------------------------|-------|
| CALORIES | 460 |
| PROTEIN | 28 g |
| CARBOHYDRATES | 89 g |
| FAT | 7 g |
| SATURATED FAT | 2 g |
| SODIUM | 50 mg |
| FIBER | 17 g |

Servings: 1

Instructions

Prepare the oats according to the directions on the package. Add the banana, salt, cinnamon, and oat bran while the oats are simmering. Keep stirring the oats until you have the desired consistency. Remove from heat and stir in the strawberries and protein powder.

Banana Special

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------|---------------|
| Special K cereal | 1 cup |
| 1% Milk | ½ cup |
| Fresh banana | 1 medium |
| Orange juice | 1 cup |

Instructions

Slice bananas into the cereal and serve with a glass of orange juice. Enjoy!

NOTE: You can substitute any fruit and/or nut that you want.

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 390 |
| PROTEIN | 14 g |
| CARBOHYDRATES | 81 g |
| FAT | 2.5 g |
| SATURATED FAT | 1 g |
| SODIUM | 280 mg |
| FIBER | 4 g |

Servings: 1

Quick Breakfast

| <u>Ingredients</u> | <u>Amount</u> |
|--|---------------|
| Whole grain bread, toasted | 2 slices |
| Strawberry (or desired) jelly | 2 tbs |
| Fresh fruit (e.g. apple, orange, etc.) | 1 each |
| 1% milk (or 100% fruit juice)* | 1 cup |

*Nutrition facts calculated with milk as the chosen beverage. If juice was chosen, then carbohydrates will be slightly higher, and total calories and fat (total and saturated) will be lower.

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 430 |
| PROTEIN | 13 g |
| CARBOHYDRATES | 96 g |
| FAT | 4 g |
| SATURATED FAT | 1.5 g |
| SODIUM | 300 mg |
| FIBER | 15 g |

Servings: 1

Banana and Almonds

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------|---------------|
| Banana | 1 medium |
| Almonds | 1/4 cup |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 310 |
| PROTEIN | 9 |
| CARBOHYDRATES | 34 |
| FAT | 19 |
| SATURATED FAT | 1.5 |
| SODIUM | 0 |
| FIBER | 7 |

Pretzels, Mustard and String Cheese

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------|---------------------|
| Pretzel | ~ 20 pretzel twists |
| Mustard for dipping | 1/4 cup |
| String cheese | 1 |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 160 |
| PROTEIN | 11 |
| CARBOHYDRATES | 23 |
| FAT | 2.5 |
| SATURATED FAT | 1 |
| SODIUM | 790 |
| FIBER | 1 |

Applesauce and Graham Crackers

| <u>Ingredients</u> | <u>Amount</u> |
|-------------------------------|---------------|
| Cinnamon applesauce cup | 1 cup |
| Low-fat graham cracker sheets | 2 |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 200 |
| PROTEIN | 2 |
| CARBOHYDRATES | 42 |
| FAT | 3 |
| SATURATED FAT | 0 |
| SODIUM | 110 |
| FIBER | 3 |

Carrots and Ranch

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------------|---------------|
| Baby carrots | 10 each |
| Buttermilk ranch dressing | 1 tbs |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 130 |
| PROTEIN | 1 |
| CARBOHYDRATES | 13 |
| FAT | 8 |
| SATURATED FAT | 1.5 |
| SODIUM | 240 |
| FIBER | 3 |

Popcorn and Carrots

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------------|---------------|
| 94% fat free microwave popcorn | 1 mini bag |
| Carrot sticks | 1 cup |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 170 |
| PROTEIN | 5 |
| CARBOHYDRATES | 33 |
| FAT | 3 |
| SATURATED FAT | 0 |
| SODIUM | 260 |
| FIBER | 7 |

Hummus, Cucumbers and Crackers

| <u>Ingredients</u> | <u>Amount</u> |
|------------------------------|---------------------|
| Hummus | 1/4 cup |
| Sliced cucumbers | 1/2 cup (or more!) |
| 100% whole grain wheat thins | 8 |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 190 |
| PROTEIN | 5 |
| CARBOHYDRATES | 24 |
| FAT | 8 |
| SATURATED FAT | 1 |
| SODIUM | 230 |
| FIBER | 3 |

Scrambled Egg

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------|---------------|
| Egg, scrambled | 1 each |
| Black coffee | 1 cup |
| Sugar (optional)* | 1 tsp |
| Whole wheat toast | 1 slice |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 190 |
| PROTEIN | 10 g |
| CARBOHYDRATES | 18 g |
| FAT | 9 g |
| SATURATED FAT | 3 g |
| SODIUM | 260 mg |
| FIBER | 2 g |

Servings: 1

Applesauce Pancakes

| <u>Ingredients</u> | <u>Amount</u> |
|------------------------------|---------------|
| Egg whites | 4 each |
| Unsweetened applesauce | ½ cup |
| Protein powder (whey or soy) | 1 scoop |
| Splenda | 1 packet |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 300 |
| PROTEIN | 28 |
| CARBOHYDRATES | 45 |
| FAT | 1.5 |
| SATURATED FAT | 0 |
| SODIUM | 300 |
| FIBER | 2 |

Servings: 1

Recipe from: www.liftforlife.com

Broccoli, Mushroom & Cheese Strata

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|-----------------------------------|---------------|------------------------|--------|
| Olive oil | 4 tsp | CALORIES | 400 |
| Onion, diced | 1 large | PROTEIN | 27 g |
| Garlic cloves, minced | 3 each | CARBOHYDRATES | 49 g |
| Mushrooms, sliced | 3 cups | FAT | 10 g |
| Cooking spray | | SATURATED FAT | 2.5 g |
| Whole wheat baguette, cubed | 1 each | SODIUM | 850 mg |
| Eggs | 4 each | FIBER | 10 g |
| Egg whites | 12 each | Servings: 1 | |
| Nonfat milk | 2 cups | | |
| Dijon mustard | 1 tbsp | | |
| Frozen broccoli, thawed & chopped | 10 oz. | | |
| Parmesan cheese, grated | 1 oz. | | |
| Nonfat mozzarella cheese | 4 oz. | | |
| Sun-dried tomatoes, thinly sliced | ½ cup | | |
| Fresh thyme leaves, minced | 1 tbsp | | |
| Black pepper | ½ tsp | | |

Instructions:

Remove the crust from the baguette, and reconstitute the tomatoes by placing them in water until they are more plump. Heat 2 tsp of olive oil in a nonstick skillet over medium heat. Add the garlic and continue to cook for another 1 minute. Transfer the onion mixture to a medium bowl and allow to cool. Heat remaining 2 Tsp of oil in the skillet and sauté the mushrooms until they release of their water, about 6 to 7 minutes. Remove from heat and cool completely. Spray an oval baking dish with milk and mustard until incorporated. Add mushrooms, onion-garlic mixture, broccoli, Parmesan and mozzarella cheeses, sun-dried tomatoes, thyme, and pepper. Stir to incorporate. Pour mixture over bread, making sure liquid saturates bread. Cover with plastic wrap and refrigerate overnight, or at least 8 hours. Preheat the oven to 350°F. Remove the plastic wrap from strata and bake for 55 to 60 minutes, or until top forms a light brown crust.

Serving size: 8

Granola Bar and Grapes

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|-----------------------------|---------------|------------------------|-----|
| Granola bar (such as Kashi) | 1 each | CALORIES | 280 |
| Grapes | 1 cup | PROTEIN | 4 |
| | | CARBOHYDRATES | 3 |
| | | FAT | 0 |
| | | SATURATED FAT | 62 |
| | | SODIUM | 110 |
| | | FIBER | 5 |

Yogurt and Almonds

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|----------------------|---------------|------------------------|-----|
| Low-fat plain yogurt | 8 oz | CALORIES | 360 |
| Sliced almonds | 1/4 cup | PROTEIN | 18 |
| Honey | 1 tbsp | CARBOHYDRATES | 39 |
| | | FAT | 16 |
| | | SATURATED FAT | 3.5 |
| | | SODIUM | 170 |
| | | FIBER | 3 |

Homemade Trail Mix

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|---|---------------|------------------------|-----|
| Plain oatmeal or dry cereal (try Wheat Chex!) | 1 cup | CALORIES | 360 |
| Dried cranberries | 1/4 cup | PROTEIN | 10 |
| Sliced almonds | 1/4 cup | CARBOHYDRATES | 52 |
| | | FAT | 14 |
| | | SATURATED FAT | 1.5 |
| | | SODIUM | 105 |
| | | FIBER | 8 |

Peanut Butter Celery Sticks & Smoothie

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------------------|---------------|
| Long celery stalks | 2 each |
| Creamy peanut butter (unsalted) | 1 tbs |
| Banana Berry Smoothie (store bought) | 1 cup |

| <u>Nutrition Facts</u> | |
|------------------------|-------|
| CALORIES | 210 |
| PROTEIN | 4 g |
| CARBOHYDRATES | 37 g |
| FAT | 6 g |
| SATURATED FAT | 1 g |
| SODIUM | 85 mg |
| FIBER | 3 g |

Trail Mix

| <u>Ingredients</u> | <u>Amount</u> |
|-------------------------------------|---------------|
| Unsalted trail mix with choc. chips | ¼ cup |
| Medium orange | 1 each |
| Water | 2 cups |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 240 |
| PROTEIN | 6 |
| CARBOHYDRATES | 32 |
| FAT | 12 |
| SATURATED FAT | 2 |
| SODIUM | 10 |
| FIBER | 6 |

Crackers and Cheese

| <u>Ingredients</u> | <u>Amount</u> |
|------------------------------|---------------|
| 100% Whole Grain Wheat Thins | 10 crackers |
| String cheese | 1 |

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 140 |
| PROTEIN | 10 |
| CARBOHYDRATES | 14 |
| FAT | 5 |
| SATURATED FAT | 1.5 |
| SODIUM | 320 |
| FIBER | 2 |

Soy Peanut Butter

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|----------------------------------|---------------|------------------------|
| Enriched vanilla soy milk | ½ cup | CALORIES 382 |
| Natural peanut butter | 1 tbsp | PROTEIN 10 g |
| Small banana | 1 each | CARBOHYDRATES 59 g |
| Honey | 1 tbsp | FAT 12 g |
| Ice cubes | 3 each | SATURATED FAT 2 g |
| Raisin bread | 1 slice | SODIUM 239 mg |
| Light margarine (trans fat free) | 1 tsp | FIBER 4 g |

Instructions

Place ingredients in a blender and process until smooth.
Serve with raisin toast.

Servings: 1

New York Breakfast

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------------------|---------------|
| Thin pumpnickel bread | 8 pieces |
| Low-fat whipped cream cheese | ¼ cup |
| Smoked salmon, thinly sliced | 8 oz. |
| Red onion, thinly sliced | ½ each |
| English cucumber, thinly sliced | ¼ each |
| Medium tomato | 2 each |
| Fresh chives, chopped | 2 tsp |
| Pepper | To taste |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 300 |
| PROTEIN | 21 g |
| CARBOHYDRATES | 34 g |
| FAT | 8 g |
| SATURATED FAT | 2 g |
| SODIUM | 490 mg |
| FIBER | 5 g |

Servings: 4
(1 serving = 2 pieces)

Instructions:

Core, seed, and dice the tomatoes. Toast the bread and spread 1½ tsp of cream cheese on each piece. Put a slice of salmon, onion, cucumber, and about 1 tbs of tomato on top. Sprinkle with chives and pepper.

Serving size: 4 (2 pieces each)

Veggie Omelet

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------------------|---------------|
| Egg | 2 each |
| Water | 1 tbsp |
| Low-fat cheddar cheese, shredded | 1.5 oz |
| Green onions, diced | 2 tsp |
| Sweet red bell pepper, diced | 1 tsp |
| Broccoli | 3 florets |
| Medium orange | 1 each |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 320 |
| PROTEIN | 22 g |
| CARBOHYDRATES | 20 g |
| FAT | 17 g |
| SATURATED FAT | 7 g |
| SODIUM | 390 mg |
| FIBER | 4 g |

Servings: 1

Instructions

Pre-heat frying pan on medium heat. Separate florets into small pieces. Scramble eggs with water and pour evenly into pan. When eggs are dry around edges, add cheese, ham and broccoli. Serve hot with the orange.

Serving Size: 1



Ham, Garbanzo and Couscous Salad

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------------|---------------|------------------------|-----|
| Dry whole wheat couscous | 1/4 cup | CALORIES | 420 |
| Olive oil | 1/2 tsp | PROTEIN | 25 |
| Lean Ham, diced | 2 oz | CARBOHYDRATES | 62 |
| Canned garbanzo beans, drained | 1/2 cup | FAT | 10 |
| Broccoli florets, steamed | 1 cup | SATURATED FAT | 1.5 |
| Lime juice | 1 tbsp | SODIUM | 810 |
| Cilantro, chopped | 1-2 tbsp | FIBER | 14 |
| Garlic, chopped | 1 tsp | Servings: 1 | |
| Black pepper | To taste | | |

Instructions

Cook couscous according to package directions, Toss with

Sausage and Peppers

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------------------|---------------|------------------------|---------|
| BOCA meatless Italian sausage, diced | 1 | CALORIES | 270 |
| Onions, sliced | 1 cup | PROTEIN | 18 g |
| Red pepper, slices | 3/4 cup | CARBOHYDRATES | 35 g |
| Green pepper, slices | 3/4 cup | FAT | 7 g |
| Tomato sauce, no salt added | 1/2 cup | SATURATED FAT | 1 g |
| Oregano | 1 tsp | SODIUM | 1130 mg |
| Garlic Powder | 1/2 tsp | FIBER | 7 g |

Instructions

Add oregano and garlic to tomato sauce; set aside. Place onions in a hot skillet sprayed with cooking spray. Cook 2 minutes. Add peppers and continue to cook for 3-5 minutes. Add BOCA sausage and cook for 1-2 minutes. Heat tomato sauce in microwave until hot; add to sausage mixture. **Serve over rice, pasta or toasted French bread if desired.**

Servings: 1

Ham & Cheese Omelet

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------|---------------|------------------------|--------|
| Egg, scrambled | 1 each | CALORIES | 210 |
| Water | 1 tbs | PROTEIN | 12 g |
| Cheddar cheese, shredded | 1 oz. | CARBOHYDRATES | 15 g |
| Ham, diced | ½ oz. | FAT | 12 g |
| Cantaloupe, whole | 1/8 each | SATURATED FAT | 4.5 g |
| Black coffee | 1 cup | SODIUM | 390 mg |
| Sugar (optional)* | 1 tsp | FIBER | <1 g |

*Nutrition facts calculated with sugar added.

Servings: 1

Hardy Breakfast

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|------------------------------------|---------------|------------------------|-----|
| Egg | 1 each | CALORIES | 410 |
| Low-fat blueberry waffles (frozen) | 2 each | PROTEIN | 14 |
| Turkey bacon | 1 slice | CARBOHYDRATES | 71 |
| Maple syrup | 1 tbsp | FAT | 10 |
| Large banana | 1 each | SATURATED FAT | 2.5 |
| | | SODIUM | 660 |
| | | FIBER | 6 |

Instructions

Prepare egg as desired (fried, scrambled, boiled, etc.) Cook bacon in extra virgin olive oil until desired crispiness is achieved. Heat waffles in toaster until lightly browned. Add syrup. Serve hot with a glass of orange juice.

Makes one Serving

Servings: 1

Toasted English Muffin,

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|----------------------------|---------------|------------------------|------|
| Whole wheat English muffin | 1 each | CALORIES | 290 |
| Reduced-fat cheese | 1 oz. | PROTEIN | 12 g |
| Tomato, sliced | 1 each | CARBOHYDRATES | 57 g |
| Banana | 1 each | FAT | 4 g |

Instructions

Toast the muffin and top with cheese and tomato slices.
Serve with a banana.

| | |
|---------------|--------|
| SATURATED FAT | 2 g |
| SODIUM | 560 mg |
| FIBER | 8 g |

Servings: 1

Curried Chicken Salad over Spinach

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------------|---------------|------------------------|-----|
| Chicken breast pieces, cooked | 2/3 cup | CALORIES | 470 |
| Light mayonnaise | 1 tbsp | PROTEIN | 42 |
| Curry powder | 1 tsp | CARBOHYDRATES | 42 |
| Celery, diced | 2 tbsp | FAT | 19 |
| raisins | 1 tbsp | SATURATED FAT | 3 |
| Cashews, almonds or other nuts | 1 tbsp | SODIUM | 640 |
| Fresh spinach leaves | 3 cups | FIBER | 12 |
| Olive oil | 1 tsp | | |
| Balsamic vinegar | dash | | |
| Whole grain crackers | Handful | | |

Servings: 1

Instructions

Mix together chicken, mayo, curry, celery, raisins, and nuts.
Toss spinach with oil and vinegar and top with chicken mixture. Serve with crackers.

Tropical Smoothie & Peanut Butter

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|-----------------------------|---------------|------------------------|-----|
| Non-fat milk | 1 cup | CALORIES | 417 |
| Pineapple, frozen | ½ cup | PROTEIN | 16 |
| Mango, frozen | ½ cup | CARBOHYDRATES | 73 |
| Banana | ½ each | FAT | 9 |
| Ice cubes | 3 each | SATURATED FAT | 3 |
| Shredded coconut (optional) | 1 tsp | SODIUM | 330 |
| Whole wheat bread, toasted | 1 slice | FIBER | 7 |
| Peanut butter | 2 tsp | | |

Servings: 1

Instructions

Blend milk, pineapple, mango, banana, and ice until smooth. Sprinkle with coconut, if desired. Toast bread and spread on peanut butter.

Orange Beef Stir-fry

| <u>Ingredients</u> | <u>Amount</u> |
|-----------------------------------|---------------|
| Canola oil | 1 tbsp |
| Beef sirloin strips | 5 oz |
| Low sodium beef broth | 1/3 cup |
| Lite soy sauce | 1/2 tsp |
| Water | 1 tsp |
| Cornstarch | 1/2 tsp |
| Orange zest from small orange | 1 tsp |
| Garlic clove, chopped | 1 clove |
| Ginger, chopped | 1-2 tsp |
| Snow peas | 1 cup |
| Orange sections from orange above | Small orange |

Instructions

Heat canola oil in a wok or medium pan over medium heat. Saute beef strips 1 minute. Set aside. Mix together broth, soy sauce, water, cornstarch and orange zest in a small bowl and set aside. In the same pan, sauté garlic and ginger for 30 seconds. Add snow peas; sauté 1 minute; stir in soy mixture and orange slices. Add beef back in and cook until done.

Nutrition Facts

| | |
|---------------|-----|
| CALORIES | 510 |
| PROTEIN | 40 |
| CARBOHYDRATES | 50 |
| FAT | 17 |
| SATURATED FAT | 5 |
| SODIUM | 210 |
| FIBER | 8 |

Servings: 1

Scrambled Egg Pita & Mandarin Oranges

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|----------------------------|---------------|------------------------|
| Egg substitute | 1/2 cup | CALORIES 311 |
| Green onion, sliced | 1 each | PROTEIN 26 |
| Fresh mushrooms, sliced | ½ cup | CARBOHYDRATES 43 |
| Whole wheat pita, halved | 1 each | FAT 7 |
| Light Swiss cheese, halved | 1 slice | SATURATED FAT 2 |
| Mandarin orange | 1 each | SODIUM 719 |
| | | FIBER 7 |

Instructions

Heat non-stick pan and coat with non-stick cooking spray. Scramble two eggs or the substitute with sliced green onion and mushrooms. Cut pita in half, place half piece of cheese into each half. Follow with equal amounts of egg placed into each half.

Servings: 1

Strawberries and Cream Hot Cereal

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|----------------------|---------------|------------------------|
| Oatmeal or pilaf | 1 cup | CALORIES 341 |
| Strawberries, sliced | 1 cup | PROTEIN 15 g |
| | | CARBOHYDRATES 61 g |
| | | FAT 5 g |
| | | SATURATED FAT 0 g |
| | | SODIUM 88 mg |
| | | FIBER 11 g |

Instructions

Prepare cereal with non-fat milk or vanilla soy milk. Top with strawberries.

Servings: 1

Breakfast Parfait

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------|---------------|
| Nonfat plain yogurt | 6 oz. |
| Fresh blueberries | 1 cup |
| Low-fat granola | ½ cup |

Instructions

Layer yogurt, blueberries, and granola.

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 328 |
| PROTEIN | 9 |
| CARBOHYDRATES | 68 |
| FAT | 2 |
| SATURATED FAT | 0 |
| SODIUM | 244 |
| FIBER | 9 |

Servings: 1

Southwest Breakfast

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------------|---------------|
| Fresh mushrooms | ¼ cup |
| Zucchini, sliced | ¼ cup |
| Tomato, chopped | ¼ cup |
| Garlic powder | ¼ tsp |
| Egg substitute | ¼ cup |
| Or Egg whites | 2 each |
| Salsa | 2 tbsp |
| Reduced-fat cheese | ¼ cup |
| Whole wheat tortilla | 1 each |
| Fresh fruit of your choice | 1 each |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 364 |
| PROTEIN | 20 g |
| CARBOHYDRATES | 45 g |
| FAT | 13 g |
| SATURATED FAT | 5 |
| SODIUM | 871 mg |
| FIBER | 7 g |

Servings: 1

Instructions

Cook chopped vegetables and garlic powder until tender over medium heat in a non-stick pan sprayed with cooking spray. Scramble egg substitute or egg whites until cooked through in a separate pan. Heat tortilla in microwave for about 10 seconds or until warmed. Top with vegetables, eggs, salsa, and cheese. Roll up and enjoy.

Edamame and Chicken Soba Noodles

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|-------------------------------------|---------------|------------------------|
| Shelled edamame, boiled | 1/2 cup | CALORIES 470g |
| Chicken breast strips, cooked | 1/2 cup | PROTEIN 40g |
| Red bell pepper & cucumber, chopped | 1/2 cup | CARBOHYDRATES 43g |
| Green onion, chopped | 1 tbsp | FAT 15g |
| Cilantro, chopped | 1 tbsp | SATURATED FAT 1.5g |
| Sesame oil | 1/2 tsp | SODIUM 760g |
| Olive oil | 1 tsp | FIBER 11g |
| Lite soy sauce | 1 tbsp | |
| Rice wine vinegar | 1 tbsp | |
| Soba noodles, cooked | 3/4 cup | |

Servings: 6

Instructions

Mix together oil, soy sauce, and rice wine vinegar. Combine edamame, chicken, veggies and noodles. Add dressing and toss gently

Lentil & Rice Salad

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------------|---------------|
| Fresh spinach leaves | 2 cups |
| Lentils, cooked | 2 cups |
| Brown rice, cooked | 2 cups |
| Cucumber, chopped | 1/2 |
| Tomato, chopped | 1 |
| Jalapeno, seeded & chopped | 1 |
| Green onion, chopped | 1/2 cup |
| Cilantro, chopped | 1 tbsp |
| Balsamic vinegar, seasoned | 1/4 cup |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 384 |
| PROTEIN | 17 g |
| CARBOHYDRATES | 80 g |
| FAT | 4 g |
| SATURATED FAT | 1 g |
| SODIUM | 883 mg |
| FIBER | 22 g |

Servings: 1
(1 serving = 1 cup)

Instructions

Combine all ingredients into a bowl and mix. Chill for later

Steak Fajita & Pineapple

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------------|---------------|
| Sirloin or flank steak, cooked | 2 ounces |
| Salsa | 3-4 tbsp |
| Red bell pepper, sliced | 1/2 |
| Red onion, sliced | 1/4 |
| Light cheese, shredded | 1/4 |
| Whole wheat tortilla | 8 inch |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 417 |
| PROTEIN | 28 g |
| CARBOHYDRATES | 48 g |
| FAT | 13 g |
| SATURATED FAT | 6 g |
| SODIUM | 733 mg |
| FIBER | 4 g |

Servings: 1

Instructions

Place 2 ounce sirloin, salsa, red bell pepper, red onion, light cheese on 8 inch whole wheat tortilla. Microwave for 1-2 minutes or until hot. Add chopped lettuce and additional salsa if desired. Serve with 3 pineapple rings or 1/2cup pineapple chunks.

Lunch



Grilled Cheese Sandwich

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------|---------------|
| Whole grain bread | 2 slices |
| Mild Cheddar cheese | 1 slice |
| Fresh strawberries | 1 cup |
| Water | 1 cup |

Instructions

Toast the bread. Add cheese and microwave for 30 seconds or until cheese is melted. Serve hot with strawberries and a glass of water.

Nutrition Facts

| | |
|---------------|-------|
| CALORIES | 420 |
| PROTEIN | 13 g |
| CARBOHYDRATES | 69 g |
| FAT | 12 g |
| SATURATED FAT | 6 g |
| SODIUM | 460 g |
| FIBER | 7 g |

Servings: 1

Turkey Wrap & Soup

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------------------|---------------|
| Broth or bean-based soup cup | 1 each |
| Whole wheat tortilla | 1 each |
| Light chive cream cheese | 1 tbsp |
| Sliced turkey breast or lean ham | 2-3 slices |
| Mozzarella cheese | ¼ cup |
| Tomato, chopped | 1 tbsp |
| Sprouts or lettuce | ¼ cup |

Instructions

Add hot water to soup cup. Spread cream cheese on tortilla and top with turkey or ham, cheese, tomato and sprouts or lettuce. Roll up and enjoy!

Nutrition Facts

| | |
|---------------|--------|
| CALORIES | 392 |
| PROTEIN | 38 g |
| CARBOHYDRATES | 54 g |
| FAT | 11 g |
| SATURATED FAT | 4 g |
| SODIUM | 849 mg |
| FIBER | 20 g |

Servings: 1

Peanut Butter & Jelly

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------|---------------|
| Whole wheat bread | 2 slices |
| Creamy peanut butter | 2 tbsp |
| Strawberry jam | 2 tbsp |
| Apple | 1 large |

Instructions

Serve sandwich with hot chili and an apple.

Nutrition Facts

| | |
|---------------|-----|
| CALORIES | 390 |
| PROTEIN | 10 |
| CARBOHYDRATES | 74 |
| FAT | 10 |
| SATURATED FAT | 1.5 |
| SODIUM | 320 |
| FIBER | 10 |

Servings: 1

Peanut Chicken Pasta & Veggies

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|------------------------|---------------|------------------------|-----|
| Creamy peanut butter | ½ cup | CALORIES | 520 |
| Water | ¼ cup | PROTEIN | 33 |
| Soy sauce | 2 tbsp | CARBOHYDRATES | 58 |
| Rice wine vinegar | 1 tbsp | FAT | 18 |
| Lime juice | 1 tbsp | SATURATED FAT | 4.5 |
| Red pepper flakes | ¼ tsp | SODIUM | 960 |
| Sugar | 1 tsp | FIBER | 11 |
| Pasta | 8 oz. | Servings: 4 | |
| Asian-style vegetables | 2 cups | | |
| Topping: | | | |
| Chicken breast | 2 oz. | | |
| Shrimp | 2 oz. | | |
| Tofu, cubed | ½ cup | | |

Instructions

Peanut Sauce: Warm peanut butter with the water, soy sauce, vinegar, lime juice, red pepper flakes and sugar. Stir until creamy.

Pasta: Cook pasta according to package directions. During the last few minutes of cooking, add the veggies. Drain noodles and veggies. In a large pan, combine noodles with veggies and sauce. Toss well and heat over medium heat until warmed through. Top each serving of pasta with either the chicken, shrimp, or tofu.

Shrimp & Avocado Salad with Fruit

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------|---------------|------------------------|--------|
| Green leaf lettuce | 4 cups | CALORIES | 450 |
| Avocado, diced | ¼ cup | PROTEIN | 15 g |
| Shrimp, cooked | 3 oz. | CARBOHYDRATES | 63 g |
| Olive oil | 2 tsp | FAT | 17 g |
| Lemon juice | 1 tsp | SATURATED FAT | 2.5 |
| Dijon mustard | 1 tsp | SODIUM | 590 mg |
| Balsamic vinegar | 1 tbsp | FIBER | 7 g |
| Whole grain dinner roll | 1 each | Servings: 1 | |
| Fruit of choice, chopped | 1 cup | | |

Instructions

Toss salad ingredients together (lettuce through vinegar).
Serve with dinner roll and fruit on the side.

Turkey Sandwich

| <u>Ingredients</u> | <u>Amount</u> |
|-------------------------------------|---------------|
| Whole wheat bread | 2 slices |
| Yellow mustard | 2 tsp |
| Canola mayonnaise | 2 tsp |
| Ground black pepper | ¼ tsp |
| Lean turkey lunch meat | 2 slices |
| Low fat mild Cheddar cheese, sliced | 1 slice |
| Fresh red tomato, sliced | 2 slices |
| Mixed greens | ½ cup |
| Dill pickle, sliced | 2 slices |
| Orange juice | 1 cup |

Instructions

Toast the bread. Spread mayonnaise on one slice and mustard on the other. Sprinkle with pepper. Add turkey, cheese, pickles, tomatoes, and greens. Top with last slice of bread. Serve with a cup of milk.

Nutrition Facts

| | |
|---------------|--------|
| CALORIES | 430 |
| PROTEIN | 23 g |
| CARBOHYDRATES | 60 g |
| FAT | 13 g |
| SATURATED FAT | 2 g |
| SODIUM | 1290 g |
| FIBER | 6 g |

Servings: 1

Chicken & Rice with Mushroom Sauce

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|---|---------------------|------------------------|
| Chicken breast | 3 oz. | CALORIES 470 |
| Fresh mushrooms, medium | 5 each | PROTEIN 36 |
| Mixed greens | 2 cups | CARBOHYDRATES 48 |
| Fat free zesty Italian dressing | 2 tbsp | FAT 16 |
| Roma tomato | 1 each | SATURATED FAT 4 |
| Cooked brown rice | ½ cup | SODIUM 460 |
| Low-sodium cream of mushroom soup (such as Healthy Request) | 1/2 can (10.75 oz.) | FIBER 6 |
| Low-sodium soy sauce (optional)* | 1 tbsp | |

Servings: 1

Instructions

Grill chicken and cut into pieces; slice mushrooms. Add chicken, mushrooms and mushroom soup to a saucepan. Sautee for 15 minutes until the sauce reduces. Steam rice until tender. Top rice with mushroom chicken sauce.

Ham Sandwich & Pea Soup

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|---------------------|---------------|------------------------|
| Split pea soup | 2 cups | CALORIES 480 |
| Lean ham lunch meat | 2 slices | PROTEIN 30 g |
| Yellow mustard | 2 tsp | CARBOHYDRATES 77 g |
| Romaine lettuce | 2 pieces | FAT 7 g |
| Whole wheat bread | 1 slice | SATURATED FAT 1.5 g |
| | | SODIUM 1540 mg |
| | | FIBER 13 g |

Instructions

Slice bread in half and add mustard, turkey, and lettuce. Serve with hot split pea soup.

Servings: 1

Chicken Fajitas

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|----------------------------|---------------|------------------------|
| Chicken breast | 3 oz. | CALORIES 620 |
| Whole wheat tortillas, 6" | 2 each | PROTEIN 49 g |
| Green bell peppers, sliced | ¼ cup | CARBOHYDRATES 92 g |
| Yellow onion, chopped | ¼ cup | FAT 12 g |
| Nonfat sour cream | 1 tbsp | SATURATED FAT 6 g |
| Cheddar cheese, shredded | ¼ cup | SODIUM 1870 mg |
| Fat-free refried beans | 1 cup | FIBER 17 g |

Instructions

Grill chicken and cut into thin strips. Chop onion and slice bell pepper and add to skillet with chicken. Cook for 8 to 10 minutes. Divide mixture into tortillas and top with cheddar cheese and sour cream.

Servings: 1

Sirloin Steak

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|------------------------------|---------------|------------------------|--------|
| Sirloin beef (lean) | 3 oz. | CALORIES | 230 |
| Wild rice | 1 cup | PROTEIN | 35 g |
| Green beans, canned or fresh | 1 cup | CARBOHYDRATES | 9 g |
| Water | 1 cup | FAT | 6 g |
| | | SATURATED FAT | 1 g |
| | | SODIUM | 420 mg |
| | | FIBER | 0 g |

Instructions

Broil beef until very little or no pink shows. Steam rice until tender. Serve steak and rice with a side of green beans. The beans may either be served raw or steamed.

Servings: 1

Chicken & Rice

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|------------------------------|---------------|------------------------|--------|
| Chicken breast | 2 oz. | CALORIES | 470 |
| Brown rice | 1 cup | PROTEIN | 37 g |
| Green beans, fresh or canned | 1 cup | CARBOHYDRATES | 73 g |
| Water | 1 cup | FAT | 3.5 g |
| | | SATURATED FAT | 1 g |
| | | SODIUM | 150 mg |
| | | FIBER | 8 g |

Instructions

Season chicken as desired and either broil or bake until no pink shows. Steam rice until tender and serve with

Servings: 1

Tuna Sandwich

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|-----------------------|---------------|------------------------|-----|
| Whole wheat bread | 2 slices | CALORIES | 510 |
| Tuna w/water, drained | 2 oz | PROTEIN | 30 |
| Fresh celery, chopped | 1 tbsp | CARBOHYDRATES | 59 |
| Red onion, chopped | 1 tbsp | FAT | 19 |
| Sweet pickle relish | 1 tsp | SATURATED FAT | 6 |
| Light mayonnaise | 2 tbsp | SODIUM | 970 |
| Yellow mustard | 1 tsp | FIBER | 7 |
| Cheddar cheese | 1 slice | | |
| Mixed greens | ½ cup | | |
| Baked potato chips | 1 oz. | | |

Servings: 1

Instructions

Toast the bread. Mix the tuna, celery, onion, pickle relish, mayonnaise and mustard. Spread on the toast and top with cheese and greens. Serve with chips.

Light Lunch

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|----------------------------|---------------|------------------------|-------|
| Whole wheat bread, toasted | 1 slice | CALORIES | 390 |
| Hard-boiled egg | 2 each | PROTEIN | 29 g |
| Baby carrots | 15 each | CARBOHYDRATES | 44 g |
| 1% Cottage cheese | ½ cup | FAT | 12 g |
| Apple juice | ½ cup | SATURATED FAT | 4 g |
| | | SODIUM | 840 g |
| | | FIBER | 5 g |

Instructions

Toast bread and serve with eggs, carrots, cottage cheese, and juice.

Serving size: 1

Servings: 1

Super Burrito

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------|---------------|
| 7" Wheat flour tortilla | 1 each |
| Vegetarian refried beans | 2 tbs |
| Cheddar cheese, shredded | 1 oz. |
| Green onions, chopped | 1 tbs |
| Fresh tomatoes, diced | 1 tbs |
| Grilled chicken, diced | 3 oz. |
| Large apple | 1 each |
| 1% Milk | 1 cup |

Instructions

Heat beans and spread on tortilla. Add cheese, onions, tomatoes, and chicken. Microwave for 20 seconds on high or until cheese is melted. Serve hot with an apple and a glass of milk.

Nutrition Facts

| | |
|---------------|---------|
| CALORIES | 620 |
| PROTEIN | 43 g |
| CARBOHYDRATES | 74 g |
| FAT | 18 g |
| SATURATED FAT | 9 g |
| SODIUM | 1470 mg |
| FIBER | 8 g |

Servings: 1

Tofu and Veggie Stir Fry

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|-----------------------------------|---------------|------------------------|
| Olive oil | 1 tsp | CALORIES 120 |
| Garlic cloves, minced | 4 each | PROTEIN 4 g |
| Snow peas, sliced | ½ cup | CARBOHYDRATES 21 g |
| Napa cabbage, thinly sliced | ½ cup | FAT 3 g |
| Carrot, grated | 1 each | SATURATED FAT 0.5 g |
| Water chestnuts, drained & sliced | 8 oz. | SODIUM 720 mg |
| Red bell pepper, julienned | ½ each | FIBER 4 g |
| Orange juice | ½ cup | |
| Soy sauce | 2 tbsp | |
| Cold water | 2 tbsp | |
| Cornstarch | 2 tsp | |
| Red pepper | Dash | |
| Firm tofu, 1-in cubes | ½ lb. | |
| Soba or Ramen noodles | 6 to 8 oz. | |

Servings: 4

Instructions

In a large non-stick skillet, heat oil, add garlic then vegetables and cover. Cook over high heat for about 4 to 5 minutes. Then lower heat and add orange juice, soy sauce and continue to cook 3 to 5 minutes longer. To cold water, add cornstarch and make a paste. Stir cornstarch mixture into vegetables to thicken. Cook 3 to 5 minutes longer and add red pepper, tofu and noodles. Toss well, coating noodles with sauce and serve.

Serve with brown rice or Japanese noodles.

Veggie Burger

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------------|---------------|
| Veggie burger patty | 1 each |
| Cheddar cheese, sliced | 1 slice |
| Mixed greens | 1 cup |
| Tomato, sliced | 2 slices |
| Yellow mustard | 2 tsp |
| Light mayonnaise | 2 tsp |
| Whole wheat hamburger bun | 1 bun |
| Fresh celery | 2 stalks |

Instructions

Heat patty according to directions on package. Spread mustard and mayonnaise on bun. Top bun with patty, cheese, tomato, and greens. Serve with celery and apple juice.

Nutrition Facts

| | |
|---------------|-----|
| CALORIES | 380 |
| PROTEIN | 17 |
| CARBOHYDRATES | 47 |
| FAT | 15 |
| SATURATED FAT | 6 |
| SODIUM | 930 |
| FIBER | 9 |

Servings: 1

Barbecue-Roasted Salmon

| <u>Ingredients</u> | <u>Amount</u> |
|-----------------------------|---------------|
| Orange juice | ¼ cup |
| Fresh lemon juice | 2 tbsp |
| Light brown sugar | 2 tbsp |
| Chili powder | 4 tsp |
| Lemon zest, finely grated | 2 tsp |
| Ground cumin | 1 tsp |
| Salt | ½ tsp |
| Cayenne pepper | ⅛ tsp |
| Salmon fillets (6 oz. each) | 4 each |
| Water | 1 cup |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 230 |
| PROTEIN | 35 g |
| CARBOHYDRATES | 9 g |
| FAT | 6 g |
| SATURATED FAT | 1 g |
| SODIUM | 420 mg |
| FIBER | 0 g |

Servings: 4

Instructions

Preheat oven to 400°F. Coat a shallow baking dish with cooking spray.

In a small bowl, whisk together orange juice, lemon juice, brown sugar, chili powder, lemon zest, cumin, salt, and cayenne. Using tongs, add salmon fillets to the prepared pan.

Pour the orange juice mixture over the salmon and turn to coat both sides. Roast for 15 minutes, until a fork can be easily inserted into the salmon.

Chicken & Baked Potato

| <u>Ingredients</u> | <u>Amount</u> |
|-----------------------|---------------|
| Chicken breast | 3 oz. |
| Plain or sweet potato | 1 large |
| Broccoli | ½ cup |
| Baby carrots | ½ cup |
| Water | 1 cup |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 470 |
| PROTEIN | 37 g |
| CARBOHYDRATES | 73 g |
| FAT | 3.5 g |
| SATURATED FAT | 1 g |
| SODIUM | 150 mg |
| FIBER | 8 g |

Servings: 1

Instructions

Season chicken as desired and bake until no pink shows.

Meanwhile, steam broccoli and carrots. Microwave or oven-bake potato until tender. Serve meal hot with a glass

Roast Beef Sandwich

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------|---------------|
| Whole wheat bread | 2 slices |
| Roast beef lunchmeat | 2 slices |
| Yellow mustard | 2 tsp |
| Shredded lettuce | ¼ cup |
| Roma tomato, slice | 1 each |
| Baby carrots | 1 cup |
| Water | 1 cup |

| <u>Nutrition Facts</u> | |
|------------------------|---------|
| CALORIES | 460 |
| PROTEIN | 26 g |
| CARBOHYDRATES | 75 g |
| FAT | 7 g |
| SATURATED FAT | 2 g |
| SODIUM | 1260 mg |
| FIBER | 12 g |

Servings: 1

Instructions

Toast bread and add mustard, lunchmeat, tomato, and lettuce. Serve with a glass of water.

Teriyaki Chicken Bowl

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------------------------|---------------|
| Teriyaki chicken bowl (store-bought)* | ½ each |
| Fresh apple | 1 large |
| Water | 1 cup |

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 550 |
| PROTEIN | 29 g |
| CARBOHYDRATES | 89 g |
| FAT | 5 g |
| SATURATED FAT | 1.25 g |
| SODIUM | 865 mg |
| FIBER | 3 g |

Instructions

Save half of the chicken bowl for a separate meal.

*Nutrition facts calculated based on half a bowl.

Servings: 2
Save 1/2 for later!

Chicken Salad

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------|---------------|
| Mixed greens | 3 cups |
| Roma tomato, diced | 1 each |
| Fresh cucumber, sliced | 8 slices |
| Grilled chicken, cubed | 3 oz. |
| Low-fat Italian dressing | 2 tbsp |
| Dinner roll | 1 each |

Instructions

Top greens with tomato, cucumber, chicken, and dressing. Serve with a warm dinner roll.

| <u>Nutrition Facts</u> | |
|------------------------|---------|
| CALORIES | 290 |
| PROTEIN | 27 g |
| CARBOHYDRATES | 34 g |
| FAT | 6 g |
| SATURATED FAT | 1 g |
| SODIUM | 1000 mg |
| FIBER | 6 g |

Servings: 1

Salmon & Baked Potato

| <u>Ingredients</u> | <u>Amount</u> |
|-----------------------------|---------------|
| Salmon fillet, frozen | 3 oz. |
| Potato | 1 medium |
| Canned corn (no salt added) | 1 cup |
| Peas | ¼ cup |
| Water | 1 cup |

Instructions

Bake salmon according to package directions. Heat potato in microwave or oven until tender. Top with peas and corn, and serve with hot salmon.

Nutrition Facts

| | |
|---------------|--------|
| CALORIES | 500 |
| PROTEIN | 30 g |
| CARBOHYDRATES | 72 g |
| FAT | 13 g |
| SATURATED FAT | 2.5 g |
| SODIUM | 840 mg |
| FIBER | 10 g |

Servings: 1

Barley Apricot Salad

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------------|---------------|
| Low-sodium chicken broth | 2 cups |
| Barley | 1 cup |
| Extra-virgin olive oil | 1 tsp |
| Dried apricots | 1 cup |
| Almonds, sliced & toasted | ¼ cup |
| Fresh parsley | ½ cup |
| Ground cinnamon | ½ tsp |
| Scallion, thinly sliced | 1 each |
| Herb vinaigrette | ⅓ cup |

Instructions

Bring broth to a boil in a medium saucepan. Add the barley and oil. Bring back to a boil. Adjust heat to maintain a simmer. Cover and cook until tender—about 30 minutes. Remove from heat and let stand for at least 10 minutes. Drain excess liquid and toss with salad ingredients and vinaigrette. Serve warm or at room temperature.

| <u>Nutrition Facts</u> | |
|------------------------|-----|
| CALORIES | 375 |
| PROTEIN | 11 |
| CARBOHYDRATES | 62 |
| FAT | 12 |
| SATURATED FAT | 1 |
| SODIUM | 140 |
| FIBER | 9 |

Servings: 4

BBQ Halibut & Veggies

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------|---------------|
| Halibut, fresh or frozen | 3 oz. |
| Rice pilaf | ½ cup |
| Zucchini, sliced | 1 cup |
| Romaine lettuce | 1 cup |
| Italian dressing | 1 tbsp |
| Dinner roll (optional)* | 1 each |
| Water | 1 cup |

Instructions

Place fish in foil and squeeze lemon juice on top. Place foil package on barbecue and cook until fish becomes white and flaky. Cut zucchini into medallions and place in a saucepan. Cook with a little seasoning if desired. Accompany dinner with side salad and roll.

Nutrition Facts

| | |
|---------------|--------|
| CALORIES | 490 |
| PROTEIN | 32 g |
| CARBOHYDRATES | 54 g |
| FAT | 16 g |
| SATURATED FAT | 4 g |
| SODIUM | 610 mg |
| FIBER | 5 g |

Servings: 1

*Nutrition facts calculated with roll included.

Turkey Burger

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------|---------------|------------------------|-------|
| Ground lean turkey patty | 2 oz. | CALORIES | 260 |
| Whole wheat burger bun | 1 each | PROTEIN | 19 g |
| Lettuce | 2 leaves | CARBOHYDRATES | 28 g |
| Tomato, sliced | 2 slices | FAT | 10 g |
| Avocado | ¼ each | SATURATED FAT | 1.5 g |
| Side salad | 1 cup | SODIUM | 250 |
| Water | 1 cup | FIBER | 7 g |

Instructions

Heat turkey patty according to package instructions.
Serve sandwich hot with a side salad.

Servings: 1

Veggie Pizza

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|-------------------------------------|---------------|------------------------|------|
| Veggie Lover's Pizza (12")* | 2 slices | CALORIES | 460 |
| Romaine lettuce | 1 cup | PROTEIN | 21 |
| Fat-free or low-fat Caesar dressing | 1 tbsp | CARBOHYDRATES | 66 |
| Water | 1 cup | FAT | 12 |
| | | SATURATED FAT | 6 |
| | | SODIUM | 1220 |
| | | FIBER | 5 |

Instructions

*Pick a frozen pizza from the grocer that has a whole wheat crust. Serve pizza hot with Caesar salad.

Servings: 1

Arugula Salad with Pesto Vinaigrette

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|------------------------------------|---------------|------------------------|--------|
| Fresh tomatoes, chopped | 1 cup | CALORIES | 450 |
| Canned artichoke hearts, quartered | 1 cup | PROTEIN | 15 g |
| Baby arugula or spinach | 5 cups | CARBOHYDRATES | 63 g |
| Red wine vinegar | 2 tbsp | FAT | 17 g |
| Pesto sauce | 2 tbsp | SATURATED FAT | 2.5 |
| Ground black pepper | 2 tsp | SODIUM | 590 mg |
| Almonds, sliced and toasted | 2 oz. | FIBER | 7 g |
| 1% milk | 1 cup | | |
| Sweet Hawaiian dinner rolls | 4 each | | |

Instructions

Arrange almonds, tomatoes and artichoke hearts over a bed of arugula or spinach. Whisk together the vinegar, pesto, and pepper. Drizzle over the salad.

Servings: 1

Whole-Wheat Spaghetti

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------------|---------------|------------------------|--------|
| Olive oil | 1 tbsp | CALORIES | 370 |
| Onion, chopped | 1 medium | PROTEIN | 10 g |
| Garlic cloves, minced | 4 each | CARBOHYDRATES | 80 g |
| Tomato paste | 3 tbsp | FAT | 4.5 g |
| Fire-roasted tomatoes w/liquid | 28 oz. | SATURATED FAT | 0.5 g |
| Oregano leaves, chopped | 2 tsp | SODIUM | 290 mg |
| Fresh basil leaves, chopped | 2 tsp | FIBER | 10 g |
| Whole-wheat spaghetti | 16 oz. | | |
| Apple juice | 1 cup | | |

Servings: 4

Instructions

Bring water to a boil for the pasta. Meanwhile, sauté onions until translucent in a saucepan at medium heat. Add garlic and cook for 1 minute. Add tomato paste, tomatoes, and oregano. Bring all ingredients to a low boil, reduce heat and cook for about 15 minutes, until liquid has evaporated slightly. Add basil and allow sauce to thicken. Cook pasta in the boiling water. Drain the pasta and add the sauce. Serve with apple juice.

Greek Pita & Berries

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------|---------------|------------------------|--------|
| Whole wheat pita, halved | 1 each | CALORIES | 311 |
| Hummus | 2 tbsp | PROTEIN | 13 g |
| Olives, sliced | 2 tbsp | CARBOHYDRATES | 54 g |
| Feta cheese, crumbled | 1 tbsp | FAT | 9 g |
| Tomato, sliced | 1 each | SATURATED FAT | 2 g |
| Cucumber, sliced | 1 each | SODIUM | 677 mg |
| Lettuce, shredded | 3 oz. | FIBER | 16 g |

Instructions

Fill each half of pita with half of the other ingredients. Enjoy!

Servings: 1

Club Sandwich & Veggies

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|------------------------------------|---------------|------------------------|-----|
| Whole grain or rye bread | 2 slices | CALORIES | 380 |
| Sliced turkey breast | 2 slices | PROTEIN | 21 |
| Vegetarian or turkey bacon, cooked | 2 slices | CARBOHYDRATES | 47 |
| Light mayonnaise | 1 tsp | FAT | 14 |
| Fresh avocado, sliced | ¼ each | SATURATED FAT | 2 |
| Lettuce | 2 leaves | SODIUM | 913 |
| Tomato, sliced | 2-3 slices | FIBER | 13 |
| Carrot sticks | 1 cup | | |
| Or Baby carrots | 10 each | | |

Servings: 1

Instructions

Layer everything except the carrots on the bread. Serve with carrots as a side and enjoy!

Mexican Tortilla Pizza

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|----------------------------------|---------------|------------------------|--------|
| Corn tortillas | 4 each | CALORIES | 262 |
| Tomato, seeded & diced | 1 large | PROTEIN | 7 g |
| Green cabbage, shredded | 1 cup | CARBOHYDRATES | 48 g |
| Fresh cilantro leaves, chopped | ¼ cup | FAT | 4.6 g |
| Olive oil | 2 tsp | SATURATED FAT | 0.4 g |
| Onion, diced | ½ each | SODIUM | 220 mg |
| Garlic clove, minced | 1 each | FIBER | 3 g |
| Jalapeno pepper, minced | 1 tbsp | | |
| Black beans, drained & rinsed | 15 oz. | | |
| Lime juice | 2 tbsp | | |
| Ground cumin | ¼ tsp | | |
| Fresh cilantro, coarsely chopped | 2 tbsp | | |
| Water | 1 tbsp | | |

Servings: 4

Instructions

For the bean dip, heat the oil in a skilled over medium heat. Add onions and sauté until they soften, about 2 minutes. Stir in the garlic and jalapeno and cook for 1 minute more. Put the beans into a food processor. Add the onion mixture and the rest of the ingredients and puree until smooth.

Place the tortillas onto a baking sheet and spread 2 tablespoons of black bean dip on top

Chicken Salad

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|----------------------------|---------------|------------------------|---------|
| Mixed greens salad | 2 cups | CALORIES | 430 |
| Fresh broccoli | ½ cup | PROTEIN | 31 g |
| Almonds, sliced | ½ oz. | CARBOHYDRATES | 43 g |
| Fresh tomatoes, diced | 2 tbs | FAT | 16 g |
| Grilled chicken breast | 2 oz. | SATURATED FAT | 5 g |
| Balsamic vinaigrette | 2 tbs | SODIUM | 1250 mg |
| Whole wheat bread, toasted | 1 slice | FIBER | 7 g |
| Unsalted butter | 1 tsp | Servings: 1 | |
| 1% Milk | 1 cup | | |

Instructions

Heat chicken breast according to package directions and dice. Top greens with broccoli, almonds, and chicken. Add vinaigrette. Serve with buttered toast and a glass of milk.

Portobello Panini

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--------------------------|---------------|------------------------|-------|
| Sun-dried tomatoes | 4 each | CALORIES | 180 |
| Portobello mushroom caps | 4 each | PROTEIN | 4 g |
| Gorgonzola, crumbled | ¼ cup | CARBOHYDRATES | 28 g |
| Olive oil | 1 tbsp | FAT | 6 g |
| Orange juice | 1 cup | SATURATED FAT | 2 g |
| | | SODIUM | 120 g |
| | | FIBER | 1 g |

Instructions

Soak tomatoes in boiling water for 10 minutes to reconstitute them. Chop the tomatoes. Slice the stems off the mushrooms so they lay flat. Slice each cap in half and top with 1 tablespoon of tomatoes and 1 tablespoon of cheese. Top with remaining mushroom slices. Brush the top side of each “sandwich” with olive oil. Preheat a large grill pan or skillet. Place sandwiches in pan, oil side down. Cook for 2 minutes. Brush top with oil, flip, and cook 2 minutes more. Season with pepper & serve with juice.

Servings: 1

Pita Pizza & Soup

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|------------------------------------|---------------|------------------------|---------|
| Low-fat ricotta cheese | ¼ cup | CALORIES | 333 |
| Tomato sauce | 2 tbsp | PROTEIN | 25 g |
| Whole wheat pita, unopened | 1 each | CARBOHYDRATES | 53 g |
| Garlic powder | Pinch | FAT | 7 g |
| Italian seasoning | Pinch | SATURATED FAT | 2 g |
| Veggie pepperoni | 6 slices | SODIUM | 1200 mg |
| Or 70%-less fat turkey pepperoni | | FIBER | 10 g |
| Fresh mushrooms, sliced | ¼ cup | Servings: 1 | |
| Black olives, sliced | 2 tbsp | | |
| Broth-based low-sodium veggie soup | 1 cup | | |

Instructions

Spread cheese and tomato sauce on the unopened pita. Sprinkle with garlic powder and Italian seasoning. Top with pepperoni, mushrooms, and black olives. Broil or microwave until hot. Serve with hot soup.

Quick Southwestern Salad

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|--|---------------|------------------------|---------|
| Canned black beans, drained | ¾ cup | CALORIES | 390 |
| Canned corn (no salt added) | ¾ cup | PROTEIN | 21 g |
| Red bell pepper, chopped | 1 each | CARBOHYDRATES | 61 g |
| Salsa | 3 tbsp | FAT | 10 g |
| Shredded cheddar cheese, or desired cheese | ¼ cup | SATURATED FAT | 6 g |
| | | SODIUM | 1350 mg |
| | | FIBER | 14 g |

Instructions

Toss ingredients and serve.

Servings: 1

Mozzarella & Tomato

| <u>Ingredients</u> | <u>Amount</u> |
|-------------------------------|---------------|
| Whole wheat bread | 2 slices |
| Fresh or part-skim mozzarella | 2 thin slices |
| Tomato, sliced | 2-3 slices |
| Fresh basil leaves | To taste |
| Balsamic vinegar | To taste |
| Fruit of your choice | 1 piece |

Instructions

Toast bread and top with mozzarella, tomato, and basil leaves. Drizzle with balsamic vinegar. Serve with fruit.

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 380 |
| PROTEIN | 19 g |
| CARBOHYDRATES | 61 g |
| FAT | 10 g |
| SATURATED FAT | 5 g |
| SODIUM | 620 mg |
| FIBER | 10 g |

Servings: 1

Chicken & Veggies

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------------|---------------|
| Grilled chicken breast, frozen | 3 oz. |
| Peas & carrots, fresh/frozen | 1.5 cups |
| Whole wheat bread | 1 slice |
| Unsalted butter | 1 tsp |
| Apple juice | ½ cup |

Instructions

Heat chicken breast according to package directions. Place peas and carrots in a bowl; cover with water. Microwave until vegetables are hot. Drain. Toast bread and add butter. Serve chicken and veggies hot with toast.

| <u>Nutrition Facts</u> | |
|------------------------|---------|
| CALORIES | 380 |
| PROTEIN | 32 g |
| CARBOHYDRATES | 53 g |
| FAT | 8 g |
| SATURATED FAT | 3 g |
| SODIUM | 1060 mg |
| FIBER | 9 g |

Servings: 1

Spinach Lentil Soup with Fruit

| <u>Ingredients</u> | <u>Amount</u> |
|---------------------------------------|---------------|
| 99% Fat-free lentil soup (low sodium) | 1 can |
| Fresh spinach leaves | 1½ cup |
| Low-fat plain yogurt | 2 tbsp |
| Tomato, chopped | ½ cup |
| Whole wheat dinner roll | 1 each |
| Orange or fruit of choice | 1 each |

Instructions

Simmer spinach in soup and pour into a bowl. Top with yogurt and tomatoes. Serve with dinner roll and fruit.

| <u>Nutrition Facts</u> | |
|------------------------|---------|
| CALORIES | 560 |
| PROTEIN | 33 g |
| CARBOHYDRATES | 94 g |
| FAT | 12 g |
| SATURATED FAT | 2 g |
| SODIUM | 1800 mg |
| FIBER | 32 g |

Servings: 1

Chicken Noodle Soup

| <u>Ingredients</u> | <u>Amount</u> |
|--------------------------------|---------------|
| Low sodium chicken noodle soup | 6 fl. oz. |
| Whole wheat toast | 1 slice |
| Unsalted butter | 1 tsp |
| Fresh broccoli | ½ cup |
| 1% Milk | ½ cup |

Instructions

Heat soup on medium setting for about 10 minutes. Meanwhile, toast bread and butter it. Serve soup hot with toast, fresh broccoli, and milk.

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| CALORIES | 220 |
| PROTEIN | 11 g |
| CARBOHYDRATES | 30 g |
| FAT | 8 g |
| SATURATED FAT | 4 g |
| SODIUM | 530 mg |
| FIBER | 3 g |

Servings: 1

Salad

| <u>Ingredients</u> | <u>Amount</u> |
|-------------------------|---------------|
| Mixed greens | 3 cups |
| 1% Cottage cheese | ½ cup |
| Almonds, chopped | ½ oz. |
| Fresh red tomato, diced | ¼ cup |
| Balsamic vinaigrette | 2 tbs |
| 1% Milk | 1 cup |

Instructions

Top mixed greens with almonds, tomato, cottage cheese, and vinaigrette. Serve with a glass of milk.

Nutrition Facts

| | |
|---------------|---------|
| CALORIES | 340 |
| PROTEIN | 28 g |
| CARBOHYDRATES | 33 g |
| FAT | 11 g |
| SATURATED FAT | 3 g |
| SODIUM | 1070 mg |
| FIBER | 6 g |

Servings: 1

Vegetarian Chili over Rice & Veggies

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|-------------------------------------|---------------|------------------------|
| Vegetarian chili (such as Amy's) | 1 cup | CALORIES 470 |
| Brown rice (try quick-cooking!) | 1 cup | PROTEIN 28 |
| Shredded reduced-fat cheddar cheese | 2 tbsp | CARBOHYDRATES 81 |
| Baby carrots | ½ cup | FAT 4 |
| | | SATURATED FAT 1 |
| | | SODIUM 990 |
| | | FIBER 17 |

Instructions

Heat chili and ladle over cooked rice. Sprinkle with cheese and serve with vegetables on the side.

Servings: 1

Spaghetti

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------------|---------------|
| Wheat spaghetti noodles | 4 oz. |
| Spaghetti sauce | 3 tbs |
| Steamed broccoli | ¾ cup |
| Sweet Hawaiian dinner roll | 1 each |
| Unsalted butter | 1 tsp |
| 1% Milk | 1 cup |

Instructions

Heat spaghetti sauce on medium heat. Cook spaghetti noodles according to package instructions. Cover broccoli with water until it is just barely submerged. Microwave on medium-high until crows turn dark green. Do not over-cook. Serve spaghetti and broccoli hot with a buttered dinner roll.

Nutrition Facts

| | |
|---------------|--------|
| CALORIES | 470 |
| PROTEIN | 24 g |
| CARBOHYDRATES | 80 g |
| FAT | 10 g |
| SATURATED FAT | 4 g |
| SODIUM | 560 mg |
| FIBER | 11 g |

Servings: 1

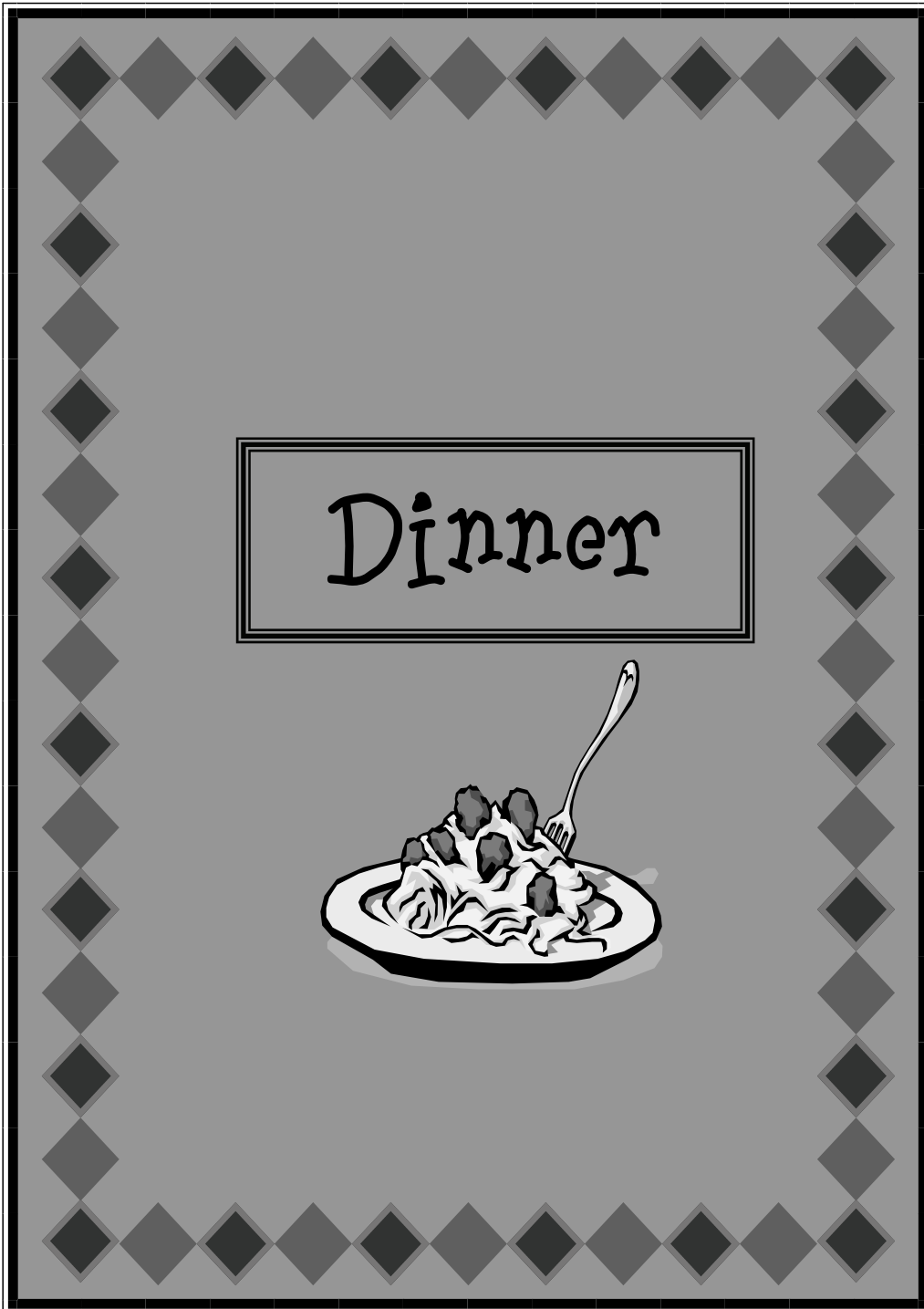
Tomato Soup & Crackers with Turkey.

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> |
|--|---------------|------------------------|
| Tomato soup (try Campbell's Healthy Request) | 1 cup | CALORIES 540 |
| Whole grain crackers (such as Ak-mak or RyKrisp) | 5 each | PROTEIN 32 |
| Reduced-fat cheese | 1 oz. | CARBOHYDRATES 69 |
| Smoked deli sliced turkey | 3 oz. | FAT 16 |
| Medium apple, sliced | 1 each | SATURATED FAT 7 |
| | | SODIUM 1360 |
| | | FIBER 10 |

Instructions

Heat soup according to directions. Put crackers, cheese, turkey and sliced apple on a plate.

Servings: 1



Mac n' Cheese

| <u>Ingredients</u> | <u>Amount</u> | <u>Nutrition Facts</u> | |
|-----------------------------|------------------|------------------------|-----|
| Dry macaroni shells | 1/2 lb or 2 cups | CALORIES | 205 |
| Light butter | 2 tbsp | PROTEIN | 13 |
| Non-fat milk | 2 cups | CARBOHYDRATES | 28 |
| Flour | 2 tbsp | FAT | 5 |
| Dry mustard | 2 tsp | SATURATED FAT | 3 |
| Reduced-fat shredded cheese | 1 cup | SODIUM | 143 |
| Grated parmesan cheese | 1/4 cup | FIBER | 2 |
| Garlic powder | To taste | Servings: 6 | |
| Black pepper | To taste | | |

Instructions

Preheat oven to 350. Cook pasta according to package directions, drain and set aside. Heat milk in the microwave on high for 1-1 ½ minutes (or until warm but not boiling). Melt butter in a medium sized pan over low heat. Mix flour and dry mustard together and slowly add to melted butter. Whisk until there are no more lumps. Slowly add warm milk to pan, continuously whisking. Turn heat to medium and cook sauce for about 3 minutes, whisking often to thicken. Add cheddar cheese and cook sauce for 1 more minute, stirring with a wooden spoon until cheese is melted. Combine cooked pasta and cheese sauce in a large bowl and place in a baking dish sprayed with cooking spray. Spread evenly and sprinkle with parmesan cheese. Bake for about 20 minutes.

Serve with your favorite vegetable!