

4
WEEK

QUICK & SIMPLE MEAL PLAN



PRO-FORM



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HOW TO USE THIS MEAL PLAN

Finding time to deliberately plan nutritious meals for you and your family is difficult. That's why we've tried to make the next four weeks of your life as simple as possible. This guide maps out exactly what you need for three meals and two snacks each day, complete with recipes and grocery lists.

Designed for general weight control and overall improved health, this 4-week meal plan can be repeated every month until you achieve your desired results. It is also a great way to maintain a healthy diet regimen.

We are so excited for you to join us on this nutritious and delicious adventure. Let's get started.

DAILY CALORIES

It's important to understand that this is a general guide and a great place to start. Unfortunately, weight loss isn't always just about math (calories in vs. calories out). Many different factors come into play. That's why it's important to commit to the fitness recommendations as you implement this meal guide.

The daily calorie count in this guide is approximately 1,400 to 1,500 calories. The calorie goals are 400 calories per meal, 200 calories for the morning snack, and 100 calories for the afternoon snack. Unless otherwise specified, drink water.

If you feel you need more calories to fuel your workouts, try increasing a portion size of something healthy during a regular meal. You may also choose to eliminate the snacks if you feel you don't need them. As always, check with your family physician before you get started.

- 400 calories breakfast
- + 200 calories morning snack *
- + 400 calories lunch
- + 100 calories afternoon snack *
- + 400 calories dinner

1,400–1,500 calories/day *plus or minus snacks

- 4 PLANNED WEEKS
- 3 MEALS + TWO SNACKS /DAY
- GROCERY LISTS
- RECIPES



CALORIE CALCULATOR

1 Define your current daily activity level.

Inactive

spend most time sitting in car or office

Active

leisure biking or walking every day

Very Active

vigorous exercise lasting over 30 minutes most days

2 Define your energy factor based on activity level.

12

overweight, inactive adults, chronic dieters

13

active women, inactive men, all adults over age 55

15

active men, very active women

3 Calculate your daily calorie budget.

$$\text{weight} \times \text{energy factor} = \text{daily calorie budget to maintain weight}$$

4 Decide how much you want to lose per week.

1 pound

subtract 500 from your daily calorie budget

2 pounds

subtract 1,000 from your daily calorie budget

SHOP AND COOK EFFICIENTLY

The recipes serve four, but you will eat each meal twice during the week: once as the original meal and once as a leftover. The purpose is to help you grocery shop and cook efficiently.

Because this meal plan is designed to be cost-efficient, you'll see repeats of snacks, meals, and ingredients in one week increments. This way, you buy fewer ingredients, learn to master new food combinations, and then learn new recipes and combinations as each week progresses.

Use the grocery lists as a guide. You don't have to buy everything on the list each week, just use it as a checklist/reminder.

- 4-SERVING RECIPES
- EAT EACH MEAL TWICE/WEEK
- ORIGINAL MEAL + LEFTOVER

WHAT TO EXPECT

Portion sizes are small, but the foods are high volume and high nutrient density to help you feel full and healthy. You will likely experience some hunger in the beginning, and it's absolutely normal and actually a necessary part of weight loss and changing your body. Hunger means your body is changing. And as long as you are eating every four to six hours, your body will be fine. Just remember, it goes away after the first week or so, and you'll start feeling lighter and more energetic as you continue to follow the meal plan and complete your daily workouts.

LONG-TERM SUCCESS

Give this plan a full four weeks. Don't quit. Changing your eating habits is not going to be easy, but it will be worth it. And when you finish four weeks of healthy eating, you'll have a stockpile of your favorite healthy meals, snacks, and recipes that you can then add into your life as you start to create your own healthy options.

WEEKLY WORKOUT EXAMPLE

MON	TUE	WED	THU	FRI	SAT
walking (aerobic)	strength workout	elliptical or bike (aerobic)	strength workout	walking (aerobic)	aerobic or strength workout

For best results, combine this meal plan with:

- 30 minutes of aerobic activity 3–5 days/week, AND
- 30 minutes of strength training 2–3 days/week



TIPS FOR SUCCESS

EXERCISE TIPS

Plan Ahead to Avoid Distractions

Don't schedule your home workout during the busiest part of the day. Make sure your kids are occupied, turn off your phone, and let others in the house know that this is a priority for you.

Remind Yourself

If you struggle to keep your workouts consistent, put little reminders around the house. Keep your workout shoes by the door or stick a post-it on your bathroom mirror. Or, hang those skinny jeans on the door for the motivation you need to get moving.

Look for Opportunities to Multitask

Is there a TV program you watch every day? Do you set aside time to call your mom, watch the kids play at the park, or read a book? Try to combine your workout with activities you do daily.

Recruit a Friend to Work Out With You

A workout buddy helps you stick with it. Knowing that you have an appointment to exercise and that someone else is counting on you can make all the difference in the world.

Do Five Minutes of Cardio

Exercise can be overwhelming, so take it five minutes at a time. Tell yourself, "just five minutes". Yes, sure, this is supposed to get you to want to do more, and 9 times out of 10 it does just that. But even if you only end up with 5 minutes of cardio, at least you did something.

Move to the Beat

Working out with the right music helps you burn more calories, makes your workout feel less painful, and helps time pass more quickly. That means you work out harder and longer and every minute of your precious time is used efficiently. Work out to songs in the 130–140 bpm range and move to the beat. You'll feel yourself sticking to a steady pace, innately driven to "keep up" and work at your personal best.

Don't Let a Little Muscle Soreness Scare You

Remember that muscle soreness is okay. As your body adapts to new things and becomes stronger, a little soreness will always come and go.

Work In, Out, and Around the Fat Burning Zone

It's often said you have to work out for at least 30 minutes at a specific intensity level to "burn fat". But in a world where inactivity is the norm, we simply need to get moving in any way possible! It's okay to work at a comfortable pace for a longer period of time (like 60 minutes), a moderate pace for another day (30–40 minutes), and a challenging pace (20–30 minutes) the next day. Doing so keeps your body from adapting to the same routine.

Use Your Abs More

Contract your abdominal muscles while you sit, stand, clean, type, and even lie down! Squeeze your abs and pull your belly button in toward your spine. Think about your abs as if they were a sponge, and you want to squeeze the water out. Bring your ribs downward about 1" toward your hip bones and hold the contraction as long as you can. Go through this "stop-contract-and-hold" process as often as you remember throughout the day.

Do 20 Push-Ups Every Morning

If you must, break it into two sets of 10 or four sets of 5. Push-ups strengthen your entire body and generate positive energy to start your day on a positive note. All of us need more calorie-burning, oxygenating tissue in our body. Push-ups are an easy, surefire way to do just that.

Go for Variety

Your body adapts to doing the same thing every day, so don't be afraid to shake up your workouts. Try walking, jogging, biking, home workout videos, strength training with dumbbells, or even vigorous house cleaning to keep things exciting.

EATING TIPS

Measure Your Food

Use a food scale and/or measuring cups to accurately consume what the meal plan recommends. Even if it's just for the first week—measure your food. This makes all the difference and teaches you true portion control—one of the greatest contributors to long-lasting, healthy weight control.

Drink a Glass of Water with Every Meal

Drinking water before you eat promotes a healthy metabolism, helps fill your stomach, and doesn't contain sugar, calories, or artificial sweeteners.

Go to Bed a Little Bit Hungry

Try to go to bed with a small but manageable level of hunger. Don't snack after dinner and eat a healthy breakfast in the morning when your metabolism is more likely to utilize fuel efficiently.

Fuel Your Body First

Instead of waking up to a fatty, sugary meal, tell yourself to get the healthy stuff in first. "Fuel" your body, then maybe have a treat later. Practice this over an entire day and during individual meals. Eat the fruits, veggies, and lean meats first, then the carbs and treats.

Eat Fruit Before Sugar

If you crave sugar or get the afternoon munchies, eat a piece of fruit before you eat anything else! Give your body a chance to be satiated with the natural sugar found in nutrient-packed fruits. It may not feel like a chocolate bar at first, but after a few days, fruit can calm any sugar/snack craving.

Try Salad Cups or Bags

If you find yourself "too busy" to eat healthy, try throwing some greens, a handful of carrots and any other veggies you have on hand into a large glass/cup or plastic bag. Drop a little dressing over the top, shake it and go! The cup is great if you have to eat in the car, and the bag works great for lunches at work..

Eat Heart-Healthy Fats

Don't eat more fat, just swap the unhealthy fats (butter, margarine, baked goods) with plant-based healthy fats from foods like almonds, walnuts, salad dressing, olive oil, tuna, avocado, or peanut butter. These healthy fats help fight heart disease, improve blood pressure, improve cholesterol, and can even help people relax and feel more satisfied with less food.

Take Smaller Bites

Instead of shoveling handfuls of popcorn into your mouth during a movie, eat 2–3 kernels at a time. Why? A person who eats 2–3 kernels at a time is likely to eat just 3–4 cups of popcorn during a movie, verses a handful-eater consuming 10–20 cups. That's 240 calories instead of 1,200—a decent savings for just 2 hours!

Stop and Taste the Food: Sit Down to Eat

Stop, sit down, and actually taste the food you eat. If you slip up and start to mindlessly eat food, then make yourself sit down and take 2 minutes to eat the food in peace. If you give your brain a chance to send the "I'm satisfied" signals, it will. Those signals are essential to having a healthy relationship with food. Enjoy a small amount of your favorite food with intention and then move on with your day.

Eating on the Road

If you find yourself eating away from home, or unable to follow the meal plan for a period, don't stress. Just stick to your calorie goals (400 calories per meal) and get back on your meal plan as soon as you can.



If you find items on the meal plan that you would prefer to substitute, feel free to customize it. We've included a guide below that will keep you on track to success.

HIGH YIELDING GRAINS

- 1 slice of whole grain bread
- 1 slice Ezekiel bread (gluten free)
- 1 slice homemade bread (gluten free)
- 1 cup slow cooked oatmeal or buckwheat
- 1 cup whole grain, high fiber cold cereal
- ¾ cup basmati, wild rice, or brown rice
- ½ cup noodles or rice
- ½ cup whole wheat noodles
- ¾ cup egg noodles
- 1 small sweet potato
- 1 cup amaranth, quinoa, buckwheat, or couscous (gluten free)

DAIRY

- 1 cup low-fat, plain yogurt
- 1 cup milk
- 1 cup soy milk
- 1 cup rice, almond, or hemp milk (lactose intolerant choice)
- 1 cup kefir
- ½ cup low-fat cottage cheese

HEALTHY FATS

- 2 Tbsp. light mayo
- 2 Tbsp. canola, flaxseed, grapeseed, or olive oil
- 1 Tbsp. 100% natural peanut butter or almond butter
- 10 raw, unsalted almonds or walnuts

HIGH ENERGY PROTEINS

- 4 oz. seafood (salmon, scallops, lobster, orange roughy, halibut, shrimp, or bass)
- 4 oz. skinless chicken breast, turkey breast, or extra-lean ground turkey (100% natural)
- 4 oz. tofu or vegetable based protein
- 3 oz. extra-lean red meat (pork or ham)
- ½ cup beans (black, cannellini, garbanzo, kidney, or navy)
- 2 whole eggs
- 1 whole egg and 2 egg whites

FRUITS

- 1 medium fruit
- 1 cup berries or cut fruit
- 2 Tbsp. dried fruit

VEGETABLES

- 1 cup raw vegetables
- ¾ cup steamed vegetables
- ½ cup cooked vegetables



Check out these 19 yummy snack ideas to round out your daily plan. Remember, the goal is to stick with the calorie guidelines of 200 snack calories in the morning and 100 snack calories in the afternoon—if your goal is weight loss.

If you find yourself needing more calories to fuel your workouts, go ahead and add a few more snacks throughout your day to stay healthy and energized.

200 CALORIE SNACKS

- 30 honey roasted peanuts
- 1, 3-inch diameter apple
- 1 slice 100% whole wheat bread
- 1 TBSP chocolate hazelnut spread
- ½ cup 2% cottage cheese
- 2 pineapple rings, canned in juice
- 1, 7-inch carrot stick
- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky
- 2 clementines
- 1, 8-oz. glass of skim milk
- 2 oz. 65% cacao dark chocolate
- 2 TBSP craisins
- 4 pecan halves
- 1 ¼ cups chopped broccoli, steamed
- ⅓ cup shredded cheese melted on top
- 3 cups steamed edamame in pods
- Pinch of kosher salt
- 2 cups shredded romaine lettuce
- ⅓ cup sugar snap peas, chopped
- ⅓ cup red beans, drained and rinsed
- 2 TBSP light vinaigrette dressing
- 2 lightly salted rice cakes
- 1 TBSP crunchy almond butter
- 1 tsp honey
- 6 oz. light yogurt
- ¾ cup strawberry halves
- 1 ½ TBSP slivered almonds
- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 ½ cups sugar snap peas
- ¼ cup hummus
- 2 ½–3 oz. real frozen fruit bar (popsicle)
- 12 roasted dark chocolate almonds
- 4 small candies (M&Ms, Swedish Fish, Hershey Kisses)
- 3–4 cups light popcorn
- 3 bites of your favorite dessert (eating out)
- 2 small oatmeal cookies
- ½ cup sorbet or low-fat frozen yogurt or ice cream
- 1 fudge pop
- 15 baked tortilla chips with ⅓ cup salsa



Please view specific quantities only as a guideline.
Product availability may vary.

FRESH PRODUCE

- 1-2 lbs. broccoli
- 4-6 bell peppers
- 1 lb. asparagus
- 1 small white onion
- 1-2 large celery bunches
- 1-2 large English cucumbers
- 2 lbs. carrots
- 1 large jicama
- 4 roma tomatos
- 1 small avocado
- 2 lbs. baby spinach
- 3 hearts of romaine lettuce
- 2 lemons
- 1-2 lbs. strawberries
- 1 pint blueberries (if using)
- 1 bunch red grapes
- 3, 7-inch bananas
- 6, 3-inch diameter apples
- 2, 3-inch diameter oranges
- 2, 3-inch diameter grapefruits

STAPLE FOODS / CONDIMENTS

- Apricot preserves
- No added sugar jam
- Natural peanut butter
- Honey
- Pure maple syrup
- Balsamic vinegar
- Cider vinegar
- Bottled chili sauce
- Dijon mustard
- Nonstick cooking spray
- Extra-virgin olive oil and canola oil
- Fat-free Italian salad dressing
- Light vinaigrette dressing (~60 cal./serving)
- Olive oil based mayo
- Peppercornini peppers
- Seasoned bread crumbs
- Prepared hummus

CANNED GOODS

- 1 bottle marinara sauce
- 8 oz. canned, chunk light tuna in water
- 1 medium can olives

DAIRY PRODUCTS

- 1 gallon skim OR light soy milk OR almond milk
- 5, 5.3-oz. cartons fat-free, high protein Greek yogurt
- 1 small block/package shreddable, slicable cheese
- 3 mozzarella cheese sticks
- 1 small container grated parmesan/romano cheese
- 4 oz. feta cheese

PROTEINS

- 8 eggs
- 4 lbs. boneless, skinless chicken breast
- 6 oz. high quality freshly sliced turkey
- 2 lbs. pork tenderloin (1 lb. ground, ask the butcher)

GRAINS

- 1 loaf 100% whole wheat bread (~4g protein, ~100 cal./slice)
- 1 package of 2-oz. whole wheat wraps
- 16 oz. whole wheat spaghetti noodles
- 1 medium bag brown rice
- 1, 7-oz. box whole grain couscous
- 1 large canister of dry oats

SNACKS

- 1 cup slivered almonds or chopped pecans
- 1 lb. raw almonds
- 3 oz. beef jerky
- 1 box fiber granola bars (~120 cal. each)
- 1 box whole wheat crackers (~130 cal./serving)
- 1, 6-oz. bag unsweetened raisins
- 8, 3-inch dried mango strips

SEASONINGS

- Black pepper
- Salt
- Cinnamon
- Crushed red pepper
- Curry powder
- Fennel seeds
- Garlic salt
- Sage

BREAKFAST

1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soy milk OR skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

LUNCH

- 6 whole wheat crackers
- **Lemon Fresh Tuna Salad:**
- 4 oz. chunk light tuna, drained
- 2 cups shredded romaine lettuce
- 6 black olives, sliced
- 1 roma tomato, diced
- 2 tsp extra-virgin olive oil
- 1 TBSP lemon juice
- Dash of garlic salt
- Black pepper to taste

*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
120	20	4	3	160	3
100	0	1	24	360	0
16	3	0	1	8	2
40	0	4	0	210	0
16	4	0	2	5	1
80	0	9	0	0	0
4	1	0	0	0	0
0	0	0	0	60	0
0	0	0	0	0	0
276	28	18	30	803	6

AFTERNOON SNACK

- 15 almonds

CAL	CHO	FAT	PRO	SOD	FIB
104	4	9	4	0	2
104	4	9	4	0	2

DINNER

- **1, 4-oz. serving Seared Pork Tenderloin with Maple-Mustard Glaze**
- ⅔ cup brown rice
- 1 cup chopped, steamed broccoli

CAL	CHO	FAT	PRO	SOD	FIB
230	8	6	24	339	0
144	30	1	3	7	2
55	11	1	4	64	5
429	49	8	31	410	7

CAL	CHO	FAT	PRO	SOD	FIB
1490	164	50	100	1589	24

DAILY TOTALS

BREAKFAST

Toast and Jam:

- 1 slice 100% whole wheat bread
- 1 TBSP no sugar added jam

Veggie and Egg Scramble:

- 1 whole egg
- 3 egg whites
- 2 cups chopped vegetables
- Nonstick cooking spray, if necessary for cooking process

- 1, 3-inch diameter orange

CAL	CHO	FAT	PRO	SOD	FIB
90	18	1	4	135	2
10	5	0	0	4	0

CAL	CHO	FAT	PRO	SOD	FIB
101	1	7	7	171	0
51	1	0	11	165	0
75	15	0	3	63	5
0	0	0	0	0	0

CAL	CHO	FAT	PRO	SOD	FIB
69	18	0	1	1	3
396	58	8	26	539	10

MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

LUNCH

1 Fresh Spinach Salad:

- 2 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 4 oz. grilled chicken, cut into strips
- 2 TBSP craisins
- 2 TBSP crumbled feta cheese
- 2 TBSP light vinaigrette dressing

*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
20	1	0	2	65	2
110	29	0	1	2	5
130	3	2	27	470	0
49	9	0	0	0	1
45	1	4	4	195	0
60	6	4	0	220	0
414	49	10	34	952	8

AFTERNOON SNACK

- 1, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
72	19	0	1	1	3
72	19	0	1	1	3

DINNER

1 serving Italian Chicken and Vegetables

- ½ cup cooked whole wheat spaghetti noodles
- 2 TBSP shredded cheese
- ½ cup red grapes

CAL	CHO	FAT	PRO	SOD	FIB
255	26	5	27	799	3
86	17	1	3	1	3
21	0	1	2	85	0
52	14	0	0	2	1
414	57	7	32	887	7

CAL	CHO	FAT	PRO	SOD	FIB
1493	215	35	97	2479	31

DAILY TOTALS

BREAKFAST

- 20 almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
- 1 ½ cups baby spinach
- ½, 3-inch diameter apple with skin
- 1, 7-inch banana
- ½ cup grapes
- 5 oz. fat-free, vanilla Greek yogurt

*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
133	3	20	8	0	4
15	0	0	2	49	2
55	15	0	0	1	3
72	23	0	1	1	2
52	14	0	0	2	1
80	9	0	12	50	0
407	64	20	23	103	12

MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks
- 1 high-fiber granola bar

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
120	26	4	2	55	9
218	30	12	6	149	10

LUNCH

1 Turkey and Veggie Stack:

- 2 slices 100% whole wheat bread
- 3 oz. high quality, freshly sliced turkey
- ½ TBSP olive oil based mayo
- 1 cup shredded romaine
- 1 slice of tomato
- ½ cup baby spinach
- 1, 19g (~½-inch thick) slice of reduced fat cheese

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
90	2	1	18	720	0
30	0	3	0	60	0
8	2	0	1	4	1
10	2	0	1	3	1
5	0	0	1	16	1
60	1	5	5	135	0
383	43	11	34	1208	7

AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

DINNER

1 serving Apricot Chicken

- ½ cup cooked whole grain couscous
- 7 Roasted Asparagus Spears

CAL	CHO	FAT	PRO	SOD	FIB
239	15	2	24	250	0
95	19	1	4	255	2
22	4	0	2	2	2
356	38	3	30	507	4

CAL	CHO	FAT	PRO	SOD	FIB
1485	190	47	107	2714	36

DAILY TOTALS



BREAKFAST

1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soymilk OR skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

LUNCH

- 6 whole wheat crackers
- **Lemon Fresh Tuna Salad:**
- 4 oz. chunk light tuna, drained
- 2 cups shredded romaine lettuce
- 6 black olives, sliced
- 1 roma tomato, diced
- 2 tsp extra-virgin olive oil
- 1 TBSP lemon juice
- Dash of garlic salt
- Black pepper to taste

*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
120	20	4	3	160	3
100	0	1	24	360	0
16	3	0	1	8	2
40	0	4	0	210	0
16	4	0	2	5	1
80	0	9	0	0	0
4	1	0	0	0	0
0	0	0	0	60	0
0	0	0	0	0	0
276	28	18	30	803	6

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- ¾ cup jicama slices
- 2 TBSP hummus

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
37	9	0	1	4	5
50	5	3	2	80	3
97	15	3	4	84	9

DINNER

1 serving (9) Feisty Pork Meatballs

- ½ cup cooked whole wheat spaghetti noodles
- ½ cup prepared marinara sauce

CAL	CHO	FAT	PRO	SOD	FIB
230	11	4	24	512	1
87	19	0	4	2	3
90	12	4	2	480	3
407	42	8	30	994	7

CAL	CHO	FAT	PRO	SOD	FIB
1461	168	44	99	2257	31

DAILY TOTALS



BREAKFAST

- 20 almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
- 1 ½ cups baby spinach
- ½, 3-inch diameter apple with skin
- 1, 7-inch banana
- ½ cup grapes
- 5 oz. fat-free, vanilla Greek yogurt

*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
133	3	20	8	0	4
15	0	0	2	49	2
55	15	0	0	1	3
72	23	0	1	1	2
52	14	0	0	2	1
80	9	0	12	50	0
407	64	20	23	103	12

MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks
- 1 high-fiber granola bar

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
120	26	4	2	55	9
218	30	12	6	149	10

LUNCH

1 Turkey and Veggie Stack:

- 2 slices 100% whole wheat bread
- 3 oz. high quality, freshly sliced turkey
- ½ TBSP olive oil based mayo
- 1 cup shredded romaine
- 1 slice of tomato
- ½ cup baby spinach
- 1, 19g (~½-inch thick) slice of reduced fat cheese

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
90	2	1	18	720	0
30	0	3	0	60	0
8	2	0	1	4	1
10	2	0	1	3	1
5	0	0	1	16	1
60	1	5	5	135	0
383	43	11	34	1208	7

AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

DINNER

1 serving Strawberry Avocado Salad:

- 1 ¼ cups halved strawberries
- 2 cups shredded romaine
- 2 TBSP light vinaigrette
- 3 oz. grilled chicken
- 1 oz. avocado slices
- ½ cup cooked whole grain couscous

CAL	CHO	FAT	PRO	SOD	FIB
61	15	1	1	2	4
14	2	0	1	4	1
60	6	4	0	220	0
98	0	2	20	56	0
50	3	5	1	0	2
95	19	1	4	255	2
378	45	13	27	537	9

CAL	CHO	FAT	PRO	SOD	FIB
1507	197	57	104	2744	41

DAILY TOTALS



BREAKFAST

Toast and Jam:

- 1 slice 100% whole wheat bread
- 1 TBSP no sugar added jam

Veggie and Egg Scramble:

- 1 whole egg
- 3 egg whites
- 2 cups chopped vegetables
- Nonstick cooking spray, if necessary for cooking process

- 1, 3-inch diameter orange

CAL	CHO	FAT	PRO	SOD	FIB
90	18	1	4	135	2
10	5	0	0	4	0

CAL	CHO	FAT	PRO	SOD	FIB
101	1	7	7	171	0
51	1	0	11	165	0
75	15	0	3	63	5
0	0	0	0	0	0

CAL	CHO	FAT	PRO	SOD	FIB
69	18	0	1	1	3
396	58	8	26	539	10

MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

LUNCH

1 Fresh Spinach Salad:

- 2 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 4 oz. grilled chicken, cut into strips
- 2 TBSP craisins
- 2 TBSP crumbled feta cheese
- 2 TBSP light vinaigrette dressing

*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
20	1	0	2	65	2
110	29	0	1	2	5
130	3	2	27	470	0
49	9	0	0	0	1
45	1	4	4	195	0
60	6	4	0	220	0
414	49	10	34	952	8

AFTERNOON SNACK

- 1, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
72	19	0	1	1	3
72	19	0	1	1	3

DINNER

1 serving Apricot Chicken

- ½ cup cooked whole grain couscous
- 7 Roasted Asparagus Spears

CAL	CHO	FAT	PRO	SOD	FIB
239	15	2	24	250	0
95	19	1	4	255	2
22	4	0	2	2	2
356	38	3	30	507	4

CAL	CHO	FAT	PRO	SOD	FIB
1435	196	31	95	2099	28

DAILY TOTALS



BREAKFAST

1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soymilk OR skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

MORNING SNACK

- ½, 3-inch diameter grapefruit
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
80	1	6	6	200	0
145	17	6	7	200	2

LUNCH

- 4 oz. skim milk
- 1 Cinnamon Banana Roll-Up:
- 1, 2-oz. whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 2 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll up.

CAL	CHO	FAT	PRO	SOD	FIB
40	6	0	4	60	0
110	17	3	10	370	7
190	8	16	7	65	2
32	9	0	0	0	0
36	12	0	1	1	1
0	0	0	0	0	0
408	52	19	22	496	10

AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

DINNER

1 serving (9) Feisty Pork Meatballs

- ½ cup cooked whole wheat spaghetti noodles
- ½ cup prepared marinara sauce

CAL	CHO	FAT	PRO	SOD	FIB
230	11	4	24	512	1
87	19	0	4	2	3
90	12	4	2	480	3
407	42	8	30	994	7

DAY 1

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

SEARED PORK TENDERLOIN WITH MAPLE-MUSTARD GLAZE

INGREDIENTS:

- 3 TBSP Dijon mustard, divided
- ¼ tsp kosher salt
- ½ tsp freshly ground pepper
- 1 lb. pork tenderloin, trimmed
- 2 tsp olive oil
- ¼ cup cider vinegar
- 3 TBSP maple syrup
- 1 ½ tsp chopped fresh sage (or ½ tsp dried sage)

CAL	CHO	FAT	PRO	SOD	FIB
36	4	2	2	603	2
0	0	0	0	230	0
0	0	0	0	0	0
700	0	12	92	192	0
80	0	9	0	0	0
0	0	0	0	0	0
105	27	0	0	3	0
0	0	0	0	0	0

921	30	23	94	1028	2	TOTALS PER SERVING
230.25	7.75	5.75	23.5	257	0.5	

DIRECTIONS:

1. Preheat oven to 425°F.
2. Combine 1-2 TBSP mustard and pepper in a small bowl; rub all over pork. Heat oil in a large ovenproof skillet over medium-high heat. Add pork and brown on all sides; 3 to 5 minutes. Transfer the pan to the oven and roast until a meat thermometer inserted in the center registers 145°F, about 20 minutes. Transfer to a cutting board and let rest for 5 minutes.
3. Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar and boil, scraping up any browned bits with a wooden spoon; about 30 seconds. Whisk in maple syrup and the remaining 2 TBSP mustard. Bring to a boil, reduce heat to a simmer and cook until the sauce is thickened; about 5 minutes.
4. Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.

CAL	CHO	FAT	PRO	SOD	FIB
1441	178	42	97	2550	29

DAILY TOTALS

DAY 2

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

ITALIAN CHICKEN AND VEGETABLES

INGREDIENTS:

- ½ cup bottled fat-free Italian salad dressing
- 4 TBSP balsamic vinegar
- ⅛ to ¼ tsp crushed red pepper
- 2 TBSP honey
- 1 TBSP extra-virgin olive oil
- 4, 4-oz. pieces of boneless, skinless chicken breast
- 3 cups evenly chopped veggies of choice: asparagus, peppers, zucchini, etc.
- 1 cup shredded carrots
- 2 small tomatos, seeded and diced

CAL	CHO	FAT	PRO	SOD	FIB	
133	27	0	0	2880	0	
40	8	0	0	0	0	
0	0	0	0	0	0	
128	35	0	0	2	0	
120	0	14	0	0	0	
440	0	6	96	180	0	
90	18	0	6	41	7	
47	11	0	1	87	3	
22	4	2	2	6	2	
1020	103	22	105	3196	12	TOTALS
255	25.75	5.5	26.25	799	3	PER SERVING

DIRECTIONS:

1. In a small bowl, stir together salad dressing, balsamic vinegar, honey, and crushed red pepper. Set aside.
2. In a large skillet, heat olive oil over medium-high heat. Add chicken, cook for 5-6 minutes or until chicken is tender and no longer pink, turning once. Transfer from skillet to a serving platter, cover with aluminum foil to keep warm.
3. Add vegetables to skillet. Cook and stir for 3 to 4 minutes or until tender, transfer to serving platter.
4. Stir dressing mixture, add to skillet. Cook and stir for 1 minute, scraping up browned bits. Drizzle over chicken and vegetables. Sprinkle with tomato.

DAYS 3, 6

PREP TIME: 20 Minutes

YIELD: 4 Servings

APRICOT CHICKEN

INGREDIENTS:

- 1 tsp curry powder
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 4, 6-oz. skinless, boneless chicken breast halves
- Nonstick cooking spray

FOR THE SAUCE:

- ⅓ cup apricot preserves
- 2 TBSP fresh lemon juice
- 2 TBSP water
- 2 tsp grated lemon rind

CAL	CHO	FAT	PRO	SOD	FIB
0	0	0	0	0	0
0	0	0	0	280	0
0	0	0	0	0	0
720	0	6	96	0	0
0	0	0	0	0	0

CAL	CHO	FAT	PRO	SOD	FIB
220	55	0	0	0	0
15	5	0	0	1	0
0	0	0	0	0	0
0	0	0	0	0	0
955	60	6	96	281	0
238.75	15	1.5	24	70.25	0

TOTALS
PER SERVING

DIRECTIONS:

1. Combine first three ingredients in a small bowl, rub mixture over chicken.
2. Place a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
3. Cook chicken 6 minutes on each side or until done. Remove chicken from pan, and keep warm.
4. Add apricot preserves, lemon juice, and 2 TBSP water to pan, stirring until smooth. Cook over medium heat 1 minute. Spoon sauce over chicken, sprinkle with lemon rind.

DAYS 4, 7

PREP TIME: 30-45 Minutes

YIELD: 4 Servings

FEISTY PORK MEATBALLS

INGREDIENTS:

- Nonstick cooking spray
- 1 TBSP finely chopped, drained pepperoncini salad peppers
- ¼ cup bottled chili sauce
- ¼ cup seasoned bread crumbs
- 2 TBSP finely chopped onion
- 1 TBSP grated parmesan or romano cheese
- 1 ½ tsp fennel seeds, crushed (optional)
- 1-lb. ground pork tenderloin (ask the butcher to help you)

CAL	CHO	FAT	PRO	SOD	FIB	
0	0	0	0	0	0	
10	2	0	0	390	1	
80	20	0	0	920	0	
50	8	1	1	450	1	
60	14	0	2	10	0	
21	0	1	2	85	0	
0	0	0	0	0	0	
700	0	12	92	192	0	
921	44	14	97	2047	2	TOTALS
230.25	11	3.5	24.25	511.75	0.5	PER SERVING

DIRECTIONS:

1. Preheat oven to 350°F. Lightly coat a baking sheet with nonstick cooking spray, set aside.
2. In a large bowl, combine the chopped pepper, chili sauce, bread crumbs, onion, cheese, and fennel seeds.
3. Add pork, mix well. Shape pork mixture into 36 meatballs, place in prepared baking pan and bake uncovered for 20 to 25 minutes or until done (160°F).
4. Remove from oven, drain off fat. Serve baked meatballs with warmed marinara sauce.

DAYS 3, 6

PREP TIME: 10-15 Minutes

YIELD: 4 Servings

ROASTED ASPARAGUS SPEARS

INGREDIENTS:

- ¾ lb. fresh asparagus, woody stems removed
- 1 ½ TBSP extra-virgin olive oil
- ¼ tsp kosher salt and freshly ground black pepper

CAL	CHO	FAT	PRO	SOD	FIB	
88	32	0	8	8	8	
160	0	20	0	0	0	
0	0	0	0	230	0	
248	32	20	8	238	8	TOTALS
62	8	5	2	59.5	2	PER SERVING

DIRECTIONS:

1. Preheat the oven to 400°F.
2. In a large bowl, toss the asparagus in the olive oil and season with salt and pepper. Spread the asparagus out on a baking sheet in a single layer and roast until tender but still firm and moist, about 10 minutes.
3. Transfer the asparagus to a serving platter.



Please view specific quantities only as a guideline.
Product availability may vary.

FRESH PRODUCE

- 1 large zucchini or summer squash
- 2 small white onions
- 1 red onion
- 2 lbs. broccoli
- 6 large bell peppers
- 2 jalapeño peppers
- 1 bunch green onions
- 2 large celery bunches
- 1/2 lb. tomatillos
- 1-2 large English cucumbers
- 1 large jicama
- 2 lbs. carrots
- 2 lbs. (32 oz.) baby spinach
- 3 hearts of romaine lettuce
- 2 lbs. tomatos AND 1 roma tomato
- 2 small avocados
- 1 bunch cilantro
- 1 bulb of fresh garlic
- 3 lemons AND 6 limes
- 1-2 lbs. strawberries
- 1 pint blueberries
- 1 bunch grapes
- 4 kiwi fruits
- 3, 7-inch bananas
- 1, 3-inch diameter orange
- 2, 3-inch diameter grapefruits
- 2, 3-inch diameter apples

STAPLE FOODS / CONDIMENTS

- Honey*
- Natural peanut butter*
- No added sugar jam*
- Distilled white vinegar
- Cider vinegar*
- Nonstick cooking spray*
- Extra-virgin olive oil and canola oil*
- Olive oil based mayo*
- Light vinaigrette dressing (~60 cal./serving)*
- Prepared hummus*
- Prepared chunky salsa

CANNED GOODS

- 4 oz. canned, chunk light tuna in water
- 1 small can olives
- 1 can red beans
- 1 can white beans
- 1, 14-oz. can petite diced tomatoes with jalapeños
- 1 small can chipotle peppers in adobe sauce
- 2, 15-oz. cans low sodium chicken broth

*Items will likely be on hand from previous week.

DAIRY PRODUCTS

- 1 gallon skim OR light soy milk OR almond milk
- 3, 5.3-oz. cartons fat-free, high protein Greek yogurt
- 4-oz. container reduced fat sour cream
- 1, 16-oz. container 1% cottage cheese
- 1 small block/package shreddable, slicable cheese*
- 2 mozzarella cheese sticks
- 2 TBSP feta cheese*

FROZEN FOODS

- 3 cups edamame in pods

PROTEINS

- 4 eggs
- 1 small container liquid egg substitute
- 6 lbs. boneless skinless chicken breast
- 3 oz. high quality freshly sliced turkey
- 4, 6-oz. tilapia fillets

GRAINS

- 1 loaf 100% whole wheat bread (~4g protein, ~100 cal./slice)
- 1 bag 100% whole wheat bagels (~250 cal. each)
- 1 package of 2-oz. whole wheat wraps
- 1 large package 6-inch corn tortillas
- Brown rice*
- 1 large cannister of dry oats*

SNACKS

- 1 cup chopped pecans or slivered almonds
- 1 lb. raw almonds
- 2 oz. beef jerky
- whole wheat crackers
- 1 box fiber granola bars (~120 cal. each)
- 1, 6-oz. bag unsweetened raisins
- 12, 3-inch dried mango strips
- 1/4 cup flaxseed
- sugar AND brown sugar

SEASONINGS

- Black pepper / Lemon pepper
- Cinnamon • Salt • Garlic salt
- Oregano • Ground cumin • Ground red pepper
- Garlic powder
- Paprika
- Vanilla extract

BREAKFAST

Veggie and Egg Scramble:

- 1 whole egg
- 3 egg whites
- 2 cups chopped vegetables
- Nonstick cooking spray, if necessary for cooking process

CAL	CHO	FAT	PRO	SOD	FIB
101	1	7	7	171	0
51	1	0	11	165	0
75	15	0	3	63	5
0	0	0	0	0	0
69	18	0	1	1	3
69	35	7	22	400	8

- 1, 3-inch diameter orange

MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

LUNCH

- ½ toasted 100% whole wheat bagel
- 1 serving **Chicken and Vegetable Topper:**
- ½ cup diced tomatoes
- ½ cup chopped carrots
- ½ large bell pepper, chopped
- 1/5 (~2 oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- ½ cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions, if desired

*Mix first five ingredients together, serve with cottage cheese, pepper, and onions over toasted bagel.

CAL	CHO	FAT	PRO	SOD	FIB
125	25	1	6	170	4
15	3	0	1	0	1
26	6	0	1	44	2
15	4	0	0	0	2
100	6	9	1	0	4
55	0	1	12	23	0
60	3	1	9	300	0
0	0	0	0	0	0
2	0	0	0	0	0
398	47	12	537	30	13

AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

DINNER

1 serving Fiesta Chicken Tostadas

CAL	CHO	FAT	PRO	SOD	FIB
412	44	11	30	1056	11
412	44	11	30	1056	11

CAL	CHO	FAT	PRO	SOD	FIB
1424	173	41	101	2840	38

DAILY TOTALS

BREAKFAST

- 20 almonds
- 1 "Keeps the Doctor Away" Green Smoothie:
- 1 ½ cups baby spinach
- ½, 3-inch diameter apple with skin
- 1, 7-inch banana
- ½ cup grapes
- 5 oz. fat-free, vanilla Greek yogurt

*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
133	3	20	8	0	4
15	0	0	2	49	2
55	15	0	0	1	3
72	23	0	1	1	2
52	14	0	0	2	1
80	9	0	12	50	0
407	64	20	23	103	12

MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks
- 1 high-fiber granola bar

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
120	26	4	2	55	9
218	30	12	6	149	10

LUNCH

1 Turkey and Veggie Stack:

- 2 slices 100% whole wheat bread
- 3 oz. high quality, freshly sliced turkey
- ½ TBSP olive oil based mayo
- 1 cup shredded romaine
- 1 slice of tomato
- ½ cup baby spinach
- 1, 19g (~½-inch thick) slice of reduced fat cheese

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
90	2	1	18	720	0
30	0	3	0	60	0
8	2	0	1	4	1
10	2	0	1	3	1
5	0	0	1	16	1
60	1	5	5	135	0
383	43	11	34	1208	7

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- ¾ cup jicama slices
- 2 TBSP hummus

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
37	9	0	1	4	5
50	5	3	2	80	3
97	15	3	4	84	9

DINNER

2 Baja Tilapia Tacos

- 1 Cinnamon Honey Grapefruit:
- ½, 3-inch diameter grapefruit
- ½ tsp honey
- Cinnamon as desired

CAL	CHO	FAT	PRO	SOD	FIB
343	21	10	34	211	4
65	16	0	1	0	2
10	2	0	0	0	0
0	0	0	0	0	0
418	39	10	35	211	6

CAL	CHO	FAT	PRO	SOD	FIB
1523	191	56	102	1755	44

DAILY TOTALS

BREAKFAST

1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soy milk OR skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

LUNCH

- ½ toasted 100% whole wheat bagel
- 1 serving Chicken and Vegetable Topper:
- ½ cup diced tomatoes
- ½ cup chopped carrots
- ½ large bell pepper, chopped
- ½ (~2 oz.) medium avocado, chopped (spritz with lime juice)
- 2 oz. chopped, cooked chicken
- ⅓ cup 1% cottage cheese
- Black pepper OR lemon pepper to taste
- Sliced green onions, if desired

*Mix first five ingredients together, serve with cottage cheese, pepper, and onions over toasted bagel.

CAL	CHO	FAT	PRO	SOD	FIB
125	25	1	6	170	4
15	3	0	1	0	1
26	6	0	1	44	2
15	4	0	0	0	2
100	6	9	1	0	4
55	0	1	12	23	0
60	3	1	9	300	0
0	0	0	0	0	0
2	0	0	0	0	0
398	47	12	537	30	13

AFTERNOON SNACK

- 1 ½ cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
101	9	3.5	9	318	4

DINNER

1 serving Fiesta Chicken Tostadas

CAL	CHO	FAT	PRO	SOD	FIB
412	44	11	30	1056	11
412	44	11	30	1056	11

CAL	CHO	FAT	PRO	SOD	FIB
1492	183	41.5	104	2287	35

DAILY TOTALS

BREAKFAST

- 2 kiwi fruits
- Quick Egg Tacos:
- 2 corn tortillas
- ¼ cup shredded cheese
- ½ cup fat-free liquid egg substitute
- Nonstick cooking spray
- 2 TBSP chunky salsa
- 1 green onion, sliced
- ½ large bell pepper, diced

*Sprinkle tortillas with cheese. Heat in microwave about 30 seconds. Meanwhile, heat a small nonstick skillet coated with cooking spray over medium heat. Add egg substitute and cook, stirring until eggs are cooked through. Divide evenly over cheesy tortillas and top with salsa and vegetables.

MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
80	31	2	4	18	10
100	20	2	2	10	3
110	0	9	7	180	0
60	1	0	12	240	0
0	0	0	0	0	0
10	2	0	0	170	0
10	0	0	0	1	0
23	5	0	1	3	2
393	59	13	26	622	15

LUNCH

- 4 oz. skim milk
- 1 Cinnamon Banana Roll-Up:
- 1, 2-oz. whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 2 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll up.

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

CAL	CHO	FAT	PRO	SOD	FIB
40	6	0	4	60	0
110	17	3	10	370	7
190	8	16	7	65	2
32	9	0	0	0	0
36	12	0	1	1	1
0	0	0	0	0	0
408	52	19	22	496	10

AFTERNOON SNACK

- 3 oz. carrot sticks
- 1 cup sliced cucumbers
- 1 oz. beef jerky

CAL	CHO	FAT	PRO	SOD	FIB
35	8	0	1	65	2
16	4	0	1	2	1
70	3	1	12	680	0
121	15	1	14	747	3

DINNER

- 1 serving Grilled Cumin Chicken with Tomatillo-Jalapeño Sauce
- ⅓ cup Cilantro-Lime Rice
- 1 cup steamed broccoli

CAL	CHO	FAT	PRO	SOD	FIB
245.5	5.75	7.5	37.25	284.4	1.5
121	25	1	3	23	0
30	4	0	2	200	2
396.5	34.75	8.5	42.25	507.4	3.5

CAL	CHO	FAT	PRO	SOD	FIB
1515.5	192.75	51.5	109.25	2472.4	34.5

DAILY TOTALS

BREAKFAST

1 Vanilla Berry Oatmeal Parfait:

- ½ cup dry oats, cooked with water according to package directions
- ½ cup blueberries OR ¾ cup sliced strawberries
- 5 oz. fat-free, vanilla Greek yogurt
- 1 TBSP slivered almonds OR crumbled pecans
- 5 oz. light vanilla soymilk OR skim milk

*Layer yogurt, berries, and nuts over the cooked oatmeal. Splash with milk until desired consistency is achieved. Consume any extra milk on the side.

CAL	CHO	FAT	PRO	SOD	FIB
150	27	3	5	0	4
41	11	0	1	1	2
80	9	0	12	50	0
45	1	4	2	0	1
88	9	2	8	125	0
404	57	9	28	176	7

MORNING SNACK

- ½, 3-inch diameter grapefruit
- ½ TBSP honey
- 1-oz. mozzarella cheese stick

CAL	CHO	FAT	PRO	SOD	FIB
65	16	0	1	0	2
32	9	0	0	0	0
80	1	6	6	200	0
127	26	6	7	200	2

LUNCH

- 6 whole wheat crackers
- **Lemon Fresh Tuna Salad:**
- 4 oz. chunk light tuna, drained
- 2 cups shredded romaine lettuce
- 6 black olives, sliced
- 1 roma tomato, diced
- 2 tsp extra-virgin olive oil
- 1 TBSP lemon juice
- Dash of garlic salt
- Black pepper to taste

*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
120	20	4	3	160	3
100	0	1	24	360	0
16	3	0	1	8	2
40	0	4	0	210	0
16	4	0	2	5	1
80	0	9	0	0	0
4	1	0	0	0	0
0	0	0	0	60	0
0	0	0	0	0	0
276	28	18	30	803	6

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- ¾ cup jicama slices
- 2 TBSP hummus

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
37	9	0	1	4	5
50	5	3	2	80	3
97	15	3	4	84	9

DINNER

- 1 serving **Grilled Cumin Chicken with Tomatillo-Jalapeño Sauce**
- ⅓ cup **Cilantro-Lime Rice**
- 1 cup steamed broccoli

CAL	CHO	FAT	PRO	SOD	FIB
245.5	5.75	7.5	37.25	284.4	1.5
121	25	1	3	23	0
30	4	0	2	200	2
396.5	34.75	8.5	42.25	507.4	3.5

CAL	CHO	FAT	PRO	SOD	FIB
1450.5	160.75	44.5	111.25	1770.4	27.5

DAILY TOTALS

BREAKFAST

1 Creamy Berry Banana Smoothie:

- 1 cup blueberries
- ½, 7-inch banana
- ⅓ cup 1% cottage cheese
- ½ cup light vanilla soymilk OR skim milk + ½ tsp vanilla extract
- 2 TBSP flaxseed
- 1 tsp honey
- 1 tsp lime juice
- 1 cup ice

*Put all ingredients in blender and process until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
83	21	0	1	1	3
53	14	0	1	1	2
120	7	2	17	600	0
45	4	2	5	83	0
93	6	6	4	0	5
20	6	0	0	0	0
2	0	0	0	1	0
0	0	0	0	0	0
416	58	10	28	686	10

MORNING SNACK

- 1 TBSP natural peanut butter
- 6, 4-inch celery sticks

CAL	CHO	FAT	PRO	SOD	FIB
95	3	8	4	75	1
3	1	0	0	19	0
98	4	8	4	94	1

LUNCH

1 Fresh Spinach Salad:

- 2 cups baby spinach
- 1, 3-inch diameter apple, sliced into thin wedges
- 4 oz. grilled chicken, cut into strips
- 2 TBSP craisins
- 2 TBSP crumbled feta cheese
- 2 TBSP light vinaigrette dressing

*Toss all ingredients together.

CAL	CHO	FAT	PRO	SOD	FIB
20	1	0	2	65	2
110	29	0	1	2	5
130	3	2	27	470	0
49	9	0	0	0	1
95	1	4	4	195	0
60	6	4	0	220	0
414	49	10	34	952	8

AFTERNOON SNACK

- 1 ½ cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
101	9	3.5	9	318	4

DINNER

1 California Veggie Wrap

CAL	CHO	FAT	PRO	SOD	FIB
389	51	13.5	15	728	9.5
389	51	13.5	15	728	9.5

CAL	CHO	FAT	PRO	SOD	FIB
1418	171	46.5	88.5	2778	32.5

DAILY TOTALS

BREAKFAST

- 2 kiwi fruits
- **Quick Egg Tacos:**
- 2 corn tortillas
- ¼ cup shredded cheese
- ½ cup fat-free liquid egg substitute
- Nonstick cooking spray
- 2 TBSP chunky salsa
- 1 green onion, sliced
- ½ large bell pepper, diced

*Sprinkle tortillas with cheese. Heat in microwave about 30 seconds. Meanwhile, heat a small nonstick skillet coated with cooking spray over medium heat. Add egg substitute and cook, stirring until eggs are cooked through. Divide evenly over cheesy tortillas and top with salsa and vegetables.

CAL	CHO	FAT	PRO	SOD	FIB
80	31	2	4	18	10
100	20	2	2	10	3
110	0	9	7	180	0
60	1	0	12	240	0
0	0	0	0	0	0
10	2	0	0	170	0
10	0	0	0	1	0
23	5	0	1	3	2

393 59 13 26 622 15

MORNING SNACK

- 4, 3-inch dried mango strips
- 10 almonds

CAL	CHO	FAT	PRO	SOD	FIB
130	31	0	1	100	1
67	1	10	4	0	2
197	32	10	5	100	3

LUNCH

- 4 oz. skim milk
- **1 Cinnamon Banana Roll-Up:**
- 1, 2-oz. whole wheat wrap
- 2 TBSP crunchy natural peanut butter
- 2 tsp honey
- ½, 7-inch banana, sliced
- Dash of cinnamon

*Spread peanut butter over wrap, top with honey, banana, and cinnamon. Roll up.

CAL	CHO	FAT	PRO	SOD	FIB
40	6	0	4	60	0
110	17	3	10	370	7
190	8	16	7	65	2
32	9	0	0	0	0
36	12	0	1	1	1
0	0	0	0	0	0
408	52	19	22	496	10

AFTERNOON SNACK

- 2 cups shredded romaine lettuce
- 1 TBSP light vinaigrette dressing
- ¼ cup red beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
16	4	0	2	8	2
30	2	3.5	0.5	140	0
80	14	0	5	83	5
126	20	3.5	7.5	231	7

DINNER

- **1 California Veggie Wrap**

CAL	CHO	FAT	PRO	SOD	FIB
389	51	13.5	15	728	9.5
389	51	13.5	15	728	9.5

CAL	CHO	FAT	PRO	SOD	FIB
1513	214	60.5	74	2177	44.5

DAILY TOTALS

DAYS 1, 3

PREP TIME: 20-30 Minutes

YIELD: 4 Servings
(2 Tostadas each)

FIESTA CHICKEN TOSTADAS

INGREDIENTS:

- 1, 14-oz. can petite diced tomatoes with jalapeños
- 1 medium onion, thinly sliced
- 16 oz. (1 lb.) cooked chicken, shredded or chopped
- Canola or olive oil cooking spray
- ½ cup prepared salsa
- 2 TBSP chopped fresh cilantro
- 2 cups shredded romaine lettuce
- ½ cup shredded monterey jack or cheddar cheese
- 8 corn tortillas
- Sweet and Tangy Vegetables (see below)

CAL	CHO	FAT	PRO	SOD	FIB
105	21	0	4	53	7
46	11	0	1	3	2
448	0	10	77	800	0
0	0	0	0	0	0
60	12	0	0	680	4
1	0	0	0	2	0
14	2	0	1	4	1
330	0	27	21	540	0
440	88	6	8	40	12

SWEET AND TANGY VEGETABLES:

- 2 cups diced carrots (can add peppers, celery, etc.)
- 1 diced summer squash (or zucchini)
- 2 cups chopped bell pepper
- ¼ cup distilled white vinegar
- 1 tsp dried oregano
- 1 tsp sugar
- ½ tsp freshly ground pepper, add more to taste
- ¼ tsp kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
105	25	1	2	177	7
31	5	0	2	20	2
20	4	0	1	6	3
0	0	0	0	0	0
0	0	0	0	0	0
15	4	0	0	0	0
0	0	0	0	0	0
0	0	0	0	0	590
1615	172	44	117	2325	628
403.75	43	11	29.25	581.25	157

TOTALS
PER SERVING

DIRECTIONS:

1. Position racks in the upper and lower thirds of the oven; preheat to 375°F. Bring 2 cups water to a boil in a large saucepan. Add carrots and cook for 7 minutes. Add squash, vinegar, oregano, 1 tsp sugar, ½ tsp pepper, and ¼ tsp salt. Continue cooking until the vegetables are just tender; 2 to 3 minutes more. Drain, transfer to a bowl and season with more pepper to taste. Set aside to cool.
2. Bring tomatoes and their juice to a boil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally until the onion is soft and most of the liquid has evaporated; 15 to 20 minutes. Add chicken and cook until heated through; 1 to 2 minutes.
3. Meanwhile, coat tortillas on both sides with cooking spray. Divide the tortillas between two large baking sheets. Bake, turning once, until crisped and lightly brown; about 10 minutes.
4. Sprinkle crisped tortillas with cheese. Top with chicken mixture, vegetables, lettuce, salsa, and cilantro. Serve with lime wedges.

PREP TIME: 20 Minutes

YIELD: 4 Servings (2 tacos each)

BAJA TILAPIA TACOS

INGREDIENTS:

- ¼ cup reduced fat sour cream
- 2 TBSP chopped fresh cilantro
- 2 TBSP fresh lime juice
- 1 jalapeño pepper, seeded and chopped
- 1 cup thinly sliced white onion
- 1 ½ tsp paprika
- 1 ½ tsp brown sugar
- 1 tsp dried oregano
- ¾ tsp garlic powder
- ¼ tsp salt
- ½ tsp ground cumin
- ¼ tsp ground red pepper
- 4, 6-oz. tilapia fillets
- 1 TBSP canola oil
- 8, 6-inch corn tortillas
- ½ ripe peeled avocado, thinly sliced
- 4 lime wedges

CAL	CHO	FAT	PRO	SOD	FIB	
70	4	4	4	50	0	
1	0	0	0	2	0	
5	2	0	0	0	0	
4	1	0	0	0	0	
40	38	0	5	15	8	
0	0	0	0	0	0	
23	6	0	0	0	0	
0	0	0	0	0	0	
0	0	0	0	0	0	
0	0	0	0	590	0	
0	0	0	0	0	0	
0	0	0	0	0	0	
540	0	6	126	180	0	
120	0	14	0	0	0	
440	88	6	8	40	12	
125	9	13	0	0	6	
4	2	0	0	0	0	
1372	150	43	143	877	26	TOTALS
343	37.5	10.75	35.75	219.25	6.5	PER SERVING

DIRECTIONS:

1. Combine first four ingredients in a food processor, process until smooth. Combine jalapeño sauce and onion in a small bowl.
2. Combine paprika and other dry seasonings, then sprinkle evenly over fish. Heat oil in a large cast iron skillet over medium-high heat. Add fish to pan, cook 3 minutes on each side or until desired degree of doneness.
3. Warm tortillas according to package directions. Divide fish, onion mixture, and avocado evenly among tortillas. Serve with lime wedges.

PREP TIME: 30-40 Minutes

YIELD: 4 servings (1 chicken breast half and ~1/4 cup sauce)

GRILLED CUMIN CHICKEN WITH TOMATILLO-JALAPEÑO SAUCE

INGREDIENTS:

- 2 tsp olive oil
- ½ tsp ground cumin
- ⅛ tsp freshly ground black pepper
- 2 garlic cloves, minced
- 4, 6-oz. skinless, boneless chicken breast halves
- ½ pound tomatillos
- ½ cup low sodium chicken broth
- ¼ cup cilantro leaves
- ¼ cup chopped green onions
- 2 TBSP fresh lime juice
- ½ tsp sugar
- ¼ tsp salt
- 1 garlic clove, chopped
- 1 jalapeño pepper, seeded and chopped
- Nonstick cooking spray

CAL	CHO	FAT	PRO	SOD	FIB	
80	0	9	0	0	0	
0	0	0	0	0	0	
0	0	0	0	0	0	
2	0	0	0	0	0	
780	0	18	144	1080	0	
73	13	2	2	3	4	
5	1	0	1	35	0	
0	0	0	0	0	0	
40	8	0	2	20	0	
0	0	0	0	0	0	
8	2	0	0	0	0	
0	0	0	0	590	0	
0	0	0	0	0	0	
4	1	1	0	0	2	
0	0	0	0	0	0	
992	25	30	149	1728	6	TOTALS
248	6.25	7.5	37.25	432	1.5	PER SERVING

DIRECTIONS:

1. In a large sealable plastic bag, combine chicken with olive oil, black pepper, cumin, and minced garlic. Seal the bag and let stand for 15 minutes.
2. Discard husks and stems from tomatillos, then add tomatillos and broth to a small saucepan. Cover the pan and cook over medium-high heat for 8 minutes. Drain and cool slightly.
3. Combine tomatillos, cilantro, green onions, lime juice, sugar, salt, garlic, and jalapeño in a food processor, process until smooth.
4. Prepare grill to a medium-high heat.
5. Remove chicken from bag and discard the marinade mixture. Sprinkle chicken evenly with ¼ tsp salt. Place on a grill rack coated with cooking spray, grill 6 minutes on each side or until chicken is done. Serve topped with Tomatillo-Jalapeño Sauce.

DAYS 4, 5

PREP TIME: 30-40 Minutes

YIELD: 6 Servings (1/3 cup each)

CILANTRO-LIME RICE

INGREDIENTS:

- 1 cup uncooked rice, preferably brown
- 1 tsp olive oil
- 2 cloves garlic, minced
- 1 tsp freshly squeezed lime juice
- 1, 15-oz. can low sodium chicken broth
- 1 cup water
- 1 TBSP freshly squeezed lime juice
- 1 tsp sugar
- 3 TBSP fresh chopped cilantro

CAL	CHO	FAT	PRO	SOD	FIB	
640	144	0	12	0	0	
40	0	5	0	0	0	
2	0	0	0	0	0	
3	1	0	0	0	0	
30	1	1	3	140	0	
0	0	0	0	0	0	
3	1	0	0	0	0	
15	4	0	0	0	0	
1	0	0	0	1	0	
734	151	6	15	141	0	TOTALS
122.3	25.2	1	2.5	23.5	0	PER SERVING

DIRECTIONS:

1. In a saucepan combine rice, olive oil, garlic, 1 tsp lime, chicken broth, and water. Bring to a boil. Cover and cook on low for time indicated on package directions, until rice is tender.
2. Remove from heat. In a small bowl combine lime juice, sugar, and cilantro. Pour over hot cooked rice and mix in as you fluff the rice.

DAYS 6, 7

PREP TIME: 15-20 Minutes

YIELD: 4 Wraps

CALIFORNIA VEGGIE WRAP

INGREDIENTS:

- 1, 15-oz. can white beans, rinsed
- 1 medium ripe avocado
- 2 TBSP minced red onion
- 2 TBSP cider vinegar
- 1 TBSP olive oil
- 2 tsp finely chopped chipotle chili in adobe sauce
- 1/4 tsp salt
- 1 cup baby spinach
- 1 cup chopped romaine
- 1 cup shredded carrots
- 1/4 cup chopped fresh cilantro
- 4, 2-oz. whole wheat wraps, or tortillas

CAL	CHO	FAT	PRO	SOD	FIB	
385	67	0	25	980	4	
250	15	23	0	0	10	
7	2	0	0	1	0	
0	0	0	0	0	0	
120	0	14	0	0	0	
7	1	0	0	128	1	
0	0	0	0	590	0	
20	6	0	1	25	2	
10	2	0	0	0	0	
47	11	0	1	87	3	
1	0	0	0	2	0	
600	100	14	20	920	4	
1447	204	51	47	2733	24	TOTALS
361.75	51	12.75	11.75	683.25	6	PER SERVING

DIRECTIONS:

1. Whisk vinegar, oil, chipotle chile, and salt in a medium bowl. Add baby spinach, carrots, and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Fold in cheese and onion as well as a small drizzle of the vinegar mixture to prevent browning.
3. To assemble the wraps, spread about 1/2 cup of the bean/avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the lettuce/spinach mixture. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.
4. Can be stored up to one day tightly wrapped in refrigerator.



Please view specific quantities only as a guideline.
Product availability may vary.

FRESH PRODUCE

- 2 large bell peppers
- 2-3 lbs. asparagus
- 2 small white onions
- 1 watermelon
- 1 bunch green onions
- 2 large celery bunches
- 1 bunch grapes
- 2 large English cucumbers
- 1 bunch cilantro
- 1 bulb fresh garlic
- Fresh ginger root
- 8 cups baby spinach
- 1 small container mixed spring greens
- 12-16 oz. leafy greens
- 3 hearts of romaine lettuce
- 2 tomatos
- 5 1/2 cups sugar snap peas
- 1 lemon
- 1, 3-inch diameter orange
- 5, 3-inch diameter apples

STAPLE FOODS / CONDIMENTS

- Apricot preserves
- Almond butter
- Honey*
- No added sugar jam*
- Rice vinegar
- Balsamic vinegar
- Red wine vinegar*
- Toasted sesame seed oil
- Nonstick cooking spray*
- Extra-virgin olive oil and canola oil*
- Light vinaigrette dressing (~60 cal./serving)*
- Olive oil based mayo
- Reduced sodium soy sauce
- Hot red pepper sauce
- Sugar

CANNED GOODS

- 1, 4-6-oz. can mandarin oranges
- 1, 15-oz. can low sodium vegetable broth

SEASONINGS

- Black pepper
- Salt
- Sage
- Cinnamon
- Thyme

DAIRY PRODUCTS

- 1 gallon skim AND 1/2 gallon light soy milk OR almond milk
- 4, 6-oz. containers fat-free, high protein Greek yogurt
- 1 small tub reduced fat cream cheese
- 1 small block/package shreddable, slicable cheese
- 1/2 pint feta cheese
- Parmesan cheese*

FROZEN FOODS

- 1 1/2 cups edamame in pods
- 2 cups green peas
- 2 cups broccoli, carrot, cauliflower blend

PROTEINS

- 6 eggs
- 1 small container liquid egg substitute
- 4 lbs. boneless skinless chicken breast
- 6 oz. oven roasted turkey from deli
- 4 oz. smoked salmon
- 1 lb. lean ground turkey
- 1 lb. shrimp
- 1, 4-oz. sirloin steak

GRAINS

- 1 loaf 100% whole wheat bread (~4g protein, ~100 cal./slice)
- 1 bag 100% whole wheat bagels (~250 cal. each)
- 1 bag whole wheat English muffins (~120 cal. each)
- 1 package 2-oz. whole wheat wraps*
- Instant brown rice
- Quinoa
- 1, 7-oz. box whole grain couscous
- Popcorn kernels

SNACKS

- 3/4 cup tropical trail mix, no sulfur
- 1/2 cup unsalted, roasted hulled sunflower seeds
- 1/2 cup chopped pecans or almonds
- 1/2 lb. slivered almonds
- Lightly salted rice cakes*
- 1/4 cup pinenuts
- 1, 6-oz. bag dried cranberries
- 2 TBSP sesame seeds

*Items will likely be on hand from previous week.

BREAKFAST

- 40 grapes
- **1 Smoked Salmon and Egg Sandwich:**
- 1, 100% whole wheat English muffin, toasted
- 2 oz. smoked salmon
- 1, 1/4-inch tomato slice
- 1/2 cup leafy greens
- 1/2 cup fat-free liquid egg substitute, cooked with oil and onion (below)
- 1/2 tsp extra-virgin olive oil
- 1 TBSP minced onion

CAL	CHO	FAT	PRO	SOD	FIB
64	22	0	1	2	1
120	23	1	5	220	3
107	1	5	15	513	0
3	1	0	0	1	0
5	1	0	0	5	1
60	1	0	12	240	0
40	0	5	0	0	0
4	1	0	0	0	0
403	50	11	33	981	5

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

LUNCH

- **Apricot Turkey Sandwich:**
- 2 slices 100% whole wheat bread
- 1, 19g (~1/8-inch) slice cheese
- 1 TBSP apricot preserves
- 1/2 cup leafy greens
- 1/4 tsp extra-virgin olive oil, drizzled over spinach
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
410	50	15	31	664	5

AFTERNOON SNACK

- 1 lightly salted rice cake
- 1/2 TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
105	16	4	3	10	1

DINNER

- 4-oz. grilled/boiled sirloin steak
- 3/4 cup cooked quinoa
- 2 cups steamed broccoli, carrot, cauliflower blend
- 1 tsp extra-virgin olive oil
- 1 TBSP fresh lemon juice

CAL	CHO	FAT	PRO	SOD	FIB
134	0	4	22	47	0
160	29	2	6	10	3
75	12	0	3	90	6
40	0	5	0	0	0
4	1	0	0	0	0
413	42	11	31	147	9

CAL	CHO	FAT	PRO	SOD	FIB
1531	188	50	103	1804	26

DAILY TOTALS

BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
391	62	8	25	603	13

MORNING SNACK

- 1/4 cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

LUNCH

- 10 large grapes
- **Feta Chicken Wrap:**
- 1, 2-oz. whole wheat wrap
- 1 tsp olive oil based mayo
- 2 TBSP crumbled feta cheese
- 1 small handful of diced tomatoes
- 1/2 cup chopped cucumber
- 2 oz. chopped chicken breast
- 1 cup leafy greens

CAL	CHO	FAT	PRO	SOD	FIB
68	18	0	0	0	0
110	17	3	10	370	7
67	0	7	0	57	0
70	2	4	6	340	0
8	0	0	0	0	0
7	1	0	0	0	0
60	0	1	13	38	0
8	2	0	1	5	1
398	40	15	30	810	8

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 1/2 cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
96	19	0	8	42	6

DINNER

- **1 serving Sesame-Ginger Tuna Salad**
- 1/4 cup mandarin orange segments

CAL	CHO	FAT	PRO	SOD	FIB
355	35	22	27	1007	7
40	10	0	0	3	1
395	45	22	27	1010	8

CAL	CHO	FAT	PRO	SOD	FIB
1520	196	57	96	2614	45

DAILY TOTALS

BREAKFAST

- 1 serving of Good Morning Couscous
• 6 oz. fat-free yogurt

CAL	CHO	FAT	PRO	SOD	FIB
280	52	5	10	81	8
90	16	0	5	80	0
370	68	5	15	161	8

MORNING SNACK

- 1 ½ cups air popped popcorn
• 1 TBSP grated parmesan cheese
• 2 tsp extra-virgin olive oil

CAL	CHO	FAT	PRO	SOD	FIB
87	8	5	1	123	3
20	0	1	2	40	0
80	0	9	0	0	0
187	8	15	3	163	3

LUNCH

- 1 serving Sesame-Ginger Tuna Salad
• ¼ cup mandarin orange segments

CAL	CHO	FAT	PRO	SOD	FIB
355	35	22	27	1006	7
40	9	0	1	0	2
395	44	22	28	1006	9

AFTERNOON SNACK

- 2, 8-inch stalks of celery
• 1 cup cucumber slices
• 1 ½ cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
96	19	0	8	42	6

DINNER

- 1 Cranberry Turkey Burger
• 3 cups mixed spring greens
• 1 TBSP light vinaigrette dressing
• ½, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
294	19	15	25	251	2
20	3	0	2	95	2
30	3	2	0	110	0
55	15	0	0	1	3
399	40	17	27	457	7

CAL	CHO	FAT	PRO	SOD	FIB
1447	179	59	81	1829	33

DAILY TOTALS



BREAKFAST

- 1 serving of Good Morning Couscous
• 6 oz. fat-free yogurt

CAL	CHO	FAT	PRO	SOD	FIB
280	52	5	10	81	8
90	16	0	5	80	0
370	68	5	15	161	8

MORNING SNACK

- 1, 3-inch diameter apple
• 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

LUNCH

- 10 large grapes
Feta Chicken Wrap:
• 1, 2-oz. whole wheat wrap
• 1 tsp olive oil based mayo
• 2 TBSP crumbled feta cheese
• 1 small handful of diced tomatoes
• ½ cup chopped cucumber
• 2 oz. chopped chicken breast
• 1 cup leafy greens

CAL	CHO	FAT	PRO	SOD	FIB
68	18	0	0	0	0
110	17	3	10	370	7
67	0	7	0	57	0
70	2	4	6	340	0
8	0	0	0	0	0
7	1	0	0	0	0
60	0	1	13	38	0
8	2	0	1	5	1
398	40	15	30	810	8

AFTERNOON SNACK

- 1 lightly salted rice cake
• ½ TBSP crunchy almond butter
• 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
105	16	4	3	10	1

DINNER

- 1 serving Maple-Citrus Wilted Spinach Salad

CAL	CHO	FAT	PRO	SOD	FIB
400	44	15	26	275	0
400	44	15	26	275	0

CAL	CHO	FAT	PRO	SOD	FIB
1473	198	48	79	1258	23

DAILY TOTALS



BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
391	62	8	25	603	13

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

LUNCH

- 1 serving Maple-Citrus Wilted Spinach Salad

CAL	CHO	FAT	PRO	SOD	FIB
400	44	15	26	275	0
400	44	15	26	275	0

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 ½ cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
96	19	0	8	42	6

DINNER

- 1 Cranberry Turkey Burger
- 3 cups mixed spring greens
- 1 TBSP light vinaigrette dressing
- ½, 3-inch diameter apple

CAL	CHO	FAT	PRO	SOD	FIB
294	19	15	25	251	2
20	3	0	2	95	2
30	3	2	0	110	0
55	15	0	0	1	3
399	40	17	27	457	7

CAL	CHO	FAT	PRO	SOD	FIB
1486	195	49	91	1379	32

DAILY TOTALS

BREAKFAST

- 1 serving of Good Morning Couscous
- 6 oz. fat-free yogurt

CAL	CHO	FAT	PRO	SOD	FIB
280	52	5	10	81	8
90	16	0	5	80	0
370	68	5	15	161	8

MORNING SNACK

- ¼ cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

LUNCH

Apricot Turkey Sandwich:

- 2 slices 100% whole wheat bread
- 1, 19g (~⅞-inch) slice cheese
- 1 TBSP apricot preserves
- ½ cup leafy greens
- ¼ tsp extra-virgin olive oil, drizzled over spinach
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
410	50	15	31	664	5

AFTERNOON SNACK

- 1 ½ cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
101	9	3.5	9	318	4

DINNER

- 1 serving Asian Chicken and Vegetable Rice

CAL	CHO	FAT	PRO	SOD	FIB
404	41	16	28	948	7
404	41	16	28	948	7

CAL	CHO	FAT	PRO	SOD	FIB
1525	198	51.5	89	2240	34

DAILY TOTALS

BREAKFAST

- 40 grapes
- 1 **Smoked Salmon and Egg Sandwich:**
 - 1, 100% whole wheat English muffin, toasted
 - 2 oz. smoked salmon
 - 1, 1/4-inch tomato slice
 - 1/2 cup leafy greens
 - 1/2 cup fat-free liquid egg substitute, cooked with oil and onion (below)
 - 1/2 tsp extra-virgin olive oil
 - 1 TBSP minced onion

CAL	CHO	FAT	PRO	SOD	FIB
64	22	0	1	2	1
120	23	1	5	220	3
107	1	5	15	513	0
3	1	0	0	1	0
5	1	0	0	5	1
60	1	0	12	240	0
40	0	5	0	0	0
4	1	0	0	0	0

403 50 11 33 981 5

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1

200 30 9 5 2 6

LUNCH

- 10 large grapes
- Feta **Chicken Wrap:**
 - 1, 2-oz. whole wheat wrap
 - 1 tsp olive oil based mayo
 - 2 TBSP crumbled feta cheese
 - 1 small handful of diced tomatoes
 - 1/2 cup chopped cucumber
 - 2 oz. chopped chicken breast
 - 1 cup leafy greens

CAL	CHO	FAT	PRO	SOD	FIB
68	18	0	0	0	0
110	17	3	10	370	7
67	0	7	0	57	0
70	2	4	6	340	0
8	0	0	0	0	0
7	1	0	0	0	0
60	0	1	13	38	0
8	2	0	1	5	1

398 40 15 30 810 8

AFTERNOON SNACK

- 1 lightly salted rice cake
- 1/2 TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0

105 16 4 3 10 1

DINNER

- 1 serving **Shrimp, Feta, and Watermelon Salad**

CAL	CHO	FAT	PRO	SOD	FIB
395	26	21	19	260	9

395 26 21 19 260 9

DAY 2

PREP TIME: 20 Minutes

YIELD: 4 Servings

SESAME-GINGER TUNA SALAD

INGREDIENTS:

- 2, 5-6 oz. cans chunk light tuna, drained
- 1 cup sugar snap peas, sliced
- 2 TBSP chopped green onion
- 6 cups shredded romaine lettuce or napa cabbage
- 1/4 cup chopped cilantro
- 2 TBSP toasted sesame seeds
- 1/4 cup rice wine vinegar
- 3 TBSP canola oil
- 2 TBSP reduced sodium soy sauce
- 1 TBSP toasted sesame oil
- 1 1/4 tsp sugar
- 1 tsp grated fresh ginger

CAL	CHO	FAT	PRO	SOD	FIB
200	0	2	52	720	0
47	9	0	4	27	3
4	1	0	0	2	0
48	12	0	6	24	6
1	0	0	0	2	0
180	6	15	6	0	0
25	84	0	0	1800	0
360	0	42	0	0	0
30	2	0	4	1400	0
126	0	14	0	0	0
38	0	0	0	0	0
3	0	0	0	0	0

1082 114 73 72 3975 9 TOTALS
265.5 28.5 18.25 18 993.75 2.25 PER SERVING

DIRECTIONS:

1. Combine tuna, peas, and green onion in a bowl.
2. Whisk oil, soy sauce, sesame oil, sugar, and ginger in a bowl. Add 3 TBSP of mixture to the tuna bowl, toss to combine.
3. Dish 1 1/2 cups of shredded lettuce on a plate, top with 1/2 cup of the dressed tuna mixture and drizzle with about 2 TBSP of remaining dressing.

CRANBERRY TURKEY BURGERS

INGREDIENTS:

- 1 cup cooked whole grain couscous
- 2 TBSP extra-virgin olive oil
- 1 small onion, finely chopped
- 1 stalk celery, minced
- 1 TBSP chopped fresh thyme
- 1 ½ teaspoons chopped fresh sage
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ cup dried cranberries, finely chopped
- 1 lb. 93% lean ground turkey

CAL	CHO	FAT	PRO	SOD	FIB	
210	45	1	9	0	7	
240	0	28	0	0	0	
23	5	0	1	0	0	
6	1	0	0	32	1	
0	0	0	0	0	0	
0	0	0	0	0	0	
0	0	0	0	590	0	
0	0	0	0	0	0	
97	25	0	0	0	2	
600	0	32	88	380	0	
1176	76	61	98	1002	10	TOTALS
294	19	15.25	24.5	250.5	2.5	PER SERVING

DIRECTIONS:

1. Preheat grill to medium-high.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring for 1 minute. Add celery. Cook, stirring until softened; about 3 minutes. Add herbs, salt, and pepper. Cook until fragrant; about 30 seconds.
3. Transfer the mixture to a medium bowl. Add cooked couscous and cranberries, then toss to combine. Let cool for 5 minutes.
4. Add turkey and stir until combined, do not overmix. Form the mixture into six patties.
5. Oil the grill rack and grill the burgers for 5 to 6 minutes per side, flipping carefully to avoid breaking them. Cook until an instant read thermometer reads 165°F when inserted into the meat. Serve burgers immediately after cooking.

GOOD MORNING COUSCOUS

INGREDIENTS:

- 1 cup skim milk
- 1 cup dry couscous
- ½ cup slivered almonds
- ½ cup chopped dried fruit
- 1 TBSP honey
- 1 ½ tsp cinnamon
- ½ cup light vanilla soymilk with each portion

CAL	CHO	FAT	PRO	SOD	FIB	
90	13	0	8	0	0	
525	112	1.5	22.5	0	17.5	
213	8	19	8	0	4	
173	43	0	0	27	3	
120	34	0	0	0	0	
0	0	0	0	0	0	
280	40	6	24	340	8	
1121	210	20.5	38.5	367	32.5	TOTALS
280.25	52.5	5.125	9.625	91.75	8.125	PER SERVING

DIRECTIONS:

1. Whisk milk, honey, and cinnamon in a medium saucepan over medium heat. Stir in couscous right when it boils. Turn off heat, cover pan and let stand for 5 minutes.
2. Fold in dried fruit. Scoop one portion (~1 ¼ cups) into a bowl and serve with ½ cup light vanilla soymilk. Store extra portions in the refrigerator.

SHRIMP, FETA, WATERMELON SALAD

INGREDIENTS:

- 12 cups leafy spring greens
- 4 TBSP feta cheese
- 4 cups cubed watermelon
- 1 lb. shrimp
- 4 TBSP pine nuts, toasted
- 2 TBSP balsamic vinegar
- 2 TBSP extra-virgin olive oil

CAL	CHO	FAT	PRO	SOD	FIB	
360	36	0	24	360	24	
140	4	8	12	680	0	
160	42	0	2	0	2	
280	0	16	28	0	0	
380	18	30	8	0	8	
20	5	0	0	0	0	
240	0	28	0	0	0	
1580	105	82	74	1040	34	TOTALS
395	26.25	20.5	18.5	260	8.5	PER SERVING

DIRECTIONS:

1. Saute the shrimp in a small amount of the olive oil (about 1 tsp). Wipe the oil from the pan, then toast the pinenuts for 3 minutes.
2. Whisk together the remaining olive oil and 2 TBSP balsamic vinegar. Toss all ingredients together.

DAYS 4, 5

PREP TIME: 20-30 Minutes

YIELD: 4 Servings
(~2 ¼ cups each)

MAPLE-CITRUS WILTED SPINACH SALAD

INGREDIENTS:

- 2 cups water
- 1 cup quinoa, rinsed
- 8 cups fresh baby spinach, torn
- ½ cup dried cranberries
- ½ cup chopped pecans or almonds
- 4, 4-oz. pieces grilled chicken

MAPLE-CITRUS VINAIGRETTE:

- 1 ½ TBSP extra-virgin olive oil
- 1 TBSP orange juice
- ½ TBSP red wine vinegar
- ½ TBSP maple syrup
- ⅛ tsp salt
- ⅛ tsp pepper
- 1 green onion, finely chopped

CAL	CHO	FAT	PRO	SOD	FIB
0	0	0	0	0	0
432	90	4	10	0	6
40	12	0	8	260	8
195	51	0	0	0	4
320	12	28	12	0	6
390	0	9	72	540	0

CAL	CHO	FAT	PRO	SOD	FIB
180	0	21	0	0	0
14	3	0	0	3	0
0	0	0	0	0	0
26	7	0	0	1	0
0	0	0	0	295	0
0	0	0	0	0	0
4	1	0	0	2	0

1601	176	62	102	1101	24	TOTALS PER SERVING
400.25	44	15.5	25.5	275.25	6	

DIRECTIONS:

1. For dressing: in a small bowl, whisk the oil, orange juice, vinegar, maple syrup, salt, and pepper.
2. Stir in onion.
3. In a small saucepan, bring water to a boil. Add quinoa. Reduce heat, cover and simmer for 12 to 15 minutes or until water is absorbed. Remove from the heat, fluff with a fork.
4. In a large bowl, combine the warm quinoa, spinach, and cranberries. Pour over quinoa mixture; toss to coat. Sprinkle with nuts.

DAY 6

PREP TIME: 20-30 Minutes

YIELD: 4 Servings
(~3 cups each)

ASIAN CHICKEN AND VEGETABLE RICE

INGREDIENTS:

- 2, 4-oz. pieces of boneless skinless grilled chicken
- 1 ½ cups instant brown rice
- 1 ½ cups low sodium vegetable broth
- ¾ cups fat-free liquid egg substitute
- 2 TBSP extra-virgin olive oil
- 2 cups frozen green peas
- 14 asparagus spears, trimmed and cut into 1-inch pieces
- 2 large red bell peppers, thinly sliced into 1-inch pieces
- ½ cup green onions, cut into 1-inch pieces
- 1 clove garlic, minced
- 2 TBSP minced fresh ginger
- 2 ½ TBSP reduced sodium soy sauce
- 4 TBSP rice vinegar
- 1 ½ TBSP toasted sesame oil
- Hot red pepper sauce, to taste

CAL	CHO	FAT	PRO	SOD	FIB
260	0	6	48	360	0
450	99	3	12	0	6
15	3	0	0	165	0
90	2	0	18	360	0
240	0	28	0	0	0
210	36	0	14	600	12
30	5	0	2	2	2
66	15	6	3	10	6
16	4	0	1	8	2
4	1	0	0	0	0
9	2	0	0	0	0
38	3	0	5	1750	0
0	0	0	0	0	0
186	0	21	0	0	0
2	0	0	0	23	0

1616	170	64	103	3278	28	TOTALS PER SERVING
404	42.5	16	25.75	819.5	7	

DIRECTIONS:

1. Dice precooked grilled chicken into small squares, set aside.
2. Combine rice and broth in a small saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer until the liquid is absorbed; 12 to 14 minutes. Spread the rice out on a large plate and let stand for 5 minutes.
3. As the rice cools, coat a large nonstick wok or skillet with cooking spray and place over medium heat. Pour in egg substitute and cook, stirring gently, until just set; 30 seconds to 1 minute. Transfer to a small bowl.
4. Heat oil in the pan over medium-high. Add the vegetables, onion, garlic, and ginger. Cook, stirring until the vegetables are just tender; about 2-4 minutes. Add the cooked rice, soy sauce, and vinegar to the pan. Cook until the liquid is absorbed; 30 seconds to 1 minute. Fold in the cooked eggs. Remove from the heat. Stir in sesame oil and hot sauce.



Please view specific quantities only as a guideline.
Product availability may vary.

FRESH PRODUCE

- 1 lb. asparagus
- 1 small white onion
- 1 red onion
- 5 large bell peppers
- 2 large celery bunches
- 2 large English cucumbers
- 4 cups leafy greens
- 6 cups baby spinach
- 3 hearts of romaine lettuce
- 1 tomato AND 4 plum tomatoes
- 4 1/2 cups sugar snap peas
- 1 bunch cilantro
- 1 bulb fresh garlic*
- 1, 5-oz. red potato
- 1 lemon AND 2 limes
- 1 bunch grapes
- 1 watermelon
- 1-2 lbs. strawberries
- 1, 7-inch banana
- 1, 3-inch diameter orange
- 6, 3-inch diameter apples

STAPLE FOODS / CONDIMENTS

- Almond butter
- Honey*
- No added sugar jam*
- Red wine vinegar*
- Nonstick cooking spray*
- Light vinaigrette dressing (~60 cal./serving)*
- Extra-virgin olive oil and canola oil*
- Steak sauce
- Prepared chunky salsa*
- sugar

CANNED GOODS

- 1 small jar artichoke hearts packed in water
- 1 medium can olives
- 1 jar kalamata olives
- 1 can black beans
- 2, 15-oz. cans low sodium chicken broth
- 1 can low sodium, light soup
- 1 small can low sodium cut green beans

FROZEN FOODS

- 1/2 cup edamame in pods
- 2 cups broccoli, carrot, cauliflower blend

DAIRY PRODUCTS

- 1 gallon skim OR light soy milk OR almond milk
- unsalted butter
- 1 small tub reduced fat cream cheese
- 1 small block/package shreddable, slicable mozzarella
- 1/2 pint feta cheese*
- 2 mozzarella cheese sticks
- Parmesan cheese

PROTEINS

- 1 dozen eggs
- 1 small container liquid egg substitute*
- 6 lbs. boneless skinless chicken breast
- 6 oz. oven roasted turkey from deli
- 2, 4-oz. flank or sirloin steak
- 2 oz. smoked salmon*
- 1, 3-oz. pork chop

GRAINS

- 1 loaf 100% whole wheat bread (~4g protein, ~100 cal./slice)
- 1 bag 100% whole wheat bagels (~250 cal. each)
- 1 bag whole wheat English muffins (~120 cal. each)*
- 1 small bag ~6 1/2-inch diameter pitas
- Brown rice*
- Quinoa*
- 1, 7-oz. box whole grain couscous
- Popcorn kernels*

SNACKS

- 3/4 cup tropical trail mix, no sulfur
- 1/2 cup unsalted, roasted hulled sunflower seeds
- 1 small pag of pretzel sticks
- 1/2 cup slivered almonds
- Lightly salted rice cakes*
- 1 TBSP chopped nuts

SEASONINGS

- Black pepper
- Salt
- Cinnamon
- Oregano
- Ground cumin
- Red pepper flakes
- Ground red pepper

*Items will likely be on hand from previous week.

BREAKFAST

- 25 grapes
- **1 Smoked Salmon and Egg Sandwich:**
- 1, 100% whole wheat English muffin, toasted
- 2 oz. smoked salmon
- 1, ¼-inch tomato slice
- ½ cup leafy greens
- ½ cup fat-free liquid egg substitute, cooked with oil and onion (below)
- ½ tsp extra-virgin olive oil
- 1 TBSP minced onion

CAL	CHO	FAT	PRO	SOD	FIB
85	22	0	1	25	1
120	23	1	5	220	3
107	1	5	15	513	0
3	1	0	0	1	0
5	1	0	0	5	1
60	1	0	12	240	0
40	0	5	0	0	0
4	1	0	0	0	0
424	50	11	34	1004	5

MORNING SNACK

- ¼ cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

LUNCH

Apricot Turkey Sandwich:

- 2 slices 100% whole wheat bread
- 1, 19g (~⅛-inch) slice cheese
- 1 TBSP apricot preserves
- ½ cup leafy greens
- ¼ tsp extra-virgin olive oil, drizzled over greens
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
410	50	15	31	664	5

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 ½ cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
96	19	0	8	42	6

DINNER

1 serving Lemon Chicken Quinoa

CAL	CHO	FAT	PRO	SOD	FIB
399	37	65	31	222	5.5
399	37	65	31	222	5.5

BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
391	62	8	25	603	13

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

LUNCH

1 serving Lemon Chicken Quinoa

CAL	CHO	FAT	PRO	SOD	FIB
399	37	65	31	222	5.5
399	37	65	31	222	5.5

AFTERNOON SNACK

- 1-oz. mozzarella cheese stick
- 15 small pretzel sticks

CAL	CHO	FAT	PRO	SOD	FIB
70	0	5	5	170	0
42	9	0	1	115	0
112	9	5	6	285	0

DINNER

1 serving The "Med" Salad

- ½, 1 large (6 ½-inch) pita bread, warmed
- 1 cup fresh strawberries

CAL	CHO	FAT	PRO	SOD	FIB
256	12	9	30	580	4
83	17	0	3	161	1
45	11	0	1	2	3
384	40	9	34	743	8

BREAKFAST

- 25 grapes
- 1 cup cubed watermelon
- Spinach and Feta Scrambled Eggs:**
- 2 cups baby spinach
- ½ lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

CAL	CHO	FAT	PRO	SOD	FIB
85	22	0	1	25	1
40	21	0	1	0	1
20	3	0	2	70	2
46	9	0	5	5	5
40	0	4	3	175	1
148	1	10	12	140	0
17	0	0	4	55	0
396	56	14	28	470	10

MORNING SNACK

- ¼ cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

LUNCH

- 1 serving The “Med” Salad**
- ½, 1 large (6 ½-inch) pita bread, warmed
- 1 cup fresh strawberries

CAL	CHO	FAT	PRO	SOD	FIB
256	12	9	30	580	4
83	17	0	3	161	1
45	11	0	1	2	3
384	40	9	34	743	8

AFTERNOON SNACK

- 1-oz. mozzarella cheese stick
- 15 small pretzel sticks

CAL	CHO	FAT	PRO	SOD	FIB
70	0	5	5	170	0
42	9	0	1	115	0
112	9	5	6	285	0

DINNER

- 4-oz. grilled/broiled sirloin steak
- ¾ cup cooked quinoa
- 2 cups steamed broccoli, carrot, cauliflower blend
- 1 tsp extra-virgin olive oil
- 1 TBSP fresh lemon juice

CAL	CHO	FAT	PRO	SOD	FIB
134	0	4	22	47	0
160	29	2	6	10	3
75	12	0	3	90	6
40	0	5	0	0	0
4	1	0	0	0	0
413	42	11	31	147	9

CAL	CHO	FAT	PRO	SOD	FIB
1425	162	45	102	1720	32

DAILY TOTALS

BREAKFAST

1 Apple Cinnamon Green Smoothie:

- 3 cups chopped romaine
- 2 TBSP chunky almond butter
- 1, 3-inch diameter apple
- ½, 7-inch banana
- ½ tsp ground cinnamon
- ½ cup light vanilla soymilk
- 1 cup water (more if desired)
- 1 cup ice

*Blend until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
9	2	0	1	0	2
180	6	16	7	0	4
99	26	0	0	2	5
89	23	0	1	1	3
0	0	0	0	0	0
40	5	1	3	48	1
0	0	0	0	0	0
0	0	0	0	0	0
417	62	17	12	51	15

MORNING SNACK

- 1 ½ cups air popped popcorn
- 1 TBSP grated parmesan cheese
- 2 tsp extra-virgin olive oil

CAL	CHO	FAT	PRO	SOD	FIB
87	8	5	1	123	3
20	0	1	2	40	0
80	0	9	0	0	0
187	8	15	3	163	3

LUNCH

Apricot Turkey Sandwich:

- 2 slices 100% whole wheat bread
- 1, 19g (~½-inch) slice cheese
- 1 TBSP apricot preserves
- ½ cup leafy greens
- ¼ tsp extra-virgin olive oil, drizzled over greens
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
410	50	15	31	664	5

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 ½ cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
96	19	0	8	42	6

DINNER

- 4-oz. grilled flank steak
- 1, 5-oz. red potato, roasted
- 1 tsp unsalted butter
- 1 TBSP steak sauce
- ½ cup low sodium canned green beans

CAL	CHO	FAT	PRO	SOD	FIB
216	0	8	32	64	0
125	28	0	5	15	5
34	0	4	0	1	0
15	3	0	0	280	0
20	4	0	0	15	2
410	35	12	37	375	7

CAL	CHO	FAT	PRO	SOD	FIB
1520	174	59	91	1295	36

DAILY TOTALS

BREAKFAST

- 25 grapes
- 1 cup cubed watermelon
- Spinach and Feta Scrambled Eggs:**
- 2 cups baby spinach
- ½ lb. asparagus spears, cut into 1-inch pieces
- 2 TBSP feta cheese
- 2 whole eggs
- 1 egg white

* Cut the asparagus and cover with water. Microwave for 3 minutes. Drain and set aside. Scramble eggs and toss in spinach, asparagus, and cheese.

CAL	CHO	FAT	PRO	SOD	FIB
85	22	0	1	25	1
40	21	0	1	0	1
20	3	0	2	70	2
46	9	0	5	5	5
40	0	4	3	175	1
148	1	10	12	140	0
17	0	0	4	55	0
396	56	14	28	470	10

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

LUNCH

Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- ⅓ cup cooked brown rice
- ½ cup black beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
98	0	1	20	58	0
10	2	0	0	170	0
46	9	0	1	6	3
10	2	0	1	10	1
2	0	0	0	0	0
1	0	0	0	1	0
100	22	1	3	0	1
110	21	0	7	10	7
377	56	2	32	255	12

AFTERNOON SNACK

- 1 lightly salted rice cake
- ½ TBSP crunchy almond butter
- 1 tsp honey

CAL	CHO	FAT	PRO	SOD	FIB
40	8	0	1	10	0
45	2	4	2	0	1
20	6	0	0	0	0
105	16	4	3	10	1

DINNER

- 1, 3-oz. grilled pork chop
- ¼ cup couscous
- 4 quartered artichoke hearts, packed in water
- 1 large lemon wedge for spritzing
- 1 tsp extra-virgin olive oil
- 2 cups baby spinach

CAL	CHO	FAT	PRO	SOD	FIB
215	0	14	23	53	0
53	11	0	2	0	2
60	10	0	4	940	6
1	0	0	0	0	0
40	0	5	0	0	0
20	3	0	2	95	2
389	24	19	31	1088	10

CAL	CHO	FAT	PRO	SOD	FIB
1467	111	29	68	325	24

DAILY TOTALS

BREAKFAST

- 1, 100% whole wheat bagel, toasted
- 2 TBSP reduced fat cream cheese
- 3 hard boiled egg whites
- 2 TBSP no added sugar jam

CAL	CHO	FAT	PRO	SOD	FIB
250	49	2	12	340	7
70	2	6	2	105	0
51	1	0	11	150	0
20	10	0	0	8	6
391	62	8	25	603	13

MORNING SNACK

- 1, 3-inch diameter apple
- 2 TBSP unsalted, roasted sunflower seeds

CAL	CHO	FAT	PRO	SOD	FIB
105	28	0	1	2	5
95	2	9	4	0	1
200	30	9	5	2	6

LUNCH

Apricot Turkey Sandwich:

- 2 slices 100% whole wheat bread
- 1, 19g (~⅛-inch) slice cheese
- 1 TBSP apricot preserves
- ½ cup leafy greens
- ¼ tsp extra-virgin olive oil, drizzled over spinach
- 2 oz. oven roasted turkey from deli

CAL	CHO	FAT	PRO	SOD	FIB
180	36	2	8	270	4
70	0	6	5	340	0
48	13	0	0	8	0
5	1	0	1	16	1
30	0	3	0	0	0
77	0	4	17	30	0
410	50	15	31	664	5

AFTERNOON SNACK

- 2, 8-inch stalks of celery
- 1 cup cucumber slices
- 1 ½ cups sugar snap peas

CAL	CHO	FAT	PRO	SOD	FIB
10	1	0	1	0	1
16	4	0	1	2	1
70	14	0	6	40	4
96	19	0	8	42	6

DINNER

Artichoke Olive Pita Pizza:

- 1 tsp extra-virgin olive oil
- 1, 6 ½-inch pita
- 4 quartered artichoke hearts, packed in water
- ¼ cup shredded mozzarella
- 2 TBSP sliced black olives
- ¼ cup diced tomatoes

CAL	CHO	FAT	PRO	SOD	FIB
40	0	5	0	0	0
165	33	1	5	322	1
60	10	0	4	940	6
107	0	8	9	267	0
25	1	3	0	125	0
8	2	0	0	0	10
405	46	17	18	1654	8

CAL	CHO	FAT	PRO	SOD	FIB
1502	207	49	87	2965	38

DAILY TOTALS

BREAKFAST

1 Apple Cinnamon Green Smoothie:

- 3 cups chopped romaine
- 2 TBSP chunky almond butter
- 1, 3-inch diameter apple
- ½, 7-inch banana
- ½ tsp ground cinnamon
- ½ cup light vanilla soymilk
- 1 cup water (more if desired)
- 1 cup ice

*Blend until desired texture is achieved.

CAL	CHO	FAT	PRO	SOD	FIB
9	2	0	1	0	2
180	6	16	7	0	4
99	26	0	0	2	5
89	23	0	1	1	3
0	0	0	0	0	0
40	5	1	3	48	1
0	0	0	0	0	0
0	0	0	0	0	0
417	62	17	12	51	15

MORNING SNACK

- ¼ cup tropical trail mix

CAL	CHO	FAT	PRO	SOD	FIB
240	30	12	6	149	10
240	30	12	6	149	10

LUNCH

Fajita Chicken Medley:

- 3 oz. grilled chicken strips
- 2 TBSP chunky salsa
- 1 cup chopped bell peppers
- 2 cups shredded lettuce
- 2 lime wedges for spritzing
- 2 TBSP chopped cilantro
- ½ cup cooked brown rice
- ½ cup black beans, drained and rinsed

CAL	CHO	FAT	PRO	SOD	FIB
98	0	1	20	58	0
10	2	0	0	170	0
46	9	0	1	6	3
10	2	0	1	10	1
2	0	0	0	0	0
1	0	0	0	1	0
100	22	1	3	0	1
110	21	0	7	10	7
377	56	2	32	255	12

AFTERNOON SNACK

- 1 ½ cup steamed edamame in pods
- Pinch of kosher salt

CAL	CHO	FAT	PRO	SOD	FIB
101	9	3.5	9	23	4
0	0	0	0	295	0
101	9	3.5	9	318	4

DINNER

- 2 cups light, low sodium soup
- 2 cups leafy greens
- 1 TBSP light vinaigrette dressing
- 1 TBSP chopped nuts
- 1, 3-inch diameter orange

CAL	CHO	FAT	PRO	SOD	FIB
180	28	3	12	940	2
16	4	0	2	8	2
30	3	2	0	110	0
45	2	4	2	0	1
69	18	0	1	1	3
340	55	9	17	1059	8

DAYS 1, 2

PREP TIME: 20-30 Minutes

YIELD: 4 Servings

LEMON CHICKEN QUINOA

INGREDIENTS:

- 16 oz. boneless, skinless chicken breasts
- 2 TBSP extra-virgin olive oil
- ½ tsp red pepper flakes
- 1 tsp cumin
- 2 TBSP lemon juice
- 1 ½ cups water
- 1 cup quinoa, rinsed
- Zest of 1 lemon
- Pinch of cayenne pepper
- ¼ cup toasted almond slivers
- ½ cup chopped red or green onion
- ¼ cup chopped cilantro
- ½ cup celery, diced
- 1 large, juicy apple, diced

CAL	CHO	FAT	PRO	SOD	FIB
520	0	12	96	720	0
240	0	28	0	0	0
0	0	0	0	0	0
0	0	0	0	0	0
0	0	0	0	0	0
0	0	0	0	0	0
480	90	8	18	30	9
6	2	0	0	2	0
0	0	0	0	0	0
210	7	17	8	10	4
16	4	0	1	8	2
1	0	0	0	2	0
15	4	0	0	115	2
110	29	0	1	2	5

1598 136 65 124 889 22
399.5 34 16.25 31 222.25 5.5 TOTALS
PER SERVING

DIRECTIONS:

1. Pound the chicken under plastic wrap until thin. Place in a large plastic bag. Combine oil, red pepper flakes, cumin, and lemon juice. Pour over chicken and allow to marinate for at least 30 minutes and up to 2 hours.
2. Spray pot with cooking spray. Add lemon zest, cayenne pepper, water, and quinoa. Salt and pepper to taste. Bring to a simmer. Reduce heat to low and cook until all liquid is absorbed; around 30 minutes. Let sit covered for an additional 5 minutes.
3. Meanwhile, cook chicken on grill over medium-high heat. Remove from heat and let rest.
4. Cut into cubes.
5. Combine quinoa, chicken, almonds, apples, celery, onions, and cilantro. Serve warm or chilled.

CAL	CHO	FAT	PRO	SOD	FIB
1475	212	43.5	76	1832	49

DAILY TOTALS

DAYS 2, 3

PREP TIME: 15-20 Minutes

YIELD: 4 Servings
(2 cups salad, 3 oz. chicken)

THE "MED" SALAD

INGREDIENTS:

- ¼ cup fat-free, low sodium chicken broth
- 2 TBSP red wine vinegar
- 1 tsp sugar
- 1 tsp dried oregano
- 2 tsp olive oil
- ¼ tsp salt
- ½ tsp freshly ground black pepper
- 1 garlic clove, minced
- 4, 4-oz. skinless boneless chicken breast halves
- Cooking spray
- 8 cups torn romaine lettuce
- 1 cup sliced cucumber (1 small)
- 8 pitted kalamata olives, halved
- 4 plum tomatoes, quartered lengthwise
- 2, ¼-inch thick slices red onion, separated into rings
- ¼ cup (1 oz.) crumbled feta cheese

CAL	CHO	FAT	PRO	SOD	FIB
4	0	0	0	142	0
0	0	0	0	0	0
15	4	0	0	0	0
0	0	0	0	0	0
80	0	9	0	0	0
0	0	0	0	590	0
0	0	0	0	0	0
4	1	0	0	0	0
520	0	12	96	720	0
0	0	0	0	0	0
60	12	0	4	20	8
14	2	4	0	120	0
40	2	4	0	120	0
116	16	4	8	44	8
32	8	0	1	2	1
140	4	8	12	680	0

1025	49	41	121	2438	17	TOTALS PER SERVING
256.25	12.25	10.25	30.25	609.5	4.25	

DIRECTIONS:

1. Prepare grill or broiler. Combine the first eight ingredients in a small bowl. Brush the chicken with 2 TBSP dressing. Set remaining dressing aside.
2. Place chicken on grill rack or broiler pan coated with cooking spray. Cook for 5 minutes on each side or until chicken is done. Cut into ¼-inch thick slices.
3. Combine the romaine lettuce and the next four ingredients (romaine lettuce through red onion slices) in a large bowl, and toss with the remaining salad dressing. Divide the salad evenly among four plates. Top each serving with sliced chicken and sprinkle with feta cheese.

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