



Menu PLAN

week 1

EVOO = extra-virgin olive oil

A

"Fried" Rice: 2 cups cooked brown rice sautéed with 1 cup thawed peas and carrots blend. Mix with 2 tsp sesame seed oil, 2 tsp soy sauce and ¼ cup soy nuts. Makes 3 cups (save leftovers for later this week).

B

Spinach Salad: 3 cups spinach, 3 oz cubed cooked pork tenderloin, 2 slices sweet onion, ¼ cup raisins, 7 broken walnut halves, 1 tsp **EVOO**, 1 tbsp balsamic vinegar, and sea salt and black pepper, to taste

C

Baked Apple: Spray 2 sheets of phyllo dough with cooking spray and fold in half (totaling 4 layers). Peel, core and slice 1 small apple. Place apple in center of phyllo and sprinkle with 1 tsp honey and ¼ tsp cinnamon. Fold in sides and roll. Bake at 350°F for 35 minutes.

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|---|---|---|---|--|--|
| M | TOTAL NUTRIENTS Calories: 1,573, Fat: 56 g, Sat. Fat: 8 g, Carbs: 200 g, Fiber: 31 g, Sugars: 49 g, Protein: 81 g, Sodium: 1,083 mg, Cholesterol: 185 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 1 serving Breakfast Phyllo Bites (see recipe, p. 80; save leftovers for later this week) 1 orange | ½ cup 1% cottage cheese with 1 tsp honey and ½ cup sliced thawed strawberries | 1½ cups "Fried" Rice A mixed with ½ cup fresh mung bean sprouts | 10 grapes ¼ cup sunflower seeds | 3 oz bison burger with 2 slices tomato, 2 to 3 thin slices avocado and 2 iceberg lettuce leaves on whole-wheat roll Baked Sweet Potato Fries: Slice 1 large sweet potato, mist with cooking spray and bake at 375°F for 30 minutes. Season with sea salt and black pepper, to taste. | |
| T | TOTAL NUTRIENTS Calories: 1,634, Fat: 47 g, Sat. Fat: 11 g, Carbs: 222 g, Fiber: 36 g, Sugars: 79 g, Protein: 105 g, Sodium: 1,197 mg, Cholesterol: 134 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 1¼ cups Post Shredded Wheat Spoon Size Wheat 'n Bran with ¾ cup low-fat milk | 2 tbsp peanut butter 1 banana | Spinach Salad B | 1 pear 2 oz low-fat cheddar cheese | 1 serving Tuna with Braised Fennel & Carrots (see recipe, p. 76; save leftovers for later this week); ¾ cup cooked whole-wheat penne pasta; 4 steamed broccoli spears | |
| W | TOTAL NUTRIENTS Calories: 1,551, Fat: 41 g, Sat. Fat: 7 g, Carbs: 197 g, Fiber: 29 g, Sugars: 52 g, Protein: 107 g, Sodium: 844 mg, Cholesterol: 203 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 1 cup Greek yogurt mixed with 1 cup chopped apple, ½ tsp honey and ¼ tsp cinnamon | ½ grapefruit drizzled with ½ tsp honey | 1 serving Breakfast Phyllo Bites (leftovers); 1 cup low-sodium meatless chili topped with ½ cup shredded iceberg lettuce and 2 to 3 thin slices avocado, chopped | 1 cup pineapple chunks 10 almonds | 1½ cups Fried Rice (leftovers) with 4 oz baked chicken breast and 1 cup chopped steamed bok choy | |
| T | TOTAL NUTRIENTS Calories: 1,770, Fat: 53 g, Sat. Fat: 11 g, Carbs: 230 g, Fiber: 54 g, Sugars: 71 g, Protein: 116 g, Sodium: 1,336 mg, Cholesterol: 139 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| ¾ cup cooked oatmeal with ¼ cup raisins, ½ cup low-fat milk and 7 broken walnut halves | 2 oz chopped avocado, ½ cup chopped tomato, 1 hard-boiled egg white, crumbled, and sea salt and black pepper, to taste | 1 serving Tuna with Braised Fennel & Carrots (leftovers), 1 cup cooked white beans and 1 tsp lemon zest 1 apple | 2 slices Ezekiel toast with 2 tbsp peanut butter | 4 oz baked pork tenderloin 1 cup steamed spinach 1 baked sweet potato sprinkled with 2 tbsp sunflower seeds and sea salt and black pepper, to taste | |
| F | TOTAL NUTRIENTS Calories: 1,802, Fat: 38 g, Sat. Fat: 9 g, Carbs: 261 g, Fiber: 42 g, Sugars: 61 g, Protein: 113 g, Sodium: 1,567 mg, Cholesterol: 257 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 1 serving Breakfast Phyllo Bites (leftovers) topped with 1 chopped pear and ½ tsp honey | ¾ cup low-sodium meatless chili and 1 sliced carrot | 1 chopped tomato sautéed with 1 tsp olive oil, 1 crushed clove garlic and 4 oz extra-lean ground beef. Mix with 1½ cups cooked whole-wheat penne and season with sea salt and black pepper, to taste | ½ sectioned grapefruit and 1 sectioned orange tossed with 1 tsp honey | 3 oz baked chicken breast sprinkled with ½ tsp dried oregano and sea salt and black pepper, to taste; 1 cup cooked peas and carrots blend with ¾ cup cooked quinoa and 1 oz low-fat feta | |
| S | TOTAL NUTRIENTS Calories: 1,552, Fat: 60 g, Sat. Fat: 10 g, Carbs: 184 g, Fiber: 33 g, Sugars: 49 g, Protein: 91 g, Sodium: 1,350 mg, Cholesterol: 65 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 2 slices Ezekiel toast with 2 tbsp almond butter and 1 sliced banana | ½ cup cooked oatmeal and 1 cup sliced thawed strawberries | 1 cup 1% cottage cheese, ½ cup chopped pineapple, ½ tsp honey and 7 broken walnut halves 2 stalks celery with 1 tbsp peanut butter | ½ raw fennel bulb ¼ cup sunflower seeds | 4 oz baked tilapia with juice from ½ lemon ¾ cup cooked brown rice 2 cups sliced steamed bok choy | |
| S | TOTAL NUTRIENTS Calories: 1,535, Fat: 44 g, Sat. Fat: 6 g, Carbs: 189 g, Fiber: 37 g, Sugars: 70 g, Protein: 108 g, Sodium: 1,474 mg, Cholesterol: 132 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| Orange Cream Smoothie: Blend 6 oz 100% orange juice with 4 oz low-fat milk, 1 oz vanilla protein powder and ¼ cup Greek yogurt | 10 grapes ¼ cup soy nuts | Turkey Chili Sandwich: 3 oz sliced turkey breast on 1 whole-wheat roll, topped with ¼ cup heated low-sodium meatless chili, ¼ cup shredded iceberg lettuce and ¼ cup grated low-fat cheddar cheese | Baked Apple C ½ cup Greek yogurt | Bison Burger Salad: 3 oz bison burger, 3 cups Boston lettuce, ½ cup each cooked white beans and chopped tomato, 4 thin slices avocado, 1 cup sliced fennel bulb, 1 tsp balsamic vinegar and 1 tsp EVOO | |



Menu PLAN

week 2

EVOO = extra-virgin olive oil

A
Strawberry Kefir Shake: Purée 1½ cups low-fat strawberry kefir with 1 tbsp ground flaxseed, 2 oz vanilla protein powder, 1 cup crushed ice and ½ cup plain unsweetened soy milk. Makes 3 cups (save leftovers for later this week).

B
Steak Roll-Up: Mix 1 cup cooked spinach, ½ cup sautéed mushrooms, 1 oz goat cheese, and sea salt and black pepper, to taste. Place in center of 2 4-oz sirloin steaks, pounded thin. Roll up each steak. Bake in 400°F oven for 15 minutes. Makes 2 roll-ups (save leftover roll-up for later this week).

C
Beet & Carrot Slaw: 3 oz grated raw beet, 1 grated carrot, ½ cup chopped cucumber, 1 tsp EVOO, 1 tsp each balsamic vinegar and 100% orange juice, and sea salt and black pepper, to taste

M TOTAL NUTRIENTS Calories: 1,542, Fat: 45 g, Sat. Fat: 12 g, Carbs: 225 g, Fiber: 35 g, Sugars: 77 g, Protein: 90 g, Sodium: 946 mg, Cholesterol: 91 mg

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|--|-----------------------------------|---|---|---|
| 1¼ cups Post Shredded Wheat Spoon Size Wheat 'n Bran with ¾ cup low-fat milk 1 cup sliced pineapple | 2 stalks celery ¼ cup soy nuts | Roast Beef Salad: 3 cups Romaine lettuce, 4 oz sliced roast beef, ½ cup each chopped tomato, orange sections and chopped cucumber, 2 tbsp balsamic vinegar, 1 tsp EVOO and 1 tbsp sunflower seeds; 10 grapes | 4 multigrain flaxseed crackers with 2 tbsp hummus 1 banana | 1 serving Butternut Squash Ravioli with Mushroom Sauce (see recipes, p. 79; save leftover Butternut Squash Ravioli for later this week), 1 oz goat cheese, 1 cup sliced steamed Brussels sprouts and 2 tbsp pine nuts |

T TOTAL NUTRIENTS Calories: 1,759, Fat: 47 g, Sat. Fat: 6 g, Carbs: 249 g, Fiber: 50 g, Sugars: 85 g, Protein: 113 g, Sodium: 1,034 mg, Cholesterol: 126 mg

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|--|--|--|--|
| 1 toasted whole-wheat English muffin with 2 tbsp almond butter 1 apple | 1 cup Greek yogurt, 1 tsp honey, ½ cup pomegranate seeds | 1 serving Beet & Orange Salad with Whole-Wheat Israeli Couscous (see recipe, p. 80; save leftovers for later this week); 3 oz baked chicken breast; 1 cup cooked edamame | 1 Gnu Foods Flavor & Fiber Cinnamon Raisin Bar ½ grapefruit | 3 oz broiled catfish with juice from ½ lemon and ½ tsp dried oregano ¾ cup cooked wild rice 1 cup steamed broccoli florets |

W TOTAL NUTRIENTS Calories: 1,564, Fat: 44 g, Sat. Fat: 12 g, Carbs: 218 g, Fiber: 36 g, Sugars: 71 g, Protein: 94 g, Sodium: 1,322 mg, Cholesterol: 108 mg

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|----------------------------------|---|---|---|
| ¾ cup cooked oatmeal, 1 cup low-fat milk and 1 cup thawed blueberries | ½ grapefruit 10 walnut halves | 1 serving Butternut Squash Ravioli (leftovers) with Asian Sauce (see recipe, p. 79) ¾ cup cooked brown rice with 1 scrambled egg white and ½ cup cooked peas and carrots blend | 1½ cups Strawberry Kefir Shake A | 1 Steak Roll-Up B 1 cup low-sodium corn soup 1 orange |

T TOTAL NUTRIENTS Calories: 1,710, Fat: 49 g, Sat. Fat: 8 g, Carbs: 224 g, Fiber: 38 g, Sugars: 74 g, Protein: 111 g, Sodium: 1,550 mg, Cholesterol: 215 mg

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|---|--|--|---|
| 1 cup Greek yogurt mixed with 15 sliced grapes and 2 tbsp sunflower seeds | 2 stalks celery with 2 tbsp peanut butter | 3 oz roast beef on 1 whole-wheat English muffin with 1 romaine lettuce leaf, 1 slice tomato and 1 tsp Dijon mustard 1 apple | 8 multigrain flaxseed crackers with ¼ cup hummus and ½ cup sliced cucumber | 12 broiled large shrimp (eat 6 shrimp and save 6 for later this week) mixed with 1 serving Beet & Orange Salad with Whole-Wheat Israeli Couscous (leftovers), ¾ cup cooked chickpeas and juice from ½ lemon |

F TOTAL NUTRIENTS Calories: 1,662, Fat: 39 g, Sat. Fat: 11 g, Carbs: 223 g, Fiber: 36 g, Sugars: 65 g, Protein: 123 g, Sodium: 1,190 mg, Cholesterol: 401 mg

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|--|--|--|------------------------|--|
| 1½ cups Strawberry Kefir Shake (leftovers) 1 hardboiled egg | ¾ cup cooked couscous with ½ cup cooked broccoli florets | 1 Steak Roll-Up (leftovers) 1 cup cooked cubed butternut squash, 7 broken walnut halves and a sprinkle of cinnamon 1 banana | 1 cup sliced pineapple | 4 oz baked turkey breast with 1 cup mushrooms, sautéed with 1 tsp olive oil, ½ cup sliced onions and ½ tsp fresh sage 1 cup steamed sliced carrots 1 cup cooked brown rice |

S TOTAL NUTRIENTS Calories: 1,586, Fat: 43 g, Sat. Fat: 8 g, Carbs: 202 g, Fiber: 34 g, Sugars: 53 g, Protein: 114 g, Sodium: 1,136 mg, Cholesterol: 243 mg

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|----------------------------|---|---|---|
| 3 scrambled egg whites with ¼ cup chopped tomato and ½ oz goat cheese on 1 toasted whole-wheat English muffin | 1 orange ¼ cup soy nuts | Shrimp & Grain Salad: 1 cup cooked wild rice, 6 large broiled shrimp (leftovers), 5 sliced grapes, ¼ cup pomegranate seeds, 5 broken walnut halves, 1 tsp EVOO and 2 tbsp balsamic vinegar | 1 cup cooked chickpeas sautéed with ½ tsp each cumin, paprika and cayenne | 1 serving Butternut Squash Ravioli (leftovers) with Tomato-Sage Sauce (see recipe, p. 79) 3 oz broiled pork tenderloin |

S TOTAL NUTRIENTS Calories: 1,549, Fat: 49 g, Sat. Fat: 7 g, Carbs: 199 g, Fiber: 36 g, Sugars: 56 g, Protein: 95 g, Sodium: 1,033 mg, Cholesterol: 143 mg

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|--|----------------------------|--|--|---|
| ¾ cup cooked oatmeal topped with 1 tbsp each almonds and broken walnut halves, 1 tsp honey and 1 sliced banana | 1 cup low-sodium corn soup | 2 cups Beet & Carrot Slaw C 4 oz broiled catfish ¾ cup cooked couscous | 1 cup cooked edamame sautéed with ½ tsp olive oil, ½ cup cooked peas and carrots blend and ¼ tsp fresh thyme | 3 oz baked chicken breast with 1 tsp soy sauce 1 cup roasted sliced Brussels sprouts 1 baked sweet potato |