



### Menu PLAN

# week 1

**M** TOTAL NUTRIENTS Calories: **1,533**, Fat: **49 g**, Sat. Fat: **12 g**, Carbs: **188 g**, Fiber: **34 g**, Sugars: **91 g**, Protein: **100 g**, Sodium: **1,580 mg**, Cholesterol: **148 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 Egg & Ham Turnover (see recipe, left; freeze additional turnovers for later this week) 2 clementines	15 Kashi TLC Honey Sesame crackers	1 whole-wheat wrap with 2 tbsp unsalted natural peanut butter and 1 small sliced banana; ¾ cup low-fat plain yogurt with stevia; 2 stalks celery	<b>Vanilla Fruit Smoothie</b> <b>A</b>	3 oz bison burger patty, 2 tbsp part-skim ricotta, 1 lettuce leaf, 1 slice red onion and 1 slice tomato on 1 Arnold Select 100% Whole Wheat Sandwich Thin; 1 cup romaine lettuce with 1 tbsp balsamic vinegar and ½ tsp <b>EVOO</b>

**T** TOTAL NUTRIENTS Calories: **1,504**, Fat: **55 g**, Sat. Fat: **10 g**, Carbs: **157 g**, Fiber: **35 g**, Sugars: **31 g**, Protein: **109 g**, Sodium: **2,427 mg**, Cholesterol: **114 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, 1 cup low-fat milk, 2 tbsp ground flaxseeds, 1 tbsp unsalted sunflower seeds and 1 cup thawed-from-frozen raspberries	½ cup 1% cottage cheese and 10 sliced red grapes	1 serving Open-Face Tuna Veggie Melt (see recipe, p. 76; save some for later this week) 2 clementines	¼ cup hummus, 15 carrot sticks and 1 rye crispbread	<b>Fajita Salad:</b> 4 oz baked chicken cut into strips, 1 cup romaine lettuce, ¼ cup sliced red onion and ¾ cup sliced green bell pepper sautéed in ½ tsp <b>EVOO</b> , ¼ cup chopped tomatoes, 1 tbsp chopped scallions, ¼ cup low-sodium salsa with juice 1 lime; 1 oz fresh-baked whole-wheat bread

**W** TOTAL NUTRIENTS Calories: **1,673**, Fat: **51 g**, Sat. Fat: **12 g**, Carbs: **215 g**, Fiber: **32 g**, Sugars: **66 g**, Protein: **106 g**, Sodium: **1,309 mg**, Cholesterol: **182 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
6 oz nonfat Greek-style yogurt, ½ cup strawberries and ½ cup Nature's Path Optimum Banana Almond cereal	8 dried apricots	1 Egg & Ham Turnover (leftovers) 1 cup low-sodium tomato soup 10 carrot sticks	½ cup strawberries 15 unsalted raw cashews	1½ cups cooked whole-wheat fusilli with 3 oz cubed baked chicken, ¼ cup shredded part-skim mozzarella, ½ cup steamed broccoli and ¾ cup low-sodium tomato sauce; 1 cup romaine lettuce and ½ cup chopped tomato with 1 tsp balsamic vinegar and ½ tsp <b>EVOO</b>

**EVOO** = extra-virgin olive oil

**T** TOTAL NUTRIENTS Calories: **1,596**, Fat: **42 g**, Sat. Fat: **10 g**, Carbs: **206 g**, Fiber: **44 g**, Sugars: **75 g**, Protein: **108 g**, Sodium: **2,167 mg**, Cholesterol: **306 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat plain yogurt, 2 tbsp ground flaxseeds and 1 cup thawed-from-frozen raspberries	1 hardboiled egg with 15 Kashi TLC Honey Sesame crackers	<b>Ham &amp; Cheese Salad</b> <b>B</b> 2 clementines	1 cup Nature's Path Optimum Banana Almond cereal and ½ cup low-fat milk	1 serving Open-Face Tuna Veggie Melt (leftovers) 1 cup low-sodium tomato soup 1 cup strawberries

**A**  
**Vanilla Fruit Smoothie:** Blend 1 cup low-fat milk, ¼ cup vanilla protein powder, ½ cup frozen raspberries and 1 small banana

**F** TOTAL NUTRIENTS Calories: **1,578**, Fat: **49 g**, Sat. Fat: **12 g**, Carbs: **204 g**, Fiber: **46 g**, Sugars: **45 g**, Protein: **96 g**, Sodium: **1,379 mg**, Cholesterol: **159 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
3 tbsp hummus on 2 oz toasted fresh-baked whole-wheat bread ½ grapefruit	1 low-fat string cheese and 1 rye crispbread	<b>Turkey Sandwich:</b> 3 oz deli-fresh low-sodium turkey breast, 1 oz Jarlsberg Light cheese, ½ sliced avocado, 1 lettuce leaf and 1 slice tomato on 1 Arnold Select 100% Whole Wheat Sandwich Thin; 10 carrot sticks; 1 sliced apple	½ avocado, ½ cup cooked white beans and ½ cup diced tomatoes with 1½ tsp balsamic vinegar and ½ tsp <b>EVOO</b>	4 oz broiled lean pork chop ¼ cup sliced yellow onion and ¾ cup sliced green bell pepper sautéed in ½ tsp <b>EVOO</b> ¾ cup brown rice

**B**  
**Ham & Cheese Salad:** 2 oz low-sodium uncured lean ham, 1 oz Jarlsberg Light cheese, 2 cups assorted salad greens, ½ cup chopped tomatoes and ½ cup cooked white beans with 2 tsp balsamic vinegar, 1 tsp Dijon mustard and 1 tsp **EVOO**

**S** TOTAL NUTRIENTS Calories: **1,531**, Fat: **51 g**, Sat. Fat: **9 g**, Carbs: **169 g**, Fiber: **29 g**, Sugars: **58 g**, Protein: **109 g**, Sodium: **1,454 mg**, Cholesterol: **154 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 tbsp unsalted natural peanut butter on 2 oz toasted fresh-baked whole-wheat bread	2 clementines 6 oz nonfat Greek-style yogurt	<b>Avocado Chicken Salad</b> <b>C</b> 1 whole-wheat wrap, 3 tbsp low-sodium salsa, 2 tbsp shredded reduced-fat jalapeño cheese, broiled; 15 red grapes	½ grapefruit 15 TLC Honey Sesame crackers	10 oz baked salmon (enjoy 5 oz and save 5 oz for tomorrow's lunch) 10 spears steamed asparagus 1 medium baked sweet potato

**S** TOTAL NUTRIENTS Calories: **1,801**, Fat: **54 g**, Sat. Fat: **10 g**, Carbs: **247 g**, Fiber: **42 g**, Sugars: **100 g**, Protein: **112 g**, Sodium: **1,343 mg**, Cholesterol: **346 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature's Path Optimum Banana Almond cereal with ¾ cup low-fat milk and 1 sliced banana	1 pomegranate 1 Kashi TLC Chewy Trail Mix granola bar	<b>Salmon Salad:</b> 5 oz chilled baked salmon (leftovers), 1 chopped hardboiled egg white, 2 cups romaine lettuce, ¼ cup chopped red bell pepper, ¼ cup chopped celery, 1 tbsp chopped red onion, 2 tsp balsamic vinegar, 1 tsp Dijon mustard, 1 tsp <b>EVOO</b> ; 1 apple	1 Egg & Ham Turnover (leftovers)	14 oz baked tofu (enjoy 5 oz and save leftovers for early next week); 1 cup steamed green beans; 1¼ cup brown rice with 1 tsp unsalted sunflower seeds (enjoy 1 cup and save ¼ cup for next week); 1 pear

**C**  
**Avocado Chicken Salad:** 4 oz baked chicken, 2 cups assorted salad greens, ½ cup chopped tomato, 1 tbsp diced red onion and ¼ cup chopped avocado with 2 tsp balsamic vinegar and 1 tsp **EVOO**



### Menu PLAN

# week 2

**EVOO = extra-virgin olive oil**

**A**  
**Tofu Salad:** 5 oz baked tofu (leftovers), ¼ cup brown rice with unsalted sunflower seeds (leftovers), 1 cup spinach, ½ cup chopped red bell pepper, 2 tbsp shredded reduced-fat jalapeño cheese with 2 tbsp balsamic vinegar and ½ tsp **EVOO**

**B**  
**Citrus Protein Salad:** 2 cups romaine lettuce, 2 hardboiled egg whites, ½ cup chickpeas, 2 tbsp unsalted sunflower seeds, 1 clementine with 2 tbsp balsamic vinegar, 1 tsp Dijon mustard and ½ tsp **EVOO**

**C**  
**Spicy Turkey Sandwich:** 3 oz sliced deli-fresh low-sodium turkey breast, 1 oz reduced-fat jalapeño cheese, 3 slices red bell pepper, 1 slice red onion and 1 lettuce leaf toasted on 1 Arnold Select 100% Whole Wheat Sandwich Thin

**M** TOTAL NUTRIENTS Calories: 1,556, Fat: 53 g, Sat. Fat: 12 g, Carbs: 177 g, Fiber: 39 g, Sugars: 54 g, Protein: 106 g, Sodium: 2,103 mg, Cholesterol: 83 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup 1% cottage cheese with ¾ cup thawed-from-frozen blueberries 1 rye crispbread	1 low-fat string cheese and 15 Kashi TLC Honey Sesame crackers	<b>Tofu Salad A</b> ½ grapefruit	2 clementines ¼ cup unsalted sunflower seeds	1 serving Deconstructed Lasagna (see recipe, right; save some for tomorrow) 1 cup spinach leaves, ¼ cup diced tomatoes, 4 torn basil leaves with ½ diced clove garlic, 1½ tsp balsamic vinegar and ½ tsp <b>EVOO</b>

**T** TOTAL NUTRIENTS Calories: 1,590, Fat: 47 g, Sat. Fat: 14 g, Carbs: 203 g, Fiber: 33 g, Sugars: 46 g, Protein: 100 g, Sodium: 2,590 mg, Cholesterol: 149 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Egg Sandwich:</b> 3 egg whites and 1 slice part-skim mozzarella on whole-wheat English muffin ½ grapefruit	1 Kashi TLC Chewy Trail Mix granola bar 1 kiwi	<b>Ham Sandwich:</b> 2 oz low-sodium uncured lean ham, 1 oz Jarlsberg Light cheese, 1 slice tomato, 1 slice red onion and 1 lettuce leaf on 1 Arnold Select 100% Whole Wheat Sandwich Thin; 10 carrot sticks; 1 pear	2 oz baked tofu (leftovers) and 1 tbsp hummus with 1 whole-wheat wrap	1 serving Deconstructed Lasagna (leftovers) 1 chopped tomato, 4 torn basil leaves, ½ oz diced part-skim mozzarella, ½ diced clove garlic, 1½ tsp balsamic vinegar and 1 tsp <b>EVOO</b>

**W** TOTAL NUTRIENTS Calories: 1,654, Fat: 51 g, Sat. Fat: 12 g, Carbs: 223 g, Fiber: 36 g, Sugars: 102 g, Protein: 100 g, Sodium: 1,238 mg, Cholesterol: 93 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature's Path Optimum Banana Almond cereal with ¾ cup low-fat milk and 1 sliced banana	½ cup low-fat plain yogurt with 5 chopped dried apricots	<b>Citrus Protein Salad B</b> 15 Kashi TLC Honey Sesame crackers	1 oz Jarlsberg Light cheese and 1 apple	1 serving Tilapia Fish Sticks with Cucumber & Yogurt Sauce (see recipe, p. 76; save some for tomorrow); 1 medium sweet potato; ½ sliced red bell pepper

**T** TOTAL NUTRIENTS Calories: 1,643, Fat: 61 g, Sat. Fat: 12 g, Carbs: 209 g, Fiber: 48 g, Sugars: 62 g, Protein: 83 g, Sodium: 1,460 mg, Cholesterol: 71 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat plain yogurt with 2 tbsp unsalted sunflower seeds and 1 cup thawed-from-frozen blueberries	1 toasted whole-wheat English muffin with 1½ tbsp unsalted natural peanut butter	<b>Tilapia Salad:</b> 2 cups romaine lettuce, 1 serving Tilapia Fish Sticks with Cucumber & Yogurt Sauce (leftovers), ¼ cup chopped red bell pepper, 2 slices tomato, 5 slices cucumber with 1 tbsp balsamic vinegar and 1 tsp <b>EVOO</b> ; 2 rye crispbreads with 2 tbsp hummus	2 clementines 1 Kashi TLC Chewy Trail Mix granola bar	4 oz baked chicken 1 cup steamed broccoli with 1 tbsp unsalted raw cashew pieces 1 medium baked Yukon Gold potato with 1 tbsp olive oil-based spread

**F** TOTAL NUTRIENTS Calories: 1,529, Fat: 44 g, Sat. Fat: 11 g, Carbs: 202 g, Fiber: 32 g, Sugars: 54 g, Protein: 92 g, Sodium: 1,537 mg, Cholesterol: 234 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, 1 cup low-fat milk, 5 dried apricots and ½ sliced banana (save leftover ½ banana for tomorrow)	1 oz unsalted raw cashews	<b>Turkey Wrap:</b> 3 oz sliced deli-fresh low-sodium turkey breast with 4 thinly sliced cucumbers, 1 slice tomato, 1 slice red onion, 1 tbsp hummus on a whole-wheat wrap; 1 low-fat string cheese; 1 apple	1 cup chopped broccoli with 2 tbsp low-sodium salsa mixed with ¼ cup nonfat Greek-style yogurt	12 large broiled shrimp brushed with 2 tsp <b>EVOO</b> 1 cup broccoli sautéed in 1 tsp <b>EVOO</b> and 1 tsp diced clove garlic 1 cup wild rice mixed with ½ cup steamed yellow corn

**S** TOTAL NUTRIENTS Calories: 1,782, Fat: 53 g, Sat. Fat: 15 g, Carbs: 241 g, Fiber: 44 g, Sugars: 98 g, Protein: 100 g, Sodium: 1,211 mg, Cholesterol: 91 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat wrap with 2 tbsp unsalted natural peanut butter and ½ sliced banana (leftovers)	12 oz low-fat raspberry kefir; ½ cup sliced red grapes and 1 sliced kiwi	1 cup low-sodium lentil soup (save leftovers [1 cup] for tomorrow); 2 rye crispbreads with ¼ cup part-skim ricotta and 4 slices tomato; 1 cup sliced cucumbers and 3 tbsp diced yellow onions with 2 tbsp white wine vinegar and 1 tsp <b>EVOO</b>	5 dried apricots mixed with ½ cup Nature's Path Optimum Banana Almond cereal	<b>Roast Beef Salad:</b> 2 cups romaine lettuce, 3 oz extra-lean roast beef, 1 oz reduced-fat jalapeño cheese, ½ cup chickpeas, ½ cup sliced mushrooms, ¼ cup chopped tomatoes, 1 clementine, 2 tbsp balsamic vinegar, ½ tsp <b>EVOO</b> ; 1 toasted whole-wheat wrap with 2 tbsp hummus

**S** TOTAL NUTRIENTS Calories: 1,593, Fat: 37 g, Sat. Fat: 9 g, Carbs: 201 g, Fiber: 41 g, Sugars: 57 g, Protein: 130 g, Sodium: 1,855 mg, Cholesterol: 120 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Blue Banana Smoothie:</b> Blend 1 cup low-fat milk, ¼ cup vanilla protein powder, 2 tbsp ground flaxseeds, ½ cup frozen blueberries and 1 small banana	15 Kashi TLC Honey Sesame crackers 1 low-fat string cheese	<b>Spicy Turkey Sandwich C</b> 1 pear ½ cup low-fat plain yogurt with 12 unsalted raw cashews	1 cup steamed broccoli and ½ cup steamed yellow corn with 1 oz shredded reduced-fat jalapeño cheese melted over top	5 oz broiled Pacific halibut 1 cup low-sodium lentil soup (leftovers) 1 cup kale sautéed in 1 tsp <b>EVOO</b> 1 cup brown rice