



Menu PLAN

week 1

M TOTAL NUTRIENTS Calories: **1,508**, Fat: **48 g**, Sat. Fat: **12 g**, Carbs: **211 g**, Fiber: **44 g**, Sugar: **66 g**, Protein: **88 g**, Sodium: **2,177 mg**, Cholesterol: **124 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 serving Crustless Italian Quiche (see recipe, p. 82; save leftovers for later this week) 1 whole grapefruit	1 Orange Cranberry Gnu Bar	3 oz tuna mixed with 1 oz light Swiss cheese, 2 tbsp each diced carrots, celery and red onion in 1 whole-wheat pita with 1 Boston lettuce leaf, 1 tbsp rice wine vinegar and 1 tbsp nonfat Greek-style yogurt; 1 apple	3 stalks celery with 2 tbsp unsalted almond butter	1½ cups cooked whole-wheat spaghetti with ½ cup low-sodium tomato sauce, ¼ cup fresh torn basil leaves, 10 halved grape tomatoes and ¼ cup shredded part-skim mozzarella 1 cup chopped Boston lettuce with 1 tsp balsamic vinegar and 1 tsp EVOO

T TOTAL NUTRIENTS Calories: **1,527**, Fat: **45 g**, Sat. Fat: **13 g**, Carbs: **201 g**, Fiber: **31 g**, Sugar: **60 g**, Protein: **95 g**, Sodium: **2,673 mg**, Cholesterol: **124 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with 1 chopped apple (skin on), ½ tsp cinnamon and 1 cup low-fat milk	2 sliced carrots with 3 tbsp hummus	Sandwich: 3 oz sliced lean roast beef, ½ oz goat cheese, 3 strips roasted red bell pepper, 1 slice tomato, 1 slice red onion and 1 Boston lettuce leaf on a whole-grain roll; 10 whole-wheat woven wheat crackers; 1 orange	¾ cup 1% cottage cheese with ½ cup chopped pineapple	1 serving Crustless Italian Quiche (leftovers); 2 cups romaine lettuce with 1 tsp unsalted sunflower seeds, ½ cup each chopped red bell peppers, whole grape tomatoes and chopped mushrooms with 1 tsp balsamic vinegar and 1 tsp EVOO ; 1 oz slice whole-wheat baguette

W TOTAL NUTRIENTS Calories: **1,610**, Fat: **47 g**, Sat. Fat: **10 g**, Carbs: **197 g**, Fiber: **40 g**, Sugar: **57 g**, Protein: **111 g**, Sodium: **1,111 mg**, Cholesterol: **156 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1¼ cups Post Shredded Wheat Spoon Size Original cereal with ¾ cup low-fat milk 1 orange	6 oz nonfat Greek-style yogurt with 1 oz unsalted raw peanuts and ½ tsp stevia powder	Veggie Burger Salad: 2 cups Boston lettuce, 1 veggie patty, ½ cup cooked black beans, 4 thin slices chopped avocado, ¼ cup corn, ½ cup each chopped grape tomatoes and mushrooms with 1 tsp balsamic vinegar and 1 tsp EVOO ; 1 cup strawberries	1 serving Crustless Italian Quiche (leftovers)	4 oz baked pork chop (prepare 8 oz and save 4 oz for tomorrow) 1 cup sautéed chopped zucchini (prepare whole zucchini and save leftovers for tomorrow) ¾ cup steamed wild rice

T TOTAL NUTRIENTS Calories: **1,712**, Fat: **61 g**, Sat. Fat: **12 g**, Carbs: **205 g**, Fiber: **28 g**, Sugar: **53 g**, Protein: **104 g**, Sodium: **1,119 mg**, Cholesterol: **168 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, ¼ cup chopped pineapple, ½ sliced small banana and 5 broken walnuts with 1 cup low-fat milk	Mini Yogurt Parfait A	Spinach Salad: 2 cups spinach leaves, 4 oz sliced baked pork chop (leftovers), ½ cup sautéed zucchini (leftovers), ½ cup chopped tomato with 1½ tsp balsamic vinegar and 1 tsp EVOO ; 1 cup strawberries	10 whole-wheat woven wheat crackers	1 serving Cajun Catfish Po' Boy & Cooling Vegetable Salad (see recipe, left; save leftovers for later this week)

F TOTAL NUTRIENTS Calories: **1,622**, Fat: **61 g**, Sat. Fat: **13 g**, Carbs: **196 g**, Fiber: **35 g**, Sugar: **59 g**, Protein: **91 g**, Sodium: **1,885 mg**, Cholesterol: **149 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1½ oz toasted whole-wheat baguette (sliced) with 2 tbsp unsalted almond butter and 10 unsweetened raisins	1 apple and 1 oz unsalted sunflower seeds	1 serving Cajun Catfish Po' Boy & Cooling Vegetable Salad (leftovers) 1 cup chopped pineapple	3 stalks celery and 1 oz goat cheese	4 oz baked chicken; ¾ cup wild rice; Vegetable Medley: 1 cup steamed spinach with ¼ tsp minced garlic, ¾ cup steamed artichokes and ½ cup sautéed mushrooms

S TOTAL NUTRIENTS Calories: **1,576**, Fat: **46 g**, Sat. Fat: **12 g**, Carbs: **186 g**, Fiber: **39 g**, Sugar: **66 g**, Protein: **117 g**, Sodium: **1,723 mg**, Cholesterol: **181 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Open-Faced Breakfast Sandwich B 1 cup raspberries	1 oz slice whole-wheat baguette with 3 tbsp hummus	Salad: 2 cups romaine lettuce, 3 oz lean roast beef, 1 oz goat cheese, ½ cup each chopped red bell pepper, tomato and cucumber with 2 tsp balsamic vinegar and 1 tsp EVOO ; 1 banana	1½ cups chopped pineapple and 8 unsalted walnuts	5 oz baked tilapia with ½ squeezed lemon 1 cup eggplant sautéed in ½ tsp EVOO ¾ cup quinoa

S TOTAL NUTRIENTS Calories: **1,540**, Fat: **50 g**, Sat. Fat: **16 g**, Carbs: **163 g**, Fiber: **44 g**, Sugar: **51 g**, Protein: **121 g**, Sodium: **2,285 mg**, Cholesterol: **115 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Strawberry Mint Smoothie: Blend 1 cup unsweetened soy milk, ¼ cup chocolate protein powder, 1 cup frozen strawberries, 10 fresh mint leaves and 4 ice cubes	1 sliced roasted red bell pepper with 1 oz goat cheese	Veggie Burger: 1 veggie patty with 1 oz goat cheese, 1 slice tomato, 1 slice red onion and 1 Boston lettuce leaf on a whole-grain roll 1 cup cooked edamame 1 apple	½ cup raspberries, 1 low-fat string cheese and 10 whole-wheat woven wheat crackers	Mexican Salad C

EVOO = extra-virgin olive oil

A **Mini Yogurt Parfait:** 8 oz nonfat Greek-style yogurt with ½ sliced banana and ¾ cup Post Shredded Wheat Spoon Size Original cereal

B **Open-Faced Breakfast Sandwich:** 1 toasted whole-wheat English muffin topped with 4 scrambled egg whites, 4 steamed asparagus spears, 1 oz melted light Swiss cheese and 1 tsp Dijon mustard

C **Mexican Salad:** 2 cups romaine lettuce, 4 oz baked chicken (seasoned with ½ tsp ground cumin), ¼ cup shredded reduced-fat jalapeño cheese, ½ cup each low-sodium salsa, cooked black beans, chopped tomatoes and chopped cucumbers, 2 thin slices avocado with 1 tsp balsamic vinegar and 1 tsp **EVOO**



Menu PLAN

week 2

M TOTAL NUTRIENTS Calories: 1,529, Fat: 39 g, Sat. Fat: 11 g, Carbs: 212 g, Fiber: 41 g, Sugar: 60 g, Protein: 99 g, Sodium: 1,777 mg, Cholesterol: 132 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ½ cup each frozen blueberries and strawberries, 5 broken unsalted walnuts with 1 cup low-fat milk	1 low-fat string cheese and 1 orange	Chicken Sandwich: 6 oz broiled chicken breast (enjoy 3 oz and save 3 oz for later this week), 1 oz light Swiss cheese, ¼ sliced avocado, 2 slices tomato, 1 Boston lettuce leaf on toasted whole-wheat English muffin	1 cup snow peas and 3 tbsp hummus	1 serving Moroccan Buffalo & Chickpea Chili (see recipe, right; save leftovers for later this week) 1 whole-wheat pita

T TOTAL NUTRIENTS Calories: 1,693, Fat: 47 g, Sat. Fat: 11 g, Carbs: 258 g, Fiber: 50 g, Sugar: 90 g, Protein: 89 g, Sodium: 1,142 mg, Cholesterol: 47 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1¼ cup Post Shredded Wheat Spoon Size Original cereal with 1 sliced banana and ¾ cup low-fat milk	1 cup nonfat Greek-style yogurt with 1 sliced kiwi and 5 torn mint leaves	1 serving Moroccan Buffalo & Chickpea Chili (leftovers) 1 apple and 2 stalks celery	1 oz unsalted raw peanuts	1½ cups spaghetti with 1 oz goat cheese, ½ cup each steamed broccoli, asparagus and chopped tomato with 1 tbsp EVOO

W TOTAL NUTRIENTS Calories: 1,532, Fat: 33 g, Sat. Fat: 9 g, Carbs: 190 g, Fiber: 35 g, Sugar: 44 g, Protein: 132 g, Sodium: 2,447 mg, Cholesterol: 160 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Cherry Chocolate Smoothie A	1 whole-wheat English muffin with 1 oz melted light Swiss cheese	3 oz broiled chicken breast (leftovers), ½ cup cooked black beans, 1 oz reduced-fat jalapeño cheese, 1 Boston lettuce leaf and 1 slice red onion on toasted whole-grain roll, heated; 1 cup snow peas	1 toasted whole-wheat pita, cut into triangles, and ½ cup low-sodium salsa	5 oz baked trout 5 steamed asparagus spears and 2 artichoke hearts ¾ cup wild rice with 2 tbsp unsalted sunflower seeds

T TOTAL NUTRIENTS Calories: 1,620, Fat: 52 g, Sat. Fat: 10 g, Carbs: 194 g, Fiber: 40 g, Sugar: 54 g, Protein: 114 g, Sodium: 1,422 mg, Cholesterol: 89 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, ½ cup frozen cherries, 5 broken unsalted walnuts with 1 cup unsweetened soy milk	½ cup 1% cottage cheese with 1 sliced kiwi	Spring Salad B 1 baked sweet potato sprinkled with cinnamon	2 cups cooked edamame 1 orange	1 serving Sesame Garlic Chicken with Tahini Spinach & Toasted Peanut Quinoa (see recipe, p. 82; save leftovers for tomorrow)

F TOTAL NUTRIENTS Calories: 1,527, Fat: 52 g, Sat. Fat: 7 g, Carbs: 185 g, Fiber: 31 g, Sugar: 38 g, Protein: 112 g, Sodium: 1,233 mg, Cholesterol: 144 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 whole-wheat English muffin with 2 tbsp unsalted almond butter	½ cup each frozen blueberries and cherries, thawed, with 6 oz nonfat Greek-style yogurt	1 serving Sesame Garlic Chicken with Tahini Spinach & Toasted Peanut Quinoa (leftovers) 1 kiwi	1 hardboiled egg	1 salmon patty (freeze remaining patties), 1 tsp avocado, 1 slice tomato, 1 slice red onion and 1 romaine lettuce leaf on a whole-grain roll 1½ cups romaine lettuce with ½ cup sliced tomatoes, 1 tbsp balsamic vinegar and ½ tsp EVOO

S TOTAL NUTRIENTS Calories: 1,739, Fat: 55 g, Sat. Fat: 12 g, Carbs: 206 g, Fiber: 36 g, Sugar: 37 g, Protein: 125 g, Sodium: 1,831 mg, Cholesterol: 83 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup 1% cottage cheese with ¾ cup Post Shredded Wheat Spoon Size Original cereal; ½ grapefruit (save other half for tomorrow)	1 toasted whole-wheat pita with 2 tbsp sesame tahini	Tuna Salad C ½ cup frozen strawberries, thawed, with 6 oz nonfat Greek-style yogurt	½ serving Moroccan Buffalo & Chickpea Chili (leftovers)	5 oz tofu sautéed in 1 tsp EVOO and sprinkled with dried oregano and thyme with 1½ cups whole-wheat spaghetti, ¼ cup shredded part-skim mozzarella, 1 cup sautéed broccoli, ½ cup chopped tomatoes and 2 tsp EVOO

S TOTAL NUTRIENTS Calories: 1,623, Fat: 44 g, Sat. Fat: 14 g, Carbs: 226 g, Fiber: 47 g, Sugar: 54 g, Protein: 93 g, Sodium: 2,426 mg, Cholesterol: 45 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Mexican Omelette: 4 egg whites, 2 tsp reduced-fat jalapeño cheese, 3 tbsp each cooked black beans, corn and diced fresh tomatoes; 1 toasted whole-wheat English muffin; ½ grapefruit (leftovers)	1 oz unsweetened raisins	1 cup mushroom soup with ½ cup cooked black beans and ¼ cup torn flat-leaf parsley 1½ cups steamed broccoli with ¼ cup melted shredded reduced-fat jalapeño cheese 1 orange	1 toasted whole-wheat pita, cut in wedges, with 1 oz goat cheese (sprinkle with thyme and ground black pepper for added flavor)	Tofu Salad: 2 cups romaine lettuce, 5 oz cubed tofu, 2 tbsp shredded part-skim mozzarella, ½ cup tomatoes and 1 slice red onion with 1 tsp Dijon mustard, 2 tsp balsamic vinegar and 1 tsp EVOO 1 cup quinoa with 2 tbsp unsalted sunflower seeds

EVOO = extra-virgin olive oil

Cherry Chocolate Smoothie: Blend 8 oz low-fat milk, 4 frozen strawberries, ½ cup frozen cherries, ¼ cup chocolate protein powder and 4 ice cubes

Spring Salad: 2 cups romaine lettuce, 1 veggie patty, ¼ cup part-skim shredded mozzarella, 2 tsp unsalted sunflower seeds, ½ cup each chopped tomatoes and carrots with 1 tsp balsamic vinegar and 1 tsp EVOO

Tuna Salad: 1 cup romaine lettuce, 3 oz tuna, ¼ cup each chopped tomatoes, carrots and cucumbers with 2 tsp balsamic vinegar and 1 tsp EVOO