



### Menu PLAN

# week 1

**M** TOTAL NUTRIENTS Calories: 1,542, Fat: 52 g, Sat. Fat: 9 g, Carbs: 175 g, Fiber: 33 g, Sugars: 91 g, Protein: 106 g, Sodium: 1,822 mg, Cholesterol: 105 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Greek yogurt mixed with 1 sliced banana, 2 tbsp peanut butter and 1 tsp honey	10 carrot sticks and 2 tbsp hummus	1 cup butternut squash soup Turkey Salad <b>A</b>	1 apple and 1 oz cheddar cheese	1 serving Provençal Salmon Burger (see recipe, p. 78; save leftovers for later this week)

**T** TOTAL NUTRIENTS Calories: 1,666, Fat: 40 g, Sat. Fat: 5 g, Carbs: 244 g, Fiber: 40 g, Sugars: 74 g, Protein: 95 g, Sodium: 1,090 mg, Cholesterol: 211 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked oatmeal mixed with ½ cup low-fat milk, 2 tbsp peach jam and 2 tbsp sliced almonds	4 natural whole-wheat honey graham crackers 10 red or green grapes	<b>Shrimp &amp; Chickpea Salad:</b> 1 cup cooked chickpeas, 3 oz cooked shrimp, 1 cup diced raw cauliflower with 1 tsp fresh lemon juice, 1 tsp <b>EVOO</b> , ¼ cup chopped parsley	½ cup sliced strawberries, ½ cup sliced mango and 1 tbsp sunflower seeds	4 oz broiled chicken breast with 1 tsp Dijon mustard 1 medium white baked potato mashed with 1 tsp <b>EVOO</b> 1 cup steamed carrots

**W** TOTAL NUTRIENTS Calories: 1,627, Fat: 53 g, Sat. Fat: 15 g, Carbs: 163 g, Fiber: 29 g, Sugars: 66 g, Protein: 126 g, Sodium: 2,312 mg, Cholesterol: 176 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Turkey Hash:</b> Sauté 3 oz diced turkey breast with 1 tsp <b>EVOO</b> , 1 diced small cooked potato, ½ diced small onion, ¼ cup thawed peas and 2 scrambled egg whites	1 orange 7 broken walnut halves ½ cup 1% cottage cheese with ½ tsp honey	<b>Provençal Salmon Burger Salad:</b> 1 diced cooked salmon burger (leftovers), 4 cups chopped green leaf lettuce, ½ cup shredded carrot and ¼ cup Cucumber Yogurt Sauce (leftovers) mixed with ¼ cup low-fat milk	1 cup cherry tomatoes (halved), 1 chopped mozzarella string cheese and 1 tsp <b>EVOO</b>	1 serving Beef Danube (see recipe, p. 82; save leftovers for later this week) 1 whole-wheat bun 1 apple

**EVOO** = extra-virgin olive oil

**A**

**Turkey Salad:** 4 cups chopped green leaf lettuce, 3 oz diced deli-fresh low-sodium turkey breast, 2 tbsp dried cherries, 1 tbsp broken walnut halves, ½ cup thawed peas with 1 tsp **EVOO** and 2 tsp balsamic vinegar.

**T** TOTAL NUTRIENTS Calories: 1,537, Fat: 33 g, Sat. Fat: 5 g, Carbs: 220 g, Fiber: 35 g, Sugars: 58 g, Protein: 95 g, Sodium: 1,216 mg, Cholesterol: 101 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path Heritage Flakes cereal with ½ cup low-fat milk and 2 tbsp dried cherries	¼ cup Bear Naked Triple Berry Crunch Fit Granola with 1 cup Greek yogurt	<b>Ginger Chicken:</b> Stir-fry 4 oz diced chicken breast with 1 tsp each sesame seed oil and minced ginger, 1 cup cooked broccoli and cauliflower florets (leftovers), 2 tbsp sliced almonds, 2 tsp soy sauce. Serve over 1 cup cooked brown rice	1 cup butternut squash soup 10 red or green grapes	2 cups <b>Citrus Couscous Salad</b> <b>B</b>

**B**

**Citrus Couscous Salad:** 2 cups cooked couscous with 1½ cups each cooked chickpeas and cooked artichoke hearts, 1 cup cherry tomatoes (halved), 10 Kalamata olives, 2 tsp **EVOO**, juice from each ½ lemon and ½ orange, 1 tsp each lemon and orange zest, ½ cup chopped parsley (save leftovers for later this week).

**F** TOTAL NUTRIENTS Calories: 1,585, Fat: 45 g, Sat. Fat: 14 g, Carbs: 182 g, Fiber: 31 g, Sugars: 65 g, Protein: 120 g, Sodium: 1,746 mg, Cholesterol: 142 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup 1% cottage cheese with ½ cup sliced strawberries and ½ cup sliced mango, sprinkled with 1 tbsp sunflower seeds	1 mozzarella string cheese 6 carrot sticks	1 serving Beef Danube (leftovers) 1 apple and 2 tbsp peanut butter	<b>Cucumber Salad:</b> 1 cup sliced cucumber, 1 tbsp diced red onion, ¼ cup Greek yogurt, ½ tsp honey, 2 tsp lemon juice	<b>Broccoli-Stuffed Potato:</b> Halve 1 large baked white potato and scoop out center of both halves. While hot, combine potato filling with 2 oz cheddar cheese, 1 cup diced cooked broccoli and 3 oz diced cooked chicken. Fill halves with mixture.

**S** TOTAL NUTRIENTS Calories: 1,682, Fat: 51 g, Sat. Fat: 9 g, Carbs: 227 g, Fiber: 38 g, Sugars: 57 g, Protein: 91 g, Sodium: 1,502 mg, Cholesterol: 382 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 whole egg plus 2 egg whites scrambled and topped with ¼ cup hummus; place on 1 toasted whole-wheat bun; 4 cherry tomatoes	1 10-oz serving <b>Pomegranate Banana Smoothie</b> <b>C</b>	2 cups Citrus Couscous Salad (leftovers) 10 red or green grapes	4 natural whole-wheat honey graham crackers and 2 tbsp peanut butter	4 oz broiled shrimp with 1 tsp fresh lemon juice, 1 crushed clove garlic and 1 tsp <b>EVOO</b> 1 cup cooked brown rice with ½ cup cooked peas and 1 tsp soy sauce

**C**

**Pomegranate Banana Smoothie:** Blend ½ cup pomegranate juice, ½ sliced banana, 1 cup Greek yogurt, 1 scoop vanilla protein powder and ½ cup crushed ice (save leftovers for later this week).

**S** TOTAL NUTRIENTS Calories: 1,562, Fat: 47 g, Sat. Fat: 7 g, Carbs: 176 g, Fiber: 31 g, Sugars: 77 g, Protein: 122 g, Sodium: 1,706 mg, Cholesterol: 173 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 10-oz serving Pomegranate Banana Smoothie (leftovers) 14 walnut halves	1½ cups butternut squash soup mixed with ½ cup Citrus Couscous Salad (leftovers)	4 oz broiled chicken breast topped with a mixture of ¼ cup Greek yogurt, ½ tsp herbes de Provence and 2 tbsp dried cherries; place on 1 whole-wheat bun 2 cherry tomatoes	¾ cup 1% cottage cheese, ¼ cup Bear Naked Triple Berry Crunch Fit Granola, ½ cup chopped mango, 10 sliced almonds	4 oz broiled pork chop spread with 1 tbsp peach jam and ½ tsp chopped rosemary 1 cup steamed cauliflower florets and 1 cup steamed carrots with ½ tsp crushed ginger



### Menu PLAN

# week 2

**EVOO** = extra-virgin olive oil

**Turkey Burger Salad:** 1 chopped cooked turkey burger, 3 cups chopped iceberg lettuce, ½ chopped tomato, 2 to 3 thin slices avocado, ½ oz chopped peanuts with 1 tsp **EVOO** and 2 tsp red wine vinegar.

**Morning Banana Tart:** 1 Sweet & Savory Tart shell (leftovers) filled with ½ sliced banana, 1 tsp pure maple syrup and 1 tbsp chopped peanuts. Top with ½ cup Greek yogurt and ¼ tsp cinnamon.

**Spicy Coleslaw:** Toss 1 cup shredded cabbage with ½ cup shredded carrot, 1 tsp white vinegar, ¼ cup Greek yogurt and ½ tsp hot sauce.

**M** TOTAL NUTRIENTS Calories: **1,549**, Fat: **45 g**, Sat. Fat: **8 g**, Carbs: **211 g**, Fiber: **35 g**, Sugars: **61 g**, Protein: **79 g**, Sodium: **1,932 mg**, Cholesterol: **83 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path Heritage Flakes cereal with ½ cup low-fat milk and 1 cup sliced strawberries	1 cup sliced jicama and 4 tbsp hummus	<b>Mediterranean Tuna Salad:</b> 3 oz tuna, 1 chopped boiled medium white potato, 5 chopped Kalamata olives, ½ cup cooked green beans, 1 tbsp diced red onion, 1 tsp chopped capers with 1 tsp <b>EVOO</b> and 2 tsp red wine vinegar; 4 multigrain flaxseed crackers	1 grapefruit, cut in half and broiled with 2 tsp honey 10 almonds ½ cup Greek yogurt	2 Sweet & Savory Tarts with Chicken & Apple Filling (see recipes, p. 81; save leftovers for later this week) 1 cup roasted red pepper and tomato soup, topped with 2 to 3 thin slices avocado

**T** TOTAL NUTRIENTS Calories: **1,618**, Fat: **55 g**, Sat. Fat: **16 g**, Carbs: **323 g**, Fiber: **30 g**, Sugars: **59 g**, Protein: **118 g**, Sodium: **1,724 mg**, Cholesterol: **323 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup 1% cottage cheese with 1 cup cubed pineapple and 2 tbsp pumpkin seeds	1 whole-wheat tortilla with 2 tbsp peanut butter and ½ sliced banana	¾ cup cooked whole-wheat penne pasta tossed with ½ cup ricotta, 1 cup sautéed spinach, 1 diced tomato, 1 tsp <b>EVOO</b> and ½ tsp dried oregano	1 hardboiled egg	4 oz broiled tilapia with a squeeze of lemon and hot sauce, as desired 1 baked medium sweet potato 1 cup steamed green beans

**W** TOTAL NUTRIENTS Calories: **1,556**, Fat: **53 g**, Sat. Fat: **10 g**, Carbs: **192 g**, Fiber: **33 g**, Sugars: **61 g**, Protein: **89 g**, Sodium: **1,236 mg**, Cholesterol: **103 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup cooked oatmeal mixed with ¾ cup low-fat milk, 7 broken walnut halves, ½ sliced banana and ¼ tsp cinnamon	1 mozzarella string cheese	2 Sweet & Savory Tarts (leftovers) with Pork & Sweet Potato Filling (see recipe, p. 82) 1 cup sliced strawberries	1 apple ½ oz pumpkin seeds	1 serving Cuban Halibut with Black Bean & Orange Quinoa (see recipe, p. 82; save leftovers for later this week) 1 cup mushrooms sautéed in 1 tsp olive oil

**T** TOTAL NUTRIENTS Calories: **1,605**, Fat: **50 g**, Sat. Fat: **12 g**, Carbs: **206 g**, Fiber: **37 g**, Sugars: **59 g**, Protein: **88 g**, Sodium: **1,933 mg**, Cholesterol: **128 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
3 scrambled egg whites, 2 tbsp salsa, 1 tbsp Greek yogurt and ¾ cup cooked black beans in 1 whole-wheat tortilla	1 large kiwi 10 whole almonds	<b>Turkey Burger Salad</b> <b>A</b> 4 multigrain flaxseed crackers	1½ cups roasted red pepper and tomato soup 1 mozzarella string cheese	Stir-fry 4 oz firm tofu with 2 cups shredded cabbage, 1 diced small onion, 1 cup shredded carrot, 1 tsp soy sauce, 1 tsp sesame oil and juice ½ orange 1 cup cooked brown rice

**F** TOTAL NUTRIENTS Calories: **1,784**, Fat: **39 g**, Sat. Fat: **13 g**, Carbs: **244 g**, Fiber: **46 g**, Sugars: **76 g**, Protein: **122 g**, Sodium: **2,154 mg**, Cholesterol: **152 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path Heritage Flakes cereal, ½ cup 1% cottage cheese and 1 chopped small apple. Microwave on high for 15 seconds and add ¼ tsp cinnamon.	6 oz blueberry kefir 6 carrot sticks	1 serving Cuban Halibut with Black Bean & Orange Quinoa (leftovers) 1 cup sliced jicama	1 Sweet & Savory Tart with Chicken & Apple Filling (leftovers) 1 sliced orange	1 3-oz Italian turkey sausage, cooked and sliced, with 1 cup cooked whole-wheat penne pasta, ½ cup ricotta, 1 cup sautéed spinach and ½ diced tomato

**S** TOTAL NUTRIENTS Calories: **1,633**, Fat: **48 g**, Sat. Fat: **6 g**, Carbs: **230 g**, Fiber: **29 g**, Sugars: **58 g**, Protein: **84 g**, Sodium: **1,121 mg**, Cholesterol: **82 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Morning Banana Tart</b> <b>B</b>	1 cup cubed pineapple 1 tbsp sunflower seeds	4 oz tofu marinated in 1 tsp soy sauce, 1 tsp water and 1 tsp fresh lime juice. Serve tofu and marinated over 1 cup cooked brown rice with 3 cups chopped raw spinach, ½ oz sliced almonds and 1 tsp sesame oil	1 grapefruit, cut in half and broiled, with 1 tsp honey ½ cup Bear Naked Triple Berry Crunch Fit Granola	<b>Pork Burrito:</b> 4 oz broiled pork tenderloin, sliced, 2 tbsp each salsa and Greek yogurt, ½ cup shredded iceberg lettuce, ½ diced tomato, ¼ cup chopped cilantro, 1 whole-wheat tortilla 1 cup mushrooms sautéed with 1 tsp olive oil, 3 tbsp diced onion, ¾ cup green beans

**S** TOTAL NUTRIENTS Calories: **1,614**, Fat: **51 g**, Sat. Fat: **14 g**, Carbs: **185 g**, Fiber: **34 g**, Sugars: **62 g**, Protein: **114 g**, Sodium: **1,903 mg**, Cholesterol: **184 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
8 oz blueberry kefir 4 multigrain flaxseed crackers	1 cup roasted red pepper and tomato soup mixed with ½ cup cooked black beans and 2 tbsp chopped cilantro	4 oz broiled chicken breast topped with 1 tsp Dijon mustard and 2 slices avocado on 1 whole-wheat bun <b>Spicy Coleslaw</b> <b>C</b>	Mix 2 tbsp peanut butter and ¼ cup ricotta and spread on ½ banana	1½ cups Black Bean & Orange Quinoa (leftovers; without Cuban Halibut), tossed with 1 3-oz Italian turkey sausage, cooked and sliced