



### Menu PLAN

# week 1

[A] Skim or unsweetened soy, almond or rice milk. It's your choice.

**M** TOTAL NUTRIENTS Calories: **1,569**, Fat: **50 g**, Sat. Fat: **8 g**, Carbs: **157 g**, Fiber: **27 g**, Sugars: **62 g**, Protein: **129 g**, Sodium: **1,440 mg**, Cholesterol: **159 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat cottage cheese with ½ cup cubed mango, ½ cup sliced strawberries	20 unsalted almonds	<b>Turkey Sandwich:</b> 1 toasted whole-wheat English muffin with 3 fresh deli turkey slices or vegetarian turkey slices, 2 medium slices tomato, 1 tsp hummus; 15 baby carrots	5 oz nonfat Greek yogurt with 5 strawberries, 5 walnuts	5 oz broiled salmon (cook 9 oz salmon and save some for tomorrow) 1½ cups steamed green beans 1 cup wild rice (cook 1½ cups and save some for tomorrow)

**T** TOTAL NUTRIENTS Calories: **1,619**, Fat: **52 g**, Sat. Fat: **10 g**, Carbs: **213 g**, Fiber: **26 g**, Sugars: **62 g**, Protein: **94 g**, Sodium: **1,487 mg**, Cholesterol: **128 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ¾ cup low-fat milk [A], 1 cubed apple, 5 broken-up walnut halves	6 oz plain, low-fat yogurt or soy yogurt with 10 grapes	4 oz broiled salmon and ½ cup wild rice (leftovers) <b>Spinach Salad:</b> 1½ cups spinach with 2 tsp extra-virgin olive oil, 2 tbsp red wine vinegar	1 oz whole-grain crackers with 1 tbsp unsalted almond butter	<b>Chicken &amp; Broccoli Pasta:</b> 2 oz whole-wheat penne with 2 oz cubed baked chicken or firm tofu, 1 cup steamed broccoli florets, 1 oz part-skim mozzarella, ½ cup low-fat tomato sauce

**W** TOTAL NUTRIENTS Calories: **1,486**, Fat: **32 g**, Sat. Fat: **8 g**, Carbs: **191 g**, Fiber: **36 g**, Sugars: **72 g**, Protein: **109 g**, Sodium: **2,310 mg**, Cholesterol: **24 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup shredded wheat with ¾ cup low-fat milk [A], 1 medium banana	½ cup low-fat cottage cheese	<b>Egg Salad Wrap:</b> 1 serving Avocado Egg Salad (see recipe, p. 68; save some for tomorrow) with 2 slices tomato, 1 lettuce leaf, 1 whole-wheat flax tortilla; 20 grapes	1 cup jicama slices with 4 tbsp hummus	<b>Roasted Red Pepper &amp; Mushroom Omelet:</b> 6 egg whites with 1 tbsp diced onions, 2 sliced mushrooms, ¼ cup chopped roasted red peppers, 1 oz reduced-fat cheese; 2 slices spelt toast

**T** TOTAL NUTRIENTS Calories: **1,619**, Fat: **52 g**, Sat. Fat: **10 g**, Carbs: **213 g**, Fiber: **26 g**, Sugars: **62 g**, Protein: **104 g**, Sodium: **1,487 mg**, Cholesterol: **128 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat English muffin with 1½ tbsp unsalted almond butter, 1 tsp agave nectar	1 apple; 1 low-fat string cheese	<b>Mixed Salad:</b> 1 serving Avocado Egg Salad (leftovers), 3 cups romaine lettuce, 10 grape tomatoes, 1 tsp extra-virgin olive oil, 2 tbsp balsamic vinegar; 1 medium orange	1 cup low-sodium lentil soup with 1 Ryvita Crispbread	<b>Artichoke &amp; Pepper Tortilla:</b> 1 whole-wheat flax tortilla, ½ cup artichokes, ½ cup roasted red peppers, ¼ cup reduced-fat cheese  10 green beans, ¼ cup chickpeas, 1 tsp slivered almonds

**F** TOTAL NUTRIENTS Calories: **1,528**, Fat: **46 g**, Sat. Fat: **9 g**, Carbs: **230 g**, Fiber: **47 g**, Sugars: **93 g**, Protein: **97 g**, Sodium: **2,469 mg**, Cholesterol: **64 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ¾ cup low-fat milk [A], ½ cup each raspberries and blackberries	1 cup low-fat milk [A]; 10 almonds	<b>Veggie Sandwich:</b> 2 slices spelt toast, 1 oz reduced-fat cheese, ½ avocado (sliced or mashed), ½ tomato (sliced); 1 cup cantaloupe	5 oz nonfat Greek yogurt with 10 dried apricots	<b>Protein Salad:</b> 2 cups spinach with 3 oz lean fresh deli ham, 2 hard-boiled egg whites, ½ cup chickpeas, 5 grape tomatoes, 8 cucumber slices, 1 tbsp pumpkin seeds; 1 whole-wheat pita

**S** TOTAL NUTRIENTS Calories: **1,709**, Fat: **48 g**, Sat. Fat: **13 g**, Carbs: **194 g**, Fiber: **29 g**, Sugars: **64 g**, Protein: **141 g**, Sodium: **2,513 mg**, Cholesterol: **204 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Greek Breakfast Sandwich:</b> 1 toasted whole-wheat English muffin with 4 scrambled egg whites, 2 tbsp reduced-fat feta cheese, 1 slice tomato; 1 cup cantaloupe	1 Kashi TLC granola bar; 1 cup low-fat milk [A]	<b>Chicken Pita:</b> 3 oz diced cooked chicken breast, 1 slice reduced-fat cheese, 1 cup coleslaw (shredded green cabbage and carrots) in 1 whole-wheat pita; 1 cup strawberries	1 serving No-Guilt Double Chocolate Mint Shake (see recipe, p. 72)	<b>Japanese Dinner:</b> 1 cup miso soup, ½ cup edamame, Goma-Ae (1 cup spinach or watercress with sesame sauce) or green salad, 4 pieces salmon sushi, 6 pieces assorted sashimi

**S** TOTAL NUTRIENTS Calories: **1,831**, Fat: **58 g**, Sat. Fat: **12 g**, Carbs: **213 g**, Fiber: **44 g**, Sugars: **75 g**, Protein: **131 g**, Sodium: **2,214 mg**, Cholesterol: **167 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Protein Shake:</b> 8 oz low-fat milk [A], 1 scoop protein powder, 1 small banana, 5 frozen strawberries	2 natural rice cakes with 1 tbsp natural, unsalted peanut butter; ½ banana	<b>Tuna Salad:</b> 4 oz canned tuna, 3 cups salad greens, ½ cup chickpeas, 5 chopped baby carrots, 10 grape tomatoes; 1 cup blackberries	1 cup cooked edamame	5 oz baked cod with 1 tbsp orange juice; 1 cup sautéed spinach; 1 baked Yukon Gold potato with 2 tbsp nonfat Greek yogurt; 1 cup cantaloupe



### Menu PLAN

# week 2

**M** TOTAL NUTRIENTS Calories: **1,548**, Fat: **34 g**, Sat. Fat: **8 g**, Carbs: **227 g**, Fiber: **49 g**, Sugars: **71 g**, Protein: **98 g**, Sodium: **1,395 mg**, Cholesterol: **89 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ¾ cup low-fat milk [A], 2 tbsp pumpkin seeds, 1 chopped pear	1 cup plain, low-fat yogurt with 1 cup raspberries	1 veggie burger patty with 1 oz reduced-fat cheese, 1 slice onion, 1 slice tomato, 1 lettuce leaf, 2 slices multigrain bread; 15 grapes	2 Ryvita Crispbreads with 2 tbsp mashed avocado, 1 sliced plum tomato	4 oz boneless, skinless baked chicken breast with 5 sliced dried apricots; 2 cups steamed green beans; 1 cup wild rice (cook 3 cups and save some for later this week)

**T** TOTAL NUTRIENTS Calories: **1,577**, Fat: **63 g**, Sat. Fat: **13 g**, Carbs: **177 g**, Fiber: **47 g**, Sugars: **46 g**, Protein: **102 g**, Sodium: **2,214 mg**, Cholesterol: **152 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup nonfat Greek yogurt with ½ cup Fiber One Cereal, 1 cup raspberries, 5 walnuts	1 hard-boiled egg; 1 oz whole-grain crackers	4 oz cooked turkey burger or veggie burger, 1 oz reduced-fat cheese, 1 thin slice avocado, 1 slice onion, 1 lettuce leaf, 1 slice tomato, 1 medium whole-wheat roll	20 unsalted peanuts	4 oz grilled pork chop, fat trimmed; 1 serving Italian Artichoke & Leek Salad (see recipe, p. 72; save some for tomorrow); 1 medium sweet potato

**W** TOTAL NUTRIENTS Calories: **1,587**, Fat: **45 g**, Sat. Fat: **8 g**, Carbs: **213 g**, Fiber: **41 g**, Sugars: **57 g**, Protein: **85 g**, Sodium: **1,610 mg**, Cholesterol: **92 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature's Path Heritage Flakes with 15 grapes, ¾ cup low-fat milk [A]	15 almonds; 1 large sliced kiwi	<b>Chicken Salad:</b> 2 servings Italian Artichoke & Leek Salad (leftovers) with 4 oz chopped cooked chicken breast; 1 slice multigrain bread	2 wedges Laughing Cow Light cheese; 15 grapes	1 serving Chicken & Vegetable Stew (see recipe, p. 71; save some for tomorrow) with 1½ cups pearly barley (cook 3½ cups and save some for later this week)

**T** TOTAL NUTRIENTS Calories: **1,669**, Fat: **48 g**, Sat. Fat: **9 g**, Carbs: **244 g**, Fiber: **43 g**, Sugars: **66 g**, Protein: **131 g**, Sodium: **2,105 mg**, Cholesterol: **43 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 Kashi GoLean waffles with 2 tbsp natural, unsalted peanut butter; 1 cup low-fat milk [A]	½ cup low-fat cottage cheese with 1 cup sliced strawberries	1 serving Chicken & Vegetable Stew (leftovers) with 1 cup wild rice (leftovers) 10 baby carrots	1 Kashi TLC granola bar; 10 grapes	<b>Tofu Barley:</b> 5 oz cubed firm tofu, 2 tsp olive oil, 1 cup steamed broccoli, 1 cup steamed pearly barley (leftovers), 1 tbsp low-sodium soy sauce; ¾ cup cubed pineapple

[A] Skim or unsweetened soy, almond or rice milk. It's your choice.

**F** TOTAL NUTRIENTS Calories: **1,731**, Fat: **51 g**, Sat. Fat: **12 g**, Carbs: **191 g**, Fiber: **26 g**, Sugars: **63 g**, Protein: **136 g**, Sodium: **2,115 mg**, Cholesterol: **187 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat cottage cheese with 1 cup cubed pineapple; 1 Ryvita Crispbread	1 medium banana with 1½ tbsp natural, unsalted peanut butter	<b>Fruit-Infused Chicken Salad:</b> 3 cups spinach, 3 oz boneless, skinless grilled chicken breast, 1 wedge Laughing Cow Light cheese, ½ cup sliced strawberries, 8 walnut halves, 2 tbsp vinaigrette [B]	1 oz whole-grain crackers; 1 low-fat string cheese	5 oz broiled salmon 2 cups coleslaw (shredded green cabbage and carrots) with 10 unsalted peanuts 1 cup pearly barley (leftovers)

### [B] Spicy Apple Vinaigrette

#### INGREDIENTS:

- ½ cup walnut oil
- ¼ cup apple cider vinegar
- 1 Gala apple, peeled, cored and diced
- Pinch paprika
- Pinch cinnamon
- Sea salt and ground black pepper, to taste

#### INSTRUCTIONS:

Add all ingredients to a blender and puree until smooth.

**S** TOTAL NUTRIENTS Calories: **1,566**, Fat: **32 g**, Sat. Fat: **4 g**, Carbs: **245 g**, Fiber: **54 g**, Sugars: **101 g**, Protein: **94 g**, Sodium: **1,998 mg**, Cholesterol: **77 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 natural rice cakes with 2 tbsp natural, unsalted peanut butter, 2 tsp agave nectar; 12 oz low-fat milk [A]	1 cup strawberries	1 cup Amy's organic chili; 2 cups romaine lettuce with ½ cubed avocado, 1 sliced orange; 1 whole-wheat flax tortilla	12 oz low-fat peach kefir	<b>BBQ Chicken Sandwich:</b> 4 oz boneless, skinless grilled chicken breast with 3 tbsp low-sugar BBQ sauce, 1 medium whole-wheat roll; 1 cup steamed green beans

**S** TOTAL NUTRIENTS Calories: **1,621**, Fat: **55 g**, Sat. Fat: **10 g**, Carbs: **182 g**, Fiber: **33 g**, Sugars: **48 g**, Protein: **117 g**, Sodium: **2,271 mg**, Cholesterol: **116 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
4 scrambled egg whites; 2 slices multi-grain toast; 2 veggie sausage links	1 grapefruit	<b>Tuna Sandwich:</b> 4 oz canned tuna with 1 tbsp hummus, lettuce leaf, 1 slice tomato, 1 slice onion, 2 slices multigrain bread; 15 grapes	¾ cup Kashi GoLean cereal with ½ cup low-fat milk [A]	4 oz boneless, skinless grilled chicken breast with ¾ cup sautéed mushrooms and 1 cup wild rice (leftovers); 1 serving Italian Artichoke & Leek Salad (see recipe, p. 72)