



Menu PLAN

week 1

M TOTAL NUTRIENTS Calories: 1,588, Fat: 32 g, Sat. Fat: 8 g, Carbs: 226 g, Fiber: 37 g, Sugars: 69 g, Protein: 115 g, Sodium: 2,267 mg, Cholesterol: 97 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Greek-style yogurt with ½ cup blueberries and ½ tsp honey; 1 Kashi granola bar	¼ cup hummus on 4 multigrain flaxseed crackers	2 slices Ezekiel bread with 4 oz deli-fresh low-sodium turkey and ½ cup Clean Coleslaw A (save leftovers for later this week); 1 peach	1 cup watermelon with ¼ cup low-fat feta	1 cup Ginger Pea Soup (see recipe, p. 78; save leftovers for later this week); 1 cup cooked wild rice blend with ½ cup mushrooms and ½ red onion, sautéed; 3 oz broiled tilapia; 3 cups air-popped popcorn

T TOTAL NUTRIENTS Calories: 1,524, Fat: 43 g, Sat. Fat: 10 g, Carbs: 183 g, Fiber: 42 g, Sugars: 45 g, Protein: 122 g, Sodium: 1,746 mg, Cholesterol: 369 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 egg whites and 1 whole egg, scrambled, 1 cup sautéed spinach and 1 oz mozzarella in 1 whole-wheat English muffin	10 almonds	Tomato-Tuna Salad: 1 diced tomato, 1 cup shredded arugula, 1 tbsp chopped red onion, 1 tsp chopped basil, ½ cup cooked chickpeas, 3 oz tuna, 1 tsp EVOO , 1 tsp balsamic vinegar; ½ cup sliced strawberries; 3 Wasa crackers	1 cup Kashi cereal with ½ cup low-fat milk 10 red or green grapes	4 oz broiled chicken breast 1 cup Peach & Walnut Barley Salad (see recipe, p. 82; save leftovers for later this week) 3 steamed broccoli spears

W TOTAL NUTRIENTS Calories: 1,685, Fat: 54 g, Sat. Fat: 14 g, Carbs: 213 g, Fiber: 47 g, Sugars: 65 g, Protein: 110 g, Sodium: 1,533 mg, Cholesterol: 88 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Peach Coconut Smoothie: Blend 1 cup sliced peaches, 1 oz vanilla protein powder, ½ cup light coconut milk, ½ cup low-fat milk and 4 ice cubes (freeze leftovers as pops); 1 Kashi granola bar	1 slice Ezekiel toast with 2 tbsp peanut butter and 1 banana	1 cup Ginger Pea Soup (leftovers) 1 cup Peach & Walnut Barley Salad (leftovers) mixed with 1 cup cooked chickpeas and 1 cup shredded arugula	Purée ¼ cup Greek-style yogurt, ¼ cup 1% cottage cheese, ½ cup strawberries, ½ tsp honey, ⅛ tsp cinnamon	4 oz broiled lean pork chop 3 cups spinach sautéed with 1 chopped clove garlic, 1 tbsp diced red bell pepper and 1 tsp olive oil 1 russet potato

T TOTAL NUTRIENTS Calories: 1,699, Fat: 49 g, Sat. Fat: 17 g, Carbs: 233 g, Fiber: 37 g, Sugars: 73 g, Protein: 97 g, Sodium: 2,233 mg, Cholesterol: 121 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Purée ¼ cup 1% cottage cheese with ½ cup part-skim ricotta, 2 tsp honey, ½ tsp vanilla extract, then mix in ¾ cup frozen blueberries	Make-Ahead Watermelon Freeze B 1 slice Ezekiel toast with 1 oz soft goat cheese	1 black bean veggie burger, 1 whole-wheat tortilla, 2 slices tomato, 1 slice avocado; ½ sliced cucumber, ¼ cup Greek-style yogurt, 1 crushed clove garlic, 1 tsp fresh lemon juice, 1 tsp chopped fresh dill	8 carrot sticks, ¼ cup hummus and 4 multi-grain flaxseed crackers	4 oz broiled cod; 1 cup Clean Coleslaw (leftovers); 1 cup sliced summer squash or zucchini, steamed; 1 white potato, sliced and baked

F TOTAL NUTRIENTS Calories: 1,612, Fat: 50 g, Sat. Fat: 12 g, Carbs: 218 g, Fiber: 38 g, Sugars: 59 g, Protein: 105 g, Sodium: 1,078 mg, Cholesterol: 329 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi cereal with ½ cup low-fat milk and ½ banana; 1 hardboiled egg	½ sliced cucumber; ½ red bell pepper; 5 almonds	Asian Tofu Stir-Fry C	1 Peach Coconut Smoothie Freeze Pop (leftovers); 3 cups air-popped popcorn	4 oz diced broiled chicken breast mixed with 1 cup wild rice blend, ½ cup sliced red or green grapes and 2 tbsp chopped walnuts; 4 steamed broccoli spears

S TOTAL NUTRIENTS Calories: 1,592, Fat: 58 g, Sat. Fat: 17 g, Carbs: 173 g, Fiber: 31 g, Sugars: 89 g, Protein: 114 g, Sodium: 1,421 mg, Cholesterol: 181 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Peanut Butter Breakfast Wrap: 2 tbsp peanut butter, 1 tsp honey, ¼ tsp cinnamon, ½ sliced banana, 1 whole-wheat tortilla	1 cup sliced strawberries 1 Kashi granola bar	Zucchini Italiano: Brown 4 oz lean ground beef with 1 chopped tomato, 1 minced clove garlic and 1 tsp dried oregano. Spoon mixture over ½ medium zucchini, roasted, and sprinkle 1 oz mozzarella; 2 wedges watermelon	1 cup Ginger Pea Soup (leftovers)	Steak Salad: 4 oz sliced broiled flank steak, 3 cups arugula, ¼ cup sliced cucumber, ½ cup each sliced tomato and sliced mushrooms, 1 chopped hardboiled egg white, 2 tbsp chopped red onion, 1 tsp EVOO , 1 tsp balsamic vinegar and ½ oz soft goat cheese

S TOTAL NUTRIENTS Calories: 1,632, Fat: 49 g, Sat. Fat: 17 g, Carbs: 225 g, Fiber: 33 g, Sugars: 52 g, Protein: 97 g, Sodium: 1,413 mg, Cholesterol: 338 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked oatmeal mixed with ½ cup low-fat milk and 1 baked sweet potato, mashed	1 cup blueberries with ½ cup part-skim ricotta	2 egg whites and 1 whole egg, scrambled, 1 tsp each finely chopped green onion, parsley, spinach and arugula on 1 toasted whole-wheat English muffin with 1 wedge Laughing Cow cheese	10 red or green grapes ¼ cup cashews	4 oz lean ground beef (browned with 2 tbsp chopped red onion, 1 chopped tomato and 1 crushed clove garlic) with 2 cups whole-wheat penne pasta, 2 tsp Parmesan and 4 steamed broccoli spears, chopped

EVOO = extra-virgin olive oil

A **Clean Coleslaw:** 1 cup each shredded carrot and cabbage tossed with ¼ cup each Greek-style yogurt and low-fat sour cream, 1 tsp apple cider vinegar, 1 tsp finely chopped dill, ½ tsp Sucanat and pinch sea salt.

B **Make-Ahead Watermelon Freeze:** Purée 2 cups watermelon chunks with ½ tsp fresh lime juice. Freeze in a small cup with stick to make freeze pop.

C **Asian Tofu Stir-Fry:** ¾ cup sliced carrots, 1½ cups shredded cabbage, 4 oz light tofu, 2 tbsp sliced green onion, ½ tsp each chopped garlic and ginger in 1 tsp sesame seed oil. Toss with 2 tsp low-sodium soy sauce, 5 shredded Thai basil leaves and ½ tsp crushed red pepper flakes. Serve over 1½ cups cooked soba noodles.



Menu PLAN

week 2

EVOO = extra-virgin olive oil

A
Roasted Pepper Salad: Roast 1 yellow and 1 red bell pepper and ½ red onion on sheet pan in 450°F oven for 20 minutes, until brown. Seed, peel off skin and slice. Toss with 2 tsp **EVOO**, 1 tsp red wine vinegar, 1 tsp dried oregano and 5 sliced Kalamata olives.

B
Mango Carrot Smoothie: Blend 1 cup diced mango, ¼ cup unsweetened all-natural carrot juice, 1 oz vanilla protein powder, ¼ cup water and 5 ice cubes (freeze leftovers as pops).

C
Pesto Pizza: Purée 1 cup basil leaves, 1 cup spinach leaves, 2 tbsp Parmesan, 2 tsp water, 2 cloves garlic and dash of sea salt until smooth. Spread onto 2 6-inch pizza dough circles and top each with ½ oz shredded mozzarella, 1 tbsp chopped red onion and 2 thin slices tomato. Bake at 425°F for 12 to 15 minutes.

M TOTAL NUTRIENTS Calories: 1,577, Fat: 54 g, Sat. Fat: 11 g, Carbs: 186 g, Fiber: 36 g, Sugars: 59 g, Protein: 103 g, Sodium: 1,761 mg, Cholesterol: 376 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 egg whites and 1 whole egg, scrambled, 2 tsp Parmesan, 1 whole-wheat pita and 2 slices tomato	1 cup blackberries 10 pecan halves	4 oz broiled salmon with 2 tbsp mango chutney and 2 slices avocado; 1 whole-wheat roll; 10 carrot sticks	1 string cheese; 3 cups air-popped popcorn with dash of chile powder	Pork Steaks with Roasted Summer Squash Salsa (see recipe, p. 81; save leftovers for later this week); ¾ cup cooked quinoa; 1 cup cubed cantaloupe with 1 tbsp sunflower seeds

T TOTAL NUTRIENTS Calories: 1,705, Fat: 51 g, Sat. Fat: 11 g, Carbs: 211 g, Fiber: 46 g, Sugars: 69 g, Protein: 125 g, Sodium: 1,320 mg, Cholesterol: 166 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Greek-style yogurt mixed with ½ tsp vanilla extract, 1 cup Kashi cereal and ¾ cup blueberries	1 cup sliced jicama, ½ cup orange sections, ½ cup cubed papaya, 2 tsp 100% orange juice, ¼ tsp lime	4 oz deli-fresh low-sodium roast beef, 3 cups chopped Romaine lettuce, 1 cup chopped arugula, ½ cup each cooked corn and cooked beets, 2 tsp EVOO and 1 tsp red wine vinegar; 2 Wasa crackers	1 cup raw snow peas dipped in 1 tbsp almond butter	4 oz broiled chicken breast with 1 cup Roasted Pepper Salad A (save leftovers for later this week) Turnip Mashed Potatoes: 1 boiled potato and 1 boiled turnip, mashed with 2 tsp EVOO and 1 crushed clove garlic

W TOTAL NUTRIENTS Calories: 1,622, Fat: 48 g, Sat. Fat: 8 g, Carbs: 238 g, Fiber: 47 g, Sugars: 58 g, Protein: 83 g, Sodium: 1,446 mg, Cholesterol: 172 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked quinoa mixed with 2 tsp pure maple syrup, 1 tbsp chopped walnuts and 1 cup raspberries	10 red or green grapes; 5 cucumber sticks; 10 almonds	1 broiled all-natural turkey burger (about 3½ oz) in whole-wheat pita with 1 cup Roasted Summer Squash Salsa (leftovers) and 2 lettuce leaves	1 cup butternut squash soup; 1 wedge Laughing Cow cheese	1 serving Trout with Green Bean Succotash (see recipe, p. 82; save leftovers for later this week) ¾ cup wild rice blend 1½ cups mixed berries

T TOTAL NUTRIENTS Calories: 1,676, Fat: 57 g, Sat. Fat: 15 g, Carbs: 213 g, Fiber: 50 g, Sugars: 66 g, Protein: 97 g, Sodium: 1,572 mg, Cholesterol: 135 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Purée ½ cup part-skim ricotta with ¼ cup 1% cottage cheese and mix with ½ cup cubed cantaloupe and 2 tsp sunflower seeds	1 cup Mango Carrot Smoothie B	1 cup cooked white beans, 4 oz cooked pork steak, cubed (leftovers), 1 tbsp each chopped celery and red onion, 1 tsp dried oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers	1 nectarine	Pesto Pizza C (enjoy 1 pizza and save 1 pizza for later this week) Orange-Avocado Salad: 3 cups Romaine lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tsp 100% orange juice, ½ tsp EVOO and 1 tsp fresh lime juice

F TOTAL NUTRIENTS Calories: 1,654 Fat: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 g, Sugars: 82 g, Protein: 111 g, Sodium: 2,262 mg, Cholesterol: 239 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi cereal, ½ tsp cinnamon, 1 cup low-fat milk and 1 cup raspberries	2 plums 3 Wasa crackers	1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO , 1 tsp balsamic vinegar; 1 cup butternut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon	1 cup Green Bean Succotash (leftovers) 1 tsp chopped cashews 3 oz tuna	3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic

S TOTAL NUTRIENTS Calories: 1,678, Fat: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 41 g, Sugars: 81 g, Protein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 hardboiled egg 1 whole-wheat roll spread with 1 tbsp hummus 1 small banana	1 Mango Carrot Freeze Pop (leftovers)	Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO	10 red or green grapes 1 wedge Laughing Cow cheese	Southwest Flank Steak: Sauté 4 oz sliced flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fat sour cream, ¼ cup diced avocado, ¼ cup chopped tomato

S TOTAL NUTRIENTS Calories: 1,630, Fat: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46 g, Sugars: 62 g, Protein: 107 g, Sodium: 2,286 mg, Cholesterol: 126 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 slices polenta sautéed in 1 tsp olive oil and topped with 1 cup blackberries, 2 tsp honey and ½ tsp grated ginger; 1 scrambled egg white	1 cup cubed papaya 1 cup Greek-style yogurt	1 Pesto Pizza (leftovers) 1 cup sliced jicama with 1 tsp fresh lime juice, ¼ tsp chile powder, 2 tsp chopped cilantro and 1 tbsp sunflower seeds	½ sliced cucumber, 1 tsp rice vinegar, ¼ tsp Sucanat, ½ tsp crushed red pepper flakes, 2 tsp chopped green onion	4 oz broiled chicken breast Tomato Bread Salad: 1 chopped tomato, ½ cup torn basil, 1 cup cubed whole-wheat bread, ½ cup cooked white beans, 1 oz cubed mozzarella, 1 tsp EVOO and 1 tsp balsamic vinegar 1 nectarine