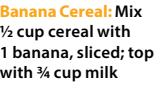

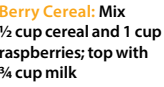

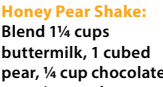
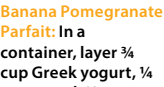
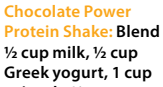







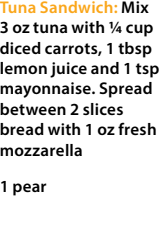


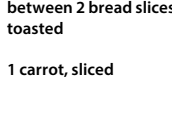

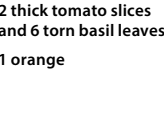
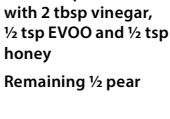

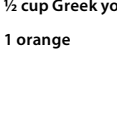


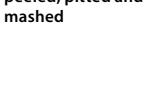



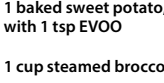
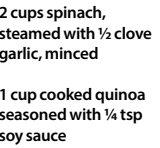

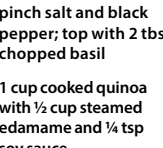
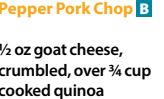
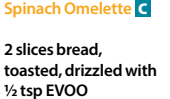


MEAL PLAN: WEEK 1

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN: WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Banana Cereal: Mix ½ cup cereal with 1 banana, sliced; top with ¾ cup milk</p> 	<p>1 serving Pomegranate, Walnut & Apple Muffins (see recipe, p. 76; save leftovers)</p> <p>1 oz fresh mozzarella</p> 	<p>Berry Cereal: Mix ½ cup cereal and 1 cup raspberries; top with ¾ cup milk</p> 	<p>Honey Nut Toast: Top 2 slices bread, toasted, with 2 tsp nut butter and drizzle with 1 tsp honey</p> 	<p>Honey Pear Shake: Blend 1¼ cups buttermilk, 1 cubed pear, ¼ cup chocolate protein powder, ½ tsp honey and ¼ tsp allspice with ice</p> 	<p>Banana Pomegranate Parfait: In a container, layer ¾ cup Greek yogurt, ¼ cup cereal, ¼ cup pomegranate seeds and 1 banana, sliced</p> 	<p>Chocolate Power Protein Shake: Blend ½ cup milk, ½ cup Greek yogurt, 1 cup spinach, ¼ cup chocolate protein powder, 1 banana, ½ tsp honey and ice</p> 
SNACK	<p>1 oz walnuts</p> 	<p>1 pear</p> <p>1 oz walnuts</p> 	<p>1 serving Pomegranate, Walnut & Apple Muffins (leftovers, p. 76)</p> 	<p>1 apple</p> 	<p>1 orange</p> 	<p>1 serving Pomegranate, Walnut & Apple Muffins (leftovers, p. 76)</p> 	<p>1 apple, sliced, with 2 tsp nut butter</p> 
LUNCH	<p>Tuna Sandwich: Mix 3 oz tuna with ¼ cup diced carrots, 1 tsp lemon juice and 1 tsp mayonnaise. Spread between 2 slices bread with 1 oz fresh mozzarella</p> <p>1 pear</p> 	<p>1 serving Autumn Apple & Pork Stew (leftovers, p. 76)</p> <p>1 carrot, sliced</p> 	<p>California Chicken Salad A</p> <p>1 apple</p> 	<p>Italian Egg & Mozzarella Sandwich: 1 oz fresh mozzarella, 1 sliced hard-boiled egg, 2 tomato slices, 5 basil leaves and ¼ tsp EVOO between 2 bread slices, toasted</p> <p>1 carrot, sliced</p> 	<p>1 serving Kale Salad with Blueberry Ginger Dressing (see recipe, p. 62)</p> 	<p>Avocado Mozzarella Toast: Top 2 slices bread, toasted, with ½ avocado, peeled, pitted and mashed, 1 oz fresh mozzarella, 2 thick tomato slices and 6 torn basil leaves</p> <p>1 orange</p> 	<p>Pear Spinach Salad: Toss 3 cups spinach, 1 oz goat cheese, crumbled, 1 chopped pear and ¼ cup carrots and 1 tsp walnuts with 2 tsp vinegar, ½ tsp EVOO and ½ tsp honey</p> <p>Remaining ½ pear</p> 
SNACK	<p>1 carrot, sliced, with 2 tsp hummus</p> 	<p>½ cup Greek yogurt</p> <p>1 orange</p> 	<p>1 oz tortilla chips with 2 tsp hummus</p> 	<p>1 serving Pomegranate, Walnut & Apple Muffins (leftovers, p. 76)</p> 	<p>1 oz tortilla chips with ¼ avocado, peeled, pitted and mashed</p> 	<p>1 cup broccoli florets with 2 tsp hummus</p> 	<p>1 oz tortilla chips with 2 tsp hummus</p> 
DINNER	<p>1 serving Autumn Apple & Pork Stew (see recipe, p. 76; save leftovers)</p> 	<p>Lemon Chicken: Top 10 oz chicken with pinch each dried thyme, salt, black pepper and 2 tsp lemon juice; sauté (eat half; save leftovers)</p> <p>1 baked sweet potato, with 1 tsp EVOO</p> <p>1 cup steamed broccoli</p> 	<p>Easy Salmon: Season 4 oz salmon fillet with pinch salt and black pepper; grill or sauté.</p> <p>2 cups spinach, steamed with ½ clove garlic, minced</p> <p>1 cup cooked quinoa seasoned with ¼ tsp soy sauce</p> 	<p>1 serving Miso Orange Glazed Chicken with Carrots & Leeks (see recipe, p. 57)</p> 	<p>Italian Chicken: Bake 4 oz chicken with 1 tsp lemon juice, 1 clove minced garlic, ¼ cup diced tomatoes and pinch salt and black pepper; top with 2 tsp chopped basil</p> <p>1 cup cooked quinoa with ½ cup steamed edamame and ¼ tsp soy sauce</p> 	<p>Pepper Pork Chop B</p> <p>½ oz goat cheese, crumbled, over ¾ cup cooked quinoa</p> <p>Toss 2 cups spinach, ¼ cup each chopped broccoli and carrots, ½ oz goat cheese with 2 tsp vinegar, ½ tsp EVOO and ½ tsp honey</p> 	<p>Spinach Omelette C</p> <p>2 slices bread, toasted, drizzled with ½ tsp EVOO</p> 
TOTAL NUTRIENTS	<p>CALORIES: 1,612, FAT: 51 g, SAT. FAT: 12 g, CARBS: 206 g, FIBER: 42 g, SUGARS: 56 g, PROTEIN: 96 g, SODIUM: 1,106 mg, CHOLESTEROL: 155 mg</p>	<p>CALORIES: 1,527, FAT: 57.5 g, SAT. FAT: 15 g, CARBS: 166.5 g, FIBER: 35 g, SUGARS: 60 g, PROTEIN: 95.5 g, SODIUM: 1,297 mg, CHOLESTEROL: 254 mg</p>	<p>CALORIES: 1,731, FAT: 71.5 g, SAT. FAT: 17 g, CARBS: 190.5 g, FIBER: 37 g, SUGARS: 46 g, PROTEIN: 82.5 g, SODIUM: 1,275 mg, CHOLESTEROL: 188 mg</p>	<p>CALORIES: 1,799, FAT: 79 g, SAT. FAT: 19 g, CARBS: 182.5 g, FIBER: 35 g, SUGARS: 73.5 g, PROTEIN: 90.5 g, SODIUM: 1,597 mg, CHOLESTEROL: 393 mg</p>	<p>CALORIES: 1,438, FAT: 55 g, SAT. FAT: 13.5 g, CARBS: 159.5 g, FIBER: 34 g, SUGARS: 61 g, PROTEIN: 87 g, SODIUM: 1,009 mg, CHOLESTEROL: 139 mg</p>	<p>CALORIES: 1,661, FAT: 68.5 g, SAT. FAT: 22 g, CARBS: 199.5 g, FIBER: 37 g, SUGARS: 65 g, PROTEIN: 71.5 g, SODIUM: 1,023 mg, CHOLESTEROL: 200 mg</p>	<p>CALORIES: 1,553, FAT: 68 g, SAT. FAT: 23 g, CARBS: 168 g, FIBER: 31 g, SUGARS: 71 g, PROTEIN: 74 g, SODIUM: 1,222 mg, CHOLESTEROL: 530 mg</p>

California Chicken Salad **A**
Toss 3 cups spinach, sliced Lemon Chicken (leftovers), 1 oz goat cheese, ¼ cup each chopped broccoli, carrots, tomatoes and avocado with 2 tsp vinegar

Pepper Pork Chop **B**
In a baking dish, pour 2 tsp chicken broth over 3 oz pork chop, sprinkle with ¼ tsp black pepper; bake






























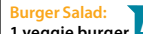





Spinach Omelette **C**
Sauté 1 cup spinach, ½ cup diced tomatoes and 1 clove garlic, minced, in ¼ tsp EVOO. Whisk in 2 eggs. Add ½ oz each mozzarella and goat cheese. Cook until set, fold, cook 1 minute more.

MEAL PLAN: WEEK 2

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN: WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Raspberry Banana Crunch Yogurt: Top ½ cup Greek yogurt with ½ cup cereal, 1 banana, sliced, ½ cup raspberries and 1 tsp honey</p> 	<p>Banana Cereal: Mix ½ cup cereal with 1 banana, sliced; top with ¾ cup milk</p> 	<p>Honey Nut Toast: Top 2 slices bread, toasted, with 2 tbsp nut butter and 1 tsp honey</p> 	<p>Warm Apple Walnut Yogurt: Mix ½ cup Greek yogurt with 1 tbsp each chopped walnuts, apple, heated and cubed, and pinch cinnamon</p> 	<p>Nut Butter and Banana Shake: Blend ¾ cup milk, 1 banana, ½ cup watercress, 2 tsp nut butter and ¼ cup chocolate protein powder</p> 	<p>Banana Cereal: Mix ½ cup cereal with 1 banana, sliced; top with ¾ cup milk</p> 	<p>Green Ginger Smoothie: Blend 1 banana, ½ cup each watercress and Greek yogurt, ¾ cup milk, 2 tsp minced ginger and ¼ cup chocolate protein powder with ice</p> 
SNACK	<p>1 serving Pomegranate, Walnut & Apple Muffins (leftovers, p. 76), thawed</p> 	<p>1 apple, sliced, with 1 oz fresh mozzarella</p> 	<p>1 cup sliced red bell pepper</p> 	<p>1 cup grapes</p> 	<p>1 serving Pomegranate, Walnut & Apple Muffins (leftovers, p. 76), thawed</p> 	<p>1 oz walnuts</p> 	<p>1 hard-boiled egg ½ oz walnuts</p> 
LUNCH	<p>Speedy Soup: Simmer ¾ cup broth, ½ cup water, 1 cup broccoli, ¾ cup edamame, ¼ cup chopped carrots, 2 tbsp chopped scallions, 1 tsp each chopped basil and chives and ¼ tsp black pepper.</p> <p>1 hard-boiled egg</p> 	<p>1 serving Roasted Eye of Round with Garlic Smashed Sweet Potatoes (leftovers, p. 77)</p> <p>1 pear</p> 	<p>Hot Roast Beef & Cheese Sammie: 3 oz Roasted Eye of Round (leftovers, p. 77), 1 oz fresh mozzarella and 1 thick tomato slice between 2 bread slices; broil 'til cheese melts. Top with ¼ cup watercress</p> <p>1 cup grapes</p> 	<p>1 serving Beet, Orange & Burrata Salad with Herb Toasts (see recipe, p. 65)</p> 	<p>Tuna Salad Sandwich: Mix 3 oz tuna, 3 tsp each chopped carrot and tomato, 2 tsp chopped chives, 1 tbsp lemon juice and 1 tsp mayonnaise; spread between 2 slices bread with ¼ cup watercress</p> <p>1 cup grapes</p> 	<p>1 can ready-made black bean soup, heated</p> <p>1 oz tortilla chips</p> <p>1 cup grapes</p> 	<p>1 serving Chicken Veggie Bowl (leftovers, p. 77)</p> <p>1 cup grapes</p> 
SNACK	<p>¾ cup raspberries ½ oz walnuts</p> 	<p>1 cup broccoli florets with 2 tbsp hummus</p> 	<p>Cinnamon Pear Yogurt: Mix 1 pear, chopped, ½ cup Greek yogurt and pinch cinnamon</p> 	<p>1 oz tortilla chips with 1 oz goat cheese</p> 	<p>1 apple with 1 oz fresh mozzarella</p> 	<p>Hummus Toast: Top 1 slice bread, toasted, with 1 tbsp hummus, 1 hard-boiled egg and 2 slices tomato</p> 	<p>1 pear, sliced, spread with 1 oz goat cheese and ½ tsp honey</p> 
DINNER	<p>1 serving Roasted Eye of Round with Garlic Smashed Sweet Potatoes (see recipe, p. 77; save leftovers)</p> 	<p>Burger Salad A</p> 	<p>1 serving Autumn Apple & Pork Stew (leftovers from Week 1, p. 76), thawed and reheated</p> 	<p>4 oz salmon fillet topped with ½ clove garlic, minced, and pinch dried thyme; baked</p> <p>¾ cup cooked barley</p> <p>1 cup halved Brussels sprouts sautéed in ½ tsp EVOO and ½ clove garlic, minced, and pinch each salt and black pepper</p> 	<p>Roast Beef Salad B</p> <p>1 oz tortilla chips with 2 tbsp hummus</p> 	<p>1 serving Chicken Veggie Bowl (see recipe, p. 77; save leftovers)</p> 	<p>1 serving Asian-Style Pork Tenderloin with Maple Lime Acorn Squash Rings (see recipe, p. 65)</p> 
TOTAL NUTRIENTS	<p>CALORIES: 1,421, FAT: 50.5 g, SAT. FAT: 14 g, CARBS: 161.5 g, FIBER: 36.5 g, SUGARS: 55 g, PROTEIN: 92.5 g, SODIUM: 1,473 mg, CHOLESTEROL: 394 mg</p>	<p>CALORIES: 1,577, FAT: 47 g, SAT. FAT: 15 g, CARBS: 213 g, FIBER: 41.5 g, SUGARS: 80 g, PROTEIN: 87 g, SODIUM: 1,390 mg, CHOLESTEROL: 151 mg</p>	<p>CALORIES: 1,644, FAT: 52 g, SAT. FAT: 19 g, CARBS: 195 g, FIBER: 37 g, SUGARS: 67 g, PROTEIN: 99 g, SODIUM: 1,080 mg, CHOLESTEROL: 192 mg</p>	<p>CALORIES: 1,455, FAT: 69 g, SAT. FAT: 24 g, CARBS: 162 g, FIBER: 29 g, SUGARS: 59 g, PROTEIN: 57 g, SODIUM: 1,234 mg, CHOLESTEROL: 143 mg</p>	<p>CALORIES: 1,601, FAT: 64.5 g, SAT. FAT: 19 g, CARBS: 173.5 g, FIBER: 28 g, SUGARS: 81 g, PROTEIN: 90.5 g, SODIUM: 1,109 mg, CHOLESTEROL: 170 mg</p>	<p>CALORIES: 1,748, FAT: 58.5 g, SAT. FAT: 9 g, CARBS: 238 g, FIBER: 40 g, SUGARS: 70 g, PROTEIN: 86 g, SODIUM: 1,750 mg, CHOLESTEROL: 313 mg</p>	<p>CALORIES: 1,711, FAT: 57.5 g, SAT. FAT: 19.5 g, CARBS: 197 g, FIBER: 26 g, SUGARS: 106 g, PROTEIN: 115 g, SODIUM: 1,453 mg, CHOLESTEROL: 445 mg</p>

Burger Salad: A
1 veggie burger, cooked, over 2 cups watercress tossed with ¾ cup cooked quinoa, ¼ cup each chopped carrots, grapes and bell pepper, 1 tsp chopped scallions, 2 tsp walnuts, 1 oz goat cheese with 2 tsp vinegar, 1 tsp EVOO and ½ tsp honey

Roast Beef Salad: B
Toss 3 cups watercress, 3 oz Roasted Eye of Round (leftovers, p. 77), chopped, ¼ cup each chopped red bell pepper, broccoli and carrots and ½ oz goat cheese with 2 tsp vinegar, 1 tsp EVOO and ½ tsp honey