



Menu PLAN

week 1

M TOTAL NUTRIENTS Calories: **1,516**, Fat: **62 g**, Sat. Fat: **12 g**, Carbs: **183 g**, Fiber: **37 g**, Sugars: **85 g**, Protein: **81 g**, Sodium: **1,518 mg**, Cholesterol: **60 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path cereal with 1 cup unsweetened plain soy milk ½ sliced orange	½ apple with 2 tbsp peanut butter	Turkey Salad: 4 oz chopped turkey breast, 2 cups chopped lettuce, ½ chopped apple (leftovers), 1 chopped stalk celery, 2 tbsp broken walnuts, ½ cup Greek yogurt, 1 tsp fresh lemon juice	1 Kashi granola bar ½ sliced orange (leftovers)	1 serving Mexican Poblano Stuffed Peppers (see recipe, p. TK; save some for later this week) 2 slices avocado 1 cup cubed cantaloupe

T TOTAL NUTRIENTS Calories: **1,585**, Fat: **36 g**, Sat. Fat: **13 g**, Carbs: **225 g**, Fiber: **37 g**, Sugars: **64 g**, Protein: **98 g**, Sodium: **1,521 mg**, Cholesterol: **176 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 serving Multigrain Pancakes with Raspberries & Ricotta Sauce (see recipe, p. 76; save some for later this week)	1 low-fat string cheese; ½ cup frozen unsweetened cherries, thawed	1 serving Mexican Poblano Stuffed Peppers (leftovers) 1 cup low-sodium tomato soup 2 stalks celery	6 carrot sticks 1 cup sliced cucumber	4 oz broiled lean steak; 1 cup steamed green beans; 1 large baked potato topped with 1 tbsp low-fat sour cream, 10 chopped almonds and 3 chopped dried apricots

W TOTAL NUTRIENTS Calories: **1,805**, Fat: **41 g**, Sat. Fat: **11 g**, Carbs: **274 g**, Fiber: **74 g**, Sugars: **79 g**, Protein: **122 g**, Sodium: **2,594 mg**, Cholesterol: **114 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cubed cantaloupe mixed with ¾ cup 1% cottage cheese, ⅛ tsp cinnamon and ¼ cup Kashi granola	1 Kashi granola bar 1 kiwi	2 slices rye toast, 2 oz ham, 1 oz Mexican cheese blend, 1 slice tomato, 2 lettuce leaves; 1 orange	5 Armenian whole-wheat crackers with 2 tbsp hummus	3 oz baked salmon with 1 tsp each lemon zest, lime zest and orange zest 5 stalks steamed broccoli 1 cup cooked quinoa

T TOTAL NUTRIENTS Calories: **1,769**, Fat: **59 g**, Sat. Fat: **11 g**, Carbs: **234 g**, Fiber: **41 g**, Sugars: **63 g**, Protein: **94 g**, Sodium: **734 mg**, Cholesterol: **114 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup cooked oatmeal mixed with ¼ tsp cinnamon, ½ cup diced apple and 2 tbsp broken walnuts, ½ cup low-fat milk	1 cup raspberries drizzled with 2 tbsp Ricotta Sauce (leftovers) and ¼ cup Kashi granola	Tofu Salad: 4 oz cubed tofu, ½ cup each corn, cooked edamame and cooked long-grain brown rice, ¼ cup diced poblano pepper, 1 tsp sesame seed oil, 1 tsp tamari and ½ tsp toasted sesame seeds	PB & B Pancakes A ½ cup low-fat milk	Zucchini Pasta: Sauté 3 oz cubed chicken breast, 1 sliced zucchini, 1 diced onion, 1 minced clove garlic in 1 tsp olive oil. Toss with 1 cup cooked elbow macaroni, ½ cup shredded basil and 2 tsp Parmesan.

F TOTAL NUTRIENTS Calories: **1,529**, Fat: **53 g**, Sat. Fat: **12 g**, Carbs: **181 g**, Fiber: **32 g**, Sugars: **94 g**, Protein: **99 g**, Sodium: **1,992 mg**, Cholesterol: **124 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup Nature's Path cereal mixed with 1 cup Greek yogurt, ½ sliced banana and ½ cup blueberries	3 oz turkey breast 2 cantaloupe wedges	2 cups low-sodium tomato soup 1 cup chopped apple with 1 oz walnuts	1 low-fat string cheese 8 carrot sticks	Mexican Salad: 1 cup stuffing mixture from Mexican Poblano Stuffed Peppers (leftovers) mixed with 2 tsp fresh lime juice, 1 tsp EVOO , 1 tbsp finely chopped cilantro and served on 2 cups chopped lettuce; 4 oz broiled tilapia; ½ cup diced avocado

S TOTAL NUTRIENTS Calories: **1,633**, Fat: **54 g**, Sat. Fat: **12 g**, Carbs: **185 g**, Fiber: **29 g**, Sugars: **54 g**, Protein: **114 g**, Sodium: **1,431 mg**, Cholesterol: **150 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 oz diced ham scrambled with 2 egg whites and 1 tbsp Mexican cheese blend; 1 slice rye toast; 6 oz orange juice	Cherry Vanilla Smoothie B	Chicken Macaroni Salad: Mix 4 oz diced roasted chicken breast with 1 cup cooked elbow macaroni, 1 chopped tomato, 5 sliced Kalamata olives, ¼ cup Greek yogurt, 2 tsp lemon zest and serve on 1 cup shredded lettuce	2 stalks celery with 2 tbsp peanut butter	Tofu Stir-Fry: 4 oz cubed tofu, ½ tsp chopped ginger, 1 cup lightly steamed chopped broccoli, 10 chopped almonds, 1 tsp sesame seed oil, 1 tsp tamari and 1 tsp pure maple syrup over 1 cup cooked long-grain brown rice

S TOTAL NUTRIENTS Calories: **1,602**, Fat: **44 g**, Sat. Fat: **14 g**, Carbs: **182 g**, Fiber: **36 g**, Sugars: **39 g**, Protein: **128 g**, Sodium: **1,172 mg**, Cholesterol: **374 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup low-fat ricotta cheese puréed with ¼ cup 1% cottage cheese and 1 tsp Sucanat. Top with ½ cup frozen unsweetened cherries, thawed, and ½ tsp sesame seeds	Mediterranean Crackers C	4 oz cooked tilapia topped with 1 boiled potato, chopped, 1 cup cooked green beans, chopped, ¾ cup cooked artichoke hearts, chopped, 1 tbsp chopped onion, 2 tsp red wine vinegar and 1 tsp EVOO	1 cup unsweetened plain soy milk 1 hardboiled egg	Steak Salad: Mix ½ cup each cooked red beans, frozen whole kernel corn, thawed, chopped tomatoes, chopped cucumber and sliced carrots with 4 oz cubed cooked steak, 1 tsp EVOO , 2 tsp red wine vinegar and 1 tbsp organic sweet relish and 3 cups shredded lettuce

EVOO = extra-virgin olive oil

A **PB & B Pancakes:** 2 warmed Multi-grain Pancakes (leftovers) spread with 1 tbsp peanut butter and ½ sliced banana

B **Cherry Vanilla Smoothie:** Blend 1 cup low-fat milk with ¾ cup frozen unsweetened cherries and 1 oz vanilla protein powder

C **Mediterranean Crackers:** 5 Armenian whole-wheat crackers topped with 2 tbsp hummus, ¼ cup chopped tomato, ¼ cup chopped cucumber and 1 tsp lemon zest



Menu PLAN

week 2

EVOO = extra-virgin olive oil

Late Summer Slaw: 3 cups chopped lettuce tossed with ½ cup each shredded carrot and cucumber, ¼ cup cooked red beans, 1 tsp **EVOO**, 2 tsp organic sweet relish and 1 tsp red wine vinegar

Spicy Black Bean Hummus: Purée 1 cup cooked black beans with 2 tsp fresh lime juice, ½ tsp chile powder and 1 tsp finely chopped cilantro (makes 10 tbsp; save leftovers for later this week)

Black Bean Dip: Mix ¼ cup Spicy Black Bean Hummus (leftovers) with ¼ cup diced tomato, ¼ cup diced cucumber, 5 chopped Kalamata olives, ½ cup chopped cooked chicken and 1 tsp fresh lemon juice

M TOTAL NUTRIENTS Calories: 1,779, Fat: 50 g, Sat. Fat: 14 g, Carbs: 216 g, Fiber: 34 g, Sugars: 86 g, Protein: 123 g, Sodium: 1,006 mg, Cholesterol: 379 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 serving Green Chile Hash with Eggs (see recipe, p. 79; save some for later this week) 1 orange	2 tbsp peanut butter; 1 banana; 1 cup low-fat milk	Spinach Salad: 3 cups spinach, ¼ cup chopped mango, ¼ cup sliced onion, 3 oz chopped roasted chicken, 1 tsp EVOO , 1 tsp orange juice, 2 tsp fresh lime juice	1 cup Greek yogurt with 1 tsp pure maple syrup and ½ cup blueberries	3 oz extra-lean ground turkey formed into 3 meatballs and baked at 375°F for 20 minutes. Add meatballs to ½ cup tomato sauce, 1 cup cooked spaghetti and 1 tbsp Parmesan

T TOTAL NUTRIENTS Calories: 1,558, Fat: 46 g, Sat. Fat: 9 g, Carbs: 204 g, Fiber: 37 g, Sugars: 59 g, Protein: 94 g, Sodium: 1,712 mg, Cholesterol: 82 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup Kashi granola, 1 cup sliced strawberries and 1 cup low-fat milk (drink half; pour half over granola)	1 cup cooked quinoa mixed with ½ cup frozen peas, thawed, ½ tsp lemon zest and 1 tsp chopped basil	2 cups lentil soup 7 whole-grain woven wheat crackers	½ cup 1% cottage cheese sprinkled with 1 tsp Sucanat and 1 oz unsalted pistachios	1 serving Chicken Rioja with Garlicky Spinach (see recipe, p. 80; save some for later this week) 1 cup baked or boiled butternut squash, chopped

W TOTAL NUTRIENTS Calories: 1,672, Fat: 52 g, Sat. Fat: 9 g, Carbs: 252 g, Fiber: 54 g, Sugars: 73 g, Protein: 72 g, Sodium: 1,409 mg, Cholesterol: 79 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path cereal and 1 cup mixed berries; 1 cup low-fat milk mixed with 1 oz vanilla protein powder (drink half; pour half over cereal)	2 stalks celery 8 carrot sticks	1 whole-wheat tortilla with 1 cup Green Chile Hash (leftovers without eggs), 2 oz cooked low-fat turkey sausage and ¼ cup diced avocado	1 apple with 1 tbsp peanut butter	Roast 4 slices eggplant (6 oz) brushed with 1 tsp olive oil at 450°F for 10 minutes. Sauté 3 cups spinach, 1 tbsp broken walnuts, 1 small diced tomato and 1 crushed clove garlic, and mix with 1 cup cooked spaghetti and 1 tbsp Parmesan.

T TOTAL NUTRIENTS Calories: 1,588, Fat: 52 g, Sat. Fat: 14 g, Carbs: 185 g, Fiber: 32 g, Sugars: 61 g, Protein: 109 g, Sodium: 1,381 mg, Cholesterol: 203 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Strawberry Chocolate Shake: Blend 1 cup sliced strawberries, 1 cup low-fat milk and 1 oz chocolate protein powder 1 banana	7 whole-grain woven wheat crackers 2 servings low-fat string cheese	4 oz broiled salmon topped with 2 tbsp Roasted Red Pepper Sauce (leftovers from Chicken Rioja with Garlicky Spinach); 1 cup cooked quinoa sautéed with ½ tsp olive oil, ½ cup sliced mushrooms and ¼ cup diced onion	1 cup chopped cooked butternut squash, 1 tbsp chopped walnuts, ½ tsp Sucanat and dash of cinnamon	1 cup lentil soup 4 oz broiled chicken breast topped with 2 tbsp salsa and 1 tbsp Mexican cheese blend Late Summer Slaw A

F TOTAL NUTRIENTS Calories: 1,604, Fat: 38 g, Sat. Fat: 8 g, Carbs: 214 g, Fiber: 41 g, Sugars: 79 g, Protein: 115 g, Sodium: 2,321 mg, Cholesterol: 182 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Scramble 3 egg whites with 3 cups spinach and 1 oz low-fat turkey sausage 6 oz orange juice	2 tbsp Spicy Black Bean Hummus B 5 Armenian whole-wheat crackers	Thai Ground Turkey Burgers: Broil or sauté 5 oz extra-lean ground turkey, formed into 3 patties, wrap in lettuce leaves and top with ¼ cup chopped mango, 2 tsp fresh lime juice, 2 tsp chopped almonds and 2 tsp chopped cilantro; 1 apple	½ cup 1% cottage cheese with 1 cup blueberries	Halibut Fish Tacos: 4 oz broiled Pacific halibut, 1½ cups Green Chile Hash (leftovers without eggs), 2 tbsp salsa, 1 tbsp Mexican cheese blend and 1 cup shredded lettuce divided between 2 whole-wheat tortillas

S TOTAL NUTRIENTS Calories: 1,551, Fat: 47 g, Sat. Fat: 8 g, Carbs: 214 g, Fiber: 39 g, Sugars: 67 g, Protein: 88 g, Sodium: 862 mg, Cholesterol: 254 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup cooked oatmeal mixed with ¼ cup low-fat milk, 1 oz chocolate protein powder, ½ cup chopped banana and ¼ cup frozen unsweetened cherries, thawed	1 Kashi granola bar 1 cup low-fat milk	Shrimp Quinoa Salad: 4 oz cooked shrimp with ½ cup chopped apple, ½ cup cooked edamame, ½ cup cooked quinoa and ¼ cup chopped red bell pepper, 1 tsp rice vinegar and 1 tsp sesame seed oil	3 dried apricots 1 oz unsalted pistachios	Tofu Pepper Stir-Fry: 4 oz cubed tofu, 1 cup sliced red bell pepper, 1 cup sliced Anaheim or New Mexican green chile pepper, 1 minced clove garlic, ½ tsp finely minced ginger, 1 tsp sesame seed oil and 1 tsp tamari over 1 cup cooked long-grain brown rice

S TOTAL NUTRIENTS Calories: 1,595, Fat: 41 g, Sat. Fat: 8 g, Carbs: 208 g, Fiber: 46 g, Sugars: 69 g, Protein: 112 g, Sodium: 1,472 mg, Cholesterol: 139 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 whole-wheat tortilla with 1 tbsp peanut butter and ½ sliced banana	6 oz Greek yogurt with ¾ cup frozen mixed berries, slightly thawed, and ¼ cup Kashi granola	5 Armenian whole-wheat crackers dipped into Black Bean Dip C 1 cup lentil soup 1 orange	10 grapes 10 almonds	4 oz broiled pork tenderloin 1 baked sweet potato 1 cup cooked spinach 1 cup cooked sliced carrots