

## BREAKFAST

### BREAKFAST BURRITO

#### INGREDIENTS

- 3 Egg Whites
- 1 Tbsp Fat Free Parmesan Cheese
- 1 Small Tortilla
- ¼ Cup Fresh Spinach
- Orange

#### DIRECTIONS

Scramble eggs with parmesan cheese. Wrap in tortilla with spinach. Serve with sliced orange.



## LUNCH

### ASIAN CHICKEN LETTUCE WRAPS

#### INGREDIENTS

- 4 Oz Diced Grilled Chicken
- ½ Cup Chopped Cucumber
- ½ Cup Carrots
- ½ Cup Red Peppers
- ½ Cup Mushrooms
- 1 Tsp Soy Sauce
- 2 Tsp Rice Vinegar
- 1 Tsp. Sesame Oil
- 2 Tsp Orange Juice (fresh squeezed)
- 4 Large Romaine Lettuce Leaves

#### DIRECTIONS

Chop veggies. Toss chicken and veggies in soy sauce, rice vinegar, oil, and juice. Serve mixture in lettuce wraps.

## DINNER

### CREAMY HERBED SPAGHETTI

#### INGREDIENTS

- 6 Oz Dry Spaghetti
- 2 Cups Fresh Asparagus Tips
- ¼ Cup Fat Free Greek Yogurt
- 2 Tbsp Fat Free Parmesan Cheese
- Chopped Fresh Basil or Parsley

#### DIRECTIONS

Cook spaghetti according to package. For the last 5 minutes of cooking time, add asparagus. Before draining, set aside 1/3 cup of cooking water. Mix cooking water with Greek yogurt, cheese, and basil or parsley. Toss with drained spaghetti.

## MORNING SNACK

(1 hr before lunch)

CASCADIAN FARMS CHOCOLATE  
CHIP CHEWY GRANOLA BAR



## AFTERNOON SNACK

(3-4 hours after lunch)

25 SNYDERS MINI PRETZELS



## EVENING SNACK

WHOLE FRUIT FROZEN  
STRAWBERRY FRUIT BAR



## BREAKFAST

### MOCHA SMOOTHIE

#### INGREDIENTS

- ½ Frozen Banana
- 1 Cup Plain Non-Fat Greek Yogurt
- ½ Cup Baby Spinach
- 2 Tsp Almond Butter
- ¼ Cup Strong Black Coffee
- 1 Tbsp Cocoa Powder
- ½ Cup Ice

#### DIRECTIONS

Blend all ingredients until smooth.



## LUNCH

### TURKEY CHILI

#### INGREDIENTS

- 1 Small Onion, Chopped
- 1 Clove of Garlic, Chopped
- 1 Tsp Olive Oil
- 1 Cup Chicken Broth
- 4 Oz Ground Lean Turkey
- 2 Cups of Shredded Cabbage or Brussels Sprouts
- ¼ Cup Red Kidney Beans
- Chili Powder (to taste)
- Raw Peppers
- Celery Sticks, Sliced
- Fat Free Ranch Dressing

#### DIRECTIONS

Over low-medium heat in a large skillet, sauté onion and garlic in oil and ¼ cup chicken broth for 5 minutes. Add turkey and sauté until meat is browned (about 3 minutes). Then add 2 cups of cabbage or Brussels sprouts, beans, ¼ cup of broth and liberal amounts of chili powder. Simmer, covered, for 10 minutes adding more broth as needed to desired consistency. Enjoy with peppers and celery dipped in dressing.

## DINNER

### SUSHI ROLLS AND CUCUMBER SALAD

#### INGREDIENTS

- 1 Cup Cooked Brown Sushi Rice
- 2 Tsp Rice Vinegar
- 2 Nori Seaweed Wraps
- 1 ¼ Cup Chopped Cucumbers
- ¼ Cup Shredded Carrots
- ¼ Cup Cooked Spinach (squeezed dry), chopped
- 2 Tbsp Chopped Asian Pickles or Kimchi
- ¼ Tsp Sugar
- ¼ Tsp Salt
- Chopped Basil

#### DIRECTIONS

Combine rice with 1 tsp rice vinegar and spread rice on seaweed wraps (it's easiest to do with washed and slightly wet hands). Place ¼ cup chopped cucumber, carrots, spinach, and Asian pickles or kimchi in a line 1" from one edge of the nori and roll the seaweed around the vegetables using a sushi mat if available. Slice into rounds, or eat like a sushi bowl with vegetables on top. For cucumber salad, combine 1 cup chopped cucumbers with 1 tsp rice vinegar, sugar, salt, and chopped basil.

## MORNING SNACK

(1 hr before lunch)

1/2 BAGEL WITH 1 TSP JAM



## AFTERNOON SNACK

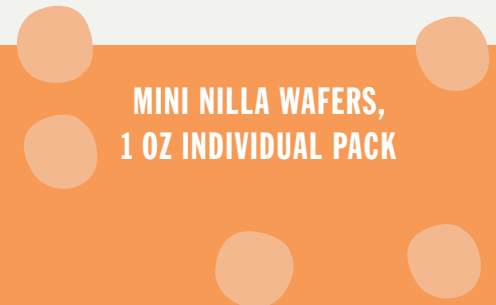
(3-4 hours after lunch)

TOSTITOS BAKED TORTILLA CHIPS (18 CHIPS) WITH 2 Tbsp FAT FREE SALSA



## EVENING SNACK

MINI NILLA WAFERS, 1 OZ INDIVIDUAL PACK





## BREAKFAST

### EGG BREAKFAST

1 Egg, Sunny Side Up, 1 Slice of Jones Dairy Farm Hickory Smoked Breakfast Ham, 1 Slice of Cinnamon Raisin Toast, and 1 Cup of Strawberries



## LUNCH

### GRILLED SPICED STEAK SALAD

#### INGREDIENTS

Cajun Spice  
4 Oz Flank Steak  
1 Cup Romaine Lettuce, Chopped  
½ Cup Shredded Carrots  
1 Tsp Chopped Fresh Mint  
Juice of ½ Lime  
1 Tsp Sesame Oil  
Garlic Salt

#### DIRECTIONS

Rub Cajun spice mixture on steak and cook in a cast-iron pan or broil on medium-high heat for 3 minutes on each side. Slice and set aside. Combine lettuce, carrots, mint, lime juice, garlic salt to taste, and oil. Top with steak and enjoy.

Note: steak can be grilled in advance and served cold

## DINNER

### HEARTY VEGETABLE SOUP

#### INGREDIENTS

1 Medium Onion, Chopped  
2 Cloves of Garlic, Chopped  
2 Tsp Olive Oil  
½ Cup Chopped Sweet Potato  
1/2 Cup Kale, Chopped  
1 Cup Zucchini, Chopped  
½ Cup Broccoli, Chopped  
1 Qt Chicken or Vegetable Stock  
1 Cup Cooked Brown Rice  
Salt  
Pepper  
Herbs de Provence

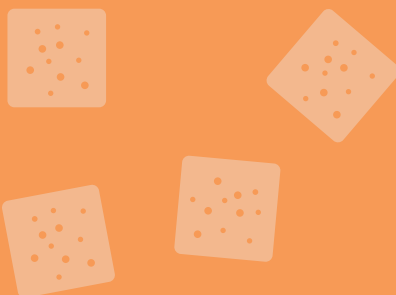
#### DIRECTIONS

In a large saucepan on low heat, sauté onion and garlic in olive oil for 5 minutes. Increase heat to medium and add chopped sweet potato and kale. Sauté until vegetables are soft. Add stock and cooked rice and bring to a boil. Then simmer for 10 minutes, covered. Add salt, pepper, and Herbs de Provence to taste.

## MORNING SNACK

(1 hr before lunch)

### 2/3 CUP QUAKER BROWN SUGAR OATMEAL SQUARES BREAKFAST CEREAL



## AFTERNOON SNACK

(3-4 hours after lunch)

### MICROWAVE POPCORN

#### INGREDIENTS

3 Tbsp Popcorn Kernels  
1 Tsp Garlic Powder and 1 Tsp Dried Basil  
OR 1 Tsp Cinnamon and ½ Tsp Sugar

#### DIRECTIONS

Place dry popcorn kernels in a small paper bag, fold top over, and cook on high in a microwave for 90 seconds. Toss with garlic powder and basil, OR with cinnamon and sugar.

## EVENING SNACK

### NO PUDGE! SALTED BROWNIE

#### INGREDIENTS

2 Tbsp No Pudge! Brownie Mix  
1 Tbsp Fat Free Plain Greek Yogurt  
1 Tsp Maple Syrup  
Kosher Salt

#### DIRECTIONS

Mix Brownie Mix with yogurt and syrup. Place in a microwave-safe container and microwave on high for 1 minute. Sprinkle with a small pinch of kosher salt and enjoy.



## BREAKFAST

### WHOLE GRAIN HOT CEREAL

#### INGREDIENTS

- ½ Cup Quinoa
- 1 Cup Skim, Soy, Hemp, or Oat milk
- ½ Tsp Cinnamon
- ½ Tsp Vanilla Extract
- Salt
- 2 Tsp Brown Sugar
- 1 Cup Frozen Mixed Berries
- 1 Tsp Sugar
- 1 Tsp of Sliced Blanched Almonds

#### DIRECTIONS

Cook quinoa in milk for 13-15 minutes, or until tender. Mix in cinnamon, vanilla, a pinch of salt, and brown sugar. Top cereal with blueberries or cook frozen mixed berries mixed with a sprinkle of water and tsp of sugar in the microwave in a covered dish for 3 minutes. Sprinkle with almonds.



## MORNING SNACK

(1 hr before lunch)

3 QUAKER WHITE CHEDDAR RICE CAKES



## LUNCH

### LETTUCE DELI SANDWICH

#### INGREDIENTS

- 4 Oz Sliced Low Fat or Fat Free Turkey, Chicken, or Ham
- 2-3 Onion Slices
- 2-3 Tomato Slices
- ½ Asian Pickle or Kimchi
- Dijon Mustard
- Large Pieces of Lettuce, Romaine
- Optional: 1 Tbsp Fat Free Cream Cheese

#### DIRECTIONS

Make sandwich with lettuce in place of bread. Add mustard to taste. Optional: Spread the lettuce leaves with cream cheese before assembling.



## AFTERNOON SNACK

(3-4 hours after lunch)

1/2 BAGEL WITH TSP OF JAM



## DINNER

### ROASTED HERBED POTATOES WITH ARUGULA

#### INGREDIENTS

- 2 Tsp Olive Oil
- 2 Tsp Maple Syrup
- 1 Tbsp and 2 Tsp Dijon Mustard
- 2 Tbsp Fresh Chopped Thyme
- 1 Clove of Garlic, Chopped
- 2 Lemons
- ½ Tsp Salt
- ¾ Tsp Black Pepper
- 12 Oz Yukon Gold Potatoes (Cut into 1.5" Wedges)
- Non-Stick Cooking Spray
- 2 Cups Arugula

#### DIRECTIONS

Preheat oven to 400 degrees. Whisk 2 tsp mustard, the zest and juice of one lemon, thyme, garlic, ¼ tsp salt, and ½ tsp pepper. Toss with potatoes, spray with non-stick cooking spray, spread onto baking sheet lined with parchment paper, and roast for 45 minutes until lightly browned. Meanwhile, whisk juice from remaining lemon, 1 tbsp mustard, olive oil, maple syrup, ¼ tsp black pepper, and a pinch of salt together. Toss with cooked potatoes and arugula.

## EVENING SNACK

20 LAY'S BAKED POTATO CHIPS





**BREAKFAST**

**WAFFLE, HAM, AND FRUIT**

1 Kashi Blueberry Frozen Waffle,  
1 Slice of Low Fat Ham, 1 Cup  
of Diced Melon



**LUNCH**

**MIXED TUNA SALAD**

**INGREDIENTS**

- 1 Can Tuna in Water
- 2 Tbsp Canned Chick Peas
- 1 Tbsp Fat Free Parmesan Cheese
- Zest & Juice of ½ Fresh Lemon
- 1 Tsp Maple Syrup
- 2 Tsp Dijon Mustard
- 2 Tsp Olive Oil
- ¼ Tsp Salt
- ¼ Tsp Pepper

Pinch of Cayenne Pepper

2 Cups of your choice  
of any and all of the following:

- Carrots
- Cucumber
- Onions
- Napa Cabbage
- Tomatoes
- Arugula
- Spinach

**DIRECTIONS**

Combine ingredients and enjoy!

**DINNER**

**VEGGIE FLATBREAD PIZZA**

**INGREDIENTS**

- 6" x 6" Flatbread
- ¼ Cup Fat Free Ricotta Cheese
- ½ Cup Roasted Winter Squash
- ¼ Cup Chicken Broth
- 1 Cup Mushrooms
- 2 Tbsp Chopped Rosemary
- 1 Cup Steamed Broccoli

**DIRECTIONS**

Cook mushrooms in broth over  
low-medium heat for 5-7 minutes. Steam  
chard, broccoli, or bok choy. Spread  
flatbread with ricotta cheese and top  
with squash, mushrooms, and rosemary.

Serve with broccoli.



**MORNING SNACK**

(1 hr before lunch)

**2/3 CUP QUAKER BROWN  
SUGAR OATMEAL SQUARES  
BREAKFAST CEREAL**



**AFTERNOON SNACK**

(3-4 hours after lunch)

**NUTRIGRAIN BAR**



**EVENING SNACK**

**QUAKER SINGLE SERVING  
INSTANT BROWN SUGAR OATMEAL**





## BREAKFAST

### OLD FASHIONED OATS

½ Cup Old Fashioned Oats Cooked in Water.  
Fat Free Cottage Cheese Topped with 1 Cup Mixed Berries or Sliced Peach, Plum, Mango, Apple, or ½ Banana



## LUNCH

### ROAST CHICKEN WITH BROCCOLI OR SALAD

#### INGREDIENTS

6 Oz Boneless, Skinless Chicken Breast  
2 Tsp Crushed Fennel Seeds  
½ Tsp Black Pepper  
Salt  
2 Cups Broccoli  
2 Cups Baby Kale  
2 Tbsp Fat Free Ranch Dressing  
Optional: Grated Orange Zest

#### DIRECTIONS

Preheat oven to 400 degrees. Rub chicken liberally with fennel seeds, black pepper, a pinch of salt, and optional grated fresh orange zest in a roasting pan. Cook for 20-25 minutes until cooked through or reaches a temperature of 165 degrees. Enjoy warm with steamed broccoli, or cool, chop, and mix with kale, tossed with dressing.

## DINNER

### QUINOA PILAF

#### INGREDIENTS

¾ Cup Uncooked Quinoa  
1 ½ Cups Chicken Broth  
2 Tsp Ground Cumin  
Red Pepper Flakes  
1 Tbsp Fresh Lime Juice  
1 Tsp Olive Oil  
¼ Cup Chopped Fresh Parsley  
⅔ Cup Roasted Cauliflower, Chopped  
⅔ Cup Purple Cabbage, Chopped  
⅔ Cup Carrots, Chopped

#### DIRECTIONS

Prepare quinoa according to directions on the box, using chicken broth instead of water and adding cumin and red pepper flakes for additional flavor. Toss with lime, olive oil, parsley, chopped cauliflower, cabbage, and carrots.

## MORNING SNACK

(1 hr before lunch)

3 WHOLE WHEAT FIG NEWTONS



## AFTERNOON SNACK

(3-4 hours after lunch)

25 SNYDERS MINI PRETZELS



## EVENING SNACK

CASCADIAN FARMS  
CHOCOLATE CHIP CHEWY  
GRANOLA BAR





## BREAKFAST

### OPTIONAL

If you Prefer Breakfast and Lunch as Usual, Eat the Parfait for Breakfast and Salmon with Broccoli for Lunch.



## BRUNCH

### BAKED SPICED SALMON

#### INGREDIENTS

- 8 Oz Salmon Filet
- 2 Cups Broccoli
- 1 Tsp Olive Oil
- 1 Clove Garlic, Chopped
- Pinch of Red Pepper Flakes
- 1 Cup of Quinoa
- 2 Cups Chicken Broth
- Fresh Italian Parsley
- 1 Cup of Strawberries
- Lemon Juice
- ½ Tsp Sugar
- Fresh Mint, Chopped
- ¼ Cup Non-Fat Plain Greek Yogurt
- 1 Tsp Maple Syrup

#### DIRECTIONS

Preheat oven to 400 degrees. Rub salmon with paprika, cumin, turmeric, and cayenne pepper and roast for 15 minutes. Steam broccoli and sauté in 1 tsp olive oil, garlic, and red pepper flakes. Cook quinoa in broth according to package and toss liberally with chopped fresh Italian parsley. Serve salmon with broccoli and quinoa. For dessert, mix yogurt with strawberries, lemon juice, sugar, and chopped mint. Serve over Greek yogurt mixed with maple syrup.

## DINNER

### POLENTA WITH MUSHROOMS

#### INGREDIENTS

- ⅓ Cup Polenta
- 1 ⅓ Cups Water
- 1 Tsp Salt
- 3 Tbsp Fat Free Cream Cheese
- 2 Cups Cremini Mushrooms, Chopped
- ½ Cup Chicken Broth
- 1 Tbsp Butter
- 1 Tsp Grated Parmesan Cheese
- 2 Tsp Chopped Fresh Thyme

#### DIRECTIONS

Cook polenta in water and salt, stirring frequently for 15 minutes. Remove from heat, add cream cheese and stir until melted in. Sauté mushrooms over low-medium heat in ¼ cup of broth and butter until the mushrooms are soft, about 8 minutes, adding more broth if the mushrooms get dry. Plate the polenta and top with mushrooms, parmesan cheese, and thyme.

## MORNING SNACK

(1 hr before lunch)

SLICE OF CINNAMON RAISIN TOAST WITH 1 TSP BUTTER AND SPRINKLE OF CINNAMON AND SUGAR



## AFTERNOON SNACK

(3-4 hours after lunch)

TOSTITOS BAKED TORTILLA CHIPS (18 CHIPS) WITH 2 TBSP FAT FREE SALSA



## EVENING SNACK

1/2 CUP HAAGEN-DAZS CHOCOLATE OR RASPBERRY SORBET

