



### Menu PLAN

# week 1

**M** TOTAL NUTRIENTS Calories: 1,656, Fat: 49 g, Sat. Fat: 10 g, Carbs: 208 g, Fiber: 31 g, Sugars: 94 g, Protein: 119 g, Sodium: 1,144 mg, Cholesterol: 149 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path Organic Optimum Banana Almond cereal with ½ cup low-fat milk and 1 sliced banana; ½ cup low-fat milk	1 cup Greek yogurt with 1 cup frozen raspberries, puréed	<b>Almond Butter Chicken Salad</b> <b>A</b> 1 Cascadian Farm Chocolate Chip Chewy Granola Bar	5 carrot sticks, 5 celery sticks and 2 oz Swiss cheese	1 serving Creamy Asparagus Soup (see recipe, p. 82; save leftovers for later this week) 1 medium baked sweet potato

**T** TOTAL NUTRIENTS Calories: 1,578, Fat: 52 g, Sat. Fat: 13 g, Carbs: 180 g, Fiber: 27 g, Sugars: 82 g, Protein: 112 g, Sodium: 1,480 mg, Cholesterol: 137 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked old-fashioned oatmeal with ½ cup low-fat milk, 1 chopped pear and 1 tsp maple syrup	1 sliced kiwi 1 oz pistachios	<b>Turkey Asparagus Roll-Ups:</b> 4 1-oz slices turkey breast, each rolled with 1 oz Swiss cheese and 1 small cooked asparagus spear; 4 brown rice cakes	1 sliced apple with 2 tbsp almond butter; 1 cup low-fat milk	1 serving Steak Salad (see recipe, p. 78; save leftovers for later this week)

**W** TOTAL NUTRIENTS Calories: 1,777, Fat: 61 g, Sat. Fat: 13 g, Carbs: 186 g, Fiber: 32 g, Sugars: 93 g, Protein: 139 g, Sodium: 1,903 mg, Cholesterol: 182 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 serving <b>Choco Raspberry Vanilla Smoothie</b> <b>B</b> (drink ½ and save ½ for later this week)	½ cup cottage cheese, ½ cup mixed frozen fruit, 1 tsp maple syrup, 1 tbsp sunflower seeds; 1 banana	<b>Crab Waldorf Salad:</b> 2 oz cooked crab mixed with ½ cup Greek yogurt, ½ cup chopped apple, ¼ cup each chopped celery and walnuts; 2 brown rice cakes; ½ cup sliced cucumber	1 bunch red or green grapes (about 15) 2 Laughing Cow Light Blue Cheese wedges	4 oz broiled chicken breast topped with 1 tbsp <b>Arugula Pesto</b> <b>C</b> , ½ oz peeled and sliced avocado and squeeze lemon 1 medium baked sweet potato 1 cup cooked chopped broccoli

**T** TOTAL NUTRIENTS Calories: 1,679, Fat: 58 g, Sat. Fat: 13 g, Carbs: 194 g, Fiber: 37 g, Sugars: 59 g, Protein: 109 g, Sodium: 1,356 mg, Cholesterol: 335 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 poached egg topped with 1 oz cooked crab meat and 1 cup sautéed arugula, served on 1 slice toasted multi-grain bread with 1 slice of lemon	1 Cascadian Farm Chocolate Chip Chewy Granola Bar 6 celery sticks	2 cups Creamy Asparagus Soup (leftovers; no garnish), topped with 2 oz shredded Swiss cheese and 1 cup cooked chickpeas 1 slice multigrain bread	2 cups chopped romaine lettuce with ½ cup sliced cucumber, 3 halved cherry tomatoes, 10 walnut halves, 1 tsp <b>EVOO</b> and 2 tsp apple cider vinegar	<b>Pepper Steak:</b> 4 oz beef tenderloin sautéed with 1 tsp olive oil and 1 cup sliced red bell peppers and 1 cup sliced onion 1 bunch red or green grapes (about 15)

**F** TOTAL NUTRIENTS Calories: 1,734, Fat: 59 g, Sat. Fat: 13 g, Carbs: 209 g, Fiber: 47 g, Sugars: 69 g, Protein: 122 g, Sodium: 1,838 mg, Cholesterol: 145 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path Organic Optimum Banana Almond cereal with ½ cup low-fat milk and 1 sliced banana	1 serving <b>Choco Raspberry Vanilla Smoothie</b> (leftovers)	4 oz deli-fresh turkey breast slices; 2 brown rice cakes; 1 Laughing Cow Light Blue Cheese wedge; 6 carrot sticks; 1 oz pistachios	<b>Chickpea Salad</b> <b>D</b>	4 oz broiled tilapia with a squeeze lemon 1 medium baked white potato topped with 2 tbsp <b>Arugula Pesto</b> (leftovers) 1 cup cooked chopped broccoli, 6 cooked and chopped asparagus spears, 1 tsp <b>EVOO</b> and 1 tsp lemon zest

**S** TOTAL NUTRIENTS Calories: 1,798, Fat: 50 g, Sat. Fat: 10 g, Carbs: 246 g, Fiber: 31 g, Sugars: 71 g, Protein: 102 g, Sodium: 1,021 mg, Cholesterol: 120 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked old-fashioned oatmeal with 1 tbsp almond butter and ½ cup mixed frozen fruit, thawed	½ mashed banana, ½ cup Greek yogurt and 2 tbsp sunflower seeds	<b>Cheesesteak:</b> 3 oz beef tenderloin sautéed in 1 tsp olive oil and ½ cup sliced onion. Top with 1 oz Swiss cheese and place between 2 slices multigrain bread; 1 apple	1 Cascadian Farm Chocolate Chip Chewy Granola Bar 6 carrot sticks	2 cups cooked penne pasta sautéed with 1 tsp olive oil, 1 cup sliced mushrooms and 3 oz ground pork tenderloin. Top with ¾ cup Creamy Asparagus Soup (leftovers; no garnish) and 1 tsp Parmesan.

**S** TOTAL NUTRIENTS Calories: 1,538, Fat: 46 g, Sat. Fat: 8 g, Carbs: 194 g, Fiber: 39 g, Sugars: 47 g, Protein: 106 g, Sodium: 1,224 mg, Cholesterol: 116 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 egg whites scrambled with 1 tsp olive oil, ½ cup sliced mushrooms, ¼ cup chopped onion and 4 chopped cherry tomatoes; 2 slices toasted multi-grain bread	1 bunch red or green grapes (about 15) 1 oz pistachios	1 black bean veggie burger patty topped with ½ cup peeled and cubed avocado, 2 tbsp Black Pepper-corn Yogurt Dressing (leftovers from Steak Salad recipe) and 2 cups chopped Romaine lettuce	2 oz Swiss cheese, 1 sliced kiwi and ½ banana	4 oz broiled chicken breast, cubed, mixed with 1 cup chopped cooked broccoli, 1 cup cooked brown rice, ½ cup cooked chickpeas, ½ tsp dried oregano and squeeze ½ lemon

**EVOO** = extra-virgin olive oil

**A** **Almond Butter Chicken Salad:** 4 oz chopped broiled chicken breast, 15 halved grapes, ½ cup chopped celery and 1 tbsp sunflower seeds tossed with 2 tbsp almond butter, 1 tbsp water, 2 tsp apple cider vinegar and ½ tsp maple syrup

**B** **Choco Raspberry Vanilla Smoothie:** Purée 1 cup frozen raspberries, ½ tsp vanilla extract, ½ cup Greek yogurt, 1½ cups low-fat milk and 2 oz chocolate protein powder.

**C** **Arugula Pesto:** Purée 2 cups arugula with 7 walnut halves, 1 clove garlic, 1 tbsp **EVOO** and 1 tbsp water (save leftovers for later this week).

**D** **Chickpea Salad:** 2 cups chopped iceberg lettuce, ½ cup peeled and chopped avocado, and ½ cup cooked chickpeas with Black Pepper-corn Yogurt Dressing (leftovers from Steak Salad recipe)



### Menu PLAN

# week 2

**EVOO** = extra-virgin olive oil

**Strawberry Cornbread Parfait:** Layer 1 serving Strawberry Cornbread (leftovers), cubed, with ½ cup Greek yogurt and ¾ cup sliced thawed-from-frozen or fresh strawberries.

**Spaghetti Squash & Spinach:** 2½ cups cooked spaghetti squash strands (removed with fork; from 1½ lb squash) sautéed with 2 tsp olive oil, ½ cup each ricotta and cottage cheese and 10 oz spinach. Sprinkle with 2 tbsp pine nuts.

**Strawberry Flaxseed Smoothie:** Blend 1 cup frozen or fresh strawberries, 1½ cups soy milk, ¼ tsp cinnamon, 1 oz vanilla protein powder, 1 tbsp ground flaxseeds and 1 tbsp honey.

**M** TOTAL NUTRIENTS Calories: 1,632, Fat: 64 g, Sat. Fat: 11 g, Carbs: 177 g, Fiber: 26 g, Sugars: 60 g, Protein: 104 g, Sodium: 1,815 mg, Cholesterol: 157 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 Kashi 7 Grain Waffles with 1 tsp maple syrup and 2 tbsp almond butter 1 cup low-fat milk	½ cup Greek yogurt, 1 cup cubed honeydew melon, 7 broken walnut halves and sprinkle cinnamon	3 oz sliced ham, 1 oz cheddar cheese, 2 slices tomato, 2 iceberg lettuce leaves and 1 tsp mustard on 1 whole-wheat pita	1 cup pineapple chunks 10 pine nuts	5 oz broiled salmon (cook 9 oz and save 4 oz for tomorrow) topped with 1 tbsp Arugula Pesto (leftovers from Week One) ¾ cup cooked penne pasta sautéed with ½ tsp olive oil and 3 cups chopped spinach

**T** TOTAL NUTRIENTS Calories: 1,516, Fat: 35 g, Sat. Fat: 7 g, Carbs: 256 g, Fiber: 49 g, Sugars: 64 g, Protein: 90 g, Sodium: 598 mg, Cholesterol: 166 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 serving Strawberry Cornbread (see recipe, p. 82; save leftovers for later this week); 1 orange; 1 banana	2 small fresh apricots 2 tbsp unsalted pumpkin seeds	4 oz broiled salmon (leftovers) on 3 cups spinach with ¾ cup cooked white beans, ½ cup chopped tomato, ¼ cup chopped onion, 1 tsp EVOO and 2 tsp apple cider vinegar	1 cup soy milk with 1 oz chocolate protein powder	1 serving Lemony Catfish Kabobs on Wild Rice (see recipe, p. 81; save leftovers for later this week); 1 cup papaya chunks

**W** TOTAL NUTRIENTS Calories: 1,560, Fat: 38 g, Sat. Fat: 9 g, Carbs: 240 g, Fiber: 24 g, Sugars: 79 g, Protein: 76 g, Sodium: 1,105 mg, Cholesterol: 330 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature's Path Organic Heritage Flakes, ¾ cup low-fat milk and ½ cup cubed honeydew melon	1 serving Strawberry Cornbread (leftovers)	2 tbsp peanut butter, 2 tbsp strawberry jam, ½ tsp ground flaxseeds on 1 whole-wheat pita 6 carrot sticks	1 hard-boiled egg; 3 Wasa Crisp'n Light Mild Rye crispbreads	4 oz cooked ground pork tenderloin with 1 cup tomato sauce, ¼ cup chopped onion and 1 tsp chile powder over 1 cup cooked brown rice 1 bunch red or green grapes (about 15)

**T** TOTAL NUTRIENTS Calories: 1,628, Fat: 54 g, Sat. Fat: 10 g, Carbs: 225 g, Fiber: 34 g, Sugars: 79 g, Protein: 96 g, Sodium: 917 mg, Cholesterol: 149 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Strawberry Cornbread Parfait</b> <b>A</b>	1 cup cubed papaya with juice ½ lime; 1 tsp unsalted pumpkin seeds	1 serving Lemony Catfish Kabob on Wild Rice (leftovers) 1 apple	1 cup pineapple chunks; 14 broken walnuts halves	<b>Spaghetti Squash &amp; Spinach</b> <b>B</b> (eat ½ and save ½ for tomorrow)

**F** TOTAL NUTRIENTS Calories: 1,714, Fat: 46 g, Sat. Fat: 9 g, Carbs: 224 g, Fiber: 44 g, Sugars: 51 g, Protein: 119 g, Sodium: 1,501 mg, Cholesterol: 120 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 scrambled egg whites and 3 cups spinach sautéed with 1 minced clove garlic and 1 tsp olive oil. Add 1 oz cheddar cheese and serve on 1 whole-wheat pita.	2 small apricots ½ cup Greek yogurt and 7 broken walnut halves	<b>Spaghetti Squash &amp; Spinach</b> (leftovers) 1 bunch red or green grapes (about 10)	1 cup cooked white beans with 4 halved cherry tomatoes and 1 tsp EVOO	4 oz broiled turkey cutlet sprinkled with 2 tsp Za'atar 1½ cups steamed sliced zucchini and 1½ cups cooked wild rice blend (leftover from Lemony Catfish Kabob recipe) 1 cup pineapple chunks

**S** TOTAL NUTRIENTS Calories: 1,646, Fat: 52 g, Sat. Fat: 11 g, Carbs: 216 g, Fiber: 35 g, Sugars: 85 g, Protein: 100 g, Sodium: 1,793 mg, Cholesterol: 74 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Greek yogurt with ½ mashed banana, 1 tsp honey and ¾ cup Nature's Path Organic Heritage Flakes	1 cup <b>Strawberry Flaxseed Smoothie</b> <b>C</b> (save leftover 1 cup for tomorrow)	1 black bean veggie burger patty with 2 slices tomato, 2 tbsp Arugula Pesto (leftovers from Week One) and 2 iceberg lettuce leaves on 1 whole-wheat pita 1 cup cubed honeydew melon	2 oz cheddar cheese; 3 Wasa Crisp'n Light Mild Rye crispbreads with 2 tbsp strawberry jam	4 oz broiled catfish with 2 slices lemon and ½ tsp dried oregano over 3 cups spinach sautéed with 1 tsp olive oil 1 medium baked sweet potato

**S** TOTAL NUTRIENTS Calories: 1,782, Fat: 44 g, Sat. Fat: 7 g, Carbs: 259 g, Fiber: 43 g, Sugars: 85 g, Protein: 107 g, Sodium: 865 mg, Cholesterol: 111 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked old-fashioned oatmeal with 2 tbsp strawberry jam and 1 tsp peanut butter; ½ sliced banana	1 cup soy milk with 1 oz chocolate protein powder	3 oz tuna mixed with ½ cup Greek yogurt, ½ cup cooked barley, 1 tsp Za'atar and 10 halved red or green grapes	1 cup Strawberry Flaxseed Smoothie (leftovers); 6 carrot sticks and 1 tbsp almond butter	<b>Penne &amp; Meatballs:</b> 3 oz ground pork tenderloin, formed into 3 1-oz meatballs, served over 1 cup tomato sauce, 1½ cup cooked penne pasta, 1 chopped and steamed medium zucchini and 1 tsp Za'atar