



### Menu PLAN

# week 1

**M** TOTAL NUTRIENTS Calories: **1,599**, Fat: **49 g**, Sat. Fat: **8 g**, Carbs: **205 g**, Fiber: **37 g**, Sugars: **92 g**, Protein: **93 g**, Sodium: **1,200 mg**, Cholesterol: **63 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 slice Walnut Blueberry Banana Bread (see recipe, p. 72; save leftovers for later this week); 1 cup nonfat Greek-style yogurt	15 baby carrots	1 whole-wheat wrap, ½ cup low-sodium black beans, 1 oz reduced-fat jalapeño cheese, ½ cup shredded lettuce, 1 slice each onion, tomato and avocado; 1 cup grapes	1 sliced apple with 1½ tbsp unsalted almond butter	<b>Tuna Salad:</b> 5 oz canned tuna (save rest of can for tomorrow), 2 cups lettuce, ½ cup each sliced carrots, cucumbers and tomatoes with 1½ tbsp balsamic vinegar and 2 tsp extra-virgin olive oil; 1 orange

**T** TOTAL NUTRIENTS Calories: **1,670**, Fat: **36 g**, Sat. Fat: **11 g**, Carbs: **240 g**, Fiber: **39 g**, Sugars: **70 g**, Protein: **111 g**, Sodium: **2,630 mg**, Cholesterol: **86 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 Weetabix Organic Whole Grain Biscuits with ½ cup low-fat milk and ¾ cup blueberries	½ cup 1% cottage cheese with 1 sliced peach and 2 tsp agave nectar	1 whole-wheat English muffin with 2 oz nitrate-free low-sodium lean ham, 1 oz low-fat cheddar cheese, 1 slice each tomato and onion, toasted in broiler until cheese melts; 1 pear	2 oz tuna (leftovers) on 2 crispbreads	1 oz sliced whole-wheat spelt bread dipped in 1 tsp extra-virgin olive oil; 1½ cups cooked whole-wheat pasta with ¾ cup low-sodium tomato sauce and 1 diced Roma tomato; 1 cup sliced steamed zucchini

**W** TOTAL NUTRIENTS Calories: **1,566**, Fat: **46 g**, Sat. Fat: **12 g**, Carbs: **182 g**, Fiber: **35 g**, Sugars: **60 g**, Protein: **116 g**, Sodium: **2,417 mg**, Cholesterol: **166 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Tomato Omelette</b> <b>A</b> 1 slice whole-wheat toast with 2 tsp olive oil-based spread; 1 cup sliced strawberries	1 slice Walnut Blueberry Banana Bread (leftovers)	1 regular whole-wheat pita with 1 oz nitrate-free low-sodium lean ham, 2 oz deli-fresh sliced low-sodium turkey breast, ¼ sliced avocado, 2 slices tomato and ½ cup lettuce; 1 apple	¾ cup grape tomatoes 1 low-fat string cheese	7 oz baked boneless, skinless chicken breast with black pepper (save 3 oz for tomorrow); 1 medium baked sweet potato with 2 tsp olive oil; 1 cup steamed broccoli with red pepper flakes

**T** TOTAL NUTRIENTS Calories: **1,616**, Fat: **45 g**, Sat. Fat: **7 g**, Carbs: **223 g**, Fiber: **42 g**, Sugars: **96 g**, Protein: **94 g**, Sodium: **1,222 mg**, Cholesterol: **91 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 slice Walnut Blueberry Banana Bread (leftovers); ½ cup 1% cottage cheese with ½ cup sliced strawberries	1 banana with 1 tbsp unsalted natural peanut butter	<b>Spinach Salad</b> <b>B</b> 1 apple	1 Kashi GoLean Crunchy bar	1 serving Balsamic Glazed Halibut with Roasted Vegetables & Butternut Squash Potatoes (see recipe, p. 76; save leftovers for tomorrow); 1 cup raspberries

**F** TOTAL NUTRIENTS Calories: **1,606**, Fat: **40 g**, Sat. Fat: **7 g**, Carbs: **218 g**, Fiber: **42 g**, Sugars: **68 g**, Protein: **103 g**, Sodium: **1,546 mg**, Cholesterol: **65 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked 5-minute oatmeal with ½ cup low-fat milk, 2 tbsp whole-wheat granola, ½ cup each raspberries and sliced strawberries	1 hardboiled egg 15 Kashi TLC crackers	2 slices Cinnamon Raisin 4:9 Ezekiel bread with 3 oz deli-fresh low-sodium turkey breast, ½ oz slice low-fat cheddar cheese, 1 lettuce leaf and 1 tsp unsweetened apple butter; 1 orange	1½ cups edamame	<b>Fish &amp; Veggie Sandwich:</b> 1 serving Balsamic Glazed Halibut with Roasted Vegetables & Butternut Squash Potatoes (leftovers) layered on 1 whole-wheat roll and heated; 1½ cups sliced cucumbers with 1½ tbsp red wine vinegar and 2 tsp extra-virgin olive oil

**S** TOTAL NUTRIENTS Calories: **1,800**, Fat: **66 g**, Sat. Fat: **18 g**, Carbs: **199 g**, Fiber: **38 g**, Sugars: **55 g**, Protein: **117 g**, Sodium: **1,820 mg**, Cholesterol: **134 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
4 scrambled egg whites with 1 slice nitrate-free, low-sodium lean ham and ½ oz low-fat cheddar cheese on a toasted whole-wheat English muffin; 1 orange	2 Weetabix Organic Whole Grain Biscuits with 1½ tsp unsalted almond butter	1 whole-wheat wrap with 3 oz extra-lean roast beef, ½ roasted red pepper, ½ cup chopped cucumbers, ½ cup chickpeas and 2 tbsp Cedar's Tzatziki - Greek Strained Yogurt Dip; 1 cup strawberries	¾ cup low-fat ricotta cheese with 1 cubed pear and cinnamon	<b>Vegetarian Stir-Fry:</b> 4 oz firm tofu, ½ cup each sliced mushrooms, snap peas, carrot matchsticks and onions, sautéed in 1 tbsp sesame oil ¾ cup kasha

**S** TOTAL NUTRIENTS Calories: **1,699**, Fat: **64 g**, Sat. Fat: **15 g**, Carbs: **196 g**, Fiber: **51 g**, Sugars: **40 g**, Protein: **103 g**, Sodium: **398 mg**, Cholesterol: **159 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked 5-minute oatmeal with ¾ cup low-fat milk, 1 sliced apple, 4 walnut halves and cinnamon	3½ cups Newman's Own 94% Fat Free Microwave Popcorn; ¼ cup unsalted soy nuts	<b>Chicken Salad:</b> 3 cups lettuce, 4 oz diced baked boneless, skinless chicken breast, ½ chopped red bell pepper, 2 artichokes, 1 tbsp pine nuts, 1½ tbsp apple cider vinegar and 1 tbsp extra-virgin olive oil	1 oz 80% cacao dark chocolate, melted, with ¾ cup strawberries	4 oz broiled wild-caught salmon, 1 cup pearled barley, 1 cup steamed artichokes and 5 asparagus spears

**A** **Tomato Omelette:** 4 egg whites with ½ oz shredded reduced-fat jalapeño cheese and ¼ cup diced tomatoes

**B** **Spinach Salad:** 2 cups baby spinach, 3 oz sliced baked boneless, skinless chicken breast (leftovers), ½ cup chickpeas, ½ cup blueberries, ½ cup sliced cucumbers, 1½ tsp balsamic vinegar and 2 tsp extra-virgin olive oil



### Menu PLAN

# week 2

**M** TOTAL NUTRIENTS Calories: 1,554, Fat: 53 g, Sat. Fat: 16 g, Carbs: 144 g, Fiber: 25 g, Sugars: 80 g, Protein: 104 g, Sodium: 2,013 mg, Cholesterol: 210 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup 1% cottage cheese with 1 tbsp unsweetened apple butter and 1 cubed apple	1 oz raw unsalted almonds	1 whole-wheat pita, 2 oz part-skim mozzarella cheese, 1 sliced Roma tomato, 4 basil leaves, 2 tsp balsamic vinegar and 1 tsp extra-virgin olive oil; 1 cup cherries	1 cup low-fat plain yogurt with 2 tsp agave nectar and 1 cubed apricot	1 serving Thai Coconut Shrimp (see recipe, p. 75; save leftovers for tomorrow) with 1 cup cooked kasha; 2 cups salad greens with 2 tsp balsamic and 1 tsp extra-virgin olive oil

**T** TOTAL NUTRIENTS Calories: 1,776, Fat: 53 g, Sat. Fat: 13 g, Carbs: 219 g, Fiber: 44 g, Sugars: 75 g, Protein: 111 g, Sodium: 1,783 mg, Cholesterol: 214 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Breakfast Basil Omelette</b> <b>A</b> 1 slice whole-wheat toast with 1 tsp olive oil-based spread 1 orange	1 cup low-fat strawberry kefir	2 slices whole-wheat bread, 3 oz deli-fresh low-sodium turkey breast, ¼ sliced avocado, 1 slice each red onion, tomato and lettuce leaf 1 cup grapes	1 cup broccoli florets, 10 Kashi TLC crackers and 4 tbsp Cedar's Tzatziki - Greek Strained Yogurt Dip	1 serving Thai Coconut Shrimp (leftovers) with 1 cup low-sodium black beans and ½ cup brown rice 1 cup salad greens with ½ cup chopped tomatoes, 2 torn basil leaves, 2 tsp balsamic vinegar and 1 tsp extra-virgin olive oil

**W** TOTAL NUTRIENTS Calories: 1,500, Fat: 39 g, Sat. Fat: 11 g, Carbs: 221 g, Fiber: 37 g, Sugars: 83 g, Protein: 88 g, Sodium: 1,796 mg, Cholesterol: 132 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 Weetabix Organic Whole Grain Biscuits, 1 sliced banana, ½ cup low-fat milk, heated in the microwave on high for 1 to 2 minutes	2 oz dried apricots	1 whole-wheat wrap, 2 whole portobello mushrooms, 1 oz part-skim mozzarella cheese, 4 sliced baby carrots, ¾ cup roasted assorted cauliflower, red bell pepper and broccoli florets	<b>Coconut Smoothie</b> <b>B</b>	1 serving Mediterranean Calzone (see recipe, p. 76; save leftovers for tomorrow) 1½ cups salad greens with 1 tbsp red wine vinegar and 1 tsp olive oil

**T** TOTAL NUTRIENTS Calories: 1,789, Fat: 62 g, Sat. Fat: 14 g, Carbs: 226 g, Fiber: 40 g, Sugars: 31 g, Protein: 99 g, Sodium: 2,465 mg, Cholesterol: 154 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 slices whole-grain baked bread, 2 tbsp unsalted almond butter, 1 tbsp unsweetened apple butter	<b>Fruit &amp; Nut Ricotta</b> <b>C</b>	1 serving Mediterranean Calzone (leftovers) topped with 2 tbsp Cedar's Tzatziki - Greek Strained Yogurt Dip ½ cup cantaloupe	3½ cups Newman's Own 94% Fat Free Microwave Popcorn	1 cup butternut squash soup; 1 oz slice whole-grain baked bread; 1 cup arugula with 1½ tsp red wine vinegar and 1 tsp extra-virgin olive oil; 4 oz grilled lean pork cutlet; ½ cup kasha

**F** TOTAL NUTRIENTS Calories: 1,606, Fat: 40 g, Sat. Fat: 9 g, Carbs: 251 g, Fiber: 45 g, Sugars: 115 g, Protein: 99 g, Sodium: 1,979 mg, Cholesterol: 50 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi GoLean cereal, ¾ cup grapes and ¾ cup low-fat milk	1 low-fat string cheese 1 peach	2 slices whole-grain baked bread with 2 oz deli-fresh low-sodium chicken breast, ½ each roasted red pepper and tomato 1 cup low-fat strawberry kefir	1 Kashi GoLean Crunchy bar	1 black bean veggie burger with whole-wheat roll, 1 slice each tomato, avocado and lettuce leaf; 1½ cups green beans with 1½ tsp red wine vinegar and 2 tsp extra-virgin olive oil; 1 cup fruit salad (sliced pineapple, grape and strawberry; make double and save 1 cup for tomorrow)

**S** TOTAL NUTRIENTS Calories: 1,551, Fat: 55 g, Sat. Fat: 11 g, Carbs: 198 g, Fiber: 33 g, Sugars: 50 g, Protein: 101 g, Sodium: 2,173 mg, Cholesterol: 331 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Breakfast Pita:</b> 1 toasted whole-wheat pita with 2 egg whites and 1 egg scrambled together ½ grapefruit	1 cup fruit salad (leftovers), 8 walnut halves, ½ cup Kashi GoLean cereal	<b>Ham Roll-Ups:</b> 2 1-oz slices nitrate-free low-sodium lean ham, 1 oz thinly sliced reduced-fat jalapeño cheese, 4 basil leaves and 2 slices tomato (divide portions equally among 2 roll-ups); 1 cup carrots with 2 tbsp hummus; 1 cup cantaloupe	1 cup low-sodium lentil soup 15 TLC Kashi crackers	4 oz baked boneless, skinless chicken breast 1 cup wild rice 1 cup sautéed spinach with garlic and 1 tsp olive oil

**S** TOTAL NUTRIENTS Calories: 1,632, Fat: 42 g, Sat. Fat: 10 g, Carbs: 220 g, Fiber: 41 g, Sugars: 65 g, Protein: 112 g, Sodium: 1,013 mg, Cholesterol: 87 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup 1% cottage cheese with 1 tbsp agave nectar ½ grapefruit	<b>PB Apple Roll-Up:</b> 1 whole-wheat wrap, 1 tbsp unsalted natural peanut butter, ½ sliced apple	2 slices Ezekiel 4:9 Cinnamon Raisin bread with 4 oz canned salmon mixed with 2 tbsp each nonfat Greek-style yogurt, halved grapes and chopped red onion ½ apple	1 cup low-fat plain yogurt with ½ cup Kashi GoLean cereal	5 oz baked tilapia with 1 tsp olive oil and ½ cup low-sodium salsa; 1 cup low-sodium black beans; 1 cup salad greens with 1 tsp balsamic vinegar and 1 tsp extra-virgin olive oil

**A**  
**Breakfast Basil Omelette:** 4 egg whites with ¼ cup diced tomato, 1 oz part-skim mozzarella and 4 torn basil leaves

**B**  
**Coconut Smoothie:** Blend ¼ cup coconut milk, ¾ cup low-fat milk, ¼ cup vanilla protein powder, ¼ cup frozen pineapple, ½ cup frozen strawberries

**C**  
**Fruit & Nut Ricotta:** ½ cup low-fat ricotta cheese, ½ cup raspberries and 1 tbsp slivered unsalted almonds