

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Meal 1 Total Calories*:1243	2 Turkey sausage (120 calories) 1 slice wheat toast (35 calories) 1 ½ cups cantaloupe (90 calories)	Non fat Yogurt (100 calories)	Peanut butter and jelly sandwich (2/3 tbsp low sodium peanut butter, ½ tbsp sugar free jelly, 2 slices whole wheat bread) (190 cal) with salad (100 calories)	Hummus (2 tbsp) (88 calories and 7 Stacys Pita Chips or 4 triscuits (64 calories)	Crispy baked chicken cutlet (128 calories) with 1.5 oz wheat pasta with 1/4 cup tomato sauce(148 cal) and salad (100 calories)	Edys strawberry whole fruit bar (80 calories)
Meal 2 Total Calories*:1200	Turkey Bacon and egg sandwich (2 egg whites and one egg)(115 calories), 2 slices turkey bacon(70 calories), bread(70 calories), one cup cantaloupe (60 calories)	Apple (60 calories and 1 teaspoon low fat peanut butter (50 calories)	4 oz grilled chicken(130 calories), and salad (100 calories), 2 flat bread crackers (60 calories)	1 cup Melon(60 calories) and 6 raw unsalted almonds (35 calories)	Sesame Fish a la Orange (250 calories) salad (100 calories)	Sugar free fudgesicle (40 calories)
Meal 3 Total Calories*:1171	1 cup Cheerios or other non sugary cereal (100 calories (plain), 1 cup skim milk (100 calories) ½ Grapefruit (50 calories) One slice whole wheat toast (35 calories)	½ turkey and low fat cheese sandwich (110 calories) one slice whole wheat bread (35 cal), 1 slice low fat cheese (35 cal.) 1 slice deli turkey (40 calories), 1tsp mustard	Gortons's grilled salmon fillet (100 calories) with one med sweet potato (100 calories), salad (100 calories)	1 cup red Grapes (100 calories) and 6 raw unsalted Almonds (35 calories)	Shrimp Fried Rice (310) calories)	Cookies and milk (130 calories) 1 graham cracker (2 squares) or 2 lorna dorne cookies and ½ cup skim milk
Meal 4 Total Calories*:1335	Grilled Cheese (2 slices of whole wheat bread, two slices low fat cheese, olive oil cooking spray (150) calories and fruit shake (150 calories)	½ sliced chicken breast sandwich (1 slice bread 1 oz. chicken breast, 1 tsp mustard, 2 slice tomatoes) (90 calories) with ¼ cup blueberries (60 calories)	McDonalds Asian chicken salad with low fat sesame dressing (380 calories)	2 cups air popped popcorn (60 calories) not the popcorn with loads of butter, read the label ☺	3 oz grilled Salmon (200 calories) and sweet potato (100 calories)	Chocolate Frappe protein shake (145 calories) 1 scoop chocolate unsweet protein powder, 4 ice cubes, 2/3 cups non fat milk, 2 tsp instant coffee (add no calorie sweetener)
Meal 5 Total Calories*:1225	1 cup oatmeal with Raspberry or blueberry (130 calories) 2 TEASPOONS peanut butter (100 calories) on toast (35 Calories)	Healthy trail mix (125 calories) combine ½ oz pretzels, ½ tbsp walnuts (unsalted), 1 tbsp slice almonds 2/3 tbsp raisins)	Turkey Sandwich with low fat cheese and mustard (3 slices of turkey and one slice low fat cheese ) (165 calories) (and 1 cup of grapes	½ cup Whole fruit sorbet (140 calories)	Grilled Cheese (lowfat cheese) (150 calories) and vegetable barley Soup (120 calories)	1 small apple (60 calories)

			(100 Calories) 1 cup of soup (100 cal)			
Meal 6 Total Calories*: 1400	Veggie Omelet (grill using olive oil cooking spray, red peppers, zucchini, onions), 3 egg whites and one egg) (185 calories), 2 flat bread crackers (60 calories), Balsamic tomatoes (55 calories) (½ cup of fruit(60 calories)	½ cup Mandarin oranges (80 calories 8 walnuts (100 calories)	Southwestern crab wrap (250 calories) with 1 fruit (60 calories)	Snack pizza (128 calories) 2 wasa breads 1 oz fat free mozzarella cheese, ½ oz tomato sauce, low sodium	Turkey Burger (208 calories) and Healthy Fries (154 calories)	1 cup melon (60 calories)
Meal 7 Total Calories*:1381	Cereal (100 calories) with 1 tbsp chopped walnuts (100 calories) , ¾ cup skim milk (75 calories) and 1/4 cup cranberries (90 calories	Curves strawberries and cream cereal bar (100 calories)	Salmon Cakes with brown rice , salad and ½ cup pineapple (380 calories)	Chicken noodle soup (low sodium) (100 calories)	Teriyaki Chicken (210 calories)and brown rice (86 calories)	Skinny Cow ice cream sandwich (140 calories)

\*- be sure to check the packages to ensure calorie count is the same as listed above, otherwise increase/decrease your total calorie count based on what you purchase from the store, adjust your calories for the day. If you are still within your calorie intake for the day, then it's ok, if not, you need to adjust your calories

Fruit Shake

- ¼ cup unsweetened apple juice
- 2 or more ice cubes
- ¾ cup skim milk or low fat yogurt
- 2/3 cup frozen fruit

Southwestern Crab wrap

- ½ tbsp olive oil
- ½ cup frozen mixed vegetables (use olive oil to grill)
- 3 oz. crab meet, canned
- 1 whole wheat tortilla (6 in diameter)
- 1/2 tbsp low fat sour cream
- 2 tbsp low sodium salsa

Salmon Cakes

- 2 tbsp low sodium bread crumbs
- 1 egg white
- 1 tbsp fresh parsley
- ¼ tsp. (each) crushed red pepper flakes, garlic powder, and oregano
- 1 Italian plum tomato
- ¼ small onion
- 3 oz. canned salmon
- 1/3 tbsp fresh lemon juice
- 1/3 tbsp olive oil (use to grill salmon cake)

Crispy baked Chicken Cutlet

- 2.5 oz boneless chicken breast
- 2 tbsp low sodium bread crumbs
- ¼ tsp (each) dried oregano, crushed red peppers, onion powder and garlic powder
- 1.5 oz low fat milk

(Season chicken, dip chicken in milk, then coat with breadcrumbs. Coat baking sheet or shallow pan lightly with cooking spray and bake for 20 – 22 minutes.

Sesame Fish a la orange

- 4 oz tilapia fillet
- 1 cup fresh spinach
- 2 tsp sesame oil
- 1/3 tbsp sesame seeds
- ½ cup canned mandarin oranges

## Directions:

Preheat oven to 375 degrees F. Rinse and pat dry fish. Rinse and chop spinach. Place fish in a baking pan coated with cooking spray and top with chopped spinach. Drizzle sesame oil over fish and spinach and top with sesame seeds and drained mandarin orange segments. Cover pan and bake for 10 to 12 minutes until fish is cooked through. Serve.

Salad

- 2 cups mixed greens
- 4 cherry tomatoes
- 3 baby carrots
- 1 tbsp olive oil and vinegar

### Shrimp Fried Rice

3 oz. fresh or frozen medium-sized, shrimp  
1 tsp. canola oil  
1 tsp. garlic powder  
2 tsp. lite soy sauce  
1/2 medium carrot  
3/4 cup fresh snow peas  
1 oz. fresh mushrooms  
1 green onion  
2 1/2 tbsp. brown rice  
1/2 tbsp. sesame seeds

#### Directions:

Prepare rice according to package directions, omitting any salt and set aside. If you're using fresh shrimp, clean and shell. Rinse and pat dry frozen shrimp. Rinse and chop vegetables; wipe mushrooms with a paper towel and slice; set aside vegetables. Heat oil in a non-stick skillet over medium-high heat and quickly cook shrimp until pink for about 1 to 2 minutes; remove from pan and set aside. In same skillet, add vegetables and stir-fry until crisp tender, about 3-5 minutes. Add cooked rice, shrimp, garlic powder and soy sauce and continue to stir-fry for about 3-5 minutes. Sprinkle with sesame seeds and serve.

### Turkey Burger

#### Ingredients:

2 1/2 oz. ground skinless turkey breast  
1/4 tsp. Worcestershire sauce  
1/4 tsp. onion powder  
1/4 tsp. garlic powder  
1 tbsp. ketchup  
1 whole wheat hamburger bun (no more than

#### Directions:

Choose your cooking method! To your ground turkey breast, add Worcestershire sauce, onion and garlic powders and mix thoroughly, then form into a patty. The burger can be grilled, broiled or pan-fried in a non-stick pan sprayed lightly with cooking spray. Cook burger until lightly browned, about 4-5 minutes on each side depending on the cooking method. Top with ketchup and serve on a whole wheat bun.

### Healthy Fries

#### Ingredients:

1 small potato ( 1 3/4- inch to 2 1/2-inch diameter)  
1 tsp. herb seasoning

#### Directions:

Preheat oven to 450 degrees F. Coat a baking sheet with cooking spray; set aside. Scrub, but do not peel potato; slice in half, lengthwise, then slice each half into strips and place on baking sheet. Coat potatoes lightly with cooking spray and sprinkle with any herbal seasoning that you like. Bake for 30-35 minutes or until golden. Serve.

### Teriyaki Chicken

#### Ingredients:

3 oz. boneless chicken breast  
1 tsp. sesame oil  
1 1/2 tbsp. teriyaki sauce  
1/2 medium carrot  
1 small onion  
1 cup fresh broccoli

#### Directions:

Rinse chicken and pat dry. On a separate cutting board, cut chicken into bite size pieces. Scrub or peel and slice carrot thinly, cut onion into thin wedges and chop broccoli into bite size pieces; set aside. Heat oil in a nonstick skillet on medium-high, add the chicken and stir-fry for about 2-3 minutes. Add teriyaki sauce and chopped vegetables; stir-fry for about 8-10 minutes until chicken is done and vegetables are still crunchy. Serve

### Balsamic tomatoes

4 tomatoes

1/3 tbsp olive oil

1 tsp balsamic vinegar

1 tbsp fresh basil

### A NOTE ABOUT SALAD DRESSING

Salad and vegetables are very healthy items...full of fiber and low in calories, but adding fat to your food adds calories, so be careful what you put on your salad. Buy salad dressing that's fat-free or low fat; less than 3 grams of fat per serving. Here's a recipe for a fat-free Italian dressing: 2 Tbs. Cornstarch, 4 Tbs of white vinegar, 2 Tbs of Balsamic vinegar, 3 Tbs of red wine vinegar, 1 green scallion, minced, 2 cloves garlic, minced, 2 Tbs Dijon mustard, 1 Tbs honey, 1 tsp minced fresh parsley, 1/8 tsp. freshly ground black pepper, 1/8 tsp salt (optional): Dissolve cornstarch in a small bowl in 1/4 cup of water. Add to 1 3/4 cups of boiling water and stir until thick. Cool and add remaining ingredients. Will keep refrigerated for 5 days.