



### Menu PLAN

# week 1

**M** TOTAL NUTRIENTS Calories: 1,499, Fat: 53 g, Sat. Fat: 11 g, Carbs: 165 g, Fiber: 33 g, Sugars: 42 g, Protein: 100 g, Sodium: 2,343 mg, Cholesterol: 76 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Egg Sandwich:</b> 4 scrambled egg whites and 1 oz low-fat cheddar cheese in 1 whole-wheat bun 1 grapefruit	25 almonds	<b>Ham &amp; Pear Salad:</b> 3 oz ham, 1 oz low-fat cheddar cheese, 1 thinly sliced pear, 7 walnuts and 3 cups arugula with 2 tsp balsamic vinegar, ½ tsp Dijon and 1 tsp <b>EVOO</b> 1 sliced pita, warmed	10 carrot sticks and 3 tbsp hummus	1 serving Clean Reuben Sandwich (see recipe, p. TK; save leftovers for later this week) 1 orange

**T** TOTAL NUTRIENTS Calories: 1,587, Fat: 45 g, Sat. Fat: 8 g, Carbs: 196 g, Fiber: 40 g, Sugars: 51 g, Protein: 113 g, Sodium: 1,510 mg, Cholesterol: 102 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Winter Oatmeal</b> <b>A</b>	5 oz Greek yogurt with ½ cup sliced thawed strawberries	1 serving Clean Reuben Sandwich (leftovers) 1 kiwi	3 celery stalks with 2 tsp almond butter	5 oz baked pork chop, 1 cup steamed green beans and ½ cup cooked black beans mixed with ¾ cup brown rice 1 cup arugula with 1 tbsp balsamic vinegar and ½ tsp <b>EVOO</b>

**W** TOTAL NUTRIENTS Calories: 1,526, Fat: 35 g, Sat. Fat: 9 g, Carbs: 207 g, Fiber: 40 g, Sugars: 71 g, Protein: 109 g, Sodium: 1,841 mg, Cholesterol: 252 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi Heart to Heart Honey Toasted Oat cereal with 1 sliced banana and ½ cup low-fat milk	½ cup 1% cottage cheese with ¾ cup sliced thawed strawberries	<b>Turkey Sandwich:</b> 3 oz sliced turkey breast, 1 oz low-fat cheddar cheese, 1 slice avocado, 1 slice red onion and 1 lettuce leaf on 1 whole-wheat bun 1 orange	1 quartered hardboiled egg spread with 2 tsp hummus (common Middle Eastern pairing)	2 oz whole-wheat spaghetti, 4 oz cooked ground turkey (or firm tofu, crumbled), 1 cup steamed broccoli florets and ¾ cup tomato sauce 2 cups lettuce and 5 chopped walnuts with 1 tsp balsamic vinegar and ½ tsp <b>EVOO</b>

**T** TOTAL NUTRIENTS Calories: 1,558, Fat: 51 g, Sat. Fat: 11 g, Carbs: 170 g, Fiber: 33g, Sugars: 66 g, Protein: 116 g, Sodium: 2,350 mg, Cholesterol: 224 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Protein Shake:</b> Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, ½ cup strawberries with ice and cinnamon, to taste	1 banana with 2 tbsp almond butter	<b>Chef's Salad:</b> Shred 2 oz each ham and sliced turkey breast, 1 oz Jarlsberg Light cheese and 1 hardboiled egg. Add mixture to 3 cups lettuce, 5 cucumber slices and 5 grape tomatoes with 2 tsp balsamic vinegar and 1 tsp <b>EVOO</b> 1 orange	1 toasted whole-wheat pita (cut into 8 triangles) and ½ cup salsa	<b>Turkey Burger:</b> Form 4 oz ground turkey into burger patty, broil and top with 2 to 3 slices avocado, 1 slice tomato and 1 lettuce leaf on 1 whole-wheat bun 1 cup coleslaw (leftovers from Clean Reuben Sandwich recipe) 1½ cups sautéed mushrooms

**F** TOTAL NUTRIENTS Calories: 1,725, Fat: 43 g, Sat. Fat: 8 g, Carbs: 258 g, Fiber: 53 g, Sugars: 61 g, Protein: 97 g, Sodium: 1,397 mg, Cholesterol: 80 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Blueberry-Pear Oatmeal</b> <b>B</b>	1 low-fat string cheese	1 serving Rosemary Chicken & Potato Salad with Sweet Lemon Vinaigrette (see recipe, p. TK; save leftovers for tomorrow) on 2 cups lettuce 1 apple	½ cup 1% cottage cheese with 2 whole-grain crispbreads and 1 small halved banana	<b>Mexican Pita:</b> 1 toasted whole-wheat pita filled with ¾ cup cooked black beans, ¼ cup chopped sautéed mushrooms, 2 tsp salsa, 2 tsp chopped red onion and ½ cubed avocado

**S** TOTAL NUTRIENTS Calories: 1,755, Fat: 44 g, Sat. Fat: 6 g, Carbs: 224 g, Fiber: 45 g, Sugars: 75 g, Protein: 134 g, Sodium: 979 mg, Cholesterol: 156 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Egg White &amp; Veggie Omelette</b> <b>C</b>	5 oz Greek yogurt with 1 sliced kiwi and 1 tsp stevia	1 serving Rosemary Chicken & Potato Salad with Sweet Lemon Vinaigrette (leftovers), heated in microwave for 1 to 2 minutes 20 almonds	1 sliced pear with 1 oz low-fat cheddar cheese	5 oz baked salmon with 1 sliced clove garlic, 1 cup steamed green beans and ¾ cup brown rice 1 cup lettuce and 5 grape tomatoes with 2 tsp balsamic vinegar and ½ tsp <b>EVOO</b>

**S** TOTAL NUTRIENTS Calories: 1,597 Fat: 49 g, Sat. Fat: 9 g, Carbs: 193 g, Fiber: 30 g, Sugars: 65 g, Protein: 108 g, Sodium: 1,678 mg, Cholesterol: 89 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat pita with 2 tbsp almond butter and 4 thin apple slices Eat remaining apple	<b>Choco Blueberry Shake:</b> Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, ½ cup frozen blueberries	<b>Open-Face Tomato Melt:</b> Top each of 2 slices rye bread with 2 slices tomato, ¼ minced garlic clove, ½ tsp <b>EVOO</b> and ½ oz Jarlsberg Light cheese; broil 1 orange	1 whole-wheat pita and 3 tbsp hummus	5 oz broiled flank steak 1 cup coleslaw (leftovers from Clean Reuben Sandwich recipe) 1 cup arugula and 5 chopped walnuts with 2 tsp balsamic vinegar and ½ tsp <b>EVOO</b>

**EVOO** = extra-virgin olive oil

**A** **Winter Oatmeal:** ½ cup uncooked oatmeal (cooked to package instructions) with 1 cup low-fat milk and 1 diced small apple. Add 1 tbsp flaxseed, ½ tsp cinnamon and 5 chopped walnuts.

**B** **Blueberry-Pear Oatmeal:** ½ cup uncooked oatmeal (cooked to package instructions) with 1 cup low-fat milk, 1 diced pear and ¼ cup frozen blueberries. Add 1 tsp flaxseed, ½ tsp cinnamon and 5 chopped walnuts.

**C** **Egg White & Veggie Omelette:** 4 egg whites, 1 oz Jarlsberg Light cheese, 5 sliced grape tomatoes, 5 sliced mushrooms and ground black pepper, to taste



### Menu PLAN

# week 2

**M** TOTAL NUTRIENTS Calories: 1,599, Fat: 35 g, Sat. Fat: 9 g, Carbs: 214 g, Fiber: 31 g, Sugars: 61 g, Protein: 121 g, Sodium: 1,190 mg, Cholesterol: 155 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup shredded wheat cereal with 1 sliced banana and ¾ cup low-fat milk	1 cup thawed strawberries 15 almonds	<b>Tuna Sandwich:</b> 6 oz tuna with ½ oz light Havarti cheese, 2 tbsp each diced carrots, celery and red onion, and 1 lettuce leaf with 1 tbsp balsamic vinegar and 1 tbsp Greek yogurt in 1 whole-wheat pita 1 apple	1 low-fat string cheese and 8 Dr. Kracker Sunflower Cheddar Snackers crackers	10 oz baked chicken breast (eat 5 oz and save 5 oz for tomorrow) 1 serving Cauliflower & Broccoli Au Gratin (see recipe, p. TK; save leftovers for later this week) ½ cup brown rice

**T** TOTAL NUTRIENTS Calories: 1,576, Fat: 51 g, Sat. Fat: 12 g, Carbs: 177 g, Fiber: 37 g, Sugars: 51 g, Protein: 114 g, Sodium: 1,680 mg, Cholesterol: 123 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup 1% cottage cheese with 1 sliced pear, 4 walnuts and 1 tsp stevia (optional)	10 walnuts	1 serving Cauliflower & Broccoli Au Gratin (leftovers) with 5 oz chopped baked chicken (leftovers) stirred in 1 orange	¾ cup Kashi Heart to Heart Honey Toasted Oat cereal with ½ cup low-fat milk	5 oz baked firm tofu, cubed and seasoned with cumin, 1 cup black beans, ¼ cup salsa and ½ cup shredded low-fat cheddar in 1 toasted whole-wheat pita 1 chopped tomato with 2 tbsp balsamic vinegar and ½ tsp <b>EVOO</b>

**W** TOTAL NUTRIENTS Calories: 1,793, Fat: 53 g, Sat. Fat: 10 g, Carbs: 199 g, Fiber: 37 g, Sugars: 48 g, Protein: 150 g, Sodium: 1,235 mg, Cholesterol: 245 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Banana Berry Oatmeal</b> <b>A</b>	1 sliced kiwi 15 almonds	<b>Almond Chicken Salad</b> <b>B</b> Eat remaining orange	1 cup cooked edamame	1 serving Greek Fish Florentine (see recipe, p. TK; save leftovers for tomorrow) 1½ cups cooked wild rice (eat ¾ cup and save ¾ cup for tomorrow) 1 cup baby spring mix with 2 tsp balsamic vinegar and ½ tsp <b>EVOO</b>

**EVOO** = extra-virgin olive oil

**Banana Berry Oatmeal** **A**: ½ cup uncooked oatmeal (cooked according to package instructions) with 1 cup low-fat milk, 1 small sliced banana, ¼ cup frozen blueberries and ½ tsp cinnamon

**T** TOTAL NUTRIENTS Calories: 1,641, Fat: 38 g, Sat. Fat: 13 g, Carbs: 240 g, Fiber: 36 g, Sugars: 64 g, Protein: 113 g, Sodium: 1,251 mg, Cholesterol: 118 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Almond-Banana Shake:</b> Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, 1 small banana, 1 tbsp flaxseed and 1 tsp almond butter with ice	1 pear	1 serving Greek Fish Florentine (leftovers) ¾ cup cooked wild rice (leftovers)	1 serving Cauliflower & Broccoli Au Gratin (leftovers)	<b>Vegetarian Pasta:</b> 2 oz whole-wheat spaghetti, 4 chopped artichoke hearts, 2 chopped roasted red pepper strips, ¼ cup shredded part-skim mozzarella, ½ cup tomato sauce and ¼ tsp dried oregano 1 cup baby spring mix with 2 tsp apple cider vinegar and ½ tsp <b>EVOO</b>

**Almond Chicken Salad** **B**: 4 oz poached chicken breast, 3 cups baby spring mix, 8 grape tomatoes, 8 almonds, ¼ sliced orange and 1 toasted whole-wheat pita (cut into triangles) with 2 tbsp apple cider vinegar, ½ tsp Dijon mustard and 1 tsp **EVOO**

**F** TOTAL NUTRIENTS Calories: 1,549, Fat: 64 g, Sat. Fat: 16 g, Carbs: 171 g, Fiber: 31 g, Sugars: 42 g, Protein: 85 g, Sodium: 1,482 mg, Cholesterol: 113 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<b>Fruit &amp; Oat Yogurt:</b> 1 cup Greek yogurt with ¼ cup uncooked oatmeal, ¾ cup sliced thawed strawberries and 5 crushed walnuts	2 whole-grain crispbreads topped with ¼ cup low-fat feta cheese and 6 cucumber slices	<b>Avocado, Mozzarella &amp; Tomato Sandwich:</b> ½ sliced avocado, 1 oz part-skim mozzarella and 2 slices tomato between 2 slices toasted whole-grain bread 1 orange	1 pear 1 low-fat string cheese	<b>Salmon Burger:</b> 4 oz salmon patty, 1 slice onion, 1 lettuce leaf and 1 slice tomato on 1 whole-wheat bun 1 serving Cauliflower & Broccoli Au Gratin (leftovers)

**Red Pepper Omelette** **C**: 4 egg whites with 2 chopped artichokes, 2 chopped roasted red pepper strips and ¼ cup low-fat feta cheese

**S** TOTAL NUTRIENTS Calories: 1,687, Fat: 54 g, Sat. Fat: 9 g, Carbs: 198 g, Fiber: 44 g, Sugars: 40 g, Protein: 119 g, Sodium: 2,428 mg, Cholesterol: 106 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1½ tbsp almond butter on 1 toasted whole-wheat English muffin with ¼ cup sliced thawed strawberries	½ cup 1% cottage cheese mixed with ½ cup thawed blueberries	<b>Ham &amp; Cheese Sandwich:</b> 2 oz ham, ½ oz part-skim mozzarella, 2 strips roasted red pepper, 1 chopped artichoke heart in 1 whole-wheat pita 1 apple	8 Dr. Kracker Sunflower Cheddar Snackers crackers and 2 tbsp hummus	5 oz baked pork chop 1 cup cooked edamame 1 cup steamed broccoli ¾ cup cooked brown rice mixed with 5 chopped almonds

**S** TOTAL NUTRIENTS Calories: 1,693, Fat: 56 g, Sat. Fat: 12 g, Carbs: 226 g, Fiber: 42 g, Sugars: 42 g, Protein: 91 g, Sodium: 1,711 mg, Cholesterol: 32 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup shredded wheat cereal with ¾ cup low-fat milk 1 grapefruit	½ cup Greek yogurt and ¼ cup thawed blueberries	2 cups black bean soup topped with 1 oz shredded part-skim mozzarella, ½ chopped avocado and ¼ cup chopped tomato	8 Dr. Kracker Sunflower Cheddar Snackers crackers and 1½ tbsp almond butter	<b>Red Pepper Omelette</b> <b>C</b> 2 slices toasted whole-grain bread 1 cup baby spring mix with 2 tsp balsamic vinegar and ½ tsp <b>EVOO</b>