

## OXF Meal Plan

### *Monday*

**Meal 1-** Egg beaters, 1 piece of whole wheat toast

**Meal 2-** apple and 1 piece of string cheese

**Meal 3-** BLT (2 slices of turkey bacon, 2 slices tomato, 2 leaves lettuce, 1 whole wheat tortilla, fat-free mayo)

**Meal 4-** 1/4<sup>th</sup> cup hummus dip, carrots

**Meal 5-** Grilled chicken breast, sweet potato, green beans

**Meal 6-** 3 slices of turkey, 1 orange

### *Tuesday*

**Meal 1-** 1 cup cherries, 3/4 cup skim milk

**Meal 2-** Banana, chocolate protein shake

**Meal 3-** Cobb salad-(Lettuce, egg whites of a hard boiled egg, chopped tomatoes, cooked skinless chicken breast, 1 tablespoon shredded low fat cheese, fat free dressing)

**Meal 4-** whole peach, 1/4<sup>th</sup> cup raw almonds

**Meal 5-** Shrimp and Rice Stir

Ingredients -- 1 pound shrimp, peeled and deveined

1 1/2 cups cooked brown rice

2 cups broccoli

Cooking oil spray

1/2 tablespoon garlic powder

1/4 cup low-sodium soy sauce

1. How to make... 1<sup>st</sup> remove the tails from the shrimp and cut the shrimp into bit-size pieces.

2. Coat a nonstick skillet with cooking spray and heat the skillet. Add the

shrimp and cook for 2 minutes. Remove the heat and set the shrimp aside.

3. Coat the skillet with cooking spray and heat the skillet. Add the rice and garlic powder and cook the 1 minute, stirring constantly. Add the broccoli and cook until it is bright green. Add the shrimp, soy sauce, and sesame seeds. Cook for 1 minute longer.

This will serve 2 people.

**Meal 6-** 1 slice American cheese, apple slices

### *Wednesday*

**Meal 1-**Oatmeal, skim milk

**Meal 2-**Berries, vanilla protein shake

**Meal 3-**Subway turkey wrap (turkey, lettuce, tomatoes, green peppers, mustard)

**Meal 4-**Turkey jerky, carrots

**Meal 5-**Pork chops, potato, cooked carrots

**Meal 6-**String cheese, cucumber

### *Thursday*

**Meal 1-**Whole wheat English muffin, peanut butter

**Meal 2-**Pear, cottage cheese

**Meal 3-**Brown rice skinless chicken breast, salsa

**Meal 4-**Protein shake, Yogurt

**Meal 5-**Whole wheat spaghetti, ground turkey, marinara sauce

**Meal 6-** Hard boiled egg, grapes

### *FRIDAY*

**Meal 1**-egg beaters, whole wheat English muffin

**Meal 2**-Cottage cheese, pineapple

**Meal 3**-Grilled Cheese sandwich and side salad

Ingredients-2 slices of whole wheat bread

1 slice of low fat cheese

Butter-flavored cooking spray

How to make--preheat a small nonstick pan over medium heat until it is hot enough for a sprits of water to sizzle on it. With an oven mitt, briefly remove pan from heat to mist lightly with cooking spray. Place the sandwich in the pan. Cook for 3 to 4 minutes, or until the bread of lightly browned. Carefully flip the sandwich. Cook for 3 to 4 minutes, or until the cheese is completely melted.

**Meal 4**--Protein shake, banana

**Meal 5**-Turkey Tortilla wraps with Red baked Potato

Red Potato Ingredients-1 large russet baking potato, pierced with tip of knife  
2 tablespoons marinara sauce or other rd tomato sauce

Turkey Wrap Ingredients-2 six inch whole wheat flour tortillas

4 slices of deli roast turkey breast

4 romaine lettuce leaves

4 slices tomato

2 thin slices red or yellow onion

Mustard or hot peppers (optional)

How to make.....to make red potato, cook in microwave on high power 8 to 9 minutes or until fork-tender. Slice lengthwise in half; spoon 1 tablespoon sauce over each half. Meanwhile to prepare the turkey wraps, layer all turkey wrap ingredients on tortillas; roll up. Serves 2

**Meal 6**-Apple, string cheese

*Saturday*

**Meal 1**-Kashi Go lean cereal, skim milk

**Meal 2**-Apple-Turkey roll-up

Ingredients--slice apples

Turkey slices

Fat-free cream cheese

How to make...Slice apple, put cream cheese on apple then roll it up with a turkey slice.

**Meal 3**-Healthy choice soup, broccoli and a garden salad, fat -free dressing

**Meal 4**-Pineapple and cottage cheese

**Meal 5**-Turkey Fajita

Ingredients-6 ounces of skinless, boneless turkey breast, cut into strips

1 cup sliced Spanish onions

1 bell pepper, seeded and cut into strips

2 large whole grain or whole wheat tortillas

½ cup nonfat sour cream

Cooking oil spray

2 tablespoons fajita seasoning mix

1 tablespoon garlic powder

2 teaspoons chili powder

Salt and pepper to taste

How to make...Coat a nonstick skillet with cooking spray and heat the skillet. Add the turkey strips and cook for 2 minutes. Add the onion and cook 1 minute longer. Add the bell pepper, fajita seasoning mix, garlic powder, chili powder, salt, and pepper. Stir well to mix and cook for 1 minute.

To serve: Heat the tortillas in the microwave the 15 seconds. Spoon the turkey mixture into the tortillas and garnish with sour cream. Serves 2

**Meal 6**-Air popped popcorn and protein shake

*Sunday*

**Meal 1**-1 whole wheat waffle with sugar free jam and glass of skim milk, orange

**Meal 2**-Celery and peanut butter

**Meal 3**-Brown rice with chicken, pour salsa over for taste.

**Meal 4**-cucumbers and hummus

**Meal 5**-Cheat Meal!!! Any thing you would like to eat  
Only eat 5 meals on your cheat day. ENJOY!!!

#### References

The 5 Factor Diet, by Harley Pasternak

The Abs Diet, by David Zinczenko

The Eat-Clean Diet, by Tosca Reno

## OXF WEEK 2 MEAL PLAN

Monday

Meal 1-Kashi cereal and skim milk

Meal 2-cottage cheese mixed with yogurt

Meal 3-BLT wrap

Ingredients-3 strips lean turkey bacon	1 whole wheat tortilla
1 tsp. reduced fat mayonnaise	2 lettuce leaves
Sprinkle of low fat cheddar cheese	3 slices of tomato

Prepare bacon according to its package directions. Microwave the tortilla for about 20 seconds. Spread mayonnaise on warmed tortilla. Then layer with lettuce, tomato, cooked turkey bacon and cheese. Wrap the tortilla around the filling.

Meal 4- Protein shake

Meal 5- Brown rice, tuna, and salsa and mix. Serving of vegetables

Meal 6-carrots and hummus

Tuesday

Meal 1-Oatmeal and skim milk

Meal 2-Protein shake and orange

Meal 3-Grilled grape chicken salad

Ingredients- 2 portions of cooked chicken, chopped (about ½ a pound)

½ cup seedless red grapes cut in half

½ cup green grapes cut in half

1 apple, cored and diced

½ cup fat-free mayonnaise

1 lemon, halved

¼ tsp. ground black pepper

2 cups baby romaine leaves

2 tsp. chopped pecans

In a medium mixing bowl, combine precooked and chopped chicken, chilled

red and green grapes, apple, mayonnaise, lemon juice and black pepper. Place baby romaine leaves on 2 small plates. Divide chicken salad mixture into 2 portions and spoon onto leaves. Sprinkle each salad with half the chopped pecans. Serves 2

Meal 4- String cheese and whole wheat crackers

Meal 5- turkey breast, sweet potato broccoli

Meal 6-Protein bar

Wednesday

Meal 1- 2 sunny side up eggs, 1 piece of whole grain toast and grape fruit  
Dip toast in to middle, just eat the egg whites

Meal 2-Creasy salsa dip and baked tortilla

Ingredients-1 cup low-fat cottage cheese

½ cup fat-free plain yogurt

2 whole wheat tortillas

2 cups fresh vegetables of your choice

Preheat oven to 400 degrees. Blend cottage cheese, salsa and yogurt in a blender until smooth, about 30 seconds. Cut each tortilla into wedges and place on a baking sheet. Bake for about 7 minutes, until lightly browned. Divide dip into 2 portions and place in 2 small bowls. Surround each with a portion of baked tortilla chips and half of the fresh vegetables. Serves 2

Meal 3- Health choice frozen meal

Meal 4- Protein shake and strawberries

Meal 5- American turkey Goulash

Ingredients- 8 oz. no yolks uncooked noodles

1 onion, chopped

1 red bell pepper, sliced

1 zucchini, sliced

2 tbsp fresh basil

2 cups tomato sauce

Prepare egg noodles according to directions

Lightly coat a large skillet with cooking spray. Over medium-heat, sauté chopped onion for 2 minutes. Add bell pepper to the onion and sauté for another 2 minutes. Add zucchini and sauté for 2 more minutes. Remove

vegetables from the skillet and set aside. Add ground turkey to the skillet and sauté until no longer pink, about 10 minutes. When the ground turkey is done, return vegetables to the skillet. Add tomato sauce and basil.

Cook, stirring occasionally, for 5 minutes or until heated through. Place a portion of noodles on each plate and top a portion of turkey mixture.

Serves 4

Meal 6- Sugar free Jell-O

Thursday

Meal 1-Turkey bacon melt

Ingredients- 2 strips of lean turkey bacon

1 whole wheat English muffin

2 slices of tomato

2 slices of reduced fat cheese

Preheat oven to 400 degrees

Cook turkey bacon according to its directions

Place the whole wheat English muffin halves face up on a baking sheet.

Top each with a slice of tomato. Layer with cheese and top with half slices of cooked bacon. Place in the oven for 3 to 5 minutes, until cheese is melted and bubbly.

Meal 3- Salad with tuna and cottage cheese and fat-free dressing

Put the tuna and cottage cheese over lettuce

Meal 4- Cereal and skim milk

Meal 5-Amy's organic soup (canned soup in grocery store) and baked potato

Meal 6- raw vegetables and humus

Friday

Meal 1-Whole wheat English muffin and low-fat peanut butter and ½ banana

Meal 2- raw vegetables and dip in fat-free ranch mixed with cottage cheese

Meal 3- South Beach living wrap (next to lunch meat at grocery store)

Meal 4- Raw almonds and yogurt

Meal 5-Salmon, brown rice and mixed vegetables

Meal 6- air popped popcorn and string cheese

Saturday

Meal 1-Egg beaters mixed with any kind of vegetable and whole grain toast

Meal 2- Protein shake and fruit

Meal 3-Subway turkey sandwich with honey mustard and lots of vegetables

Meal 4-Slice of cheese and raw vegetable

Meal 5- Wendy's small chili and plain baked potato

Meal 6-whole wheat crackers and hummus

Sunday

Meal 1- Whole wheat waffle, sugar free syrup and cup of skim milk

Meal 2- Apple with fat-free cream cheese and turkey slice rolled up

Meal 3-Turkey sandwich with lettuce, tomatoes, low-fat cheese and mayonnaise 1 banana and raw vegetables dipped into cottage cheese and fat-free dressing

Meal 4-protein shake

Meal 5- CHEAT MEAL!!!

Remember these are just ideas to help you. They do not have to be followed exactly as planned. If you want to eat your dinner meal in place of your lunch; go right ahead!!!!

Remember to drink 8-10 glasses of water

## OXF MEAL PLAN WEEK 3

Monday

Meal 1-1egg, 1 piece of ham and whole whole wheat toast

Meal 2-Cantalope and cottage cheese

Meal 3-Grilled chicken breast, brown rice, peas also side salad with fat free dressing

Meal 4-Protein shake and whole grain crackers

Meal 5-Tofu stir fry

3 ounces firm tofu (1/5 block

½ cup sliced mushrooms

2 tablespoons olive oil

½ cup sliced zucchini

½ onion, thinly minced

½ cup fresh spinach

1 clove garlic, minced

1 tablespoon water

1 tablespoon soy sauce

Press water from tofu by putting it between several layers of paper towels and placing dinner plate on top. Let sit 20 to 30 minutes. Divide block of tofu into 5 portions (unused tofu portions may be frozen in individual bags for later use.) Cube 1 portion to tofu and stir-fry in oil. Add mushrooms and cook until soft. Add zucchini and cook a few more minutes. Add spinach, soy sauce, and water, stir well and cook 2 more minutes.

Makes 1 serving

Meal 6-BEER and WHOPPER (just wanted to see if any one was paying attention) Just kidding!!!

Raw vegetables and hummus

Tuesday

Meal 1 Fiber One cereal, skim milk and piece of fruit

Meal 2-Peanut butter and banana

Meal 3-Subway turkey sandwich

This is a whole wheat sandwich. You can load with as many vegetables as you like. !! Use mustard honey mustard as a dressing.

Meal 4-Hard boiled egg and raw vegetables with fat free dressing to dip

Meal 5-Lean broiled pork chops, green beans and baked potato

Meal 6-Protein shake and low-fat popcorn

Wednesday

Meal 1-Egg beaters and whole wheat English muffin

Meal 2-Mixed berries with vanilla yogurt and cottage cheese mix together

Meal 3-South beach protein bar

Meal 5-Flounder, cauliflower, sweet potato

Place an 8 ounce piece of flounder on a sheet of aluminum foil and top with 2 tablespoons teriyaki sauce. ½ cup sliced red pepper, ½ cup snow peas, 1 cup fried bok choy, 1 tablespoon sesame seeds, bake at 350 degrees for about 10 minutes

Meal 6 raw almonds and glass of skim milk

Thursday

Meal 1 Kashi Go Lean cereal, skim milk and piece of fruit

Meal 2-whole wheat pita bread dipped in hummus

Meal 3-Chicken and Bean salad

½ cup green beans, ¼ chick pea's, ½ cup kidney beans, chopped parsley and vinaigrette, over 2 ounces grilled chicken strips and mixed greens

Meal 4-String cheese and favorite piece of fruit

Meal 5-Turkey, steamed vegetables and side salad

Meal 6-Sugar free jell-o pudding

Friday

Meal 1-Banana nut smoothie

½ banana, 2 tablespoons natural peanut butter, 1 cup skim milk and 4 ice cubes. Blend ingredients together

Meal 2-yougurt and string cheese

Meal 3-Confetti chicken at Applebee's restaurant. It is on the weight waters menu.

Meal 4-Pineapple and cottage cheese

Meal 5-Chef salad

1 hard boiled egg	3 tomato wedges
3 ounces of ham	1 carrot, peeled and grated
3 ounces of turkey	3 tablespoons fat free dressing
½ cup peeled sliced cucumber	1 cup chopped romaine lettuce

Cut egg into eights. Slice meat into narrow strips. Combine all ingredients except dressing in a bowl and toss. Drizzle with the salad dressing

Meal 6-Low-fat hot chocolate with skim milk

Saturday

Meal 1-Oatmeal, skim milk and apple

Meal 2-Turkey roll-ups

1 whole wheat tortilla  
1 tablespoon light garden vegetable cream cheese  
2 ounces thinly sliced oven roasted turkey

Place the tortilla on a cutting board. Spread the cream cheese evenly over three-quarters of the tortilla surface to the edges. Lay the turkey slices evenly over the cheese. Starting at the filled end, roll the tortilla tightly into the tube. With a sharp knife, slice into 8 equal pieces. Arrange, spiral side up, on a serving dish. Makes 1 serving

Meal 3-Healthy Choice soup (Chicken with pasta)and sweet potato

Meal 5-Whole wheat spaghetti with ground turkey

Meal 6-Jell-o and sugar free cool whip

Sunday

Meal 1-Southwestern Omelet

2 tablespoons mince green or red bell pepper

$\frac{3}{4}$  cup egg substitute or egg whites

2 tablespoons minced fresh tomato

1 tablespoon minced mushroom

1 teaspoon minced onion

3 tablespoons salsa

1 tablespoon light or fat-free sour cream

In a medium bowl, combine the egg substitute, bell pepper, tomato, mushroom and onion.

Mist a medium nonstick skillet with olive oil spray. Set over medium heat. Add the egg substitute mixture to the pan. Cook, lifting the edges with a spatula as they start to set and tipping the pan for uncooked egg substitute to run underneath, for 3 to 5 minutes, or until almost set. Flip the omelet. Cook for 1 minute, or until set. Fold the omelet in half. Transfer to a serving plate. Top with salsa and sour cream. Makes 1 serving

Meal 2-Meal replacement shake and pear

Meal 3-Grilled Salmon with baked potato

To marinade salmon

1/3 cup white wine

1 clove garlic, minced

1 tablespoon soy sauce

$\frac{1}{2}$  teaspoon ground paprika

1/3 cup olive oil

two -5 ounce salmon fillets

salt and pepper to taste

half a lemon

To make the marinade-combine the wine, garlic, soy sauce, paprika,, and olive oil, and whisk together. Marinate the salmon for at least 1 hour before grilling. Lightly oil and preheat a grill or skillet. Place the fish on the hot grill or in the skillet and cook for 5 minutes, then turn. Lower the heat and continue cooking for 5 to 10 minutes or until fish flakes when tested with a fork. Sprinkle the fish with salt and pepper and squeeze the lemon juice over before serving.

Meal 4-String cheese and fruit

References by

The Biggest Loser Cookbook, by Devin Alexander and the Biggest Loser Experts and Cast with Karen Kaplan.

Extreme Fat Smash Diet, by Ian K. Smith, M.D.

## OXF MEAL PLAN 4

Monday

Meal 1-Kashi Go lean cereal and skim milk

Meal 2-Bannana and protein shake

Meal 3-Grilled Chicken breast, baked potato, and veg

Meal 4-Air popped popcorn and string cheese

Meal 5-Turkey burger with corn on the cob and side salad

Meal 6-Almonds and yogurt

Tuesday

Meal 1-Toasted whole wheat bagel and peanut butter

Meal 2-Turkey slices rolled with fat-free cheese and raw vegetables

Meal 3-Lean cuisine frozen dinner

Meal 4-Hard boiled egg and whole grain crackers

Meal 5-Enchailadas

Ingredients

1 lb Ground turkey breast

1 chopped onion

1 minced garlic

2 tbsp chili powder

1 tsp cumin salt

Chopped cilantro

Corn tortillas

Fat free shredded cheddar cheese

Fat free sour cream

Instructions

Preheat oven to 350 degrees. Sauté Turkey breast with onion and garlic. Add chili powder, cumin salt and some of the cilantro. Spray a glass baking dish with cooking spray. Layer corn tortillas on bottom of baking dish and top with cooked turkey mix. Top with corn tortillas and add another layer of cooked turkey meat. Put on last tortillas, layer top once again with

turkey mix and bake in oven for 15 to 20 minutes. Remove from oven. Serve and sprinkle with fat-free shredded cheddar cheese and sour cream and top remaining cilantro. Serves 4

Meal 6-Protein shake and apple

Wednesday

Meal 1-3egg whites chopped mushroom and tomatoes and 1 oz reduced Swiss cheese

Meal 2- Apple and peanut butter

Meal 3- Tuna melt and Vegetable

2 pieces of whole wheat bread

Package of tuna

1 piece of fat-free cheese

Make the same as grilled cheese sandwich placing the tuna between the bread and cheese

Meal 4-Meal replacement protein shake

Meal 5-Cherry tomato meatballs with brown rice and fruit

Ingredients

1 lb lean ground sirloin

12 cherry tomatoes

2 egg whites

$\frac{3}{4}$  cup soft bread crumbs

$\frac{1}{2}$  cup skim milk

1  $\frac{1}{2}$  cups chopped onion

Salt and Pepper

$\frac{1}{2}$  tsp oregano

1 tbsp parsley

Pan cooking spray

In a bowl, combine all ingredients, except meat and tomatoes. Add mixture to ground sirloin and mix well. Shape  $\frac{1}{2}$  cup to the mixture evenly around each tomato so that the tomato is hidden inside the meatball. Spray a baking dish with Pam. Place the meatballs in a baking dish and bake at 375 degrees for 25 to 30 minutes.

Meal 6- cottage cheese and yogurt

Thursday

Meal 1-Breakfast Burrito

Ingredients

3 egg whites

1 oz. low-fat ham

1 oz low-fat cheese and onion

Rolled into 1 whole wheat tortilla

Meal 2-1 oz. pretzel dipped in mustard and string cheese

Meal 3- 4 oz grilled salmon, wild rice and sliced cucumbers

Meal 4-Carrots and hummus

Meal 5-Turkey meat loaf mashed potatoes and vegetables

Ingredients

2 lbs ground turkey breast

1 cup chopped onions

4 egg whites

1 cup salsa

½ cup oatmeal

1 pkg Knorr's vegetable soup mix

¼ tsp pepper

½ tsp garlic powder

½ cup ketchup

Preheat oven to 350 degrees. Mix turkey, onions, egg whites, salsa, oatmeal, soup mix and seasonings in a bowl until all ingredients are well blended. Place mixture in a meat loaf pan. Cover with ketchup. Cover and bake for 1 hour. Serves 6

Meal 6-Sugar free Jell-O

Friday

Meal 1-Whole wheat waffle and sugar free syrup and cup of skim milk

Meal 2-meal replacement bar

Meal 3-Baked potato from Wendy's topped with Wendy's chili

Meal 4-Almonds and raw vegetables dipped in fat-free ranch dressing

Meal 5- 6 oz oven baked fish, small baked yam and green beans

Meal 6-string cheese and whole grain crackers

Saturday

Meal 1-Fiber one cereal and skim milk

Meal 2-Pitta bread dipped in hummus

Meal 3- 6 inch subway turkey breast on whole wheat with all veg.

Meal 4- Protein shake and pear

Meal 5- grilled pork chops , roasted potatoes and corn

Meal 6- fat free skim milk and whole grain crackers

Sunday

Meal 1- 2 poached eggs and sliced tomato ½ toasted English muffin and 1 cup skim milk

Meal 2-Protein shake

Meal 3- Turkey sandwich with avocado

Meal 4 Air popped popcorn and string cheese

Meal 5- CHEAT MEAL!!!!

## OXF MEAL PLAN 5

Monday

Meal 1-Oatmeal and scrambled eggs

Meal 2-Handfull of raw almonds and apple

Meal 3-Tuna sandwich and raw vegetables

Can of tuna with 2 tablespoons low-fat mayonnaise

Put on 2 pieces of whole wheat bread and lettuce and 1 piece of low-fat cheese

Meal 4-Meal replacement shake

Meal 5-Chicken breast, sweet potato and broccoli

Meal 6-Jell-o

Tuesday

Meal 1-Kashi go lean cereal and skim milk

Meal 2-Cottage cheese and yogurt

Meal 3-Mixed greens with turkey and cheese quesadillas

Ingredients- $\frac{1}{4}$  pound deli-style sliced fat-free turkey

2 whole grain of whole wheat tortillas

$\frac{1}{2}$  cup shredded non-fat mozzarella cheese

3 cups mixed greens

1 cup fat-free blue cheese salad dressing or other fat-free dressing

1. Place the turkey on one side of each tortilla in half. Press tightly to secure the filling.

2. Coat a nonstick skillet with cooking spray and heat the skillet. Cook the tortillas for 1 minute on each side or until the cheese is melted. Slide the quesadillas onto a cutting board. Slice each into three or four triangles. Set aside.

TO SERVE-Toss the mixed greens with the salad dressing. Place the greens in the center of the plates. Arrange the quesadilla triangles around the salad.

Serves 2

Meal 4-Hummus and carrots

Meal 5-Turkey Fajita

Ingredients-6 ounces skinless, boneless turkey breast, cut into strips

1 cup sliced onion

1 bell pepper, seeded and cut into strips

½ cup nonfat sour cream

Cooking oil spray

2 tablespoons fajita seasoning mix

1 tablespoon garlic powder

2 teaspoons chili powder

Salt and black pepper to taste

1.Coat a nonstick skillet with cooking spray and heat the skillet. Add the turkey strips and cook for 2 minutes. Add onion and cook 1 minute longer. Add the bell pepper, fajita seasoning mix, garlic powder, chili powder, salt, and cracked black pepper. Stir well to mix and cook for 1 minute.

To serve-Heat the tortillas in the microwave for 15 seconds. Spoon the turkey mixture onto tortillas and garnish with sour cream. Serves 2

Meal 6- 1 cup popcorn

Wednesday

Meal 1-Sunny side eggs and whole wheat toast

Meal 2-String cheese and pear

Meal 3-Open face turkey BLT

Ingredients-2 strips of turkey bacon

1 head romaine lettuce, leaves washed and patted dry

6 ounces deli-style fat-free turkey, thinly sliced

2 tomatoes, thinly sliced 1 tablespoon red wine vinegar

Salt and pepper to taste

1. Microwave the turkey bacon for 3 minutes or until crisp. Crumble the bacon and set aside. Lay the romaine leaves flat on a plate. Layer with the sliced turkey, sliced tomato, and turkey bacon. Season with salt and pepper and drizzle with red wine vinegar.

TO SERVE---Place the bun-less BLT's on plate and serve. Serves 2

Meal 4-Protein shake and fruit

Meal 5- 6 inch grilled chicken on whole wheat bun and vegetables

Meal 6-Fat free chocolate pudding

Thursday

Meal 1-egg beater mix your favorite vegetables and 1 piece of whole wheat toast

Meal 2-bannana and peanut butter

Meal 3-Healthy Choice Frozen Dinner (Grilled turkey and mashed potato

Meal 4-cucumbrs and cottage cheese mixed with fat-free ranch

Meal 5-Hot wild Salmon and Asparagus

Ingredients-2 wild salmon fillets with skin or salmon streaks

2 tablespoons finely chopped fresh ginger

1 tablespoon wasabi paste

¼ teaspoon turmeric

Prepare grill or preheat broiler. Brush skinless side of salmon with combined ginger, wasabi paste, and turmeric. Grill or broil 4 to 6 inches from heat source 10 to 12 minutes. Without turning, or until salmon is opaque in center. Serve with asparagus.

Meal 6-Protein shake

Friday

Meal 1- Fiber 1 cereal and skim milk

Meal 2-Salsa mixed with cottage cheese and use pita bread to dip

Meal 3-Wendy's chili and baked potato

Meal 4-Meal replacement bar

Meal 5-Pork chops, brown rice and your favorite vegetable

Meal 6- Jell-o

Saturday

Meal 1-Oatmeal and raw almonds

Meal 2-hard boiled egg and pear

Meal 3-Hamburger patty made with extra-lean beef topped with a slice of tomato, onion, and lettuce placed on top of whole grain bread. Serve with cup of tomato soup

Meal 4-protein bar

Meal 5- South Beach Living (wrap) in the lunch meat section of grocery store

Meal 6- apple and cheese

Sunday

Meal 1-Ham and Veggie omelet

3 egg omelet with small pieces of lean ham and a variety of vegetables. No cheese. Served with a bowl of fruit

Meal 2- Protein shake

Meal 3-Greek Salad

Romaine lettuce leaves

1 chopped tomato

½ cup sliced red onion

½ cup of reduced feta cheese

2 tablespoons extra-virgin olive oil

Meal 4-Peach and string cheese

Meal 5-CHEAT MEAL!!!

## OXF MEAL PLAN 6

Monday

**Meal 1**-Oatmeal, skim milk

**Meal 2**-Berries, vanilla protein shake

**Meal 3**-Subway turkey wrap (turkey, lettuce, tomatoes, green peppers, mustard)

**Meal 4**-Turkey jerky, carrots

**Meal 5**-Pork chops, potato, cooked carrots

**Meal 6**-String cheese, cucumber

Tuesday

**Meal 1**-Whole wheat waffle and sugar free syrup and cup of skim milk

**Meal 2**-meal replacement bar

**Meal 3**-Baked potato from Wendy's topped with Wendy's chili

**Meal 4**-Almonds and raw vegetables dipped in fat-free ranch dressing

**Meal 5**- 6 oz oven baked fish, small baked yam and green beans

**Meal 6**-string cheese and whole grain crackers

Wednesday

**Meal 1**-Fiber one cereal and skim milk

**Meal 2**-Pitta bread dipped in hummus

**Meal 3**- 6 inch subway turkey breast on whole wheat with all veg.

**Meal 4**- Protein shake and pear

**Meal 5**- grilled pork chops , roasted potatoes and corn

**Meal 6-** fat free skim milk and whole grain crackers

Thursday

**Meal 1-**2 sunny side eggs up and 2 pieces of whole wheat toast and a grape fruit.

**Meal 2-** String cheese and pear

**Meal 3-** Chicken noodle soup and baked potato

Ingredients- 1 Tbsp olive oil

1 onion, chopped

4 carrots, peeled

2 parsnips, peeled and chopped

4 celery stalks, chopped

4 bay leaves

½ tsp ground black pepper

12 cups fat-free, reduced-sodium chicken broth

2 cups water

6 portions chicken breast (about 2 pounds)

8 portions wide no-yolk noodles (about 1 pound)

¼ cup fresh parsley, chopped

2 Tbsp fresh dill, chopped

1. Heat olive oil in a large pot over medium heat. Add chopped onion and sauté for about 4 minutes

2. Add carrots, parsnips, celery, bay leaves, black pepper, chicken broth and water. Bring to a boil over high heat.

3. Add uncooked chicken pieces to broth and bring back up to a boil.

4. Add noodles and simmer until tender, about 8 minutes. Reduce heat to low

5. Remove bay leaves, then stir in parsley and dill.

6. Ladle a portion (about 2 cups) of soup into each bowl. Serves 8

**Meal 6-** 1 slice of cheese and whole wheat crackers

Friday

**Meal 1** Oatmeal and egg whites

**Meal 2** Protein shake and berries

**Meal 3-** whole wheat 6 in. turkey sub from SUBWAY

**Meal 4-**Cottage cheese and cucumbers with low-fat ranch

**Meal 5-**Rotisseri chicken , steamed vegetables and baked potato

**Meal 6-**Fresh fruit and low-fat cheese stick

Saturday

**Meal 1** Fiber One cereal, skim milk and piece of fruit

**Meal 2-**Peanut butter and banana

**Meal 3-**Subway turkey sandwich

This is a whole wheat sandwich. You can load with as many vegetables as you like. !! Use mustard honey mustard as a dressing.

**Meal 4-**Hard boiled egg and raw vegetables with fat free dressing to dip

**Meal 5-**Lean broiled pork chops, green beans and baked potato

**Meal 6-**Protien shake and low-fat popcorn

Sunday

**Meal 1-**1 whole wheat waffle with sugar free jam and glass of skim milk, orange

**Meal 2-**Celery and peanut butter

**Meal 3-**Brown rice with chicken, pour salsa over for taste.

**Meal 4-**cucumbers and hummus

**Meal 5-**Cheat Meal!!! Any thing you would like to eat!!! You DESERVE IT!!!

## OXF MEAL PLAN 7

Monday

Meal 1-Egg beaters and whole grain English muffin

Meal 2 Meal replacement shake

Meal 3-Chicken Salsa Wrap

Ingredients-Chicken breast

Newman's Own All Natural Pineapple Salsa

Chopped lettuce

Shredded low-fat cheddar cheese

Whole wheat Tortilla

Place chicken, lettuce and cheese into tortilla. Drizzle salsa on top and wrap it up.

Meal 4-peanut butter and celery

Meal 5-shrimp, brown rice and cauliflower

Meal 6-Protein shake

Tuesday

Meal 1-Broccoli cheddar omelet

Ingredients-1 1/4 cups egg whites

3 cups broccoli florets, coarsely chopped

1/4 cup shredded nonfat cheddar cheese

4 slices whole grain bread, toasted

1 teaspoon Mrs. Dash seasoning mix

Salt and cracked black pepper to taste

Cooking oil spray

1. Whisk together the egg whites, Mrs. Dash, salt, and pepper. Coat a nonstick skillet with cooking spray and heat the skillet. Add broccoli florets and cook and stir until they are bright green. Add the egg whites and cook while gently pushing them to center with a rubber spatula. When the egg mixture begins to set on the bottom, turn it over. Sprinkle with cheese and cover the pan. Cook for 30 seconds or until the cheese begins to melt.

Serves 2

## Meal 2-Apple and string cheese

### Meal 3-Herbed tuna melt

Ingredients-1 can tuna

1 tbsp extra virgin olive oil, divided

¼ cup grated carrot

1 tbsp goat cheese

4 kalamata olives pitted and diced

1 scallion, chopped

¼ tsp rosemary

½ tsp herbs de Provence(a mix of rosemary, marjoram, basil, bay leaf, thyme)

2 slices of whole grain bread

1 cup spinach

1. Mix together tuna, half the olive oil, carrot, cheese, olives, scallion and seasoning.
2. Paint bread lightly with remaining olive oil. Spread half the mixture over each slice of bread and top with spinach. Grill until toasted

## Meal 4-Handful of almonds and whole grain crackers

### Meal 5-Chicken Chow Mein

6 ounces skinless, boneless chicken breast, cut into strips

5 cups thinly sliced carrots

3 cups snow peas, stems removed

2 cups bean sprouts

Cooking oil spray

1 table spoon sesame seeds

1 tablespoon garlic powder

½ cup low-sodium soy sauce

1. Coat a wok with cooking spray and heat the wok. Add the chicken strips and stir-fry for 2 minutes. Add carrots, snow peas, bean sprouts, sesame seed, and garlic powder. Stir-fry for 1 minute. Add the soy sauce and cook for 1 minute.

To serve: Ladle into shallow bowls and garnish with a few additional sesame seeds. Serves 2

Meal 6-Cucumber dipped into cottage cheese mixed with low-fat ranch

Wednesday

Meal 1-Kashi cereal and skim milk

Meal 2-apple, 2 slices of turkey and a piece of low-fat cheese

Meal 3-subway 6 inch whole wheat grilled chicken sup

Meal 4-Protein shake with raw vegetables

Meal 5-Deluxe turkey dinner

Ingredients-1 cup herb-seasoning stuffing mix

1 cup fat-free, reduced-sodium chicken broth

2 stalks celery, chopped

½ onion, chopped

4 portions turkey breast slices (about 1 lb)

Ground pepper to taste

1 zucchini, sliced

1 cup whole-berry cranberry sauce

1. Preheat oven to 350 degrees.

2.Prepare stuffing according to its package directions, substituting fat-free chicken broth in place of butter. Add celery and onion to stuffing, and mix thoroughly.

3.Lightly coat an 8x8 baking dish with cooking spray. Layer turkey breast slices evenly into the bottom of the baking dish and season with ground black pepper.

4. Evenly layer sliced squash on turkey, and top with a layer of cranberry sauce. Spoon prepared stuffing on top of cranberry sauce.

5.Cover with foil and bake until the turkey is cooked through, approximately 40 minutes.

6. Turn oven to broil setting, remove foil and place under broiler for 5 minutes

To brown the dressing.

2. Divide into 4 portions. Serves 4

Meal 6-suger free jell-o pudding

Thursday

Meal 1- Fortified French toast

Ingredients-3 Tbsp vanilla protein powder

½ cup egg substitute

¼ tsp ground cinnamon

2 slices whole-wheat bread

¼ cup sugar-free syrup

1. Lightly coat a large nonstick skillet or griddle with butter-flavored cooking spray and place over medium heat.
2. Place protein in a pie plate and slowly pour in egg substitute while stirring with a fork until smooth. (The batter will be thick.) Sprinkle cinnamon on top of the batter.
3. Dip one piece of bread in the batter and let it soak up the egg mixture for 10 seconds. Carefully turn the bread over to coat the other side. Repeat with second piece of bread.
4. Place batter-soaked bread in the skillet and spoon any remaining batter on top. Cook 2 to 3 minutes on each side or until golden brown. Then place on a small plate.
5. While French toast is cooking, microwave maple syrup until warm, about 20 seconds.
6. Pour warm syrup over French toast and serve. Serves 1

Meal 2- Hummus and carrots

Meal 3- Weight Watchers Smart Choice Meal (Frozen Food)

Meal 4- Meal replacement shake

Meal 5-Pork chops, baked potato and snap peas

Meal 6- air popped popcorn

Friday

Meal 1- Sunny-side up eggs and whole wheat toast

Meal 2-blueberries and cottage cheese

Meal 3-Brown rice, tuna and salsa mixed together

Meal 4- protein shake and apple

Meal 5- Albacore Tuna casserole

Ingredients- 4 portions whole wheat rotini pasta (about 8oz uncooked)  
2 cans (6 oz) albacore tuna, water packed, drained  
1 can (10 oz) low-fat, reduced-sodium cream of mushroom soup, condensed  
½ cup frozen peas

- 1.Preheat oven to 350 degrees.
- 2.Prepare rotini pasta according to its package directions.
- 3.Lightly coat an 8x8 baking dish with cooking spray.
- 4.Place cooked pasta in baking dish and add tuna, soup, skim milk and peas: mix well.
- 5.Bake uncovered until the casserole begins to bubble, about 20 minutes.
- 6.Remove casserole from oven and let stand 5 minutes. Then divide into 4 portions.

Meal 6-Hard boiled egg

Saturday

Meal 1-Oatmeal and skim milk

Meal 2-Cottage cheese mixed with salsa and pita bread to dip

Meal 3-Chicken and Pear Salad

Ingredients-2 portions chicken breast (about½ lb)

1 Tbsp sesame seeds  
2 pears, cored and sliced  
2 cups cabbage, shredded  
½ cup radishes, sliced  
2 green onions, sliced  
2 Tbsp olive oil  
2 Tbsp vinegar  
2 Tbsp fresh parsley, minced  
1 tsp fresh thyme, chopped  
1 tsp grated lemon peel

- 1.Preheat grill to high. Place chicken on hot grill and cook for approximately 6 minutes; turn and grill for 6 more minutes until not longer

pink in the center. Remove from heat and allow to cool. Then slice into bite-size pieces.

2. While the chicken is cooking, in a medium skillet, toast sesame seeds over medium heat, stirring lightly. Remove seeds when they are golden brown, approximately 5 minutes.

3. In a large mixing bowl, combine the cooled chicken, pear slices, cabbage, radishes, green onion and sesame seeds.

4. In a small mixing bowl, combine the olive oil, vinegar, parsley, thyme and lemon peel: mix well.

5. Pour vinaigrette dressing over chicken and pear salad: toss well.

6. Divide into two portions and serve.

#### Meal 4-Meal replacement shake

#### Meal 5-turkey burgers, corn and sweet potato

Ingredients- 4 portions lean ground turkey (about 1 lb)

½ onion, finely chopped

1 tsp horseradish

1 tsp lite soy sauce

¼ ground black pepper

1 clove garlic, minced

1 Tbsp fresh parsley, chopped

½ cup egg substitute

4 whole-wheat buns or rolls, split

4 lettuce leaves

4 slices of tomato

Ketchup, to taste

Mustard, to taste

1. In a large mixing bowl, combine ground turkey, onion, horseradish, soy sauce, black pepper, garlic, parsley and egg substitute. Form into 4 portions size patties.

2. Place patties in a frying pan and cook until no longer pink in the center, approximately 6 minutes per side.

3. Place burger on whole-wheat bun with lettuce, tomato, ketchup and mustard. Serve with corn and sweet potato.

#### Meal 6 hummus and raw vegetables

Sunday

Meal 1-Kashi cereal and skim milk

Meal 2-Protien shake and yogurt

Meal 3-Healthy Choice Frozen Lunch

Meal 4-Apple and string cheese

Meal 5- CHEAT MEAL!!

## OXF MEAL PLAN 8

Monday

Meal 1 Mexican Morning Pizza

Ingredients 2 low-fat whole wheat wrap

1 whole egg

1 egg white

Nonstick cooking spray

¼ bell pepper, diced

¼ onion, diced

½ cup salsa

¼ cup shredded part-skim mozzarella cheese

1. Preheat oven to 350 degrees. Place wrap on a baking sheet and cook, flipping halfway through, for 10 minutes

2. Meanwhile, in a small bowl, scramble egg and egg white. Spray a medium-sized skillet with cooking spray, add pepper and onion and sauté over medium heat until slightly softened, about 5 minutes. Add egg mixture and cook, stirring often until set, about 5 minutes.

3. To assemble, spread salsa on tortilla, top with egg mixture and sprinkle cheese over it.

Meal 2 protein bar

Meal 3 Subway turkey salad with lots of veg and low-fat dressing

Meal 4-apple and low fat cottage cheese

Meal 5 Pork chops and baked potato

Meal 6 2 cups popcorn

Tuesday

Meal 1 eggs and oatmeal

Meal 2 Protein shake and fruit

Meal 3-Asian steak salad

Ingredients nonstick cooking spray  
4 oz skirt steak  
½ cup romaine lettuce  
½ cup spinach  
½ cup cabbage, shredded  
¼ red onion, sliced  
¼ cucumbers, peeled and sliced  
2 tbsp seasoned rice wine vinegar  
1 tbsp olive oil

1. Coat a medium sized skillet with cooking spray. Add steak and cook for about 10 minutes, flipping halfway through. Place on a plate and let rest.
2. In a large bowl combine romaine, spinach, cabbage, onion and cucumber. Slice steak across grain and lay over salad. In a small bowl, combine vinegar and oil and pour over salad.

Meal 4 apple and peanut butter

Meal 5 Baked chicken , brown rice and peas

Meal 6 Jell-o

Wednesday

Meal 1 egg beaters and English muffin

Meal 2 low fat yogurt and cottage cheese

Meal 3 Twisted tuna salad

Ingredients 1 can chunk light tuna  
4 oz light whipped cream cheese  
2 heaping tbsp chopped red onion  
6 celery sticks

IN a small bowl, combine tuna and cream cheese until fairly smooth. Add onion and cucumber, stir and refrigerate for 30 minutes. Serve with celery

Meal 4 banana and peanut butter

Meal 5 Spaghetti and turkey meatballs

4 oz ground turkey (97% lean)  
½ cup spaghetti sauce  
½ cup whole wheat spaghetti  
1 cup cooked carrots

Make as regular spaghetti and cooked carrots on side

Meal 6 Whole wheat crackers and cottage cheese

Thursday

Meal 1 Kashi cereal and skim milk

Meal 2 -string cheese and fruit

Meal 3 Wendy's baked potato and small chili

Meal 4 Meal replacement shake

Meal 5 Taco's with ground turkey

Meal 6 Jell-O

Friday

Meal 1 English muffin with peanut butter and 1 piece of toast

Meal 2 Handful of almonds and skim milk

Meal 3 Healthy Choice frozen Dinner

Meal 4 Meal replacement bar

Meal 5 Subway 6 inch turkey sandwich with wheat bread

Meal 6 Veg and hummus

Saturday

Meal 1 Fiber 1 cereal

Meal 2 handful of raw almonds and apple

Meal 3- Brown rice and flavored tuna

Meal 4 cucumbers and cottage cheese and low-fat ranch

Meal 5 6 oz salmon 1 cup sliced zucchini 2 cups salad -low fat dressing

Meal 6 Protein shake

Sunday

Meal 1 Frozen whole grain waffle, sugar free syrup and skim milk

Meal 2 strawberries and cottage cheese

Meal 3 1 can of tuna whole with 1 tbsp light mayonnaise and whole grain crackers

Meal 4 Protein shake and fruit

Meal 5 Cheat meal!!

## OXF MEAL PLAN 9

Monday

Meal 1-English muffin and 1 scrambled egg with 2 egg whites

Meal 2-Cottage cheese and yogurt

Meal 3-Wendy 's Mandarin chicken salad with out crispy noodles and low-fat dressing

Meal 4-string cheese and small apple

Meal 5-Country-Style Ham Steaks with yams and vegetable

1.Coat a nonstick skillet with cooking spray and heat the skillet. Add the ham steaks and sear on each side until golden brown, Microwave the yams for about 3 ½ minutes each. Peel and slice them into rounds and season with salt and pepper. Cook a vegetable.

Meal 6-Strawberries and skim milk

Tuesday

Meal 1 Kashi Go-lean cereal with skim milk

Meal 2-Protein bar

Meal 3-Microwave brown rice --Flavored tuna and cottage cheese on side

Meal 4-almonds and fruit

Meal 5-Turkey Fajitas

6 ounces skinless, boneless turkey breast, cut into strips

1 cup onion

1 bell pepper, seeded and cut into strips

2 large whole grain or whole wheat tortillas

½ cup nonfat sour cream

Cooking oil spray

2 tablespoons fajita seasoning mix

2 teaspoons chili powder

1 tablespoon garlic powder

1.Coat a nonstick skillet with cooking spray and heat the skillet. Add the

turkey strips and cook for 2 minutes. Add the onion and cook 1 minute longer. Add the bell pepper, fajita seasoning mix, garlic powder, chili powder, salt and pepper. Stir well to mix and cook for 1 minute.

To Serve: Heat the tortillas in the microwave for 15 seconds. Spoon the turkey mixture onto the tortillas and garnish with sour cream.

Serves 2

Meal 6- Low-fat popcorn

Wednesday

Meal 1 Oatmeal and egg whites

Meal 2 Protein shake and berries

Meal 3- whole wheat 6 in. turkey sub from SUBWAY

Meal 4-Cottage cheese and cucumbers with low-fat ranch

Meal 5-Rotisserie chicken , steamed vegetables and baked potato

Meal 6-Fresh fruit and low-fat cheese stick

Thursday

Meal 1 -Whole wheat English muffin and spread peanut butter

Meal 2-Grapes and almonds

Meal 3-Healthy Choice frozen dinner (read label and make sure the Fat is no more than 7 grams)

Meal 4-Carrots and hummus

Meal 5-Shrimp Scampi

Ingredients-Cooking spray

2 tablespoons I Can't Believe It's Not Butter

1 pound large shrimp, shelled and deveined

2 teaspoons chopped garlic

½ cup dry white wine

¼ cup fresh parsley, chopped garlic

1 ½ tablespoons fresh lemon juice  
Freshly ground black pepper, to taste  
Pinch red pepper flakes

1. Coat a skillet with cooking spray. Add I Can't Believe It's Not Butter to skillet, and melt over high heat for 1 minute. Add shrimp and sauté, stirring frequently, until shrimp are pink and slightly golden, about 4 minutes. Add garlic and sauté until aroma is released, about 1 minute.

2. Add wine, parsley, lemon juice, black pepper, and red pepper flakes to taste. Bring to a boil, lower heat, simmer to heat through. Serve immediately.

Meal 6-Jell-o

Friday

Meal 1-Egg beaters and 1 piece of whole wheat toast

Meal 2-Protein bar

Meal 3-Broccoli, Turkey, and cheese Lavas wrap

Ingredients-¾ cup Broccoli florets

½ cup (2 ounces) tub style light cream cheese

2 tablespoons fat free Italian dressing

½ teaspoon Italian seasoning

6 slices (about 6 ounces) low-sodium turkey breast, thinly sliced

1/3 cup bottled roasted red peppers, chopped

4 round lavash wraps

1. Steam broccoli, covered, for 5 minutes or until crisp-tender.

2. While the broccoli cooks, combine cream cheese, dressing, and Italian seasoning in a bowl.

3. Combine broccoli, cream cheese mixture, turkey, and bell peppers in a medium nonstick skillet: cook turkey mixture over medium-high heat until thoroughly heated, stirring frequently.

4. Spread turkey mixture over lavash wraps: roll into 4 wraps.

Meal 4-Bannana and handful of almonds

Meal 5-baked chicken breast with steamed veg and side salad

Meal 6-low-fat pudding

Saturday

Meal 1-Kashi Go-lean cereal and skim milk

Meal 2-Hard boiled egg and fresh fruit

Meal 3- Wendy's chicken sandwich

Meal 4-apple and piece of deli turkey

Meal 5-Crisp Chicken Tostadas

Ingredients- 6 ounces skinless, boneless chicken breast

1 ½ cups thinly sliced onion

2 tablespoons freshly squeezed lime juice

4 medium whole grain or whole wheat tortillas

2 tablespoons nonfat sour cream

Salt and black pepper to taste

1 teaspoon olive oil

4 teaspoons dried cilantro

1 teaspoon ground cumin

1. Place chicken in large saucepan and add water to cover, salt, and pepper. Cook over medium heat for 25 minutes or until the chicken is fully cooked. Remove the chicken, cool, and shred.

2.Heat the olive oil in a nonstick skillet. Add the onion and cook for 1 minute. Add the shredded chicken and stir constantly until it crisps. When most of the liquid has evaporated, drizzle the lime juice over the chicken and season with cilantro, cumin, salt and pepper. Set aside. Bake the tortillas in a 350 degree oven until they are crisp and light golden.

TO SERVE- Place the tortillas on plates. Top with the chicken and sour cream. Serves 2

Meal 6- Jell-o

Sunday

Meal 1-whole wheat waffles and slim milk

Meal 2- protein shake and berries

Meal 3 Turkey sandwich on whole wheat bread and side salad

Meal 4- String cheese and carrots

Meal 5 CHEAT MEAL

## OXF Meal Plan 10

### Monday

Meal 1-Fiber one cereal and skim milk

Meal 2- Banana and peanut butter

Meal 3-Thrkey sandwich with Swiss cheese on whole wheat bread, side salad with low fat dressing

Meal 4- raw vegetables and hummus

Meal 5-Brown rice with chicken breast and cooked vegetables

Meal 6-protein shake

### Tuesday

Meal 1-scrambled egg beaters and whole wheat toast

Meal 2-cottage cheese and cucumbers

Meal 3-Wendy's Ultimate grilled chicken sandwich and side salad

Meal 4-String cheese and pear

Meal 5-Whole wheat pasta with shrimp and vegetables

Prepare 1 cup cooked whole wheat spaghetti. Sauté 1 chopped garlic clove in tbsps olive oil over medium heat for 1 minute. Add 7 raw shrimp, 1 cup chopped broccoli,  $\frac{3}{4}$  cup diced tomatoes and  $\frac{3}{4}$  cup snow peas. Sauté until shrimp is cooked through (about 3 cups diced tomatoes and  $\frac{3}{4}$  cup snow peas. Sauté until shrimp is cooked through (about 3 minutes). And toss with pasta. Sprinkle with lemon sauce.

Meal 6-Fudge popsicle

### Wednesday

Meal 1-Oatmeal with berries

Meal 2-Yougurt and almonds

Meal 3-Tuna pita with apple salad

Combine 5oz drained, water packed chunk-light tuna with 1tbsp light mayo. Stuff into whole wheat pita. Toss 4 cups mixed greens, with 1 small sliced apple, 1oz feta cheese and 1 tbsp reduced calorie dressing.

Meal 4-Meal replacement shake

Meal 5-Chicken Fajitas

Sauté ¼ cup sliced onion in ¾ tbsp canola oil in small skillet until golden; add 2 cups chopped bell peppers; cook until tender. Divide 5oz cooked skinless chicken breasts between two 6 inch whole wheat tortillas. Top each with half of veggies, prepared salsa and 2 tsp low fat plain yogurt. Fold closed.

Meal 6- turkey slices and 1 piece of low-fat cheese

Thursday

Meal 1-English muffin with peanut butter and 1 piece of fruit

Meal 2-cereal and skim milk

Meal 3-Subway grilled chicken salad with lots of vegetables and low-fat dressing

Meal 5-Grilled salmon with rice and butternut squash and cauliflower  
Prepare 1 cup cooked wild rice. Coat both sides of a 4 oz salmon fillet with olive oil cooking spray and grill 10 minutes over medium heat, turning once. Serve with dill sauce (1 tbsp fresh chopped dill with 2 tbsp non fat plain yogurt). Serve salmon and rice with 1 cup steamed butternut squash and cauliflower.

Meal 6-handful of almonds

Friday

Meal 1-scrambled egg casserole

1 plum tomato, seeded and sliced

1 tablespoon thinly sliced scallion, white part only

¾ egg whites

½ cup shredded nonfat mozzarella cheese

4 slices whole grain bread, toasted

Cooking oil spray  
Salt and pepper to taste

1. Coat a nonstick skillet with cooking spray and heat the skillet. Add the tomato and scallion and cook until the scallion is light golden. Whisk in the egg whites and half of the shredded cheese. Cook and stir until the egg white mixture is almost set. Season with salt and pepper.

2. To serve: Spoon the scrambled eggs into a small casserole and sprinkle with the remaining cheese. Microwave until the cheese is melted. Serve with toast.

Serves 2

Meal 2-Protein shake with yogurt

Meal 3-BLT with Romaine salad

Toast 2 slices reduced-calorie whole wheat bread: spread with 2 tsp light mayo. Top with 2 slices cooked turkey bacon, 2 1/2oz cooked turkey breast, 3 slices tomato and 2 lettuce leaves. Toss 2 cups romaine with 2 tbsp reduced calorie dressing. 1/2 sliced pear and 3 tbsp grated Parmesan.

Meal 4-2 cups popcorn and string cheese

Meal 5-Country Style ham steaks with Yams and corn on the cob

9 ounces ham steaks

2 large yams

3 ears corn on the cob cut in half

1.Coat a nonstick skillet with cooking spray and heat the skillet. Add the ham steaks and sear on each side until golden brown. Microwave the yams for about 3 1/2 minutes each. Peel and slice them into rounds and season with salt and pepper. Cook the corn in boiling water for 3 minutes.

To serve: Place the ham steaks on plates and serve with sliced yams and corn on the cob.

Serves 2

Meal 6- Handful of nuts

Saturday

Meal 1-Whole grain waffle with syrup and skim milk

Meal 2-Raw vegetables and hummus dip

Meal 3-Healthy Choice frozen Dinner

Meal 4-Protein shake and fruit

Meal 5-Crispy Chicken Tostadas

8 ounces skinless, boneless chicken breast

1 ½ cup thinly sliced Spanish onion

2 tablespoons freshly squeezed lime juice

4 medium whole grain or whole wheat tortillas

2 tablespoons nonfat sour cream

Salt and black pepper to taste

1 teaspoon olive oil

4 dried cilantro

1 teaspoon ground cumin

1. Place chicken in large saucepan, and add water to cover, salt, and pepper. Remove the chicken, cook and shred.

2. Heat the olive oil in nonstick skillet. Add the onion and cook for 1 minute. Add the shredded chicken and stir constantly until it crisps. When most of the liquid has evaporated, drizzle the lime juice over the chicken and season with cilantro, cumin, salt, and pepper. Set aside. Bake the tortillas in a 350 degrees until they are crisp and light golden.

To Serve: Place the tortillas on plates. Top with chicken and sour cream.

Serves 2

Sunday

Meal 1-Kashi cereal and skim milk

Meal 2-Chicken and Swiss Bites

1 ounce deli style Fat-free chicken breast, thinly sliced

4 ounces nonfat Swiss cheese, cut into strips

4 multigrain crackers

1 cup salsa

To serve: Roll the chicken slice around the Swiss cheese and arrange on top

of the crackers. Garnish with salsa. Serves 2

Meal 3-Healthy choice soup

Meal 4-Protein shake and fruit

Meal 5-Cheat Meal111

## OXF MEAL PLAN 11

### Monday

Meal 1-egg white omelet with 1 piece of whole wheat bread

Ingredients-3 egg whites, tomatoes, green peppers and 1 slice of low fat cheese

Meal 2-low fat cottage cheese and berries

Meal 3-tuna in pita bread and raw vegetables

Mix tuna with 2 tablespoons fat free mayo and relish

Place in pita bread and add lettuce and tomatoes

Meal 4-Peanut butter and banana

Meal 5-Chicken ala king

Ingredients

2 tablespoons olive oil

4 teaspoons chili power

½ onion finely chopped

1 cup low fat spaghetti sauce

1 teaspoon flour

9 ounces cooked whole wheat spaghetti

2 tablespoons water

1 pound chicken breast tenders

Heat the oil in a nonstick skillet over medium-high heat. Add the onion and cook for 1 minute, until browned. In a small bowl, mix the flour and water.

Add chicken, chili powder, sauce and flour mixture to skillet. Stir.

Simmer uncovered for 10 minutes. Serve over cooked spaghetti. Serves 4

Meal 6-Apple and protein shake

### Tuesday

Meal 1-Kashi Go Lean cereal and skim milk

Meal 2-1 hard boiled egg and raw vegetables

Meal 3-Brown rice and chicken breast with peas

Put in a teaspoon of low sodium soy sauce--for taste

Meal 4-Pear and 2 slices of healthy choice deli turkey breast

Meal 5-Tomato-basil --mini Pizza

Ingredients-4 tomatoes, peeled, seeded and diced

1 clove minced garlic

4 mini Harvest Wheat Flat-out Flatbreads

1 tablespoon chopped basil

Dash of salt

6 ounces part-skim mozzarella, grated

Preheat oven to 400 degrees F.

In a sauce pan combine tomatoes, basil, garlic and salt. Cook over medium heat, stirring frequently, until most of the liquid is gone approximately 10 minutes.

Spray cookie sheet with oil spray. Lay flatbread on cookie sheet and spread 2 tablespoons sauce on each. Sprinkle a quarter of cheese on top of each pizza.

Cook until cheese is bubbly and flatbreads are crispy, approximately 10 minutes. Serves 2 adults or 4 children

Meal 6-Protein shake and strawberries

Wednesday

Meal 1-Breakfast burrito

Ingredients-4 large egg whites or egg substitutes

1 teaspoon chopped fresh cilantro

Cooking spray

2 tablespoons reduced fat shredded cheddar cheese, divided in half

2 whole wheat tortillas, heated

4 tablespoons chopped, seeded tomatoes, divided in half

2 tablespoons salsa

Dash of black pepper

Whisk the eggs, milk, cilantro and black pepper in a bowl.

Coat a medium nonstick skillet with cooking spray and place over medium heat. Add the egg mixture, and stir. Sprinkle 1 tablespoon cheese down the center of one tortilla; top with half the scrambled eggs, two tablespoon tomato, and 1 tablespoon salsa.

Roll-up burrito style. Repeat with remaining ingredients. Serves 2

Meal 2-raw almonds and yogurt

Meal 3-Subway grilled chicken salad. Cover with lots of vegetables and fat-free dressing.

Meal 4- cucumbers dipped in cottage cheese mixed with fat-free ranch dressing.

Meal 5-Turkey dogs with sauerkraut  
4 turkey hot dogs  
1 cup sauerkraut  
Whole wheat buns  
2 tablespoons mustard

Simmer hot dogs in water with sauerkraut until heated through, about 5 minutes. Drain; Serve with mustard.

Meal 6-string cheese and apple slices

Thursday

Meal 1-Egg beaters with 1 piece of whole grain toast

Meal 2-protein shake and fruit

Meal 3-Frozen Healthy Choice Meal--Chicken and mashed potato's

Meal 4-Hard boiled egg and raw vegetables

Meal 5-Crispy Chicken Tostadas

6 ounces skinless, boneless chicken breast

1 ½ cup thinly sliced Spanish onion

2 tablespoons freshly squeezed lime juice

4 whole grain tortillas

2 tablespoons non-fat sour cream

Salt and black pepper to taste

1 teaspoon olive oil

4 teaspoons dried cilantro

1 teaspoon dried cumin

Place chicken in large saucepan and add water to cover, salt and pepper.

Cook over medium heat for 25 minutes or until the chicken is fully cooked.

Remove the chicken, cool, and shred.

Heat the olive oil in a non-stick skillet. Add the onion and cook for 1 minute.

Add the shredded chicken and cook for 1 minute. Add the shredded

chicken and stir constantly until it is crisp. When most of the liquid had evaporated, drizzle the lime juice over the chicken, and season with cilantro, cumin, salt and pepper. Set aside. Bake the tortillas in a 350 degree oven until they are crisp and light golden.

Place the tortillas on plates. Top with chicken and sour cream. Serves 2

Meal 6-air pop popcorn and turkey jerky

Friday

Meal 1-Protein breakfast blaster

½ ripe banana

1 scope whey protein

½ tablespoon flaxseed oil

½ cup frozen blueberries

½ tablespoon apple juice concentrate or honey

8 ounces of water

Peel banana; break into chunks. Combine all ingredients in a blender.

Serve

Meal 2-Yougurt and cottage cheese

Meal 3-Pita bread with lean ham, lettuce and fat free mayo

Meal 4-Sauteed peaches with cheese

1 pound of peaches, pitted and cut into wedges

1 cup non-fat ricotta cheese

Cooking oil spray

2 teaspoons sugar substitute

Coat a nonstick skillet with cooking spray and heat the skillet. Place the peach wedges flat on the skillet and cook until they begin to soften. Turn each wedge over and cook the other side.

TO SERVE: Spoon non-fat ricotta into small bowls and top and top with the peach wedges. Sprinkle with the sugar substitute and serve immediately.

Serves 2

Meal 5-turkey breast, sweet potatoes and peas

Meal 6-Protein shake

Saturday

Meal 1-eggs over-easy and 1 piece of whole wheat toast  
Just eat the egg white--not the yoke

Meal 2-raw vegetables and hummus

Meal 3-Subway chicken breast sub on whole wheat  
Put all the vegetables on the mustard

Meal 4-Kiwi and almonds

Meal 5-Turkey burger on whole grain, green beans and green salad

Meal 6-Protein shake

Sunday

Meal 1-Fiber one cereal and skim milk

Meal 2-Orange and string cheese

Meal 3-Healthy Choice Meal--Grilled chicken and vegetables

Meal 4-Protein shake and fruit

Meal 5-Cheat Meal !!! ENJOY!!!

## OXF Meal Plan 12

Monday

Meal 1-Protein Pancake

Ingredients- $\frac{1}{2}$  cup uncooked oatmeal

$\frac{1}{2}$  cup egg beaters

Mix together and make as a pancake. Serve with sugar free syrup

Meal 2-Chocolate banana protein shake

Ingredients- 1 scoop chocolate protein

$\frac{1}{2}$  banana

8 oz. water

$\frac{1}{2}$  cup of ice cubes

Mix all ingredients in a blender

Meal 3-Lite Ryebein sandwich and raw vegetables and fat free ranch to dip

Ingredients-I Can't Believe it's not Butter Spray

2 slices of lean corned beef

2 slices of whole-grain rye bread

1 slice of low-fat Swiss cheese

1 tablespoon of low-fat Thousand Island Dressing

Sauerkraut to taste

Coat a skillet with butter spray. Make a sandwich with the remaining ingredients. Grill sandwich on both sides until cheese melts. Serves 1

Meal 4- Almonds and raw vegetables

Meal 5-Shrimp, Broccoli, and Sun-Dried Tomatoes with Pasta

Ingredients- $\frac{1}{2}$  cup sun dried tomatoes, packed with out oil

$\frac{1}{2}$  cup boiling water

3 cups uncooked bow tie pasta

1  $\frac{1}{2}$  cups chopped broccoli

Cooking spray

1 garlic clove, minced

1 pound large shrimp, peeled and deveined

$\frac{1}{2}$  cup fat-free, low sodium chicken broth

$\frac{1}{2}$  cup fat-free cream cheese

$\frac{1}{2}$  teaspoon dried basil

$\frac{1}{4}$  cup reduced fat parmesan cheese

2 teaspoon fresh lemon juice

1. Place tomatoes and boiling water in a bowl. Cover and let stand 30 minutes or until tender: drain and chop.
2. Meanwhile cook pasta according to package directions, omitting any added salt or fat. Drain.
3. Steam broccoli, covered, 4 minutes or until crisp-tender. Set aside.
4. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add garlic to pan; sauté 30 seconds. Add shrimp: cook 4 minutes. Add broth and cream cheese, stirring to combine: bring to a boil. Reduce heat, and simmer 2 minutes. Add tomatoes, broccoli, and basil; stir well. Cook 2 minutes or until thoroughly heated, stirring frequently. Remove from heat. Stir in pasta, Parmesan, and lemon juice. Serves 4

Meal 6-celery sticks and natural peanut butter

Tuesday

Meal 1-Kashi cereal and Skim milk

Meal 2-yogurt and string cheese

Meal 3-1 veggie burger or Boca Spicy Chik'n Patty on a toasted English muffin with 1 tablespoon Marinara sauce, sliced tomato, romaine lettuce or spinach leaves, plus slices of red onion. Eat with side salad and 1 piece of fruit

Meal 4 Cut up veggies dipped into cottage cheese

Mix cottage cheese with lots of dill, chives, ginger, red pepper flakes, or other spices of your choice.

Meal 5-Salmon with Brown Rice Pilaf

Brown Rice Ingredients-1 tablespoon olive oil

½ onion chopped

½ red bell pepper chopped

2 cups water

1 cup uncooked short-grain brown rice

¼ cup finely chopped parley

Salt and black pepper to taste

Salmon Ingredients-4 skinless Salmon

1 tablespoon olive oil

1 garlic clove, pressed or minced  
1 tablespoon grated fresh gingerroot  
1 tablespoon soy sauce  
1 teaspoon maple syrup  
2 green onions, chopped

To make the rice, heat oil in a medium saucepan. Add onion and bell pepper; cook 3 minutes. Add water and rice; bring to a boil. Reduce heat; cover and simmer 50 minutes, or until rice is tender and liquid is absorbed. Fluff with a fork; stir in parsley. Season with salt and pepper if desired. Meanwhile, place salmon in a pie plate or shallow dish. Combine remaining salmon ingredients; mix well. Pour marinade over salmon; let stand 15 to 20 minutes. Heat a ridged grill pan over medium heat until hot. Add salmon, discarding marinade; cook 3 to 4 minutes per side, or until salmon is opaque and firm to the touch. Serve with brown rice. Serves 4

Meal 6-air popped popcorn and string cheese

Wednesday

Meal 1-Oatmeal and skim milk

Meal 2-Turkey slices in pita bread and mustard

Meal 3-Subway grilled chicken salad with lots of vegetables and low-fat dressing

Meal 4-hummus and rice cakes

Meal 5-Lean Steak, sweet potatoes and steamed vegetables

Meal 6-sugar free Jell-o

Thursday

Meal 1-Breakfast pita pizza

Ingredients- 1 whole egg  
3 egg whites  
2 tbsp salsa, divided  
½ green bell pepper, diced  
1 slice onion, chopped  
1 pita  
1 slice reduced-fat cheddar cheese

1. In a small mixing bowl, lightly beat egg and egg whites. Add 1 tablespoon of salsa, blend well.
2. Lightly coat a medium nonstick skillet with cooking spray. Sauté diced bell pepper and onion over medium heat 2 to 3 minutes until softened. Add the egg mixture and cook with vegetables, stirring occasionally, until set.
3. Place pita on a plate and spoon the egg mixture on it. Top with cheddar cheese and microwave for about 20 seconds, until the cheese melts.
4. Top pita with remaining salsa, and serve.

#### Meal 2- Blueberry blend

Ingredients- ½ cup cottage cheese  
 6 oz. fat-free blueberry yogurt  
 Mix together and enjoy!

#### Meal 3- Apple tuna salad

Ingredients- 1 can (6 oz) tuna, water packed drain 1 apple, cored and diced  
 ½ onion, diced 4 cups lettuce leaves  
 1 stalk celery, sliced 2 tomatoes, cut in  
 wedges  
 1 tsp spicy brown mustard  
 1 Tbsp fat-free mayonnaise

1. In a medium mixing bowl, combine tuna, onion, celery, relish, mustard, mayonnaise, and apple; mix well.
- 2 Divide lettuce and tomato wedges between two separate plates. Top with a portion of tuna mixture. Serves 2

#### Meal 4- Meal replacement bar

#### Meal 5- Baked Chicken Parmesan

Ingredients- 2 egg whites  
 1/3 cup Italian seasoned breadcrumbs  
 4 Tbsp reduced fat-free Parmesan cheese grated, divided  
 2 portions chicken breast (about ½ pound)  
 2 portions spinach pasta (about 4 oz uncooked)  
 1 cup low-fat pasta sauce  
 2 cups baby spinach leaves

1. Preheat oven to 400 degrees
2. In a medium mixing bowl. Beat egg whites with a fork until slightly frothy. Then, mix breadcrumbs and 2 tablespoons of reduced-fat parmesan

cheese in a pie plate.

3. Dip chicken breast in egg whites and then into the breadcrumb mixture, coating both sides.
4. Lightly coat a baking sheet with cooking spray. Place chicken breasts on the baking sheet; bake for approximately 12 minutes, turn over and bake approximately 12 more minutes, until chicken is no longer pink in the center and coating is golden brown.
5. While the chicken is baking, prepare spinach pasta according to its package directions.
6. In a small saucepan, warm pasta sauce over medium heat.
7. Divide spinach leaves between two separate plates. Layer portions of warm spinach pasta and baked chicken breasts over spinach leaves. Top with pasta sauce and remaining Parmesan cheese. Serves 2

#### Meal 6- Protein shake

Friday

Meal 1-2 sunny side eggs up and 2 pieces of whole wheat toast and a grape fruit.

Meal 2- String cheese and pear

Meal 3- Chicken noodle soup and baked potato

Ingredients- 1 Tbsp olive oil

1 onion, chopped

4 carrots, peeled

2 parsnips, peeled and chopped

4 celery stalks, chopped

4 bay leaves

½ tsp ground black pepper

12 cups fat-free, reduced-sodium chicken broth

2 cups water

6 portions chicken breast (about 2 pounds)

\ 8 portions wide no-yolk noodles (about 1 pound)

¼ cup fresh parsley, chopped

2 Tbsp fresh dill, chopped

1. Heat olive oil in a large pot over medium heat. Add chopped onion and sauté for about 4 minutes

2. Add carrots, parsnips, celery, bay leaves, black pepper, chicken broth and water. Bring to a boil over high heat.

3. Add uncooked chicken pieces to broth and bring back up to a boil.
4. Add noodles and simmer until tender, about 8 minutes. Reduce heat to low
5. Remove bay leaves, then stir in parsley and dill.
6. Ladle a portion (about 2 cups) of soup into each bowl. Serves 8

Meal 6- 1 slice of cheese and whole wheat crackers

Saturday

Meal 1- Breakfast Burritos

Ingredients- cup nonfat ricotta cheese

- ¼ cup egg whites
- 4 cups diced tomatoes
- 4 whole grain or whole wheat tortillas
- 3 cups spinach leaves
- 2 teaspoon taco seasoning mix
- 1 teaspoon onion powder
- Salt and black pepper to taste
- Cooking oil spray

1. Whisk together the ricotta cheese, egg whites, taco seasoning mix, onion powder, salt, and pepper. Stir in the tomatoes. Coat a nonstick skillet with cooking spray and heat the skillet. Add the egg mixture. Cook and stir until the egg whites are cooked. Set aside.

2. Heat the tortilla in the microwave for 20 seconds and place on a cutting board. Place the scrambled eggs and spinach in the center of each tortilla. Roll tightly.

Cut the burritos in half and serve hot.

Meal 2- protein shake and piece of fruit

Meal 3- Chicken Fingers and French Fries

Ingredients- 1 large sweet potato and cut into sticks

- 5 ½ ounces skinless, boneless chicken breast, cut into strips
- 3 egg whites
- 4 slices stale whole grain bread, ground
- 4 cups broccoli florets
- Cooking oil spray
- 1 teaspoon ground cinnamon
- Salt and black pepper to taste

1. Preheat the oven or toaster oven to 375 degrees. Spread the sweet potato

sticks on a sheet pan and lightly coat with cooking spray. Season with cinnamon, salt, and pepper.

2. Dip the chicken strips into the egg whites, then drain off excess egg and coat with the ground bread. Coat a nonstick skillet with cooking spray and heat the skillet. Add the breaded chicken and cook until brown, turning once. Cook over medium-low heat for 5 minutes more.

3. Place the broccoli in a bowl with a little water and salt. Microwave for 2 minutes. Remove from the microwave and season with Mrs. Dash. Serves 2

Meal 4- Almonds and yogurt

Meal 5- Subway Turkey sandwich

Meal 6-Kashi Cereal and skim milk

Sunday

Meal 1- Whole wheat English Muffin and peanut butter

Meal 2- protein shake and banana

Meal 3- Frozen Healthy Choice meal ( your own choice)

Meal 4- Pita bread dipped in cottage cheese mixed with salsa

Meal 5- Cheat Meal !!

CONGRATULATIONS YOU HAVE MAKE IT HALF WAY!!!!