

# MEAL PLAN WEEK 1

## MONDAY

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

**MEAL 2** - Apple and 1 piece of string cheese

**MEAL 3** - BLT

Ingredients: 2 slices of turkey bacon, 2 slices tomato, 2 leaves lettuce,  
1 whole wheat tortilla, fat-free mayo

**MEAL 4** - 1/4 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

Ingredients: lettuce, egg whites of a hard boiled egg, chopped tomatoes, cooked skinless chicken breast,  
1 tbsp shredded low fat cheese, fat free dressing

**MEAL 4** - Whole peach, 1/4 cup raw almonds

**MEAL 5** - Shrimp and rice stir

Ingredients: 1 lb shrimp-peeled and deveined, 1-1/2 cups cooked brown rice, 2 cups broccoli, cooking oil spray,  
1/2 tbsp garlic powder, 1/4 cup low-sodium soy sauce

1. Remove the tails from the shrimp and cut the shrimp into bite 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. Serves 2.

**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

Ingredients: 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

1. Preheat a small nonstick pan over medium heat until it is hot enough for a spritz of water to sizzle on it.
2. With an oven mitt, briefly remove pan from heat to mist lightly with cooking spray.
3. Place the sandwich in the pan. 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 red tomato sauce

1. To make red potato, cook in microwave on high power 8 to 9 minutes or until fork-tender.
2. Slice lengthwise in half; spoon 1 tbsp sauce over each half.

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)

1. 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

1. 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 Fajitas

Ingredients: 6 oz 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 tbsp fajita seasoning mix, 1 tbsp garlic powder, 2 tsp chili powder, salt and pepper to taste

1. Coat a nonstick skillet with cooking spray and heat the skillet.
2. Add the turkey strips and cook for 2 minutes.
3. Add the onion and cook 1 minute longer.
4. 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

**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!!! Anything you would like to eat but 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*



# MEAL PLAN WEEK 2

## 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 tsp reduced fat mayonnaise, 1 whole wheat tortilla, 2 lettuce leaves, 3 slices of tomato, sprinkle of low fat cheddar cheese

1. Prepare bacon according to its package directions.
2. 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 (about ½ a pound, chopped), 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

1. In a medium mixing bowl, combine pre-cooked and chopped chicken, chilled red and green grapes, apple, mayonnaise, lemon juice and black pepper.
2. Place baby romaine leaves on 2 small plates.
3. Divide chicken salad mixture into 2 portions and spoon onto leaves.
4. 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 and 1 piece of whole grain toast with grape fruit dip

**MEAL 2** - Salsa 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

1. Preheat oven to 400 degrees. Blend cottage cheese, salsa and yogurt in a blender until smooth, about 30 sec.
2. Cut each tortilla into wedges and place on a baking sheet. Bake for about 7 minutes, until lightly browned.
3. 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 red bell pepper (sliced), 2 tbsp fresh basil, 1 onion (chopped), 1 zucchini (sliced), 2 cups tomato sauce

1. Prepare egg noodles according to directions.
2. Lightly coat a large skillet with cooking spray. Over medium-heat, sauté chopped onion for 2 minutes.
3. Add bell pepper to the onion and sauté for another 2 minutes.
4. Add zucchini and sauté for 2 more minutes.
5. 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.
6. 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

1. Preheat oven to 400 degrees. Cook turkey bacon according to its directions.
2. 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.

**MEAL 4** - Cereal and skim milk

**MEAL 5** - Can of Amy's organic soup 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



**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



**MONDAY**

**MEAL 1** - 1 egg, 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

Ingredients: 3 oz firm tofu (1/5 block), 2 tbsp olive oil, 1/2 onion (thinly minced), 1 clove garlic (minced), 1 tbsp soy sauce, 1/2 cup sliced mushrooms, 1/2 cup sliced zucchini, 1/2 cup fresh spinach, 1 tbsp water

1. 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.
2. 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.
3. 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 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 whole wheat bread. You can load with as many vegetables as you like!!

**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** - Tuna sandwich and raw veggies

**MEAL 4** - South beach protein bar

**MEAL 5** - Flounder, cauliflower, sweet potato

1. Place an 8 oz piece of flounder on a sheet of aluminum foil and top with 2 tbsp teriyaki sauce. 1/2 cup sliced red pepper, 1/2 cup snow peas, 1 cup fried bok choy, 1 tbsp sesame seeds.
2. 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

Ingredients: 1/2 cup green beans, 1/4 cup chick pea's, 1/2 cup kidney beans, chopped parsley and vinaigrette, over 2 oz 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

# MEAL PLAN

## WEEK 3



**FRIDAY**

**MEAL 1** - Banana nut smoothie

Ingredients: ½ banana, 2 tbsp natural peanut butter, 1 cup skim milk and 4 ice cubes. Blend.

**MEAL 2** - yogurt 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

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

**MEAL 6** - Low-fat hot chocolate with skim milk

**SATURDAY**

**MEAL 1** - Oatmeal, skim milk and apple

**MEAL 2** - Turkey roll-ups

Ingredients: 1 whole wheat tortilla, 1 tbsp light garden vegetable cream cheese, 2 oz thinly sliced oven roasted turkey

1. 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.
2. With a sharp knife, slice into 8 equal pieces. Arrange, spiral side up, on a serving dish. Serves 1.

**MEAL 3** - Healthy Choice soup-Chicken with pasta and sweet potato

**MEAL 4** - Protien shake

**MEAL 5** - Whole wheat spaghetti with ground turkey

**MEAL 6** - Jell-O and sugar-free cool whip

**SUNDAY**

**MEAL 1**-Southwestern Omelet

Ingredients: 2 tbsp mince green or red bell pepper, ¾ cup egg substitute or egg whites, 2 tbsp minced fresh tomato, 1 tbsp minced mushroom, 1 tsp minced onion, 3 tbsp salsa, 1 tbsp light or fat-free sour cream

1. In a medium bowl, combine the egg substitute, bell pepper, tomato, mushroom and onion.
2. 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.
3. Cook for 1 minute, or until set. Fold the omelet in half. Transfer to a serving plate.
4. Top with salsa and sour cream. Serves 1.

**MEAL 2** - Meal replacement shake and pear

**MEAL 3** - Grilled Salmon with baked potato

Marinade for salmon: 1/3 cup white wine, 1 clove garlic (minced), 1 tbsp soy sauce, ½ tsp ground paprika, 1/3 cup olive oil, two - 5 oz salmon fillets, salt and pepper to taste, half a lemon

1. To make the marinade-whisk together the wine, garlic, soy sauce, paprika, and olive oil. Marinate the salmon for at least 1 hour before grilling.
2. 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.
3. Sprinkle the fish with salt and pepper and squeeze the lemon juice over before serving.





**MEAL 4** - String cheese and fruit

**MEAL 5** - Cheat Meal!!

References:

*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.



**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

# MEAL PLAN

## WEEK 4

**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

1. Preheat oven to 350 degrees.
2. Sauté Turkey breast with onion and garlic. Add chili powder, cumin salt and some of the cilantro.
3. 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.
4. 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** - 3 egg 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

1. 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.
2. 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, onion, 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

1. 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.

2. 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 the veggies you want**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, sliced tomato, ½ toasted English muffin, 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!!!!

**MONDAY**

**MEAL 1** - Oatmeal and scrambled eggs

**MEAL 2** - Handfull of raw almonds and apple

**MEAL 3** - Tuna sandwich and raw vegetables

Ingredients: can of tuna with 2 tbsp 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

# MEAL PLAN

## WEEK 5

**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: ¼ lb deli-style sliced fat-free turkey, 2 whole grain of whole wheat tortillas, ½ 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 oz 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 tbsp fajita seasoning mix, 1 tbsp garlic powder, 2 tsp 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 tbsp 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** - Banana and peanut butter

**MEAL 3** - Healthy Choice Frozen Dinner-Grilled turkey and mashed potato

**MEAL 4** - Cucumbers 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 tbsp finely chopped fresh ginger, 1 tbsp wasabi paste, ¼ tsp turmeric

1. 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

Ingredients: 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

Ingredients: Romaine lettuce leaves, 1 chopped tomato, ½ cup sliced red onion, ½ cup of reduced feta cheese, 2 tbsp extra-virgin olive oil

**MEAL 4** - Peach and string cheese

**MEAL 5** - CHEAT MEAL!!!



# MEAL PLAN WEEK 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 4** - 1 slice of cheese and whole wheat crackers

**MEAL 5** - Pork chops and baked potato

**MEAL 6** - 2 cups popcorn



**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** - Rotisserie 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 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

**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!!! Anything you would like to eat!!! You DESERVE IT!!!



**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

1. 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

**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 tsp 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), 1/4 cup grated carrot, 1 tbsp goat cheese, 4 kalamata olives pitted and diced, 1 scallion (chopped), 1/4 tsp rosemary, 1/2 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

Ingredients: 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 tbsp sesame seeds, 1 tbsp garlic powder, 1/2 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

# MEAL PLAN

## WEEK 7



**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.
7. Divide into 4 portions.

**MEAL 6** - Sugar 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 8 oz 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 (about ½ 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, 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** - Protein shake and yogurt

**MEAL 3** - Healthy Choice Frozen Lunch

**MEAL 4** - Apple and string cheese

**MEAL 5** - CHEAT MEAL!!



**MONDAY**

**MEAL 1** - Mexican Morning Pizza Ingredients 2 low-fat whole wheat wrap 1 whole egg

Ingredients: 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 4** - Protein shake

**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

1. In a small bowl, combine tuna and cream cheese until fairly smooth.
2. 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

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

1. Make as regular spaghetti and cooked carrots on side

**MEAL 6** - Whole wheat crackers and cottage cheese

# MEAL PLAN

## WEEK 8



**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** - Veggies 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!!



**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.
2. Microwave the yams for about 3 ½ minutes each. Peel and slice them into rounds and season with salt and pepper.
3. 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

Ingredients: 6 oz 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 tbsp fajita seasoning mix, 2 tsp chili powder, 1 tbsp garlic powder

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

**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 PLAN

## WEEK 9



**MEAL 5** - Shrimp scampi

Ingredients: Cooking spray, 2 tbsp “I Can’t Believe It’s Not Butter”, 1 lb large shrimp (shelled and deveined), 2 tsp chopped garlic, ½ cup dry white wine, ¼ cup fresh parsley, chopped garlic, 1 ½ tbsp fresh lemon juice, ground black pepper, 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 lavash wrap

Ingredients: ¾ cup Broccoli florets, ½ cup (2 ounces) tub style light cream cheese, 2 tbsp fat free Italian dressing, ½ tsp 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 oz skinless, boneless chicken breast, 1 ½ cups thinly sliced onion, 2 tbsp freshly squeezed lime juice, 4 medium whole grain or whole wheat tortillas, 2 tbsp nonfat sour cream, salt and black pepper, 1 tsp olive oil, 4 tsp dried cilantro, 1 tsp 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



- 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





**MONDAY**

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

**MEAL 2** - Banana and peanut butter

**MEAL 3** - Turkey sandwich with Swiss cheese on whole wheat bread, side salad

**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

1. Prepare 1 cup cooked whole wheat spaghetti.
2. Sauté 1 chopped garlic clove in 1tbsp 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 minutes).
3. Toss with pasta. Sprinkle with lemon sauce.

**MEAL 6** - Fudge popsicle

**WEDNESDAY**

**MEAL 1** - Oatmeal with berries

**MEAL 2** - Yogurt and almonds

**MEAL 3** - Tuna pita with apple salad

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

**MEAL 4** - Meal replacement shake

**MEAL 5** - Chicken Fajitas

1. Sauté  $\frac{1}{4}$  cup sliced onion in  $\frac{3}{4}$  tsp canola oil in small skillet until golden.
2. Add 2 cups chopped bell peppers; cook until tender.
3. 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 4** - String cheese and pear

**MEAL 5** - Grilled salmon with rice and butternut squash and cauliflower

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

**MEAL 6** - Handful of almonds

# MEAL PLAN

## WEEK 10



**FRIDAY**

**MEAL 1** - Scrambled egg casserole

Ingredients: 1 plum tomato, seeded and sliced, 1 tbsp 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.

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

Ingredients: Toast 2 slices reduced-calorie whole wheat bread-spread with 2 tsp light mayo. Top with 2 slices cooked turkey bacon, 2-1/2 oz cooked turkey breast, 3 slices tomato and 2 lettuce leaves. Toss 2 cups romaine with 2 tbsp reduced calorie dressing. ½ 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

Ingredients: 9 oz 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 ½ 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

Ingredients: 8 oz skinless, boneless chicken breast, 1 ½ cup thinly sliced Spanish onion, 2 tbsp freshly squeezed lime juice, 4 medium whole grain or whole wheat tortillas, 2 tbsp nonfat sour cream, salt and black pepper to taste, 1 tsp olive oil, 4 dried cilantro, 1 tsp 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

Ingredients: 1 oz deli style Fat-free chicken breast, thinly sliced, 4 oz 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.

**MEAL 3** - Healthy choice soup

**MEAL 4** - Protein shake and fruit

**MEAL 5** - Cheat Meal!!!



**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

1. Mix tuna with 2 tbsp fat free mayo and relish.
2. Place in pita bread and add lettuce and tomatoes

**MEAL 4** - Peanut butter and banana

**MEAL 5** - Chicken ala king

Ingredients: 2 tbsp olive oil, ½ onion finely chopped, 1 tsp flour, 2 tbsp water, 4 tsp chili power, 1 cup low-fat spaghetti sauce, 9 oz cooked whole wheat spaghetti, 1 lb chicken breast tenders

1. Heat the oil in a nonstick skillet over medium-high heat. Add the onion and cook for 1 minute, until browned.
2. In a small bowl, mix the flour and water.
3. 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 tsp 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 tbsp chopped basil, dash of salt, 6 oz part-skim mozzarella (grated)

1. Preheat oven to 400 degrees.
2. 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.
3. Spray cookie sheet with oil spray. Lay flatbread on cookie sheet and spread 2 tbsp sauce on each. Sprinkle a quarter of cheese on top of each pizza.
4. 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 tsp chopped fresh cilantro, cooking spray, 2 tbsp reduced fat shredded cheddar cheese (divided in half), 2 whole wheat tortillas (heated), 4 tbsp chopped seeded tomatoes (divided in half), 2 tbsp salsa, dash of black pepper

1. Whisk the eggs, milk, cilantro and black pepper in a bowl.
2. Coat a medium nonstick skillet with cooking spray and place over medium heat. Add the egg mixture, and stir.
3. Sprinkle 1 tbsp cheese down the center of one tortilla; top with half the scrambled eggs, 2 tbsp tomato, and 1 tbsp salsa.
4. 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 PLAN

## WEEK 11



**MEAL 5** - Turkey dogs with sauerkraut

Ingredients: 4 turkey hot dogs, 1 cup sauerkraut, whole wheat buns, 2 tbsp 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

Ingredients: 6 oz skinless, boneless chicken breast, 1 ½ cup thinly sliced spanish onion, 2 tbsp freshly squeezed lime juice, 4 whole grain tortillas, 2 tbsp non-fat sour cream, salt and black pepper to taste, 1 tsp olive oil, 4 tsp dried cilantro, 1 tsp dried 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.
2. Remove the chicken, cool, and shred.
3. Heat the olive oil in a non-stick skillet. Add the onion and cook for 1 minute.
4. Add the shredded chicken and cook for 1 minute.
5. 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.
5. Bake the tortillas in a 350 degree oven until they are crisp and light golden.

TO SERVE: 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

Ingredients: ½ ripe banana, 1 scope whey protein, ½ tbsp flaxseed oil, ½ cup frozen blueberries, ½ tbsp apple juice concentrate or honey, 8 ounces of water

1. 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

Ingredients: 1 lb of peaches (pitted and cut into wedges), 1 cup non-fat ricotta cheese, cooking oil spray, 2 teaspoons sugar substitute

1. 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

**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!!!!



**MEAL 1** - Protein Pancake

Ingredients: ½ cup uncooked oatmeal, ½ 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, ½ banana, 8 oz water, ½ cup of ice cubes

Mix all ingredients in a blender

**MEAL 3** - Lite Rubeen 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 tbsp of low-fat Thousand Island dressing, sauerkraut to taste

1. 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: ½ cup sun dried tomatoes, packed with out oil, ½ cup boiling water, 3 cups uncooked bow tie pasta, 1 ½ cups chopped broccoli, cooking spray, 1 garlic clove, minced, 1 pound large shrimp (peeled and deveined), ½ cup fat-free low sodium chicken broth, ½ cup fat-free cream cheese, ½ tsp dried basil, ¼ cup reduced fat parmesan cheese, 2 tsp 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.
5. Add broth and cream cheese, stirring to combine: bring to a boil.
6. Reduce heat, and simmer 2 minutes.
7. Add tomatoes, broccoli, and basil; stir well. Cook 2 minutes or until thoroughly heated, stirring frequently.
8. Remove from heat. Stir in pasta, parmesan, and lemon juice. Serves 4.

**MEAL 6** - Celery sticks and natural peanut butter**MEAL 1** - Kashi cereal and Skim milk**MEAL 2** - Yogurt and string cheese

**MEAL 3** - 1 veggie burger or Boca Spicy Chicken Patty on a toasted English muffin with 1 tbsp 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 PLAN

## WEEK 12

**MEAL 5** - Salmon with Brown Rice Pilaf

Ingredients: 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 tbsp olive oil, 1 garlic clove, pressed or minced, 1 tbsp grated fresh ginger root, 1 tbsp soy sauce, 1 tsp maple syrup, 2 green onions (chopped)

1. To make the rice, heat oil in a medium saucepan. Add onion and bell pepper; cook 3 minutes.
2. Add water and rice; bring to a boil.
3. 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.
4. Meanwhile, place salmon in a pie plate or shallow dish. Combine remaining salmon ingredients; mix well.
5. Pour marinade over salmon; let stand 15 to 20 minutes.
6. 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 wedges), ½ onion (diced), 4 cups lettuce leaves, 1 stalk celery, sliced 2 tomatoes, 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 1/2 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 up eggs and 2 pieces of whole wheat toast and a grape fruit.

**MEAL 2** - String cheese and a 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, 1/2 tsp ground black pepper, 12 cups fat-free reduced-sodium chicken broth, 2 cups water, 6 portions chicken breast (about 2 lbs), 8 portions wide no-yolk noodles (about 1 lb), 1/4 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: 1 cup non-fat ricotta cheese, ¼ cup egg whites, 4 cups diced tomatoes, 4 whole grain or whole wheat tortillas 3 cups spinach leaves, 2 tsp taco seasoning mix, 1 tsp 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 tsp 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 MADE IT HALF WAY!!!!

