

**GOOD
HOUSEKEEPING**

28
— DAY —
MEAL PLAN

1,200 Calories and More

The Complete Guide to Building
Your Perfect Weight-Loss Meal Plan

The Editors of *Good Housekeeping* and
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INTRODUCTION:

A Nourishing, Satisfying Plan for Life

When it comes to all things weight loss, the simplest, fastest way to make impactful change is to form habits you can stick with for life. That's why *1,200 Calories + More* involves simple, sensible guidelines and a wide variety of delicious recipes you'll want to make for years to come.

Based on the flavorful, nonrestrictive Mediterranean style of weight loss, this comprehensive eating plan includes 4 full weeks of exciting recipes that will make dropping pounds effortless and fun. Best of all, we've done the number-crunching for you so you can be sure you're giving your body the nourishment it needs every day.

While creating this guide, we looked at weight loss as both a science and an art. Slimming down ultimately comes back to the same scientific principle—calories in, calories out—but what makes it a bit more nuanced is that in order to actually eat fewer calories overall, you have to eat more of the right calories. The right calories come from nutrient-dense, fiber-filled foods that are high in antioxidants, water and key minerals to help you stay satisfied and energized. Naturally incorporating such foods into your daily diet so that they both curb hunger and satisfy cravings is truly an art.

When you follow a Mediterranean-style meal plan like the one we've created, you'll naturally check all these boxes while maintaining the weight you want. For life.

In addition to delicious make-at-home recipes, we'll also give you tips on how to pick the healthiest packaged foods and recommendations for what to do when dining out so you can truly tailor this program to your lifestyle.

While 1,200 may be the right number for some people, it can be super restrictive for others. We'll show you how to identify your daily caloric needs for weight loss and how to design a meal plan around that number that is both satisfying and effective. Ready to create your meal plan for life?

Jaclyn London, MS, RD, CDN

NUTRITION DIRECTOR

GOOD HOUSEKEEPING INSTITUTE



1

**4 WAYS A
MEDITERRANEAN-STYLE**

Weight- Loss Plan

IS UNLIKE ANY OTHER DIET



The Mediterranean style of eating is less of a diet and more of a way of life. It doesn't focus on restrictions, counting calories or measuring portions (snooze!). Instead it emphasizes filling up on a wide variety of whole, nutrient-dense foods and taking the time to savor every last bite. This is what makes it such a successful method for losing weight and keeping it off for good. Here's what else makes this plan so unique:

1. YOU'LL INDULGE EVERY DAY.

You'll enjoy delicious, quality foods, like rich dark chocolate and flavorful cheeses. Because you'll regularly enjoy treats like these, you'll never feel the impulse to overindulge.

2. EVERY MEAL WILL FEEL LIKE A CELEBRATION.

A Mediterranean-style diet is centered on enjoying meals with loved ones. This adds a dimension to mealtime other than food, one that encourages you to focus more on who's at the table rather than what's on it.

3. YOU'LL MOVE THE WAY YOU WANT TO.

The Mediterranean lifestyle involves plenty of physical activity (ah, to be walking on the beaches of Greece right now!). By engaging in the types of exercise you love, you'll establish healthy habits that'll stick with you for life.

4. YOU'LL SEE FOOD IN A WHOLE NEW WAY.

This way of life emphasizes the holistic experience of growing, eating and enjoying food. You'll view your meals as more than sustenance. You'll eat every bite more mindfully with a deeper understanding of the time and energy involved in producing the food on your plate.

When you adopt the Mediterranean-style plan in the following pages, you'll be able to lose and keep off stubborn weight in a way that's suitable for your lifestyle. After all, your experience on the diet and ability to enjoy your life matter as much as the weight-management component, so it must be tasty and fulfilling for you!



2

ARE YOU EATING THE
**Right
Number**
OF CALORIES?



Going back to the whole “calories in, calories out” concept: the calories-out part of the equation (that is, how many calories you burn in one day) is totally unique to your body and lifestyle. This is known as your Personal Energy Expenditure. Part of this number is determined by the physical activity you do in a day. The other part is influenced by your resting energy expenditure (REE), or how efficiently your body burns calories at rest. Your REE is dependent on three factors, all of which are somewhat variable but may shift throughout your lifespan based on lean body mass, level of physical activity, change in weight overall, or metabolic state. They are:

- 1. BASAL METABOLIC RATE** - the number of calories your body requires to perform its most basic functions, from breathing to sleeping
- 2. PHYSICAL ACTIVITY ENERGY EXPENDITURE** - physical activity throughout the days and weeks
- 3. THERMIC EFFECT OF FOOD** - the calories your body uses to digest a meal

Clearly, the number of calories you burn each day is highly personal, which means the number of calories you should consume is highly personal as well. The Dietary Guidelines for Americans identifies a range of different calorie levels to ensure we meet our needs for specific nutrient targets in order to offset disease. However, the one you're likely most familiar with is a 2,000-calorie diet, which appears on the FDA's Nutrition Facts Label on the side of food packaging. The FDA relies on the number 2,000 as a general guide because many of us need far fewer (and some need many more!) calories.

Despite this, many of us misinterpret that number as our required daily caloric intake and that in order to lose weight, we must eat below that threshold. However,





the number of calories you should consume each day to drop pounds is much more personal.

DETERMINING YOUR UNIQUE NUTRIENT NEEDS

Use the scientifically validated calorie-per-kilogram method to calculate how many calories you should eat in a day to maintain your weight. Start by converting your weight to kilograms using the formula below. Then plug that number into the Calories for Weight Maintenance formula.

formula: your weight in kilograms
[weight in lbs] ÷ 2.2 = your weight in kg

formula: calories for weight maintenance

Note that this range provides a framework in which your daily intake will result in weight maintenance over time.

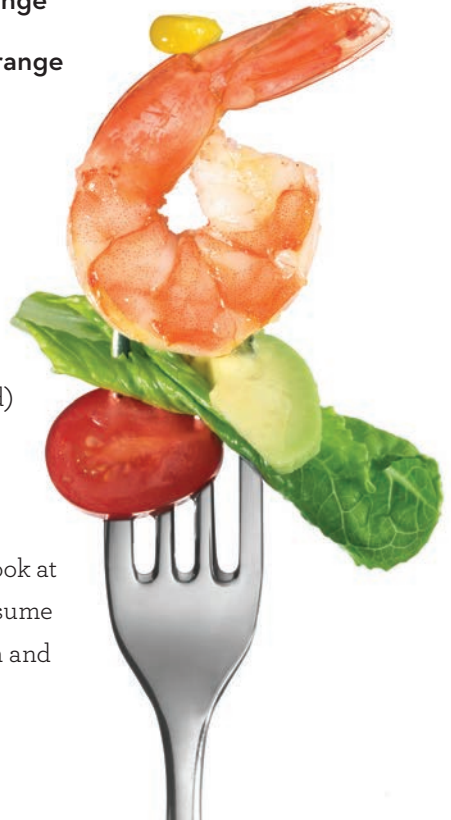
[weight in kg] × 25 = lower end of your calorie range

[weight in kg] × 30 = higher end of your calorie range

If you want to lose weight, aim for the lower end of this range and adjust based on your level of physical activity. Exercise regularly? Aim for the middle of this range. If you're less active, stay closer to the lower end.

Calorie requirements may become lower once you start losing weight or higher if you build lean body mass over time. That's why we use (or really, need) a range of calories to give us flexibility from day to day—more on the days we move more and less on the days (or weeks!) we move less.

Now that you know how many calories to eat, let's look at where those calories should come from. You should consume your calories from 3 main macronutrients: carbs, protein and fat. Here's how much of each to get daily:



YOUR MACRONUTRIENT BREAKDOWN

CARBOHYDRATES: 50% OF YOUR TOTAL CALORIES

1 G CARBOHYDRATE = 4 CALORIES

FAT: 30% OF YOUR TOTAL CALORIES (< 7%-10% SATURATED FAT)

1 G FAT = 9 CALORIES

PROTEIN: 20% OF YOUR TOTAL CALORIES

1 G PROTEIN = 4 CALORIES

If your daily caloric intake is 1,500 calories, that would mean you need 750 calories from carbohydrates, 450 calories from fat and 300 calories from protein. In grams, that would equal 187.5 g carb, 50 g fat and 75 g protein.

3

HOW TO ADJUST YOUR

Meal Plan

FOR YOUR CALORIE NEEDS



Use the number you determined as your ideal daily caloric intake to guide how you adjust this meal plan for your unique needs. As we noted, a 1,200-calorie diet is not suitable for most people, but it can provide the building blocks to which you can add nutrient-dense calories. That's why our base plan is divided into recipes that are around 300 calories for breakfast, 400 calories for lunch and 500 calories for dinner. Here's how to use it as the groundwork for making smarter, more nutritious choices at any calorie level.

SPREAD OUT YOUR EXTRA CALORIES

For example, if you would like to follow a 1,500-calorie plan, divvy up the additional calories between meals or snacks. You can consume the additional 300 calories in 2 ways: You can keep the daily plan the same as the base and add 2 150-calorie snacks. Or, you can increase your calories by 100 at each meal (400 at breakfast, 500 at lunch and 600 at dinner). Either way, you'll enjoy plenty of flexibility to add nutrient-dense foods throughout your day to make sure you're filling up and staying on track.

Select your preferred calorie level, then use the 1,500-calorie options below to guide how you consume your additional calories.

BASE PLAN

MEAL	Breakfast	Lunch	Dinner
CALORIES	300	400	500

1,500-CALORIE PLAN | OPTION 1

MEAL	Breakfast	Lunch	Dinner
CALORIES	400	500	600

OR

1,500-CALORIE PLAN | OPTION 2

MEAL	Breakfast	Snack 1	Lunch	Snack 2	Dinner
CALORIES	300	150	400	150	500

ADD NUTRIENT-DENSE FOODS

Ensure you get a balanced mix of nutrients at every meal by following these guidelines:

ADD UNLIMITED SERVINGS OF NON-STARCHY VEGGIES TO THE RECIPES ON OUR PLAN. At just 25 calories per 1-cup serving, non-starchy veggies are unlimited as far as we're concerned. That's because they're the most nutritious, health-promoting category of foods you can possibly eat. Plus, the ultra-filling combination of fiber and high water content limits how much you can possibly consume in a given day. Think about it: Have you ever heard of anyone overdoing it on kale?

ADD MORE LEAN PROTEIN AS NEEDED. An ounce of lean meat or seafood is about 45 calories. Add 1 to 5 oz of protein (like seafood, lean cuts of meat, tofu or eggs) to any of the recipes in this meal plan if at any point you're feeling like it's just not enough food to keep you satisfied.

EAT A COMBO OF PROTEIN, FIBER AND SOME HEALTHY FAT AT EVERY MEAL AND SNACK. Snacks that combine protein, fiber and some good-for-you fat from nuts, seeds, pulses (the dry, edible seed of veggies), plant-based oils and low-fat dairy will help you stay satisfied, not just full. This way you'll lose weight without ever feeling hungry.

SNACK SMART

As mentioned above, you can choose to consume your additional calories by adding extra veggies and protein to your 3 daily meals or by noshing on nutrient-

11 AMAZING NON-STARCHY VEGETABLES

Here, some of the non-starchy veggies you can enjoy in unlimited amounts.

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Cucumber
- Eggplant
- Mushrooms
- Peppers
- Spinach
- Tomato
- Zucchini



dense snacks throughout the day. Snacking in this way can support your metabolism, immune system and cardiovascular health. Plus, healthy grazing can help expedite weight loss, since consuming too few calories can slow down your metabolic rate, tricking your body into thinking it's "in a starvation state". Try some of these healthy store-bought snacks next time you miss meal prep:

NUTRITIONIST-APPROVED PACKAGED SNACKS

100-CALORIE BARS	200-CALORIE BARS	250-CALORIE MINI MEALS
<ul style="list-style-type: none"> • Pressed by Kind Bars • That's It Bars • LÄRABAR Minis • Health Warrior Chia Bars • Kashi Chewy Granola Bars • Mini Perfect Bars 	<ul style="list-style-type: none"> • RXBAR Protein Bars • Kind Nuts and Spices Bars • Nature Valley Protein Bars • Clio Bars • This Bar Saves Lives • thinkThin Protein + Fiber Bars 	<ul style="list-style-type: none"> • Mediterranean Snacks Tapaz 2 Go • Sargento Balanced Breaks • Nourish Snacks • Biena Roasted Chickpea Snacks • Garden Lites Muffins • Blue Diamond Bold Almonds Packs

STAY HYDRATED

No matter what your personal daily calorie intake is, staying hydrated is important to keeping your body happy and healthy. Unfortunately, it's not always clear exactly how much you need. The classic 8 cups a day may be right for you, but it's best to calculate your specific needs based on your daily caloric intake. Use:

formula: how much water you need

Drink 1 mL of water for every calorie you consume.

Using the general guideline of a 2,000-calorie diet, which is what the



FDA uses on all nutrition facts labels, it's clear where the 8-cups-a-day advice came from:

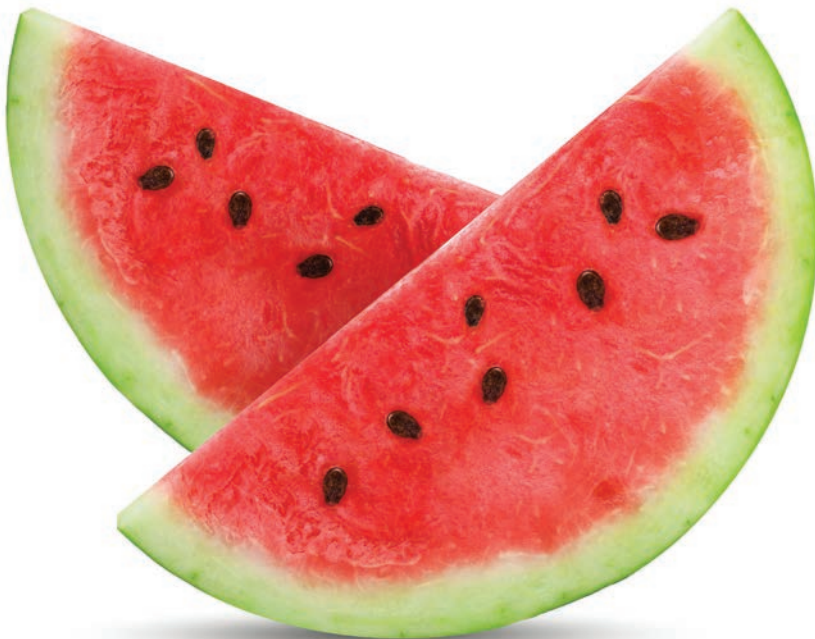
$$2,000 \text{ cal} = 2,000 \text{ mL}$$

$$2,000 \text{ mL} = 8.3 \text{ cups}$$

Most people don't drink enough water and end up confusing the need for hydration with hunger. We often under-hydrate, in large part because we don't know how much we need for our unique bodies and lifestyle. Your needs are based on so many different factors, including your sweat rate, the way you stay physically active, and even your lean body mass. Lean body mass leads to a higher resting energy expenditure, which means a higher metabolism. The higher your metabolism, the greater your hydration needs are and the greater your sweat rate is. Reach your daily hydration goals primarily with water, but you can also sip on sparkling water, unsweetened coffee and tea or fruit-infused water.

“Eat” Your Water

Aside from drinking your way to your individualized daily water requirements, you can (and should!) also consume high-water-content foods. Reach for diuretic foods, like cucumbers, tomatoes, watermelon, asparagus, grapes and celery. They'll hydrate you and keep you full due to their higher fiber content.



Limit High-Calorie Beverages

Monitor your intake of juice, soda, alcohol and sweetened coffee and tea. If you consumed every one of these beverages in one day, you would have taken in at least 800 extra calories by nighttime — and you'd still be hungry. (Incidentally, alcohol may suppress the metabolism of fat, making it tougher for you to burn those calories.) That's because liquid calories don't satiate us in quite the same way as solid food. Stick to unsweetened coffee and tea or water.



4

**HOW TO CREATE
YOUR OWN**

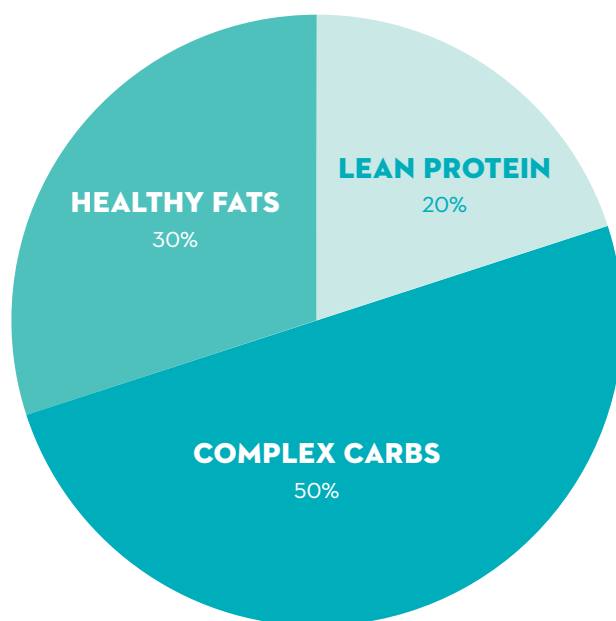
Meal Plan



While the pages ahead are packed with daily meal plans and easy-to-follow recipes, it's important to understand the nutritional breakdown of this plan so you can adjust it as needed. Use these guidelines to stock up on the flavorful ingredients that make every meal and snack feel unique and special to you.

YOUR PERFECT PLATE

Whatever ingredients and recipes you choose to use, make sure your plate looks like this:



Most of your plate should be complex carbs. Most of these carbs should come from fiber-filled vegetables, plus some legumes and whole grains. Then add some healthy fats and a portion of lean protein. This mix will keep you full and provide the secondary nutrients you need to keep skin, hair and nails in great shape.



MEDITERRANEAN-STYLE DIET STAPLES

Use the foods below as ideas for building your plan.

COMPLEX CARBS		HEALTHY FATS	LEAN PROTEIN
Fruits + Vegetables	Grains + Legumes		
Bok choy	Amaranth	Almonds	Eggs
Broccoli	Barley	Cashews	Lean cuts of beef and pork
Brussels sprouts	Brown rice	Chia	Legumes
Carrots	Buckwheat	Flax	Poultry
Cauliflower	Millet	Hemp	Pulses
Eggplant	Oats	Macadamia nuts	Seafood
Grapes	Pulses	Peanuts	Unsweetened dairy products (e.g., yogurt)
Kale	Quinoa	Plant-based oils (e.g., canola, sesame, peanut and hempseed)	
Legumes	Rye	Sesame	
Oranges	Sorghum	Walnuts	
Potatoes (white, purple, blue or sweet)	Wheat		
Pumpkin			
Red and yellow peppers			
Spinach			
Squash			
Tomatoes			

Complex Carbs

There's no question that carbs have gotten a bad name over the years. This reputation stems from the fact that the foods with simple, refined carbs are easy to overeat (the excess of which gets stored in your fat cells). Complex carbs, on the other hand, are full



HEALTHY CARBS TO STOCK UP ON RIGHT NOW

So how many carbs do we really need? The USDA and DHHS Dietary Guidelines for Americans 2015–2020 recommends that we consume about half of our total calories for the day in the form of carbs. Remember: The more nutrient-dense foods you choose, the more satisfied you will feel and the easier it will be to reduce cravings for the not-as-nutritious carbs that sneak their way into our day. Stick to 100% whole grains, starchy veggies and pulses.

WHOLE GRAINS	PULSES	STARCHY VEGGIES
Barley	Beans	Potatoes (white, purple, blue or orange)
Millet	Chickpeas	Pumpkin
Buckwheat	Peas	Taro
Amaranth	Lentils	
Quinoa		
Whole wheat		
Sorghum		
Rye		
Bulgur		

of nutrients, like fiber, and take longer to digest. Eating the right types of carbs can actually help your overall health. The best carbs for your health are the ones that are closest to their natural state as possible: vegetables; fruits; pulses; legumes; unsweetened dairy products; and 100% whole grains, like brown rice, quinoa, wheat and oats. They contain varying amounts of fiber, the beneficial fuel that helps our body's probiotics survive and thrive.

Fruits and Vegetables

Delicious, nutrient-packed produce is always at the core of any health-promoting plan! In the Mediterranean way of eating, you'll amp up your ratio of vegetables to all other foods on your plate during both meals and snacks.



Make it your goal to include up to 2 cups of whole vegetables or whole fruits per serving of any recipe in this meal plan. You'll eat them as both a nourishing side dish and as a flavor booster on top of pizza, pasta, whole grains and anything else you want to give a nourishing boost. Whether you like them sautéed, steamed, roasted or raw, you'll use them to make every meal more flavorful. Fruit will also be a mainstay in your diet as a source of filling fiber and immune-protective antioxidants. Enjoy it as a snack and in some desserts.

10 Bloat-Reducing Fruits and Veggies

Foods rich in potassium, calcium or magnesium counterbalance the sodium in your body to help reduce bloating. Consider these foods next time you need to de-puff:

- Tomatoes**
- Avocados**
- Bananas**
- Spinach**
- Sweet potatoes**
- Squash**
- Apricots**
- Oranges**
- Beet greens**
- Kiwis**

Healthy Fats

The right kinds of fats can do wonders for your waistline, cognition and overall health. For example, plant-based oils are made from mostly unsaturated fat, which has been linked to lowering LDL cholesterol (your “bad” cholesterol) when used to replace the mostly saturated fats you'll find everywhere in the traditional Western diet. Use healthy oils like extra

WHEN IN DOUBT, CHOOSE “WHOLE”

“Whole” describes foods that are as close to their natural state as possible and have few ingredients that are processed or refined. They are typically your best bet for selecting the most nutritious item at a restaurant or grocery store – even if they're frozen or canned. “Fresh” isn't always best. For example, a serving of frozen mango chunks has 3 g of fiber, while a serving of fresh mango juice has 0 g of fiber. That's because a mango's fiber is found in its flesh, which the juicing process filters out. Consider these swaps next time you're torn between two foods:

EAT THIS

- Fruit
- Vegetables
- Whole-grain bread
- Baked potato

NOT THAT

- Fruit juice
- Veggie chips
- Burger buns
- French fries



HEALTHY STORE-BOUGHT LEAN PROTEIN SOURCES

Beanito Bean Chips
Trader Joe's Cowboy Caviar
Nature Valley Peanut Butter Dark Chocolate Protein Bars
Trader Joe's Almond Butter
Simply Balanced Grilled Chicken Breast Strips
Amy's Organic Soups, Lentil Vegetable
Bumble Bee Chunk Light Tuna

virgin olive or flax to sauté veggies or dress a salad. Integrate healthy fats like nuts and seeds into your meal plan as snacks and toppings on breakfast items like yogurt and cereal.

Lean Proteins

The healthiest sources of protein are those that are lower in saturated fat and require as little breading, frying or sauce as possible. When you fill your diet with a wide range of lean protein sources, from eggs to seafood to unsweetened dairy products, your body will get an equally wide range of benefits. The lean protein

sources recommended in this meal plan can help you lose weight, boost cognition and even bolster your immunity. Any source of protein can be good for you — it's the other things that happen in your kitchen (a.k.a. breading and deep-frying!) that make the difference when it comes to weight management and long-term health.



5

What to Limit



While there are no restrictions on this type of plan, you'll find yourself naturally limiting your intake of unhealthy foods. That's because you'll be eating nutrient-dense meals that keep you satisfied and less likely to reach for ultra-processed foods. Because a Mediterranean-style meal plan prioritizes the fun and enjoyment of your entire dining experience, you'll never leave the table feeling deprived.

That being said, you will want to avoid processed, packaged foods that are high in saturated fat, sodium or added sugar. These foods are typically mostly empty calories that do little for your overall health. Here's the lowdown on what to limit and why:

1. SODIUM

Limit to 2,300 mg per day (1,500 mg if you have or are at risk for heart disease)

2. SATURATED FAT

Limit to about 7% to 10% of total calories (about 13 g to 15 g per day if you're eating 2,000 calories per day)

3. ADDED SUGAR

Limit to 10% of total calories (about 200 calories if you're eating 2,000 calories per day)

Sodium

A diet too high in sodium can lead to high blood pressure, which may increase the risk of stroke and heart disease in some people. The USDA/DHHS recommends limiting your daily sodium intake to 2,300 mg (the equivalent of 1 tsp table salt). However, the CDC estimates that Americans consume about 3,400 mg of salt per day.

How did we step so far over the line? Sodium tends to lurk in highly processed foods, like deli meats, and it's not always easy to understand nutrition labels. Use the cheat sheet on the next page for decoding the labels on your favorite packaged foods:

WATCH OUT FOR THESE HIGH-SODIUM FOODS

Canned beans with added salt

Deli meats

Processed cheeses

Canned soups

Bottled salad dressings

Salted nuts



SODIUM-FREE — Less than 5 mg of sodium per serving and contains no sodium chloride

VERY LOW SODIUM — 35 mg or less of sodium per serving

LOW SODIUM — 140 mg or less of sodium per serving

REDUCED (OR LESS) SODIUM — At least 25% less sodium per serving than the usual sodium level

LIGHT (FOR SODIUM-REDUCED PRODUCTS) — The food is low in calories and fat and sodium is reduced by at least 50% per serving

LIGHT IN SODIUM — Sodium is reduced by at least 50% per serving

Saturated Fat

The problem with saturated fat is its ability to increase cholesterol levels. Too much can put you at risk for heart disease and stroke. Saturated fat can sneak into your diet from both whole and processed foods (especially baked goods and fried foods), and it naturally occurs in many animal products and byproducts. When buying packaged meals and snacks, aim for less than 5 g and 3 g of saturated fat, respectively.

Common Sources of Saturated Fat

Butter	Pork	Cream
Lamb	Cheese	Poultry with skin

Added Sugar

All sugar boils down to 2 types: naturally occurring sugar and added sugar.

Naturally occurring sugar is the only type of sugar that exists in whole foods, as they are straight from the source.

These include fructose (fruit sugar), which is found in fruit, honey and root veggies; lactose (milk sugar), which is found in dairy products; and sucrose

(a combo of glucose and fructose), which is found naturally in carbohydrates of all types, including all types of produce.

Added sugars are the sugars, syrups, fruit juice concentrates and caloric sweeteners that are added to foods or beverages during their preparation or processing. This is

SO HOW MUCH SUGAR CAN YOU HAVE?

Limit your intake to 100 to 250 calories from added sugar per day whenever possible. Aim for less than 4 g of added sugar per serving in savory (non-dessert) meals.

the type you'll want to avoid. It's not always easy, because sugar sneaks its way into nearly everything! Next time you're at the market, keep an extra close eye on these categories that often get pumped up with sugar for flavor and preservation:

Grain-based products

Dairy products and nondairy alternatives

Foods and drinks with veggies or fruit as the base

Condiments, toppings, syrups and soft drinks

Need another reason to avoid sodium, saturated fat and added sugar? Diets high in sodium (plus saturated fat and added sugar) increase our risk for chronic disease across the board, according to a 2019 meta-analysis (study of studies) published in *The Lancet*. As for what lowers disease risk, the study noted that diets high in potassium, magnesium and calcium are linked to a decreased risk of high blood pressure and heart disease. That's because these minerals help keep your cholesterol in check by counterbalancing sodium. Plus, if you're getting high doses of potassium, magnesium and calcium, you're also likely eating a lot of whole, fresh foods, leaving less room for unhealthy processed options.



WHAT NOT TO DRINK

Skipping sweetened beverages is one of the most efficient ways to kickstart a weight-loss plan. Consider this: A flavored latte in the morning, a sweetened tea at lunch and a cocktail at dinner will contribute upward of 70 g of added sugar to your day – sugar that will leave you hungry. Concentrated beverages that contain any form of sugar – even the naturally occurring kind in fruit juices – are predominantly made up of glucose. So even if your juice boasts 100% vitamin C, its abundance of simple sugar may end up negatively affecting your health.

Avoid these often sugary saboteurs:

Trendy waters (like coconut and watermelon)

Green juice

All-natural juice

Sweetened tea

Sweetened coffee beverages

Bottled smoothies

Sugar-sweetened soda

Alcohol mixers

6

What to Fill Up On



Traditional diets always seem to talk about what you can't eat instead of what you can! When it comes to anti-inflammatory diets, more is more—especially in terms of produce. Colorful foods like leafy greens, cruciferous veggies, carotenoids (like pumpkin or carrots) and anthocyanins (including beets, pomegranates and eggplant) are all staples of the best diets and eating patterns around the globe. Adding more vegetables and fruit to your meals and snacks — no matter what you're eating — can help you achieve weight-loss goals while making a positive change that impacts your health for the long term. Here are the fruits, veggies, meats and more to add to your shopping cart.

PRODUCE

Include up to 2 cups or 2 or more types of whole vegetables or whole fruits per serving of any recipe in this meal plan.

Cruciferous Veggies

Cruciferous vegetables include broccoli, cauliflower, Brussels sprouts and a variety of leafy greens. These anti-inflammatory veggies include a range of vitamins, minerals and antioxidants linked to lowering your risk of cognitive decline. They also contain glucosinolates, which have been inversely linked to cancer risk based on frequency of intake, and omega-3s, which have been linked to reducing waist circumference. They also contain carotenoids, which can help boost your immunity and reduce your risk of vision loss.



Spinach

Spinach is high in magnesium, iron and folate, which is important for maintaining regular muscle contraction, plus tissue oxygenation/circulation. The beauty of leafy greens like spinach is their versatility — toss them into salads, soups, omelets or sandwiches.

Onions

Onions, and their close relatives including garlic, leeks, scallions and shallots, are amazing bloat-busters. They're great sources of prebiotic fiber, which helps fuel the probiotic bacteria in your gut.

Avocados

Eating avocados regularly has been linked to a lower waist circumference and body mass index (BMI), according to a study published in *Nutrients*. Avocados contain filling, heart-healthy monounsaturated fats, which help to eliminate the urge to graze on more processed foods. They're also high in fiber and potassium, both of which are linked to reducing heart disease risk.

Asparagus

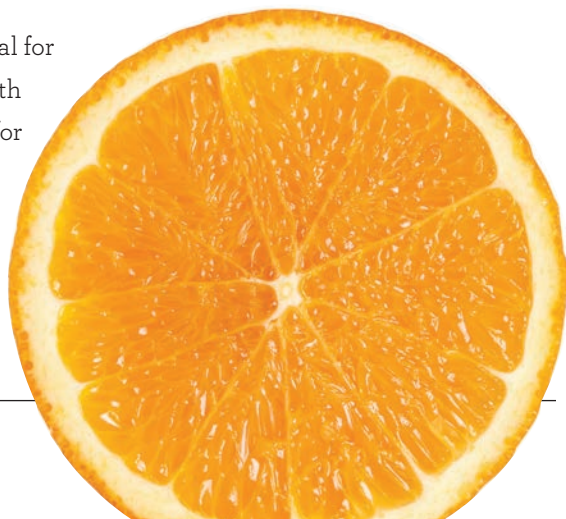
This prebiotic-filled veggie works great as a side dish with your favorite meal or as an addition to soups, pastas and omelets. For a balanced snack, serve asparagus sticks with other crudité's and hummus.

Berries

Berries of all varieties are filled with fiber (up to 9 g per cup!), vitamin C and antioxidants. They're also lower in sugar than most fruits, making them a satisfying and disease-fighting pick for morning meals and midafternoon snacks alike.

Orange Fruits and Veggies

Orange-hued fruits and vegetables are crucial for weight loss. These foods are often packed with potassium and magnesium, which are great for combating bloat. Citrus fruits are especially important for fighting inflammation, which is associated with belly-fat storage.



PROTEIN

Choose lean protein sources. Seafood, lean cuts of meat and poultry, unsweetened dairy and eggs and plant-based alternatives are all included in our plan. Eat an additional 1 to 5 oz of protein at each meal if you still feel hungry.

Sirloin Steak

Just 3 oz packs about 25 g of protein. Choose top-round cuts, which provide plenty of flavor without overloading on saturated fat. One serving contains about 3.5 g of saturated fat, while the same amount of T-bone or rib-eye will have upward of 10 g.

Rotisserie Chicken and Poultry

The rotisserie prep helps maximize flavor without relying on added ingredients, meaning this already lean poultry has less sodium than deli meats or chicken prepped with salt-filled sauces, blends and rubs.

Eggs

Often considered one of the best sources of protein available, eggs are chock-full of other essential nutrients, all of which contribute to hair health, bone strength and neuromuscular function. Eggs are a uniquely high-quality, nutrient-dense source of protein, with just 60 to 80 calories per serving.

Pulses

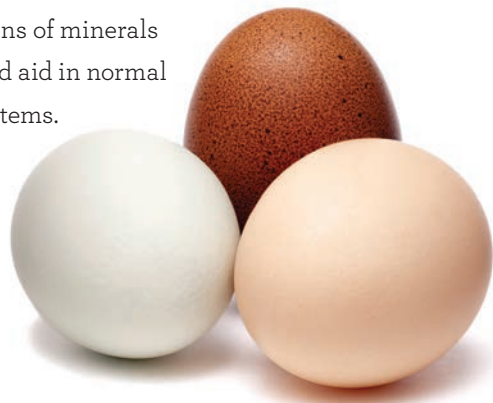
Pulses are filled with fiber and protein, plus tons of minerals and B vitamins, which help to reduce bloat and aid in normal functioning of your nervous and muscular systems.

Bonus: When these systems run smoothly, it's even easier to build lean muscle mass.

CALORIE-FREE FLAVOR ENHANCERS

Flavor foods with herbs and spices whenever you can. It'll help you cut back on high-sodium staples and the urge to rely on the salt shaker – a major player in belly bloating. Plus, some (like the ones below) have mild diuretic effects, which can help you flush out any water you're retaining.

Basil
Cilantro
Rosemary
Sage
Tarragon
Mint
Oregano



Chicken Thighs

All parts of the chicken — not just the breast — can be part of a nutritious diet. The thighs pack a nutrient-dense mix of unsaturated fatty acids, plus vitamins and minerals, like iron.

Pork Chops

Pork tenderloin is an ideal lean protein swap for the poultry you'd normally eat at dinner. Plus, it's surprisingly low in saturated fat per serving.

Tuna

When possible, choose troll- or pole-caught albacore tuna caught in western U.S. and Canadian waters. Tuna from these regions are typically younger, meaning they haven't accumulated high levels of mercury yet. Find it online from brands like American Tuna, Pacific Fleet, Mary Lu Seafoods, Wild Planet and Wild Pacific Seafood.

Salmon

Go for wild salmon, which has less saturated fat than farmed varieties. You'll get plenty of heart- and brain-healthy omega-3 fatty acids. Use it in place of tuna for salmon salad sandwiches, or try it in a creamy white bean soup.

Canned Seafood

More proof that you don't always need to buy "fresh" to get all the health benefits: One 3-oz serving of canned fish can meet 100% of your daily omega-3 fatty acid needs, which can help reduce your risk of chronic disease when consumed regularly. Stick to varieties canned in water or olive oil to limit sodium.

Mussels

Mussels contain high amounts of iron, which is great for boosting your immunity and reducing fatigue.

Dairy Products

Stick to low-fat milk and yogurt options, but vary your cheese consumption between low-fat and full-fat varieties.



Fat-soluble vitamins like A and D found in fortified dairy products will be better absorbed in your body — and may help you stay fuller longer. If you're having flavored yogurt, make sure it has no more than 12 g of total sugar per 5.3-ounce serving.

Nuts and Seeds

Individuals who snack on nuts may have lower abdominal fat compared to those who munch on carb-based treats, according to a 2015 study published in the *Journal of the American Heart Association*. With a hunger-curbing trifecta of protein, fiber and fat, they're a more satisfying and heart-healthier pick than their grain-based counterparts. Stick to nuts with 140 mg of sodium or less.

Walnuts

Walnuts contain among the highest levels of alpha-linolenic acids (a.k.a. plant-based omega-3s) and may reduce your risk of heart disease. Plus, a recent study published in *Nutrition Research and Practice* suggests that eating a handful daily can improve memory and cognitive function in people of any age.



NUTTIN' BUT THE FACTS

TRUE OR FALSE: Avoid salted nuts.

FALSE. Just because they have the word **salt** in their name doesn't mean they're loaded with the stuff — most end up with just a sprinkling. In fact, almost all salted nuts are considered low-sodium foods, which means they have 140 mg or less per serving per the FDA (less than many breads). Most of us can safely consume 2,300 mg of sodium per day.

TRUE OR FALSE: Nuts should be stored in the fridge or freezer.

TRUE. The oleic acids in nuts can oxidize (that is, go rancid) when they are left out at room temperature or in sunlight. Keep 'em cool if you're not eating them this week.

TRUE OR FALSE: Nuts are fattening.

TRUE AND FALSE. In theory, the "good" unsaturated fats in nuts can cause just as much weight gain as "bad" saturated fats (found in meat and dairy). In reality, they almost never do. That's partly because nuts are better at filling you up and staving off cravings.

Cashews

Cashews are full of zinc, copper and magnesium, all of which help support a healthy immune system as well as nerve, muscle and bone function.

Almonds

They have more fiber than any other nut (3.5 g per oz), so they're super-satisfying and an amazing dieting tool. A recent study showed that women who regularly noshed on 1 to 1.5 oz of almonds mid-morning ate less at lunch and dinner than when they went without the snack.

Pistachios

Pistachios contain carotenoids like beta-carotene, lutein and zeaxanthin, which have been linked to improved vision. They also have vitamin E and phenolic compounds—antioxidants with anti-inflammatory properties that may help reduce the risk of chronic disease.

Peanuts

Talk about a superfood! Peanuts and their skin contain resveratrol, a phytochemical linked to reduced risk of heart disease, cancer and chronic kidney disease. What's more, peanuts have the highest amount of protein in this group (with 8 g per serving) and are the best source of arginine, an amino acid that can help lower blood pressure.



FERMENTED FOODS

Fermented foods, like miso, tempeh and sauerkraut, contain probiotics, friendly bacteria that help to boost immunity, regulate gut function and of course banish bloat. Always check labels to make sure whatever snack you're choosing is made from real, whole foods and is as low in sodium, saturated fat and sugar as possible.



7

THE SECRET TO EATING
More
Dessert
(AND OTHER INDULGENCES)



The beauty of the Mediterranean diet is that it's inclusive, not exclusive! You'll enjoy high-quality desserts, including chocolate, sweets and baked goods, in moderation. Because the Mediterranean way is to bring flavorful ingredients to the forefront, you'll discover you don't need more than a few bites!

By prioritizing quality over quantity, this meal plan will encourage you to be more selective about where your added sugar and saturated fat are coming from. Use these tips for choosing treats that will fulfill your cravings and keep you on track:

- **MAX OUT AT 250 CALORIES FOR YOUR DAILY DESSERT.** Look for options that are 150 to 250 calories or less per serving. Bonus points if the treat has nuts in it. These varieties are higher in fat, but they'll also provide a little bit of protein and fiber, so they're often more satisfying. For example, peanut M&M's have 240 calories per 1.69-oz pack plus 5 g of protein and 2 g of fiber.
- **WHEN IN DOUBT, CHOOSE CHOCOLATE.** Chocolate candies are (typically) a better nutritional choice because they are more satisfying than gummy candies, which are straight sugar. Chocolate itself is higher in fat and feels a little bit more indulgent, so you're slightly less likely to overdo it.
- **AIM FOR LESS THAN 50 G OF ADDED SUGAR.** Whether you're reaching for a brownie or a bag of licorice, let 50 g of sugar be your daily max. Overall, try to keep saturated fat and sodium as low as possible when choosing among items.
- **CHOOSE SINGLE-SERVE INDULGENCES.** The best way to treat yourself is to avoid "diet" desserts. Opt for single servings of more satisfying treats instead.

ADD THESE TREATS TO YOUR SHOPPING LIST

Drumroll, please! Here are our top store-bought dessert picks for savoring to the last bite:

Breyers Ice Cream Snack Cups

Ciao Bella Pistachio Gelato

Edy's Slow Churned Mint Chocolate
Chip Ice Cream

Klondike Ice Cream Bars Original
Minis

365 Everyday Value Organic Ice
Cream Sandwiches

Enlightened "Movie Night" Ice Cream

Chilly Cow Chocolate Brownie Batter
Ice Cream

Halo Top Chocolate Chip Cookie
Dough Ice Cream Pops

Skinny Cow Salt-Kissed Caramel
Greek Frozen Yogurt Bars

Goodpop Coldbrew Coffee Pops

8

**A No-Fail
Guide
TO STICKING TO
the Plan**



As we mentioned before, this meal plan is unlike most weight-loss programs. You will never feel deprived or spend your evenings dreaming of dessert. You won't need to cut out total food groups or flavors. However, with any new routine, there is always an adjustment period.

Before starting your 4-week plan, read through the following tips. They will help keep you mentally on track for success, come cravings or crazy-busy weeknights. Use them as a guide, and then adjust based on the foods you love and the activities you enjoy doing.

Step 1: Remember that where you eat is as important as what you're eating.

Your routine, and the environments it puts you in, is crucial in determining what types of foods are available to you. Think of where you end up eating your meals and snacks throughout the week. If your job has you going out to dinner every night (and you can't change that), start by adding more vegetables to as many of those dinners as possible. If that's impossible, think about:

- Adding more produce to breakfast and lunch on weekdays.
- Suggesting restaurants with menu items that are heavy on the produce: Salads, stews, sautéés and steamed veggie sides are always great additions.



- Changing the food prep not the food itself. For example, if there's always fried shrimp at the table, ask if it can be sautéed, steamed or lightly stir-fried. Often, it's the food prep, not the food items, that can throw us off course. Consider making these small shifts to optimize flavor and nutrient density—without overloading on calories.

Step 2: Give yourself some guidelines.

If you know that every time you go to that boutique grocery store downtown you buy (and eat) multiple bars of that good chocolate, you may need to restrict how often you shop there. Establish a boundary with yourself to put this into action, like only going to this store every other week and committing to rationing the treats you buy across multiple days.

Step 3: Set limits that help you prioritize healthy eating.

People, places and activities often seem like they pop out of nowhere, wrecking your previous plans for a health-promoting activity or meal. Determine what that means for you—a coworker or a happy hour, etc.—and what it is specifically that stops you from taking your previously intended action. For example, if it's happy hour at the local bar where the buffalo wings become dinner (instead of the stir-fry you made last night that's waiting for you at home), pack a snack before you go.

Step 4: Plan ahead.

Are there obstacles you need to plan around to make sure you actually make it to a 6 p.m. exercise class? If you know it's a meeting that always runs late but is unavoidable, you may have to adjust. But if it's a person who always seems to find you at 4:58 p.m., stay true to the promise you made with yourself to stay healthy: Politely excuse yourself and get to the gym!

CHIPOTLE CHEAT SHEET

Order any of these healthier options to stay on track:

- 1. A burrito bowl with any protein, plus beans, double fajita veggies and extra salsa. No rice.**
- 2. A steak salad with beans, guacamole and extra salsa. No dressing or cheese.**
- 3. Any vegetarian burrito bowl or salad with beans, double or triple fajita veggies, all of the salsas, guacamole and cheese. No meat, sofritas, rice or extra dressing.**
- 4. Corn tacos with beans or meat, all the veggies, salsas and a half serving of guacamole and cheese. No rice.**
- 5. Kids' menu corn tacos with extra veggies, steak, guacamole, salsas and cheese. Add a piece of fruit.**

Step 5: Stop, think and then act.

Take a second to evaluate what's really going on before diving into your pantry:

Are you thirsty?

Drink 16 oz of water or an unsweetened beverage before hitting the snacks.

Are you full but not satisfied?

If yes, have a treat that's individually wrapped (like a few mini chocolate pieces). If you're actually hungry versus "I just want a little something sweet," it's probably time for a snack.

**Are you tired?**

Time for a little caffeine. Use the guideline of 400 mg of caffeine per day as your max, which is the equivalent of a Venti at Starbucks, and time this accordingly. If your schedule allows, take a nap.

Step 6: Determine what you're really craving.

When you're on your way to a bag of chips, pause and think a little bit more about what you're actually in the mood to eat. Is it the meal that you want or a specific flavor? (Burritos? Maybe you just wanted some guac!) Every time you eat is a chance to make more nutritious choices that support your overall health goals, and a big part of that is giving yourself permission to indulge and move on (rather than indulging and kicking yourself for it hours later). Consciously choosing to indulge is the ultimate way to take care of yourself mind, body and spirit.



9

YOUR DAILY
Meal
Plan



On the following pages, you'll discover your daily eating schedule, what to eat and when to eat it. However, sticking to a nutritious meal plan is just one part of the healthy-weight-loss equation. Add these 9 new habits into your daily routine for a well-rounded approach to slimming down:

1. Eat breakfast every day.

All meals are important, but breakfast helps you set a healthy tone for your day. The best morning meals will fill you up and stave off cravings later in the day. Aim to eat anywhere between 400 and 500 calories at breakfast, and make sure you're including a source of lean protein, like eggs; filling fat, like nuts or nut butters; and fiber from veggies, fruit or 100% whole grains. Starting your day with a blood sugar-stabilizing blend of nutrients will help you slim down without sacrifice.



2. Eat regularly.

Skipping meals will not make you lose weight faster. If a hectic day makes a sit-down meal impossible, stash a piece of fruit and pack of nut butter in your car or purse, and keep snacks in your office desk drawer — anything that will keep you from going hungry!

Going long periods of time without food does double harm to your healthy-eating efforts by both slowing down your metabolism and priming you for a binge later in the day. Make it your mission to eat 3 meals and 2 snacks every day, and don't go longer than 3 to 4 hours without eating. Set a “snack alarm” on your phone if needed.

3. Drink more (unsweetened) coffee and tea.

Start your day with a cup of joe. Caffeine is a natural diuretic and an excellent source of antioxidants, which protect your cells from damage. Limit your caffeine to 400 mg per day.

Not much of a coffee drinker? Tea is also a natural diuretic, and some varieties may even help boost weight loss. Researchers found that green tea drinkers burned about 70 additional calories in a 24-hour period compared to a placebo group, according to a study published in the *Journal of Food and Drug Analysis*.

4. Grab a set of 5-lb weights.

Strength training builds lean muscle tissue, which burns more calories — at work or at rest — 24 hours a day, 7 days a week. The more lean muscle you have, the faster you'll slim down. How do you start strength training? Try some push-ups or a few squats or lunges. Use your free weights to perform simple bicep curls or tricep pulls right in your home or office. Do these exercises 3 to 4 times per week, and you'll soon see a rapid improvement.

5. Use spices to flavor your food.

It can actually help you cut back on calories. That's because capsaicin, a compound found in jalapeño and cayenne peppers, may (slightly) increase your body's release of stress hormones such as adrenaline, which can speed up your ability to burn calories. What's more, eating hot peppers may help slow you down. You're less likely to wolf down a plate of spicy spaghetti, meaning you'll be more mindful of when you're truly full.



6. Go to bed on time.

There's plenty of research that demonstrates getting less than the desired amount — about 7 hours — of sleep per night can slow down your metabolism. Plus, when you're awake for longer, you're naturally more likely to snack on midnight munchies. So, don't skimp on your zzz's, and you'll be rewarded with an extra edge when it comes to losing weight.

7. Keep a food journal.

Loads of research demonstrates that people who log everything they eat — especially those who log while they're eating — are more likely to lose weight and keep it off for the long haul. The habit also takes less than 15 minutes per day on average when you do it regularly, according to a 2019 study published in *Obesity*.

Start tracking on an app like MyFitnessPal or use a notebook. It'll help you stay accountable for what you've eaten. Plus, you can easily identify some other areas of your daily eats that could use a little improvement when it's written out in front of you.

8. Go for a post-dinner power walk.

Exercising at any time is good for you, but evening activity may be particularly beneficial because many people's metabolism slows down toward the end of the day.

Thirty minutes of aerobic activity after dinner increases your metabolic rate and may keep it elevated for another 2 or 3 hours, even after you've stopped moving. Plus, it'll help you relax post-meal so you won't be tempted by stress-induced grazing that can rack up calories.

9. Keep Going!

Whether you accidentally exceed your daily sugar limit or can't quite hit your hydration goals, just keep going! As you get more familiar with the key components of this meal plan, you'll learn how to mix and match recipes to suit your unique tastes and, ultimately, create a meal plan you'll want to stick with for life!

Ready to get started? In addition to 4 weeks of delicious meals, you'll also find 20 bonus recipes to help you personalize this plan even more. Feel free to swap them in for any of the meals listed in this plan.

KITCHEN STAPLES

Make sure you have these cooking essentials on hand.

Baking powder	Dried thyme	Lemon juice
Baking soda	Extra virgin olive oil (and other healthy oils)	Low-sodium soy sauce
Barbecue sauce	Flavored vinegars (balsamic, apple cider, red wine, etc.)	Maple syrup
Black pepper		Mustard (Dijon, spicy, etc.)
Brown sugar		Nut butters (peanut, almond, etc.)
Butter	Fruit jam	Pumpkin pie spice
Cayenne pepper sauce	Ground cayenne pepper	Oats (quick-cooking and old-fashioned)
Cooking spray	Ground chili powder	Rice vinegar
Cornstarch	Ground cinnamon	Roasted red peppers
Crushed red pepper flakes	Ground coriander	Kosher salt
Curry powder	Ground cumin	Unsweetened applesauce
Dried fruit (raisins, apricots, dates, figs, etc.)	Ground ginger	Vanilla extract
Dried basil	Ground nutmeg	White vinegar
Dried oregano	Ground paprika	Whole-wheat flour
Dried rosemary	Honey	
	Horseradish	
	Light mayo	

Week 1 Shopping List

MEAT & PROTEINS

3 oz turkey breast
 3 oz sliced roast beef
 3 oz flank steak
 3 oz pork tenderloin
 8 oz boneless, skinless chicken breast
 4 oz flounder
 4 oz frozen raw shrimp
 4 oz skinless salmon fillets
 1 (5-oz) can water-packed light tuna
 1 (13-oz) package turkey sausage
 1/2 dozen large eggs
 1 package veggie burgers

PRODUCE

3 bananas
 1 (16-oz) bag frozen berries
 1 head broccoli
 1 (16-oz) bag baby carrots
 2 clementines
 1 (14-oz) bag coleslaw mix
 1 cucumber
 1 head garlic
 1 small bunch grapes
 1 head romaine lettuce
 2 (5-oz) packages mixed greens
 1 pear
 2 white potatoes
 2 red bell peppers
 3 scallions
 2 (5-oz) bags spinach
 1 acorn squash
 5 plum tomatoes
 1 onion of your choosing
 1 red onion
 1 (12-oz) package frozen corn
 1 grapefruit
 1 orange
 1 sweet potato
 1 zucchini

1 kiwi
 2 apples
 1 pint berries of your choosing
 2 cups raw vegetables of your choosing

DAIRY

1 pint fat-free milk
 1 pint unsweetened soy milk
 1 (1-oz) part-skim mozzarella string cheese
 1 (3-oz) jar Parmesan cheese
 1 box 150-calorie or less single-serve ice cream
 1 (32-oz) container plain unsweetened low-fat Greek yogurt
 1 (8-oz) package part-skim cheese

PANTRY

1 (16-oz) box bran flakes
 1 (9-oz) package mini whole-wheat pitas
 1 (6-oz) box couscous
 1 (14-oz) vegetarian vegetable soup
 1/2 loaf 100% whole-grain bread
 1 (2-oz) bag slivered almonds
 1 (15-oz) jar salsa
 1 package 100% whole-grain English muffins
 1 (14-oz) can tomato soup
 1 (10-oz) container hummus
 1 (8.9-oz) box Cheerios
 1 (15-oz) can fat-free refried beans
 1 (16-oz) package 100% stone-ground corn tortillas
 1 package 100% whole-grain frozen waffles
 1 (1-lb) package 100% whole-grain brown rice
 1 (15-oz) can no-salt-added black beans
 1 (16-oz) package whole grain of your choosing (quinoa, barley, etc.)

week 1

Day 1

BREAKFAST**Banana Bran Flakes**

In small bowl, combine $\frac{3}{4}$ cup bran flakes, 1 banana and 1 cup fat-free milk.

LUNCH**Turkey Sandwich**

Stuff 1 mini whole-wheat pita with 3 oz turkey breast, $\frac{1}{2}$ roasted pepper, 1 tsp mayo, mustard and lettuce. Serve with 1 stick part-skim mozzarella string cheese and 2 kiwis.

DINNER**Broiled Flounder**

Make 4 oz broiled flounder or sole with 2 sliced plum tomatoes sprinkled with 2 Tbsp grated Parmesan cheese, broiled until just golden. Eat with 1 cup cooked couscous and 1 cup steamed broccoli. Enjoy with a single-serve ice cream for dessert.

Day 2

BREAKFAST**Berry Banana Smoothie**

Blend 1 cup frozen berries, $\frac{1}{2}$ banana and 8 oz low-fat or fat-free milk into a smoothie. Serve with 1 or 2 hard-boiled eggs.

LUNCH**Vegetable Soup and Burger**

Heat 1 cup vegetarian vegetable soup. Serve with 1 veggie burger on 100% whole-grain toast, 1 bagel thin or 1 English muffin and 1 cup of grapes.

DINNER**Barbecue Chicken**

Brush 4 oz boneless, skinless chicken breast with barbecue sauce and grill. Combine 2 heaping cups of sautéed spinach with garlic, olive oil and tomatoes, and serve with $\frac{1}{2}$ baked plain or sweet potato (as desired).



Day 3

BREAKFAST

Oats and Fruit

In small bowl, microwave ½ cup quick-cooking oats per directions on packaging, using unsweetened soy milk. Add ½ apple (sliced or chopped), 1 tsp honey and pinch of cinnamon.

LUNCH

Chicken Salad

Toss 4 oz shredded skinless roast chicken breast with ¼ cup sliced red grapes, 1 Tbsp slivered almonds, 1 Tbsp mayonnaise and 1 Tbsp plain unsweetened low-fat Greek yogurt. Serve over lettuce. Eat with 1 banana.

DINNER

Steamed Shrimp

Serve 4 oz steamed shrimp with 1 baked potato topped with 3 Tbsp salsa and 1 Tbsp unsweetened low-fat Greek yogurt, plus 3 cups spinach, steamed. Finish the meal with 1 oz chocolate or a 100- to 150-cal ice cream bar.

Day 4

BREAKFAST

Loaded English Muffin

Top ½ toasted English muffin with ½ small apple, sliced, and 1 oz any type shredded reduced-fat cheese. Microwave 30 seconds on High. Serve with ⅔ cup unsweetened low-fat Greek yogurt sprinkled with 1 Tbsp slivered almonds.

LUNCH

Tomato Soup and Sandwich

Heat 1 cup tomato soup. Serve with sandwich made with 1 mini whole-wheat pita, 3 oz thinly sliced roast beef, 1 tsp horseradish, mustard, tomato slices and lettuce. Eat with 2 cups raw veggies and ¼ cup hummus.

DINNER

Poached Salmon

Serve 4 oz poached salmon with slaw made by tossing 1 ¼ cups coleslaw mix and 2 sliced scallions with 1 Tbsp rice vinegar and 1 ½ tsp olive oil. Add spices, herbs and seasoning as desired. Pair with ¾ cup 100% whole grain (like quinoa) and apple on the side.

Day 5

BREAKFAST

Berry-Almond Cereal

Combine 1 cup Cheerios, ½ cup berries, 1 Tbsp slivered almonds and 6 oz plain unsweetened, low-fat Greek yogurt in a bowl.

LUNCH

Bean Quesadilla

Spread ¼ cup fat-free refried beans over a 100% stone-ground corn tortilla. Sprinkle with 1 oz shredded part-skim cheese of your choosing. Top with salsa and another tortilla; microwave 45 seconds on High. Serve with cucumber spears and ½ cup 2% cottage cheese or plain unsweetened, low-fat Greek yogurt topped with 2 clementines.

DINNER

Pork Tenderloin and Squash

Serve 3 oz roasted pork tenderloin with 1 cup baked acorn squash mashed with a pinch of cinnamon and 2 to 3 cups salad greens with dash of olive oil and as much vinegar as desired. Enjoy chocolate or ice cream bar for dessert (100 to 150 cal).



Day 6

BREAKFAST

Loaded Waffles

Toast 1 100% whole-grain frozen waffle. Spread with 2 Tbsp nut butter and top with 1 small sliced banana plus cinnamon and nutmeg. Serve with 8 oz fat-free milk.

LUNCH

Tuna Pita

Stuff 1 mini whole-wheat pita with 2 oz water-packed light tuna, 1 Tbsp mayonnaise, mustard, cucumber and onion slices. Serve with 10 baby carrots and $\frac{2}{3}$ cup plain unsweetened low-fat Greek yogurt with small pear.

DINNER

Jambalaya

Combine $\frac{3}{4}$ cup cooked brown rice; $\frac{1}{2}$ cup corn; 2 oz cooked turkey sausage, sliced; $\frac{1}{3}$ cup salsa; and $\frac{1}{4}$ cup no-salt-added black or navy beans. Heat through. Eat with 3 cups spinach sautéed in 1 Tbsp olive oil with garlic and onion if desired.

Day 7

BREAKFAST

Poached Egg English Muffin

Layer $\frac{1}{2}$ toasted English muffin with 1 oz reduced-fat cheese of your choosing, sliced; 1 tomato slice; 1 cup steamed spinach, drained; and 1 poached egg. Serve with 1 whole grapefruit.

LUNCH

Black Bean Salad

Toss $\frac{1}{2}$ cup canned black beans, $\frac{1}{2}$ cup orange slices, 1 cup chopped red bell peppers and $\frac{1}{3}$ cup each red onion, scallions and any other desired veggies with 1 tsp vinegar. Serve over salad greens. Serve with 1 100% stone-ground corn tortilla and piece of fruit.

DINNER

Flank Steak and Veggies

Serve 3 oz broiled or grilled flank steak with 1 baked sweet potato with 1 tsp butter, 1 cup steamed zucchini and 1 $\frac{1}{2}$ cups berries.

Week 2 Shopping List

Check for leftover ingredients from Week 1 before purchasing new ingredients from this list.

MEAT & PROTEINS

- 1 (12-oz) package bacon
- 4 oz ground turkey breast
- 9 oz boneless, skinless chicken
- 3 oz sliced lean roast beef
- 4 oz pork tenderloin
- 3 oz beef strips
- 2 oz extra-lean ham
- 5 oz salmon fillet
- 1 (5-oz) can water-packed white tuna
- 1 package Trader Joe's Hi-Protein Veggie Burger
- 1/2 dozen large eggs

PRODUCE

- 2 bananas
- 1 (10-oz) bag baby spinach
- 5 mushrooms
- 1 red onion
- 2 pears
- 1 head garlic
- 1 scallion
- 1 (8-oz) can water chestnuts
- 1 head broccoli
- 1 1/2 pints berries of your choosing
- 1 (11-oz) can corn with peppers
- 1 bunch fresh cilantro
- 1 head romaine lettuce
- 1 tangerine
- 1 avocado
- 2 tomatoes
- 1 cucumber
- 1 orange
- 1 cup green beans
- 1 cantaloupe
- 1 (5-oz) bag mixed greens
- 2 green onions
- 1 (10-oz) bag frozen stir-fry vegetables
- 2 clementines
- 2 onions of your choosing
- 1 grapefruit

- 2 white potatoes
- 12 spears asparagus
- 1 shallot
- 1 small bunch seedless grapes
- 1 (16-oz) bag baby carrots
- 1 kiwi

DAIRY

- 1 (4-oz) package feta
- 1 (8-oz) package part-skim shredded cheese of your choosing
- 1 qt fat-free milk
- 1 (32-oz) container plain unsweetened low-fat Greek yogurt
- 1 oz sliced part-skim cheese of your choosing
- 1 (16-oz) container cottage cheese

PANTRY

- 1 (5-oz) package croutons
- 1 (1-lb) package brown rice
- 1 bottle seasoned rice vinegar
- 1 bottle sesame oil
- 1 bottle Asian sesame oil
- 1 bottle stir fry sauce
- 1 package 100% whole-grain English muffins
- 1/2 loaf raisin bread
- 1 (15-oz) jar salsa
- 1 (9-oz) package whole-wheat pitas
- 1 (10-oz) container hummus
- 1 (12-oz) bottle orange juice
- 1 (14.5-oz) can chicken broth
- 1 (6-oz) box couscous
- 1/2 loaf 100% whole-grain bread
- 1 (16-oz) package 100% stone-ground corn tortillas
- 1/2 loaf rye bread
- 1 (24-oz) jar dill pickles
- 1 bottle white wine

week 2

Day 1

BREAKFAST**Banana Oatmeal**

Make 1 cup quick-cooking oatmeal with hot water and top with ½ banana.

LUNCH**Spinach Salad**

Top 3 to 4 cups baby spinach leaves with 1 chopped hard-cooked egg, 2 crumbled strips cooked bacon, 5 sliced mushrooms, ⅓ cup croutons, ¼ cup crumbled feta cheese and 3 slices red onion. Toss ingredients together. Drizzle with flavored vinegar, such as balsamic vinegar. Serve with pear.

DINNER**Savory Asian Patty**

In medium bowl, mix 4 oz ground turkey breast with 2 Tbsp unsweetened apple sauce, 1 tsp soy sauce and ½ small clove garlic, pressed or grated, then fold in 1 scallion, finely chopped, and 2 Tbsp canned water chestnuts, diced. Form into a patty. Heat 1 tsp oil in a small nonstick skillet on medium heat and cook patty until golden brown and cooked through, about 4 min. per side. Serve with 2 cups steamed broccoli florets and ¾ cup cooked 100% whole-grain brown rice tossed with 1 tsp each low-sodium soy sauce and seasoned rice vinegar, and ½ tsp sesame oil. Enjoy 1 cup berries as dessert.



Day 2

BREAKFAST

Cheesy English Muffin

Top 1 toasted 100% whole-grain English muffin with ¼ cup shredded cheese (any type). Microwave or broil until cheese melts. Eat with 1 pear.

LUNCH

PB and B Sandwich

Spread 1 slice raisin bread with 1½ Tbsp peanut butter. Top with ½ sliced banana. Drizzle with 1 tsp honey and cover with another slice of raisin bread. Drink with 1 cup fat-free milk.

DINNER

Spicy Chicken Olé

On 12-in.-long sheet of aluminum foil, center 4-oz skinless, boneless chicken breast. Top with ¾ cup canned corn with peppers, ¼ cup salsa and 1 Tbsp fresh cilantro (optional). Fold foil into packet. Bake on cookie sheet at 450°F about 18 minutes.

Pair with citrusy avocado salad: On lettuce leaves, arrange 1 tangerine, peeled and divided into segments; ¼ ripe avocado, thinly sliced; 1 slice red onion. Sprinkle with 1 tsp lemon juice and ½ tsp olive oil.



Day 3

BREAKFAST

Peanut Butter Oatmeal

Make $\frac{1}{2}$ cup quick-cooking oatmeal per directions on packaging using 1 cup fat-free milk. Stir in 2 Tbsp peanut butter, $\frac{1}{2}$ cup berries and pinch of cinnamon or pumpkin pie spice.

LUNCH

Hummus Pita Pocket

Cut 1 whole-wheat pita in half. Spread 3 Tbsp hummus in each pocket. Stuff with tomato and cucumber slices and baby spinach leaves. Sprinkle each pocket with flavored vinegar. Eat with 6 oz plain unsweetened, low-fat Greek yogurt and 1 kiwi.

DINNER

Sweet Honey Pork

Halve a 4-oz piece pork tenderloin then pound each to $\frac{1}{4}$ in. thick. Heat 1 tsp oil in a small nonstick skillet on medium heat and cook pork until lightly browned, 2 min. per side. Whisk together 1 Tbsp orange juice, $\frac{1}{2}$ tsp honey and $\frac{1}{4}$ tsp Dijon mustard. Add it to the skillet and cook 1 min. more. Serve with apricot couscous: In small saucepan, heat $\frac{1}{3}$ cup chicken broth; 2 dried apricots, cut into thin strips; and $\frac{1}{4}$ tsp grated orange rind until boiling. Remove from heat; stir in $\frac{1}{4}$ cup couscous. Cover and let sit 5 min. Serve with 1 cup steamed green beans.



Day 4

BREAKFAST

Cantaloupe and Cottage Cheese

Top ½ cantaloupe with ¾ cup plain low-fat Greek yogurt or cottage cheese. Serve with 1 slice toasted whole-grain bread spread with 1 Tbsp almond butter.

LUNCH

Tuna Salad

Top 3 to 4 cups salad greens with ½ cup water-packed white tuna, drained; 1 small tomato, cut into wedges; 2 green onions, sliced. Drizzle with mixture of 1 tsp olive oil and 1 Tbsp flavored vinegar. Pair with ½ whole-wheat pita and cup of coffee (optional ¼ cup milk, cream or alternative adds up to 50 calories).

DINNER

Savory Stir-Fry

Coat nonstick skillet with cooking spray, and lightly brown 3 oz beef strips on medium-high. Add 1 ½ cups frozen stir-fry vegetables and 1 Tbsp bottled stir-fry sauce. Cover and cook on low until vegetables are tender-crisp. Drizzle with ½ tsp Asian sesame oil. Serve over ¾ cup cooked 100% whole-grain brown rice.

Day 5

BREAKFAST

Breakfast Burrito

Beat 1 egg with 2 Tbsp grated part-skim cheese of your choosing. Add dash of cayenne pepper sauce. Cook in nonstick skillet coated with cooking spray on medium. Place over warm 6-in. corn tortilla and top with ¼ cup salsa. Serve with 2 clementines.

LUNCH

Ham Sandwich

Spread 1 Tbsp light mayonnaise on 2 slices rye bread. Layer 2 oz thinly sliced extra-lean ham, 1 oz sliced part-skim cheese of your choosing, 4 dill pickle slices, 1 jarred roasted red pepper, 1 onion slice and lettuce. Eat with ½ grapefruit.

DINNER

Chili-Rubbed Spicy Salmon

Coat 5-oz salmon fillet with mixture of 1 tsp chili powder, ½ tsp ground cumin, ¼ tsp red pepper and ⅛ tsp salt. Spray with cooking spray. In nonstick skillet, cook salmon on medium until opaque, turning once. Serve with ⅔ cup roasted potatoes and 12 roasted asparagus spears sprinkled with lemon juice. Have ¼ cantaloupe for dessert.

Day 6

BREAKFAST

Protein Smoothie

In blender, combine 1 cup fat-free milk; 1 frozen peeled banana, sliced; and 1 Tbsp peanut butter.

LUNCH

Roast Beef Sandwich

Spread 2 tsp spicy brown mustard on 2 slices rye bread. Layer 3 oz thinly sliced lean roast beef with tomato and onion slices on top. Eat with 6 oz plain unsweetened low-fat Greek yogurt with 1 Tbsp raisins.

DINNER

Sweet Chicken with Grapes

In nonstick skillet, heat 1 tsp olive oil on medium. Cook 5 oz boneless, skinless chicken breast; 1 Tbsp minced shallots; ¼ tsp thyme; ¼ tsp salt; and dash of pepper until chicken is browned on both sides and loses pink color throughout. Transfer chicken to plate. Add ¾ cup halved seedless grapes and ¼ cup white wine to skillet; boil 1 min. Pour over chicken. Serve with ¾ cup cooked 100% whole-grain brown rice.



Day 7

BREAKFAST

French Toast

Dip 2 slices raisin bread in mixture of 1 egg and 1 Tbsp fat-free milk. In nonstick skillet, melt 1 tsp butter on medium. Fry coated bread until golden, turning once. Spread with 1 Tbsp jam.

LUNCH

Loaded Baked Potato

Top 1 large baked potato with ¼ cup grated part-skim cheese of your choosing, 3 Tbsp diced avocado and ¼ cup salsa. Eat with 8 baby carrots.

DINNER

Veggie Burger

In nonstick skillet, add 1 tsp olive oil, 1 thinly sliced medium onion, salt, black pepper and dried rosemary to taste. Cook until onion is tender and golden, stirring occasionally. Pan-grill 1 Trader Joe's Hi-Protein Veggie Burger. Mix 1 Tbsp light mayonnaise with ½ tsp Dijon mustard; spread inside whole-wheat pita, halved. Cut burger in half and tuck into pita pockets along with baby spinach leaves and caramelized onion. Eat 1 cup berries for dessert.

Week 3 Shopping List

Check for leftover ingredients from Week 2 before purchasing new ingredients from this list.

MEAT & PROTEINS

- 1 dozen large eggs
- 1/3 lb pork tenderloin
- 1 (5-oz) skinless salmon fillet
- 3 oz smoked salmon
- 13 oz large peeled and deveined shrimp
- 1 (5-oz) skinless rotisserie turkey breast
- 2 (3-oz) cans water-packed light white tuna

PRODUCE

- 1 medium acorn squash
- 1 (5-oz) container baby greens, such as chard, kale or spinach
- 1/2 lb baby Swiss chard
- 2 bananas
- 4 oz Brussels sprouts
- 1 (10-oz) package frozen butternut squash
- 1 small butternut squash
- 2 stalks celery
- 1 (12-oz) bag frozen cherries
- 1 (10-oz) container cherry tomatoes
- 1 small bunch chives
- 1 (0.5-oz) container fresh cilantro
- 1 small seedless cucumber
- 1 (0.5-oz) container fresh dill
- 1 Hass avocado
- 1 head garlic
- 1 (12-oz) bag frozen shelled edamame
- 1 small eggplant
- 1 jicama
- 1/4 large bunch kale
- 1 lemon
- 2 limes
- 1 onion of your choosing
- 1 orange
- 1 (12-oz) bottle orange juice
- 1 (0.5-oz) container fresh flat-leaf parsley
- 1 small plum tomato
- 1 red onion
- 1 red pepper
- 1 head romaine lettuce

- 2 scallions
- 2 shallots
- 1 (10-oz) bag shredded carrots
- 4 small shiitake mushrooms
- 2 (5-oz) bags spinach
- 4 sweet potatoes
- 1 tomato
- 1 (12-oz) package frozen vegetable mix

DAIRY

- 1 half pint buttermilk
- 1 (8-oz) bag shredded Cheddar
- 1 (8-oz) bag Mexican-style 4-cheese blend shredded cheese
- 1 small container unsweetened coconut-vanilla almond milk
- 1 half pint skim milk
- 1 (4-oz) package goat cheese
- 1 (5.3-oz) container plain unsweetened nonfat Greek yogurt

PANTRY

- 1 (1.5-oz) bag salted almonds
- 1 small package amaranth
- 1 package Thomas' 100% Whole Wheat Bagel Thins
- 1 (15-oz) can no-salt-added black beans
- 1 (6-oz) bag chia seeds
- 1 (7.75-oz) can chickpeas
- 1 (4-oz) bar bittersweet chocolate
- 1 (4-oz) bag dried cranberries
- 1 small container whipped cream cheese
- 1 (15-oz) can lentils
- 1 (4.4-oz) container Minute Rice Multi-Grain Medley
- 1 (15-oz) jar salsa
- 1 small bag toasted coconut flakes
- 1 (6-oz) container tomato paste
- 1 (14.5-oz) can vegetable broth
- 1 (6-count) package whole wheat tortillas
- 1 (15.5-oz) can white beans
- 1 package frozen whole-grain waffles

week 3

Day 1

BREAKFAST**Cherry Vanilla Maple Overnight Oats**

Combine $\frac{1}{3}$ cup old-fashioned oats with $\frac{1}{2}$ cup frozen cherries, 1 Tbsp chia seeds, $\frac{1}{4}$ tsp vanilla extract and 1 cup unsweetened coconut-vanilla almond milk. Refrigerate overnight or 12 hr., and then sweeten to taste with cinnamon, 1 Tbsp maple syrup and toasted coconut flakes.

LUNCH**Panera Bread Co. Power Chicken Hummus Bowl (Panera Light Menu)**

Have 1 small orange for dessert.

DINNER**Cheesy Baby Greens and Butternut Squash Frittata**

Heat oven to 400°F. Microwave 1 cup cubed butternut squash in 1 Tbsp water until just tender, 6 to 8 min. Heat 2 tsp olive oil in a nonstick skillet on medium heat. Add $\frac{1}{2}$ small onion (chopped) and saute for 4 min. Stir in 1 small clove garlic (finely chopped); cook 1 min. Toss with 2 cups baby greens and steamed butternut squash. Whisk together 2 large eggs, $\frac{1}{2}$ tsp Dijon mustard and pinch each salt and pepper; fold in $\frac{1}{4}$ cup grated Cheddar. Add to veggie mixture, making sure to distribute the vegetables. Cook until the edges begin to set, then transfer to oven and cook until the center is just set, about 8 min.



Day 2

BREAKFAST

Wild Rice and Spinach Egg Bowl
(p 64)

LUNCH

Spicy Mexican Salad with Tuna

Drain and rinse 1 3-oz can water-packed light white tuna. Toss with 2 cups romaine, 1/2 cup sliced jicama, 1/4 cup shredded carrots, 1/4 cup black beans, 1/4 cup edamame, 1/4 Hass avocado and 6 cherry tomatoes. Top with 1 Tbsp olive oil whisked with 2 Tbsp fresh lime juice.

DINNER

Spiced Salmon Over Creamy Eggplant (p 67)

Day 3

BREAKFAST

Spiced Banana Chocolate Muffins with Oats, Whole Wheat and Chia (p 68)

LUNCH

PF Chang's Buddha's Feast Steamed

Add small side of steamed sautéed spinach, no rice.

DINNER

Sautéed Shrimp on Black Bean Salad (p 71)

Day 4

BREAKFAST

California Breakfast Wrap
(p 72)

LUNCH

Honey Turkey Platter

Heat 1 cup frozen veggie mix and 1 cup cubed frozen butternut squash per directions on packaging. Season with 1 tsp dried cranberries, 1 tsp honey, plus nutmeg and pepper to taste. Serve with 1 5-oz skinless rotisserie turkey breast.

DINNER

Roasted Veggie Salad (p 75)

Day 5

BREAKFAST

Date and Almond Butter Waffles

Warm 2 frozen whole-grain waffles like Van's. Top with 1 Tbsp natural almond butter, 2 Tbsp chopped dried dates; cinnamon and drizzle of honey.

LUNCH

Fresh Lentil Salad

Toss ¼ cup canned lentils (rinsed) with ½ Tbsp olive oil, ½ tsp red wine vinegar, then ½ small shallot (finely chopped). Fold in ¼ small seedless cucumber (diced), 1 small plum tomato (seeded and diced) and 1 Tbsp chopped parsley. Toss 3 cups arugula with ½ small scallion (thinly sliced). Top with the lentil salad and a fried egg.

DINNER

Spicy Shrimp Kebabs with Sweet Potato Fries

For shrimp: In a bowl, whisk ½ Tbsp olive oil, 1 tsp each lemon and orange juices, ½ small clove garlic (pressed), ½ tsp Dijon mustard, ¼ tsp each paprika and dried basil and pinch black pepper. Toss with ½ lb large peeled and deveined shrimp and refrigerate 20 min. Heat a skillet on medium-high and cook until opaque throughout, about 2 min. per side. Serve on 2½ cups spinach.

For fries: Heat oven to 450°F. Slice 1 sweet potato lengthwise ¼ in. thick. Stack them up and cut lengthwise into fries. On a small rimmed baking sheet, toss with 1 tsp olive oil and pinch salt, nutmeg and cumin. Roast until golden brown and tender, flipping halfway through, about 20 min. total.



Day 6

BREAKFAST

Creamy Peanut Butter Amaranth Porridge

In saucepan, combine 6 Tbsp water with 3 Tbsp dry amaranth and bring to a boil; reduce to simmer until water is absorbed. Add 2 to 3 Tbsp skim milk until creamy (as desired). Stir in 1 Tbsp unsalted peanut butter, 1 dried fig (chopped). Drizzle ½ tsp honey.



LUNCH

Lemony Tuna Salad

Toss ½ of 3-oz can water-packed light tuna with 2 cups chopped romaine; ¼ cup chopped jicama; ¼ cup shredded carrots; ⅓ cup canned chickpeas, rinsed, drained; ½ cup edamame; ¼ Hass avocado; and 6 cherry tomatoes. Dress with lemon juice to taste.

DINNER

White Bean Turkey Chili

Heat 1 Tbsp olive oil in a medium saucepan on medium heat. Add 1 shallot and 1 small clove garlic (both finely chopped) and sauté for 5 min. Add 1 stalk celery (chopped), 1 small sweet potato (diced). Stir in ¼ tsp each chili powder, paprika and cayenne. Add 1 cup low-sodium vegetable broth and bring to a boil. Reduce heat and simmer until sweet potato is tender, about 25 min. Add ¼ cup canned white beans (rinsed) and cook until heated through.

Day 7

BREAKFAST

Bagel and Lox

Top 1 Thomas' 100% Whole Wheat Bagel Thin with 1 Tbsp whipped cream cheese, 3 oz smoked salmon, 1/8 Hass avocado, 1/2 tomato and 1 Tbsp chopped scallion.



LUNCH

Loaded Sweet Potato

Top 1 medium baked sweet potato with 1/4 cup black beans, canned, drained; 1/4 cup salsa; 1/4 cup Mexican-style 4-cheese blend shredded cheese; 1/3 cup plain unsweetened nonfat Greek yogurt; 1 Tbsp chopped chives and 1 egg (sunny-side up or poached). Add salt, pepper and chili powder to taste.

DINNER

BBQ Pork with Sweet Potato Salad (p 76)

Week 4 Shopping List

Check for leftover ingredients from Week 3 before purchasing new ingredients from this list.

MEAT & PROTEINS

- 1 dozen plus 1/2 dozen large eggs
- 2 small skinless chicken thighs
- 1 (10-oz) package hummus
- 5 oz salmon
- 1 whole sea bass
- 3 oz sliced turkey breast
- 1 (4.25-oz) can Freshé Gourmet Tuna or water-packed white tuna of your choosing

PRODUCE

- 1 (10-oz) bag baby arugula
- 1/4 lb asparagus
- 1 avocado
- 1 banana
- 1 (16-oz) bag baby carrots
- 1 small head cauliflower
- 1 package Green Giant Cauliflower Pizza Crust
- 1 ear corn
- 1 cucumber
- 1 (10-oz) bag baby spinach
- 1 pint berries of your choosing
- 1 piece fruit of your choosing
- 1 head garlic
- 1 small bunch grapes
- 1 (10-oz) container grape tomatoes
- 1 bunch kale
- 2 lemons
- 1 (10-oz) bag mixed greens
- 1 red onion
- 1 (0.5-oz) container fresh oregano
- 1 (12-oz) bag frozen peas
- 1 green bell pepper
- 2 red bell peppers
- 1 lb red potatoes
- 1 (6-oz) container raspberries
- 1 head romaine lettuce
- 1 scallion
- 1 yellow squash
- 2 tomatoes

- 1 white onion
- 2 cups vegetables of your choosing

DAIRY

- 1 (8-oz) package part-skim shredded cheese of your choosing
- 1 (5-oz) container feta cheese
- 1 (1.5-oz) wedge fontina cheese
- 1 (4-oz) package goat cheese
- 1 (8-oz) bag Mexican-style 4-cheese blend shredded cheese
- 1 (15-oz) container fat-free ricotta cheese
- 1 package low-calorie ice cream and cones or ice cream bars
- 1/2 pint low-fat or fat-free milk
- 1/2 pint whole milk
- 1 (8-oz) package shredded mozzarella cheese
- 2 (5.3-oz) containers plain unsweetened 2% Greek yogurt

PANTRY

- 1 (6-oz) jar artichoke hearts
- 1 package 100% whole-grain bagel thins
- 1 (4-oz) jar capers
- 1 (10.5-oz) can low-sodium chicken broth
- 1 (7.75-oz) can chickpeas
- 1 small bunch chives
- 1 bar dark chocolate
- 1 small package lower-sugar granola (like Kind Healthy Grains Peanut Butter Whole Grain Clusters)
- 1 small jar olives
- 1 package 100% whole-grain bread
- 1 (2-oz) container pine nuts
- 1 package 6-in. whole-wheat pita pockets
- 1 (8.8-ounce) package Minute Ready to Serve Fully Cooked Brown Rice Cups
- 1 salad dressing of your choosing
- 1 (15-oz) jar salsa
- 1 (16-oz) package spaghetti or thin linguine
- 1 (6-count) package whole-wheat tortillas

week 4

Day 1

BREAKFAST

Huevos Rancheros Burrito
(p 79)

LUNCH

Mediterranean Chickpea Salad

In a bowl, combine $\frac{2}{3}$ cup canned chickpeas, rinsed, drained; 2 tsp olive oil; $\frac{1}{4}$ cup chopped white onion; $\frac{1}{4}$ cup chopped green bell pepper; 1 Tbsp sliced olives; $\frac{1}{4}$ tsp ground black pepper; and 1 $\frac{1}{2}$ Tbsp white vinegar. Serve over 2 cups romaine lettuce.

DINNER

Veggie Kebabs and Grilled Salmon

For kebabs, slice $\frac{3}{4}$ white onion and $\frac{3}{4}$ green pepper into chunks. Thread onto skewers with 10 grape tomatoes and grill. Serve with 5 oz grilled salmon and 1 6-in. whole-wheat pita pocket filled with 2 Tbsp hummus. Enjoy $\frac{1}{2}$ cup ice cream or 1 ice cream bar.

Day 2

BREAKFAST

Oatmeal

Cook 1 cup quick-cooking oatmeal made with hot water and/or milk as desired. Top with 1 cup berries.

LUNCH

Tuna Salad

Make your own flavored tuna by adding chopped olives to water-packed light tuna or have one 4.25-oz Freshé Gourmet Canned Tuna (available in flavorful varieties like Provence Nicoise and Sicilian Caponata). Enjoy with piece of fruit.

DINNER

Open-Faced Tomato Grilled Cheese

Sprinkle $\frac{1}{4}$ cup shredded mozzarella cheese on 2 slices 100% whole-grain bread. Bake in toaster oven at 250°F for 4 to 6 min., until cheese starts to melt. Meanwhile, slice 2 large red tomatoes. Remove bread from toaster oven and top with tomato slices plus dried basil and dried oregano, if desired. Enjoy 1 oz dark chocolate for dessert.

Day 3

BREAKFAST

Veggie Frittata (p 80)

Enjoy ½ frittata with 8-oz latte with fat-free or unsweetened soy milk. Save remaining ½ frittata for tomorrow's dinner.

LUNCH

Turkey and Artichoke Sandwich

On 2 slices whole-wheat bread, layer ½ avocado, 3 oz sliced turkey breast, 5 artichoke hearts and as much sliced red bell pepper as desired. Serve with 1 cup each baby carrots and grapes.

DINNER

Mediterranean Grilled Sea Bass (p 83)

Enjoy sea bass with ½ bag baby arugula leaves, 1 ear corn and 1 cup cooked sugar snap peas topped with 2 tsp butter. For dessert, have low-calorie ice cream (80 cal or less).

Day 4

BREAKFAST

Raspberry Parfait

In clear, wide-mouth glass or mason jar, layer ½ cup plain unsweetened 2% Greek yogurt with 1 cup raspberries and ⅓ cup lower-sugar granola, like Kind Healthy Grains Peanut Butter Whole Grain Clusters.

LUNCH

Starbucks Za'atar Chicken and Lemon Tahini Salad

DINNER

Veggie Frittata

Enjoy remaining ½ veggie frittata from yesterday's breakfast.



Day 5

BREAKFAST

Nut Butter Toast

Top 2 slices 100% whole-grain bread with 2 Tbsp nut butter and ½ sliced banana.

LUNCH

Tzatziki Pita

Mix ½ cup 0% to 2% plain unsweetened Greek yogurt with ½ finely chopped cucumber, ½ minced garlic clove and shake of salt and pepper, if desired. Spread half of yogurt sauce on one 100% whole-grain sandwich thin or pita. Serve with 1 cup (or more) veggies.

DINNER

Mediterranean Sweet and Sour Chicken (p 84)

Enjoy with ½ cup cooked brown rice topped with 2 tsp butter. Enjoy with glass of wine.

Day 6

BREAKFAST

Avocado Eggs

Make 2 eggs any style and eat with ⅓ sliced avocado and 1 piece 100% whole-grain bread.

LUNCH

Cauliflower Pizza

Top ½ Green Giant Cauliflower Pizza Crust with ½ cup part-skim shredded cheese of your choosing and as many veggies as desired. Eat with 1 to 2 cups mixed greens topped with 2 Tbsp any variety regular dressing. For dessert, have 1 scoop ice cream in plain cone.

DINNER

Grilled Seafood

At your favorite Greek restaurant, order sautéed or grilled shrimp or salmon with extra veggies. Split app with your table and skip the bread basket. Enjoy with glass of wine or spirit on the rocks.

Day 7

BREAKFAST

Peanut Butter-Honey Bagel

Top one 100% whole-grain bagel thin with $\frac{1}{3}$ cup fat-free ricotta cheese mixed with 1 Tbsp each peanut butter and honey. Sprinkle 1 Tbsp raisins on top.

LUNCH

Kale and Roasted Cauliflower Salad (p 87)

Top with 1 fried egg or 2 Tbsp hummus, as desired.

DINNER

Spring Goat Cheese and Veggie Spaghetti (p 88)



10

1,200-CALORIE

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Wild Rice and Spinach Egg Bowl

Active 5 min. | Total 5 min.

Nonstick cooking spray

Black pepper

1 large egg

2 cups baby spinach

Kosher salt

1 container Minute Rice Multi-Grain Medley

1 Spray 12-in. nonstick skillet with nonstick cooking spray. Heat on medium. To 1 side of skillet, add egg; cook 3 min. Sprinkle egg with 1/8 tsp black pepper.

2 To other side of skillet, add spinach and pinch of salt. Cover; cook 3 min. or until spinach wilts and egg white sets.

3 Heat rice per package directions. Top with spinach and then egg.

Serves 1 About 305 cal, 10 g fat (2 g sat), 14 g pro, 530 mg sodium, 47 g carb, 9 g fiber





Spiced Salmon Over Creamy Eggplant

Active 15 min. | **Total** 35 min.

- 1/2 small eggplant (about 6 oz), quartered lengthwise**
- 2 tsp extra virgin olive oil**
- 1/4 cup canned white beans, rinsed**
- 1 1/2 Tbsp plain unsweetened nonfat Greek yogurt**
- 1/2 small clove garlic**
- 2 tsp lemon juice**
- 1/4 tsp curry powder**
- Pinch cayenne pepper**
- Pinch ground cinnamon**
- 1 5-oz skinless salmon fillet**
- 1/2 large red pepper, thinly sliced**
- 1/2 scallion, thinly sliced**

- 1** Heat broiler and line rimmed baking sheet with foil. Place eggplant on top and rub cut sides with 1 tsp oil and sprinkle with pinch salt. Broil, cut sides up, until charred and tender, 6 to 8 min. Transfer to plate; let cool.
- 2** When eggplant is cool enough to handle, scrape pulp from skin and transfer to small food processor. Add beans, yogurt, garlic, tsp lemon juice and pinch salt and puree until smooth.
- 3** Place salmon on baking sheet and season with curry, cayenne and cinnamon. Broil until opaque throughout, 5 to 6 min.
- 4** Meanwhile, in bowl, toss pepper and scallion with remaining tsp lemon juice, oil and pinch salt. Serve salmon over eggplant puree. Top with pepper mixture.

Serves 1 About 388 cal, 15 g fat (3 g sat), 37 g pro, 506 mg sodium, 26 g carb, 11 g fiber

Spiced Banana Chocolate Muffins with Oats, Whole Wheat and Chia

Active 15 min. | Total 35 min.

- 2 cups old-fashioned oats**
- 1 1/4 cups whole-wheat flour**
- 1/2 cup brown sugar, packed**
- 2 Tbsp chia seeds**
- 2 tsp baking powder**
- 3/4 tsp baking soda**
- Kosher salt**
- 1/2 tsp ground cinnamon**
- 1/4 tsp ground ginger**
- 1 1/4 cups mashed banana**
- 1 cup low-fat buttermilk**
- 2 Tbsp vegetable oil**
- 1 large egg, beaten**
- 2 oz bittersweet chocolate, melted**

- 1** Heat oven to 400°F. Line 18 muffin-pan cups with paper liners.
- 2** In large bowl, whisk oats, flour, sugar, chia seeds, baking powder, baking soda, salt, cinnamon and ginger.
- 3** In medium bowl, stir together banana, buttermilk, oil and egg. Fold banana mixture into flour mixture. Divide among 18 cups in muffin pan.
- 4** Bake 20 to 25 min. or until toothpick inserted into centers of muffins comes out clean. Cool on wire rack 10 min. Remove muffins from pan; cool completely on wire rack.
- 5** Drizzle tops with chocolate. Freeze leftover muffins for up to 2 weeks.

Serves 18 About 300 cal, 8 g fat (2 g sat), 6 g pro, 430 mg sodium, 48 g carb, 6 g fiber





Sautéed Shrimp on Black Bean Salad

Active 10 min. | **Total** 25 min.

- 2** tsp olive oil
- 1/4** small onion, chopped
- 1/4** large red pepper, chopped
- 1/4** tsp ground cumin
- 1/4** cup canned black beans, rinsed
- 1** lime
- 5** oz large peeled and deveined shrimp
- 1** Tbsp fresh cilantro leaves, chopped

- 1** Heat 1 tsp oil in small nonstick skillet on medium. Add onion and pepper and saute, until just tender, about 8 min. Stir in cumin and cook 1 min.
- 2** Add beans, zest 1/2 a lime over the top, squeeze in about 1/2 Tbsp juice and pinch each salt and pepper and mix to combine. Cook until hot, then transfer to plate.
- 3** Wipe out the skillet and heat remaining tsp oil on medium. Season shrimp with pinch salt and pepper and cook until opaque throughout, 2 to 3 min. per side. Serve over beans and sprinkle with cilantro.

Serves 1 About 283 cal, 11 g fat (2 g sat), 29 g pro, 1,402 mg sodium, 17 g carb, 5 g fiber

California Breakfast Wrap

Active 25 min. | **Total** 25 min.

- 1 large egg**
- Kosher salt and pepper**
- 1 8-in. whole-wheat tortilla**
- 1 Tbsp goat cheese**
- 1 cup baby spinach**
- 1 tsp canola oil**
- 1/2 small tomato**
- 1/4 Hass avocado**
- Fresh dill, chopped, for serving**

- 1** In medium bowl, beat egg with pinch each salt and pepper.
- 2** Microwave tortilla until pliable, about 20 seconds. Spread goat cheese over tortilla and top with spinach.
- 3** Heat oil in a small nonstick skillet on medium and scramble egg until just set, about 2 min. Remove from heat and fold in tomato, avocado and pinch salt. Spoon onto tortilla and sprinkle with dill, then roll up.

Serves 1 About 365 cal, 22 g fat (5 g sat), 14 g pro, 714 mg sodium, 30 g carb, 8.5 g fiber





Roasted Veggie Salad

Active 10 min. | **Total** 30 min.

- 1/4 medium acorn squash, thinly sliced**
- 1/4 medium red pepper**
- 1/4 medium red onion**
- Pinch cayenne pepper**
- 1 1/2 Tbsp olive oil**
- 4 small shiitake mushrooms**
- 1 Tbsp lemon juice**
- 1/2 tsp Dijon mustard**
- 1/4 large bunch kale**
- 1/4 cup canned chickpeas, rinsed**
- 2 Tbsp salted almonds**
- 1 egg, fried**

- 1** Heat oven to 425°F. In large bowl, toss squash, red pepper, onion, cayenne, 1/2 Tbsp oil and pinch salt. Arrange in single layer on rimmed baking sheet. Roast 10 min., stirring once.
- 2** Meanwhile, in the same bowl, toss mushrooms with 1/2 Tbsp oil. Toss vegetables then scatter mushrooms around and roast until vegetables are golden brown and tender, 12 to 15 min.
- 3** In a bowl, whisk lemon juice, mustard, remaining 1/2 Tbsp oil and pinch salt. Add kale and chickpeas, tossing until well coated. Toss with roasted vegetables and almonds and top with a fried egg.

Serves 1 About 554 calories, 39 g fat (6 g sat), 19 g pro, 603 mg sodium, 40.5 g carb, 11 g fiber

BBQ Pork with Sweet Potato Salad

Active 15 min. | Total 25 min.

- 1/2 Tbsp tomato paste**
- 1/2 tsp honey**
- 1 small clove garlic, pressed**
- 1/4 tsp chili powder**
- 2 tsp vegetable oil**
- 1/3 lb pork tenderloin**
- 1 small sweet potato (about 5 oz), peeled and cut into 1/2-in. pieces**
- 4 oz Brussels sprouts, trimmed and halved**
- 1 stalk celery, thinly sliced**
- 1/2 medium shallot, thinly sliced**
- 1 Tbsp light mayonnaise**
- 1 tsp red wine vinegar**
- 1 Tbsp flat-leaf parsley, chopped**

- 1** Heat oven to 450°F. Line a large rimmed baking sheet with foil.
- 2** In a medium bowl, whisk tomato paste, honey, garlic, chili powder, 1 tsp oil, and pinch each salt and pepper; add pork and turn to coat. Place pork on prepared baking sheet. Roast for 5 min.
- 3** Meanwhile, place sweet potatoes in a small saucepan and cover with cold water. Bring to a boil, then reduce heat and simmer until very tender, about 12 min.; drain.
- 4** In a bowl, toss Brussels sprouts with remaining tsp oil and pinch salt. Arrange on same baking sheet as pork. Roast until sprouts are tender and pork is cooked to 145°F, 12 to 15 min. Let pork rest at least 5 min. before slicing.
- 5** To bowl where sprouts were, whisk together mayonnaise, vinegar and pinch each salt and pepper. Add sweet potato, celery, shallot and parsley and gently toss to coat. Serve with pork and sprouts.

Serves 1 About 472 cal, 20 g fat (3 g sat), 36 g pro, 635 mg sodium, 40 g carb, 8.5 g fiber





Huevos Rancheros Burrito

Active 5 min. | **Total** 10 min.

- 1 large egg plus 1 egg white**
- 1 Tbsp low-fat or fat-free milk**
- 1 tsp olive oil**
- 1 medium (7-in. diameter or 2 oz) whole-wheat tortilla, warmed**
- 1 Tbsp shredded Mexican 4-cheese blend**
- 1/2 scallion, thinly sliced**
- 1 Tbsp cilantro, finely chopped**
- 2 Tbsp salsa**

- 1** In bowl, whisk together, egg, egg white and milk.
- 2** Heat oil in small nonstick skillet on medium-low. Add eggs and scramble to desired doneness, 2 to 3 min.
- 3** Top tortilla with eggs, then cheese, scallion, cilantro and 1 Tbsp salsa. Roll up and serve with remaining Tbsp salsa.

Serves 1 About 346 cal, 17 g fat (6 g sat), 18 g pro, 700 mg sodium, 30 g carb, 7 g fiber

Veggie Frittata

Active 10 min. | **Total** 30 min.

- 1 lb red potatoes**
- 2 tsp olive oil**
- 1 red pepper**
- 10 oz baby spinach (about 5 cups)**
- 2 cloves garlic**
- 6 large eggs**
- 2 large egg whites**
- 1 medium yellow squash**
- 1 1/2 oz fontina cheese**

- 1** Arrange oven rack 6 in. from heat source; heat broiler.
- 2** Place potatoes in large bowl; cover with vented plastic wrap. Microwave on High 6 min. or until potatoes are fork-tender.
- 3** In 12-in. nonstick skillet, heat 1 tsp oil on medium 1 min. Add pepper; cook 5 min. or until tender, stirring. Add to bowl with potatoes. Add spinach and garlic to skillet; cook 4 min. or until moisture has evaporated, stirring. Add to same bowl.
- 4** In another large bowl, whisk eggs, egg whites and 1/4 tsp salt until blended. Stir in squash and vegetable mixture until well mixed.
- 5** Wipe out skillet. Heat remaining oil on medium 1 min.; add egg mixture. Cover; cook 5 min. or until edges are just set. Top with fontina and wrap handle with heavy-duty foil. Broil 4 min. or until golden brown.

Serves 4 About 320 cal, 13 g fat (5 g sat), 19 g pro, 485 mg sodium, 33 g carb, 6 g fiber





Mediterranean Grilled Sea Bass

Active 10 min. | **Total** 25 min.

- 1 lemon, halved**
- 1 1/2 Tbsp olive oil**
- 1 1/2 tsp fresh oregano leaves, chopped, plus 1 sprig**
- 1/2 tsp ground coriander**
- 1/2 tsp salt**
- 1 whole sea bass**
- 1/8 tsp ground black pepper**

- 1** Prepare charcoal fire or heat gas grill to medium.
- 2** Finely grate 1/2 Tbsp zest into bowl, then squeeze in 1 Tbsp juice. Cut the partially squeezed half into wedges and slice the remaining half. Add oil, chopped oregano, coriander and 1/4 tsp salt to juice and zest and mix to combine.
- 3** Rinse fish and pat dry with paper towels. Make 3 slashes in both sides of fish. Sprinkle inside and out with pepper and remaining 1/4 tsp salt. Place lemon slices and oregano sprigs inside fish cavity. Place fish in 9- by 13-in. glass baking dish. Rub 1/2 of oil mixture over outside of fish; reserve remaining oil mixture to drizzle over cooked fish. Let stand at room temp 15 min.
- 4** Lightly grease grill rack; place fish on hot rack. Cover grill and cook fish, turning once, until opaque throughout and thickest part flakes easily when tested with a fork, 12 to 14 min.
- 5** To serve, place fish on cutting board. With knife, cut along backbone from head to tail. Slide wide metal spatula or cake server under front section of top fillet and lift off from backbone; transfer to platter. Gently pull out backbone and rib bones from bottom fillet and discard. Transfer bottom fillet to platter. Drizzle fillets with remaining oil mixture. Serve with lemon wedges.

Serves 2 About 274 calories, 14 g fat (2 g sat), 33 g pro, 1061 mg sodium, 3 g carb, 1 g fiber

Mediterranean Sweet and Sour Chicken

Active 5 min. | Total 25 min.

- 1/2 tsp olive oil**
- 2 small skinless chicken thighs**
- Kosher salt and pepper**
- 1/2 clove garlic**
- 2 Tbsp low-sodium chicken broth**
- 1 Tbsp red wine vinegar**
- 1/2 tsp cornstarch**
- 1/2 tsp brown sugar**
- 2 mission figs**
- 1 Tbsp olives**
- 2 cups baby arugula**

- 1** Heat oil in small nonstick skillet on medium. Season chicken with pinch salt and cook until golden brown and cooked through, 6 to 8 min. per side; transfer to plate. Add garlic to skillet and cook, stirring for 3 seconds.
- 2** While chicken is cooking, whisk together broth, vinegar, cornstarch and sugar.
- 3** Stir in broth mixture and simmer until sauce slightly thickens, about 1 min. Stir in figs and olives; return chicken with any juices to skillet and cook until heated through, 2 min.
- 4** Arrange arugula on plate and spoon chicken mixture on top.

Serves 1 About 449 cal, 14 g fat (3 g sat), 54 g pro, 660 mg sodium, 22 g carb, 4 g fiber





Kale and Roasted Cauliflower Salad

Active 5 min. | **Total** 25 min.

- 1/4 lb cauliflower florets**
- 1/2 Tbsp plus 2 tsp extra virgin olive oil**
Kosher salt and pepper
- 1 Tbsp lemon juice**
- 1/4 bunch kale, ribs removed, leaves chopped**
- 1/16 small red onion, very thinly sliced**
- 1 1/2 Tbsp crumbled feta cheese**
- 1 Tbsp golden raisins**
- 1 Tbsp pine nuts**

- 1** Heat oven to 450°F. On large rimmed baking sheet, toss cauliflower with 1/2 Tbsp oil and pinch each salt and pepper. Roast until golden brown and tender, 16 to 20 min.
- 2** In large bowl, whisk lemon juice, 2 tsp oil and pinch salt. Add kale and toss to coat. Let stand at least 5 min.
- 3** Add roasted cauliflower to kale, along with onion, feta, golden raisins and toasted pine nuts. Toss to combine.

Serves 1 About 348 cal, 26 g fat (5 g sat fat), 10 g pro, 437 mg sodium, 25 g carb, 6 g fiber

Spring Veggie and Goat Cheese Spaghetti

Active 5 min. | Total 20 min.

- 1/2 cup whole milk**
- 1/2 tsp extra virgin olive oil**
- 3 oz spaghetti or thin linguine**
- 4 oz asparagus, trimmed and sliced on an angle**
- 1 Tbsp frozen peas**
- 1 oz goat cheese, crumbled**
- 2 tsp capers, rinsed**
- Snipped chives, for garnish**

- 1** In deep 12-in. skillet, combine milk, oil, pasta, $\frac{2}{3}$ cup water and pinch each salt and pepper. Bring to a boil, occasionally separating pasta with tongs.
- 2** Add asparagus and peas and simmer, stirring occasionally, until pasta is al dente and most of liquid has been absorbed, 8 to 10 min. more. Remove from heat and stir in goat cheese, capers and pinch salt until cheese has melted. Serve sprinkled with chives.

Serves 1 About 520 cal, 14 g fat (7 g sat), 23 g pro, 567 mg sodium, 74 g carb, 6 g fiber



Bonus Recipes



BREAKFAST RECIPES

Eggs and Sausage Omelet with Tomatoes and Peppers

Active 10 min. | Total 20 min.

- 1 tsp olive oil**
- 1/2 small red bell pepper, finely chopped**
- 1/2 small red onion, finely chopped**
- 1 1/2 oz turkey kielbasa, finely chopped**
- 1 clove garlic, minced**
- 1 plum tomato, seeded and finely chopped**
- 2 tsp thinly sliced fresh basil**
- 2/3 cup fat-free egg substitute**
- 1/8 tsp salt**
- 1/8 tsp freshly ground black pepper**
- 1 slice whole-wheat bread, toasted**
- 1 cup fresh blueberries**

- 1** Heat 1/2 tsp of the oil in a medium nonstick skillet over medium-high heat. Add the bell pepper, onion, kielbasa and garlic. Cook, stirring occasionally, until the onion and kielbasa start to brown, about 4 to 5 min.
- 2** Add the tomato and cook until wilted, 2 min. Remove from the heat. Stir in 1 tsp of the basil and transfer to a bowl. Return the skillet to the stove and heat the remaining 1/2 tsp oil over medium-high heat.
- 3** Combine the egg substitute, salt and black pepper in a small bowl. Pour the mixture into the skillet and cook until almost set, 2 min. Top with the bell pepper mixture and cook for 1 min., or until cooked through.
- 4** Fold the omelet in half and slide onto a plate. Top with the remaining 1 tsp basil. Serve with the whole-wheat toast and blueberries.

Serves 1 About 380 cal, 10 g fat (2 g sat), 28 g pro, 1,140 mg sodium, 46 g carb, 8 g fiber



MEAT





VEGETARIAN



Cinnamon Raisin French Toast with Maple Apple Topping

Active 10 min. | Total 35 min.

- 2 eggs**
- 2 egg whites**
- ¾ cup low-fat milk**
- 1 Tbsp sugar**
- ½ tsp vanilla extract**
- ½ tsp ground cinnamon**
- 8 slices cinnamon raisin bread (80 calories per slice), cut diagonally in half**
- 1 tsp unsalted butter**
- 1 Tbsp maple syrup**
- 2 medium-large apples (about ¾ lb total), sliced thin**
- 2 Tbsp water**
- 4 Tbsp sliced almonds**

- 1** Heat oven to 350°F. Coat a 9- by 13-in. baking pan with cooking spray.
- 2** Whisk together the eggs, egg whites, milk, sugar, vanilla extract and cinnamon in a medium bowl. Pour into the prepared pan. Arrange the bread slices in the pan and press gently to help them soak up the liquid. Cover with foil and bake for 15 min. Remove the foil and bake for 10 min., or until the bread is firm and lightly browned.
- 3** Meanwhile, coat a skillet with cooking spray and place over medium heat. When the skillet is hot, add the butter and syrup and swirl to combine. Add the apples and water. Cover and simmer until the apples are soft, about 10 min. Uncover and simmer for 1 min., or until most of the liquid evaporates.
- 4** Serve 4 French toast triangles topped with ¼ of the apple mixture and 1 Tbsp of the almonds.

Serves 4 About 300 cal, 9 g fat (3 g sat), 12 g pro, 290 mg sodium, 46 g carb, 5 g fiber

Layered Mediterranean Breakfast Bake

Active 25 min. | Total 1 hr. 5 min.

1 medium zucchini, coarsely grated	4 large eggs
1/4 tsp salt	1 tsp McCormick
1 tsp olive oil	Perfect Pinch Salt Free
1 1/2 cups sliced scallions	Italian seasoning
1 clove garlic, minced	1 jar (12 oz) roasted red bell
1/2 cup crumbled reduced-fat feta	peppers, drained, rinsed and
cheese	cut into strips
1 1/3 cups part-skim ricotta cheese	1/2 cup shredded part-skim
1/2 tsp freshly ground black pepper	mozzarella cheese
1/4 cup slivered sun-dried tomatoes	1 Tbsp grated Parmesan cheese

- 1 Heat the oven to 400°F. Place the zucchini in a small bowl and sprinkle with the salt. Coat a 2 1/2-qt baking dish with cooking spray.
- 2 Heat the oil in a large nonstick skillet or a skillet coated with cooking spray over medium heat. Add the scallions and garlic. Cook for 2 to 3 min., or until tender. Add the feta and cook for 1 min., or until almost melted. Transfer to a large bowl and stir in the ricotta and 1/4 tsp black pepper.
- 3 Heat the skillet coated with cooking spray over medium heat. Squeeze extra moisture out of the zucchini, add the zucchini to the skillet and cook for 2 min., stirring occasionally. Season with the remaining 1/4 tsp black pepper and spread on the bottom of the baking dish. Top the zucchini with the ricotta mixture. Top the ricotta with the tomatoes. Whisk the eggs and Italian seasoning in a small bowl. Pour on top of the tomatoes. Top with the roasted peppers. Sprinkle with the mozzarella and Parmesan.
- 4 Bake for 40 min., or until bubbly.

Serves 4 About 330 cal, 18 g fat (9 g sat), 26 g pro, 930 mg sodium, 16 g carb, 3 g fiber





Chocolate Chip Scones

Active 10 min. | **Total** 15 min.

- 1/2 cup whole-wheat flour**
- 1/2 cup all-purpose flour**
- 1/2 cup old-fashioned oats**
- 3 Tbsp sugar**
- 1 tsp baking powder**
- 1/4 tsp baking soda**
- 1/2 tsp ground cinnamon**
- 2 Tbsp unsalted butter**
- 1/4 cup plain low-fat or fat-free yogurt**
- 1 egg**
- 1/4 tsp vanilla extract**
- 1/4 cup mini chocolate chips**

- 1** Heat oven to 400°F.
- 2** Mix together the whole-wheat flour, all-purpose flour, oats, sugar, baking powder, baking soda and cinnamon in a food processor. With the processor running, add small cubes of butter one at a time. Process until the mixture looks crumbly. Add the yogurt, egg and vanilla extract. Process just until well mixed. Add the chocolate chips. Process for about 10 seconds.
- 3** Place the dough on a lightly floured cutting board. Knead lightly to finish combining all the ingredients. Form into a ball, flatten into an 8-in. circle (1/2 in. thick) with your hands or a floured rolling pin, and cut into 8 wedges. Coat a baking sheet with cooking spray or use a nonstick baking sheet. Place the 8 wedges on the baking sheet.
- 4** Bake for approximately 12 to 15 min., until lightly browned.

VARIATIONS: Use raisins, chopped dried apricots, dried cranberries, dried blueberries or dried cherries in place of the chocolate chips.

Serves 8 About 160 cal, 6 g fat (3 g sat), 4 g pro, 115 mg sodium, 24 g carb, 2 g fiber

Cornmeal Pancakes

Active 5 min. | Total 10 min.

- 1/2 cup yellow or white cornmeal**
- 1/2 cup all-purpose flour**
- 1/2 Tbsp baking powder**
- 1/4 tsp salt**
- 3/4 cup low-fat or fat-free milk**
- 1 large egg**
- 2 Tbsp vegetable oil**
- 2 Tbsp honey**
- 1/2 tsp vanilla extract**

1 Combine cornmeal, flour, baking powder and salt in large bowl, preferably one with a pour spout. Add milk, egg, oil, honey and vanilla extract. Stir well to combine.

2 Heat pancake griddle or large skillet over medium heat. Coat with cooking spray. Pour batter to make 4-in. pancakes, about 1/4 cup each. Cook pancakes until bubbles on top have popped and top appears firm but not dry. Flip pancakes and cook until underside is done.

Serves 4 About 240 cal, 9 g fat (2 g sat), 6 g pro, 370 mg sodium, 35 g carb, 2 g fiber



SEAFOOD

Lox, Eggs and Onions

Active 5 min. | Total 13 min.

- 1** tsp olive oil
- 1** medium yellow onion, finely chopped
- 4** oz smoked salmon, sliced into thin strips
- 4** large eggs or 8 egg whites or 1 cup egg substitute
- 2** Tbsp low-fat or fat-free milk
- 4** Tbsp sliced scallions
- 4** Tbsp sliced roasted red bell peppers

1 Heat a large skillet coated with cooking spray over medium heat. Add the olive oil. Add the onion and cook for 1 min. Add the smoked salmon and cook for about 2 min., or until the salmon begins to turn opaque and lighter in color. Whisk together the eggs and milk and add to the skillet. Cook until the eggs are firm and almost dry, about 5 min., stirring to heat evenly.

2 Top each serving with 1 Tbsp each of the scallions and peppers.

Serves 4 About 200 cal, 9 g fat (3 g sat), 24 g pro, 130 mg sodium, 4 g carb, 1 g fiber

LUNCH RECIPES

Chicken and Sausage Gumbo

Active 10 min. | Total 48 min.

- 1 Tbsp olive oil**
- 4 oz turkey kielbasa, sliced**
- 1 large onion, chopped**
- 1 large green bell pepper, chopped**
- 2 ribs celery, chopped**
- 3 cloves garlic, minced**
- 1/4 tsp dried thyme**
- 2 Tbsp all-purpose flour**
- 1 can (14.5 oz) reduced sodium fat-free chicken broth**
- 1 can (14.5 oz) unsalted diced tomatoes**
- 12 oz boneless, skinless chicken thighs, trimmed, cut into 1-in. pieces**
- 1/2 tsp hot pepper sauce**
- 3 scallions, chopped**
- 2 cups hot cooked brown rice**

Heat the oil in a nonstick Dutch oven over medium-high heat. Add the kielbasa, onion, bell pepper, celery, garlic and thyme. Cook, stirring occasionally, until crisp-tender, 6 to 7 min. Stir in the flour and cook for 1 min. Add the broth, tomatoes, chicken and hot pepper sauce. Bring to a boil. Reduce the heat to medium and simmer, partially covered, until thickened and the chicken is cooked through, about 28 to 30 min. Remove from the heat and stir in the scallions. Serve over the brown rice.

Serves 4 About 380 cal, 13 g fat (3 g sat), 25 g pro, 590 mg sodium, 37 g carb, 5 g fiber





MEAT



Chicken Tacos with Charred Tomato Salsa

Active 20 min. (plus 4 hr. marinating) | **Total** 4 hr. 50 min.

- 1 lb boneless, skinless chicken breasts**
- Grated peel of 2 limes**
- 3 limes, juiced**
- ¼ cup orange juice**
- ¼ cup + 2 Tbsp fresh cilantro, chopped**
- 1 Tbsp + 1 tsp minced garlic**
- ½ tsp ground cumin**
- 8 plum tomatoes**
- 1-2 jalapeño chile peppers**
- ⅓ cup scallions, chopped**
- ⅛ tsp salt**
- 1 large red onion, thinly sliced**
- 4 whole-wheat (7½-in. diameter) tortillas (2 oz each)**
- 2 cups leaf lettuce, finely shredded**

1 Place the chicken on a baking sheet or in a resealable plastic bag. Whisk together the lime peel and juice of 2 limes, orange juice, ¼ cup of the cilantro, 1 Tbsp of the garlic and cumin. Pour the lime mixture over the chicken. Turn the chicken pieces to coat. Refrigerate for at least 1 hr. and up to 4 hr. Turn at least once while marinating.

2 Meanwhile, cut the tomatoes in half lengthwise and place them cut side down on a baking sheet. Place the peppers on the baking sheet. Broil until the tomato and pepper skins are charred, turning so that all sides char. Remove from the heat and lightly cover with foil. Let stand until the vegetables are cool enough to handle.

3 Remove and discard the skins and seeds from the peppers. Finely chop and transfer them to a medium bowl. Gently squeeze the tomatoes to remove the seeds. Coarsely chop and add them to the bowl. Stir in the scallions, juice of 1 lime, salt, the remaining 2 Tbsp of cilantro and remaining 1 tsp of garlic.



- 4 Coat a skillet with cooking spray. Cook the onion slices over medium heat until they begin to soften, about 3 min. Remove the chicken from the marinade and cut into 1-in. strips. Add them to the skillet and cook for about 6 min., or until no longer pink in the center when tested with a knife.
- 5 Serve the chicken with the warm tortillas, salsa and shredded lettuce.

Serves 4 About 340 cal, 3 g fat (0.5 g sat), 33 g pro, 450 mg sodium, 53 g carb, 8 g fiber



Harvest Salad

Active 10 min. | Total 10 min.

Dressing

- 1/4 cup orange juice**
- 2 Tbsp tart dried cherries or dried cranberries**
- 1 Tbsp olive oil**
- 1 Tbsp balsamic vinegar**

Salad

- 8 cups mesclun or other baby lettuce**
- 2 medium apples, chopped**
- 8 oz smoked or regular cooked turkey breast, cut into 1/2-in. pieces, or 6 oz canned salmon, drained**
- 1/2 cup walnut halves or pieces**
- 1/4 cup finely chopped red onion**
- 1/4 cup crumbled blue cheese**
- 1/4 cup tart dried cherries or dried cranberries**

1 To make the dressing: Place the orange juice and dried cherries or cranberries in a bowl. Heat until warm, about 30 seconds. Add the oil and vinegar. Blend or process until smooth but slightly chunky. Refrigerate.

2 To make the salad: Toss the mesclun or lettuce, apples, turkey or salmon, walnuts, onion, blue cheese and dried cherries or cranberries in a large bowl. Add the dressing.

Serves 4 About 330 cal, 15 g fat (3 g sat), 23 g pro, 170 mg sodium, 29 g carb, 7 g fiber

Lemon-Oregano Grilled Tilapia with Parsley Rice

Active 20 min. | **Total** 28 min.

- 4 6-oz tilapia fillets**
- 1 Tbsp extra virgin olive oil**
- 2 Tbsp lemon juice**
- 2 tsp grated lemon peel**
- 1 tsp dried oregano**
- 1/4 tsp salt**
- 1/8 tsp freshly ground black pepper**
- 2 8.8-oz packages Uncle Ben's Ready Rice Whole Grain Brown**
- 1/4 cup fresh parsley, chopped**

- 1** Combine the tilapia, oil, lemon juice, lemon peel, oregano, salt and pepper in a large bowl. Turn the tilapia to coat and let stand for 10 min.
- 2** Heat a ridged grill pan coated with cooking spray over medium-high heat. Remove the tilapia from the marinade and sprinkle with additional salt and pepper. Place the tilapia on the grill pan and cook until the fish flakes easily with a fork, 4 min. per side. (Cook the fish in 2 batches if necessary.) Transfer to a serving plate.
- 3** Meanwhile, prepare the rice according to package directions. Transfer the rice to a bowl and stir in the parsley. Divide the rice among 4 plates and serve with 1 fillet apiece.

Serves 4 About 400 cal, 10 g fat (2 g sat), 39 g pro, 240 mg sodium, 38 g carb, 1 g fiber



SEAFOOD





Couscous and Vegetable Salad

Active 15 min. | Total 50 min.

- 1½ cups water**
- ¼ tsp salt**
- 1 tsp plus 1 Tbsp olive oil**
- 1 cup whole-wheat couscous**
- 1 15-oz can chickpeas, rinsed and drained (3 Tbsp of liquid reserved)**
- ½ cup frozen peas, thawed**
- 1 medium carrot, coarsely shredded**
- 1 small tomato, chopped**
- 1 small red or yellow bell pepper, chopped**
- 2½ Tbsp currants**
- 2½ Tbsp fresh chives, finely chopped**
- 1½ Tbsp pistachios or pine nuts**
- 1½ Tbsp lemon juice**
- ¼ tsp dried thyme**
- ¼ tsp dried oregano**
- Angostura bitters (optional)**

- 1** Bring the water, salt and 1 tsp of the oil to a boil in a medium saucepan over high heat. Stir in the couscous. Remove from the heat and cover. Let stand for 5 min., or until the liquid is absorbed. Fluff with a fork.
- 2** Transfer the couscous to a large bowl. Add the chickpeas (setting aside the liquid), peas, carrot, tomato, pepper, currants, chives and nuts. Toss gently until mixed.
- 3** Whisk together the lemon juice, thyme, oregano, bitters (if desired), reserved chickpea liquid and remaining Tbsp of oil in a small bowl. Mix and pour over the salad. Toss to mix well.
- 4** Cover and refrigerate for 30 min. to blend the flavors.

Serves 6 About 260 cal, 6 g fat (0.5 g sat), 180 mg sodium, 44 g carb, 13 g fiber

Creamy Vegetable Soup

Active 15 min. | Total 50 min.

- 1 Tbsp olive oil**
- 1 cup onion, chopped**
- 1 cup mushrooms, sliced**
- 1½ cups broccoli florets**
- 1½ cups cauliflower florets**
- 1 medium potato, peeled and cubed**
- 1 (14-19-oz) can cannellini or white beans, rinsed and drained**
- 4 cups low-sodium chicken or vegetable broth**
- 1 tsp McCormick Salt Free Original Perfect Pinch seasoning**
- 8 Tbsp grated reduced-fat Cheddar cheese**

- 1** Heat the oil in a medium pot over medium heat. Add the onion and mushrooms. Cook until soft, stirring frequently, about 5 min.
- 2** Add the broccoli, cauliflower, potato, beans, broth and seasoning. Cook, covered, for 30 min. Remove from the heat.
- 3** Puree the mixture until smooth using an immersion blender, or allow to reach lukewarm temperature and puree in a blender.
- 4** Sprinkle with 2 Tbsp cheese per serving.

Serves 6: About 170 cal, 6 g fat (3 g sat), 11 g pro, 270 mg sodium, 20 g carb, 4 g fiber





Spicy Black Bean Soup

Active 10 min. (plus overnight soaking) | **Total** 8 hr. 10 min.

- 1 1/2 cups dried black beans, covered with cold water and soaked overnight**
- 5 cups water**
- 1 cup yellow onion, chopped**
- 1 cup salsa**
- 1/2 lb red potatoes, chopped**
- 2 cloves garlic, minced**
- 1/2 tsp sea salt**
- 1/8 tsp smoked black pepper (optional)**
- 6 Tbsp shredded Mexican 4-cheese blend**
- 6 Tbsp plain low-fat yogurt**
- 6 Tbsp finely cilantro, chopped**

1 Drain the beans in the morning. Place in a slow cooker with the water, onion, salsa, potatoes and garlic. Cover and cook on low for 8 hr., or until the beans are soft.

2 Season with the salt and, if desired, black pepper. Serve topped with 1 Tbsp each cheese, yogurt and cilantro.

Serves 6 About 240 cal, 4 g fat (2 g sat), 14 g pro, 500 mg sodium, 40 g carb, 12 g fiber

DINNER RECIPES

Pasta with Garlic, Sausage, White Beans and Broccoli

Active 10 min. | Total 30 min.

- 8 oz rotini**
- 4 cups broccoli florets**
- 4 oz sweet Italian sausage, removed from the casing**
- 1 Tbsp extra virgin olive oil**
- 6 cloves garlic, sliced**
- 1 (14- to 19-oz) can cannellini beans, rinsed and drained**
- 3/4 cup reduced-sodium chicken broth**
- 1/8 tsp salt**
- 1/4 tsp freshly ground black pepper**
- 1/4 cup grated Romano cheese**

1 Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to the package directions. Add the broccoli to the pot during the final 2 min. of cooking. Drain the pasta and broccoli.

2 Heat a large nonstick skillet over medium-high heat. Add the sausage and cook, breaking it into smaller pieces with a wooden spoon, until the sausage starts to brown, 4 to 5 min. Add the oil and garlic and cook until the garlic starts to brown, 1 to 2 min. Stir in the beans and cook for 1 min. Add the broth and bring to a boil. Stir in the pasta broccoli mixture, salt and black pepper. Cook until hot, about 1 min. Remove from the heat and stir in the cheese. Serve immediately.

Serves 4 About 400 cal, 9 g fat (3 g sat), 20 g pro, 550 mg sodium, 60 g carb, 7 g fiber



MEAT





Minestrone Soup

Active 15 min. | Total 43 min.

- 1 **lb sweet Italian chicken sausage, cut into 1-in. pieces**
- 2 **cloves garlic, minced**
- 1 **medium yellow onion, chopped**
- 2 **medium ribs celery, chopped**
- 1 **medium carrot, chopped**
- 4 **cups water**
- 1 **16-oz can reduced sodium chicken broth**
- 1 **6-oz can tomato paste**
- 1 **(14-19-oz) can kidney beans, rinsed and drained**
- 1 **(15-16-oz) can no-salt-added corn, drained**
- 1/2 **cup fresh or frozen green beans**
- 3 **Tbsp dried pearl barley**
- Salt and freshly ground black pepper**
- 1 **cup ditalini pasta**
- 4 **Tbsp grated Parmesan cheese**

- 1 Heat a large pot over medium heat. Add the sausage and cook until no longer pink, stirring occasionally, about 10 min. Remove the sausage from the pot and pour off the liquid and fat.
- 2 Return the pot to the stove. Add the garlic, onion, celery and carrot. Cook until soft, about 3 min. Add the water, broth, tomato paste, kidney beans, corn, green beans and barley. Add the salt and pepper. Increase the heat to high and bring to a boil. Reduce the heat to medium-low, cover and simmer for 20 min.
- 3 Add the pasta and stir. Cook until the pasta is done, about 10 min.
- 4 Sprinkle each serving with 1/2 Tbsp Parmesan cheese.

Serves 8 About 340 cal, 7 g fat (2 g sat), 22 g pro, 700 mg sodium, 47 g carb, 7 g fiber

Thai-Inspired Chicken Lettuce Wraps

Active 20 min. | Total 40 min.

- 1 Tbsp peanut oil
- 3 cloves garlic, minced
- 1 1-in. piece ginger, finely chopped
- 2 cups bean sprouts
- 4-5 mushrooms, sliced
- 2 medium carrots, julienned or grated
- 2 scallions, sliced into thin rings
- 1/2 cup thinly sliced green cabbage
- 2 cups cooked chicken, cut into 1-in. cubes
- 1 Tbsp lime juice
- 1 Tbsp mirin (rice wine)
- 1 Tbsp sugar
- 1 tsp toasted sesame oil
- 2 tsp reduced-sodium soy sauce
- 1/2 tsp anchovy paste or 2 Tbsp fish sauce
- 8 inner iceberg lettuce leaves
- 1 cup basil leaves, cut into thin slices
- 1/4 cup unsalted peanuts, chopped

- 1 Heat the peanut oil in a wok or large skillet over medium heat. Add the garlic and ginger and cook for 1 min. Add the bean sprouts, mushrooms, carrots, scallions and cabbage. Stir briefly and cover. Cook over medium-low heat for 10 to 15 min., or until the vegetables are almost soft.
- 2 While the vegetables are cooking, combine the chicken with the lime juice, mirin, sugar, sesame oil, soy sauce and anchovy paste or fish sauce in a medium bowl.
- 3 Add the chicken and the lime juice mixture to the vegetables and cook for 5 min., or until the chicken is warm.
- 4 Serve in the lettuce leaf cups, topped with the basil and peanuts.

Serves 4 About 280 cal, 14 g fat (3 g sat), 24 g pro, 270 mg sodium, 17 g carb, 4 g fiber





Warm Sesame-Peanut Noodles with Chicken

Active 10 min. | Total 25 min.

- 4 oz whole-wheat spaghetti**
- 1 tsp peanut oil**
- 1 Tbsp ginger, peeled and finely chopped**
- 1 Tbsp garlic, minced**
- 1 cup scallions, thinly sliced**
- 6 cups frozen stir-fry vegetables**
- ¼ cup peanut butter**
- 2 Tbsp reduced-sodium soy sauce**
- 2 Tbsp lime juice**
- 1 Tbsp honey**
- 1 tsp toasted sesame oil**
- 1 tsp grated lemon peel**
- 1½ cups cubed cooked chicken**
- Cayenne (optional)**
- Salt (optional)**

- 1** Prepare the spaghetti according to the package directions. Drain, reserving ¼ cup of the cooking water.
- 2** While the pasta is cooking, heat the peanut oil in a large skillet over medium heat. Add the ginger, garlic and ½ cup of the scallions and cook until soft, about 2 min. Add the stir-fry vegetables and cover. Reduce the heat to medium-low and cook until the veggies are crisp-tender, about 5 min.
- 3** Whisk together the peanut butter, soy sauce, lime juice, honey, sesame oil, lemon peel, and reserved pasta water in a large serving bowl. Add the spaghetti, chicken and vegetables. Toss to mix well. Add the cayenne pepper and salt, if using. Garnish with the remaining ½ cup scallions.

Serves 4 About 380 cal, 14 g fat (3 g sat), 27 g pro, 440 mg sodium, 42 g carb, 8 g fiber

Shrimp and Scallop Paella

Active 15 min. | Total 56 min.

- 1 Tbsp olive oil
- 1 medium onion, chopped
- 1 large green bell pepper, chopped
- 2 oz turkey kielbasa or sausage, chopped
- 4 cloves garlic, minced
- 1/4 tsp saffron threads, lightly crushed
- 3/4 cup rice
- 1 8-oz bottle clam juice
- 1/2 cup water
- 3 plum tomatoes, seeded and chopped
- 1/2 cup frozen peas
- 16 Manzanilla olives
- 3/4 lb large shrimp (36–40 per lb), peeled and deveined
- 1/2 lb sea scallops

- 1 Heat the oil in a nonstick Dutch oven over medium-high heat. Add the onion, bell pepper and kielbasa. Cook, stirring occasionally, until slightly softened, 4 to 5 min. Stir in the garlic and saffron and cook, stirring often, 2 min. Add the rice and cook for 1 min.
- 2 Pour in the clam juice and 1/4 cup of the water. Bring to a boil and cover. Reduce the heat to medium-low and simmer for 10 min.
- 3 Stir in the tomatoes, peas, olives and remaining 1/4 cup water. Cover and return to a simmer. Cook for 15 min. longer, or until the rice is nearly tender. Stir in the shrimp and scallops. Cover and cook for 6 to 8 min. longer, or until the rice is tender and the seafood is cooked through.

Serves 4 About 360 cal, 9 g fat (1 g sat), 30 g pro, 830 mg sodium, 39 g carb, 3 g fiber



SEAFOOD





Lentils with Zesty Tomatoes

Active 15 min. | Total 33 min.

- 1 cup brown lentils, picked over and rinsed**
- 3 cups water**
- 1/4 tsp paprika**
- 1/2 tsp freshly ground black pepper**
- 2 tsp extra virgin olive oil**
- 2 cloves garlic, minced**
- 1 cup canned fire-roasted tomatoes with green chile peppers**
- 2 medium tomatoes, cut into 1/2-in. chunks**
- 2 Tbsp fresh cilantro, chopped**
- 1/4 tsp salt**
- 1 cup low-fat or fat-free plain yogurt**
- 2 Tbsp snipped fresh chives or scallion greens**

1 Combine the lentils, water, paprika and 1/4 tsp of the black pepper in a large saucepan. Bring to a boil over high heat. Reduce the heat to low and cover. Simmer for 25 min., or until the lentils are tender but still hold their shape. Remove from the heat and drain.

2 While the lentils are cooking, heat the oil in a large skillet over medium-high heat. Add the garlic and cook, stirring, for 30 seconds, or until fragrant. Add the canned and fresh tomatoes and the remaining 1/4 tsp black pepper. Cook, stirring occasionally, for about 5 min. Remove from the heat and stir in the cilantro.

3 Transfer the lentil mixture to a shallow serving dish and sprinkle with salt. Spoon the tomato mixture over the lentils. Top with the yogurt and sprinkle with the chives or scallion greens.

Serves 4 About 250 cal, 4 g fat (1 g sat), 17 g pro, 340 mg sodium, 38 g carb, 12 g fiber

Naan Pizza

Active 10 min. | Total 31 min.

- 1 International Fabulous Flats Tandoori Naan, Whole Grain**
- 1/4 cup pasta or pizza sauce**
- 2 tsp olive oil**
- 1 cup white button mushrooms, sliced**
- 1 small onion, chopped**
- 1/2 cup chopped red or green bell pepper**
- 1 6 oz bag baby spinach**
- 1/2 tsp dried basil**
- Salt**
- Freshly ground black pepper**
- 2 oz smoked fresh mozzarella cheese, grated**

- 1** Heat oven to 350°F. Place the naan on a baking sheet.
- 2** Place the pasta sauce in a small strainer or colander over a small bowl. Allow the liquid to drain off, thickening the sauce.
- 3** Meanwhile, heat the oil in a large nonstick skillet over medium heat. Add the mushrooms, onion and bell pepper and cook, stirring often, for about 8 min., or until tender. Add the spinach in batches, stirring until wilted, about 5 min. Transfer the vegetables to a small bowl, leaving behind any liquid that accumulated during cooking. Season the vegetables with the basil, salt and pepper.
- 4** Spread the naan with the sauce and top with the vegetable mixture. Sprinkle evenly with the cheese and bake for about 8 min., or until the cheese has warmed and is lightly browned. Cut the naan in half and serve.

Serves 2 About 330 cal, 12 g fat (6 g sat), 14 g pro, 320 mg sodium, 46 g carb, 9 g fiber



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