

6 Week Meal Plan for a new you!



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If you follow this sample menu plan it will help you change your eating habits to healthy ones, which will make you feel better and have more energy. With this plan you won't be starving (I don't believe in starving). Instead you will eat a lot of healthy foods: 5 times a day - 3 meals and 2 snacks. Along with my workouts this will help to speed up your metabolism so your body will burn more fat and build more lean muscle. The menus have a lot of varieties and provide plenty of healthy recipes. So you won't have any more headaches about what to make for dinner!

This is a **sample menu** to show you the options you can have, but feel free to modify it to fit your tastes (as long as you choose a healthy alternative). For example, if you don't eat pork or shrimp, and recipe calls for some, just change it to beef or chicken. Or if you don't drink regular milk, choose lactose free, almond or other kind you like, or just drink water. Milk helps satisfy your hunger if you still feel it after the meal. Overall rule is try to eat more vegetables, meats, fruits, whole grains and eliminate processed foods and sugars from your diet.

Be consistent with it. Cook home, plan your meals in advance, set aside one day on the weekend to prepare some food for the week ahead, so you can quickly warm it up on busy days, and pack lunches so you avoid temptation of getting fast food just because it is convenient. I recommend to look at the week plan menu before you head to the grocery store so you can make a list of what and how much food you need to buy in order to prepare your meals for that week.

You can continue this meal plan way past 6 weeks either by repeating the weeks or by mixing and matching different recipes from different days and weeks. I believe, if you stick to it and combine it with my workouts, you will see the results pretty soon. Here is to the new healthy, fit and strong you!

Week 1

Monday 1470 calories

Breakfast

Peachy Oatmeal:

Combine 1 cup cooked steel-cut oats, ¼ cup sliced peaches (fresh or frozen), tablespoon slivered almonds, teaspoon vanilla extract, ¼ cup Almond Breeze unsweetened vanilla almond milk, 1 packet Truvia or other natural sweetener.

Plus ½ grapefruit

2 oz Canadian bacon

1 cup fat-free milk

Tea or Coffee

Snack

½ Turkey sandwich: 1 oz lean turkey, 2 tomato slices, 1 teaspoon Dijon mustard on 1 slice whole grain bread.

Lunch

1 serving (1 cup) Bean Stew:

In a 4 quart saucepan, heat 1 tablespoon olive oil over medium-high heat. Add 1 large chopped yellow or white onion and cook for about 5 minutes. Add 1 tablespoon of chopped garlic and cook 1 more minute.

Add 1 (28-ounce) can diced fire-roasted tomatoes, 1 teaspoon ground cumin, 1 teaspoon chili powder, 1 teaspoon red chili flakes (optional). Simmer about 5 minutes. Add 2 (15 ½ ounce) cans of either chickpeas, kidney beans, black beans or white beans rinsed and drained. Add 3 ½ cups fat free, low sodium chicken or vegetable broth. Simmer.

Meanwhile, place the remaining 1 can of beans with ½ cup broth in a food processor, add ¼ chopped cilantro and blend until smooth. Add puree to the stew. Add 3 cups fresh baby spinach or chopped kale or swiss chard. Stir well and serve hot. This recipe makes 10 (1 cup) servings.

Plus 2 cups mixed green salad with 1 tablespoon low-fat Caesar dressing

1 large apple or ¾ cup cherries

Iced Tea

Snack

1 Serving Chocolate Protein Shake:

1 cup Almond Breeze unsweetened vanilla almond milk, ½ banana, ½ cup frozen or fresh strawberries, 2 scoops chocolate protein powder (any brand), 1 tablespoon unsweetened cocoa powder, 1 teaspoon vanilla extract, 1 package Truvia or other natural sweetener, 1 cup ice. Combine everything in a blender until smooth. Makes 2 (1 1/2) servings.

Dinner

6 oz lean flank steak, grilled

1 cup steamed broccoli with 1 teaspoon minced garlic and 1 tablespoon toasted slivered almonds

Sliced tomato salad with ¼ cup sliced green bell pepper and 1 tablespoon balsamic vinegar

Green Tea or Coffee

Ice Water

Tuesday 1500 calories

Breakfast

1 whole grain toaster waffle with 1 tablespoon fruit spread

1 whole egg, poached or boiled

1 cup raspberries

1 cup fat free milk

Coffee or Tea

Snack

2 oz lox or smoked salmon

2 wasa crackers

Lunch

Roast beef wrap: 3 oz lean roast beef, 1 tablespoon horseradish, 2 tablespoons alfalfa sprouts, 3 thin avocado slices in La Tortilla Factory whole grain tortilla

1 cup seedless red or green grapes

Ice water or tea

Snack

2 low fat mozzarella cheese sticks and 1 large orange

Dinner

1 serving Quinoa Tabbouleh with Roast Turkey and Tomatoes:

Place 2 cups water and 1 cup dry quinoa in a 1 quart saucepan. Bring to boil, cover, return to simmer for 15 minutes. Remove from heat, let cool.

Meanwhile, in a medium mixing bowl, combine 2 cups halved cherry tomatoes (or 2 tomatoes seeded and diced), 1 cup diced, seeded, and peeled cucumber, ¼ cup chopped fresh italian parsley, ¼ cup lemon juice, 1 tablespoon olive oil, 1 tablespoon grated lemon peel, ¾ teaspoon salt, ¼ teaspoon black pepper, 2 scallions finely chopped. Add cooled quinoa, blend with spoon. Chop 2 cups of roast turkey breast.

Serve about 1 ¼ cup of quinoa mixture with ½ cup of chopped turkey on top. Makes 4 servings.

Plus 1 cup fat free lentil soup

¾ cup sliced melon

Coffee or tea

Wednesday 1530 calories

Breakfast

Veggie Cheese Omelet:

In a small bowl whisk together 3 egg whites, 1 whole egg and 2 tablespoons fat free milk. Lightly coat a small nonstick skillet with olive oil, heat to medium high heat, add eggs and cook until they start to set.

Meanwhile, warm ¼ cup diced roasted bell pepper and ¼ cup diced yellow onion in the microwave for 30 seconds. Spoon veggies and ¼ cup shredded cheddar or jack cheese. Season with your favorite spices and fold in half. Garnish with the cilantro. Makes 1 serving.

Plus 1 Thomas whole grain English muffin, toasted

1 tablespoon all-fruit spread

1 cup diced cantaloupe

Green Tea or Coffee

Snack

1 cup fat free Greek style yogurt with ½ cup fresh blueberries and 1 tablespoon ground flaxseed

Lunch

2 servings Fire Roasted Tomato Soup:

In a 2 quart saucepan heat 1 tablespoon olive oil, add 2 tablespoons minced shallot or onion, 2 quarter size slices peeled fresh ginger and cook about 1 minute. Add 1 tablespoon chopped garlic and 1 14 ½ oz can diced fire roasted tomatoes. Simmer 4 minutes. Add 1 cup fat free chicken or vegetable broth and ½

cup 1% or fat free milk. Bring to boil and transfer to food processor. Blend until smooth. Add salt and pepper to taste. Garnish with chopped chives or scallion. Makes 4 (3/4 cup servings).

Plus 2 cups chopped romaine lettuce with 1 tablespoon balsamic vinaigrette, 1 chopped hard-boiled egg, 2 oz crabmeat or baby shrimp, 1 tablespoon chopped basil, 1 teaspoon grated Parmesan cheese.

1 tangerine

1 cup fat free milk

Snack

1 oz sliced turkey

1 pear

Dinner

1 Serving Spicy Seafood Chowder:

In a 3 quart saucepan heat 1 tablespoon olive oil, add 1 cup finely chopped yellow onion and ½ cup chopped green bell pepper and ½ cup chopped yellow bell pepper. Cook 5 minutes. Add 1 cup diced fire roasted tomatoes. Cook 3 more minutes. Add 1 ½ teaspoon ground coriander and ½ teaspoon ground cumin and simmer for 1 minute longer. Add 4 cups chicken, fish or vegetable broth. Add 1 pound boneless skinless fish fillets (salmon, tilapia, halibut, or shrimp) cut into 3/4" pieces. Simmer for 3 minutes. Stir in 2 tablespoon tahini, 1 tablespoon grated lemon peel and ¼ cup chopped cilantro.

Makes 4 (1 ½ cup) servings.

Plus 1 steamed artichoke

2 plums

Sorbet

Green Tea or Coffee

Thursday 1550 calories

Breakfast

¾ cup Kashi GoLean cereal

½ banana, sliced, 1 cup fat free milk

2 slices turkey bacon

Green Tea or Coffee

Snack

2 pieces Cocoa Nut Butter "Truffles":

In a large bowl combine 1 ½ cups dry old fashioned oatmeal, 1 cup fat free powdered milk, 3 tablespoons unsweetened cocoa powder, 2 scoops chocolate protein powder (any brand), 2 tablespoons flaxseed and 2 packets natural sweetener.

Separately mix ½ cup unsweetened vanilla almond milk and ¼ cup almond or peanut butter and microwave for 1 minute. Add 1 ½ tablespoons vanilla extract and stir well. Combine with dry ingredients, stir in ½ cup chopped almonds or walnuts (optional).

Using a 2 tablespoon scoop form 10 “truffles” and refrigerate until firm.

Lunch

Tuna salad: 3 oz water packed tuna (drained), 1 cup steamed green beans, ¼ cup sliced red bell pepper, ¼ cup sliced brown mushrooms, 1/4 cup thinly sliced onion, and 1 ½ tablespoons vinaigrette

Plus ½ cup sliced strawberries

1 cup fat free milk

Snack

1 cup steamed edamame

Dinner

1 Serving Sizzling Ginger Pork:

In a nonstick skillet heat 1 teaspoon sesame, canola or olive oil, add 8 oz diced lean pork tenderloin (or skinless chicken breast, or lean flank steak). Cook until lightly browned but not fully cooked. Remove from pan and set aside.

Add ¼ cup chicken broth, ½ medium sliced onion, 2 tablespoons chopped shallots, 2 tablespoons chopped ginger to the skillet and simmer a few minutes, until softened. Add another ¼ cup chicken broth, 2 tablespoons low sodium soy sauce, 1 tablespoon dark molasses, 1 tablespoon Szechuan seasoning (or mix ½ teaspoon garlic powder, ½ teaspoon red chili flakes, 1 teaspoon ground mustard and 1 teaspoon ground coriander).

Return meat to skillet, simmer couple more minutes until meat is cooked. Serve over 1 cup cooked wild or brown rice and 2 cups steamed broccoli. Garnish with 1 teaspoon toasted sesame seeds and 2 tablespoons chopped cilantro. Makes 2 (1 ¼ cup) servings.

Plus ¼ cup sliced yellow or red bell pepper

Green Tea or Coffee

Friday 1440 calories

Breakfast

1 Slice whole grain bread, toasted

1 poached egg plus 1 poached egg white

½ cup fat free Greek style yogurt

½ cup fresh raspberries

1 tablespoon ground flaxseed

Green tea or Coffee

Snack

Berry Smoothie: Combine in a blender 1 scoop berry or vanilla flavored protein powder, ½ cup fat free milk, ½ cup fresh or frozen blueberries, ½ cup fresh or frozen blackberries. Blend until smooth.

Lunch

Chicken Pita: 4 oz sliced grilled chicken breast, 2 tomato slices, 2 leaves romaine lettuce, ½ roasted bell pepper, 2 basil leaves, 1 tablespoon Dijon mustard on 1 medium whole wheat pita.

1 pear

1 cup fat free milk

Coffee or Tea

Snack

2 Roast beef rollups: Take 4 thin slices (1/2 oz each) lean roast beef, or lean ham or turkey breast. Spread each slice with 1 tablespoon horseradish and top with ¼ wedge Laughing Cow Light French Onion cheese. Roll up. Makes 4 rolls.

Dinner

4 oz cod, grilled

8 spears asparagus

½ cup cooked barley

¾ cup raspberry sorbet

Green tea or Coffee

Saturday 1520 calories

Breakfast

Omelet: 3 egg whites, ¼ cup salsa, ¼ cup shredded low fat Cheddar cheese

½ cup fat free refried beans

1 corn tortilla, warmed

1 cup fat free milk

1 banana

Green Tea or Coffee

Snack

4 tablespoons hummus and 8 whole wheat pita chips

Lunch

1 Mexican Turkey Burger:

In a large bowl combine 20 oz extra lean ground turkey breast, ¼ cup chopped cilantro, ¼ cup diced red onion, ¼ cup diced red bell pepper, 1/3 cup diced fresh mushrooms, 1 tablespoon Mexican seasoning or fajita seasoning, ¼ cup Mexican blend cheese, 1 teaspoon minced garlic.

Divide mixture into 6 patties. Grill burgers 3 minutes on each side, or until inside is no longer pink. Serve on whole grain buns or sandwich thins with 6 tablespoons salsa, 1 ½ sliced avocado and 6 tablespoons Greek style yogurt.

Plus ½ cup honeydew melon and ¼ cup sliced strawberries

1 cup fat free milk

Iced Tea

Snack

5 Large Shrimp with 2 tablespoons cocktail sauce

Dinner

4 oz pork tenderloin, grilled

1 cup cabbage steamed with ½ cup chopped onion, ½ teaspoon curry powder, and 1 tablespoon cilantro

1 apple

Green Tea or Coffee

Sunday 1460 calories

Breakfast

1 egg and 2 egg whites scrambled with 1 teaspoon olive oil and 2 tablespoons grated low fat Jack cheese

3 slices turkey bacon

1 cup sliced strawberries

1 cup fat free milk

Coffee or Tea

Snack

8 backed tortilla chips

2 tablespoons guacamole

2 tablespoons salsa

Lunch

Grilled chicken Salad: 5 oz chicken breast, grilled and diced, 2 cups chopped romaine lettuce, 8 cherry tomatoes halved, ½ cup sliced cucumber, ½ cup sliced brown mushrooms, ½ cup diced bell pepper. Serve with Avocado Dip or Dressing: combine in a blender 1 ½ cup plain Greek style yogurt, ½ cup buttermilk, ½ medium ripe avocado, diced, 1 tablespoon chopped basil, 1 tablespoon chopped cilantro, 1 teaspoon Worcestershire sauce, 1 teaspoon dried dill, 1 teaspoon ground mustard, 1 teaspoon garlic powder, 1 teaspoon onion powder, ½ teaspoon black pepper, ½ teaspoon salt (optional). Blend until smooth.

Snack

Banana Smoothie: ¾ cup Greek style yogurt, ½ cup fat free milk, 1 frozen banana, 2 scoops vanilla protein powder (any brand)

Dinner

5 oz lean roast turkey breast

2 Japanese egg plants, halved, grilled with a mist of olive oil

½ cup brown rice

Cucumber and tomato salad: 1 cup sliced cucumber, 1 medium tomato, sliced, 2 tablespoons balsamic vinaigrette

1 cup cubed honeydew melon or cantaloupe

Green Tea or Coffee

Week 2

Monday 1562 calories

Breakfast

Egg sandwich: toast 1 slice of whole grain bread or 1 Arnold sandwich thin. Meanwhile in a nonstick skillet cook 2 egg whites and 1 egg. Remove egg, warm 1 oz lean deli ham or Canadian bacon for a minute or two. Spread horseradish or mustard sauce on the toast (optional). Place egg and bacon on hot toast and top with 1 slice mozzarella or provolone cheese. Place under broiler for 30 seconds to melt cheese and serve.

1 cup fresh blueberries

1 cup fat free milk

Green Tea or Coffee

Snack

½ whole grain pita with ¼ cup low fat hummus, 2 tomato slices, 3 tablespoons alfalfa sprouts

Lunch

1 ½ cup low fat black bean soup

2 cups chopped romaine lettuce with 2 tablespoons each diced cucumber, diced bell pepper, diced tomato, 2 tablespoons low fat Caesar dressing

1 large peach or pear

Iced Tea

Snack

Tropical smoothie: Blend together 1 scoop raspberry or vanilla flavored protein powder, ½ cup orange juice, 1 cup ice, 1 peeled and sliced kiwifruit, 1 cup diced pineapple, 1 tablespoon shredded coconut

Dinner

5 oz fillet mignon, grilled

1 cup green beans and ¼ cup roasted red bell pepper strips

¾ cup wild rice

1 cup fat free milk

Green Tea or Coffee

Tuesday 1434 calories

Breakfast

1 cup Kashi GoLean cereal or bran cereal

1 cup raspberries

1 cup fat free milk

1 cup plain Greek style yogurt with 1 packet natural sweetener and ½ teaspoon vanilla extract

Tea or Coffee

Snack

2 oz smoked salmon or lax

2 Wasa rye crackers

Lunch

1 serving Black-Eyed Peas with Mushrooms:

In a large nonstick skillet heat 1 teaspoons olive oil. Add 1 cup chopped onion and cook for 5 minutes, add 1 tablespoon chopped garlic and cook 1 more minute. Add 1 ½ oz can fire roasted diced tomatoes, 1 teaspoon ground coriander, 1 teaspoon ground cumin, ½ teaspoon ground turmeric, 1 teaspoon curry powder, ½ teaspoon red chile flakes (optional) and simmer for 5 minutes. Add 1 ½ cups cooked black eyed peas, lentils or beans (or 1 16oz can cooked beans) and cook for 5 minutes longer.

In a clean skillet heat 2 teaspoon olive oil and add 3 cups sliced mushrooms, cook for 4 minutes or until they lose all their water. Mix mushrooms with beans and add ¼ cup chopped cilantro. Season to taste with salt and pepper.

Plus ¾ cup cooked barley or brown rice

1 wedge melon

Iced tea or water

Snack

1 medium apple with 1 tablespoon almond or peanut butter

Dinner

8 medium shrimp grilled with 1 teaspoon olive oil and 1 teaspoon minced garlic

1 ½ cups steamed broccoli

1 large sliced tomato, 1 tablespoon chopped basil and 1 tablespoon balsamic vinegar

1 cup fat free milk

Wednesday 1580 Calories

Breakfast

1 cup cooked steel-cut oatmeal

¾ cup fat free milk or almond milk

¾ cup fresh blueberries

1 tablespoon slivered almonds

2 hard boiled eggs

Green Tea or Coffee

Snack

¾ cup ricotta cheese with 1/3 cup cherries or blueberries and 1 tablespoon chopped pecans

Lunch

1 cup whole grain pasta tossed with 1/3 cup crabmeat or baby shrimp, ½ cup diced tomato or fire roasted tomato, 1 tablespoon chopped basil, and 1 teaspoon grated Parmesan cheese

1 cup red or green grapes

Iced Tea

Snack

½ turkey sandwich: 2 oz lean turkey, 1 teaspoon Dijon mustard, 3 slices avocado, 2 slices tomato on 1 slice whole grain bread

1 cup fat free milk

Dinner

1 cup miso soup

4 oz wild salmon, grilled

½ cup cooked wild rice

3 cups baby spinach, steamed

Green Tea

Thursday 1510 calories

Breakfast

3 Egg White Bites: Preheat oven to 350° F. Lightly coat two 6 cup (or one 12 cup) muffin pan with olive oil. In a nonstick skillet heat olive oil and cook 2 cups grated or finely chopped vegetables (carrots, yellow squash or zucchini, onion, asparagus, mushrooms, bell peppers, spinach).

Place a small nest of vegetables in the bottom of each muffin cup, then fill the cups ¾ full with egg whites (18 whisked egg whites or 2 ¼ cup substitute). Add salt, pepper, other seasonings if desired. Sprinkle ¼ cup grated Cheddar, Jack or Mozzarella cheese on top. Bake for 10 minutes. Makes 12 bites.

3 links (3 ½ oz) lean Italian turkey sausage

½ banana

1 cup fat free milk

Green Tea or Coffee

Snack

Banana Fudge Smoothie: Blend together ¼ cups cold unsweetened vanilla almond milk, ¼ cup plain Greek yogurt, 1 ripe frozen banana, 1 scoop chocolate protein powder (any brand), 1 tablespoon unsweetened cocoa powder, ½ teaspoon vanilla extract, 1 packet natural sweetener.

Lunch

1 cup tuna salad: 4 oz water packed tuna, drained; 2 tablespoons Caesar dressing; 2 tablespoons minced onion; 2 tablespoons minced celery; 1 tablespoon chopped parsley; 1 chopped hard boiled egg

Plus 1 cup low fat vegetable soup

1 cup fat free milk

Snack

4 whole grain crackers with ¼ cup hummus

Dinner

1 serving Moroccan Pork Stew with Baby Artichokes and Dried Fruit: Cut 1 pound pork into 1" pieces. In a 3 quart nonstick saucepan heat 1 teaspoon olive oil, add 1 large chopped onion, cook until softened. Add 3 cups fat free chicken or vegetable broth, 1 teaspoon crumbled saffron threads and ½ teaspoon salt. Add 1 medium carrot cut into ¼' dice and ¼ cup celery, simmer covered for 2 minutes.

Add 1 ½ teaspoons ground ginger, ¾ teaspoons ground cinnamon, 1 cup cut pitted prunes and 1 (9 oz) package frozen artichoke hearts, cut into pieces and simmer for 2 minutes. Add pork and stir in cilantro. Simmer uncovered stirring occasionally for 6 to 8 minutes, or until the pork is fully cooked.

Plus ½ cup cooked brown rice

½ cup fruit sorbet

Green Tea or Coffee

Friday 1440 Calories

Breakfast

½ large pink grapefruit

Omelet: 3 egg whites and 1 egg, ¼ cup shredded Cheddar cheese, 2 tablespoons minced onion, 2 tablespoons salsa, 2 tablespoons fat free refried beans, 3 thin slices avocado, 1 tablespoon chopped cilantro

1 toasted whole grain English muffin

Green Tea or Coffee

Snack

16 raw almonds

1 large orange

Lunch

Grilled ham and cheese sandwich: 3 oz lean deli ham, 1 slice provolone cheese, 1 teaspoon Dijon mustard, 2 slices whole grain bread

2 cups mixed greens with 1 tablespoon vinaigrette

1 cup berries

Iced Tea or Water

Snack

¾ cup low fat frozen yogurt

Dinner

1 serving Burrito Mix: In a nonstick skillet fry 1 ¼ pound lean ground turkey, 1 medium chopped yellow onion, 1 cup diced bell pepper (any color one pepper). Cook 5 minutes, add 1 tablespoon chili powder, 1 teaspoon ground cumin, 1 teaspoon ground mustard, 1 teaspoon oregano and chile flakes (optional). Add 1 (15oz) can black or kidney beans, and 1 (10 oz) oz package frozen spinach or 10 cups fresh baby spinach. Cook until heated through. Makes 8 (1 cup) servings.

Plus 1 cup gazpacho

8 baked corn tortilla chips

1 cup fat free milk

Saturday 1540 Calories

Breakfast

1 bran muffin

1 cup fresh blueberries

1 cup fat free milk

1 hard boiled egg

Snack

1 stick Cheddar cheese

2 small apple

Lunch

Sweet Pepper Chicken Sandwich: Toast 2 slices whole grain bread. Spread 1 tablespoon mustard on 1 slice, top with 1 leaf lettuce, 3 oz sliced chicken breast, ½ roasted bell pepper cut in strips and ¼ cup shredded Mexican four cheese blend. Place under broiler for 30 seconds to melt cheese, top with 2 slice of toast.

Lentil salad: ½ cup cooked lentils with 2 tablespoons minced onion, 1 tablespoon dressing, 1 tablespoon chopped basil

Plus 2 plums or 1 cup sliced strawberries

1 cup fat free milk

Snack

½ cup vanilla yogurt with 2 teaspoons flaxseed

Dinner

Pepperoni Pita Pizza: Spread 1/8 cup marinara or tomato basil sauce on top of 1 medium whole grain pita (5" in diameter). Sprinkle 1/8 cup shredded mozzarella cheese, and put 8 slices (1/2 oz) of pepperoni. Bake until cheese melted.

2 cups Mixed green salad with 2 slices tomato, ¼ cup sliced cucumber, 1 tablespoon vinaigrette

Sunday 1535 Calories

Breakfast

French toast made with 1 egg and 1 slice whole grain bread

2 tablespoons fruit spread

1 oz Canadian bacon

½ grapefruit

1 cup fat free milk

Snack

1 cup edamame

Lunch

Grilled chicken Salad: 5 oz chicken breast, grilled and diced, 2 cups chopped romaine lettuce, 8 cherry tomatoes halved, ½ cup sliced cucumber, ½ cup sliced brown mushrooms, ½ cup diced bell pepper. Serve with Avocado Dip or Dressing: combine in a blender 1 ½ cup plain Greek style yogurt, ½ cup buttermilk, ½ medium ripe avocado, diced, 1 tablespoon chopped basil, 1 tablespoon chopped cilantro, 1 teaspoon Worcestershire sauce, 1 teaspoon dried dill, 1 teaspoon ground mustard, 1 teaspoon garlic powder, 1 teaspoon onion powder, ½ teaspoon black pepper, ½ teaspoon salt (optional). Blend until smooth.

Snack

1/3 cup guacamole and 12 baked corn chips

Dinner

1 serving Cheesy Stuffed Chicken breast: In a small bowl combine ¼ cup (1oz) shredded Monterrey Jack cheese, ½ cup diced fire roasted tomatoes, ½ teaspoon red chile flakes (optional), 2 tablespoons cilantro and ¼ teaspoon salt. Cut horizontal pocket in 4 (4oz) boneless skinless chicken breasts, without cutting all the way through. Spoon ¼ of mixture into each breast and secure pocket with toothpick.

In a shallow dish combine 3 tablespoons whole wheat flour, $\frac{1}{4}$ teaspoon black pepper and $\frac{1}{4}$ teaspoon salt. Coat chicken in flour mix. And fry in 2 teaspoons olive oil about 4 min per side.

Plus 1 cup steamed Brussels sprouts with 2 tablespoons (2 slices) crumbled turkey bacon

1 cup steamed cauliflower

$\frac{1}{2}$ cup fresh berries

Green tea or Coffee

Week 3

Monday 1460 calories

Breakfast

Oatmeal with berries: combine 1 cup cooked steel cut oats, 2 tablespoons fresh or frozen blueberries, 2 tablespoons fresh or frozen raspberries, ½ cup sliced strawberries, 1 teaspoon vanilla extract, 1 cup unsweetened vanilla Almond milk, 1 packet natural sweetener. Microwave 1 to 2 minutes.

3 slices turkey bacon

1 hard boiled egg

1 cup fat free milk

Green tea or Coffee

Snack

½ tuna salad sandwich on whole grain bread

Lunch

2 cups minestrone soup: Heat 2 tablespoons olive oil in a large pot over medium-high heat. Add 1 large diced onion and cook until translucent, about 4 minutes. Add 4 cloves minced garlic and cook 30 seconds. Add 2 stalks diced celery and 1 diced carrot and cook until they begin to soften, about 5 minutes. Stir in 1/3 pound green beans, 1 teaspoon dried oregano and 1 teaspoon basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.

Add 1 (28oz) can diced and 1 (14oz) can crushed tomatoes and 6 cups chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the 1 (16 oz) can kidney beans and cook about 10 minutes. Season with salt. Ladle into bowls and top with the parmesan and chopped basil. Makes 6 servings.

¾ cup vanilla yogurt with 1/3 cup raspberries

Iced Tea

Snack

Berry Smoothie: Combine in a blender 1 scoop berry or vanilla flavored protein powder, ½ cup fat free milk, ½ cup fresh or frozen blueberries, ½ cup fresh or frozen blackberries. Blend until smooth.

Dinner

5 oz tilapia, baked, with lemon wedge

8 spears asparagus, steamed or grilled

2 Roma tomatoes roasted with 1 teaspoon olive oil, ½ teaspoon minced garlic and 1 tablespoon chopped basil

1 cup fat free milk

Green tea or Coffee

Tuesday 1540 calories

Breakfast

2 whole grain toaster waffles

1 poached egg

2 slices Canadian bacon

½ large pink grapefruit

1 cup fat free milk

Green tea or Coffee

Snack

1 large wedge cantaloupe

2 oz roast turkey

Lunch

1 serving White Chicken Chili: Cook and shred 1 pound skinless chicken breast, set aside. In a large saucepan mix 4 ½ cups cooked great northern beans, 2 cups chicken broth, 2 cups thick and chunky salsa. Heat through. Stir in meat and 1 cup mozzarella cheese, top with cilantro (optional). Makes 8 (1 cup servings).

Plus 2 cups mixed greens with 1 tablespoon balsamic dressing

1 cup red or green grapes

Iced green or black tea

Snack

2 medium tangerines and 1/2 oz walnuts

Dinner

5 oz calamari sautéed with 1 teaspoon olive oil, 1 cup fire roasted tomatoes, 1 teaspoon minced garlic, 1 teaspoon fresh thyme

Plus 3 cups baby spinach, steamed

Baked apple: preheat oven to 375° F. Core apple $\frac{3}{4}$ of the way through. Trim skin around the top only. Mix 1 teaspoon cinnamon with 2 teaspoons natural sweetener and put in center of an apple. Pour $\frac{1}{4}$ " deep water in the baking dish. Bake uncovered 30 to 40 minutes.

1 cup fat free milk

Green Tea

Wednesday 1550 calories

Breakfast

Yogurt parfait: 1 cup plain Greek yogurt, $\frac{1}{2}$ teaspoon vanilla extract, 1 cup berries (blueberries, strawberries, raspberries), $\frac{1}{3}$ cup granola

1 large orange

Green Tea or Coffee

Snack

1 cup steamed edamame

Lunch

1 cup whole grain pasta with $\frac{1}{2}$ cup marinara sauce and 2 grilled turkey Italian sausage

2 cups baby spinach with 1 tablespoon Caesar dressing and 1 teaspoon grated parmesan cheese

1 cup fat free milk

Snack

$\frac{1}{2}$ chicken and cheese quesadilla made with 1 corn tortilla, 1 slice mozzarella or provolone cheese, 1 oz roasted shredded chicken breast

Dinner

1 serving Pork Tenderloin with Warm Asian Slaw: In a large skillet heat 2 teaspoons olive oil add 1 medium finely chopped onion and cook 2 minutes. Add 1 tablespoon minced garlic and 1 tablespoon chopped fresh ginger and cook 1 minute longer. Add 3 cups finely chopped green cabbage and stir fry 2 minutes more.

Remove from heat, add $\frac{1}{2}$ cup grated carrot, 1 tablespoon low sodium soy sauce and $\frac{1}{3}$ cup chopped cilantro. Stir and keep the slaw warm.

Meanwhile, beat 4 (4oz) pieces of pork with mallet to $\frac{1}{4}$ " thickness. Sprinkle with salt and pepper. Dredge pork in $1\frac{1}{2}$ tablespoons chopped cilantro, pressing to make the leaves stick. Fry fillets with olive oil 2 - 3 minutes per side. Place piece of pork on plate with $\frac{1}{4}$ of Asian Slaw. Garnish with cilantro. Makes 4 servings.

Plus sliced tomatoes drizzled with 1 teaspoon low sodium soy sauce, 1 teaspoon rice wine vinegar and 1 teaspoon chopped cilantro

1 pear

Green tea

Thursday 1525 calories

Breakfast

3 egg whites (1/2 cup) scrambled with 1 teaspoon olive oil, 1 teaspoon chopped basil, 1 teaspoon grated Parmesan cheese, and ½ cup cherry tomatoes

1 slice whole grain toast

1 cup fat free milk

½ cup fresh blueberries

Iced tea with lemon

Snack

½ cup vanilla yogurt with 2 tablespoons sliced strawberries

Lunch

Chicken and rice salad: 4 oz grilled chopped chicken breast, ¾ cup cooked brown rice, 1 cup grilled diced vegetables (2 tablespoons onion, ¼ cup zucchini, ½ cup bell pepper)

1 tablespoon chopped cilantro with 1 tablespoon vinaigrette and 1 tablespoon shredded Cheddar cheese

Ice water with lime

Snack

2 tablespoons hummus and ½ cup jicama slices

Dinner

4 oz grilled wild salmon fillet

1 cup wild rice

1 cup wilted baby spinach with 1 teaspoon olive oil, 1 teaspoon balsamic vinegar, 1 teaspoon Parmesan cheese

½ cup fresh berries with ½ cup orange sorbet and 1 teaspoon chopped almonds

Friday 1510 calories

Breakfast

½ cup fresh diced melon

½ cup old fashioned oatmeal (cooked in 1 cup water with 1 tablespoon ground flaxseed) sprinkled with ground cinnamon and 1 tablespoon chopped pecans

½ cup vanilla yogurt

Mint tea

Snack

1 pear, sliced and topped with ricotta cheese and 1 teaspoon honey

Lunch

Turkey Pita Sandwich: 4 ½ oz sliced lean turkey breast, ½ roasted red bell pepper, 2 pieces romaine lettuce, with Avocado Dip or Dressing: combine in a blender 1 ½ cup plain Greek style yogurt, ½ cup buttermilk, ½ medium ripe avocado, diced, 1 tablespoon chopped basil, 1 tablespoon chopped cilantro, 1 teaspoon Worcestershire sauce, 1 teaspoon dried dill, 1 teaspoon ground mustard, 1 teaspoon garlic powder, 1 teaspoon onion powder, ½ teaspoon black pepper, ½ teaspoon salt (optional). Blend until smooth. Put in 1 whole wheat pita (4" diameter).

Sparkling water with orange juice

Snack

1 stick mozzarella string cheese

1 medium orange

Dinner

5 oz flank steak grilled with 2 Roma tomatoes

Large tossed salad: 2 cups mixed greens, ¼ cup sliced cucumber, ¼ cup sliced mushrooms and 2 tablespoons Caesar dressing

¾ cup whole wheat couscous

1 cup fat free milk

Saturday 1545 calories

Breakfast

Breakfast burrito: 4 egg whites (2/3 cup) scrambled with 11 teaspoon olive oil, ¼ cup refried black beans, 2 tablespoons salsa, 2 tablespoons grated pepper Jack cheese, 1 tablespoon cilantro on 1 medium whole wheat tortilla

1 cup diced melon

Iced Tea or Coffee

Snack

1 large apple with 1 tablespoon almond or peanut butter

Lunch

4oz grilled chicken breast

½ cup cooked lentils heated with 1 tablespoon barbecue sauce and 1 teaspoon chopped cilantro

Spinach salad: 1 cup baby spinach leaves, ¼ cup halved cherry tomatoes, 1 tablespoon Russian vinaigrette, 2 teaspoons grated Parmesan cheese

1 cup fat free milk

Snack

1 stick Mozzarella cheese

1 cup red grapes

Dinner

4 oz pork tenderloin stir fried with 1 cup broccoli, 1 teaspoon garlic and 1 teaspoon low sodium soy sauce

½ cup cooked brown rice or bulgur wheat

5 medium tomato slices with 1 teaspoon balsamic vinegar and 1 teaspoon chopped fresh basil

Herbal tea

Banana Fudge Smoothie: Blend together ¾ cup cold unsweetened vanilla almond milk, ¼ cup plain Greek yogurt, 1 ripe frozen banana, 1 scoop chocolate protein powder (any brand), 1 tablespoon unsweetened natural cocoa powder, ½ teaspoon vanilla extract, 1 packet natural sweetener.

Sunday 1520 calories

Breakfast

1 egg and 2 large egg whites scrambled with ¼ cup shredded pepper Jack cheese and 1 teaspoon chopped cilantro

1 wedge honeydew melon

1 slice whole grain bread, toasted

1 cup fat free milk

Snack

1 medium apple and ½ oz raw almonds

Lunch

Roast beef wrap: 4 oz thinly sliced lean roast beef, ¼ cup shredded lettuce, 3 tomato slices, 1 teaspoon horse radish and 1 teaspoon Dijon mustard in 1 whole wheat tortilla (6" diameter)

½ cup jicama sticks

½ cup cooked pinto beans or lentils with 1 teaspoon chopped basil and 1 tablespoon Caesar vinaigrette

Iced decaf coffee

Snack

8 backed corn tortilla chips with 2 tablespoons guacamole and 2 tablespoons salsa

Dinner

4 oz salmon or halibut fillet, grilled

½ cup sliced mushrooms sauteed with 1 teaspoon olive oil, ¼ cup chopped yellow onion, and ¼ cup sliced bell pepper

1 cup arugula salad with ½ cup halved cherry tomatoes and 1 tablespoon miso dressing

½ cup warm unsweetened applesauce with ¼ cup fat free vanilla yogurt, dash of cinnamon and 1 tablespoon chopped pecans

Green or mint tea

Week 4

Monday 1535 calories

Breakfast

½ cup diced watermelon

Omelet: 3 egg whites, 2 tablespoons diced tomato, 1 teaspoon chopped dill, 2 tablespoons feta cheese, 1 cup chopped baby spinach

Small quesadilla made with ½ small corn tortilla and 1 tablespoon Jack cheese

Iced tea with fresh lemon

Snack

½ cup vanilla yogurt with 1 sliced apple and 1 tablespoon chopped walnuts

Lunch

Chicken Salad: 4 oz diced grilled chicken, 2 cups chopped romaine lettuce, ½ cup halved cherry tomatoes, 1 diced hard boiled egg, 1 tablespoon chopped basil, 2 tablespoons diced bell pepper, 2 tablespoons vinaigrette

2 Wasa whole grain crackers

1 medium nectarine

Iced tea with lime

Snack

2 spears grilled or cooked asparagus wrapped in 1 oz lox or smoked salmon

Dinner

4 oz shrimp grilled and sautéed with 1 teaspoon olive oil and 1 teaspoon chopped garlic

1 medium artichoke, steamed

½ cup whole wheat couscous with 2 tablespoons diced bell pepper, ¼ cup chickpeas, 1 teaspoon chopped cilantro, and 1 tablespoon honey mustard vinaigrette

½ cup sliced strawberries with ½ cup vanilla frozen yogurt

Green Tea

Tuesday 1495 calories

Breakfast

Breakfast frittata: 3 large egg whites (1/2 cup), 2 tablespoons diced bell peppers, 2 tablespoons chopped spinach, 2 tablespoons shredded provolone cheese, 2 teaspoons pesto

Plus ½ cup fresh raspberries

1 Banana Berry Muffin: Preheat oven to 400°F. Lightly coat a nonstick 12 muffin pan with cooking oil spray. In a medium bowl combine 1 ½ cups unprocessed wheat bran or oat bran, 1 cup white whole wheat flour, 2 tablespoons ground flaxseed, ¼ teaspoons baking soda, 1 teaspoon cinnamon, 1/8 teaspoon salt. In another bowl mix ¾ cup unsweetened vanilla almond milk, ¼ cup agave nectar or honey, 2 ripe bananas, mashed with fork, 1 egg, 2 tablespoons olive oil, 1 teaspoon vanilla extract and blend until smooth. Mix with dry ingredients. Add 1 cup fresh or frozen blueberries, 1/2 cup pitted prunes (optional).

Spoon ¼ cup batter into each muffin pan and bake 14 minutes. Makes 12 muffins.

1 cup fat free milk

Snack

½ cup vanilla yogurt with 1 tablespoon ground flaxseed and ½ cup diced peach or pear

Lunch

Portobello pizzas: 2 portobello mushroom caps, each filled with 2 tablespoons marinara sauce, 2 tablespoons crumbled, cooked lean turkey sausage, 1 tablespoon shredded mozzarella and baked at 400° F for 10 minutes

Salad: 5 slices tomatoes, ¼ cup diced cucumber, 1 teaspoon chopped fresh thyme, 1 tablespoon Italian dressing

1 medium orange

Iced Tea

Snack

Smoothie: ¾ cup milk, ½ banana, ½ cup plain Greek yogurt, ¼ cup sliced strawberries, blend until smooth.

Dinner

4 oz red snapper baked with 1 teaspoon olive oil, 1 teaspoon lemon juice, ½ teaspoon sodium free seasoning

1 cup spaghetti squash with 1 teaspoon olive oil and 2 teaspoons grated Parmesan cheese

1 cup steamed green beans sprinkled with 1 tablespoon slivered almonds

Sparkling water with lemon

Wednesday 1545 calories

Breakfast

1 cup low sodium tomato vegetable juice

3 egg whites (1/2 cup) scrambled with 1 teaspoon chopped cilantro, ¼ cup chopped red onion, ¼ cup sliced mushrooms and 1 tablespoon shredded Cheddar cheese

2 links lean turkey breakfast sausage

1 cup fresh blueberries

Green Tea

Snack

8 triangles whole wheat pita chips and 2 tablespoons hummus

Lunch

Chicken Caesar salad: 4 oz boneless skinless roast chicken, 1 cup chopped romaine lettuce, ½ cup sliced bell pepper, ¼ cup chopped scallions, 2 tablespoons Caesar dressing

Herbal tea

Snack

½ cup cottage cheese with ½ cup tomato salsa

Dinner

4 oz grilled salmon

1 cup oven roasted cauliflower or broccoli florets

¾ cup cooked brown rice

1 cup watercress salad with 1 tablespoon balsamic vinaigrette

½ cup ricotta with ½ cup raspberries and 1 tablespoon chopped almonds

Ice water with lemon

Thursday 1525 calories

Breakfast

Frittata: 3 large egg whites, 2 tablespoons diced roasted bell peppers, 2 teaspoons chopped spinach, 2 tablespoons shredded mozzarella cheese, 2 tablespoons chopped basil

½ cup fresh raspberries

1 small bran muffin

1 cup fat free milk

Snack

½ cup vanilla yogurt with 1 tablespoon ground flaxseed and ½ cup diced pear

Lunch

4 oz sliced turkey breast

Salad: 5 slices tomatoes, ¼ cup diced cucumber, 1 teaspoon chopped fresh thyme, 1 tablespoon Italian dressing

1 medium orange

Iced Tea

Snack

Smoothie: ¾ cup milk, ½ banana, ½ cup plain Greek yogurt, ¼ cup sliced raspberries, blend until smooth.

Dinner

4 oz red snapper baked with 1 teaspoon olive oil, 1 teaspoon lemon juice, ½ teaspoon sodium free seasoning

1 cup spaghetti squash with 1 teaspoon olive oil and 2 teaspoons grated Parmesan cheese

1 cup steamed green beans sprinkled with 1 tablespoon slivered almonds

Green tea with lemon

Friday 1485 calories

Breakfast

¼ cup old fashioned oats (cooked with water) topped with 1 tablespoon chopped pumpkin seeds

Omelet: 1 egg and 2 egg whites, fresh dill or other herbs, 1 oz feta cheese

1 kiwifruit, sliced

Green Tea or water

Snack

½ turkey sandwich made with 2 oz lean turkey, 1 tomato slice, 1 lettuce leaf, 1 teaspoon Dijon mustard on 1 slice whole grain bread

Lunch

5 oz salmon burger, grilled on whole grain bun with 1 tomato slice, lettuce and 1 teaspoon Dijon mustard

1 apple

1 cup fat free milk

Snack

Kefir or yogurt smoothie: 6 oz unsweetened kefir or yogurt, $\frac{1}{4}$ cup mixed berries and 1 teaspoon ground flaxseed

Green tea or water

Dinner

1 serving White Chicken Chili: Cook and shred 1 pound chicken or turkey breast, set aside. In a large saucepan mix together 4 $\frac{1}{2}$ cups cooked great northern beans, 2 cups chicken broth, 2 cups thick and chunky salsa. Heat through, stir in meat and 1 cup mozzarella cheese, top with cilantro if desired. Makes 8 (1 cup) servings.

Green Salad: 2 cups baby spinach or mixed greens, 5 cherry tomatoes, halved, and 1 tablespoon vinaigrette

1 pear

Water

Saturday 1525 calories

Breakfast

$\frac{1}{2}$ cup ricotta cheese topped with 1 tablespoon ground flaxseed and $\frac{1}{4}$ cup fresh berries

$\frac{1}{4}$ cup old fashioned oatmeal (cooked with water) and $\frac{1}{2}$ teaspoon cinnamon

1 soft boiled egg

1 cup fat free milk

Green tea or water

Snack

1 apple with 1 tablespoon almond or peanut butter

Lunch

1 serving Grilled Prawn Salad with Tomatoes and Avocado Alioli: Season 8 large fresh prawns with 2 teaspoons olive oil and ½ teaspoons crushed garlic. Cover and refrigerate for at least 1 hour. Heat a grill or nonstick skillet. Cook 4 slices (2 oz) lean turkey bacon until crisp. Drain on a paper towel. Grill or sautee prawns for 1 minute on each side, until pink. Cool and cut and half lengthwise.

Mix prawns with 4 cups mixed salad greens, bacon, 2 sliced Roma tomatoes. Top each salad with 2 tablespoons Avocado Alioli. Makes 2 servings.

Avocado Alioli: combine 1 medium very ripe avocado, ½ cup plain Greek yogurt, 1 tablespoon chopped basil, 2 teaspoons minced garlic, 2 teaspoons lemon juice, ½ teaspoon salt, ¼ teaspoon black pepper, and blend until smooth. Makes 1 cup or 8 (2 tablespoon) servings.

Plus 1 kiwifruit, sliced

1 cup fat free milk

Snack

1 hard boiled egg

1 apple

3 walnuts

Dinner

1 serving Black Bean Quesadillas: Spray a large nonstick skillet with cooking oil spray and heat over medium heat. One at a time, warm 2 brown tortillas (burrito size) on both sides. Leave the second tortilla in the pan and cover it with 2 slices torn into pieces pepper Jack cheese. Spread ½ cup black beans and heat for 1 -2 minutes. Add second tortilla and heat 1 more minute. Turn quesadilla over and heat until cheese melted. Remove from pan, cut into 6 triangles. Place 3 triangles on a plate, and top each serving with 1/8 cup fresh salsa and 1 cup shredded romaine lettuce. Makes 2 servings.

Sunday 1495 Calories

Breakfast

Yogurt parfait: 6 oz plain Greek yogurt, 1 tablespoon ground flaxseed, ¼ cup mixed berries, ¼ cup Kashi GoLean Cereal

Omelet: 1 egg, 2 egg whites and fresh herbs

Green tea or Water

Snack

Chicken quesadilla: 2 tablespoons grated pepper Jack cheese and 1 ½ oz roasted turkey breast or chicken on 1 corn tortilla

Lunch

Greek Salad: 4 oz grilled chicken, 2 cups chopped romaine lettuce, ¼ cup diced cucumber, ¼ cup diced red bell pepper, 2 tablespoons chopped scallion, 22 tablespoons crumbled feta cheese, 1 tablespoon Caesar dressing

½ cup vanilla yogurt with 1 tablespoon chopped dates and 1 tablespoon chopped pecans

Iced tea

Snack

½ cup cottage cheese topped with 1 tablespoon ground flaxseed

1 pear

Water

Dinner

1 cup lentil or black bean soup topped with 1 tablespoon plain Greek yogurt and 1 teaspoon chopped scallion or chives

1 cup dark green leafy salad with 6 oz grilled halibut

½ cup alfalfa sprouts and 1 tablespoon balsamic dressing

1 cup fat free milk

Week 5

Monday 1430 calories

Breakfast

Veggie Cheese Omelet:

In a small bowl whisk together 3 egg whites, 1 whole egg and 2 tablespoons fat free milk. Lightly coat a small nonstick skillet with olive oil, heat to medium high heat, add eggs and cook until they start to set.

Meanwhile, warm ¼ cup diced roasted bell pepper and ¼ cup diced yellow onion in the microwave for 30 seconds. Spoon veggies and ¼ cup shredded cheddar or jack cheese. Season with your favorite spices and fold in half. Garnish with the cilantro. Makes 1 serving.

Plus 1 slice whole grain toast

1 cup cubed honeydew melon

1 cup fat free milk

Snack

1 apple

½ oz walnuts

Lunch

Tostada Salad: toast 1 whole wheat tortilla until crisp. Place 2 cups baby lettuce mix on the tortilla. Then top with ¼ cup cooked brown rice, ¼ cup cooked black beans, ½ fire roasted sliced bell peppers, 4 oz diced grilled chicken, ¼ diced avocado, ½ cup salsa, 1 tablespoon plain Greek Yogurt. Garnish with cilantro. Makes 1 serving.

1 cup tomato soup

1 cup fat free milk

Snack

1 serving Frozen Berry Nut Parfait: In a food processor combine 1 cup plain Greek style yogurt, ½ cup fresh blueberries, 1/3 cup diced frozen strawberries, 1-2 packets natural sweetener, 2 teaspoons vanilla extract. Blend until smooth. Stir in ¼ cup chopped roasted walnuts. Freeze about 30 minutes. Scoop in the serving cup. Makes 4 (1/2 cup) servings.

Dinner

1 serving Burrito Mix: In a nonstick skillet fry 1 ¼ pound lean ground turkey, 1 medium chopped yellow onion, 1 cup diced bell pepper (any color one pepper). Cook 5 minutes, add 1 tablespoon chili powder, 1 teaspoon ground cumin, 1 teaspoon ground mustard, 1 teaspoon oregano and chile flakes (optional).

Add 1 (15oz) can black or kidney beans, and 1 (10 oz) oz package frozen spinach or 10 cups fresh baby spinach. Cook until heated through. Makes 8 (1 cup) servings.

Plus 3 slices (1 oz) avocado

1 cup fresh berries and ½ banana

1 cup fat free milk

Green tea or Coffee

Tuesday 1430 calories

Breakfast

3 Lettuce wrapped “Tacos”: You will need 3 romaine lettuce leaves, 4 oz cooked ground turkey seasoned with ½ teaspoon low sodium taco seasoning, ½ cup refried beans, ¼ cup Mexican four cheese blend, 2 tablespoons sliced black olives, 2 tablespoons fresh tomato salsa, 3 slices avocado (optional). Using lettuce as taco shells place 1/3 of each ingredient on the end each leaf and roll like a wrap, tucking in the edges.

1 cup fat free milk

½ cup cubed watermelon or other melon

Snack

1 stick Cheddar cheese

1 apple

Lunch

1 ½ cup minestrone soup: Heat 2 tablespoons olive oil in a large pot over medium-high heat. Add 1 large diced onion and cook until translucent, about 4 minutes. Add 4 cloves minced garlic and cook 30 seconds. Add 2 stalks diced celery and 1 diced carrot and cook until they begin to soften, about 5 minutes. Stir in 1/3 pound green beans, 1 teaspoon dried oregano and 1 teaspoon basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.

Add 1 (28oz) can diced and 1 (14oz) can crushed tomatoes and 6 cups chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the 1 (16 oz) can kidney beans and cook about 10 minutes. Season with salt. Ladle into bowls and top with the parmesan and chopped basil. Makes 6 servings.

1 cup baby spinach with 1 tablespoon dressing and 1 tablespoon ground flaxseed

Iced green tea or Coffee

Snack

Roast beef cheese sandwich: Preheat a panini press to medium heat. Spread 1 tablespoon mustard on 1 slice of whole grain bread and put ½ wedge Laughung cow, 2 ½ oz lean sliced roast beef, 2 slices medium red onion. Cover with second slice of bread. Cook in the press for 3 minutes, or until bread is toasted and sandwich is hot.

Dinner

1 serving Stuffed chicken breast: Spread 2 tablespoons Dijon mustard evenly inside 4 chicken breast sliced horizontally to make pocket. In a nonstick skillet sear 4 slices low sodium ham for 30 seconds on each side. Place ham slice inside chicken. Place 4 slices Swiss cheese in chicken breasts.

Season each breast with salt, pepper and 1 teaspoon fresh rosemary. Brown each side for 6 to 8 minutes in a nonstick pan. Remove chicken, drain excess grease, then add ¼ cup of chicken broth and place chicken in broth and simmer 3 – 4 minutes. Makes 4 servings.

Plus 1 steamed artichoke

1 cup fat free milk

Wednesday 1580 calories

Breakfast

¼ cup steel cut oatmeal cooked with 1 tablespoon wheat bran and 1 cup unsweetened vanilla almond milk

1 hard boiled egg

1 orange

Green tea or Coffee

Snack

1oz smoked salmon

2 Wasa crackers

Lunch

BLT sandwich: toast 2 slices whole wheat bread. Cook 3 slices turkey bacon. Mix 2 tablespoons spicy mustard and 1 wedge Laughing Cow Light French onion cheese and spread on toast. Cook ½ cup egg whites or 1 whole egg as desired. Place 1 leaf lettuce, 2 tomato slices, egg, bacon between toast slices and enjoy!

1 fresh pear

1 cup fat free milk

Snack

1 cup steamed edamame

Dinner

5 oz wild grilled salmon

1 cup Brussels sprouts roasted with 1 tablespoon olive oil

$\frac{3}{4}$ cup cooked wild rice

Thursday 1550 calories

Breakfast

1 cup Kashi GoLean cereal and 1 tablespoon ground flaxseed

1 cup unsweetened almond milk

$\frac{3}{4}$ cup fresh blueberries

$\frac{3}{4}$ cup vanilla yogurt

Snack

$\frac{1}{2}$ tuna salad sandwich on whole grain bread

1 cup fat free milk

Lunch

1 serving Quinoa Tabbouleh with Roast Turkey and Tomatoes:

Place 2 cups water and 1 cup dry quinoa in a 1 quart saucepan. Bring to boil, cover, return to simmer for 15 minutes. Remove from heat, let cool.

Meanwhile, in a medium mixing bowl, combine 2 cups halved cherry tomatoes (or 2 tomatoes seeded and diced), 1 cup diced, seeded, and peeled cucumber, $\frac{1}{4}$ cup chopped fresh italian parsley, $\frac{1}{4}$ cup lemon juice, 1 tablespoon olive oil, 1 tablespoon grated lemon peel, $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon black pepper, 2 scallions finely chopped. Add cooled quinoa, blend with spoon. Chop 2 cups of roast turkey breast.

Serve about 1 $\frac{1}{4}$ cup of quinoa mixture with $\frac{1}{2}$ cup of chopped turkey on top. Makes 4 servings.

1 cup green grapes

Iced tea

Snack

½ cup cottage cheese with ½ cup fresh salsa

Dinner

1 serving Moussaka:

To make the meat mixture: In a large saucepan heat 2 tablespoons olive oil over medium-high heat. Add 1 ¼ pounds lean ground turkey (or lamb) and 1 cup chopped yellow onion. Cook 5 minutes, stirring to break up the meat. Add ¼ cup white wine or chicken broth, 15 oz of low sodium tomato sauce, 1 teaspoon ground nutmeg, 1 teaspoon cinnamon and 1 tablespoon honey. Simmer, stirring occasionally for about 30 minutes, until mixture thickens and is almost dry.

To make the béchamel sauce: Heat 3 tablespoons oil over medium heat. Whisk ¼ cup white whole wheat flour and ¼ teaspoon ground black pepper. Cook 1-2 minutes, stirring constantly. Add 1 tablespoon minced garlic and cook until soft. Pour 1 ½ cups milk and ¾ cups chicken or vegetable broth. Cook until thick. Remove from heat. Stir in ½ cup chopped scallions and ¾ cup finely chopped sun dried tomatoes. Season with salt and black pepper.

To assemble: Preheat the oven to 350° F. Lightly coat 13"x9" glass baking dish with oil. Cut 1 medium eggplant into 1/4" thick rounds and arrange half of it in the bottom of the dish. Add the meat mixture top with remaining eggplant. Season with salt and pepper. Pour the hot béchamel sauce over the eggplant. Sprinkle with 1/3 cup grated Parmesan cheese. Bake for about 1 hour, or until golden and bubbling on the edges. Makes 8 (4 ½" x 3 ¼") servings.

Plus 2 cups mixed greens with 3 slices avocado, 6 halved cherry tomatoes, 1 tablespoon vinaigrette

Green Tea

Friday 1480 calories

Breakfast

Egg sandwich: toast 1 slice of whole grain bread or 1 Arnold sandwich thin. Meanwhile in a nonstick skillet cook 2 egg whites and 1 egg. Remove egg, warm 1 oz lean deli ham or Canadian bacon for a minute or two. Spread horseradish or mustard sauce on the toast (optional). Place egg and bacon on hot toast and top with 1 slice mozzarella or provolone cheese. Place under broiler for 30 seconds to melt cheese and serve.

1 banana with ½ cup fresh raspberries

Green tea or Coffee

Snack

2 hard boiled eggs, yolk scooped out and stuffed with 4 tablespoons hummus

Lunch

Shrimp cocktail: 8 boiled or grilled large shrimp with ¼ cup cocktail sauce

2 cups Fire Roasted Tomato Soup:

In a 2 quart saucepan heat 1 tablespoon olive oil, add 2 tablespoons minced shallot or onion, 2 quarter size slices peeled fresh ginger and cook about 1 minute. Add 1 tablespoon chopped garlic and 1 14 ½ oz can diced fire roasted tomatoes. Simmer 4 minutes. Add 1 cup fat free chicken or vegetable broth and ½ cup 1% or fat free milk. Bring to boil and transfer to food processor. Blend until smooth. Add salt and pepper to taste. Garnish with chopped chives or scallion. Makes 4 (¾ cup servings).

1 cup fat free milk

Snack

1 ½ cups steamed edamame

Dinner

6 oz halibut baked with lemon and seasoning

1 small baked sweet potato

1 cup steamed broccoli

Green tea or Coffee

Saturday 1530 calories

Breakfast

French toast: 1 slice whole grain bread dipped in 1 egg and fried.

1 tablespoon sugar free fruit spread

3 slices turkey bacon

½ large red grapefruit

Coffee

Snack

2 slices provolone cheese and 2 slices lean roast turkey on 4 whole grain crackers (or 2 Wasa crackers)

Lunch

1 ½ cups split pea soup with 1 oz chopped Canadian bacon

1 pear

1 cup fat free milk

Snack

2 Roast beef rollups: Take 4 thin slices (1/2 oz each) lean roast beef, or lean ham or turkey breast. Spread each slice with 1 tablespoon horseradish and top with ¼ wedge Laughing Cow Light French Onion cheese. Roll up. Makes 4 rolls.

Dinner

6 oz grilled fillet mignon

¾ cup cooked whole grain pasta with 1 tablespoon pesto

2 sliced Roma tomatoes with 1 tablespoons balsamic vinegar

Green tea or Coffee

Sunday 1435 calories

Breakfast

1 Serving Chocolate Protein Shake with 1 tablespoon ground flaxseed:

1 cup Almond Breeze unsweetened vanilla almond milk, ½ banana, ½ cup frozen or fresh strawberries, 2 scoops chocolate protein powder (any brand), 1 tablespoon unsweetened cocoa powder, 1 teaspoon vanilla extract, 1 package Truvia or other natural sweetener, 1 cup ice. Combine everything in a blender until smooth. Makes 2 (1 1/2) servings.

1 bran muffin

1 cup fat free milk

Coffee or Green tea

Snack

2 oz lean deli ham

1 large wedge cantaloupe or honeydew melon

Lunch

1 Mexican Turkey Burger on whole grain bun:

In a large bowl combine 20 oz extra lean ground turkey breast, ¼ cup chopped cilantro, ¼ cup diced red onion, ¼ cup diced red bell pepper, 1/3 cup diced fresh mushrooms, 1 tablespoon Mexican seasoning or fajita seasoning, ¼ cup Mexican blend cheese, 1 teaspoon minced garlic.

Divide mixture into 6 patties. Grill burgers 3 minutes on each side, or until inside is no longer pink. Serve on whole grain buns or sandwich thins with 6 tablespoons salsa, 1 ½ sliced avocado and 6 tablespoons Greek style yogurt.

Plus ½ cup salsa and ¼ medium avocado

Iced Tea

Snack

¾ cup ricotta cheese, ½ cup cherries, 1 tablespoon toasted slivered almonds

Dinner

1 serving Moroccan Pork Stew with Baby Artichokes and Dried Fruit: Cut 1 pound pork into 1" pieces. In a 3 quart nonstick saucepan heat 1 teaspoon olive oil, add 1 large chopped onion, cook until softened. Add 3 cups fat free chicken or vegetable broth, 1 teaspoon crumbled saffron threads and ½ teaspoon salt. Add 1 medium carrot cut into ¼' dice and ¼ cup celery, simmer covered for 2 minutes.

Add 1 ½ teaspoons ground ginger, ¾ teaspoons ground cinnamon, 1 cup cut pitted prunes and 1 (9 oz) package frozen artichoke hearts, cut into pieces and simmer for 2 minutes. Add pork and stir in cilantro. Simmer uncovered stirring occasionally for 6 to 8 minutes, or until the pork is fully cooked.

Plus ¾ cup cooked whole wheat couscous

2 plums or apricots

Green tea

Week 6

Monday 1525 calories

Breakfast

Yogurt smoothie: $\frac{3}{4}$ cup plain Greek yogurt, 2 cup unsweetened vanilla almond milk and $\frac{1}{2}$ cup strawberries

2 oz smoked salmon or lox

$\frac{1}{2}$ whole grain bagel, toasted

Green tea

Snack

2oz sliced chicken or turkey breast

$\frac{1}{4}$ cup pumpkin seeds

1 apple

Lunch

BLT sandwich: toast 2 slices whole wheat bread. Cook 3 slices turkey bacon. Mix 2 tablespoons spicy mustard and 1 wedge Laughing Cow Light French onion cheese and spread on toast. Cook $\frac{1}{2}$ cup egg whites or 1 whole egg as desired. Place 1 leaf lettuce, 2 tomato slices, egg, bacon between toast slices and enjoy!

1 large wedge cantaloupe

1 cup fat free milk

Green tea

Snack

$\frac{1}{3}$ cup hummus

2 medium celery stalks

3 almonds or 6 hazelnuts

Dinner

1 serving (1 cup) Bean Stew made with kidney beans and kale:

In a 4 quart saucepan, heat 1 tablespoon olive oil over medium-high heat. Add 1 large chopped yellow or white onion and cook for about 5 minutes. Add 1 tablespoon of chopped garlic and cook 1 more minute.

Add 1 (28-ounce) can diced fire-roasted tomatoes, 1 teaspoon ground cumin, 1 teaspoon chili powder, 1 teaspoon red chili flakes (optional). Simmer about 5 minutes. Add 2 (15 ½ ounce) cans of either chickpeas, kidney beans, black beans or white beans rinsed and drained. Add 3 ½ cups fat free, low sodium chicken or vegetable broth. Simmer.

Meanwhile, place the remaining 1 can of beans with ½ cup broth in a food processor, add ¼ chopped cilantro and blend until smooth. Add puree to the stew. Add 3 cups fresh baby spinach or chopped kale or swiss chard. Stir well and serve hot. This recipe makes 10 (1 cup) servings.

Plus ½ cup cooked barley

1 cup mixed green salad with ¼ avocado, 1 teaspoon extra virgin olive oil and 1 teaspoon lemon juice

Green tea

Saturday 1555 calories

Breakfast

Omelet: 1 egg and 3 egg whites filled with ½ cup sautéed onions and mushrooms

2" wedge honeydew melon

1 toasted whole grain English muffin with 2 teaspoons all fruit spread

1 cup fat free milk

Green tea

Snack

1 oz sliced turkey breast

3 olives

3 cherry tomatoes

Lunch

1 4oz turkey burger on toasted whole grain bread with 2 tomato slices, 2 romaine lettuce leaves, 1 teaspoon Dijon mustard, 3 slices avocado

2 cups mixed green salad with 1 teaspoon extra virgin olive oil and 1 teaspoon lemon juice

½ cup fresh berries

Iced green tea

Snack

Shrimp cocktail: 5 large shrimp, boiled or grilled, with ¼ cup cocktail sauce

Dinner

5 oz sole, baked, with fresh lemon

½ cup cooked barley or brown rice

1 cup steamed broccoli with 1 teaspoon minced garlic and 1 tablespoon chopped walnuts or slivered almonds

1 cup fat free milk or green tea

Wednesday 1495 calories

Breakfast

Peachy Oatmeal:

Combine 1 cup cooked steel-cut oats, ¼ cup sliced peaches (fresh or frozen), 1 tablespoon slivered almonds, 1 teaspoon vanilla extract, ¼ cup Almond Breeze unsweetened vanilla almond milk, 1 packet Truvia or other natural sweetener.

1 hard boiled egg

1 cup fresh raspberries

1 cup fat free milk

Green tea or Coffee

Snack

½ cup cottage cheese topped with 1 tablespoon chopped pumpkin seeds or sunflower seeds and 1 sliced kiwifruit

Lunch

Tostada Salad: toast 1 whole wheat tortilla until crisp. Place 2 cups baby lettuce mix on the tortilla. Then top with ¼ cup cooked brown rice, ¼ cup cooked black beans, ½ fire roasted sliced bell peppers, 4 oz diced grilled chicken, ¼ diced avocado, ½ cup salsa, 1 tablespoon plain Greek Yogurt. Garnish with cilantro. Makes 1 serving.

1 apple

Iced tea

Snack

Yogurt smoothie:

1 cup plain Greek yogurt, ¼ cup mixed berries, ½ banana and 1 teaspoon ground flaxseed

Dinner

1 cup whole wheat pasta with ½ cup fire roasted tomatoes, 1 teaspoon garlic, 1 tablespoon chopped basil

6 oz grilled halibut

3 cups wilted baby spinach

½ cup diced melon and ½ cup fresh berries

Green tea

Thursday 1495 calories

Breakfast

3 slices turkey bacon

½ cup cooked barley with ½ teaspoon ground cinnamon and ¼ cup berries

1 medium wedge cantaloupe

1 cup fat free milk

Green tea

Snack

1 cup plain Greek yogurt with ½ teaspoon vanilla extract, ½ sliced banana, ¼ cup berries, and 2 chopped Brazil nuts or 1 tablespoons toasted slivered almonds)

Lunch

2 cups minestrone soup: Heat 2 tablespoons olive oil in a large pot over medium-high heat. Add 1 large diced onion and cook until translucent, about 4 minutes. Add 4 cloves minced garlic and cook 30 seconds. Add 2 stalks diced celery and 1 diced carrot and cook until they begin to soften, about 5 minutes. Stir in 1/3 pound green beans, 1 teaspoon dried oregano and 1 teaspoon basil, 3/4 teaspoon

salt, and pepper to taste; cook 3 more minutes.

Add 1 (28oz) can diced and 1 (14oz) can crushed tomatoes and 6 cups chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the 1 (16 oz) can kidney beans and cook about 10 minutes. Season with salt. Ladle into bowls and top with the parmesan and chopped basil. Makes 6 servings.

1 cup sliced cucumber, ½ cup chopped tomato, 1 tablespoon crumbled feta cheese, 1 tablespoon dressing

Snack

1 ½ cups steamed edamame

Dinner

Crab cocktail: 1 cup crabmeat with ½ cup cocktail sauce served over 3 cups mixed baby greens with 1 ½ tablespoons balsamic dressing

1 Wasa cracker

1 cup blueberries with 1 tablespoon chopped mint

Green tea

Friday 1555 calories

Breakfast

½ cup cottage cheese topped with 1 tablespoon ground flaxseed

1 cup old fashioned oatmeal, cooked in water with ½ teaspoon ground cinnamon

1 soft boiled egg

¼ cup berries

1 cup fat free milk

Green tea or water

Snack

1 stick mozzarella cheese

1 apple

3 walnuts

Lunch

Tuna salad sandwich on 2 slices whole grain bread

4 baby carrots and 1 celery stalk

2 medium tangerines

1 cup fat free milk

Snack

2 oz slices roast turkey or chicken breast

1 tablespoon raw pumpkin seeds

2" wedge honeydew melon

Dinner

5 oz grilled wild salmon

½ cup cooked brown rice or whole wheat couscous

2 cups steamed broccoli

¾ cup all fruit sorbet

Saturday 1565 calories

Breakfast

Cheese omelet: 1 egg and 2 egg whites, ½ oz slice provolone cheese, ¼ teaspoon dry or 1 teaspoon fresh thyme, 2 slices diced Canadian bacon

2" wedge cantaloupe

1 cup fat free milk

Green tea or Coffee

Snack

1 apple with 1 tablespoon almond or peanut butter

Lunch

1 serving Fire Roasted Tomato Soup:

In a 2 quart saucepan heat 1 tablespoon olive oil, add 2 tablespoons minced shallot or onion, 2 quarter size slices peeled fresh ginger and cook about 1 minute. Add 1 tablespoon chopped garlic and 1 14 ½ oz can diced fire roasted tomatoes. Simmer 4 minutes. Add 1 cup fat free chicken or vegetable broth and ½ cup 1% or fat free milk. Bring to boil and transfer to food processor. Blend until smooth. Add salt and pepper to taste. Garnish with chopped chives or scallion. Makes 4 (¾ cup servings).

½ grilled cheese sandwich: 1 sliced cheddar cheese and 1 teaspoon Dijon mustard on 1 slice whole grain bread

1 cup red grapes

Iced tea

Snack

¼ cup hummus

1 celery stalk

Dinner

1 serving Cheesy Stuffed Chicken breast: In a small bowl combine ¼ cup (1oz) shredded Monterrey Jack cheese, ½ cup diced fire roasted tomatoes, ½ teaspoon red chile flakes (optional), 2 tablespoons cilantro and ¼ teaspoon salt. Cut horizontal pocket in 4 (4oz) boneless skinless chicken breasts, without cutting all the way through. Spoon ¼ of mixture into each breast and secure pocket with toothpick.

1 cup steamed brussels sprouts

½ small roasted sweet potato

Green tea or coffee

Sunday 1515 calories

Breakfast

1 cup Kashi GoLean cereal

¾ cup fat free milk

½ sliced banana and ¼ cup fresh berries

4 slices turkey bacon

Green tea or Coffee

Snack

2 oz slice lean turkey or chicken breast

¼ cup fresh cherries or berries

3 almonds

Lunch

Roast beef cheese sandwich: Preheat a panini press to medium heat. Spread 1 tablespoon mustard on 1 slice of whole grain bread and put ½ wedge Laughing cow, 2 ½ oz lean sliced roast beef, 2 slices medium red onion. Cover with second slice of bread. Cook in the press for 3 minutes, or until bread is toasted and sandwich is hot.

2 cups mixed green salad with 1 tablespoon Caesar dressing

½ cup cubed melon

1 cup fat free milk

Snack

½ cup cottage cheese or ricotta topped with 1 teaspoon flaxseed and ¼ cup berries

Dinner

6 oz halibut, grilled

1 red bell pepper, roasted

3 cups baby spinach, wilted with 1 tablespoon balsamic vinegar, 1 teaspoon grated Parmesan cheese and ground black pepper

½ cup frozen yogurt with ¼ cup blueberries and 1 tablespoon toasted pecans.

AD: In just 6 weeks you can change your future and make steps toward preventing and reversing conditions such as diabetes, heart disease and high blood pressure. By using my workouts along with 6 week meal plan you will:

- Boost your mood and brainpower with quick stretch workout and omega-3 rich foods like Veggie Cheese Omelet (recipes included)
- Protect yourself from colds and flus by enhancing immunity with the power of vitamins A and C, found in Peachy Oatmeal and Fire Roasted Tomato Soup (recipes included)
- Cut your cancer risk with strength training workouts and the power antioxidants, like those in Berry Smoothie and Berry Oatmeal (recipes included)
- Help prevent heart disease by getting plenty of cardio exercise and trimming saturated fat from your diet with lean protein dishes like Egg White bites (recipes included)

With easy to follow workouts instructions to get you moving and 6 weeks meal plan full of delicious recipes, **this course** helps you lose pounds and gain a lifetime of good health.