Eating Well for Diabetes Meal Plan

1,800-Calorie Level
Welcome to a diabetes meal plan that tastes good.

When you have diabetes—or are at risk of developing diabetes—every choice you make to eat or drink is important. Choosing the right foods has powerful benefits: it can help keep your blood glucose under control, help keep your blood fats (e.g., cholesterol, triglycerides) and blood-pressure levels in check and help prevent other complications of diabetes too. Most of all, eating right helps you feel in control.

Of course you want a meal plan that not only helps you feel great but tastes great too. And you want recipes and snack ideas that are quick and easy. In short, you’re looking for a diabetes-friendly eating plan that is delicious and “doable.”

This plan is all that and more. Developed by EatingWell’s team of Test Kitchen experts and registered dietitians, the plans meet high standards for “good taste” and “good health.” They’re designed to keep you within defined calorie and carbohydrate targets and help you get enough of nutrients you might be falling short on, such as calcium and fiber. On the flip side, the plans strictly limit nutrients that, when eaten in excess, are linked with heart disease since a diagnosis of diabetes also can increase your risk for cardiovascular disease. Saturated fat is capped at 7 percent of total calories, sodium is limited to 1,500 mg/day and dietary cholesterol is kept to 200 mg or less (per day). The plans also keep added sugars—we’re talking honey, molasses, agave nectar, etc., as well as refined white sugar—to a minimum.

Now you’re thinking, how can such a controlled diet not taste like cardboard? The secret is that these menus use wholesome, healthy ingredients that are naturally delicious. These tasty whole foods are, at times, enhanced—but with herbs and spices rather than loads of butter and sugar.

It’s important, too, to note the plans are practical, making use of leftovers so you aren’t wasting food. Finally, and perhaps best of all, the plans are customizable—which means you eat what you like. Because isn’t that what really matters when you’re trying to create healthier habits that stick? Let’s get started!

How to Use This Program:

1. Pick the right plan.

Calculate your daily calorie target. When you’re managing diabetes, keeping track of your carbohydrate intake is important for your health. But if you’re trying to lose weight (which can improve glucose control), calories matter too. To estimate how many calories you need each day to stay at the weight you are right now, multiply your current weight by 12. The calculated result is your daily calorie goal if your aim is to maintain. If you want to lose about a pound per week, subtract 500 calories from the number you calculated with this (x12) formula; to lose about two pounds per week, subtract 1,000 calories. Round up to 1,200 calories if you’ve calculated a smaller number: below that level, it’s hard to get all the nutrients your body needs.

Choose the plan that’s best for you. Start with the level closest to the calorie target you just calculated: 1,200, 1,500, 1,800, 2,000 or 2,200. If you’re between two levels, take your pick. Obviously, you’ll lose weight a little faster at the lower level.

Hint: Before changing your diet, consult your health-care provider. When you have diabetes, even positive changes to your diet may affect blood sugar, insulin and medications, which could lead to blood glucose levels that are too low—even before you lose any weight. That’s also why it’s important to measure your blood glucose frequently and stay in touch with your health-care team when following this (or any) new eating plan.

Example: If your current weight is 160 pounds and your goal is to lose 1 pound per week...

160 [lb.] x 12 = 1,920 [calories]
1,920 - 500 = 1,420 [calories]

P.S. As you lose weight, you may want to run the calorie-target calculation again, since your calorie needs will have changed. Again, you’ll want to stay in close touch with your doctor or diabetes educator.

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How to Use This Program (continued):

Customize menus to suit your tastes.

Mix and match whole meals. Our meal plans are flexible, allowing you to swap meals within a category (e.g., breakfast or dinner) and still keep calories and carbohydrate counts relatively consistent. For example, if Tuesday’s breakfast doesn’t sound good, simply replace it with Friday’s and account for any differences in calories and carbs. You may have, and want to use, leftovers in place of a “regularly scheduled” meal. On the flip side, some weeks plan for leftovers—we’ve marked those—so if you didn’t make that meal, you’ll have to adjust. Keep in mind that once you start making changes there’s no guarantee that your day will be 100 percent nutritionally balanced. (And be sure to adjust your shopping list accordingly!)

Make single swaps. For each snack, and meal, we’ve listed the number of calories and the number of carb grams so that you can replace it with something else that allows you to stay within your calorie and carbohydrate targets. Find calorie and carbohydrate counts for common foods at the USDA’s Nutrient Database: http://ndb.nal.usda.gov

Account for extras. Our menus don’t include many (calorie-containing) beverages. But if breakfast just isn’t breakfast without a little OJ, and juice isn’t on the day’s plan, have some—knowing that ½ cup (4 ounces) delivers the calories and carbs of a whole orange minus the 3 grams of fiber. Coffee and tea are freebies, even with a splash of low-fat milk—but if you use more than ¼ cup of milk or you opt for cream (or flavored creamer), be sure to count those calories/carbs. And on the topic of extras, don’t lose count of the calories, carbohydrates and sodium in condiments, which can pack more than you might think—2 tablespoons of ketchup, for instance, has 30 calories, 8 grams of carbohydrate (same as half a slice of bread!) and 334 mg sodium.

Assess and adjust.

Are you losing more weight than planned—or are you always hungry? You might want to bump up to the next calorie level. (Don’t forget to talk with your doc!) The formula you used in Step 1 assumes a relatively low level of physical activity, so if you exercise regularly it may underestimate your calorie needs. Don’t forget: Both losing weight and exercising improve your body’s response to insulin, so if you are taking insulin or medications to manage your diabetes, you’ll need to be extra-vigilant about monitoring your blood glucose before and after exercise (and even during exercise, for some people). Measure your blood glucose at various times of the day, including before meals, two hours after meals and before bedtime.

Are you eating too much? If you’re trying to lose weight and following the plans religiously, but the scale isn’t budging, make sure you’re not underestimating your portion sizes: measure, or weigh, everything you eat for a week and see if that jump-starts your weight loss. If you’re still not losing—and you’re remembering that healthy weight loss is a slow-and-steady one to two pounds per week—consider dropping to a lower calorie level, making sure not to dip below 1,200 calories per day.

Consider: Maybe you’re doing it just right! Give yourself credit for your small successes and don’t get down on yourself when you slip up. Just acknowledge the “mishap” and move on. Little lapses are part of every journey toward healthier habits. You’re on your way!

Hint: We assume you may already have some ingredients at home, so instead of listing them in the main shopping list that follows each week, we suggest you check your pantry for these foods. Do read the pantry list carefully, as some ingredients may be new to you.
Paging through the meal plans, you may notice some things that are confusing... or not to your liking. Don't sweat it. Do read through this section, which offers explanations and adaptations to help you “make it work.”

**The problem:** The plan lists amounts for some foods (like pretzels) in ounces—and you don't know how much that is.

**The solution:** We highly recommend getting an inexpensive kitchen scale (such as the EatSmart Precision Pro digital scale, which sells for about $25) to measure portions accurately. A simple scale and a set of measuring cups will go far in helping prevent the portion distortion that often results in our eating too much.

**The problem:** You like to switch up your snacks but the plan repeats the same ones.

**The solution:** If varying your snacks helps keep you engaged, go for it! We limited the number of different snacks to keep the length of your weekly shopping list reasonable and also because some research suggests that people who eat the same thing day after day have an easier time making healthy changes. Need ideas? Consult our “Swap-In Snacks” (page 5).

**The problem:** You like something on those steamed vegetables (or plain grains).

**The solution:** Sure! There are lots of ways to jazz up vegetables or grains, calorie-free. Try chopped fresh herbs, such as cilantro, parsley, dill or tarragon; a sprinkle of curry powder, garlic powder or lemon pepper (look for one that’s salt-free); a squeeze of lemon or lime juice and/or the zest; a splash of rice vinegar, balsamic or sherry vinegar—or a couple of dashes of a flavorful hot sauce (check the sodium, though, as hot sauce can pack nearly 200 mg of sodium per teaspoon).

**The problem:** The plan includes ingredients, such as agave nectar and walnut oil, that I don’t usually use.

**The solution:** When it comes to oils (including walnut oil) and added sugars (like agave nectar), the point is to minimize the amounts you consume. These plans include agave nectar and walnut oil primarily for culinary, not nutrition, reasons and, yes, you can swap them out. Try olive or canola oil in place of walnut oil, just note that different oils have different levels of saturated and unsaturated fats (check labels). For agave, you could consider using sugar, honey or another sweetener. Again, these alternatives will vary nutritionally and in levels of sweetness, so pay close attention to calorie and carbohydrate counts. As for other (healthful) ingredients—lower-fat versions of dairy products, whole grains, etc.—we strongly suggest sticking closely to the plan. These foods were selected because they are important for meeting the overall nutritional goals of the program.

**The problem:** Berries aren’t in season. Buying them fresh is breaking the bank.

**The solution:** Consider buying frozen. Frozen fruits and vegetables are just as nutritious as fresh—sometimes even more so since they’re picked, and frozen, at peak ripeness. (Just double-check the ingredient list to make sure there are no added sugars or salt.) To thaw, simply place your serving in the fridge overnight.

**The problem:** You get bored drinking plain water.

**The solution:** Make it a seltzer. Better yet, make it a seltzer with a squeeze of lime or a twist of lemon. Or try unsweetened iced tea. If you’re craving more flavor, try splashing a little bit of 100% fruit juice into your seltzer: ¼ cup of cranberry juice goes a long way and costs you only 34 calories and 8 grams of carbohydrate.
Your Carb Questions Answered

Should I avoid sugar entirely? Too much sugar is not the cause of diabetes, and studies have shown that sugar, honey, molasses and other caloric sweetening ingredients do not cause blood glucose to spike any higher or faster than equal amounts of starches. Here’s the thing: added sugars provide calories but next to no nutritive value. Too many calories can lead to weight gain. For that reason, you should eat added sugars in moderation and count the calories and carbohydrates as part of your total carbohydrate quota for that meal or snack.

Are sugar substitutes safe? Sucralose, saccharin, aspartame, acesulfame potassium and neotame all have been approved by the U.S. Food and Drug Administration as food additives, provided the amounts consumed are below the Acceptable Daily Intake (the level a person can safely consume every day over a lifetime without risk). These amounts are generous, and it is unlikely you would ever exceed them. For example, you would have to drink twenty 12-ounce diet soft drinks per day to reach the maximum Acceptable Daily Intake for aspartame.

Should I choose foods based on glycemic index? The glycemic index (GI) categorizes foods based on how much a food containing 50 grams of carbohydrate raises blood-glucose levels after eating. A GI under 55 is considered low, over 70 is high. But the system is controversial: blood-glucose responses to foods can vary widely from person to person; plus, the scale has some strange inconsistencies (e.g., a Snickers bar has a GI of 55; black-bean soup, 64). Best to think of GI as a system that generally can guide you toward better carb choices and not worry much about the actual numbers. Because you probably don’t need a scoring system to tell you to reach for whole grains, vegetables, beans and other high-fiber foods and pass over refined foods and sweets, right?

Swap-In Snacks

Sticking to the snacks (and meals) prescribed in the plans will ensure that your day is nutritionally balanced—but it’s fine to go “off script” once in a while. Cups of yogurt or lower-sodium cottage cheese make great mini meals, as do pieces of whole fresh fruit. Or try one of these under-150-calorie picks:

1. Cheesy Popcorn: Toss 1 cup of air-popped popcorn with 2 tablespoons of Parmesan and cayenne pepper to taste. 75 calories; 3 g fat (2 g sat, 1 g mono); 9 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 5 g protein; 1 g fiber; 153 mg sodium; 43 mg potassium.

2. Sardines & Crackers: Top a whole-grain crispbread (e.g., Wasa, RyKrisp) with 2 to 3 canned sardines, preferably packed in olive oil. Finish with a squeeze of lemon. 64 calories; 2 g fat (0 g sat, 1 g mono); 20 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 4 g protein; 1 g fiber; 94 mg sodium; 102 mg potassium.

3. Chocolate & Nut Butter Bites: Top two ¼-ounce squares of bittersweet chocolate with 1/2 teaspoon of almond (or your favorite nut) butter each and—if you’d like—sandwich them together. 79 calories; 6 g fat (2 g sat, 1 g mono); 0 mg cholesterol; 9 g carbohydrates; 6 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 20 mg potassium.

4. Pears & Blue Cheese: Top 1 cup sliced water-packed canned pears with 1 tablespoon crumbled blue cheese. 96 calories; 2 g fat (1 g sat, 1 g mono); 5 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 2 g protein; 4 g fiber; 104 mg sodium; 147 mg potassium.

5. Hummus & Vegetables: Dip ¾ cup mixed vegetables (e.g., baby carrots, cherry tomatoes, red bell pepper slices) into 3 tablespoons prepared hummus. 108 calories; 5 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 5 g protein; 5 g fiber; 196 mg sodium; 274 mg potassium.
### Week One: 1,800-Calorie Meal Plan

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<td>Mini Greek Pizza Muffins (2 muffins) 80</td>
<td>3/4 cup nonfat plain yogurt 103</td>
<td>1/2 banana 53</td>
<td>1 large egg and 1 large egg white, scrambled 89</td>
<td>1/4 cup Fire-Roasted Salsa 10</td>
<td>2 Tbsp. natural unsalted peanut butter 188</td>
<td>1/4 cup nonfat plain yogurt with 1/2 tsp. agave nectar* 113</td>
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<td>1 cup raspberries 64</td>
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<td>12 unsalted dry-roasted almonds 92</td>
<td>2 tsp. natural unsalted peanut butter 188</td>
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# Week One: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

## Shop For:

### Produce

**Fruit**
- 2 medium apples
- 3 medium bananas
- 2 pints blueberries
- 2½ cups red grapes
- 1 lemon
- 1 lime
- 2 mangoes
- 5 medium oranges
- 2½ pints raspberries
- 2½ pints strawberries

**Vegetables**
- 3 cups broccoli florets
- 2 cups shredded cabbage (from ½ small head)
- 6 medium carrots
- 1 bunch celery
- 6 cups mixed greens (about 6 ounces)
- 1 small jicama
- 1 large bunch kale (16 cups chopped)
- 1 large head red-leaf lettuce
- 1 red onion
- 1 jalapeño pepper
- 4 red bell peppers
- 6 ounces red potatoes
- 1 bunch scallions
- 2 pounds spinach
- 4 medium tomatoes

### Fresh Herbs
- cilantro
- dill
- ginger (2-inch piece)
- oregano
- parsley
- thyme

## Oils, Vinegars & Condiments

- walnut oil (3/4 cup)

## Dry Goods

## Refrigerator Items

### Vegetables

- 10 (2½-inch squares) honey graham crackers
- 3 wheat crispbreads
- 7 rye crispbreads
- 10 whole-wheat pretzel sticks (2½ ounces)
- 6 (6-inch) corn tortillas
- mustard seeds
- 1 ounce bittersweet chocolate chips

### Bread

- 4 slices whole-wheat bread
- 1 whole-wheat English muffin

### Canned & Bottled Goods

- 1 (15-oz.) can fat-free refried beans
- 1 (7-oz.) can chipotles in adobo
- 1 (6-oz.) jar black olives
- 1 (6-oz.) can unsalted chunk light tuna, packed in water
- agave nectar
- mango chutney
- maple syrup
- seltzer

## Check Your Pantry For:

### Oils, Vinegars & Condiments

- canola oil
- extra-virgin olive oil
- balsamic vinegar
- cider vinegar
- red-wine vinegar
- low-fat mayonnaise
- Dijon mustard

### Flavorings

- salt
- black pepper
- cinnamon
- ground cumin
- curry powder
- garlic powder
- ground mustard seed
- oregano
- thyme
- vanilla extract
- garlic
- onions, red and yellow

## Dry Goods

- brown rice
- rolled oats
- all-purpose flour
- whole-wheat pastry flour
- baking powder
- cornstarch
- granulated sugar
- molasses
- coffee

### Nuts, Seeds & Fruits

- unsalted dry-roasted almonds
- natural unsalted peanut butter
- walnuts
- raisins
- fruit-sweetened strawberry preserves

### Canned & Bottled Goods

- tomato paste

### Refrigerator Items

- 1½ quarts skim milk
- low-fat (1%) milk
- 5 cups nonfat plain yogurt
- low-fat (1%) plain yogurt
- eggs
- orange juice
Week Two: 1,800-Calorie Meal Plan

**BREAKFAST**

<table>
<thead>
<tr>
<th>Day</th>
<th>Food</th>
<th>Calories</th>
<th>Carbs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PB-banana smoothie: Blend 1 cup skim milk, 1 medium banana, 2 Tbsp. natural unsalted peanut butter, ⅛ tsp. vanilla and ice</td>
<td>255</td>
<td>17</td>
<td>1/4 cup decaf vanilla latte</td>
</tr>
<tr>
<td>6</td>
<td>1 medium orange</td>
<td>109</td>
<td>27</td>
<td>⅛ cup strawberries</td>
</tr>
<tr>
<td>2</td>
<td>3 Tbsp. hummus</td>
<td>78</td>
<td>16</td>
<td>2 whole-wheat pretzel sticks (1 oz.)</td>
</tr>
<tr>
<td>3</td>
<td>10 unsalted dry-roasted almonds</td>
<td>84</td>
<td>24</td>
<td>12 whole-wheat pretzel sticks (1/2 oz.)</td>
</tr>
<tr>
<td>7</td>
<td>1 cup blueberries</td>
<td>84</td>
<td>24</td>
<td>1/2 cup blueberries</td>
</tr>
<tr>
<td>4</td>
<td>1/2 cup grapes</td>
<td>52</td>
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<td>1/2 cup grapes</td>
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<tr>
<td>5</td>
<td>1 cup blueberries</td>
<td>84</td>
<td>24</td>
<td>1/2 cup nonfat plain yogurt</td>
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</table>

**LUNCH**

<table>
<thead>
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<th>Calories</th>
<th>Carbs</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Carbs/Calories: 15g/113</td>
<td></td>
<td></td>
<td>1 4-inch whole-wheat pita bread</td>
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<tr>
<td>2</td>
<td>1 4-inch whole-wheat pita bread tossed with 1 Tbsp. walnut oil</td>
<td>106</td>
<td>26</td>
<td>1 4-inch whole-wheat pita bread</td>
</tr>
<tr>
<td>3</td>
<td>3/4 cup steamed sugar snap peas with 1 Tbsp. walnut oil</td>
<td>154</td>
<td>39</td>
<td>1/2 cup nonfat ricotta, mixed</td>
</tr>
<tr>
<td>4</td>
<td>1/2 cup nonfat ricotta, mixed 198</td>
<td></td>
<td></td>
<td>1/2 cup blueberries</td>
</tr>
<tr>
<td>5</td>
<td>3/4 cup steamed sugar snap peas with 1 Tbsp. walnut oil</td>
<td>160</td>
<td>40</td>
<td>1/2 cup blueberries</td>
</tr>
<tr>
<td>6</td>
<td>1/2 cup nonfat ricotta, mixed</td>
<td>60</td>
<td>15</td>
<td>⅛ cup nonfat ricotta</td>
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<tr>
<td>7</td>
<td>1/2 cup nonfat ricotta, mixed 198</td>
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<td></td>
<td>⅛ cup nonfat ricotta</td>
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**DINNER**

<table>
<thead>
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<th>Day</th>
<th>Food</th>
<th>Calories</th>
<th>Carbs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tofu with Peanut-Ginger Sauce</td>
<td>221</td>
<td>13</td>
<td>⅛ cup cooked long-grain brown rice</td>
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<tr>
<td>2</td>
<td>Soy-Lime Roasted Tofu</td>
<td>155</td>
<td>8</td>
<td>⅛ cup cooked green beans, 1 Tbsp. walnut oil and a pinch each garlic powder and ground ginger</td>
</tr>
<tr>
<td>3</td>
<td>Snap Pea Salad with Radish &amp; Lime</td>
<td>109</td>
<td>4</td>
<td>⅛ cup mango and toasted</td>
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<tr>
<td>4</td>
<td>Pork Chops with Apples &amp; Thyme</td>
<td>214</td>
<td>13</td>
<td>⅛ cup cooked long-grain brown rice</td>
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<tr>
<td>5</td>
<td>Cajun Pecan-Crusted Catfish</td>
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<td>16</td>
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<tr>
<td>6</td>
<td>Green Beans with Creamy Garlic Dressing</td>
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<td>5</td>
<td>⅛ cup cooked long-grain brown rice</td>
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<tr>
<td>7</td>
<td>Vegetable Pancakes</td>
<td>290</td>
<td>11</td>
<td>⅛ cup cooked long-grain brown rice</td>
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**EVENING SNACK**

<table>
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<td></td>
<td>3 grahmann cracker squares 89</td>
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<td>6</td>
<td>1 cup blueberries</td>
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<td>14</td>
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<tr>
<td>2</td>
<td>3 grahmann cracker squares 89</td>
<td></td>
<td></td>
<td>3 grahmann cracker squares 89</td>
</tr>
<tr>
<td>3</td>
<td>12 whole-wheat pretzel sticks (1 oz.)</td>
<td>51</td>
<td>13</td>
<td>12 whole-wheat pretzel sticks (1/2 oz.)</td>
</tr>
<tr>
<td>4</td>
<td>1 4-inch whole-wheat pita bread toasted with 2 Tbsp. walnut oil</td>
<td>154</td>
<td>39</td>
<td>1 4-inch whole-wheat pita bread</td>
</tr>
<tr>
<td>5</td>
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<td>7</td>
<td>1 4-inch whole-wheat pita bread</td>
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**AFTERNOON SNACK**

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<th>Carbs</th>
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<tbody>
<tr>
<td>1</td>
<td>3 grahmann cracker squares 89</td>
<td></td>
<td></td>
<td>3 grahmann cracker squares 89</td>
</tr>
<tr>
<td>6</td>
<td>1 cup blueberries</td>
<td>56</td>
<td>14</td>
<td>1 cup blueberries</td>
</tr>
<tr>
<td>2</td>
<td>3 grahmann cracker squares 89</td>
<td></td>
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<td>12 whole-wheat pretzel sticks (1 oz.)</td>
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</tr>
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<td></td>
<td></td>
<td>3 grahmann cracker squares 89</td>
</tr>
<tr>
<td>7</td>
<td>1 4-inch whole-wheat pita bread</td>
<td>149</td>
<td>37</td>
<td>1 4-inch whole-wheat pita bread</td>
</tr>
</tbody>
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# Week Two: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

## Shop For:

### Produce

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>2 medium apples</td>
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</tr>
<tr>
<td>1 large Granny Smith apple</td>
<td></td>
</tr>
<tr>
<td>2 medium bananas</td>
<td></td>
</tr>
<tr>
<td>1 pint blueberries</td>
<td></td>
</tr>
<tr>
<td>2 cups red grapes</td>
<td></td>
</tr>
<tr>
<td>2 kiwis</td>
<td></td>
</tr>
<tr>
<td>2 lemons</td>
<td></td>
</tr>
<tr>
<td>6 limes</td>
<td></td>
</tr>
<tr>
<td>4 mangoes</td>
<td></td>
</tr>
<tr>
<td>2 medium oranges</td>
<td></td>
</tr>
<tr>
<td>¼ cup fresh pineapple</td>
<td></td>
</tr>
</tbody>
</table>

### Vegetables

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 avocado</td>
<td></td>
</tr>
<tr>
<td>1½ pounds green beans</td>
<td></td>
</tr>
<tr>
<td>7 ounces yellow (wax) beans</td>
<td></td>
</tr>
<tr>
<td>3 medium beets</td>
<td></td>
</tr>
<tr>
<td>2 cups broccoli florets</td>
<td></td>
</tr>
<tr>
<td>3 medium carrots</td>
<td></td>
</tr>
<tr>
<td>1 bunch celery</td>
<td></td>
</tr>
<tr>
<td>3 medium cucumbers</td>
<td></td>
</tr>
<tr>
<td>9 cups mixed greens (about 9 ounces)</td>
<td></td>
</tr>
<tr>
<td>1½ cups sliced mushrooms (4 ounces)</td>
<td></td>
</tr>
<tr>
<td>1 jalapeño pepper</td>
<td></td>
</tr>
<tr>
<td>3 red bell peppers</td>
<td></td>
</tr>
<tr>
<td>6 ounces red potatoes</td>
<td></td>
</tr>
</tbody>
</table>

### Dry Goods

- 2 cups corn flakes cereal
- 14 (2½-inch squares) honey graham crackers
- 8 rye crispbreads
- 14 whole-wheat pretzel sticks (3½ ounces)
- 1 (6-inch) carb-balance whole-wheat tortilla
- ½ ounce bittersweet chocolate chips

### Bread

- 4 (4-inch) whole-wheat pita breads
- 1 whole-wheat English muffin

## Refrigerator Items

- 2 (14-oz.) packages extra-firm tofu
- ½ cup prepared hummus
- 1 cup ginger-flavored kombucha
- ¼ cup apple cider

## Check Your Pantry For:

### Oils, Vinegars & Condiments

- Canola oil
- Extra-virgin olive oil
- Red-wine vinegar
- Apple cider vinegar
- Rice vinegar
- Sherry vinegar
- White-wine vinegar
- Hot sauce
- Reduced-sodium soy sauce
- Dijon mustard

### Flavorings

- Salt
- Kosher salt
- Black pepper
- Bay leaves
- Chili powder
- Ground cumin
- Garlic powder
- Garlic salt
- Ground ginger
- Oregano
- Crushed red pepper
- Thyme
- Vanilla extract
- Garlic
- Onions, red and yellow

## Dry Goods

- Whole-wheat fettuccine (4 ounces)
- Brown rice
- All-purpose flour
- Whole-wheat flour
- Rolled oats
- Brown sugar
- Cornstarch
- Honey
- Decaf espresso

## Nuts, Seeds & Fruits

- Natural unsalted peanut butter
- Unsalted dry-roasted almonds
- Pecans
- Walnuts

## Canned & Bottled Goods

- 1 (6-oz.) can unsalted chunk light tuna packed in water
- 1 (15-oz.) can reduced-sodium chicken broth
- 1 (15-oz.) can black beans
- 3 tablespoons dry white wine

## Refrigerator Items

- 1½ quarts skim milk
- 5¼ cups nonfat plain yogurt
- Eggs
- Orange juice
### Week Three: 1,800-Calorie Meal Plan

**DAY 1:** 1,800-Calorie Level

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Carbs/Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. natural unsalted peanut butter and 1 tbsp. oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup blueberries</td>
<td>8g/80</td>
<td></td>
</tr>
<tr>
<td>2 rye crispbreads</td>
<td>7g/73</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 26g/116</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 Tbsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed broccoli</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed cauliflower</td>
<td>7g/56</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 23g/180</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup nonfat yogurt smoothie: Blend 1/2 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup grapes</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 21g/167</td>
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</tbody>
</table>

**DAY 2:** 1,800-Calorie Level

<table>
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<th>Time</th>
<th>Meal</th>
<th>Carbs/Calories</th>
</tr>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
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</tr>
<tr>
<td>1 Tbsp. natural unsalted peanut butter and 1 tbsp. oil</td>
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<td></td>
</tr>
<tr>
<td>2 rye crispbreads</td>
<td>7g/73</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 26g/116</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed broccoli</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed cauliflower</td>
<td>7g/56</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 23g/180</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup nonfat yogurt smoothie: Blend 1/2 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup grapes</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 21g/167</td>
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**DAY 3:** 1,800-Calorie Level

<table>
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<tr>
<td><strong>BREAKFAST</strong></td>
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</tr>
<tr>
<td>1 Tbsp. natural unsalted peanut butter and 1 tbsp. oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup blueberries</td>
<td>8g/80</td>
<td></td>
</tr>
<tr>
<td>2 rye crispbreads</td>
<td>7g/73</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 26g/116</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed broccoli</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed cauliflower</td>
<td>7g/56</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 23g/180</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup nonfat yogurt smoothie: Blend 1/2 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup grapes</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 21g/167</td>
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**DAY 4:** 1,800-Calorie Level

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<th>Carbs/Calories</th>
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<tr>
<td><strong>BREAKFAST</strong></td>
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<td></td>
</tr>
<tr>
<td>1 Tbsp. natural unsalted peanut butter and 1 tbsp. oil</td>
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<td></td>
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<td>Carbs/Calories: 26g/116</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
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</tr>
<tr>
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<tr>
<td><strong>DINNER</strong></td>
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<td>8g/63</td>
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**DAY 5:** 1,800-Calorie Level

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<td><strong>BREAKFAST</strong></td>
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<tr>
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<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed broccoli</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed cauliflower</td>
<td>7g/56</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 23g/180</td>
<td></td>
<td></td>
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<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
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<tr>
<td>1/2 cup nonfat yogurt smoothie: Blend 1/2 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup grapes</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 21g/167</td>
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<td></td>
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</table>

**DAY 6:** 1,800-Calorie Level

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Carbs/Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. natural unsalted peanut butter and 1 tbsp. oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup blueberries</td>
<td>8g/80</td>
<td></td>
</tr>
<tr>
<td>2 rye crispbreads</td>
<td>7g/73</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 26g/116</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
</tr>
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<td></td>
</tr>
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<td></td>
</tr>
<tr>
<td>Carbs/Calories: 23g/180</td>
<td></td>
<td></td>
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<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
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<tr>
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<td></td>
</tr>
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<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 21g/167</td>
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<td></td>
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</table>

**DAY 7:** 1,800-Calorie Level

<table>
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<tr>
<th>Time</th>
<th>Meal</th>
<th>Carbs/Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. natural unsalted peanut butter and 1 tbsp. oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup blueberries</td>
<td>8g/80</td>
<td></td>
</tr>
<tr>
<td>2 rye crispbreads</td>
<td>7g/73</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 26g/116</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed broccoli</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>1 cup steamed cauliflower</td>
<td>7g/56</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 23g/180</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup nonfat yogurt smoothie: Blend 1/2 cup nonfat plain yogurt, 1/2 cup diced celery, 1 Tbsp. red onion and 1 tsp. olive oil</td>
<td>13g/104</td>
<td></td>
</tr>
<tr>
<td>1/2 cup grapes</td>
<td>8g/63</td>
<td></td>
</tr>
<tr>
<td>Carbs/Calories: 21g/167</td>
<td></td>
<td></td>
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</table>
### Week Three: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

#### Shop For:

**Produce**
- □ 1 medium apple
- □ 3 medium bananas
- □ 5 cups blueberries
- □ 3¼ cups grapes
- □ 4 lemons
- □ 1 lime
- □ 1 medium orange
- □ 3 cups fresh pineapple chunks
- □ 1 small plum
- □ 2 pints raspberries
- □ 1 quart strawberries

**Fruit**
- □ 1 medium apple
- □ 3 medium bananas
- □ 5 cups blueberries
- □ 3¼ cups grapes
- □ 4 lemons
- □ 1 lime
- □ 1 medium orange
- □ 3 cups fresh pineapple chunks
- □ 1 small plum
- □ 2 pints raspberries
- □ 1 quart strawberries

**Vegetables**
- □ 2 bunches asparagus
- □ 3 avocados
- □ 3 pounds green beans
- □ 2 cups broccoli florets
- □ 1 large head Savoy cabbage (3 pounds)
- □ 3 large carrots
- □ 1 bunch celery
- □ 1 medium cucumber
- □ 5 cups mixed greens (about 5 ounces)
- □ 2 bunches kale
- □ 2 leeks
- □ 4 heads Boston lettuce
- □ 1 head romaine lettuce
- □ 2 cups green peas
- □ 2 jalapeño peppers
- □ 7 medium red bell peppers
- □ 1 small hot red chile pepper

**Fresh Herbs**
- □ basil
- □ chives
- □ cilantro
- □ dill
- □ ginger (2-inch piece)
- □ mint
- □ oregano
- □ parsley
- □ rosemary
- □ tarragon
- □ thyme

**Oils, Vinegars & Condiments**
- □ grapeseed oil
- □ walnut oil (1/3 cup)
- □ raspberry vinegar

**Dry Goods**
- □ 4 (2½-inch squares) honey graham crackers
- □ 7 rye crispbreads
- □ 4 whole-wheat pretzel sticks (2¼ ounces)
- □ 5 (6-inch) corn tortillas

**Bread**
- □ 4 (4-inch) whole-wheat pita breads
- □ 1 whole-wheat English muffin

#### Check Your Pantry For:

**Oils, Vinegars & Condiments**
- □ canola oil
- □ extra-virgin olive oil
- □ toasted sesame oil
- □ nonstick cooking spray
- □ balsamic vinegar
- □ cider vinegar
- □ sherry vinegar
- □ low-sodium soy sauce
- □ low-fat mayonnaise

**Flavorings**
- □ salt
- □ kosher salt
- □ black pepper
- □ bay leaves
- □ caraway seeds
- □ cayenne
- □ cinnamon
- □ five-spice powder
- □ coconut extract
- □ vanilla extract
- □ garlic (2 heads)
- □ onions, red and yellow

**Nuts, Seeds & Fruits**
- □ unsweetened dried coconut

**Refrigerator Items**
- □ 4¾ cups skim milk
- □ 4¾ cups plain nonfat yogurt
- □ ¾ cup grated Parmesan cheese
- □ eggs
- □ orange juice

#### Canned & Bottled Goods
- □ 1 can unsalted chunk light tuna, packed in water
- □ 1 (15-oz.) can low-sodium chicken broth
- □ 1 (15-oz.) can black beans
- □ 1 (15-oz.) can white beans
- □ dry white wine

#### Nuts, Seeds & Fruits
- □ natural unsalted peanut butter
- □ sliced almonds
- □ unsalted dry-roasted almonds
- □ pine nuts
- □ unsalted pistachios
- □ walnuts
- □ raisins

#### Refrigerator Items
- □ 4½ cups skim milk
- □ 4¼ cups plain nonfat yogurt
- □ ¾ cup grated Parmesan cheese
- □ eggs
- □ orange juice
# Week Four: 1,800-Calorie Meal Plan

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>Breakfast</th>
<th>Morning Snack</th>
<th>Lunch</th>
<th>Afternoon Snack</th>
<th>Dinner</th>
<th>Evening Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td></td>
<td>½ cup cooked oatmeal</td>
<td>1 Tbsp. skim milk</td>
<td>Black bean tostadas: Toss 2 6-inch corn tortillas with cooking spray and toast</td>
<td></td>
<td>1 cup chicken roasted with lemon and garlic</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>with 1 tsp. agave nectar</td>
<td></td>
<td>2 medium oranges and 1 ½ tsp. olive oil</td>
<td></td>
<td>3 cups mixed salad greens, 3/4 cup steamed broccoli</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>½ cup strawberries</td>
<td></td>
<td>2 tsp. olive oil and 2 tsp. lemon juice</td>
<td></td>
<td>1 4-inch whole-wheat pita bread, toasted</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>3 Tbsp. water</td>
<td></td>
<td>1 cup each steamed white beans, 3/4 cup black beans, 3 cups shredded romaine lettuce and 1 oz. reduced-fat Cheddar cheese tossed with 2 tsp. lemon juice and 1 tsp. olive oil</td>
<td></td>
<td>2 cups baby spinach, 3/4 cup mushrooms and 1 tsp. minced chives</td>
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<tr>
<td></td>
<td></td>
<td>2 Tbsp. water</td>
<td></td>
<td>Carbs/Calories: 60½/429</td>
<td></td>
<td>3/4 cup steamed broccoli tossed with 1 Tbsp. olive oil</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>1 ¼ cups strawberries</td>
<td></td>
<td>Chocolate Pretzel &amp; Cherry Popcorn Balls</td>
<td></td>
<td>1 cup cooked long-grain brown rice and 1 cup spinach</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 Tbsp. water</td>
<td></td>
<td>2 cups baby spinach</td>
<td></td>
<td>1 cup sautéed dry-roasted almonds</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>1 Tbsp. water</td>
<td></td>
<td>3 oz. pork tenderloin</td>
<td></td>
<td>1 cup sautéed dry-roasted almonds</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 ½ cups strawberries</td>
<td></td>
<td>6 oz. baked russet potato with 1 Tbsp. olive oil</td>
<td></td>
<td>12 unsalted dry-roasted almonds</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 Tbsp. water</td>
<td></td>
<td>Kale with Apples &amp; Mustard</td>
<td></td>
<td>Lemon &amp; Dill Chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 ¼ cups strawberries</td>
<td></td>
<td>⅛ cup crumbled feta cheese</td>
<td></td>
<td>½ cup cooked brown rice tossed with 1 Tbsp. olive oil</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 ¼ cups cottage cheese and 1 tsp. lemon juice</td>
<td></td>
<td>1 ½ cups dry-roasted almonds</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3 Tbsp. water</td>
<td></td>
<td>1 cup quinoa</td>
<td></td>
</tr>
</tbody>
</table>
# Week Four: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

## Shop For:

### Produce

<table>
<thead>
<tr>
<th>Category</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>1 medium apple</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1¼ cups broccoli florets</td>
</tr>
</tbody>
</table>

### Fresh Herbs

- chives
- cilantro
- dill
- ginger (2-inch piece)
- mint
- parsley
- rosemary
- thyme

### Oils, Vinegars & Condiments

- ½ cup walnut oil
- honey mustard

### Dry Goods

- 9 (2½-inch squares) honey graham crackers
- 11 rye crispbreads
- popcorn (6 cups air-popped)
- 14 whole-wheat pretzel sticks (1¾ ounces)
- 2 (6-inch) corn tortillas
- 1 ounce chocolate-covered pretzels
- ½ ounce bittersweet chocolate chips
- agave nectar

### Bread

- 1 slice whole-wheat bread
- 4 (4-inch) whole-wheat pita breads

### Nuts, Seeds & Fruits

- dried apricots
- dried tart cherries

### Refrigerator Items

- 1 (14-oz.) package extra-firm tofu
- ¾ cup unsweetened apple juice
- ½ cup nonfat buttermilk
- ½ cup nonfat ricotta
- reduced-fat cream cheese (Neufchâtel)
- 2 ounces shredded reduced-fat Cheddar
- crumbled feta

### Meat & Seafood

- 4 boneless, skinless chicken breasts (1-1¼ pounds)
- 2½-3 pounds whole chicken legs
- 1 pound turkey breast cutlets
- 1 ounce reduced-sodium deli turkey breast
- ½ pounds pork tenderloin
- 1 pound center-cut salmon fillet
- 1 pound medium shrimp (30-40/pound)

### Freezer

- 1 (10-oz.) package lima beans
- 1 (16-oz.) package mixed vegetables (such as corn, carrots and green beans)

### Check Your Pantry

#### Oils, Vinegars & Condiments

- canola oil
- extra-virgin olive oil
- nonstick cooking spray
- cider vinegar
- rice vinegar
- sherry vinegar
- hot sauce
- reduced-sodium soy sauce
- Dijon mustard
- whole-grain mustard

#### Flavorings

- salt
- kosher salt
- black pepper
- bay leaves
cayenne
ground cumin
curry powder
dill
paprika
crushed red pepper
thyme
vanilla extract
garlic (2 heads)
onions, red and yellow

#### Dry Goods

- whole-wheat spaghetti (2 ounces)
brown rice, long & medium grain
all-purpose flour
whole-wheat flour
rolled oats
baking powder
cornstarch
brown sugar
honey

#### Nuts, Seeds & Fruits

- natural unsalted peanut butter
unsalted dry-roasted almonds
walnuts
sesame seeds
raisins

#### Canned & Bottled Goods

- 1 (6-oz.) can unsalted chunk light tuna packed in water
1 (15-oz.) can low-sodium chicken broth
1 (15-oz.) can black beans
1 (15-oz.) can white beans
dry sherry
dry white wine

#### Refrigerator Items

- 2 quarts skim milk
5 cups nonfat plain yogurt
¼ cup low-fat plain yogurt
2 tablespoons grated Parmesan
eggs
Broiled Mango

Makes: 2 servings
Active time: 10 minutes Total: 20 minutes

Broiling fruit brings out its inherent sweetness. A squeeze of tart lime juice balances it out. Try this technique with pineapple as well.

1 mango, peeled and sliced (see Tip)
Lime wedges

1. Position rack in upper third of oven and preheat broiler. Line a broiler pan with foil.
2. Arrange mango slices in a single layer in the prepared pan. Broil until browned in spots, 8 to 10 minutes. Squeeze lime wedges over the broiled mango and serve.

Per serving: 102 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 2 mg sodium; 288 mg potassium.
Nutrition bonus: Vitamin C (104% daily value), Vitamin A (36% dv), Folate (18% dv).
Carbohydrate Servings: 2
Exchanges: 1 fruit

Tip: Cutting a Mango
1. Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife.
2. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces.
3. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side.
4. Cut the fruit into the desired shape.

Clean Breeze Smoothie

Makes: 2 servings, about 1¾ cups each
Active time: 10 minutes Total: 10 minutes

This refreshing smoothie is made with cucumber and kiwi and gets a kick from ginger-flavored kombucha and fresh cilantro.

1 small cucumber, chopped
2 ripe kiwis, peeled
1 cup ginger-flavored kombucha (see Tip)
1/2 cup low-fat plain Greek yogurt
2 tablespoons fresh cilantro leaves
6 ice cubes

Combine cucumber, kiwis, kombucha, yogurt, cilantro and ice cubes in blender; blend until smooth. Serve immediately.

Per serving: 116 calories; 2 g fat (1 g sat, 0 g mono); 4 mg cholesterol; 21 g carbohydrate; 1 g added sugars; 6 g protein; 3 g fiber; 32 mg sodium; 424 mg potassium.
Nutrition bonus: Vitamin C (101% daily value).
Carbohydrate Servings: 1½
Exchanges: 1 fruit, 1 nonstarchy vegetable, ½ reduced-fat milk

Tip: Look for kombucha tea near other refrigerated teas in natural foods stores and well-stocked supermarkets. Kombucha is available in many different flavors—for this smoothie we like the taste of ginger kombucha the best.
Mini Greek Pizza Muffins

Makes: 2 dozen mini muffins  
Active time: 30 minutes Total: 50 minutes
To make ahead: Store in an airtight container for up to 2 days. Serve at room temperature or reheat at 350°F.
Equipment: Mini-muffin pan with 24 (2-tablespoon) muffin cups

All the flavors of a Greek pizza make these savory muffins bite-size treats.

2 tablespoons extra-virgin olive oil  
½ cup finely chopped onion  
½ cup finely chopped red bell pepper  
½ cup whole-wheat pastry flour  
2 teaspoons baking powder  
1½ teaspoons chopped fresh oregano or ½ teaspoon dried oregano

1 teaspoon sugar  
¼ teaspoon garlic powder  
¼ teaspoon salt  
½ cup low-fat milk  
½ cup crumbled feta cheese  
1 large egg, well beaten  
2 tablespoons tomato paste  
2 tablespoons chopped kalamata olives

1. Heat oil in a large skillet over medium heat. Add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.
2. Meanwhile, preheat oven to 400°F. Coat a mini-muffin pan with cooking spray. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.
3. Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the prepared muffin cups two-thirds full.
4. Bake the muffins until lightly browned, 13 to 15 minutes. Cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm or at room temperature.

Per muffin: 40 calories; 2 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 106 mg sodium; 41 mg potassium.
Carbohydrate Servings: 0
Exchanges: Free food

Lima Bean Spread with Cumin & Herbs

Makes: about 1½ cups  
Active time: 20 minutes Total: 1 hour
To make ahead: Cover and refrigerate for up to 4 days or freeze for up to 6 months.

Humble limas are transformed into a sensational Mediterranean spread that is vibrant with a mix of fresh herbs and spices.

1 10-ounce package frozen lima beans  
4 cloves garlic, crushed and peeled  
¼ teaspoon crushed red pepper  
2 tablespoons extra-virgin olive oil  
4 teaspoons lemon juice  
1 teaspoon ground cumin  
½ teaspoon salt, or to taste

1 tablespoon chopped fresh mint  
1 tablespoon chopped fresh cilantro  
1 tablespoon chopped fresh dill

1. Bring a large saucepan of lightly salted water to a boil. Add lima beans, garlic and crushed red pepper; cook until the beans are tender, about 10 minutes. Remove from heat and let cool in the liquid.
2. Drain the beans and garlic. Transfer to a food processor. Add oil, lemon juice, cumin, salt and pepper; process until smooth. Scrape into a bowl, stir in mint, cilantro and dill.

Per tablespoon: 25 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 56 mg sodium; 61 mg potassium.
Carbohydrate Servings: 0
Exchanges: Free food
### Curried Tofu Salad

**Makes:** 6 servings, ⅔ cup each  
**Active time:** 20 minutes  
**Total:** 20 minutes  
**To make ahead:** Cover and refrigerate for up to 2 days.

Red grapes and mango chutney infuse a little sweetness into this vegetarian nod to the classic curried chicken salad.

- 3 tablespoons low-fat plain yogurt  
- 2 tablespoons reduced-fat mayonnaise  
- 2 tablespoons prepared mango chutney  
- 2 teaspoons hot curry powder, preferably Madras  
- ¼ teaspoon salt  
- Freshly ground pepper to taste  
- 14-ounce package extra-firm water-packed tofu, drained, rinsed and finely crumbled (see Tip)  
- 2 stalks celery, diced  
- 1 cup red grapes, sliced in half  
- ½ cup sliced scallions  
- ¼ cup chopped walnuts

Whisk yogurt, mayonnaise, chutney, curry powder, salt and pepper in a large bowl. Stir in tofu, celery, grapes, scallions and walnuts.

**Per serving:** 128 calories; 7 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 13 g carbohydrate; 1 g added sugars; 3 g protein; 2 g fiber; 254 mg sodium; 268 mg potassium.

**Nutrition bonus:** Calcium (17% daily value).

**Carbohydrate Servings:** 1  
**Exchanges:** 1 carbohydrate (other), 1 medium-fat meat

**Tip:** We prefer water-packed tofu from the refrigerated section of the supermarket. Crumbling it into uneven pieces creates more surface area, improving the texture and avoiding the blocky look that turns many people away.

### Green Salad with Asparagus & Peas

**Makes:** 8 servings, about 2 cups each  
**Active time:** 35 minutes  
**Total:** 35 minutes

Asparagus and peas combine in this great green salad. Since the asparagus goes into the mix raw, you’ll want to look for the freshest, most tender spears you can find and slice them into very thin rounds.

- 2 teaspoons freshly grated lemon zest  
- ¼ cup lemon juice  
- ¼ cup canola oil or extra-virgin olive oil  
- 1 teaspoon sugar  
- ½ teaspoon salt  
- ¼ teaspoon freshly ground pepper  
- 2 heads Boston or Bibb lettuce, torn into bite-size pieces  
- 2 cups very thinly sliced fresh asparagus (about 1 bunch)  
- 2 cups shelled fresh peas (about 3 pounds unshelled)  
- 1 pint grape or cherry tomatoes, halved  
- 2 tablespoons minced fresh chives or scallion greens

Combine lemon zest and juice, oil, sugar, salt and pepper in a large salad bowl. Add lettuce, asparagus, peas, tomatoes and chives (or scallion greens); toss to coat.

**Per serving:** 113 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 10 g carbohydrate; 1 g added sugars; 3 g protein; 3 g fiber; 152 mg sodium; 339 mg potassium.

**Nutrition bonus:** Vitamin C (45% daily value), Vitamin A (43% dv), Folate (19% dv).

**Carbohydrate Servings:** ½  
**Exchanges:** 2 vegetable, 1 ½ fat
Sautéed Mushroom Salad

Makes: 6 servings, about 1½ cups each
Active time: 25 minutes Total: 25 minutes

In this recipe, a warm sherry-mushroom dressing wilts bitter greens until they are just tender.

Ingredients:
- 2 tablespoons extra-virgin olive oil, divided
- 1 small onion, halved and sliced
- 1 pound white or cremini mushrooms, quartered
- 2 cloves garlic, minced
- 1½ teaspoons chopped fresh thyme or ½ teaspoon dried
- 3 tablespoons dry sherry
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 8 cups bitter salad greens, such as frisée, arugula or baby dandelion greens
- 2 tablespoons grated Parmesan cheese

Instructions:
1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add onion and cook until softened, about 3 minutes. Add mushrooms and cook, stirring, until they release their juices, 10 to 12 minutes.
2. Add garlic and thyme and stir until fragrant, about 30 seconds. Add sherry and cook until mostly evaporated, about 3 minutes. Stir in the remaining 1 tablespoon oil, lemon juice, salt and pepper and continue cooking for 1 minute more. Pour over greens in a large bowl and toss to coat. Sprinkle with Parmesan.

Nutritional Information:
Per serving: 85 calories; 6 g fat (1 g sat, 4 g mono); 1 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 4 g protein; 1 g fiber; 135 mg sodium; 376 mg potassium.
Nutrition bonus: Vitamin C (15% daily value).
Carbohydrate Servings: 1
Exchanges: 1 vegetable, 1 fat

Stuffed Avocados

Makes: 4 servings
Active time: 20 minutes Total: 20 minutes

Pimientos and a touch of cayenne enrich a light creamy dressing for a luxurious but healthful seafood salad. Stuff avocado halves with it for a sensational lunch or light supper.

Ingredients:
- ¼ cup nonfat plain yogurt
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons pimientos, rinsed and patted dry
- 1 small clove garlic, minced
- ½ teaspoon cayenne pepper, or to taste
- 2 ripe avocados, halved
- Lemon wedges for garnish

Instructions:
1. Combine yogurt, mayonnaise, pimientos, garlic, cayenne and salt in a blender. Blend until smooth. Transfer to a bowl and mix in crab. Adjust seasoning with cayenne and salt.
2. Divide the crab salad among avocado halves. Serve with lemon wedges.

Per serving: 169 calories; 11 g fat (2 g sat, 7 g mono); 34 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 12 g protein; 5 g fiber; 225 mg sodium; 553 mg potassium.
Nutrition bonus: Folate & Zinc (20% daily value), Vitamin C (17% dv), Potassium (16% dv).
Carbohydrate Servings: 0
Exchanges: ½ lean meat, 2½ fat
### Lentil & Almond Burgers

**Makes:** 5 servings  
**Active time:** 40 minutes  
**Total:** 2 hours (including 1 hour chilling time)  
**To make ahead:** Prepare through Step 2 up to 6 hours in advance.

These vegetarian burgers are delicious and a great way to get high-fiber lentils into your diet. Use a wide spatula to flip the delicate patties.

#### Ingredients:

- 6 cups water  
- 1 cup brown or French green lentils (see Tip)  
- 2 tablespoons extra-virgin olive oil, divided  
- ¼ cup finely chopped carrot  
- ½ cup finely chopped shallots (about 2 medium)  
- ½ cup finely chopped celery (about 1 stalk)  
- ¼ cup sliced almonds  
- 1/3 cup finely chopped fresh thyme  
- ½ teaspoon salt  
- ¼ teaspoon freshly ground pepper  
- 1 large egg yolk, lightly beaten  
- 1 tablespoon lemon juice

#### Instructions:

1. Bring water to a boil in a large saucepan. Stir in lentils, reduce heat to medium-low and simmer until very tender and beginning to break down, about 25 minutes for brown lentils or 30 minutes for green lentils. Drain in a fine-mesh sieve.

2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add carrot, shallots and celery and cook, stirring, until softened, about 3 minutes. Add almonds, thyme, salt and pepper; continue cooking until the almonds are lightly browned, about 2 minutes. Transfer the mixture to a food processor; add 1 cup of the cooked lentils. Pulse several times, scraping down the sides once or twice, until the mixture is coarsely ground. Transfer to a large bowl; stir in the remaining lentils. Let cool for 10 minutes. Mix in egg yolk and lemon juice. Cover and refrigerate for 1 hour.

3. Form the lentil mixture into 5 patties. Heat the remaining 1 tablespoon oil in a large nonstick skillet, preferably cast-iron, over medium-high heat. Add the patties and cook for 3 to 4 minutes. Turn gently and continue to cook until lightly browned and heated through, 3 to 4 minutes more. Serve immediately.

#### Nutrition Information:

- **Per serving:** 236 calories; 9 g fat (1 g sat, 6 g mono); 37 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 12 g protein; 10 g fiber; 272 mg sodium; 591 mg potassium.
- **Nutrition bonus:** Vitamin A (70% daily value), Folate (56% dv), Iron (24% DV), Potassium (17% dv), Magnesium (16% dv).
- **Carbohydrate Servings:** 1½
- **Exchanges:** 1 fat, 2 carb (other), 1 lean meat

#### Tip:

French green lentils are smaller and firmer than brown lentils. They cook more quickly, too, in about 20 minutes. They can be found in natural-foods stores and some larger supermarkets.
Roasted Red Peppers Stuffed with Kale & Rice

Makes: 6 servings
Active time: 40 minutes Total: 1 hour
To make ahead: Prepare through Step 3, cover and refrigerate for up to 2 days.

A filling of short-grain brown rice, kale and pine nuts makes these stuffed peppers super-nutritious.

Peppers
- 3 medium red bell peppers
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- Freshly ground pepper to taste

Filling
- 8 ounces kale (6 cups lightly packed), trimmed
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 2 tablespoons lemon juice
- 1 tablespoon freshly grated Parmesan cheese
- 2 tablespoons pine nuts, divided
- 1/2 teaspoon salt
- Freshly ground pepper to taste

1. To prepare peppers: Preheat oven to 400°F. Halve peppers lengthwise through the stems, leaving them attached. Remove seeds. Lightly brush the peppers inside and out with oil; sprinkle the insides with salt and pepper. Place, cut-side up, in a 9-by-13-inch baking dish. Bake until heated through, 15 to 20 minutes. Uncover and bake for 5 minutes more. Serve hot.

Per serving:
- 171 calories; 11 g fat (2 g sat, 5 g mono); 6 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 5 g protein; 3 g fiber; 304 mg sodium; 285 mg potassium.
- Nutrition bonus: Vitamin C (210% daily value), Vitamin A (20% dv).

Carbohydrate Servings: 1
Exchanges: ½ starch, 1½ vegetable, ½ medium-fat meat, ½ fat

Potato & Sweet Potato Torte

Makes: 6 servings
Active time: 15 minutes Total: 1 hour
To make ahead: Cover and refrigerate for up to 2 days. Reheat, covered, in a 350°F oven.

Layers of potatoes and sweet potatoes meld into an impressive vegetable "cake" that forms a golden crust during baking.

1 tablespoon extra-virgin olive oil
2 large leeks, trimmed, washed and thinly sliced
1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme leaves
½ teaspoon salt, or to taste
Freshly ground pepper to taste

1. Position oven rack at the lowest level; preheat to 450°F. Coat a 9½-inch, deep-dish pie pan with cooking spray. Line the bottom with parchment paper or foil and lightly coat with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add leeks and thyme; cook, stirring often, until tender, about 5 minutes. (If necessary, add 1 to 2 tablespoons water to prevent scorching.) Season with 1/8 teaspoon salt and pepper.
3. Arrange half the sweet potato slices, slightly overlapping, in the prepared pie pan and season with a little of the remaining salt and pepper. Spread one-third of the leeks over the top. Arrange half the potato slices over the leeks and season with salt and pepper. Top with another third of the leeks. Layer the remaining sweet potatoes, leeks and potatoes in the same manner. Cover the pan tightly with foil.
4. Bake the torte until the vegetables are tender, about 45 minutes. Run a knife around the edge of the torte to loosen it. Invert onto a serving plate. Remove paper or foil and serve.

Per serving:
- 141 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 3 g protein; 4 g fiber; 224 mg sodium; 519 mg potassium.
- Nutrition bonus: Vitamin A (237% daily value), Vitamin C (35% dv), Potassium (15% dv).

Carbohydrate Servings: 2
Exchanges: ½ fat, 2 starch
**Soy-Lime Roasted Tofu**

*Makes: 4 servings, about ½ cup each*

*Active time: 10 minutes  Total: 1½ hours*

*To make ahead: Marinate the tofu (Step 1) for up to 4 hours. Cover and refrigerate roasted tofu for up to 3 days.*

In this recipe, you marinate tofu cubes in soy sauce and lime juice with a touch of toasted sesame oil, then roast them—perfect tofu every time.

1. **14-ounce package extra-firm, water-packed tofu, drained**
2. **½ cup lime juice**
3. **3 tablespoons toasted sesame oil**
4. **14-ounce package extra-firm, water-packed tofu, drained**
5. **1 teaspoon freshly grated ginger**
6. **1 teaspoon mustard seeds**
7. **1 pound baby spinach**
8. **1 cup low-fat or nonfat plain yogurt**
9. **1½ teaspoons curry powder**
10. **¼ teaspoon ground cumin**

1. **Cut tofu into thirds lengthwise and eighths crosswise. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add tofu and sprinkle with ¼ teaspoon salt. Cook, stirring gently every 2 to 3 minutes, until browned on all sides, 6 to 8 minutes. Transfer to a plate.**
2. **Add the remaining 2 teaspoons oil to the pan and reduce heat to medium. Add onion, garlic, ginger and mustard seeds and cook until the onion is translucent, 4 to 6 minutes. Add spinach in batches small enough to fit in the pan and cook, stirring frequently, until all the spinach has been added and has wilted, 4 to 6 minutes more.**
3. **Meanwhile, combine yogurt, curry powder, cumin and the remaining ½ teaspoon salt in a small bowl. Add to the pan along with the tofu and cook until heated through, about 2 minutes.**

**Per serving:** 155 calories; 10 g fat (2 g sat, 3 g mono); 0 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 16 g protein; 2 g fiber; 129 mg sodium; 303 mg potassium.

**Nutrition bonus:** Vitamin A (214% daily value), Folate (63% dv), Vitamin C (59% dv), Calcium (44% dv), Magnesium (36% dv), Potassium (29% dv), Iron (29% dv).

**Carbohydrate Servings:** 0

**Exchanges:** 2 medium-fat meat

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**Saag Tofu**

*Makes: 4 servings, about 1¼ cups each*

*Active time: 30 minutes  Total: 30 minutes*

Also known as palak paneer, saag paneer is an Indian classic composed mostly of spinach and paneer—a cow’s-milk cheese that is curdled then pressed until firm. This recipe substitutes tofu for the cheese and incorporates low-fat yogurt and sliced onions for a healthier version that retains its authenticity.

1. **14-ounce package water-packed firm tofu, drained**
2. **4 teaspoons canola oil, divided**
3. **¾ teaspoon salt, divided**
4. **1 onion, sliced ¼ inch thick**
5. **2 medium cloves garlic, finely chopped**
6. **1 teaspoon freshly grated ginger**
7. **1 teaspoon mustard seeds**
8. **1 pound baby spinach**
9. **1 cup low-fat or nonfat plain yogurt**
10. **1½ teaspoons curry powder**
11. **¼ teaspoon ground cumin**
12. **1 teaspoon freshly grated ginger**
13. **1 teaspoon mustard seeds**
14. **1 pound baby spinach**
15. **1 cup low-fat or nonfat plain yogurt**
16. **1½ teaspoons curry powder**
17. **¼ teaspoon ground cumin**

1. **Cut tofu into thirds lengthwise and eighths crosswise. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add tofu and sprinkle with ¼ teaspoon salt. Cook, stirring gently every 2 to 3 minutes, until browned on all sides, 6 to 8 minutes. Transfer to a plate.**
2. **Add the remaining 2 teaspoons oil to the pan and reduce heat to medium. Add onion, garlic, ginger and mustard seeds and cook until the onion is translucent, 4 to 6 minutes. Add spinach in batches small enough to fit in the pan and cook, stirring frequently, until all the spinach has been added and has wilted, 4 to 6 minutes more.**
3. **Meanwhile, combine yogurt, curry powder, cumin and the remaining ½ teaspoon salt in a small bowl. Add to the pan along with the tofu and cook until heated through, about 2 minutes.**

**Per serving:** 195 calories; 11 g fat (2 g sat, 5 g mono); 4 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 15 g protein; 583 mg sodium; 987 mg potassium.

**Nutrition bonus:** Vitamin A (214% daily value), Folate (63% dv), Vitamin C (59% dv), Calcium (44% dv), Magnesium (36% dv), Potassium (29% dv), Iron (29% dv).

**Carbohydrate Servings:** 1

**Exchanges:** ½ reduced-fat milk, 1 vegetable, 1 medium-fat meat, 1 fat
Tofu with Peanut-Ginger Sauce

Makes: 4 servings, generous ¾ cup each
Active time: 15 minutes Total: 25 minutes

Tofu and vegetables get a dramatic lift from a spicy peanut sauce in this low-calorie, nutrient-packed vegetarian entree.

Sauce
- 5 tablespoons water
- 4 tablespoons smooth natural peanut butter
- 1 tablespoon rice vinegar (see Tip) or white vinegar
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons honey
- 2 teaspoons minced ginger
- 2 cloves garlic, minced

Tofu & Vegetables
- 14 ounces extra-firm tofu, preferably water-packed
- 2 teaspoons extra-virgin olive oil
- 4 cups baby spinach (6 ounces)
- 1½ cups sliced mushrooms (4 ounces)
- 4 scallions, sliced (1 cup)

1. To prepare sauce: Whisk water, peanut butter, rice vinegar (or white vinegar), soy sauce, honey, ginger and garlic in a small bowl.
2. To prepare tofu: Drain and rinse tofu; pat dry. Slice the block crosswise into eight ½-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.
3. Heat oil in a large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes more.
4. Add spinach, mushrooms, scallions and the peanut sauce and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more.

Per serving: 221 calories; 14 g fat (2 g sat, 3 g mono); 0 mg cholesterol; 15 g carbohydrate; 3 g added sugars; 12 g protein; 4 g fiber; 231 mg sodium; 262 mg potassium.

Nutrition bonus: Vitamin A (33% daily value), Calcium (21% dv), Iron (19% dv), Vitamin C (17% dv).

Carbohydrate Servings: 1
Exchanges: 2 vegetable 2 medium-fat meat

Tip: Rice vinegar (or rice-wine vinegar) is mild, slightly sweet vinegar made from fermented rice. Find it in the Asian section of supermarkets and specialty stores.
### Cajun Pecan-Crusted Catfish

**Makes:** 4 servings  
**Active time:** 15 minutes  
**Total:** 40 minutes

Here, catfish fillets are coated in a spicy melange of cornflakes and pecans and baked for a traditional yet surprisingly healthy take on a battered bayou favorite.

- 1/2 cup nonfat buttermilk
- 1/4 teaspoon garlic salt
- 1/8 teaspoon hot sauce, such as Tabasco  
- 2 cups cornflakes  
- 1/2 teaspoon dried oregano  
- 1/4 teaspoon chili powder
- 1/4 cup pecan pieces
- 1 pound catfish fillets, about 1 inch thick, cut into 4 portions

1. Preheat oven to 375°F. Line a baking sheet with foil.
2. Blend buttermilk, hot sauce (or cayenne), oregano, chili powder and garlic salt in a shallow dish. Pulse cornflakes in a food processor until coarse crumbs form. Transfer to a large plate. Pulse pecans in the food processor until coarsely chopped; mix the pecans with the cornflake crumbs. (Alternatively, place cornflakes in a sealable bag and crush with a rolling pin; chop nuts with a knife.)
3. Dip each catfish fillet in the buttermilk mixture, then dredge in the cornflake mixture, coating both sides. Transfer to the prepared baking sheet.
4. Bake the catfish for 25 minutes, or until it flakes easily with a fork. Serve immediately.

**Per serving:** 302 calories; 17 g fat (2 g sat, 8 g mono); 63 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 21 g protein; 240 mg sodium; 438 mg potassium.

**Nutrition bonus:** Vitamin C (21% daily value), Potassium (17% dv), Vitamin A (16% dv).

**Carbohydrate Servings:** 1  
**Exchanges:** 1 starch, 3 lean meat, 1 fat

### Grilled Rosemary-Salmon Skewers

**Makes:** 4 servings, 2 skewers each  
**Active time:** 30 minutes  
**Total:** 30 minutes  
**To make ahead:** Prepare the skewers (Step 2), cover and refrigerate for up to 8 hours. Proceed with grilling (Steps 1 & 3) when ready to serve.

**Equipment:** Eight 12-inch skewers

If you can find (or grow) them, use sturdy rosemary branches, stripped of leaves, as skewers for these Italian salmon kebabs; they’ll add a subtle, smoky flavor that hints of pine. Oil your grill well to prevent sticking, don’t move the kebabs around unnecessarily and keep a close eye on the fire to avoid flare-ups.

- 2 teaspoons minced fresh rosemary
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 pound center-cut salmon fillet, skinned (see Tip) and cut into 1-inch cubes
- 1 pint cherry tomatoes

1. Preheat grill to medium-high.
2. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.
3. Oil the grill rack. Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

**Per serving:** 172 calories; 7 g fat (1 g sat, 3 g mono); 53 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 200 mg sodium; 607 mg potassium.

**Nutrition bonus:** Vitamin C (21% daily value), Potassium (17% dv), Vitamin A (16% dv).

**Carbohydrate Servings:** 0  
**Exchanges:** 3 1/2 lean meat

**Tip:** Place salmon skin-side down and, starting at the tail end, slip a long, sharp knife between flesh and skin, holding the skin down with your other hand. Gently push the blade along at a 30° angle, without cutting through fillet or skin.
Grilled Tuna, Orange & Jícama Salad with Red Onion Dressing

Makes: 6 servings
Active time: 45 minutes  Total: 45 minutes
To make ahead: Cover and refrigerate the dressing and onions (Steps 1-2) for up to 8 hours.

This dinner salad is anything but ordinary. Crunchy jícama, sweet oranges, grilled tuna and a Mexican-inspired dressing combine to really fire up your taste buds.

Red Onion Dressing
3 tablespoons extra-virgin olive oil
4 cups sliced red onions (2 large)
2 teaspoons sugar
1 tablespoon minced garlic
¼ cup red-wine vinegar
2 tablespoons lime juice
2 teaspoons ground cumin
¼ teaspoon salt, divided
Freshly ground pepper to taste

Salad
1 small jícama, peeled and cut into matchsticks
2 seedless oranges, peeled
1 large red bell pepper, sliced into thin strips
1 pound tuna steak, 1 inch thick
12 cups torn red leaf lettuce

1. To prepare dressing: Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onions and sugar; cook, stirring constantly, until well browned, 10 to 15 minutes. Add garlic and cook for 1 minute more. Let cool.
2. Transfer ¼ cup of the browned onions to a blender or food processor. Add the remaining 2 tablespoons oil, vinegar, lime juice and cumin; puree until smooth. Add cilantro and pulse to blend. Season with salt and pepper; set aside.
3. To prepare salad: Preheat grill to medium-high.
4. Combine jícama with the reserved onions in a large bowl. With a sharp knife, cut orange segments from their surrounding membrane; add to the bowl with the jícama. Add bell pepper and toss. Season with ¼ teaspoon each salt and pepper.
5. Season both sides of tuna with the remaining ¼ teaspoon each salt and pepper. Grill over medium-high heat until just cooked through, 4 to 5 minutes per side. Let rest for 5 minutes; cut into thin slices. Add to the jícama mixture. Toss lettuce with the reserved dressing in a large bowl. Spoon the tuna mixture onto the greens.

Per serving: 251 calories; 8 g fat (1 g sat, 6 g mono); 29 mg cholesterol; 23 g carbohydrate; 1 g added sugars; 21 g protein; 7 g fiber; 251 mg sodium; 798 mg potassium.
Nutrition bonus: Vitamin C (135% daily value), Vitamin A (105% dv), Potassium (23% dv), Folate (18% dv), Magnesium (15% dv).
Carbohydrate Servings: 1 | Exchanges: ½ fruit, 1 vegetable, 2½ lean meat

Grilled Tuna with Olive Relish

Makes: 6 servings
Active time: 25 minutes  Total: 25 minutes
To make ahead: The olive relish (Step 1) will keep for up to 1 hour.

A simple relish of parsley and olives jazzes up grilled tuna.

Olive Relish
½ cup finely chopped fresh parsley
½ cup chopped pitted imported black olives, such as Kalamata
¼ cup finely chopped celery
1 small clove garlic, minced
½ teaspoon dried oregano
1 tablespoon lemon juice
1 teaspoon extra-virgin olive oil
¼ teaspoon salt
Freshly ground pepper to taste

Grilled Tuna
1¾ pounds tuna steak, trimmed and cut into 6 portions
1 tablespoon extra-virgin olive oil
¼ teaspoon salt
½ teaspoon freshly ground pepper
Lemon wedges for garnish

1. To prepare olive relish: Combine parsley, olives, celery, garlic, oregano, lemon juice, oil, salt and pepper in a small bowl.
2. To grill tuna: Preheat grill to medium-high.
3. Rub tuna all over with oil and season with salt and pepper. Grill the tuna until seared on both sides and just cooked through, about 4 minutes per side. Serve with Olive Relish and lemon wedges.

Per serving: 185 calories; 5 g fat (1 g sat, 3 g mono); 52 mg cholesterol; 0 g carbohydrate; 0 g added sugars; 33 g protein; 1 g fiber; 266 mg sodium; 630 mg potassium.
Nutrition bonus: Potassium (18% daily value).
Carbohydrate Servings: 0
Exchanges: 4½ lean meat, 1 fat
Shrimp Veracruzana
Makes: 4 servings, about 1 cup each
Active time: 30 minutes Total: 30 minutes

Veracruzana is a dish full of onions, jalapeños and tomatoes from the Mexican state of Veracruz. The heat of fresh jalapeños varies depending on growing conditions. Be sure to taste yours as you’re adding them and adjust the amount according to your taste. For pepper flavor without the heat, use a thinly sliced green bell pepper instead.

2 teaspoons canola oil
1 bay leaf
1 medium onion, halved and thinly sliced
2 jalapeño peppers, seeded and very thinly sliced, or to taste
4 cloves garlic, minced
1 pound peeled and deveined raw shrimp (16-20 per pound; see Tip)
3 medium tomatoes, diced
1/4 cup thinly sliced pitted green olives
1 lime, cut into 4 wedges

Heat oil in a large nonstick skillet over medium heat. Add bay leaf and cook for 1 minute. Add onion, jalapeños and garlic and cook, stirring, until softened, about 3 minutes. Stir in shrimp, cover and cook until pink and just cooked through, 3 to 4 minutes. Stir in tomatoes and olives. Bring to a simmer, reduce heat to medium-low, replace cover and cook until the tomatoes are almost broken down, 2 to 3 minutes more. Remove the bay leaf. Serve with lime wedges.

Per serving: 152 calories; 5 g fat (0 g sat, 3 g mono); 143 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 17 g protein; 2 g fiber; 324 mg sodium; 429 mg potassium.
Nutrition bonus: Vitamin C (46% daily value), Vitamin A (21% dv).
Carbohydrate Servings: 1/2
Exchanges: 1 1/2 vegetable, 4 lean meat, 1 fat

Tip: Shrimp is usually sold by the number needed to make one pound. For example, “21-25 count” means there will be 21 to 25 shrimp in a pound. Size names, such as “large” or “extra large,” are not standardized, so to be sure you’re getting the size you want, order by the count (or number) per pound. Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for fresh or frozen shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can’t find certified shrimp, choose wild-caught shrimp from North America—it’s more likely to be sustainably caught.

Sizzled Citrus Shrimp
Makes: 4 servings, about 3/4 cup each
Active time: 15 minutes (including peeling shrimp)
Total: 40 minutes

This quick Spanish-inspired sauté is a lesson in simplicity. All shrimp really needs to dazzle is lots of garlic and a splash of lemon.

Marinade & Shrimp
3 tablespoons lemon juice
3 tablespoons dry white wine
2 teaspoons extra-virgin olive oil
3 cloves garlic, minced
1 pound medium shrimp (30-40 per pound), peeled and deveined

Sauce
1 teaspoon extra-virgin olive oil
1 bay leaf
1/4 teaspoon crushed red pepper
1/4 teaspoon salt, or to taste
2 tablespoons chopped fresh parsley

1. Combine lemon juice, wine, 2 teaspoons oil and garlic in a medium bowl. Add shrimp and toss to coat. Cover and marinate in the refrigerator for 15 minutes, tossing occasionally. Drain well, reserving marinade.

2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, turning once, until barely pink, about 30 seconds per side; transfer to a plate. Add bay leaf, crushed red pepper and the reserved marinade to the pan; simmer for 4 minutes. 3. Return the shrimp and any accumulated juices to the pan; heat through. Season with salt, sprinkle with parsley and serve immediately.

Per serving: 132 calories; 5 g fat (1 g sat, 3 g mono); 143 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 16 g protein; 1 g fiber; 315 mg sodium; 186 mg potassium.
Nutrition bonus: Vitamin A (16% daily value).
Carbohydrate Servings: 0
Exchanges: 4 lean meat, 1 fat
Dinner: Poultry

**Chicken Sauté with Mango Sauce**

Makes: 4 servings  
Active time: 40 minutes  
Total: 40 minutes

The simple technique used in this recipe guarantees juicy results every time. Pounding the chicken makes it thinner, ensuring quick and even cooking. Dredging it in seasoned flour helps it turn deep golden brown when sautéed. And deglazing the skillet with broth (or water) loosens the flavor-boosting browned bits from the bottom of the pan, making a tastier sauce.

**Chicken**

- 4 boneless, skinless chicken breast halves (1-1½ pounds)
- ¼ cup all-purpose flour
- ½ teaspoon salt, or to taste
- Freshly ground pepper to taste
- 1 tablespoon extra-virgin olive oil or canola oil

**Sauce**

- 2 jalapeño peppers, seeded and minced
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger
- ½ cup reduced-sodium chicken broth
- ½ cup orange juice
- 1 tablespoon brown sugar
- ¼ teaspoon cornstarch
- 1 mango, cut into ½-inch dice (1 cup)
- 2 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro or mint

1. Trim visible fat from chicken breasts. Remove the tenders (the long thin flaps); reserve for another use (see Tip). Place trimmed chicken breasts between 2 pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to an even thickness, about ½ inch.
2. Combine flour, salt and pepper in a shallow glass dish. Dredge chicken in seasoned flour, shaking off excess. (Discard any leftover flour.)
3. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook until well browned and no longer pink in the center, 4 to 5 minutes per side. Transfer to a plate, cover and keep warm.
4. Add jalapeño, garlic and ginger to the pan; cook over medium heat, stirring, until softened, 1 to 2 minutes. Add broth and deglaze, scraping up any browned bits, for 1 minute. Mix orange juice, brown sugar and cornstarch in a small bowl. Add to the pan and bring the sauce to a simmer, stirring. Cook, stirring often, until thickened and slightly reduced, about 4 minutes. Stir in mango and cook until heated through, about 1 minute. Remove from heat and stir in lime juice. Spoon over the chicken and sprinkle with cilantro (or mint).

**Per serving:** 255 calories; 7 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 24 g carbohydrate; 3 g added sugars; 25 g protein; 2 g fiber; 272 mg sodium; 459 mg potassium.

**Nutrition bonus:** Vitamin C (89% daily value), Vitamin A (22% dv), Calcium 33% dv).

**Carbohydrate Servings:** 1 ½

**Exchanges:** 4 lean meat, ½ fat, 1 fruit

**Tip:** Wrap and freeze the chicken tenders. When you have gathered enough, use them in a stir-fry—they are the perfect size. Remove the tough membrane with a sharp knife before cooking.
Curried Turkey Cutlets with Dried Apricots

Makes: 4 servings
Active time: 15 minutes Total: 30 minutes

Curry-spiced apricot sauce jazzes up lean turkey cutlets in a looks-exotic-but-is-really-easy way. Don’t overcook the cutlets in Step 1—they continue to cook while resting.

1 pound turkey cutlets, cut into four portions (see Tip)
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste
2 teaspoons extra-virgin olive oil
1/2 cup finely chopped onion
3 cloves garlic, minced
1 tablespoon minced fresh ginger
1/2 cup apple or pineapple juice
1/2 cup dried apricots, chopped
1 teaspoon cornstarch mixed with 1 tablespoon cold water
4 scallions, thinly sliced
2 tablespoons slivered fresh mint (optional)
1/4 cup low-fat plain yogurt

1. Pat turkey cutlets dry with paper towels; sprinkle with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add turkey and cook until browned on both sides and no longer pink in the center, 2 to 3 minutes per side. Transfer to a plate and set aside.

2. Add onion to the pan; cook, stirring, for 1 minute. Add garlic, ginger and curry; cook, stirring, until fragrant, about 30 seconds. Add juice and apricots; bring to a simmer. Cook until the apricots are plump and the liquid is slightly reduced, about 3 minutes.

3. Add cornstarch mixture to the pan and cook, stirring constantly, until thickened, about 1 minute. Return the turkey and any accumulated juices to the pan. Cook, turning the cutlets a few times, until coated and heated through, 1 to 2 minutes. Stir in scallions and mint (if using). Serve immediately, with a dollop of yogurt.

Per serving:
239 calories; 3 g fat (1 g sat, 2 g mono); 46 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 30 g protein; 275 mg sodium; 395 mg potassium.

Nutrition bonus: Iron (15% daily value).

Carbohydrate Servings: 1
Exchanges: 4 lean meat, 1/2 fat, 1/2 carbohydrate (other)

Tip: You can use boneless, skinless chicken breasts in this recipe: cover with plastic wrap and pound with a meat mallet or rolling pin until about 1/2 inch thick; cook 4 to 5 minutes per side.

Five-Spice Turkey & Lettuce Wraps

Makes: 4 servings, 1 1/4 cups filling each
Active time: 30 minutes Total: 30 minutes

To make ahead: Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.

Based on a popular Chinese dish, these fun wraps also make appealing appetizers for entertaining.

1/2 cup water
1/2 cup instant brown rice
2 teaspoons sesame oil
1 pound 93%-lean ground turkey
1 tablespoon minced fresh ginger
1 large red bell pepper, finely diced
1 8-ounce can water chestnuts, rinsed and chopped
1/2 cup reduced-sodium chicken broth
2 tablespoons hoisin sauce
1 teaspoon five-spice powder (see Tip)
1/2 teaspoon salt
2 heads Boston lettuce, leaves separated
1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
1 large carrot, shredded

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.

2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.

3. To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.

Per serving:
286 calories; 11 g fat (2 g sat, 1 g mono); 65 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 26 g protein; 5 g fiber; 596 mg sodium; 414 mg potassium.

Nutrition bonus: Vitamin A (146% daily value), Vitamin C (97% dv), Folate & Iron (23% dv).

Carbohydrate Servings: 1 1/2
Exchanges: 1/2 starch, 2 vegetable, 3 lean meat

Tip: Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.
Chipotle-&-Orange Grilled Chicken
Makes: 4 servings
Active time: 10 minutes Total: 25 minutes
Chipotle peppers in adobo sauce contribute a rich smokiness to this quick orange-infused barbecue sauce.

2 tablespoons orange juice concentrate, thawed
1 tablespoon finely chopped chipotle peppers in adobo sauce (see Tips)
1 tablespoon balsamic vinegar
2 teaspoons unsulfured molasses
1 teaspoon Dijon mustard
1 pound boneless, skinless chicken breasts, trimmed
Salt to taste

1. Preheat grill or broiler.
2. Whisk orange juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl.
3. Lightly oil the grill or broiler rack (see Tips). Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

Per serving: 150 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 7 g carbohydrate; 2 g added sugars; 23 g protein; 227 mg sodium; 302 mg potassium.
Nutrition bonus: Vitamin C (21% daily value), Calcium (20% dv).
Carbohydrate Servings: ½
Exchanges: 3½ very lean meat

Tips:
Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they’ll keep up to 2 weeks in the refrigerator or 6 months in the freezer.

To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Don’t use cooking spray on a hot grill.)

Lemon & Dill Chicken
Makes: 4 servings
Active time: 30 minutes Total: 30 minutes
Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts.

4 boneless, skinless chicken breasts (1-1½ pounds)
Salt & freshly ground pepper to taste
3 teaspoons extra-virgin olive oil or canola oil, divided
1/4 cup finely chopped onion

1. Season chicken breasts on both sides with salt and pepper. Heat 1 ½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
2. Reduce heat to medium. Add the remaining 1 ½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

Per serving: 170 calories; 6 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 339 mg sodium; 272 mg potassium.
Carbohydrate Servings: 0
Exchanges: 3 lean meat, 1 fat
Maple-Mustard Baked Chicken
Makes: 8 servings
Active time: 30 minutes Total: 1¾ hours (including 30 minutes marinating time)
To make ahead: Marinate the chicken for up to 6 hours. Refrigerate the baked chicken for up to 1 day.

This crunchy chicken tastes great hot or cold—no forks and knives required! For best flavor, shop for grade B maple syrup.

1/2 cup nonfat buttermilk (see Tip)
3 tablespoons Dijon mustard
2 tablespoons pure maple syrup, preferably grade B
2 tablespoons peanut or canola oil, divided
1 tablespoon finely chopped fresh thyme or 1 teaspoon dried
1/4 teaspoon freshly ground pepper

1. Whisk mustard, maple syrup, 1 tablespoon oil, thyme, pepper and salt in a large bowl. Add chicken and turn to coat evenly. Cover and marinate in the refrigerator for at least 30 minutes and up to 6 hours.
2. Preheat oven to 400°F. Set a wire rack on a large baking sheet.
3. Combine bread crumbs and the remaining 1 tablespoon oil on a plate. Dredge the skinned side of each chicken piece in the bread crumbs (with drumsticks, dredge the meatier side) and arrange breaded-side up on the wire rack. Leave at least 1 inch between pieces.
4. Bake until golden brown and an instant-read thermometer inserted into the thickest part of the meat registers 165°F, 35 to 40 minutes. Serve hot or let cool, refrigerate and serve chilled.

Per serving: 248 calories; 9 g fat (2 g sat, 4 g mono); 76 mg cholesterol; 14 g carbohydrate; 3 g added sugars; 26 g protein; 2 g fiber; 306 mg sodium; 210 mg potassium.

Carbohydrate Servings: 1
Exchanges: 1 starch, 4 lean meat, 1 fat

Tip: When using a combination of thighs, drumsticks and breasts, we recommend cutting each breast in half crosswise (before marinating) to make smaller pieces about the size of an average chicken thigh. And if you buy whole legs, be sure to separate the drumsticks and thighs. When all the pieces are about the same size, they’ll all cook at the same rate.
Sweet & Sour Cabbage Rolls

Makes: 6 servings
Active time: 40 minutes Total: 2 hours
To make ahead: Prepare through Step 6; refrigerate for up to 1 day or freeze for up to 1 month. If frozen, defrost overnight in the refrigerator before baking.

Lean ground turkey and brown rice seasoned with fresh dill and caraway seeds makes a moist filling for these stuffed cabbage rolls. They’re baked in a combination of tomato sauce, lemon juice and honey for the familiar sweet-and-sour flavor typical of the dish.

Per serving:
- 270 calories
- 8 g fat (2 g sat, 2 g mono); 43 mg cholesterol
- 33 g carbohydrate
- 3 g added sugars
- 20 g protein
- 7 g fiber
- 387 mg sodium
- 845 mg potassium

Nutrition bonus:
- Vitamin C (95% daily value), Vitamin A (34% dv), Folate (31% dv)
- Potassium (25% dv), Magnesium (20% dv), Iron (16% dv)

Carbohydrate Servings: 2
Exchanges: ½ starch, 2 vegetable, 2⅓ lean meat, ½ fat

1/2 cup brown rice
1 cup water
1 large Savoy cabbage (about 3 pounds)
1 tablespoon canola oil
1 medium onion, chopped
4 cloves garlic, minced
6 tablespoons lemon juice, divided
1 pound 93%-lean ground turkey

3 tablespoons chopped fresh dill
1 teaspoon caraway seeds
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1 1/2 cups no-salt-added tomato sauce
1 cup reduced-sodium chicken broth
1 tablespoon honey

1. Bring rice and water to a boil in a small saucepan. Cover, reduce heat, and simmer until the water is absorbed, 25 to 30 minutes. Set aside to cool.
2. Meanwhile, bring a Dutch oven full of water to a boil over high heat. Boil the 12 largest outer cabbage leaves for 6 minutes. Drain and rinse under cool water until room temperature. Chop enough of the remaining cabbage to equal 2 cups. (Save the rest for another use.)
3. Heat oil in a large saucepan over medium heat. Add onion and the chopped cabbage. Cook, stirring often, until softened, about 3 minutes. Add garlic; cook, stirring, for 30 seconds. Add 4 tablespoons lemon juice; cook, stirring, until the liquid has almost evaporated. Let cool for 10 minutes.
4. Mix turkey, dill, caraway, salt, pepper, the onion mixture and cooled rice in a large bowl.
5. Preheat oven to 375°F. Coat a 9-by-13-inch pan with cooking spray.
6. Lay one cabbage leaf on your work surface; cut out the thick stem. Place about 1/3 cup of the turkey mixture in the leaf’s center. Fold the sides over the filling, then roll closed. Place seam-side down in the baking dish. Repeat with the remaining cabbage leaves and filling. Whisk tomato sauce, broth, honey and the remaining 2 tablespoons lemon juice in a medium bowl. Pour evenly over the rolls. Cover the pan tightly with foil.
7. Bake the cabbage rolls for 1 hour. Uncover and continue baking, basting the rolls with sauce several times, for 20 minutes more.
Coffee-Braised Pot Roast with Caramelized Onions

**Makes:** 10 servings, about 3 ounces meat & 1/3 cup gravy each

**Active time:** 20 minutes **Total:** 3 1/4 hours

**To make ahead:** Cover and refrigerate for up to 2 days.

This recipe is reminiscent of a pot roast made with onion-soup mix, but the flavors are true and pure—and nobody misses the excess sodium. (For a slow-cooker variation, see right.)

1 4-pound beef chuck roast (see Tip), trimmed
1/2 teaspoon salt, or to taste
Freshly ground pepper to taste
4 teaspoons extra-virgin olive oil, divided
2 large onions, halved and thinly sliced (4 cups)
4 cloves garlic, minced
1 teaspoon dried thyme
3/4 cup strong brewed coffee
2 tablespoons balsamic vinegar
2 tablespoons cornstarch mixed with 2 tablespoons water

1. Preheat oven to 300°F.
2. Season beef with salt and pepper. Heat 2 teaspoons oil in a Dutch oven or soup pot over medium-high heat. Add beef and cook, turning from time to time, until well browned on all sides, 5 to 7 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil to the pot. Add onions, reduce heat to medium and cook, stirring often, until softened and golden, 5 to 7 minutes. Add garlic and thyme; cook, stirring, for 1 minute. Stir in coffee and vinegar; bring to a simmer. Return the beef to the pot and spoon some onions over it. Cover and transfer to the oven.
4. Braise the beef in the oven until fork-tender but not falling apart, 2 1/2 to 3 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes.
5. Meanwhile, skim fat from the braising liquid; bring to a boil over medium-high heat. Add the cornstarch mixture and cook, whisking, until the gravy thickens slightly, about 1 minute. Season with pepper. Carve the beef and serve with gravy.

**Per serving:** 219 calories; 8 g fat (3 g sat, 4 g mono); 93 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 31 g protein; 1 g fiber; 76 mg sodium; 307 mg potassium.

**Nutrition bonus:** Zinc (27% daily value).

**Carbohydrate Servings:** 0

**Exchanges:** 5 medium-fat meat

**Tip:** Although it is not the leanest cut of beef, chuck is still our choice for pot roast because it doesn’t dry out during braising. You will find pockets of fat as you carve it, but they are easy to remove.

**Slow-Cooker Variation:** In Step 2, transfer the browned beef to a slow cooker. In Step 3, use just 1/2 cup coffee. Add the onion mixture to the slow cooker. In Step 4, cover and cook until beef is tender, 4 1/2 to 5 hours on High or 7 to 8 hours on Low. In Step 5, pour the liquid into a medium saucepan and continue as directed.
### Grilled Pork Tenderloin Marinated in Spicy Soy Sauce

**Makes:** 6 servings  
**Active time:** 20 minutes  
**Total:** 2 hours 20 minutes (including 2 hours marinating time)

Crisp on the outside and buttery-tender on the inside, these sweet and spicy soy sauce-marinated pork tenderloin medallions make for a delicious, healthful and elegant entree.

- **1/4 cup reduced-sodium soy sauce**  
- **2 tablespoons sugar**  
- **1 large clove garlic, peeled and finely grated or minced**  
- **1 tablespoon finely grated fresh ginger**  
- **1 fresh red Thai chile (see Tip) or cayenne chile pepper, stemmed, seeded and minced**  
- **1 1/2 pounds pork tenderloin, trimmed and cut into 1-inch-thick medallions**

1. Whisk soy sauce and sugar in a medium bowl until the sugar is completely dissolved. Stir in garlic, ginger, chile and oil.  
2. Place pork in a resealable plastic bag. Add the marinade and seal the bag, squeezing air out. Turn the bag to coat the medallions. Refrigerate for 2 hours, turning the bag once to redistribute the marinade.  
3. Preheat the grill to medium. Remove the pork from the marinade. (Discard marinade.) Grill the medallions until just cooked through, 3 to 5 minutes per side.

**Per serving:** 131 calories; 3 g fat (1 g sat, 1 g mono); 74 mg cholesterol; 1 g carbohydrate; 1 g added sugars; 24 g protein; 117 mg sodium; 460 mg potassium.

**Carbohydrate Servings:** 0  
**Exchanges:** 4 lean meat

### Pork Chops with Apples & Thyme

**Makes:** 4 servings  
**Active time:** 15 minutes  
**Total:** 30 minutes

Round out this lovely autumn meal with barley and pureed winter squash (for added convenience, look for frozen squash).

- **3/4 cup reduced-sodium chicken broth, divided**  
- **2 teaspoons cornstarch**  
- **2 teaspoons canola oil**  
- **4 4-ounce boneless pork chops, 1/2 inch thick, trimmed**  
- **1 small onion, sliced**  
- **1 tart apple, such as Granny Smith, peeled and sliced**  
- **1/4 cup apple cider or apple juice**  
- **2 teaspoons Dijon mustard**  
- **1/4 teaspoon dried thyme**

1. Mix 2 tablespoons broth and cornstarch in a small bowl.  
2. Heat oil in a large nonstick skillet over high heat. Add chops and cook until browned, 2 to 3 minutes per side. Transfer to a plate.  
3. Reduce heat to medium-high and add onion to the pan. Cook, stirring often, until it starts to soften and brown, 2 to 3 minutes. Add apple and cook, stirring often, until tender, 3 to 5 minutes. Stir in the remaining broth, cider (or juice), mustard, thyme and the cornstarch mixture. Bring to a boil, stirring, until thickened and glossy, about 1 minute. Return the chops to the pan and heat through. Serve immediately.

**Per serving:** 214 calories; 8 g fat (2 g sat, 4 g mono); 60 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 193 mg sodium; 335 mg potassium.

**Carbohydrate Servings:** 1  
**Exchanges:** 1/2 fruit, 3 lean meat

**Tip:** Thai chiles can be red or green, are only about 1 1/2 inches long and 1/4-inch or less in diameter. They are on the high end of the heat scale. Find them in Asian markets. If unavailable, substitute fresh cayenne chiles or 1/2 teaspoon or more to taste of purchased chile sauce, such as sriracha. Fresh chiles can be frozen, in a air-tight, for up to 3 months.
Dinner: Salads, Salad Dressing & Sides

Braised Green Beans & Summer Vegetables

Makes: 6 servings, about 1 cup each
Active time: 30 minutes Total: 30 minutes

Vibrant green beans, summer squash and cherry tomatoes make this quick braise as beautiful as it is delicious.

1 tablespoon extra-virgin olive oil
1 small onion, halved and sliced
1 tablespoon finely chopped fresh oregano or 1 teaspoon dried
½ cup white wine or reduced-sodium chicken broth
1 pound green beans, trimmed
1 medium summer squash or zucchini, halved and cut into 1-inch pieces
1 cup halved cherry tomatoes or grape tomatoes
½ teaspoon salt
½ teaspoon freshly ground pepper
¼ cup finely shredded Parmesan cheese

Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring, until softened and beginning to brown, about 2 minutes. Add wine (or broth) and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice. Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more. Season with salt and pepper. Serve sprinkled with Parmesan.

Per serving: 92 calories; 4 g fat (1 g sat, 2 g mono); 2 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 158 mg sodium; 291 mg potassium.

Nutrition bonus: Vitamin C (29% daily value), Vitamin A (17% dv).

Cabbage Slaw

Makes: 4 servings, about ½ cup each
Active time: 15 minutes Total: 15 minutes
To make ahead: Cover and refrigerate for up to 1 day.

This colorful, vinegar-dressed coleslaw can be made in just a few minutes. Use preshredded cabbage to make it even quicker.

2 cups finely shredded green cabbage
½ cup thinly sliced red bell pepper
½ cup thinly sliced red onion
2 tablespoons seasoned rice vinegar
2 tablespoons extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon freshly ground pepper

Toss cabbage, bell pepper, onion, vinegar and oil in a large bowl. Season with salt and pepper; toss again to combine.

Per serving: 82 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 153 mg sodium; 114 mg potassium.

Nutrition bonus: Vitamin C (62% daily value).

Carbohydrate Servings: 0
Exchanges: 1 vegetable, 1½ fat
Garlicky Green Beans

Makes: 8 servings, about 1 cup each
Active time: 35 minutes Total: 45 minutes
To make ahead: Prepare through Step 2 and store in an airtight container in the refrigerator for up to 1 day.

In this recipe, you cook then cool the beans in advance so they can be heated up and seasoned moments before the meal. If you don’t like tarragon, substitute dill or leave it out.

2 pounds green beans, trimmed
3 tablespoons extra-virgin olive oil
3 tablespoons minced garlic
3 tablespoons minced fresh parsley
1 tablespoon chopped fresh tarragon or 2 teaspoons dried
½ teaspoon salt
Freshly ground pepper to taste

1. Bring a large pot of water to a boil. Place a large bowl of ice water next to the stove.
2. Add half the green beans to the boiling water and cook until tender-crisp, about 4 minutes. Transfer the beans with a slotted spoon to the ice water to cool. Repeat with the remaining beans. Place a kitchen towel on a baking sheet and use a slotted spoon to transfer the beans from the ice water; blot dry with another towel.
3. Just before serving, heat oil in a large Dutch oven or large skillet over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the green beans and stir. Add parsley, tarragon, salt and pepper and cook, stirring, until heated through, 1 to 3 minutes.

Per serving: 92 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 2 g protein; 4 g fiber; 187 mg sodium; 187 mg potassium.
Nutrition bonus: Vitamin C (23% daily value), Vitamin A (18% dv).

Carbohydrate Servings: ½
Exchanges: 1 nonstarchy vegetable, 1 fat

Green Beans with Creamy Garlic Dressing

Makes: 4 servings, about ¾ cup each
Active time: 25 minutes Total: 25 minutes

In this Lebanese-inspired recipe, steamed green beans are tossed with garlicky yogurt for an easy side dish.

1 pound green beans, trimmed and cut diagonally into 1-inch pieces
1 small clove garlic, minced or ½ teaspoon garlic powder
½ teaspoon salt
1/2 cup nonfat plain yogurt
1 tablespoon extra-virgin olive oil
1 tablespoon chopped fresh parsley (optional)
Freshly ground pepper to taste

1. Place a medium bowl of ice water near the stove. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender, 6 to 8 minutes. Transfer the beans to the ice water to cool. Remove from the ice water with a slotted spoon and let drain on a kitchen towel; blot dry with another towel.
2. If using fresh garlic, mash with salt using the back of a spoon until a paste forms.
3. Whisk the garlic paste (or garlic powder and salt) with yogurt, oil, parsley (if using) and pepper in a large bowl. Add the green beans and toss to coat. Serve cold.

Per serving: 89 calories; 4 g fat (1 g sat, 3 g mono); 1 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 165 mg sodium; 244 mg potassium.
Nutrition bonus: Vitamin C (19% daily value), Vitamin A (16% dv).

Carbohydrate Servings: 1
Exchanges: 1 nonstarchy vegetable, 1 fat
Kale with Apples & Mustard

Makes: 4 servings, about ¾ cup each
Active time: 30 minutes  Total: 35 minutes

Tart apples, grainy mustard, cider vinegar and a touch of brown sugar add sweet-and-sour flavor to sautéed kale.

1 tablespoon extra-virgin olive oil
1-1½ pounds kale, ribs removed, coarsely chopped (see Tip)
2/3 cup water
2 Granny Smith apples, sliced
2 tablespoons cider vinegar
4 teaspoons whole-grain mustard
2 teaspoons brown sugar
Pinch of salt

1. Heat oil in a Dutch oven over medium heat. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add water, cover and cook, stirring occasionally, for 3 minutes. Stir in apples; cover and cook, stirring occasionally, until the kale is tender, 8 to 10 minutes more.

2. Meanwhile, whisk vinegar, mustard, brown sugar and salt in a small bowl. Add the mixture to the kale, increase heat to high and boil, uncovered, until most of the liquid evaporates, 3 to 4 minutes.

Per serving: 129 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 22 g carbohydrate; 2 g added sugars; 4 g protein; 152 mg sodium; 573 mg potassium.

Nutrition bonus:
Vitamin C (17% daily value), Calcium (16% dv).

Carbohydrate Servings: 1½
Exchanges: ½ fruit, 1 nonstarchy vegetable, 1 fat

Tip: A 1- to 1½-pound bunch of kale yields 16 to 24 cups of chopped leaves.

When preparing kale for this recipe, remove the tough ribs, chop or tear the kale as directed, then wash it—allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

Lebanese Potato Salad

Makes: 8 servings, about ½ cup each
Active time: 20 minutes  Total: 1½ hours (including cooling time)

To make ahead: Prepare through Step 2; cover and refrigerate for up to 2 days. Add additional lemon juice and/or salt to taste.

Dressed with a tangy lemon vinaigrette and fresh mint, this dairy-free potato salad is packed with invigorating flavor.

2 pounds russet potatoes (about 3 medium)
2 tablespoons extra-virgin olive oil
¼ cup chopped fresh mint
1½ teaspoons salt
Freshly ground pepper to taste
2 scallions, thinly sliced

1. Place potatoes in a large saucepan or Dutch oven and cover with lightly salted water. Bring to a boil and cook until tender, 25 to 30 minutes. Drain and rinse with cold water. Transfer to a cutting board. Let cool for 20 minutes. Cut the cooled potatoes into ½-inch pieces.

2. Whisk lemon juice, oil, salt and pepper in a large bowl. Add the potatoes and toss to coat.

3. Just before serving, add scallions and mint to the salad and toss gently.

Per serving: 142 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 153 mg sodium; 515 mg potassium.

Nutrition bonus:
Vitamin C (20% daily value), Potassium (15% dv).

Carbohydrate Servings: 1½
Exchanges: 1½ starch, 1 fat
**Lemony Carrot Salad**

Makes: 2 servings  
Active time: 10 minutes  
Total: 10 minutes  
To make ahead: Cover and refrigerate for up to 2 days

Tangy lemon and fresh dill make a bright dressing for shredded carrots.

| 1 tablespoon lemon juice | Freshly ground pepper to taste |
| 1 tablespoon extra-virgin olive oil | 1 cup shredded carrots |
| ½ small clove garlic, minced | 1½ tablespoons chopped fresh dill |
| ⅛ teaspoon salt | 1 tablespoon chopped scallion |

Whisk lemon juice, oil, garlic, salt and pepper to taste in a medium bowl. Add carrots, dill and scallion; toss to coat.

**Per serving:** 90 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 1 g protein; 2 g fiber; 184 mg sodium; 198 mg potassium.

**Nutrition bonus:** Vitamin A (186% daily value).

**Carbohydrate Servings:** ½  
**Exchanges:** ½ nonstarchy vegetable, 1½ fat

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**Quick Vegetable Sauté**

Makes: 4 servings, about ¾ cup each  
Active time: 15 minutes  
Total: 15 minutes

Add a little shallot and dried dill or tarragon to any mixture of frozen vegetables and have a delicious side dish on the table fast. If you’d like to make this recipe with fresh vegetables instead, cut them into bite-size pieces and add a tablespoon or two of water to the skillet when you add the vegetables; adjust the cooking time as needed.

| 1 tablespoon extra-virgin olive oil | ½ teaspoon dried dill or tarragon |
| 1 small shallot, minced | ¼ teaspoon salt |
| 4 cups mixed frozen vegetables, such as corn, carrots and green beans | ¼ teaspoon freshly ground pepper |

Heat oil in a large skillet over medium heat. Add shallot and cook, stirring, until softened, about 1 minute. Stir in frozen vegetables. Cover and cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes. Stir in dill (or tarragon), salt and pepper.

**Per serving:** 107 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 178 mg sodium; 294 mg potassium.

**Nutrition bonus:** Vitamin A (128% daily value), Vitamin C (16% dv).
Raspberry Vinaigrette

Makes: about ½ cup
Active time: 5 minutes  Total: 5 minutes
To make ahead: Cover and refrigerate for up to 1 week.

Mild-tasting grapeseed oil is the ideal foil for fruity raspberry vinegar and they come together beautifully in this simple dressing.

2 tablespoons raspberry vinegar  Freshly ground pepper to taste
⅛ teaspoon salt  ⅛ cup grapeseed oil or canola oil

Whisk vinegar, salt and pepper in a small bowl. Slowly whisk in oil.
Per tablespoon: 82 calories; 9 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 0 g carbohydrate; 0 g added sugars; 0 g protein; 0 g fiber; 38 mg sodium; 1 mg potassium.

Carbohydrate Servings: 0
Exchanges: 2 fat

Shredded Root Vegetable Pancakes

Makes: 6 servings, 2 pancakes each
Active time: 30 minutes  Total: 45 minutes

Red beets and golden carrots look especially festive in these zesty horseradish-and-bacon-flecked cakes. Avoid parsnips, which need to be cored, in this recipe, as trying to shred the smaller cored pieces might result in nicked knuckles.

1 large egg, lightly beaten
¾ cup whole-wheat flour
3 tablespoons chopped scallions
1 tablespoon chopped fresh dill or 1 teaspoon dried
1 tablespoon prepared horseradish
⅛ teaspoon salt
⅛ teaspoon freshly ground pepper
4 cups assorted root vegetables, peeled (about ½ pounds; see Tip) and shredded
2 slices cooked bacon, crumbled (optional)
6 teaspoons canola oil, divided
Reduced-fat sour cream for garnish

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Whisk egg, flour, scallions, dill, horseradish, salt and pepper in a large bowl. Stir in vegetables and bacon (if using).
3. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook 4 pancakes per batch: place about ¼ cup vegetable mixture in a little of the oil and press with the back of a spatula to flatten into a 2- to 3-inch pancake. Cook until crispy and golden, 1½ to 3 minutes per side. Transfer the pancakes to the prepared baking sheet. Continue with 2 more batches, using the remaining 4 teaspoons oil and vegetable mixture. Transfer the baking sheet to the oven and bake for 15 minutes. Serve garnished with sour cream, if desired.

Per serving: 106 calories; 6 g fat (1 g sat, 3 g mono); 31 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 180 mg sodium; 294 mg potassium.
Nutrition bonus: Vitamin A (64% daily value), Folate (17% dv), Vitamin C (15% dv).
Carbohydrate Servings: 1
Exchanges: 1 nonstarchy vegetable, 1 fat

Tip: Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife.
Snap Pea Salad with Radish & Lime

Makes: 4 servings, about 1 cup each
Active time: 25 minutes Total: 40 minutes

This colorful combination of sugar snap peas, wax beans and radishes is dressed with a tangy lime vinaigrette for a refreshing side dish.

8 ounces sugar snap peas, trimmed and halved (about 2 cups)
7 ounces yellow wax beans, trimmed and cut into 1-inch pieces (about 3 cups)
3 tablespoons lime juice

2 tablespoons extra-virgin olive oil
1/2 cup chopped fresh cilantro
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste
1 bunch radishes, trimmed and thinly sliced (about 10)

1. Steam peas over 2 inches of boiling water, stirring once, until crisp-tender, 4 to 5 minutes. Transfer to a baking sheet lined with paper towel. Steam wax beans until crisp-tender, about 5 minutes. Transfer to the baking sheet. Refrigerate until chilled, about 20 minutes.

2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add radishes, peas and beans; toss to coat. Serve chilled.

Per serving: 109 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 155 mg sodium; 311 mg potassium.

Nutrition bonus: Vitamin C (74% daily value), Vitamin A (16% dv).

Carbohydrate Servings: 1/2
Exchanges: 1 1/2 fat, 1 1/2 nonstarchy veg

Sugar Snap Salad

Makes: 4 servings, 3/4 cup each
Active time: 15 minutes Total: 15 minutes

Sweet, edible-podded peas make a bright, crisp and colorful salad.

2 cups sugar snap peas, (8 ounces), trimmed
1/4 teaspoon freshly ground pepper
1 bunch scallions, trimmed and thinly sliced on the diagonal
1/2 large red bell pepper, cut into 1 1/2-inch-long slivers

2 tablespoons white-wine vinegar

1/2 tablespoons extra-virgin olive oil

1. Cook peas in lightly salted boiling water in a medium saucepan until tender-crisp, 2 to 3 minutes. Drain and rinse under cold running water.

2. Whisk vinegar, oil, salt and pepper in a large bowl. Add scallions, bell pepper and the peas; toss to coat. Serve within 1 hour.

Per serving: 105 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 2 g protein; 3 g fiber; 154 mg sodium; 261 mg potassium.

Nutrition bonus: Vitamin C (112% daily value), Vitamin A (33% dv).

Carbohydrate Servings: 1/2
Exchanges: ½ nonstarchy vegetable, 1 1/2 fat
### Snacks

#### Chocolate Pretzel & Cherry Popcorn Balls

**Makes:** 12 (2-inch) balls  
**Active time:** 20 minutes  
**Total:** 20 minutes  
**To make ahead:** Wrap airtight for up to 2 days, but best the day they are made.

These popcorn balls are made with agave nectar and peanut butter and are spiked with chocolate covered pretzels and dried cherries for a special treat.

6 heaping cups popped corn  
1/4 cup agave nectar or honey  
1/4 cup creamy natural peanut butter or almond butter, at room temperature  
2 tablespoons finely chopped dark chocolate-covered pretzels  
2 tablespoons finely chopped dried cherries

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water. Put popcorn in a large bowl.  
2. Combine agave (or honey) and peanut butter (or almond butter) in a small saucepan. Cook over medium heat, stirring gently but constantly. As soon as the mixture starts to lightly bubble, cook, stirring constantly, for 15 seconds more.  
3. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in dark chocolate-covered pretzels and finely chopped dried cherries.  
4. Dip both hands in the ice water. Working quickly, press small handfuls (heaping 1/4 cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the pretzels and dried cherries.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together.  
5. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

**Per ball:** 89 calories; 3 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 6 g added sugars; 2 g protein; 1 g fiber; 34 mg sodium; 18 mg potassium.

#### Fire-Roasted Salsa

**Makes:** about 2 cups  
**Active time:** 20 minutes  
**Total:** 20 minutes  
**To make ahead:** Cover and refrigerate for up to 5 days or freeze for up to 3 months.

Charring fresh tomatoes and jalapeños on the grill gives this chunky pureed salsa great fire-roasted flavor. It works just as well under the broiler and even tastes delicious made with canned fire-roasted tomatoes.

2 large ripe tomatoes (see Canned-Tomato Variation)  
2 small cloves garlic, chopped  
1/2-1 teaspoon salt  
1 large jalapeño pepper

1. Preheat grill to high (or preheat broiler).  
2. Grill tomatoes and jalapeño, turning frequently, until charred, 10 minutes for the tomatoes, about 5 minutes for the jalapeño. (To broil, place on a baking sheet and broil about 4 inches from the heat, turning once or twice, until charred, 8 to 10 minutes total.)  
3. When cool enough to handle, core the tomatoes and remove the stem from the jalapeño. Place in a food processor along with garlic; pulse to form a chunky mixture. Season with salt to taste.  

**Per 1/4-cup serving:** 10 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 0 g protein; 1 g fiber; 148 mg sodium; 115 mg potassium.

**Canned-Tomato Variation:** No fresh tomatoes? Drain two 14-ounce cans of fire-roasted tomatoes. Roast jalapeño in a small dry skillet over medium heat, turning occasionally, until soft and blackened in spots, 10 to 15 minutes. Pulse the drained tomatoes, jalapeño and garlic in a food processor until chunky.
Kale Chips

Makes: 4 servings, about 2 cups each  
Active time: 25 minutes  
Total: 25 minutes

To make ahead: Store in an airtight container at room temperature for up to 2 days.

Not a fan of kale? These crispy baked kale chips will convert you! For the best result, don’t overcrowd the pans.

| 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see Tip) | 1 tablespoon extra-virgin olive oil  
| 1/4 teaspoon salt |

1. Position racks in upper third and center of oven; preheat to 400°F.  
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don’t overlap. (If the kale won’t all fit, make the chips in batches.)  
3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

Per serving: 110 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 5 g protein; 6 g fiber; 210 mg sodium; 642 mg potassium.  
Nutrition bonus: Vitamin A (767% daily value), Vitamin C (192% dv), Calcium (20% dv), Potassium (18% dv).  
Carbohydrate Servings: 1  
Exchanges: 4 nonstarchy vegetable, 1 fat

Tip: Choose organic kale when possible. Nonorganic can have high pesticide residue.

Spiced Pistachios

Makes: 2 cups  
Active time: 5 minutes  
Total: 50 minutes

To make ahead: Store in an airtight container for up to 3 weeks.

Chinese five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns; it adds subtle flavor to these pistachios. Look for it in the spice section at the market or with other Asian ingredients. Omit the added salt if you use salted pistachios.

| 2 tablespoons orange juice | 1/4 teaspoons kosher salt  
| 2 tablespoons Chinese five-spice powder | 2 cups unsalted pistachios |

1. Preheat oven to 250°F.  
2. Whisk orange juice, five-spice powder and salt in a large bowl. Add pistachios; toss to coat. Place on a large rimmed baking sheet; spread in an even layer.  
3. Bake, stirring every 15 minutes, until dry, about 45 minutes. Let cool completely.  

Store in an airtight container.

Per 2-tablespoon serving: 91 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 88 mg sodium; 159 mg potassium.

Carbohydrate Servings: 0  
Exchanges: 1 1/2 fat
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