

# 60 DAY CHALLENGE

\*\*\*VERY IMPORTANT INSTRUCTIONS-Please Read\*\*\*

Welcome to the 60-day Challenge. By completing this challenge you will definitely see an improvement of your physique and energy level. Below you will see a meal plan covering 60 days, including a grocery list for each week. This is not a diet! Diets fail over 90% of the time. You will increase your chance of success immensely if you follow these rules:

- Rule 1: If you don't like an meal or item of food, simply replace it with a similar item you like. Do a search on the Internet for a similar replacement (i.e. "pesto substitute")
- Rule 2: It's OK to have cheat meals, not cheat days, cheat meals. The rule is for every cheat meal you have to play two extra games of Strength Stack 52 that same day. So if you don't have the time, don't do the crime
- Rule 3: You must publicly announce you are starting the 60 day challenge on Facebook or another popular social networking site, and must give weekly updates. This rule helps keep you motivated to complete the 60 Day Challenge as others will be watching your progress. Please use #SS52 when posting your progress so the staff at Stack 52 can monitor you too!
- Rule 4: You must play at least 3 games of Strength Stack 52 a day. Three to five games per day is optimal to achieve a truly life changing body in 60 days.
- Rule 5: If you can't do an exercise in the Stack, replace it with an exercise that is closest to the number you can't do. For example, if you can't do #47 but you can do #46, simply perform exercise #46 every time you draw a #47.
- Rule 6: Prepare your meals in advance if you can. If your meal is pre-prepared you are more than likely going to commit to eating that meal.
- Rule 7: Have a friend play the games with you. If you don't have anyone that wants to play the games, have a friend pick the games you should play.

And now, it is time to pick a start date and hit the grocery store!

## Low Cal Meal Plan

### Grocery List

|                    |                 |                          |                         |
|--------------------|-----------------|--------------------------|-------------------------|
| Grits              | Low fat granola | Fruit Salad              | Chicken Tomato Soup     |
| Oatmeal            | Strawberries    | Turkey (Sliced & Burger) | Veggie Burger           |
| Whole Grain Cereal | Chicken Breast  | Whole Wheat Bread & Buns | Fish (Halibut & Salmon) |

## Week 1

|                |               |                |              |
|----------------|---------------|----------------|--------------|
| Eggs           | Potatoes      | Pineapple      | Pesto Sauce  |
| Lemons         | Spaghetti     | Meatballs      | Steak Strips |
| Tortillas      | Green Peppers | Salsa          | Spinach      |
| Asparagus      | Banana        | Cottage Cheese | Grapefruit   |
| Peanut Butter  | Pear          | Almonds        | Blueberries  |
| Apples         | Cashews       | Avocado        | Broccoli     |
| Low-fat cheese | Plums         | Cucumbers      | Rice         |

## Meals

|                  | Breakfast                                   | Lunch   | Dinner   | Snack                                      |
|------------------|---|---|--|--|
| <b>Sunday</b>    | 2 cups Grits                                | 4 Oz Chicken Breast<br>4 Oz Sweet Potato<br>1 Cup Broccoli                            | 8 Oz Halibut<br>3 tbsp Pesto Sauce<br>1 cup rice                               | 1 Banana<br>1/2 cup Cottage Cheese         |
| <b>Monday</b>    | 3/4 cup Oatmeal<br>2 Boiled Eggs            | 2 Stuffed Baked Potatoes<br>1 cup Fruit salad   | 4 Oz Chicken Breast<br>1 lemon, juice and zest<br>1/2 cup Celery               | 1 Grapefruit<br>1 Tablespoon Peanut Butter |
| <b>Tuesday</b>   | 2 cups Whole Grain Cereal                   | 3-4 slices Deli Sliced Turkey<br>2 slices Whole Wheat Bread<br>1 cup Pineapple chunks | 3 Oz spaghetti<br>2/3 cup low sodium spaghetti sauce<br>7-9 meatballs          | 1/2 cup Strawberries<br>1 Pear             |
| <b>Wednesday</b> | 2 Scrambled Eggs<br>Melted Low-Fat Cheese   | 8 Oz Turkey Burger<br>3 Oz Low-fat Swiss cheese<br>1 cup Coleslaw                     | 4 Oz Steak strips<br>2 small Tortillas<br>1 cup green peppers<br>4 Tbsp. salsa | 1/4 cup Almonds<br>1/2 cup Blueberries     |
| <b>Thursday</b>  | 3/4 cup Whole Grain Cereal<br>2 boiled eggs | 2 slices Whole Wheat Bread<br>(2 Slices)  | 4 Oz Chicken Breast<br>2 cups Spinach  | 1 Tablespoon Peanut Butter<br>1 Apple      |

|                 |  |  |  |                                     |
|-----------------|--|--|--|-------------------------------------|
|                 |  | 3 oz Turkey burger   | 1/2 cup Brown Rice   |                                     |
| <b>Friday</b>   | 2 cups healthy cereal of your choice                         | 1 Tuna Salad<br>2 cup of Chicken Tomato Soup                         | 4 Oz Salmon<br>3 tbsp Pesto Sauce<br>1 cup rice<br>1 Cup Asparagus       | 1/4 cup Cashews<br>4 Slices Avocado |
| <b>Saturday</b> | 1 cup low-fat granola<br>1 cup strawberries<br>2 boiled eggs | 1 Veggie Burger<br>2 slices of Whole Wheat Bun<br>8 Oz nonfat yogurt | 1 cup pasta<br>2 slices melted low-fat cheese<br>2 cups chopped broccoli | 1 Plum<br>1/2 cup Cucumbers         |

# Meal Plan

## Grocery List

# Week 2

|  |                                 |                                     |   |  |                             |
|--|---------------------------------|-------------------------------------|---|--|-----------------------------|
| All-fruit raspberry sorbet                           | cauliflower                     | Honeydew melon                      | Mustard greens                                | Ricotta cheese                                     | Tomato juice                |
| Apple (sliced)                                       | Celery                          | Hummus                              | No-fat dressing                               | Roast Beef OR                                      | Top loin steak              |
| Asian Veggie stir fry (tofu, bok choy, bell peppers) | Cherry tomatoes                 | Jelly                               | Oatmeal (2)                                   | Romaine Lettuce (3)                                | Tortilla chips              |
| Avocado  | Chicken breast (2) OR           | Large fish fillet of cod or snapper | Olive oil                                     | Salmon (2)   | Tortillas                   |
| Baby carrots   | Chicken slices (deli)           | Lemon-flavored ice tea              | Onion (2)                                     | Salsa (2)  | Tuna                        |
| basil  | Dry roasted almonds             | Lime juice                          | Orange Juice                                  | Skim milk  | Turkey burger               |
| Bell pepper  | Eggs                            | Low-fat cheddar cheese              | parmesan cheese                               | Slivered almonds                                   | Unsweetened drink           |
| Black Beans (2)                                      | Fat-free Greek Yogurt           | Low-fat vinaigrette                 | Pecans  | Small bananas                                      | Walnuts                     |
| Blueberries  | Fat-free Milk (2)               | Low-fat yogurt (2)                  | Pineapple (fresh or canned, preferably fresh) | Small potato or yam                                | Whole grain bread           |
| Bread crumbs   | Fish fillet                     | Manhattan clam chowder (red broth)  | Potato wedges                                 | Smoked Turkey (deli)                               | Whole grain cereal          |
| Broccoli   | Fruit to go with yogurt (2)     | Maple syrup                         | Potatoes                                      | Spinach  | Whole wheat crackers        |
| Brown Rice (2)                                       | Green onions                    | Margarine                           | Protein Drink (3)                             | Spinach lasagna with ricotta and mozzarella cheese | Whole wheat dinner roll (2) |
| Buckwheat pancake mix                                | greens (spinach, lettuce, etc.) | medium orange                       | Raisins                                       | Strawberries                                       | Whole Wheat Pita            |

|            |               |           |             |                 |           |
|------------|---------------|-----------|-------------|-----------------|-----------|
|            |               |           |             |                 | bread     |
| Cantaloupe | Ground turkey | Mushrooms | Raspberries | Sunflower seeds | Wild Rice |
| Carrots    | Honey         | Mustard   | Rice        | Tomato (2)      | zucchini  |

## Meals

|               | Breakfast  | Lunch   | Dinner   | Snack                           |
|---------------|--|---|--|---------------------------------|
| <b>Sunday</b> | <p>Spicy breakfast burrito (tortilla, scrambled egg, black beans and salsa)</p> <p>1 cup orange juice<br/>1 cup fat-free milk</p>  | <p>Roast beef or chicken sandwich on whole-grain bread (with lettuce, onion, mushrooms and mustard)</p> <p>3/4 cup baked potato wedges</p>                                      | <p>5-ounce broiled salmon (stuffed with bread crumbs, celery, and onions) served with rice and slivered almonds</p> <p>1/2 cup steamed broccoli</p> <p>1 cup fat-free milk</p> | 1 cup cantaloupe protein drink  |
| <b>Monday</b> | <p>Cold cereal with raisins and fat-free milk</p> <p>1 small banana</p> <p>Slice of whole-wheat toast with margarine and jelly</p> | <p>Smoked turkey sandwich on whole-wheat pita bread (with romaine lettuce, tomato slices, salad dressing and mustard)</p> <p>1/2 cup apple slices</p> <p>1 cup tomato juice</p> | <p>5-ounce grilled top loin steak</p> <p>3/4 cup mashed potatoes</p> <p>1/2 cup steamed carrots with honey</p> <p>Whole-wheat dinner roll</p> <p>1 cup fat-free milk</p>       | 1 cup low-fat yogurt with fruit |

|                  |   |  |   |   |
|------------------|---|--|---|---|
| <b>Tuesday</b>   | <p>Cooked oatmeal with raisins and margarine</p> <p>1/2 cup fat-free milk</p> <p>1 cup orange juice</p>   | <p>"South-of-the-border" taco salad (tortilla chips, ground turkey, black beans, iceberg lettuce, tomato slices, low-fat cheddar, salsa, avocado and lime juice)</p> <p>1 unsweetened drink</p>  | <p>Spinach lasagna with ricotta and mozzarella cheese</p> <p>Whole-wheat dinner roll</p> <p>One cup fat-free milk</p>   | <p>1/2-ounce dry-roasted almonds</p> <p>1/4 cup pineapple</p> <p>2 tablespoons raisins</p> <p>protein drink</p>             |
| <b>Wednesday</b> | <p>3 buckwheat pancakes with margarine and maple syrup</p> <p>1/2 cup strawberries</p> <p>3/4 cup honeydew melon</p> <p>1/2 cup fat-free milk</p>   | <p>Manhattan clam chowder</p> <p>10 whole-wheat crackers</p> <p>1 medium orange</p> <p>1 cup fat-free milk</p>   | <p>Asian veggie stir fry (with tofu, bok choy, bell peppers)</p> <p>1 cup brown rice</p> <p>1 cup lemon-flavored ice tea</p>  | <p>1 large banana</p> <p>1 cup yogurt with fruit</p> <p>1 ounce sunflower seeds</p>   |
| <b>Thursday</b>  | <p>oatmeal and 3 egg whites with a small banana</p>   | <p>chicken breast or fish fillet with 2 cups greens and no fat dressing along with 3/4 cup brown rice.</p>   | <p>large fish fillet of cod or snapper steamed with 1 cup (measured cooked) mustard greens and spinach plus a small potato or yam</p>   | <p>no fat plain yogurt with 1/4 cup mixed nuts and berries</p> <p>protein drink</p>   |
| <b>Friday</b>    | <p>1/2 cup egg whites scrambled with 1 teaspoon olive oil, 1 teaspoon chopped basil, 1 teaspoon grated Parmesan, and 1/2 cup cherry tomatoes</p> <p>1 slice whole-grain toast</p> <p>1/2 cup blueberries</p> <p>1 cup skim milk</p> | <p>Salad made with 4 ounces chopped grilled chicken breast, 1 tablespoon shredded low-fat cheddar, diced grilled veggies (2 tablespoons onion, 1/4 cup diced zucchini, 1/2 cup bell pepper), 1 teaspoon chopped cilantro, and 1 tablespoon low-fat vinaigrette</p> | <p>4 ounces grilled salmon</p> <p>1 cup wild rice with 1 tablespoon slivered toasted almonds</p> <p>1 cup wilted baby spinach with 1 teaspoon each olive oil, balsamic vinegar, and grated Parmesan</p> <p>1/2 cup diced cantaloupe topped with</p> <p>1/2 cup all-fruit raspberry sorbet</p> | <p>1/2 cup fat-free Greek yogurt topped with 1/4 cup sliced strawberries</p> <p>2 tablespoons hummus and 6 baby carrots</p> |

|                 |                                      |  |   |   |
|-----------------|--------------------------------------|--|---|---|
|                 |                                      |  | and 1 teaspoon chopped walnuts  |   |
| <b>Saturday</b> | French toast with berries (no syrup) | Salad made with 4 ounces water-packed tuna, 1 cup chopped Romaine lettuce, 1/2 cup sliced bell pepper, and 1/4 cup chopped green onions topped with 2 tablespoons low-fat Italian dressing | 1 turkey burger<br>3/4 cup roasted cauliflower and broccoli florets<br>3/4 cup brown rice<br>1 cup spinach salad with 1 tablespoon light balsamic vinaigrette | 1/2 cup fat-free ricotta cheese with 1/2 cup raspberries and 1 tablespoon chopped pecans<br><br>protein drink |

# Meal Plan

# Week 3

## Grocery List

|                                  |                                    |                              |                                |                      |                            |                              |                      |
|----------------------------------|------------------------------------|------------------------------|--------------------------------|----------------------|----------------------------|------------------------------|----------------------|
| Almond butter                    | Brown rice                         | Eggs (15)                    | Honey mustard (fat-free)       | Mustard (Dijon)      | Pork tenderloin (lean)     | Slivered almonds             | Walnuts (silvered)   |
| Apple (3)                        | Canadian Bacon                     | English muffin (whole grain) | Honeydew                       | Nectarine (medium)   | Quinoa                     | Soy sauce                    | Watermelon           |
| Applesauce (unsweetened)         | Capers                             | Fat-free refried beans       | Horseradish                    | Non-sodium seasoning | Raspberries                | Spaghetti squash             | Whole wheat couscous |
| Artichoke (medium)               | Carrots                            | Feta cheese                  | Lemon juice                    | Oat bran bread       | Red snapper                | Spinach (4)                  | Yellow pepper        |
| Arugula                          | Celery                             | Flaxseed                     | Lentils (cooked)               | Olive oil            | Red wine vinegar           | Strawberries                 | Yogurt (low-fat)     |
| Avocado (2)                      | cheddar cheese (Cabot 50% reduced) | Fruit spread (sugar-free)    | low-fat Caesar                 | onion                | Rice wine vinegar          | Strawberry sorbet            |                      |
| Bagel (Thomas' Whole Wheat Thin) | Cherries                           | garbanzo beans               | low-fat cheddar                | Onion (yellow)       | Ricotta cheese (part-skim) | Sun-dried tomatoes           |                      |
| Balsamic vinegar                 | Cherry tomatoes                    | garlic (chopped)             | low-fat jack cheese            | Onion powder         | Roast beef (thinly sliced) | Thyme                        |                      |
| Banana                           | Chicken (grilled, 4)               | Granola (low-fat)            | Macaroni noodles (whole wheat) | Orange (medium, 2)   | Romaine lettuce            | Toaster Waffle (whole-grain) |                      |
| Bell pepper (4)                  | cilantro (chopped)                 | Grapes (red)                 | Milk (fat free)                | oregano              | Russian dressing (light)   | Tomato (2)                   |                      |
| Berries                          | Cinnamon                           | Greek Yogurt                 | Mixed greens                   | Parmesan             | Salmon                     | Tortilla (whole              |                      |

|                                    |                     |                 |                                       |                         |                                   |                          |  |
|------------------------------------|---------------------|-----------------|---------------------------------------|-------------------------|-----------------------------------|--------------------------|--|
|                                    |                     |                 |                                       |                         |                                   | wheat)                   |  |
| Black beans (refried and fat-free) | corn tortilla       | Green beans (2) | Mixed melon bowl                      | Peanut Butter (natural) | salsa                             | Turkey (sliced for deli) |  |
| Bran Muffin                        | Cottage Cheese      | Greens          | Mozzarella cheese stick (fat-free, 2) | Pear (2)                | Shrimp                            | Turkey burger            |  |
| Bread (whole grain sliced)         | Cranberries (dried) | Halibut         | Mozzarella (shredded)                 | Pesto sauce             | Shrimp                            | Vanilla yogurt (low-fat) |  |
| Broccoli                           | Cucumber (2)        | Ham (lean)      | mushrooms                             | Pinto beans             | Skinny cow white mint truffle bar | Vidalia onion            |  |

## Meals

|               | Breakfast   | Lunch  | Dinner   | Snack   |
|---------------|---|--|--|---|
| <b>Sunday</b> | Omelet made with 4 egg whites and 1 whole egg, 1/4 cup chopped broccoli, 2 tablespoons each fat-free refried beans, diced onion, diced mushrooms, and salsa<br>Quesadilla made with 1/2 of one small corn tortilla and 1 tablespoon low-fat jack cheese<br>1/2 cup diced watermelon | Salad made with 2 cups chopped Romaine, 4 ounces grilled chicken, 1/2 cup chopped celery, 1/2 cup diced mushrooms, 2 tablespoons shredded low-fat cheddar, and 1 tablespoon low-fat Caesar dressing<br>1 medium nectarine<br>1 cup skim milk | 4 ounces shrimp, grilled or sautéed with 1 teaspoon olive oil and 1 teaspoon chopped garlic<br>1 medium artichoke, steamed<br>1/2 cup whole wheat couscous with 2 tablespoons diced bell pepper, 1/4 cup garbanzo beans, 1 teaspoon chopped fresh cilantro, and 1 tablespoon fat-free honey mustard dressing | 1 fat-free mozzarella string cheese stick<br>1 medium orange  |
| <b>Monday</b> | Burrito made with 1 medium whole wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, 1/4 cup fat-free refried black beans, 2 tablespoons salsa, 2 tablespoons grated low-fat cheddar, and 1 teaspoon fresh cilantro<br>1 cup mixed melon                                  | Turkey burger<br>Salad made with 1 cup baby spinach, 1/4 cup halved cherry tomatoes, 1/2 cup cooked lentils, 2 teaspoons grated Parmesan, and 1 tablespoon light Russian dressing<br>1 cup skim milk   | 5 ounces grilled wild salmon<br>1/2 cup brown or wild rice<br>2 cups mixed baby greens with 1 tablespoon low-fat Caesar dressing<br>1/2 cup all-fruit strawberry sorbet with 1 sliced pear   | 3 ounces sliced lean ham<br>1 medium apple<br><br>1 fat-free mozzarella string cheese stick<br>1 cup red grapes |

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| <b>Tuesday</b>   | Frittata made with 3 large egg whites, 2 tablespoons diced bell peppers, 2 teaspoons chopped spinach, 2 tablespoons part-skim shredded mozzarella, and 2 teaspoons pesto 1/2 cup fresh raspberries<br>1 small bran muffin<br>1 cup skim milk | 4 ounces sliced turkey breast<br>Tomato-cucumber salad made with 5 slices tomato, 1/4 cup sliced cucumber, 1 teaspoon fresh chopped thyme, and 1 tablespoon fat-free Italian dressing<br>1 medium orange   | 4 ounces red snapper baked with 1 teaspoon olive oil, 1 teaspoon lemon juice, and 1/2 teaspoon no-sodium seasoning<br>1 cup spaghetti squash with 1 teaspoon olive oil and 2 teaspoon grated Parmesan cheese<br>1 cup steamed green beans with 1 tablespoon slivered almonds   | 1/2 cup low-fat vanilla yogurt with 1 tablespoon ground flaxseed and 1/2 cup diced pear<br><br>Smoothie made with 3/4 cup skim milk, 1/2 banana, 1/2 cup low-fat yogurt, and 1/4 cup sliced strawberries                             |
| <b>Wednesday</b> | 2 slices Canadian bacon<br>1 whole-grain toaster waffle with sugar-free fruit spread<br>3/4 cup berries<br>1 cup skim milk   | Salad made with 2 cups baby spinach, 4 ounces grilled chicken, 1 tablespoon chopped dried cranberries, 3 slices avocado, 1 tablespoon slivered walnuts, and 2 tablespoons low-fat vinaigrette<br>1 apple<br>1 cup skim milk  | 4 ounces lean pork tenderloin stir-fried with onions, garlic, broccoli, and bell pepper<br>1/2 cup brown rice<br>5 medium tomato slices with 1 teaspoon each chopped ginger, chopped cilantro, light soy sauce, and rice wine vinegar  | 1/4 cup fat-free cottage cheese with 1/4 cup cherries and 1 tablespoon slivered almonds<br><br>1/4 cup plain fat-free Greek yogurt with 1 tablespoon sugar-free fruit spread and 1 tablespoon ground flaxseed<br>1/4 cup blueberries |
| <b>Thursday</b>  | <b>Bagel Thin Topped with Peanut Butter and Fruit</b><br>1 Thomas' 100% Whole Wheat Bagel Thin<br>2 Tbsp natural peanut butter<br>1 medium banana, sliced<br>4 strawberries, sliced  | <b>Open-Faced Chicken-Avocado Melt*</b><br>1 slice whole-grain bread<br>3 oz grilled chicken breast<br>1/4 avocado, slivered<br>1 oz Cabot 50% reduced-fat cheddar cheese, shredded<br><br><b>Side Salad</b><br>1 cup mix of romaine, chopped tomatoes, and shredded carrots<br>1 tsp balsamic vinegar<br>1 Tbsp olive oil | <b>Dinner</b><br><br><b>Shrimp and Broccoli Pasta Salad</b><br>4 oz cooked shrimp*<br>1/2 cup cooked whole-wheat elbow macaroni<br>1/2 cup steamed broccoli<br>4 sun-dried tomatoes, halved<br>1 tsp capers<br>1 Tbsp fresh lemon juice<br>2 tsp olive oil<br>2 Tbsp red wine vinegar<br>1/4 tsp onion powder<br>1/2 tsp oregano | 1 small apple, sliced<br>1/2 cup nonfat plain yogurt sprinkled with 1/4 tsp cinnamon   |

|                 |  |   |  |  |
|-----------------|--|---|--|--|
| <b>Friday</b>   | <b>Egg-White Frittata with Feta, Spinach, and Mushrooms</b><br>2 egg whites and 1 whole egg<br>1/2 cup chopped fresh spinach<br>1/2 cup chopped button mushrooms<br>1 oz feta cheese<br>1 tsp fresh cilantro<br>1 slice oat-bran bread | <b>Quinoa Salad</b><br>3/4 cup cooked quinoa<br>3 cups mixed greens<br>5 pieces sun-dried tomato<br>3/4 cup chopped cucumber<br>1/4 cup chopped yellow pepper   | <b>Chicken Kebabs</b><br>4 oz lean boneless chicken breast, cubed<br>1/2 medium red pepper, cut into 1-inch squares<br>1/4 Vidalia onion, cut into 1-inch squares<br>2 Portobello mushrooms, cut into 1-inch squares<br>1 Tbsp olive oil<br><br>Lightly brush chicken, pepper, onion, and mushrooms with olive oil; add salt and pepper to taste. Grill or cook in the oven at 320°F for 8 to 10 minutes, rotating every 2 to 3 minutes. | 1/3 cup part-skim ricotta cheese mixed with 1/2 tsp vanilla extract<br>1 Tbsp almond butter<br>4 medium celery sticks<br><br>Skinny Cow White Mint Truffle Bar |
| <b>Saturday</b> | 1 light whole-grain English muffin with 1 tablespoon peanut or almond butter and 1 tablespoon sugar-free fruit spread<br>1 wedge honeydew<br>1 cup skim milk<br>2 slices Canadian bacon  | Wrap made with 4 ounces thinly sliced lean roast beef, 1 6-inch whole wheat tortilla, 1/4 cup shredded lettuce, 3 medium tomato slices, 1 teaspoon horseradish, and 1 teaspoon Dijon mustard<br>1/2 cup pinto beans or lentils with 1 teaspoon chopped basil and 1 tablespoon light Caesar dressing | 4 ounces grilled halibut<br>1/2 cup sliced mushrooms sautéed with 1 teaspoon olive oil, 1/4 cup chopped yellow onion, and 1 cup green beans<br>Salad made with 1 cup arugula, 1/2 cup halved cherry tomatoes, and 1 teaspoon balsamic vinaigrette<br>1/2 cup warm unsweetened applesauce with 1/4 cup fat-free vanilla yogurt,<br>1 tablespoon chopped pecans and dash cinnamon  | Yogurt parfait made with 1 cup low-fat vanilla yogurt, 2 tablespoons sliced strawberries or raspberries, and 2 tablespoons low-fat granola                     |

# Meal Plan

## Grocery List

# Week 4

|                     |                                  |                              |                               |                               |                               |                        |
|---------------------|----------------------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|------------------------|
| Agave Nectar        | Broccoli                         | Curry Powder                 | Lemon juice                   | Olive Oil                     | Salsa                         | Turkey Italian Sausage |
| Almond butter       | Bun (whole wheat)                | Edamame                      | Lemon zest                    | Onion (red, 2)                | Shrimp                        | Veggie Burger          |
| Almonds (sliced)    | Canola Oil                       | Eggs                         | Lettuce                       | Orzo                          | Sorbet                        | Vinaigrette            |
| Apricots (dried)    | Cantaloupe                       | English muffin (whole wheat) | Marinade (for pork)           | Parmesan                      | Spaghetti (whole wheat)       | Waffle (multigrain)    |
| Arugula             | Carrots (baby)                   | Feta cheese                  | Marinara Sauce                | Peanut Butter (natural style) | Sprouts                       | Walnuts                |
| Asparagus           | Cashew butter                    | Flaxseed                     | Marshmallow                   | Peanut Oil                    | Strawberries                  | Wheat germ             |
| Avocado             | Celery                           | Garlic clove                 | Mayonnaise                    | Pine nuts                     | Sushi roll (non-tempura)      | Wild rice              |
| Balsamic Vinegar    | Cereal (whole grain, high-fiber) | Graham cracker               | Milk (fat-free)               | Pita bread (whole wheat)      | Tofu                          | Yogurt (fat-free)      |
| Banana              | Cheddar-flavored salt            | Granola fiber (high fiber)   | Miso Soup                     | Popcorn (low-fat)             | Tomato                        |                        |
| Bean or lentil soup | Chicken                          | Grapes                       | Mixed berries                 | Pork loin                     | Tomato                        |                        |
| Beans (any kind)    | Chickpeas (canned)               | Guacamole                    | Mixed vegetables              | Potato                        | Tomato soup (non-cream based) |                        |
| Bell pepper (green) | Chocolate kiss                   | Halibut                      | Mixed-greens salad            | Prosciutto                    | Tortilla (whole-wheat)        |                        |
| Black Bean dip      | Corn (ear of, frozen)            | Honey                        | Mozzarella cheese (part-skim) | Quinoa                        | Tortilla chips (baked)        |                        |
| Blueberries         | Cranberries (dried)              | Hummus                       | Mushrooms                     | Raspberries                   | Tuna                          |                        |
| Bread (whole-grain) | Cucumber                         | Ketchup                      | Oatmeal (plain)               | Rice (brown)                  | Turkey breast                 |                        |

# Meals

|  |                  |              |               |              |
|--|------------------|--------------|---------------|--------------|
|  | <b>Breakfast</b> | <b>Lunch</b> | <b>Dinner</b> | <b>Snack</b> |
|--|------------------|--------------|---------------|--------------|

|                |  |  |   |   |
|----------------|--|--|---|---|
| <b>Sunday</b>  | Layer 1 cup plain fat-free yogurt with 1 cup blueberries, 2 Tbsp sliced almonds, and 1 Tbsp ground flaxseed. | Spread 1 Tbsp natural-style peanut butter onto 2 slices whole-grain bread, and top with 1/2 medium sliced barely ripe banana; have 10 each carrot and celery sticks. | Combine 1/2 cup cooked chilled quinoa with 1/2 cup mixture of chopped tomato, cucumbers, and onion; 1 garlic clove, minced; 1 Tbsp lemon juice; 1 tsp olive oil; and salt and pepper to taste. Serve with 5 oz roasted pork loin topped with 2 Tbsp low-calorie (50 calories or less) marinade. | high-fiber granola bar<br><br>Eat 1 cup non-cream-based tomato soup sprinkled with 1 oz shredded part-skim mozzarella.  |
| <b>Monday</b>  | Coat 1 medium barely-ripe banana with 1 Tbsp natural-style peanut butter; roll into 1 whole-wheat tortilla.  | Fill 1 whole-wheat pita with a mixture of 4 oz solid white tuna in water (drained), 1 Tbsp light mayonnaise, and 2 Tbsp dried cranberries.                           | Combine 1/2 cup cooked chilled orzo, 1/4 cup chopped baby spinach, 1 Tbsp chopped red onion, 1 tsp crumbled feta, 1 tsp pine nuts, and dash each dried basil and black pepper; serve cold with grilled asparagus and 5 oz boneless skinless chicken breast sauteed in 2 tsp olive oil.          | Dip 1 cup cucumber slices or celery sticks into a mixture of 1/2 cup plain low-fat yogurt, 1 tsp honey, 1 tsp lemon zest, 1 squeeze fresh lemon juice, and dash each salt and curry powder. (115 cal, 1.4gm fiber, 2gm fat)<br><br>Have 3/4 cup plain low-fat yogurt with 1 cup cubed peeled cantaloupe. (177cal, 1.5gm fiber, 3gm fat)   |
| <b>Tuesday</b> | Eat 1 cup high-fiber, whole-grain cereal, 1 cup skim milk, and 1 cup strawberries.                           | Stir-fry 5 oz grilled firm tofu with 1 cup mixed vegetables and 2 tsp peanut oil; serve over 1/2 cup brown rice.   | Heat 1 1/2 Tbsp olive oil and 1 garlic clove, minced; add 1 squeeze fresh lemon juice. Pour over 1 cup cooked whole-wheat spaghetti, 6 oz cooked peeled shrimp, and 1 cup chopped tomato; top with 1 Tbsp Parmesan.   | Layer 1 large tomato slice with 1 oz part-skim mozzarella and 2 basil leaves; drizzle with olive oil and balsamic vinegar to taste, and sprinkle with dash of salt.<br><br>Make ahead by tossing 1/4 cup drained canned chickpeas with 1 tsp each canola oil and sugar; spread on ungreased baking sheet, and roast at 350° 45 minutes or until crunchy, stirring occasionally. Toss beans with dash each of cinnamon and |

|                  |  |   |  |   |
|------------------|--|---|--|---|
|                  |  |   |  | salt.   |
| <b>Wednesday</b> | Blend 1 cup mixed berries, 1 cup plain fat-free yogurt, 1 Tbsp agave nectar, 2 Tbsp wheat germ, and 1 cup ice. | Place 3 oz turkey breast, lettuce, tomato, one-fourth of a peeled sliced avocado, and 1 Tbsp hummus on 2 slices whole-wheat bread; serve with 1/2 cup grapes.   | Top 1 whole-wheat pita with ¼ cup marinara sauce, 2 oz shredded mozzarella, 1/4 cup chopped broccoli, ¼ cup sliced tomato, ¼ cup sliced mushrooms, 2 oz low-fat turkey Italian sausage; bake at 350° until cheese melts. | Sprinkle 5 cups low-fat microwave popcorn with Cheddar–flavored salt.<br><br>Have 3/4 cup shelled edamame.  |
| <b>Thursday</b>  | Mix 2 Tbsp chopped walnuts and 8 diced dried apricots into 1/2 cup cooked plain oatmeal.                       | Combine 1/2 cup beans (any kind), 1/3 cup reduced-fat shredded cheese, 2 Tbsp salsa, 2 Tbsp guacamole; roll into 1 whole-wheat tortilla.  | Have 1 cup miso soup, 1/2 cup edamame, and 1 non-tempura sushi roll.   | Spread 1 Tbsp almond butter onto mini-whole-wheat pita.<br><br>Microwave 1 chocolate kiss candy and 1 marshmallow between 2 graham cracker halves.                    |
| <b>Friday</b>    | Spread 1 Tbsp cashew butter onto 1 frozen multigrain waffle; serve with 1 cup fat-free yogurt.                 | Serve 2 cups bean or lentil soup with 1 cup mixed-greens salad, 1/2 oz chopped nuts, and 1 Tbsp light vinaigrette.  | Top a veggie burger with 1 oz light cheese, 1 Tbsp ketchup, one-eighth of an avocado, lettuce, tomato, onion, and sprouts; serve on whole-wheat bun with 1 ear corn.   | Dip 1 cup baby carrots into 2 Tbsp hummus.<br><br>Wrap 1/2 cup arugula, 1 oz prosciutto, and 1/2 oz Parmesan in a mini-tortilla.                                      |
| <b>Saturday</b>  | Scramble 1 egg and 2 egg whites with 1 cup vegetables; serve with 1 whole-wheat English muffin.                | Combine 4 oz cooked cooled unpeeled cubed potato, 1 hard-boiled egg, 2 hard-boiled egg whites, 1/4 cup corn, 1/4 cup chopped green bell pepper, 1/4 cup chopped onion, 2 Tbsp light mayonnaise, and cracked black pepper and sea salt to taste; serve over arugula. | Top 6 oz halibut with 2 Tbsp light mayonnaise and 2 Tbsp Parmesan; bake at 350° 15–18 minutes or until fish flakes easily. Serve with 1/2 cup wild rice and 1 cup mixed greens with 2 Tbsp light vinaigrette.            | Top 1 cup raspberries with 2 Tbsp plain low-fat yogurt, and 1 tsp honey.<br><br>Crunch on 1 oz baked tortilla chips with 3 Tbsp black bean dip.<br><br>1/2 cup sorbet |

## Meal Plan Grocery List

## Week 5

|         |             |                     |          |           |             |                   |
|---------|-------------|---------------------|----------|-----------|-------------|-------------------|
| Almonds | Bran muffin | Cranberries (dried) | Honeydew | Olive oil | Raspberries | Strawberry Sorbet |
|---------|-------------|---------------------|----------|-----------|-------------|-------------------|

|                            |   |                              |                         |                          |                           |   |
|----------------------------|---|------------------------------|-------------------------|--------------------------|---------------------------|---|
| Apple                      | Bread (whole grain)                                 | Cream cheese (light)         | Horseradish             | Onion (sweet)            | Red Wine Vinegar          | Sunflower seeds                                   |
| Apple Jelly                | Brown Rice  | Cucumber                     | Kale                    | Orange                   | Ricotta Cheese            | tomato  |
| Arugula                    | Caesar dressing                                     | Eggs                         | Lemon                   | Orange                   | Roast beef (deli)         | Tomato (3)  |
| Avocado (2)                | Canadian Bacon                                      | English muffin (whole grain) | Lemon juice             | Orange Zest              | Roll (2, whole wheat)     | Tomatoes (cherry and whole to slice for sandwich) |
| Bagel (whole wheat)        | Canola Oil  | Fat Free Milk                | Lettuce (romaine)       | Parmesan                 | Sage leaves               | Tortilla (whole wheat)                            |
| Balsamic Vinegar           | Cantaloupe  | Feta cheese                  | Marmalade (light)       | Peanut or almond butter  | Salad Dressing (fat free) | Tortilla chips                                    |
| Bananas                    | Carrots (baby)                                      | Fillet (cod or snapper)      | Mayonnaise (light)      | Pecans                   | Salmon                    | Turkey (deli, ground, breast)                     |
| Basil                      | Celery Sticks                                       | Flatbread (sandwich style)   | Mixed Greens            | Pepper                   | Salsa                     | Yam   |
| Beef (ground)              | Cheese (skim, mozzarella, cheddar, parmesan, Swiss) | Fruit spread (sugar-free)    | Mixed Melon             | Pesto (reduced fat)      | Seasoned Salt             | Yogurt (fat free)                                 |
| Berry of choice            | Cherries  | Garlic                       | Mozzarella Cheese Stick | Pinto beans              | Shrimp                    | Yogurt (Greek)                                    |
| Black Beans                | Chicken   | Goat cheese                  | Mushrooms               | Pita bread (whole wheat) | Spinach                   |   |
| Blue Cheese Salad Dressing | Cinnamon  | Granola                      | Mustard                 | Protein Drink            | Spinach                   |   |
| Blueberries                | Cottage cheese (fat free)                           | Granola bar (high-fiber)     | Mustard greens          | radishes                 | Strawberries              |   |
| Bran flakes                | Crackers (whole wheat)                              | Ham (deli)                   | Oatmeal                 | Raisins                  | Strawberries (fresh)      |   |

## Meals

|               | Breakfast   | Lunch   | Dinner   | Snack   |
|---------------|---|---|--|---|
| <b>Sunday</b> | 1/2 cup egg whites scrambled with 1 teaspoon olive oil, 1 teaspoon chopped basil, 1 teaspoon grated Parmesan, and 1/2 cup cherry tomatoes | Berry Goat-cheese Salad** (see recipe at end of packet)<br>1 small whole-wheat roll | Turkey and Tomato Panini (recipe at the end of the packet) | 1 mozzarella string cheese stick<br>5 whole wheat crackers with light cream cheese spread |

|                  |  |   |  |   |
|------------------|--|---|--|---|
|                  | 1 slice whole-grain toast<br>1/2 cup blueberries<br>1 cup skim milk  |   |  |   |
| <b>Monday</b>    | 1 cup fat-free yogurt<br>¼ cup granola<br>½ cup chopped up berry of choice<br>1 medium-sized bran muffin   | Smoked turkey sandwich on whole-wheat pita bread (with romaine lettuce, tomato slices, salad dressing and mustard)  | Apple Glazed Turkey (see recipe below)<br>Serve with 1 cup brown rice<br>½ cup frozen peas (thawed)<br>**Only eat one serving                                    | 1 small apple, sliced<br>1/2 cup nonfat plain yogurt sprinkled with 1/4 tsp cinnamon                          |
| <b>Tuesday</b>   | 1 ½ cups bran flakes<br>1 cup Fat-Free Milk<br>1 medium banana (sliced up and put in the cereal)   | Mozzarella and Tomato Salad <ul style="list-style-type: none"> <li>• 1 medium tomato, cubed</li> <li>• 1 oz fresh part-skim mozzarella cheese, cubed</li> <li>• 1 cup fresh spinach leaves</li> <li>• 1 clove garlic, pressed</li> <li>• 1 1/2 tsp olive oil</li> <li>• 2 tbsp balsamic vinegar</li> <li>• 2 tsp sunflower seeds</li> <li>• 1/4 tsp black pepper</li> </ul> | Bull's Eye Onion Burger (see recipe below)<br>Serve with 1 cup diced cantaloupe<br>If desired, put two slices of tomato on your burger<br>**Only eat one serving | 1/2 cup fat-free cottage cheese<br>2 slices low-fat deli turkey<br>1 cup baby carrots                         |
| <b>Wednesday</b> | 2 boiled eggs (boiled earlier, such as the night before) with minimal salt<br>1 slice whole-grain toast with butter and marmalade<br>1 medium-sized orange | ½ cup of fat-free cottage cheese<br>1 cup baby carrots<br>2 slices of deli ham<br>1 whole wheat roll<br>1 slice low-fat cheddar cheese  | large fish fillet of cod or snapper steamed with 1 cup (measured cooked) mustard greens and spinach plus a small potato or yam                                   | 6 celery sticks with low-fat natural peanut butter<br>¼ cup raisins   |
| <b>Thursday</b>  | 1/2 cup oatmeal<br>1 tablespoon brown sugar<br>¼ cup dried cranberries<br>1 cup fat-free milk (can add to oatmeal)<br>1 cup strawberries                   | Italian BLT Sandwich <ul style="list-style-type: none"> <li>• 2 teaspoons reduced-fat mayonnaise</li> <li>• 2 teaspoons refrigerated reduced-fat pesto</li> <li>• 1 sandwich flatbread (about 100 calories), split</li> <li>• 1/4 cup arugula or 2 large lettuce leaves</li> </ul>  | Leftover night – eat leftover of choice from previous nights   | 1/2 cup fat-free ricotta cheese with 1/2 cup raspberries and 1 tablespoon chopped pecans<br><br>protein drink |

|                 |   |   |   |   |
|-----------------|---|---|---|---|
|                 |   | <ul style="list-style-type: none"> <li>• 1/2 small vine-ripened tomato, sliced</li> <li>• 3 thin slices deli turkey, halved crosswise</li> <li>• 1 carrot, cut into sticks</li> </ul>   |   |   |
| <b>Friday</b>   | <p>1 light whole-grain English muffin with 1 tablespoon peanut or almond butter and 1 tablespoon sugar-free fruit spread</p> <p>1 wedge honeydew</p> <p>1 cup fat-free milk</p> <p>2 slices Canadian bacon</p>  | <p>Open-Faced Chicken-Avocado Melt</p> <p>1 slice whole-grain bread</p> <p>3 oz grilled chicken breast</p> <p>1/4 avocado, slivered</p> <p>1 oz Cabot 50% reduced-fat cheddar cheese, shredded</p> <p>½ medium cucumber, sliced (on the side)</p> | Leftover night – eat leftover of choice from previous nights  | <p>1 medium orange</p> <p>High-fiber granola bar</p>  |
| <b>Saturday</b> | <p>Burrito made with 1 medium whole wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, 1/4 cup fat-free refried black beans, 2 tablespoons salsa, 2 tablespoons grated low-fat cheddar, and 1 teaspoon fresh cilantro</p> <p>1 cup mixed melon</p> | <p>"South-of-the-border" taco salad (tortilla chips, ground turkey, black beans, iceberg lettuce, tomato slices, low-fat cheddar, salsa, avocado and lime juice)</p>  | <p>5 ounces grilled wild salmon</p> <p>1/2 cup brown or wild rice</p> <p>2 cups mixed baby greens with 1 tablespoon low-fat Caesar dressing</p> <p>1/2 cup all-fruit strawberry sorbet with 1 sliced pear</p> | <p>1/4 cup fat-free cottage cheese with 1/4 cup cherries and 1 tablespoon slivered almonds</p> <p>1/4 cup plain fat-free Greek yogurt with 1 tablespoon sugar-free fruit spread and 1 tablespoon ground flaxseed</p> <p>1/4 cup blueberries</p> |

# Meal Plan

# Week 6

## Grocery List

|           |                |                          |                        |                |                              |
|-----------|----------------|--------------------------|------------------------|----------------|------------------------------|
| Almonds   | Cantaloupe     | Goat cheese              | Manhattan clam chowder | Popcorn        | Tomato                       |
| Apple (4) | Capers         | Granola bar (high-fiber) | Milk (fat free)        | Raisins        | Tomato juice                 |
| Arugula   | Carrots (baby) | Grapes                   | Mushrooms              | Ranch dressing | Tomatoes (normal, sun-dried) |

|                            |                               |                           |                           |                   |                          |
|----------------------------|-------------------------------|---------------------------|---------------------------|-------------------|--------------------------|
| Avacado                    | Cashews                       | Green beans               | Non-sodium seasoning      | Raspberries       | Turkey (deli)            |
| Bagel (whole wheat)        | Cauliflower                   | Halibut or Sea Bass       | Nutmeg                    | Red snapper       | Turkey burger            |
| Balsamic Vinegrette        | Cayenna Pepper                | Ham (deli style and lean) | Oatmeal                   | Red Wine Vinegar  | Waffle (whole-grain)     |
| Banana                     | Cheddar-flavored salt         | Honey                     | Olive Oil                 | Roast beef (deli) | Walnuts                  |
| Basil                      | Cheese (parmesan, mozzarella) | Honey Mustard Vinaigrette | Onion powder              | Rosemary          | Yogurt (plain, fat-free) |
| Berry of choice            | Chicken                       | Horseradish               | Orange                    | Salt              | Zucchini                 |
| Blue Cheese Salad Dressing | Cilantro                      | Hummus                    | Oregano                   | Shrimp            |                          |
| Blueberries                | Crackers (whole wheat)        | Lemon Juice               | Pancake mix (whole grain) | Spaghetti squash  |                          |
| Bread (whole wheat)        | Cumin Seeds                   | Lettuce                   | Peach                     | Spinach           |                          |
| Broccoli                   | Dried Cranberries             | Lime                      | Pepper                    | Squash            |                          |
| Brown Rice                 | Feta cheese                   | Lime juice                | Pinto beans               | Strawberries      |                          |
| Caesar dressing            | Garlic                        | Macaroni (whole-wheat)    | Poblano Chile Pepper      | Sugar             |                          |

## Meals

|               | Breakfast   | Lunch  | Dinner  | Snack  |
|---------------|---|--|---|--|
| <b>Sunday</b> | <b>Egg-White Frittata with Feta, Spinach, and Mushrooms</b><br>2 egg whites and 1 whole egg<br>1/2 cup chopped fresh spinach<br>1/2 cup chopped button mushrooms<br>1 oz feta cheese<br>1 tsp fresh cilantro<br>1 slice whole wheat bread | <b>Shrimp Cobb Salad</b><br>3 cups chopped hearts of romaine<br>5 grape or cherry tomatoes<br>1/4 cup sliced cucumber<br>1 hard-boiled egg, sliced (see Tip)<br>5 cooked peeled shrimp, (31-40 per pound)<br>Freshly ground pepper, to taste<br>2 tablespoons light blue cheese dressing | <b>Grilled Bass with Strawberry Salsa</b><br>(See recipe at end)<br>Serve with 1 cup brown rice<br>1 medium-sized peach, sliced up<br><b>**Only eat one serving</b> | 1/2 cup raspberries<br><br>3 slices lean ham<br><br>High fiber granola bar |
| <b>Monday</b> | <b>Bagel Thin Topped with Peanut</b>  | Wrap made with 4 ounces thinly   | 4 ounces red snapper baked with 1   | 1/2 cup broccoli   |

|                  |  |  |  |  |
|------------------|--|--|--|--|
|                  | <b>Butter and Fruit</b><br>1 Thomas' 100% Whole Wheat Bagel Thin<br>2 Tbsp natural peanut butter<br>1 medium banana, sliced<br>4 strawberries, sliced  | sliced lean roast beef, 1 6-inch whole wheat tortilla, 1/4 cup shredded lettuce, 3 medium tomato slices, 1 teaspoon horseradish, and 1 teaspoon Dijon mustard<br>1/2 cup pinto beans or lentils with 1 teaspoon chopped basil and 1 tablespoon light Caesar dressing | teaspoon olive oil, 1 teaspoon lemon juice, and 1/2 teaspoon no-sodium seasoning<br>1 cup spaghetti squash with 1 teaspoon olive oil and 2 teaspoon grated Parmesan cheese<br>1 cup steamed green beans with 1 tablespoon slivered almonds | ½ cup baby carrots<br>2 tablespoons ranch  |
| <b>Tuesday</b>   | 2 over easy eggs (small amount of salt and paper)<br>2 slices of whole-wheat toast<br>1 medium orange<br>1 cup Fat Free Milk   | Smoked turkey sandwich on whole-wheat pita bread (with romaine lettuce, tomato slices, salad dressing and mustard)<br>1/2 cup apple slices<br>1 cup tomato juice   | 1 turkey burger<br>3/4 cup roasted cauliflower and broccoli florets<br>3/4 cup brown rice<br>1 cup spinach salad with 1 tablespoon light balsamic vinaigrette  | 1/4 cup Cashews<br>4 Slices Avocado  |
| <b>Wednesday</b> | <b>Banana Breakfast Smoothie</b><br>½ cup Fat-Free milk<br>½ cup crushed ice<br>1 tablespoon honey<br>1/8 teaspoon ground nutmeg<br>1 frozen sliced ripe large banana<br>1 cup plain Greek fat-free yogurt | Manhattan clam chowder<br>10 whole-wheat crackers<br>1 medium orange<br>1 cup fat-free milk  | <b>Grilled Rosemary Chicken</b><br>(see recipe below)<br>1 small yellow squash and 1 small zucchini sliced up and grilled<br>**Only eat one serving  | 1 medium apple<br>¼ cup raisins<br>½ fat-free yogurt   |
| <b>Thursday</b>  | 1 whole-grain waffle with 1 tablespoon of Natural Peanut Butter spread on top<br>½ cup blueberries<br>1 cup Fat Free Milk  | Place 3 oz turkey breast, lettuce, tomato, one-fourth of a peeled sliced avocado, and 1 Tbsp hummus on 2 slices whole-wheat bread; serve with 1/2 cup grapes.  | Leftover night – eat leftover of choice from previous nights   | 1 cup diced cantaloupe<br>¼ cups blueberries<br>Small handful walnuts  |
| <b>Friday</b>    | 3 (3-inch) Multigrain Pancakes<br>¼ cup sliced strawberries<br>1 medium banana<br>1 cup Fat Free Milk  | <b>Grilled Chicken Salad with Cranberries, Avocado, and Goat Cheese</b><br>12 oz cooked chicken<br>12 cups arugula (1 prewashed bag)<br>1/4 cup dried cranberries<br>1 avocado, pitted, peeled, and sliced   | Leftover night – eat leftover of choice from previous nights   | Layer 1 large tomato slice with 1 oz part-skim mozzarella and 2 basil leaves; drizzle with olive oil and balsamic vinegar to taste, and sprinkle with dash of salt.<br>½ cup fat free yogurt |

|                 |   |  |   |   |
|-----------------|---|--|---|---|
|                 |   | 1/4 cup crumbled goat cheese<br>1/4 cup walnuts, roughly chopped<br>1/4 cup Honey Mustard Vinaigrette<br>salt and black pepper to taste<br>(Make this for two days!) |   |   |
| <b>Saturday</b> | ½ cup oatmeal<br>Dried almonds<br>2 tablespoons dried cranberries<br>1 cup plain fat-free yogurt with addition of berry of choice | <b>Grilled Chicken Salad with Cranberries, Avocado, and Goat Cheese (From yesterday)</b>   | <b>Shrimp and Broccoli Pasta Salad</b><br>4 oz cooked shrimp*<br>1/2 cup cooked whole-wheat elbow macaroni<br>1/2 cup steamed broccoli<br>4 sun-dried tomatoes, halved<br>1 tsp capers<br>1 Tbsp fresh lemon juice<br>2 tsp olive oil<br>2 Tbsp red wine vinegar<br>1/4 tsp onion powder<br>1/2 tsp oregano | Sprinkle 5 cups low-fat microwave popcorn with Cheddar-flavored salt.<br><br>1 medium apple |

## Meal Plan Grocery List

## Week 7

|               |   |                |                          |                    |                         |                          |
|---------------|---|----------------|--------------------------|--------------------|-------------------------|--------------------------|
| Almond butter | Broccoli                                  | Flaxseed       | Marinara sauce           | Peanut oil         | Spaghetti (whole wheat) | Turkey burger            |
| Almonds       | Brown rice                                | Garlic (clove) | Mayonnaise               | Pesto sauce        | Spinach                 | Turkey Italian Sausage   |
| Apple (4)     | Canadian bacon                            | Garlic Powder  | Milk (fat free)          | Pine nuts          | Strawberries            | Walnuts                  |
| Apple jelly   | Celery                                    | Ginger         | Mixed Greens             | Pita (whole wheat) | Sweet peppers           | Yellow pepper            |
| Apple juice   | Cheese (ricotta, mozzarella, reduced-fat) | Guacamole      | Mixed melon              | Pork loin          | Thyme                   | Yogurt (fat-free, plain) |
| Avacado (2)   | Chicken                                   | High-fiber bar | Mixed Vegetables         | Protein Drink      | Tofu                    |                          |
| Banana        | Crackers (whole wheat)                    | Honeydew       | Mozzarella Cheese sticks | Quinoa             | Tomato                  |                          |

|                     |                              |                    |                      |                          |                               |  |
|---------------------|------------------------------|--------------------|----------------------|--------------------------|-------------------------------|--|
| Basil               | Cream cheese (light)         | Juice (sugar-free) | Mushrooms            | Red Grapes               | Tomato                        |  |
| Beans (any kind)    | Cucumber                     | Leek               | Noodle of choice     | Red onion                | Tomato (cherry)               |  |
| Black Beans         | Cuties (small oranges)       | Lemon              | Olive Oil            | Russian dressing (light) | Tomato (sundried)             |  |
| Black Pepper        | Dried Cranberries            | Lemon juice        | Onion                | Salsa                    | Tomato soup (non-cream based) |  |
| Blueberries         | Eggs                         | Lentils            | Orange               | Scallions                | Tortilla (whole wheat)        |  |
| Bran flakes         | English muffin (whole wheat) | Lettuce            | Parmesan             | Shrimp                   | Turkey (deli)                 |  |
| Bread (whole wheat) | Fat Free Milk                | Marinade           | Parmiggiano-Reggiano | Soy Sauce                | Turkey breast                 |  |

## Meals

|                | Breakfast  | Lunch   | Dinner   | Snack  |
|----------------|--|---|--|--|
| <b>Sunday</b>  | Whole wheat sandwich:<br>2 slices whole wheat bread<br>2 slices of lean turkey deli meat<br>Lettuce, tomato, cucumber, sweet peppers (as much as you like)<br>1 cup sugar-free juice of choice | Stir-fry 5 oz grilled firm tofu with 1 cup mixed vegetables and 2 tsp peanut oil; serve over 1/2 cup brown rice.  | Top 1 whole-wheat pita with ¼ cup marinara sauce, 2 oz shredded mozzarella, 1/4 cup chopped broccoli, ¼ cup sliced tomato, ¼ cup sliced mushrooms, 2 oz low-fat turkey Italian sausage; bake at 350° until cheese melts.                       | 1 medium banana<br><br>1 cup fat free yogurt with ¼ cup granola  |
| <b>Monday</b>  | 1 ½ cups of bran flakes<br>1 medium banana, sliced up<br>1 cup fat free milk   | <b>Quinoa Salad</b><br>3/4 cup cooked quinoa<br>3 cups mixed greens<br>5 pieces sun-dried tomato<br>3/4 cup chopped cucumber<br>1/4 cup chopped yellow pepper | <b>Glazed Chicken Spinach Salad</b><br>(see recipe below)<br>½ cup noodle of choice, lightly buttered with sprinkling of parmesan cheese<br><b>**Only eat one serving</b>  | 2 cuties (small oranges)<br><br>1 mozzarella cheese stick  |
| <b>Tuesday</b> | 2 boiled eggs (boiled earlier, such as the night before) with minimal salt<br>1 slice whole-grain toast with butter and marmalade<br>1 medium-sized orange                                     | Combine 1/2 cup beans (any kind), 1/3 cup reduced-fat shredded cheese, 2 Tbsp salsa, 2 Tbsp guacamole; roll into 1 whole-wheat tortilla.                      | Combine 1/2 cup cooked chilled quinoa with 1/2 cup mixture of chopped tomato, cucumbers, and onion; 1 garlic clove, minced; 1 Tbsp lemon juice; 1 tsp olive oil; and salt and pepper to taste. Serve with 5 oz roasted pork loin topped with 2 | Eat 1 cup non-cream-based tomato soup sprinkled with 1 oz shredded part-skim mozzarella.<br><br>1 high-fiber bar |

|                  |  |   |   |  |
|------------------|--|---|---|--|
|                  |  |   | Tbsp low-calorie (50 calories or less) marinade.  |  |
| <b>Wednesday</b> | Layer 1 cup plain fat-free yogurt with 1 cup blueberries, 2 Tbsp sliced almonds, and 1 Tbsp ground flaxseed.   | Turkey burger<br><br>Salad made with 1 cup baby spinach, 1/4 cup halved cherry tomatoes, 1/2 cup cooked lentils, 2 teaspoons grated Parmesan, and 1 tablespoon light Russian dressing<br>1 cup skim milk  | Heat 1 1/2 Tbsp olive oil and 1 garlic clove, minced; add 1 squeeze fresh lemon juice. Pour over 1 cup cooked whole-wheat spaghetti, 6 oz cooked peeled shrimp, and 1 cup chopped tomato; top with 1 Tbsp Parmesan. | Protein drink<br><br>1 cup red grapes<br><br>Small handful of walnuts  |
| <b>Thursday</b>  | 1/2 cup egg whites scrambled with 1 teaspoon olive oil, 1 teaspoon chopped basil, 1 teaspoon grated Parmesan, and 1/2 cup cherry tomatoes<br>1 slice whole-grain toast<br>1/2 cup blueberries<br>1 cup skim milk | <b>Turkey and Cucumber Sandwiches</b><br>1/4 cup nonfat mayonnaise<br>1/2 tablespoon prepared horseradish<br>1/4 teaspoon garlic powder<br>1/4 teaspoon ground black pepper<br>1 cups finely chopped cooked turkey breast<br>1/8 cup finely chopped scallions<br>4 slices rye bread<br>1/2 seedless cucumber, very thinly sliced<br><br>(Mix mayo, horseradish, garlic powder, pepper, turkey, and scallions together. Put on slice of bread and top with cucumber slices. Top with other piece of bread)<br><br>(Makes 2 sandwiches) | Leftover night – eat leftovers from one of the previous evenings  | 1/3 cup part-skim ricotta cheese mixed with 1/2 tsp vanilla extract<br>1 Tbsp almond butter<br>4 medium celery sticks<br><br>1 cup fat free milk |
| <b>Friday</b>    | 1 light whole-grain English muffin with 1 tablespoon peanut or almond butter and 1 tablespoon sugar-free fruit spread  | <b>Turkey and Cucumber Sandwich</b><br>Prepare sandwich with the mix you made the day before  | Leftover night – eat leftovers from one of the previous evenings  | 1/2 cup low-fat vanilla yogurt with 1 tablespoon ground flaxseed and 1/2 cup diced pear  |

|                 |  |   |   |  |
|-----------------|--|---|---|--|
|                 | 1 wedge honeydew<br>1 cup skim milk<br>2 slices Canadian bacon   |   |   | High-fiber granola bar   |
| <b>Saturday</b> | Burrito made with 1 medium whole wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, 1/4 cup fat-free refried black beans, 2 tablespoons salsa, 2 tablespoons grated low-fat cheddar, and 1 teaspoon fresh cilantro<br>1 cup mixed melon | Salad made with 2 cups baby spinach, 4 ounces grilled chicken, 1 tablespoon chopped dried cranberries, 3 slices avocado, 1 tablespoon slivered walnuts, and 2 tablespoons low-fat vinaigrette<br>1 apple<br>1 cup skim milk | <b>Grilled Avocado</b><br>(see recipe below)<br><br>1 cup lightly buttered noodle of choice<br>**Only eat one serving | Smoothie made with 3/4 cup skim milk, 1/2 banana, 1/2 cup low-fat yogurt, and 1/4 cup sliced strawberries<br><br>5 whole wheat crackers with light cream cheese spread |

# Meal Plan

## Grocery List

# Week 8

|                     |                         |   |                      |                       |                              |                               |
|---------------------|-------------------------|---|----------------------|-----------------------|------------------------------|-------------------------------|
| Almonds             | Brown rice              | Fat free milk   | Ham (deli)           | Noodles (whole wheat) | Raspberry Juice              | Tortilla chips                |
| Apple               | Canadian Bacon          | Flaxseed  | High-fiber bar       | Olive oil             | Red Sweet peppers            | Tuna                          |
| Apple (2)           | Celery                  | Focaccia  | Honey                | Onion                 | Red Wine Vinegar             | Turkey Breast                 |
| Apple jelly         | Cheese (low-fat)        | Frozen berries (blueberries, raspberries, blackberries, strawberries) | Italian Dressing     | Orange                | Rice Wine Vinegar            | Waffle (toaster, whole grain) |
| Arugula             | Cherries                | Frozen peas   | Jalapeno Jelly       | Orange Juice          | Roll (whole wheat)           | Walnuts                       |
| Avocado             | Chicken                 | Frozen raspberries  | Jalapeno Peppers     | Orange Zest           | Sage leaves                  | Yogurt (fat-free, plain)      |
| Baby Carrots        | Cilantro                | Fruit spread (sugar free)   | Lemon juice          | Oregano               | Salsa                        | Zucchini                      |
| Bagel (whole wheat) | Corn                    | Garlic  | Lime juice           | Pecans                | Sesame Oil                   |                               |
| Balsamic Vinegar    | Cottage cheese          | Ginger  | Mayonnaise (low-fat) | Pita (whole wheat)    | Soy sauce                    |                               |
| Banana              | Cream cheese (fat free) | Goat cheese   | Meatballs            | Pork Tenderloin       | Spaghetti sauce (low-sodium) |                               |

|                     |                   |                   |                          |                |                 |  |
|---------------------|-------------------|-------------------|--------------------------|----------------|-----------------|--|
| Berry of choice     | Cucumber          | Granola           | Mixed greens             | Potato         | Spinach         |  |
| Blueberries         | Curry powder      | Grapefruit        | Mozzarella cheese sticks | Protein Drink  | Strawberries    |  |
| Bran Muffin         | Dried Cranberries | Greek Yogurt      | Muesli (unsweetened)     | radishes       | Sunflower seeds |  |
| Bread (whole grain) | Eggplant          | Green Bell Pepper | Multigrain pancake mix   | Raisins        | Tofu            |  |
| Broccoli            | Eggs              | Green onion       | Natural nut butter       | Ranch dressing | tomato          |  |

## Meals

|               | Breakfast  | Lunch   | Dinner  | Snack  |
|---------------|--|---|---|--|
| <b>Sunday</b> | <b>Raspberry Avacado Smoothie</b><br>1 avocado, peeled and pitted<br>3/4 cup orange juice<br>3/4 cup raspberry juice<br>1/2 cup frozen raspberries, (not thawed) | <b>Curried Chicken Salad with Apples and Raisins</b><br>1/4 cup low-fat mayonnaise<br>1 teaspoon curry powder<br>2 teaspoons water<br>1 cup chopped skinless, boneless Grilled Lemon-Herb Chicken (about 4 ounces)<br>3/4 cup chopped Braeburn apple (about 1 small)<br>1/3 cup diced celery<br>3 tablespoons raisins<br>1/8 teaspoon salt<br><br>(Makes 2 servings – save one serving for Tuesday) | 4 ounces lean pork tenderloin stir-fried with onions, garlic, broccoli, and bell pepper<br>1/2 cup brown rice<br>5 medium tomato slices with 1 teaspoon each chopped ginger, chopped cilantro, light soy sauce, and rice wine vinegar | high-fiber granola bar<br><br>1 medium apple   |
| <b>Monday</b> | 1 cup fat-free yogurt<br>1/4 cup granola<br>1/2 cup chopped up berry of choice<br>1 medium-sized bran muffin   | 1/2 cup of fat-free cottage cheese<br>1 cup baby carrots<br>2 slices of deli ham<br>1 whole wheat roll  | <b>Pork Chops with Lime Salsa (1 serving)</b><br>(see recipe below)   | 1 cup baby carrots<br>2 tablespoons ranch dressing<br><br>1 slice whole wheat toast, lightly |

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|                  |   | 1 slice low-fat cheddar cheese  | Serve with ½ cup noodles of choice (whole wheat)<br>1 cup broccoli   | buttered   |
| <b>Tuesday</b>   | <b>Tutti Frutti Muesli</b><br>1/2 cup nonfat or low-fat plain yogurt<br>1/2 cup blueberries, fresh or frozen (thawed)<br>1/4 cup diced apple<br>1/4 cup diced banana<br>1/4 cup unsweetened muesli (see Note)<br>1-2 teaspoons honey or pure maple syrup<br>Tip: Make the night before and cool in the refrigerator | <b>Curried Chicken Salad with Apples and Raisins</b> (from Sunday)  | 3 Oz spaghetti<br>2/3 cup low sodium spaghetti sauce<br>7-9 meatballs<br>Light salad: 1 cup mixed greens, 2 small diced tomatoes, ¼ diced cucumber, light italian dressing | 1 grapefruit<br>½ cup frozen peas (warmed up)<br>Protein Drink                   |
| <b>Wednesday</b> | <b>Bagels gone Bananas</b><br>2 tablespoons natural nut butter, such as almond, cashew or peanut<br>1 teaspoon honey<br>Pinch of salt<br>1 whole-wheat bagel, split and toasted<br>1 small banana, sliced<br><br>1 cup Fat Free Milk  | <b>Open-Faced Chicken-Avocado Melt</b><br>1 slice whole-grain bread<br>3 oz grilled chicken breast<br>1/4 avocado, slivered<br>1 oz Cabot 50% reduced-fat cheddar cheese, shredded<br>½ medium cucumber, sliced (on the side) | <b>Apple Glazed Turkey</b><br>(see recipe below)<br>Serve with 1 cup brown rice<br>½ cup frozen peas (thawed)<br>**Only eat one serving                                    | 1 medium orange<br>1 cup yogurt with fruit<br>1 ounce sunflower seeds            |
| <b>Thursday</b>  | 3 (3-inch) Multigrain Pancakes<br>¼ cup sliced strawberries<br>1 medium banana<br>1 cup Fat Free Milk   | Berry Goat-cheese Salad** (see recipe at end of packet)<br>1 small whole-wheat roll   | Leftover night – eat leftover of choice from previous nights   | Small handful of plain tortilla chips<br>½ cup salsa<br><br>1 small handful nuts |
| <b>Friday</b>    | 2 slices Canadian bacon<br>1 whole-grain toaster waffle with sugar-free fruit spread  | Fill 1 whole-wheat pita with a mixture of 4 oz solid white tuna in water (drained), 1 Tbsp light  | Leftover night – eat leftover of choice from previous nights   | ½ cup raisins<br><br>1 mozzarella cheese stick                                   |

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|                 | 3/4 cup berries<br>1 cup skim milk  | mayonnaise, and 2 Tbsp dried cranberries.   |   |  |
| <b>Saturday</b> | <b>Wake Up Smoothie</b><br>1 1/4 cups orange juice, preferably calcium-fortified<br>1 banana<br>1 1/4 cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries<br>1/2 cup low-fat silken tofu, or low-fat plain yogurt<br>1 tablespoon sugar, or Splenda Granular (optional) | Combine 4 oz cooked cooled unpeeled cubed potato, 1 hard-boiled egg, 2 hard-boiled egg whites, 1/4 cup corn, 1/4 cup chopped green bell pepper, 1/4 cup chopped onion, 2 Tbsp light mayonnaise, and cracked black pepper and sea salt to taste; serve over arugula. | <b>Grilled Vegetables on Foccacio</b><br>(see recipe below)<br><br>**Only eat one serving | 1/4 cup fat-free cottage cheese with 1/4 cup cherries and 1 tablespoon slivered almonds<br><br>1/4 cup plain fat-free Greek yogurt with 1 tablespoon sugar-free fruit spread and 1 tablespoon ground flaxseed<br>1/4 cup blueberries |

## Berry Goat-Cheese Salad

**PREP TIME:** 15 minutes

**COOKING TIME:** 10 minutes

- 1 Tbsp pecans
- 3 cups baby spinach
- 1/2 cup halved strawberries
- 1/2 cup blueberries
- 1 yellow tomato, cut into eighths
- 2 purple radishes, thinly sliced
- 1 skinless chicken breast (6 oz), grilled
- 1 Tbsp goat-cheese crumbles

### Dressing:

- 1/4 cup sliced strawberries
- 1 Tbsp fresh orange juice
- 1 1/2 tsp red wine vinegar
- 1/2 tsp orange zest
- 1/2 tsp sugar

2 Tbsp nonfat Greek yogurt  
1 large pinch kosher salt

**1** Combine all dressing ingredients in a blender or food processor, or whisk together until smooth.

**2** Toast pecans in a 400°F oven for 2 minutes. Remove from oven. Set aside.

**3** In a large bowl, combine spinach, berries, tomato, and radishes. Drizzle with dressing. Toss gently.

**4** Divide salad between 2 plates. Place half the chicken on top of each salad. Sprinkle with nuts and goat cheese.

## **Turkey and Tomato Panini**

3 tablespoons reduced-fat mayonnaise  
2 tablespoons nonfat plain yogurt  
2 tablespoons shredded Parmesan cheese  
2 tablespoons chopped fresh basil  
1 teaspoon lemon juice  
Freshly ground pepper, to taste  
8 slices whole-wheat bread  
8 ounces thinly sliced reduced-sodium deli turkey  
8 tomato slices  
2 teaspoons canola oil

1. Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
2. Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide turkey and tomato slices among 4 slices of bread; top with the remaining bread.
3. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 panini in the pan. Place the medium skillet on top of the panini, then weight it down with the cans. Cook the panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining panini.

(Makes 4 servings)

## **Apple-Glazed Turkey**

Makes: 2  
Prep 10 mins  
Broil 9 mins

#### Ingredients

1 turkey breast tenderloin (about 8 ounces)  
1 1/2 teaspoons lemon juice  
1 1/2 teaspoons olive oil or cooking oil  
1/4 teaspoon seasoned salt  
1/4 teaspoon dried sage leaves, crushed  
2 cloves garlic, minced  
1 tablespoon apple jelly, melted  
4 very thin slices lemon  
Fresh sage leaves (optional)

#### Directions

Preheat broiler. Split turkey tenderloin in half horizontally to make two portions, each about 1/2 inch thick. Place turkey on the unheated rack of a broiler pan. In a small bowl, combine lemon juice, oil, seasoned salt, dried sage, and garlic. Brush mixture on both sides of each turkey portion.

Broil turkey 4 to 5 inches from the heat for 5 minutes. Turn turkey; place lemon slices on turkey. Broil for 2 minutes more. Using a clean brush, brush with apple jelly. Broil for 2 to 3 minutes more or until tender and no longer pink (170 degrees F). Slice the turkey. If desired, garnish with fresh sage leaves.

## **Bull's-Eye Onion Burgers**

Makes: 4  
Prep 20 mins  
Grill 10 mins to 13 mins

#### Ingredients

1 large sweet onion  
1 pound 95% lean ground beef  
1 1/2 teaspoons garlic powder  
1/4 teaspoon salt

1/4 teaspoon ground black pepper  
4 slices low fat Swiss cheese (3 ounces)  
8 red and/or green kale leaves, stems removed  
2 teaspoons olive oil  
4 3/4 slice hearty bread or Texas toast, toasted  
Directions

Peel and cut onion into four 1/4-inch-thick slices; refrigerate remaining onion for another use. Shape meat loosely into four 1/2-inch-thick patties; sprinkle with garlic powder, salt, and ground black pepper. Press one onion slice into the center of each patty and shape meat around onion until top of onion is flush with the surface of the meat patty. For a charcoal grill, place meat, onion side up, on the rack of an uncovered grill directly over medium coals. Grill for 10 to 13 minutes or until meat is done (160 degrees F), turning once halfway through grilling. Top with cheese before the last minute of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.) Brush kale leaves lightly with oil and add to grill the last 1 to 1 1/2 minutes of grilling. To serve, place two kale leaves atop each bread slice. Top with a burger, onion side up.

## Pork Chops with Lime Salsa

Makes: 6  
Prep 15 mins  
Marinate 2 hrs to 4 hrs  
Grill 8 mins to 11 mins

### Ingredients

6 boneless pork top loin chops, cut 3/4 inch thick  
1/4 cup finely chopped red onion  
1/4 cup lime juice  
2 fresh serrano or jalapeno peppers, seeded and finely chopped  
1 tablespoon toasted sesame oil  
1 teaspoon cumin seed, crushed  
4 plum tomatoes, chopped  
1 small cucumber, seeded and chopped  
2 green onions, sliced  
2 tablespoons snipped fresh cilantro  
1 tablespoon honey

3 tablespoons jalapeno jelly

Directions

Trim fat from chops. Place chops in a plastic bag set in a shallow dish. For marinade, in a small bowl combine onion, lime juice, serrano peppers, sesame oil, and cumin seed. Reserve 2 tablespoons of the marinade for salsa. Pour the remaining marinade over chops; seal bag. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.

For salsa, in a medium bowl combine the 2 tablespoons marinade, the tomatoes, cucumber, green onions, cilantro, and honey. Cover and refrigerate until ready to serve.

Drain chops, reserving marinade. Transfer the marinade to a small saucepan. Add the jalapeno jelly to marinade; cook and stir until mixture boils. Set aside.

Grill chops on the rack of an uncovered grill directly over medium coals for 8 to 11 minutes or until chops are slightly pink in center and juices run clear, turning once and brushing occasionally with jelly mixture the last 5 minutes of grilling. (Or, broil on the unheated rack of a broiler pan 3 to 4 inches from the heat for 6 to 8 minutes, turning once and brushing occasionally with jelly mixture the last 5 minutes of broiling.) Serve the chops with salsa.

## Grilled Bass with Strawberry Salsa

Makes: 4

Prep 20 mins

Grill 7 mins to 9 mins per 1/2-inch thickness

Ingredients

4 4 - 5 ounces fresh or frozen sea bass or halibut steaks, 1 inch thick

1 small lime

1/4 teaspoon salt

1/4 teaspoon cayenne pepper

1 cup chopped fresh strawberries

1/4 cup finely chopped seeded fresh poblano chile pepper (1/2 of a small)

2 tablespoons snipped fresh cilantro

1/2 teaspoon cumin seeds, toasted\*

1/8 teaspoon salt

Directions

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Finely shred lime peel. Peel, section, and chop lime; set aside. In a small bowl combine lime peel, the 1/4 teaspoon salt, and the cayenne pepper. Sprinkle evenly over both sides of each fish steak; rub in with your fingers.

Arrange medium-hot coals around a drip pan. Test for medium heat above pan. Place fish on the greased grill rack over drip pan. Cover and grill for 7 to 9 minutes per 1/2-inch thickness or until fish flakes easily when tested with a fork, gently turning once halfway through grilling time.

Meanwhile, in a medium bowl combine chopped lime, strawberries, chile pepper, cilantro, cumin seeds, and the 1/8 teaspoon salt. Serve with grilled fish.

Tip

To toast cumin seeds, in a small skillet heat cumin seeds over medium heat until fragrant, shaking skillet occasionally.

## Grilled Rosemary Chicken

**Makes:** 6

### Ingredients

- **6** medium skinless, boneless chicken breast halves (about 1 3/4 pounds total)
- **1** teaspoon finely shredded lime peel
- **1/2** cup lime juice
- **1** tablespoon chopped fresh rosemary
- **1** tablespoon olive oil
- **2** teaspoons sugar
- **2** cloves garlic, minced
- **1/4** teaspoon salt
- **1/8** teaspoon ground black pepper

### Directions

Place chicken breast halves between two pieces of plastic wrap. Using the flat side of a meat mallet, lightly pound to an even 1/2-inch thickness. Place in a large resealable plastic bag set in a shallow dish.

For marinade, in a small bowl, stir together lime peel, lime juice, rosemary, oil, sugar, garlic, and salt. Pour over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 1 to 4 hours, turning bag occasionally.

Remove chicken from marinade, discarding marinade. Season chicken with pepper. For a charcoal grill, place chicken on the grill rack of an uncovered grill directly over medium coals. Grill uncovered for 10 to 12 minutes or until tender and no longer pink (170 degrees F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.)

## Glazed-Chicken Spinach Salad

**Makes:** 4

**Prep** 20 mins

**Grill** 12 mins

### **Ingredients**

- **1** recipe Ginger-Apple-Glaze
- **4** skinless, boneless chicken breast halves (about 1 1/4 lb. total)
- Nonstick cooking spray
- **2** medium apples, cored and sliced
- **1** medium leek, sliced, or 1/3 cup chopped onion
- **2** cloves garlic, minced
- **2** tablespoons apple juice, apple cider, or chicken broth
- **1** 10 ounce bag prewashed spinach, stems removed (about 10 cups)
- Salt
- Ground black pepper

### **Directions**

Measure 1/4 cup of the Ginger-Apple Glaze. Place chicken on the grill rack directly over medium heat; grill for 12 to 15 minutes or until no longer pink (170 degrees F), turning once halfway through grilling and brushing often with the 1/4 cup Ginger-Apple Glaze during the last 5 minutes of grilling.

Meanwhile, lightly coat an unheated large saucepan or Dutch oven with nonstick cooking spray. Preheat over medium heat. Add apple, leek, and garlic; cook for 3 minutes. Add 1/4 cup of the Apple Glaze and the apple juice; bring to boiling. Add spinach; toss just until wilted. Season to taste with salt and pepper.

To serve, slice each chicken breast crosswise into 6 to 8 pieces. On 4 dinner plates, arrange spinach mixture; top with sliced chicken.

## **Ginger-Apple Glaze**

### **Ingredients**

- **1/2** cup apple jelly
- **2** tablespoons soy sauce
- **1** tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- **1** teaspoon finely shredded lemon peel
- **1** teaspoon grated fresh ginger

### **Directions**

In a small saucepan, combine apple jelly; soy sauce, thyme; lemon peel; and ginger. Heat and stir just until jelly is melted. Makes 2/3 cup.

## Grilled Vegetables on Focaccia

**Makes:** 8

**Prep** 20 mins

**Grill** 8 mins

### Ingredients

- 3 tablespoons balsamic vinegar or wine vinegar
- 2 tablespoons water
- 1 tablespoon olive oil
- 1 teaspoon dried oregano, crushed
- 2 large red and/or orange sweet peppers
- 2 medium zucchini and/or yellow summer squash, halved crosswise and sliced thinly lengthwise
- 1 medium eggplant, cut crosswise into 1/2-inch slices
- 2 ounces soft goat cheese (chevre)
- 2 ounces fat-free cream cheese
- 1 purchased focaccia (about a 12-inch round)
- Fresh oregano (optional)

### Directions

In a small bowl combine vinegar, water, oil, and dried oregano. Set aside. Cut sweet peppers in quarters. Remove stems, membranes, and seeds. Arrange all vegetables on grill rack; brush with vinegar mixture. Grill on an uncovered grill directly over medium-hot coals until slightly charred, turning occasionally (allow 8 to 10 minutes for peppers and eggplant, and 5 to 6 minutes for squash). Cut peppers into strips.

In a small bowl combine the goat cheese and cream cheese. Set aside. Cut focaccia in half crosswise. Split halves into 2 layers horizontally to form 4 pieces total.

Spread goat cheese mixture over bottom layers of focaccia. Top with some of the sweet peppers, squash, and eggplant; place top halves of focaccia over vegetables. To serve, cut into wedges. If desired, garnish with fresh oregano.

## Grilled Avocado

### Ingredients

- 10 tomatoes, quartered
- 4 avocados, peeled, halved, and pitted
- Extra-virgin olive oil, for drizzling

- 1 red onion, sliced
- 1/2 lemon
- 1 cup pesto sauce
- 1/2 cup pine nuts
- Parmigiano-Reggiano

**Directions**

Preheat a grill over medium heat.

Cover a large tray with tomato quarters, and set aside.

Place avocado halves in a bowl and drizzle with olive oil. Place each half on a hot open grill for about 30 to 45 seconds. Remove and place on top of the tomatoes arranged on tray. Drizzle with olive oil again.

In another bowl, cover the red onion slices with the juice from the lemon half and olive oil. Place onions in the empty avocado pit holes. Cover with the lemon/olive oil mix. Then, top with pesto, distributing generously on all sides. Sprinkle pine nuts and cheese on top, to taste.