



Weight Loss Plan

Extreme

Simply follow this 7 week Meal Plan and watch the pounds disappear. The key to achieving your goal is strict adherence to the Plan.

Breakfast, Lunch and
{Dinner}

DINNER

7 days 7 Weeks

1200 Calorie Plan

WEEK 1

Day 1

Dinner

STEAK FAJITAS-

Saute 3 oz. Sirloin Steak, trimmed of fat, ½ cup sliced peppers, ½ cup sliced onion, in 1 tsp. Canola oil, season with ½ tsp. Salt, a few grinds of the peppermill, 1 tsp. Chopped garlic, and 1 tsp. Cumin while cooking and serve with a medium size whole wheat tortilla.

Serve with 1/2 cup steamed corn and 1/2 cup black beans.

WEEK 1

Day 2

Dinner

TURKEY AND PESTO MEATLOAF-

Mix together 4 oz. lean ground turkey, 2 Tbsp egg substitute, 3 Tbsp prepared pesto, 2 Tbsp breadcrumbs, and 1/2 tsp. Salt.

Form in to a mini loaf and bake at 350 degrees until cooked through (160 degrees).

Serve with ½ cup steamed broccoli ½ cup baby carrots

WEEK 1

Day 3

Dinner

PORK AND BROCCOLI STIR FRY WITH BROWN RICE-

Steam ½ cup broccoli floret's for two minutes, set aside.

Saute 3 oz. Pork tenderloin strips and ½ cup red pepper strips with nonstick spray in nonstick pan until just lightly browned,

add broccoli, ¼ cup light soy sauce, 1 Tbsp. Sweet chili sauce, ¼ cup Water mixed with ½ tsp. Cornstarch.

Cook for a minute or two longer until the sauce thickens. Enjoy with ½ cup cooked brown rice.

WEEK 1**Day 4****Dinner****GRILLED APRICOT CHICKEN WITH PASTA PRIMAVERA-**

Grill or sauté a 4 oz. chicken breast and top with Apricot Sauce: mix ¼ cup apricot preserves (no sugar), 1 Tbsp. Sweet chili sauce, 1 tsp. Lime juice together and heat in microwave or stovetop. Serve with Pasta Primavera: sauté ¼ cup zucchini, ¼ cup mushrooms, and 1 tsp. Chopped garlic in 1 tsp. extra virgin Olive Oil, add ¼ cup chopped tomatoes, 1 tsp. Salt, and ½ cup cooked whole wheat pasta.

WEEK 1**Day 5****Dinner****SPICY BARBECUE CHICKEN PIZZA WITH MIXED GREEN SALAD-**

Top 1/2 an 8 inch prepared pizza crust with 2 Tbsp. Bbq sauce, 1 tsp. Chili sauce such as sriracha, ¼ cup low fat mozzarella, 1 green onion, sliced, 1 oz. Chicken-cooked and cubed. Bake at 400 degrees on sheet pan for 12 minutes and top ¼ cup chopped tomato and 2 Tbsp. Chopped Cilantro. Top mixed salad greens with a few slices of cucumber and tomato and dress with nonfat vinaigrette.

WEEK 1**Day 6****Dinner****MEDITERRANEAN CHICKEN PACKETS-**

Spray a 12 inch piece of foil with nonstick and place a 5 oz. chicken breast on top. Mix the following and top the chicken breast, 1 Tbsp. Crushed Tomato, 1 Tbsp. Chopped Sun dried Tomato, ½ tsp. Chopped garlic, 1 Tbsp. Chopped Basil, 1 tsp. Reduced Fat Feta Cheese. Crimp foil around the Chicken and bake at 375 degrees for 20 minutes. Serve with 1 small potato cut in wedges and mixed with 1 tsp. Olive oil, and ½ tsp. salt. Bake it in the oven for 30-40 minutes. And Roasted Asparagus: ½ cup asparagus brushed with 1 tsp. olive oil and baked in the oven for 10-15 minutes.

WEEK 1

Day 7

Dinner

SALMON WITH ARTICHOKE AND PARMESAN TOPPING-

Mix 1 Tbsp. Low fat Ricotta, 1 tsp. Garlic Powder, 1 Tbsp. Parmesan Cheese, and spread on a 4 oz. Salmon Filet (may substitute Chicken breast or other fish filet) Bake at 400 degrees for 15-20 minutes. Serve with Roasted Sweet Potatoes: Roughly chop a small sweet potato and mix with 1 tbsp. Vegetable oil, 1 tbsp. Garlic powder, 1 tsp. Salt, ½ tsp. Pepper, and 1 tsp. Sugar. Bake in the 400 degree oven for 30-40 minutes. Enjoy with ½ cup Steamed Carrots

WEEK 2**Day 1****Dinner****FISH WITH MEDITERRANEAN SALSA**

Sauté or Grill a 4 oz. filet of Salmon or Tuna, seasoned with salt and pepper, and rubbed with a tsp. of olive oil. Top with ½ chopped medium tomato, 1 small clove of garlic minced, 2 black olives chopped (I like kalamata), 2 large leaves basil chopped (optional), 1 tsp. balsamic vinegar, salt and pepper to taste.

Serve with ½ cup whole wheat spaghetti tossed with 1 Tbsp. pesto, and 1 Tbsp. parmesan and ½ cup steamed or raw zucchini.

WEEK 2**Day 2****Dinner****PEPPER STEAK WITH WHEAT NOODLES**

Put then following in a medium pan and cook covered over medium heat until vegetables are tender: 4 oz. sirloin steak strips, ½ cup sliced carrots, ½ sliced bell pepper, ¼ sliced onion, ¼ cup soy sauce, pinch red pepper flakes, 1 tsp. sugar, small garlic clove, minced.

Serve with ½ cup cooked whole wheat noodles

WEEK 2**Day 3****Dinner****CHICKEN CURRY IN A HURRY**

Place in a saucepan: 4 oz. chopped chicken breast, 1 tsp. curry powder, 1 chicken bouillon cube, ¼ cup light coconut milk, ¼ chopped onion, ¼ chopped bell pepper, and pinch of chili flakes (optional). Bring to a boil and simmer covered for 20 minutes.

Enjoy with ½ cup cooked brown rice.

WEEK 2**Day 4****Dinner****BAKED PORK CHOP**

Dip a 4 oz center cut pork chop in a beaten egg, and then roll it in a mixture of 2 Tbsp. flour and 2 Tbsp. parmesan cheese. Spray a nonstick pan and bake at 350 degrees for 45 minutes or until the juices run clear. Serve with a medium baked sweet potato (put in oven 15 minutes before pork) topped with 1 Tbsp margarine alternative (Promise) and 1 tsp cinnamon, and ½ cup steamed green beans

WEEK 2

Day 5

Dinner

CHICKEN PESTO PIZZA WITH MIXED GREEN SALAD

Chicken and Pesto Pizza with Mixed Green Salad-

Top 6 inch prepared pizza crust with 2 Tbsp. Pizza sauce, 1 Tbsp. Pesto, 1/2 cup shredded low fat mozzarella, ½ cup slice mushrooms, 2 chopped green onions, and 4 oz. cooked chicken, chopped. Bake at 450 degrees for 10-15 minutes or until browned. Serving size equal to 1/2 pizza. Top mixed salad greens with a few slices of cucumber and tomato and dress with 1 Tbsp. nonfat vinaigrette

WEEK 2

Day 6

Dinner

CARIBBEAN FISH PACKETS

Spray a 12 inch piece of foil with nonstick and place a 5 oz. fish filet on top. Mix the following and top the fish- 2 Tbsp. chopped pineapple, 1 chopped green onion, ½ tsp. Chopped garlic, 1 Tbsp. sweet chili sauce, 2 Tbsp. canned diced tomato, drained. Crimp foil around the Fish and bake at 375 degrees for 25 minutes. Serve with ½ cup black beans and ½ cup brown rice

WEEK 2

Day 7

Dinner

STUFFED BAKED POTATO

Bake a medium baked potato at 375 degrees for 1 hour. Split and top with 1 tsp. butter substitute, ½ cup shredded cooked chicken breast, ½ cup steamed broccoli, 2 Tbsp. low fat shredded cheddar cheese, 1 Tbsp. chopped green onion, 2 Tbsp. fat free sour cream, and 2 Tbsp. salsa (optional). Serve with a mixed greens, a few slices of tomato, a few slices of cucumber, and 2 Tbsp. fat free vinaigrette

WEEK 3**Day 1****Dinner****TURKEY MEATBALLS WITH RICE AND ZUCCHINI –**

- ¼ lb ground turkey breast
- ¼ tsp garlic powder
- ¼ tsp ground ginger
- 1 egg white
- ¼ tsp salt
- ¼ tsp ground black pepper
- 4 oz tomato sauce
- ¼ cup low sodium chicken broth
- 3 tbsp chili sauce
- 3 tbsp cider vinegar
- 3 tbsp brown sugar

Combine turkey, garlic, ginger, egg white and 1/4 teaspoon each salt and black pepper. Mix well and shape mixture into about 16 meatballs. Place meatballs in bottom of slow cooker.

In a medium bowl, whisk together tomato sauce, low sodium chicken broth, chili sauce, cider vinegar, and brown sugar. Pour mixture over meatballs. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Season, to taste, with salt and black pepper.

Serve half of the Meatballs with ½ cup Sesame Brown Rice (add ¼ cup brown rice, ¼ tsp sesame oil, ¼ cup chicken broth, ¼ cup water and 2 tbsp soy sauce to rice cooker and steam until done.

Follow directions on rice box for all other preparation methods), and 1 cup Steamed Zucchini seasoned with a dash of salt and pepper. Refrigerate the other half of meatballs for Stuffed Zucchini Boats later in the week.

WEEK 3**Day 2****Dinner****STUFFED ZUCCHINI BOATS WITH PESTO PASTA-**

- 1 large zucchini
- 2 tbsp light sour cream
- 3 tbsp chopped artichoke hearts
- 3 tbsp grated parmesan cheese
- dash of salt and pepper
- 1 tbsp seasoned bread crumbs

½ lb reserved turkey meatballs from previous night (can also use ground turkey)
2 oz angel hair pasta
2 tsp prepared pesto

Preheat oven to 400 degrees F. Slice Zucchini in half length wise.
Using a spoon or melon baller, carefully remove the center of each zucchini half, leaving
2 canoe shaped zucchini boats.

In a bowl, combine chopped leftover turkey meatballs from night before, sour cream,
artichoke hearts, 2 tbsp parmesan, salt and pepper. Gently mix to combine. Spoon
mixture inside zucchini boat. Sprinkle with remaining parmesan and bread crumbs.

Bake for 10-15 minutes, until top is golden brown and filling is heated through. Makes 2
servings. One serving is one zucchini boat.

Serve with pesto pasta. Cook pasta, drain and combine with pesto.

WEEK 3

Day 3

Dinner

FLANK STEAK PINWHEELS-

8 oz Beef Flank Steak
1/3 cup sundried tomato
2 tbsp herbed cheese spread such as Boursin
½ cup raw spinach
1 small garlic clove
dash salt and pepper
1 cup water
1 small peach

Preheat grill on high. Boil water and pour over sundried tomatoes to steep, until
softened. Drain and chop.

Place steak between plastic wrap and pound out until 1/4 inch thick. Mince garlic and
rub over one side of steak. Spread cheese over the middle of the steak. Top with
sundried tomatoes and spinach. Starting with one edge of long side, roll up tightly,
tucking in filling. Rub salt and pepper over the outer side. Place 4 skewers into steak at
even intervals. Cut steak into 4 equal portions (between skewers). Lay each slice on its
side and push the skewer all the way through. This will hold the steak together and act as
your handle to turn the pieces.

Grill on oiled indoor grill or grill rack. Cook 4-5 minutes per side for medium.

Serve with Black Bean and Corn Salad and Grilled Peach.

Mix below ingredients, chill and serve. (Reserve half for southwestern breakfast wrap)

1 cup grilled corn, cut from cob
 ½ cup drained reduced sodium black beans
 ¼ cup diced green chili peppers
 ½ cup chopped cherry tomatoes
 dash of cumin

WEEK 3

Day 4

Dinner

GRILLED CORN AND BLACK BEAN PIZZA-

1 cup diced cherry tomatoes
 1 cup drained reduced sodium black beans
 1 cup grilled corn on the cob (reserve from previous meal)
 1 whole wheat pizza dough
 2 tbsp corn meal
 1/3 cup BBQ sauce
 1 cup mozzarella (preferably smoked)

Preheat grill to medium.

Slice tomatoes into pieces. Combine tomatoes, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet. Stretch dough into about a 12 in circle and place on top of cornmeal, coating the entire side of the dough. Transfer crust from baking sheet to the grill. Cook until dough has puffed, and is lightly browned on bottom (4-5 minutes).

Flip the crust over, and spread on Barbecue sauce. Sprinkle with tomato, corn and black bean mixture and top with cheese. Close the lid and grill until cheese melts (another 4-5 minutes). Recipe serves 6.

Serve with spinach salad.

Combine below ingredients:

1 cup spinach
 2 tbsp sliced onion
 2 tbsp shredded carrot
 1 tbsp light Italian dressing

WEEK 3**Day 5****Dinner****BLACKENED SALMON-**

1 lb fresh salmon filet
1/8 tsp cayenne
1/8 tsp black pepper
1/8 tsp paprika
1/8 tsp salt
1/8 tsp garlic powder
1/8 tsp onion powder
1/8 tsp dried thyme
1 tbsp olive oil

Preheat Grill or Pan. Mix seasonings together to create a blackening seasoning. Rub seasoning on both sides of each salmon filet. Cook 3 to 4 minutes per side until cooked through. Recipe serves 4. Reserve leftover salmon for blackened salmon sandwich. Brush asparagus with 1 tsp. olive oil and bake in the oven for 10-15 minutes.

Serve with garlic mashed potatoes and roasted asparagus.

8 red bliss potatoes with skin
6 cloves garlic, peeled
½ cup reduced fat sour cream
¼ cup low fat milk
1 tsp black pepper
1 tsp salt
4 tbsp fresh chives, chopped

Place potatoes and garlic cloves in a large saucepan and pour over enough water to cover. Set pan over high heat and bring to a boil. Boil 8 minutes until potatoes are fork-tender. Drain and return potatoes and garlic cloves to pan. Mash in sour cream and milk until desired consistency. Fold in chives. Season, to taste, with salt and pepper. Recipe serves 8, reserve remaining potatoes for soup.

½ cup fresh asparagus
1 tsp olive oil

WEEK 3

Day 6**Dinner****SWEET AND SOUR CHICKEN SKEWERS-**

- ½ cup apple cider vinegar
- ¼ cup brown sugar
- ½ cup pineapple chunks (reserve juice)
- 1 tbsp cornstarch
- 1 tbsp water (mix with cornstarch)
- 1 medium red bell pepper
- 1 lb boneless skinless chicken thigh
- ¼ tsp black pepper

In a saucepan, mix together vinegar, sugar, reserved juice from pineapple, and cornstarch/water mixture. Bring to a boil over medium heat.

Reduce heat to simmer until sauce thickens. Remove from heat and set aside.

Reserve half of sauce in small bowl for dipping.

Slice bell pepper into 1 inch pieces. Cut each chicken thigh into 6 pieces. Preheat Grill or Grill pan to medium heat.

Using 8 grilling skewers, place 1 chunk pineapple, then chicken, followed by pepper. Repeat this layer once. Do the same with remaining skewers.

Season with salt and pepper. Grill for 4 minutes on each side, brushing with sweet and sour sauce mixture. Serve with remaining sweet and sour sauce for dipping.

Recipe serves 4.

Serve with Sesame brown rice (see recipe and ingredients from previous day).

WEEK 3**Day 7**

Dinner**ORANGE GLAZED PORK CHOPS-**

1 lb center cut pork loin chops
2/3 cup orange marmalade
1/4 cup low sodium soy sauce
4 cloves garlic, minced
1 tsp pepper

Preheat your barbecue grill or broiler. Butterfly the pork chops by cutting a lengthwise slit about two-thirds of the way through each tenderloin (don't cut all the way through).

Place the chops between 2 sheets of plastic wrap and flatten them somewhat with a tenderizing mallet. Sprinkle the chops with pepper.

Combine minced garlic, orange marmalade and light soy sauce in a small saucepan. Brush part of this marmalade mixture over the pork chops.

Grill the pork chops about 8 minutes per side, basting frequently with marmalade mixture. Heat the remaining marmalade mixture over medium heat about 1 minute, stirring constantly until warm. Serve the pork chops with the orange marmalade mixture.

Serve with cup zucchini and tomatoes:

1 tsp olive oil
2 large zucchini, sliced
1/2 cup diced onions
2 ripe tomatoes, wedged

Saute onions and zucchini in olive oil. Add tomatoes and remaining ingredients. Bring to a boil and reduce heat. Simmer until zucchini is tender and liquid is absorbed.

WEEK 4**Day 1****Dinner****LEMON GARLIC ROAST CHICKEN WITH SAUTEED CARROTS-*****Chicken and Gravy:***

2 lemons
1 oven roaster chicken
4 cloves garlic
1 tbsp butter
1 tsp kosher salt
½ tsp black pepper
1 cup white wine
½ cup chicken broth
2 tbsp reserved chicken drippings

Sauteed Carrots:

2 cups raw baby carrots
1 lemon (zest and juice)
1 tsp honey
1 tsp butter

Preheat the oven to 425 degrees F.

Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and leftover pinfeathers and pat the outside dry.

Place the chicken in a large roasting pan. Liberally salt and pepper the inside of the chicken. Stuff the cavity with one lemon, halved, and 2 cloves of garlic. Brush the outside of the chicken with the butter and sprinkle again with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken. Cut the other lemon in quarters and scatter the quarters and remaining garlic around the chicken.

Roast the chicken for 1½ hours or until the juices run clear when you cut between a leg and thigh.

Add reserved chicken drippings to sauté pan. Add the wine and chicken stock and bring it to a boil. Reduce the heat, and simmer for 5 minutes, or until reduced by half. Pour over sliced chicken.

Recipe serves 6. Reserve leftover chicken for chicken wrap and lemon basil salad.

Combine carrots, lemon juice and honey in sauté pan. Place over medium to high heat and sauté for about 3-5 minutes or to desire tenderness. Add butter and stir to coat evenly. Provides 2 servings.

WEEK 4**Day 2****Dinner****CRAB CAKES WITH OVEN FRIES-**

3 lbs of lump crabmeat (can use shrimp, or other fish if desired)
½ cup reduced fat sour cream
3 tbsp oats
1 cup seasoned bread crumbs
1 tbsp Dijon mustard
1 tsp dried oregano
1 ½ tsp Seafood seasoning (Old Bay)
2 tsp olive oil
dash black pepper

Oven Fries:

1 potato
1 tsp olive oil
1 tsp minced garlic
dash salt
dash pepper

Preheat oven to 400 degrees F.

In a large bowl, combine crabmeat, sour cream, oats, bread crumbs, Dijon mustard, seafood seasoning, oregano, and black pepper.

Gently mix ingredients together, being careful not to break up crabmeat.

Take 1/3 of the mixture and shape into 4 crab cakes, each about 1-inch thick. Freeze (up to 3 months) or refrigerate remainder of filling (up to 24 hours) for another use. Heat oil in a large, oven-proof skillet. Add crab cakes and saute 2 to 3 minutes per side, until golden brown. Transfer pan to oven and bake 20 minutes, until crab cakes are cooked through.

Serve 2 cakes for this meal and reserve remaining crab cakes for crab cake sandwich.

Reserve 1 cup of uncooked mixture for chowder.

Cut potato into thin matchsticks and toss with salt, pepper, olive oil and minced garlic. Bake at 400 degrees for 30 minutes or until browned.

WEEK 4

Day 3**Dinner****GARLIC SIRLOIN TIPS WITH STEAMED SQUASH-**

2 lbs Beef Sirloin Tips
2 tbsp olive oil
4 cloves garlic
½ cup chopped fresh parsley
1 lemon, juiced and zested
½ cup white wine
dash salt
dash pepper
1 cup yellow squash, sliced
dash salt
dash pepper

Bring meat to room temperature and pat dry.

Heat the extra-virgin olive oil in large skillet over medium-high to high heat.

When the oil smokes, add the meat and caramelize before turning.

Once evenly browned all over, about 5 minutes, season liberally with salt and pepper, add the chopped garlic and toss with the meat for 2 minutes. Stir in the parsley and a little lemon zest and cook for another minute. Add the white wine and deglaze the pan.

Turn off the heat, add the lemon juice and toss to coat.

Transfer to a serving platter and serve immediately, with steamed yellow squash.

Steam squash in vegetable steamer and season with salt and pepper.

Recipe provides 6 servings.

Reserve 3 oz steak tips for Steak Tip Salad recipe.

WEEK 4**Day 4****Dinner****CRAB AND CORN CHOWDER-**

1 cup reserved crab cake mixture
2 cups frozen kernel corn
4 cups chicken broth
2 bay leaves
1 cup skim milk
1 tbsp fresh parsley, chopped
dash salt
dash pepper
1 slice French bread

In a large saucepan, combine 1 cup crab cake mixture (reserved from previous recipe), corn and bay leaves. Pour over broth and set pan over medium-high heat. Simmer 5 minutes. Stir in milk and simmer 2 minutes, until hot. Remove bay leaves and season, to taste, with salt and black pepper. Ladle soup into bowls and garnish with chopped fresh parsley. Serve with a slice of French bread for dipping.

WEEK 4

Day 5

Dinner

LEMON PEPPER COD AND SPAGHETTI-

4 cod fillets (or other white fish)
 3 large egg whites
 ¼ cup light cream
 3 tbsp olive oil
 1 tbsp butter
 ¼ cup white wine
 2 tbsp fresh parsley, chopped
 1 lemon, juice and zest
 2 cloves garlic
 8 oz spaghetti, dry
 ¼ cup parmesano reggiano cheese
 ¼ cup fresh basil, chopped
 1 lb fresh spinach
 dash salt and pepper

Bring a large pot of water to a boil. Salt the water and drop the spaghetti into the pot.

Preheat a large nonstick skillet over medium high heat. Season the fish with salt and pepper. Beat egg whites with cream. Add 1 tablespoon extra-virgin olive oil to the skillet, then add 1 tablespoons butter, cut into small pieces. Dip the fish into the egg whites and cook on both sides until just golden, 5 to 6 minutes total. Transfer fish to a plate and cover with loose a foil tent to retain heat.

Add wine and a ladle of pasta cooking water to the pan and reduce by half, 1 minute, then add 1 tablespoon olive oil, and half of the parsley, cheese and basil to the pan. Stir in the lemon juice and zest. Turn off heat. Toss in cooked, drained spaghetti and half of cheese.

Pour pasta onto serving dish and top with fish fillet. Top the plates of pasta with remaining cheese, parsley and basil.

Return skillet to heat. Add remaining 1 tablespoons extra-virgin olive oil. Add chopped garlic and let come to a sizzle. Wilt in spinach, turning to coat in extra-virgin olive oil and season with salt, pepper. Serve spinach alongside fish and pasta.

WEEK 4

Day 6

Dinner**SOUTHWESTERN QUESADILLA-**

2 tbsp olive oil
½ cup red onion, diced
½ cup red bell pepper, diced
1 tsp ground cumin
4 whole wheat tortillas
½ cup low fat refried black beans
¼ cup Monterey jack cheese
¼ cup cilantro, chopped
¼ cup reduced fat sour cream
2 tbsp cilantro, chopped
1 lime, juiced
dash of salt

In a large skillet, heat oil over medium-high heat. Saute diced red pepper and onion until soft, about 5 minutes. Add cumin, and salt and pepper to taste.

Toss to incorporate and saute for 3 minutes.

Transfer to a bowl and add the cilantro. Preheat a long, 2-burner cast iron griddle, or a large saute pan over medium heat. Lay 2 tortillas on a work surface and spread each evenly with refried black beans. Place tortillas, bean side up, on the griddle (begin with 1 if using a saute pan).

Sprinkle onion-red pepper mixture evenly over the top of each, then sprinkle evenly with the cheese. Cover with another tortilla coated with refried black beans and cook until cheese melts, about 4 minutes. Flip quesadillas to toast the other side.

Prepare Lime-Cilantro Cream by mixing together sour cream, lime juice, 2 tbsp diced cilantro and a pinch of salt. Slice each quesadilla into 8 wedges, sprinkle with cilantro, and serve with Lime-Cilantro Sour Cream. Serves 2.

WEEK 4**Day 7****Dinner****CHINESE SCALLOPS AND RICE-**

1 lb Sea Scallops
1 tbsp lemon juice
1 large tomato, diced
1 large red bell pepper, diced
1 large yellow bell pepper, diced
4 cups white rice, cooked
1 tsp ground ginger

1 tsp olive oil
cooking spray

Combine olive oil, lemon juice, and ginger. Pour over scallops. Cover, and let marinade for 1-12 hours. Drain marinade and save. Spray wok or deep skillet with cooking spray and preheat over medium high heat. Cook peppers, scallops, and tomatoes in wok, occasionally adding marinade. Cook until scallops are done. Place over bed of rice.

Serves 4.

WEEK 5**Day 1****Dinner****RANCH STYLE STEAK KABOBS-**

4 new potatoes, halved
¼ cup light ranch dressing
8 cherry tomatoes
1 lb beef sirloin strip

Soak wooden skewers in water for 30 minutes. Heat grill to medium high heat. Slice potatoes in half and boil for 12-14 minutes or until tender. Cool slightly.

Reserve half of dressing. Slice steak lengthwise into long 1/2 inch thick slices (or purchase pre-sliced). Thread meat onto 4 skewers, placing a potato between the 1st fold of meat and a tomato between the second fold of meat. Brush with remaining dressing.

Grill 10-12 minutes or until meat is done, brushing with reserved dressing during the last 2 minutes of cooking. Recipe serves 4. Reserve leftover steak for steak gyro recipe.

WEEK 5**Day 2****Dinner****SLOW COOKER BEANS AND CORNBREAD-*****Beans:***

1 lb pinto beans, dry
1 tsp chili powder
4 cups water
2 oz diced ham or bacon slices
1 small onion
1 tbsp sugar
1 tbsp salt
1 tbsp black pepper

Wash and soak beans overnight. Drain beans and place in slow cooker. Add remaining ingredients and cook on high about 5 hours, until beans are tender. Recipe serves 8.

Reserve 1 cup for bean burrito recipe.

Cornbread:

1 package (8 ½ oz) corn bread/muffin mix
¼ cup nonfat milk
1 egg
4 oz thinly sliced deli ham

3 oz cheddar cheese

In a bowl, combine the corn bread mix, milk and eggs. Pour half of the batter into a small baking dish coated with cooking spray or small cast iron skillet. Layer with ham and cheese; carefully spread remaining batter over the top.

Bake at 400° for 10-15 minutes or until a toothpick inserted near the center comes out clean. Serve warm. Recipe makes 5 servings. Reserve 1 serving for cornbread and scrambled egg breakfast.

WEEK 5

Day 3

Dinner

GRILLED CHICKEN CAESAR SALAD-

1 slice French
2 cups Romaine lettuce, chopped
3 tbsp light Caesar dressing
1 lb boneless skinless chicken breast (6 oz for this recipe. Reserve remaining chicken)
1 tbsp grated parmesan cheese
1 clove garlic
1 tsp olive oil

Cut chicken into 1 inch bitesize pieces. Pour 1 tbsp of dressing into ziploc bag. Add chicken and toss to coat. Refrigerate to allow flavors to blend. Soak wooden skewers in water.

Heat grill to medium heat. Remove chicken and discard marinade. Place chicken onto skewers, and grill 6-8 minutes or until cooked through. Add sliced bread to grill and cook about 1 minute on each side, until toasted. Remove bread and rub with garlic clove. Brush with olive oil.

Clean and chop lettuce. Toss lettuce with remaining dressing and parmesan cheese. Top with chicken skewer and serve with bread.

WEEK 5

Day 4

Dinner

JUMBO STUFFED SHRIMP AND ARUGULA PILAF-

16 jumbo shrimp (8 reserved for shrimp taco recipe)
1 lime, juiced
1 tbsp olive oil

1 tsp kosher salt
dash black pepper
1 clove garlic
½ jalapeno, seeded and chopped
2 scallions
1 cup cilantro

Heat grill to medium high heat. Slice a slit in the back of the shrimp for stuffing. Chop garlic, jalapeno, scallions and cilantro and place in bowl.
Whisk in olive oil, pepper and lime juice.

Stuff mixture into slit on back of the shrimp.
Place shrimp in grill basket or on grill pan and cook about 2 minutes on each side.
Sprinkle with salt and serve over a bed of rice pilaf.

Pilaf:

1 tbsp olive oil
1/3 cup orzo pasta, dry
1 cup white rice, dry
2 cups chicken broth
2 cups arugula
2 tbsp parmesan reggiano cheese

Heat olive oil in sauce pan over medium heat. Add orzo and toast until golden color, 4-5 minutes. Stir in rice. Add broth and bring to a boil. Reduce heat to a simmer, cover and cook 15-20 minutes until tender. Stir in chopped arugula and cheese. Toss to combine.
Recipe serves 4.

WEEK 5

Day 5

Dinner

PLUM GLAZED CHICKEN-

1 lb boneless skinless chicken breast
¼ cup Chinese plum sauce

Preheat grill to medium heat. Season chicken breasts with salt, and pepper.
Toss in half of the plum sauce. Place on grill and cook until juices run clear, turning occasionally. Baste with remaining plum sauce. Reserve one chicken breast for plum chicken sandwich.

Serve over a bed of brown rice and a side of broccoli.

Sesame brown rice:

½ cup brown rice
1 tsp sesame oil
½ cup chicken broth
1 tsp soy sauce
½ cup water

Add all ingredients to rice cooker and steam as directed. If using stovetop, follow directions on box. Sesame oil will substitute butter and use chicken broth to substitute half of the water.

Broccoli:
1 cup broccoli
1 tsp olive oil
½ tsp minced garlic

Wash broccoli and cut into large pieces. Steam 1 to 2 minutes, until it just turns bright green. Drain well. Pour on olive oil, add minced garlic, and toss.

WEEK 5

Day 6

Dinner

ORANGE PORK CHOPS -
1 lb pork center loin chops
2/3 cup orange marmalade
¼ cup light soy sauce
4 cloves garlic
1 tsp black pepper
1 cup asparagus
1 tsp olive oil

Preheat your barbecue grill or broiler. Butterfly the pork chops by cutting a lengthwise slit about two-thirds of the way through each tenderloin (don't cut all the way through).

Place the chops between 2 sheets of plastic wrap and flatten them somewhat with a tenderizing mallet.

Sprinkle the chops with pepper.

Mince the garlic and combine the orange marmalade and light soy sauce in a small saucepan. Brush part of this marmalade mixture over the pork chops.

Grill the pork chops about 8 minutes per side, basting frequently with marmalade mixture.

Heat the remaining marmalade mixture over medium heat about 1 minute, stirring constantly until warm. Recipe serves 4.

Serve the pork chops with the orange marmalade mixture and 1 cup roasted asparagus (Brush asparagus with olive oil and bake at 375 degrees for 10-15 minutes).

WEEK 5

Day 7

Dinner

CHICKEN PENNE BAKE -

4 oz penne pasta, dry
4 cups arugula
1 lb boneless skinless chicken breast
1 jar (14 oz) pasta sauce
1 can (14 oz) diced tomatoes
2 oz Neufchatel cream cheese
1 cup mozzarella cheese
2 tbsp grated parmesan cheese

Heat oven to 375 degrees F.

Cook pasta as directed on package, adding arugula to the boiling water for the last minute.

Cut chicken into 1 inch pieces and cook in nonstick skillet on medium high heat for about 3 minutes. Add pasta sauce and tomatoes, and bring to a boil.

Simmer for 3 more minutes, or until chicken is done. Stir in neufchatel cheese.

Drain pasta mixture and return to pan. Stir in chicken mixture and 1/2 cup mozzarella. Spoon into 2 qt baking dish. Bake 20 minutes. Sprinkle with remaining cheese and bake 3 more minutes. Recipe serves 4.

WEEK 6**Day 1****Dinner****CAJUN CATFISH WITH POLENTA**

9 oz catfish fillets (Reserve 3 oz for catfish poboy next day)

1 tsp olive oil

1/8 tsp paprika

1/8 tsp cayenne pepper

¼ tsp onion powder

1 tbsp tartar sauce

Mix paprika, cayenne and onion powder. Rub on fish. Let stand for 5 minutes. Heat olive oil in a non stick pan. Fry fish on both sides until fish flakes with a fork.

Serve on top of polenta with a dollap of tartar sauce.

½ cup yellow cornmeal

2 cups water

2 tbsp parmesan cheese

Boil water. Add cornmeal slowly stirring constantly. Reduce heat and cook until mixture pulls away from sides of the pot. Remove from heat and stir in cheese.

Serves 2.

WEEK 6**Day 2****Dinner****BROILED CHICKEN**

2 tbsp orange juice

1 tbsp Italian dressing

2 chicken breasts (reserve 1 breast for meals later in the week)

Arrange the chicken on a broiler pan. Combine the other ingredients and mix well. Brush half the mixture over the chicken and broil for 6 minutes, or until lightly browned; turn and brush the other side with the remaining mixture. Broil for 6 minutes more or until the chicken is tender.

1 tbsp olive oil

½ tsp sugar

½ tsp mustard

1 can kidney beans

1 can pinto beans

1 stalk celery, diced
1 small onion, finely chopped
dash black pepper
2 tbsp apple cider vinegar

Mix vinegar, oil, sugar, mustard, and pepper until well blended. Add beans and remaining ingredients. Toss well. Refrigerate. Recipe serves 4.

WEEK 6

Day 3

Dinner

TURKEY CHILI

½ cup onion, chopped
1 can kidney beans
1 can pinto beans
1 cup chicken broth or 1 light beer
1 tbsp chili powder
1 can tomatoes
1 lb ground turkey

Brown turkey and onion; drain away any grease. Mix all ingredients in a crock pot and cook on low 5-6 hours. Recipe serves 4. Reserve ½ for other recipes later in the week.

WEEK 6

Day 4

Dinner

GRILLED HONEY DIJON SALMON

9 oz Salmon (3 oz reserved for salmon pasta salad)
3 tbsp honey Dijon dressing

Place salmon fillet on a piece of aluminum foil. Spread dressing over the top. Fold aluminum foil to make a packet containing the salmon. Place on a hot grill and grill for about 15 minutes or until fish is done. Reserve 3 oz of Salmon for Salmon Pasta Salad.

WEEK 6**Day 5****Dinner****TURKEY LASAGNA**

½ lb ground turkey
9 oz lasagna, dry
2 cups canned sweet red pepper
1 package frozen chopped spinach
1 tsp dried basil
2 cloves garlic, minced
1 ¼ cup mozzarella, shredded
1 tbsp parmesan, shredded
2 tsp olive oil
1 cup chopped onion
2 cups milk
1 tsp black pepper
1 15 oz container lowfat ricotta
3 tbsp flour

Cook lasagna according to package directions. Thaw spinach and squeeze dry.
Combine with ricotta and basil.

Brown turkey in olive oil. Add the onion and garlic. Cook until onions are soft.
In a small bowl, whisk flour with 1/2 cup milk. Heat the remaining milk in a medium
saucepan until it steams. Whisk in the flour mixture, stirring constantly, and cook until
the sauce boils gently for 1 minute.

Remove from heat promptly. Mix in the mozzarella and season with pepper.

Assemble the lasagna:

Cover the bottom of an 8 X 12 1/2 inch lasagna pan with a third of the white sauce.
Arrange 3 lasagna noodles to cover the sauce. Spread the turkey mixture over the pasta.

Top with roasted red peppers and the second layer of noodles.
Spread the spinach mixture over the pasta. Top with a third of the white sauce and the
remaining noodles. Spread the top layer with the remaining white sauce and sprinkle
with the Parmesan.

Cover the pan with foil and bake the lasagna for 30 minutes. Uncover, and bake an
additional 10 minutes. Remove the pan from the oven and
let sit 10 minutes before serving.

WEEK 6**Day 6****Dinner****CHICKEN TERIYAKI PASTA**

2 tbsp chopped bell pepper
2 tbsp chopped red pepper
2 tbsp diced onion
1 tsp sesame oil
1 tbsp fresh parsley
¼ tsp dried thyme
1 tomato, diced
3 oz broiled chicken breast, diced
½ oz teriyaki sauce
2 oz dry whole grain pasta, such as spirals

In a saute pan coated with cooking spray, saute peppers and onion until tender-crisp.
Cook pasta according to package directions, then drain well.

In a large bowl, toss cooled pasta, vegetables and remaining ingredients except tomato.
Season with salt and pepper to taste, if desired.

Cover and refrigerate 1 hour and serve at room temperature, or refrigerate overnight.
Toss, garnish with tomato and additional parsley and thyme leaves, if desired.

WEEK 6**Day 7****Dinner****BEEF TENDERLOIN AND BROCCOLI/CAULIFLOWER SALAD**

8 oz beef tenderloin

1 tsp olive oil

1/8 cup red wine

1 tsp paprika

dash black pepper

2 tbsp water

Cut tenderloin into 2 steaks 3/4 inch thick. Combine the spices and rub steak with spice mixture. Let stand for 5 minutes.

Heat oil in a non stick pan over medium heat until hot. Add steaks and cook for 4 minutes on each side on each side to desired degree of doneness. Remove steak from pan. Add wine and water to skillet and reduce liquid. Spoon wine mixture over steaks.

1 cup cauliflower, chopped

1 cup broccoli florets

1/2 cup chopped tomatoes

1/2 tbsp olive oil

1 clove garlic, minced

2 tsp red wine vinegar

1 tbsp fresh parsley, chopped

dash salt

dash black pepper

Boil the cauliflower and broccoli for about 3-5 minutes. Rinse in cold water, drain, and put them in a serving bowl. (As a faster alternative, frozen vegetables may be used.

Cook according to package directions). Put chopped tomatoes, oil, minced garlic, vinegar, chopped parsley, salt, and pepper into a food processor and blend. Pour sauce over vegetables and mix. Serve at room temperature.

WEEK 7**Day 1****Dinner****EGGPLANT PARMESAN OVER ANGEL HAIR**

1 Eggplant
1 cup Flour
5 large Egg Whites
1 oz Parmesan Cheese, grated
1 Tbsp Olive Oil
1 cup Tomato Sauce
4 oz Mozzarella Cheese
1 cup Angel Hair Pasta, prepared

Slice eggplant into circular pieces. Combine egg whites, pepper, cheese, oregano in a bowl. Dip eggplant in mixture then cover with flour.

Heat oil in a non stick skillet over medium flame. Fry eggplant pieces on both sides until golden brown. Spoon sauce on the bottom of a baking dish. Place eggplant over sauce.

Layer sauce and eggplant. Shred mozzarella cheese over eggplant and tomato sauce. Heat in oven at 350 degrees until cheese is melted and sauce and eggplant are hot. Makes 4 servings. Reserve one serving for Eggplant Sandwich on day 2.

Serve over angel hair pasta.

WEEK 7**Day 2****Dinner****STUFFED CHICKEN BREAST**

1 Chicken Breast
1 oz Ricotta Cheese
2 tsp Parsley, chopped
1 tsp Oregano
1 clove Garlic
¼ cup Tomato Sauce

Dash Salt
Dash Pepper

Preheat oven to 350 F. Spray a 1-quart casserole dish lightly with vegetable oil spray. In a small bowl, combine the Ricotta, Parsley Oregano and Garlic. Set aside.

Rinse chicken breast and pat dry with paper towels. Flatten the breast with a meat mallet. Sprinkle with salt and Pepper.

Spoon stuffing lengthwise down the middle of breast. Starting with the short end, roll up the breast jelly-roll style. Place the breast in the prepared casserole dish, seam side down (no need to secure with toothpicks).

Spoon tomato sauce over breasts. Bake, covered, for 40 to 45 minutes, or until chicken is cooked through.

WEEK 7

Day 3

Dinner

PASTA PRIMAVERA

2 oz Bowtie Pasta
1 clove Garlic
1 Tbsp Olive oil
4 florets Broccoli
3 oz Peas, thawed
½ Tomato, diced
¼ Red Pepper, sliced
½ Tbsp Red Wine Vinegar
1/8 tsp Parsley
1/8 tsp Salt
1/8 tsp Oregano
1/8 tsp Thyme
2 Tbsp Parmesan Cheese, grated

Cook pasta according to package directions and drain. Place in a large bowl, sprinkle with a splash of olive oil. Set aside.

Saute onions and garlic in olive oil until onion is crisp tender. Steam broccoli until crisp tender. Add vegetables, olive oil with onions and garlic and remaining ingredients.

Gently toss. Cover and chill 3 to 4 hours before serving.

WEEK 7**Day 4****Dinner****ROAST CHICKEN & CHEESY CAULIFLOWER**

1 Roast Chicken (prepared)

 $\frac{1}{4}$ head Cauliflower

1 oz Processed Cheddar Cheese

 $\frac{1}{2}$ Tbsp Butter

Purchase pre-roasted chicken or roast your own. To roast a chicken, heat oven to 425 F.

Rub skin of chicken with olive oil, salt, pepper and dried thyme.

Roast for 1 $\frac{1}{2}$ hours or until juices run clear.

Steam cauliflower. Cube cheese. Top warm cauliflower with cheese and butter and mix until cheese and butter melt.

WEEK 7**Day 5****Dinner****CHICKEN TOMATO RICE BAKE**

4 fl oz Water

6 oz Chicken, cooked and diced

 $\frac{1}{3}$ cup Brown Rice $\frac{3}{4}$ cup Marinara $\frac{1}{4}$ cup Mushrooms, sliced $\frac{1}{4}$ cup Red Bell Pepper, diced $\frac{1}{4}$ cup Onion, diced

Preheat oven to 375 degrees. Spray a small baking dish with cooking spray. Combine sauce, water, and mushrooms in a medium bowl. Combine uncooked rice, red pepper, and onion in baking dish.

Top with cooked chicken cut into small pieces. Pour sauce mixture over chicken. Cover. Bake 45 minutes or until rice is tender.

WEEK 7**Day 6****Dinner****HEARTY BEEF STEW**

3 medium Potatoes
3 stalks Celery
1 can Tomato Soup
5 medium Carrot
1 clove Garlic
½ tsp Oregano
1 ½ lbs Beef Round, Tip
½ cup Red Bell Pepper
½ cup Onion
¾ cup Green Beans
½ tsp Black Pepper
2 cups Water

Peel and slice carrots and potatoes and add to crockpot. Chop celery into small pieces and add to crockpot. Add tomato soup and water to cover the vegetables. Add diced red pepper and onion. Cut beef into small pieces and add to above ingredients. Add 1 clove of minced garlic, oregano, and pepper.

Turn crock pot on high for 1 to 3 hours, then turn to low and continue cooking 6 to 10 hours. During the last hour, add frozen green beans. You can also use fresh green beans cut into bite-sized pieces and added with the red pepper and onion.

If you would like to thicken your stew, dissolve 1 tablespoon of cornstarch in 1 tablespoon of water and stir into stew.

Turn crockpot back to high until it reaches a good boil for 5 minutes.

WEEK 7**Day 7****Dinner****JAMBALAYA**

1 lb Shrimp, raw

1 clove Garlic

16 oz Tomatoes, stewed

 $\frac{1}{2}$ cup Water

1 cup Long Grain White Rice

 $\frac{1}{2}$ cup Green Bell Pepper $\frac{1}{4}$ cup Onion

In preheated sauce pan, cook onion, pepper and garlic over medium heat until tender. Stir in undrained tomatoes, water, shrimp and uncooked rice. Bring to a boil; reduce heat. Cover and simmer over medium low heat for 15 minutes. Stir frequently. Serves 4.