



# 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

# *LUNCH*

## *7 days 7 Weeks*

## 1200 Calorie Plan

### WEEK 1

#### Day 1

##### Lunch

##### TURKEY, PROVOLONE, AND AVOCADO SANDWICH-

3 oz. Sliced Turkey Breast, 1 oz. sliced reduced fat Provolone Cheese, 3 thin slices Avocado, 1 T. Dijon Mustard, 1 tsp. Reduced Fat Mayonnaise, 2 slices Tomato, lettuce, and two slices whole wheat bread. Enjoy with 1 cup raw vegetables (carrots).

### WEEK 1

#### Day 2

##### Lunch

##### THE ULTIMATE SALAD-

4 oz. of lean meat or seafood (shrimp), your favorite salad greens (Italian mix) topped with: ¼ cup sliced cucumbers, mushrooms, beets, artichoke hearts, red onion, bell pepper, and 4 tbsp. Reduced calorie dressing (Caesar).

### WEEK 1

#### Day 3

##### Lunch

##### VEGGIE PITA WITH GREEK YOGURT-

Fill a whole wheat pita with the following: 1/2 cup hummus, ¼ cup sliced cucumber, 2 slices tomato, ¼ cup sliced Olives, ¼ cup sliced Red Onion, ¼ cup sliced bell pepper, 2 Tbsp. Nonfat Greek or regular yogurt mixed with ½ tsp. Chopped mint (optional) and 1/2 cup Grapes.

### WEEK 1

#### Day 4

##### Lunch

##### ROCKET SALAD WITH CHICKEN, STRAWBERRIES, AND ALMONDS-

Top 3 cups Arrugula greens with 3 oz. cooked chicken, ¼ cup sliced strawberries, ¼ cup sliced red onion, 2 Tbsp sliced almonds, 1 Tbsp. Reduced fat feta cheese and 4 Tbsp. Reduced fat Raspberry or Balsamic Vinaigrette.

**WEEK 1****Day 5****Lunch****LIME-MINT SHRIMP SKEWERS WITH TABOULI-**

Shrimp: mix 4 oz. medium raw shrimp (peeled and cleaned with the tails on) with juice of ½ lime 1 tsp. Chopped garlic, 1 tsp. Olive oil, pinch of salt and pepper. Skewer shrimp and grill over high heat until cooked through, 2 minutes per side. Baste cooked Shrimp with sauce: juice from 1 ½ limes, 1 Tbsp. Honey, and 1 Tbsp. Chopped fresh mint

Tabouli: Mix ½ cup cooked bulgar with ¼ cup chopped parsley, 1.4 cup chopped tomato, 1 tsp. Chopped garlic, juice from ½ lemon, ½ tsp. Salt, and 1 tsp. Extra virgin Olive Oil.

**WEEK 1****Day 6****Lunch****NICOISE SALAD-**

Top 3 cups of your favorite mixed greens with 3 oz. canned or fresh seared Tuna, ¼ cup steamed green beans (cooled), ¼ cup chopped tomato, ¼ cup sliced olives (preferably Nicoise), 1 sliced boiled egg, and dressing of 1 Tbsp. Lemon Juice and 1 Tbsp. Extra Virgin Olive Oil. Serve with 5 whole wheat crackers.

**WEEK 1****Day 7****Lunch****CHINESE CHICKEN SALAD-**

Top Chopped Iceberg lettuce and Red Cabbage with 3 oz. cooked chicken (shredded or chopped), ¼ cup mandarin orange segments, 2 Tbsp. Almonds, 1 sliced green Onion, and ¼ cup sliced water chestnuts. Add this dressing: 1 Tbsp. White Vinegar, 1 Tbsp. Sweet Chili Sauce, 1 Tbsp. Light Soy Sauce

**WEEK 2****Day 1****Lunch****GRILLED CHEESE SANDWICH WITH TOMATO SOUP**

Place two slices low fat cheddar or American cheese between two slices wheat bread and heat in 400 degree toaster oven until cheese melts (or eat cold). Enjoy with a cup of tomato soup.

**WEEK 2****Day 2****Lunch****SPINACH AND CRANBERRY SALAD**

Mix together 2 oz. baby spinach, 43 oz. cooked white chicken, 2 Tbsp. toasted almonds, and 1 Tbsp. dried cranberries.

Mix with 2 Tbsp. low fat poppy seed dressing. Makes 1 serving

**WEEK 2****Day 3****Lunch****HAM AND SWISS LETTUCE WRAPS**

Lay out three lettuce leaves and top each with 1 oz. sliced ham, 1/2 slice low fat Swiss cheese, 1 tsp. low fat mayonnaise, 1 tsp. Dijon mustard, and 1 slice tomato. Roll or fold and enjoy with 1/2 cup raw carrots and 2 Tbsp light ranch dressing.

**WEEK 2****Day 4****Lunch****TACO SALAD**

Top Chopped lettuce with 1/2 cup black beans (black, red, or white), 1/2 cup chopped tomatoes, 2 Tbsp. sliced olives, 1/4 cup corn, 1/4 cup low fat shredded cheddar cheese, 1/2 cup crushed low fat tortilla chips, 2 Tbsp. nonfat sour cream, and 2 Tbsp. salsa

**WEEK 2**

**Day 5****Lunch****TUNA SANDWICH**

Mix 4 oz. Tuna (water packed) with 2 Tbsp. low fat mayonnaise and 1 tsp. sweet pickle relish. Place on two pieces of wheat bread with sliced tomato and lettuce leaf. Enjoy with an apple

**WEEK 2****Day 6****Lunch****GREEK BURGERS**

Mix 3 oz. lean ground beef with 2 Tbsp. low fat feta cheese, 1 tsp. garlic powder, 1 tsp. steak seasoning (such as Montreal steak seasoning), mix and form in a patty, grill or pan fry. Serve in 1/2 a whole wheat Pita or Hamburger bun with sliced red onion, tomato, cucumber, leaf lettuce, and 2 Tbsp. non fat Greek yogurt. Serve with oven baked fries- 1/2 a small baking potato cut in thin matchsticks and seasoned with salt, pepper, 1 Tbsp. olive oil and 1 tsp. garlic powder. Bake at 400 degrees for 30 minutes or until browned.

**WEEK 2****Day 7****Lunch****CANTALOUPE STUFFED WITH CURRY CHICKEN SALAD**

Slice a small cantaloupe in half and scoop out the seeds. Use half of the cantaloupe and save the other half for a snack. Mix the following together and fill the cantaloupe half: 1 cup cooked white chicken meat, 1 tsp. curry powder, 1/4 cup non fat mayonnaise, 2 Tbsp. raisins, 1 green onion sliced. (Curry and raisins can be substituted with 1/4 chopped celery, and 1/4 cup sliced seedless grapes)

**WEEK 3****Day 1****Lunch****CHICKEN AVOCADO SANDWICH –**

2 slices wheat bread  
6 slices reduced sodium sliced chicken breast  
½ sliced avocado  
1 small peach

Layer avocado and chicken breast between two slices of wheat bread.  
Serve with a small peach.

**WEEK 3****Day 2****Lunch****VEGGIE TACOS-**

2 whole wheat tortillas  
¼ cup red bell pepper  
½ avocado sliced  
2 tbsp reduced fat cheddar cheese  
1 tbsp light sour cream  
½ cup lettuce  
2 tbsp salsa  
¼ cup black beans

Assemble each taco by adding toppings in any order you desire. Enjoy hot or cold.

**WEEK 3****Day 3****Lunch****GRILLED HAM AND CHEESE WITH TOMATO-**

2 slices wheat bread  
4 slices deli sliced ham  
1 oz herbed cheese spread such as Boursin  
2 slices tomato  
1 tbsp light margarine spread

Spread margarine evenly on one side of each slice of bread. Add one slice to skillet or panini press. Spread cheese spread on other side of bread, top with tomato, ham and remaining slice of bread. Cook sandwich evenly on both sides until golden brown.

### WEEK 3

#### Day 4

##### Lunch

##### TUNA PESTO PASTA-

- 1 cup pesto pasta (see previous recipe)
- 2 oz drained canned chunk light tuna in water
- ½ cup chopped cherry tomatoes

Prepare Angel Hair pasta as directed. Stir in pesto, drained tuna and sliced cherry tomatoes. (Substitute chicken if you're not a tuna fan).

### WEEK 3

#### Day 5

##### Lunch

##### SPINACH CHEF SALAD-

- ½ tbsp olive oil
- ¼ tbsp lime juice
- ¼ tsp minced garlic
- dash black pepper and salt
- 1 cup raw spinach
- ¼ medium cucumber, diced
- ¼ cup grilled corn (off cob)
- 2 tbsp fresh basil
- 2 tbsp diced onion
- 1 large boiled egg
- 3 slices deli ham, diced

To prepare dressing, whisk together oil, lime juice, garlic, salt, and pepper until blended in a small bowl. To prepare salad, combine washed and torn spinach, thinly sliced cucumber, corn (use leftover corn from previous recipes), basil (torn into small pieces) and onions in a large salad bowl. Slice boiled egg and ham, and add to top of salad. Add dressing. Toss to coat.

### WEEK 3

**Day 6****Lunch****BLACKENED SALMON SANDWICH-**

4 oz Blackened Salmon Filet (reserved from previous day)  
¼ avocado  
2 tsp light mayo  
¼ cup fresh arugula  
2 slices red onion  
1 whole wheat bun

Mash together avocado and mayo. Assemble sandwich by spreading avocado mixture on each half of roll. Top with salmon, arugula, and onion.

**WEEK 3****Day 7****Lunch****CHEDDAR POTATO SOUP-**

2 cups garlic smashed potatoes (reserved from previous day)  
2 tsp olive oil  
1 cup diced onion  
1 cup diced celery  
6 cups low sodium chicken broth  
2 cups reduced fat shredded cheddar cheese  
½ tsp salt  
¼ tsp pepper  
½ tsp mustard powder  
1 tsp chopped fresh chives

Add oil to large dutch oven over medium high heat. Add onion and celery and saute for 2 to 3 minutes. Add chicken broth and smashed potatoes. Bring to a simmer. Using a hand blender, puree until smooth. Add cheddar, salt, pepper and mustard. Stir to combine. Top with chopped chives. Serve with 6 whole wheat crackers.

Recipe serves 4.

**WEEK 4****Day 1****Lunch****GREEK PANZANELLA SALAD –*****Salad:***

1 tbsp extra virgin olive oil  
4 oz cubed French bread  
1 cucumber, seeded and chopped  
1 large red bell pepper, chopped  
1 large yellow bell pepper, chopped  
½ pint cherry tomatoes, halved  
½ cup red onion, diced  
¼ cup crumbled feta cheese  
¼ cup calamata olives, chopped

***Dressing:***

2 cloves garlic, minced  
1 tsp oregano  
½ tsp Dijon mustard  
¼ cup red wine vinegar  
1 tsp kosher salt  
½ tsp ground black pepper  
½ cup extra virgin olive oil

Heat 1 tbsp olive oil in large sauté pan. Add bread cubes and sprinkle with salt. Cook over low/medium heat, tossing frequently, until browned (about 5 minutes). Place chopped vegetables in a large bowl.

For vinaigrette, whisk together all dressing ingredients except olive oil. Drizzle in olive oil while whisking. Pour over the vegetables. Add feta, olives and bread, and mix together. Set aside for 30 minutes to let flavors combine. Serve at room temperature.

Recipe serves 4.

**WEEK 4****Day 2****Lunch**

**ROASTED RED PEPPER CHICKEN WRAP-**  
3 oz roasted chicken, diced (leftover from roast chicken)  
½ cup roasted red pepper, sliced  
¼ cup tomato, diced

2 tbsp hummus  
½ cup shredded lettuce  
1 whole wheat tortilla  
1 medium apple

Warm tortilla if desired. Clean and chop lettuce and tomato. Spread 2 tablespoons of hummus on the tortilla. Place chicken breast on hummus. Top with lettuce, tomato, and 1 roasted red pepper. Wrap together. Serve with an apple.

## WEEK 4

### Day 3

#### Lunch

CRAB CAKE SANDWICH-  
2 crab cakes (reserved from previous dinner)  
2 slices toasted French bread  
1 tbsp light tartar sauce  
2 slices tomato

Reheat crab cakes. Spread tartar sauce evenly on both slices toasted French bread. Top with crab cake and 1 slice of tomato each. Serve open faced.

## WEEK 4

### Day 4

#### Lunch

STEAK TIP SALAD-  
3 oz garlic sirloin tips (reserved from previous meal)  
1 cup shredded romaine  
1 tomatoes, diced  
¼ cup red onion, sliced  
¼ cup red bell pepper, diced  
Vinagrette:  
1 tbsp olive oil  
1 tsp Dijon mustard  
½ tbsp red wine vinegar  
dash salt  
dash pepper  
1 tsp chopped fresh parsley

Chop lettuce, and dice tomato, onion and bell pepper. Use reserved garlic sirloin tips and heat slightly.

To prepare dressing, whisk together olive oil, vinegar, chopped parsley, dijon, salt and pepper. Toss dressing into salad, and top with sirloin tips.

## WEEK 4

### Day 5

#### Lunch

##### LEMON BASIL PASTA SALAD WITH CHICKEN-

8 oz spaghetti, dry

1 tbsp olive oil

2 cloves garlic, minced

2 tomatoes, diced

juice of 1 lemon

¼ cup basil, chopped

2 cups shredded chicken (reserved from roast chicken)

Fill a large pot 3/4 of the way with water and place over high heat. Add plenty of salt and bring to a boil. Add the pasta and cook 8 to 10 minutes, until al dente.

Drain the pasta and rinse under cold water to cool down.

Put the pasta in a large serving bowl and add the tomatoes, basil, lemon juice, olive oil and salt. Toss well and garnish with fresh basil leaves.

Top with shredded cooked chicken breast. Let set to allow flavors to blend.

Serve cool. Recipe serves 4.

## WEEK 4

### Day 6

#### Lunch

##### MINI VEGGIE PIZZAS-

1 whole wheat English muffin, sandwich size

¼ cup mozzarella cheese

2 tbsp crumbled feta cheese

½ cup yellow squash, diced

½ cup red bell pepper, diced

½ cup red onion, diced

½ cup eggplant, diced

½ pint cherry tomatoes

1 tsp olive oil

1 tsp balsamic vinegar

1 tbsp fresh basil, chopped

¼ tsp dried oregano

cooking spray  
dash salt and pepper

Preheat oven to 400 degrees F.

Heat olive oil in a skillet and add tomatoes.

Cook until tomatoes are softened. Add salt, to taste.

Spoon cooked tomatoes evenly over English muffin halves.

In a skillet coated with cooking spray, saute eggplant and onions. Add squash and cook until tender. Do not over cook, since they will cook some more in the oven. Add salt and pepper to taste. Spoon sauteed vegetables evenly over the tomatoes. Sprinkle each mini pizza with balsamic vinegar. Top with mozzarella and feta cheese. Sprinkle pizza with oregano and basil.

Bake 25 minutes, or until cheese is melted and crust is lightly browned.

## WEEK 4

### Day 7

#### Lunch

#### ROASTED VEGETABLE TOSTADA-

2 whole wheat tortillas  
½ cup lowfat refried black beans  
½ cup red bell pepper, diced  
½ cup yellow squash, chopped  
½ cup red onion, diced  
½ cup eggplant, chopped  
¼ cup Monterey jack cheese  
cooking spray  
dash of salt and pepper

Preheat oven to 400 degrees F.

In a skillet coated with cooking spray, saute eggplant, red peppers and onions. Add squash and cook until tender. Do not over cook, since they will cook some more in the oven. Add salt and pepper to taste. Lay tortillas on baking sheet. Spread refried beans evenly on two tortillas. Spoon sauteed vegetables evenly over the beans. Top with jack cheese. Bake 15 minutes, or until cheese is melted and crust is lightly browned.

**WEEK 5****Day 1****Lunch**

GREEK PASTA SALAD –  
1 cup penne pasta, cooked  
½ cup cherry tomatoes, halved  
2 pieces artichoke hearts, chopped  
¼ cup red onion, diced  
¼ cup crumbled feta cheese  
2 tbsp reduced fat Caesar dressing

Boil pasta as directed. Drain and place in large bowl. Chop tomatoes, onion and artichokes. Mix vegetables, feta and dressing into pasta. Chill and serve.

**WEEK 5****Day 2****Lunch**

STEAK GYRO –  
4 oz reserved ranch steak  
1 tbsp light Caesar dressing  
1 flatbread  
2 tbsp crumbled feta  
3 cherry tomatoes, halved  
1 tbsp red onion, diced  
¼ cup shredded romaine

Use leftover steak from previous meal, or broil steak and slice into 1/2 inch lengthwise strips. Assemble by topping flatbread with steak, lettuce, tomato, onion, and feta. Drizzle with Caesar dressing. Fold in half and enjoy.

**WEEK 5****Day 3****Lunch**

Bean and Cheese Burrito –  
1 cup slow cooker beans (reserved)  
1 burrito-sized tortilla  
¼ cup cheddar cheese  
2 tbsp salsa

Use leftover beans from Slow Cooker Pintos. Heat beans in nonstick skillet with a small amount of juice. Mash beans with a potato masher or fork until consistency resembles refried beans. Add beans to warm tortilla. Top with cheese, tuck in sides and roll. Serve with Salsa for dipping.

## WEEK 5

### Day 4

#### Lunch

##### CHICKEN CAESAR WRAP –

- ½ cup shredded Romaine lettuce
- 1 tbsp light Caesar dressing
- 4 oz reserved grilled chicken (from Grilled Chicken Caesar recipe)
- 1 tbsp grated parmesan cheese
- 1 burrito-sized tortilla

Use leftover chicken from Grilled chicken Caesar salad.  
Clean and chop lettuce. Toss lettuce with dressing and parmesan cheese. Add lettuce mixture and chicken to tortilla. Tuck in sides and roll.

## WEEK 5

### Day 5

#### Lunch

##### SHRIMP TACOS WITH AVOCADO CREAM –

- 8 jumbo stuffed shrimp (reserved from previous recipe)
- 2 corn tortillas
- ¼ avocado
- ¼ cup sour cream
- 1 lime, juiced

Use leftover shrimp from Jumbo stuffed shrimp recipe. Remove tails and warm slightly. Mash avocado and mix with sour cream and lemon juice. Add shrimp to tortillas and drizzle with avocado cream.

## WEEK 5

### Day 6

**Lunch****PLUM CHICKEN SANDWICH –**

- 1 plum chicken breast (reserved)
- 2 slices French bread
- ¼ cup arugula
- 1 slice provolone cheese

Heat leftover plum chicken breast. Slice on a diagonal into thin slices. Toast French bread slices in toaster oven, adding the cheese to 1 piece to melt. Remove from oven and add chicken, top with arugula and add other slice of bread.

**WEEK 5****Day 7****Lunch****CHOPPED SALAD WITH LIME VINAIGRETTE –**

- 1 cup Romaine lettuce, chopped
- ¼ cup frozen corn, thawed
- ¼ cup cherry tomatoes, chopped
- ¼ cup red bell pepper, chopped
- ¼ avocado, sliced
- 1 large boiled egg, diced
- 2 tbsp dressing
- Dressing:
  - ¼ cup lime juice
  - ¼ cup olive oil
  - 2 tbsp honey
  - 1 clove garlic, minced

Chop lettuce and other ingredients. Add lettuce to dish, and top with remaining ingredients. Drizzle with olive oil.

To prepare dressing, whisk together all ingredients (makes 4 servings).

**WEEK 6****Day 1****Lunch****TURKEY AVOCADO MELT**

4 oz turkey breast  
1 oz provolone cheese  
¼ avocado, sliced  
2 slices tomato  
1 leaf lettuce  
2 slices whole wheat  
1 tbsp honey Dijon dressing

Toast bread. On separate plate, place turkey topped with cheese. Microwave until cheese melts. Add turkey and cheese to one slice of bread. Top with avocado, lettuce and tomato. Spread dressing on top slice of bread and place dressing side down on top of sandwich.

**WEEK 6****Day 2****Lunch****BLACKENED CATFISH POBOY**

3 oz blackened catfish (reserve from previous dinner)  
¼ cup shredded lettuce  
2 sliced tomato  
1 tbsp tartar sauce  
1 medium wheat sub roll

Heat leftover fish from previous dinner. Toast hoagie. Spread tartar sauce evenly over bread. Add catfish and top with lettuce and tomato.

**WEEK 6****Day 3****Lunch****CHICKEN CHEF SALAD**

2 cups shredded lettuce  
1 tomato, diced  
1/8 cup grated carrot

1/8 cup sliced cucumber  
3 oz reserved chicken breast, shredded  
1 large egg  
1/2 avocado, sliced  
2 tbsp nonfat ranch dressing or other dressing of choice

Mix together and add fat free salad dressing of your choice.  
Great idea for leftover chicken breast.

## WEEK 6

### Day 4

#### Lunch

##### CHILI CHEESE NACHOS

2 cups turkey chili (reserved from previous night)  
1 oz blue corn tortilla chips  
1/4 cup shredded cheddar cheese  
2 tbsp light sour cream  
1/4 cup shredded lettuce  
1/4 cup tomato, chopped

Heat leftover turkey chili. Spread tortilla chips on plate. Top with warm chili and shredded cheese. Top with other desired ingredients (lettuce, tomato, and sour cream).

## WEEK 6

### Day 5

#### Lunch

##### SALMON PASTA SALAD

2 tbsp diced celery  
2 tbsp chopped onion  
2 tbsp chopped bell pepper  
3 oz salmon (reserved)  
1/2 cup whole wheat shell pasta  
2 tbsp honey Dijon dressing

Cook pasta according to package directions. Combine pasta, salmon, peppers, celery and onion in a bowl. Pour dressing over salad, toss and serve.

## WEEK 6

### Day 6

#### Lunch

##### PITA PIZZA AND SALAD

- 1 4 inch whole wheat pita
- 1 oz shredded mozzarella cheese
- 1 tsp olive oil
- ¼ cup sundried tomato

Chop tomatoes. Place cheese on pita bread. Top with tomatoes . You can add spices like red pepper and Italian seasoning to taste. Drizzle with olive oil. Heat in toaster oven until cheese is melted.

## WEEK 6

### Day 7

#### Lunch

##### CHICKEN SALAD PITA

- 2 oz broiled chicken breast, shredded
- 1 tbsp pickle relish
- 1 tbsp diced celery
- 2 oz plain nonfat yogurt
- 1 large egg white, boiled
- 1 tsp diced onion
- 1 tsp honey Dijon dressing
- 1 whole wheat pita

Boil the egg until done. Using only the white, chop into small pieces. Chop the onion and celery. Combine all the ingredients (except for the pita pocket bread) in a medium bowl. Chill this chicken mixture for about 30 minutes. Microwave the pitas until they are warm, then cut the pita breads in half. Stuff the chicken mixture into each of the pitas. Serve.

**WEEK 7****Day 1****Lunch****TUNA BRUSCHETTA AND SALAD**

2 slices Italian Bread, toasted

3 oz Albacore Tuna, drained

½ cup Canned Tomato

½ oz Olives, chopped

2 tsp Lemon Juice, fresh

1 cup Spinach, raw

¼ cup Carrots, grated

2 Tbsp Fat Free Italian Dressing

Mix drained tuna, drained chopped tomatoes, chopped olives, and lemon juice together.

Spoon over toast.

Serve with spinach salad topped with Italian dressing.

**WEEK 7****Day 2****Lunch****EGGPLANT PARMESAN SANDWICH**

1 serving Eggplant (prepared from previous dinner)

1 Whole Wheat Roll (sandwich size)

1 oz Mozzarella Cheese

Heat Eggplant. Place between split roll and top with Mozzarella.

**WEEK 7****Day 3****Lunch****LENTIL BARLEY SOUP**

2 Tbsp Olive Oil

¼ cup Onion, diced

¼ cup Celery, diced

1 clove Garlic, minced

2 cups Water

10 oz Tomato, stewed

¼ cup Lentils

1/8 cup Barley  
2 cubes Chicken Bouillon  
1/2 tsp Rosemary  
1/2 tsp Oregano  
1/3 cup Carrot, diced  
1 Whole Wheat roll

Heat olive oil over medium-high heat in a 4-quart pot. Add onion, celery, and garlic.  
Cook until tender. Add remaining ingredients, except carrots, and bring to a boil.  
Reduce heat, cover and simmer for 45 minutes.  
Add carrots, and simmer 15 minutes until tender.  
Makes 2 servings. Reserve one serving for another meal later in the week.  
Serve with a whole wheat roll.

## WEEK 7

### Day 4

#### Lunch

#### TUSCAN TUNA WITH GREEN BEANS

1/4 cup Onion  
1 Tbsp Red Wine Vinegar  
1 1/2 cups Green Beans  
1/8 cup Olive Oil  
5 oz Tuna, canned in water  
1/2 Tbsp Parsley  
4 Cherry Tomatoes  
16 Oat or Whole Wheat Crackers

Place onion and vinegar in a glass bowl for 15 minutes. Drain.  
Place cooked and cooled green beans in a serving bowl. Add onion and olive oil.  
Salt and pepper to taste, if desired. Gently toss. Drain tuna.  
Break into flakes or chunks with a fork. Scatter on top of beans.  
Sprinkle with parsley and cherry tomatoes.  
Accompany with crackers. Serves 2.

**WEEK 7****Day 5****Lunch****GRILLED CHEESE SANDWICH AND LENTIL SOUP**

1 serving Lentil soup (leftover)  
2 slices Italian bread  
1 ½ oz Cheddar Cheese, sliced  
3 thin slices Tomato

Coat a non-stick pan with vegetable oil spray.  
Prepare a grilled cheese sandwich with the ingredients. Serve with warm lentil soup.

**WEEK 7****Day 6****Lunch****CHICKEN VEGGIE TORTILLAS**

2 Whole Wheat Flour Tortillas  
¼ cup Black Beans  
½ medium Red Bell Pepper  
½ cup Baby Spinach  
½ cup Chicken Breast, cooked and diced  
½ cup Cheddar Cheese, lowfat

Rinse, drain, and mash black beans. Divide ingredients between the 2 tortillas.  
Fold tortillas in half and broil about 5 minutes.

**WEEK 7****Day 7****Lunch****BARBEQUE BEEF SANDWICH**

2 thin slices Tomato  
2 slices Italian bread  
¼ cup Barbeque Sauce  
6 oz Roast Beef, deli sliced  
1 slice Cheddar Cheese  
1 slice Onion

Toast the bread, add remaining ingredients.