



1600
Calorie
Plan

Lose- It- Quick

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

Breakfast

7 days 7 Weeks

1600 Calorie Plan

WEEK 1

Day 1

Breakfast

GREEK SCRAMBLED EGGS AND WHOLE WHEAT TOAST

- 1 cup leaves Spinach
- 1/4 chopped Red Bell Pepper
- 1 teaspoon Olive Oil
- 1 sliced Roma Tomato
- 1/2 teaspoon minced Garlic
- 2 each Egg White
- 2 tablespoon crumbled Feta Cheese
- 1 slice Whole Wheat Toast
- 1 tablespoon Margarine, Non-Fat (Promise)
- 1 cup Orange Juice

Saute spinach and Chopped Red Pepper in Olive oil until wilted. Add chopped Roma tomato, Chopped garlic, beaten egg whites or egg substitute and cook to desired doneness. Top with Reduced fat feta cheese and enjoy with of whole-wheat toast and Margarine or Butter Spread. Serve with 100% Orange Juice.

WEEK 1

Day 2

Breakfast

COLD CEREAL WITH MILK AND FRUIT

- 1 cup Whole Grain Cereal
- 1 cup Milk, non fat
- 1/2 cup Blueberries
- 1 sliced Banana

whole grain cereal (Kashi Go Lean Crunch) with nonfat milk and blueberries and banana

WEEK 1**Day 3****Breakfast**

WHOLE GRAIN PANCAKES
3 each Whole Grain Pancakes
2 tablespoon Pancake Syrup, Light
1 cup sliced Peaches

Frozen or make medium size from a dry mix according to instructions.
Enjoy with light syrup and sliced fruit.

WEEK 1**Day 4****Breakfast**

YOGURT WITH FRUIT AND NUTS
8 ounce Yogurt, nonfat
1/2 sliced Banana
1/2 cup Blueberries
4 tablespoon Walnuts

Mix together nonfat yogurt, sliced banana, berries, nuts.

WEEK 1**Day 5****Breakfast**

BREAKFAST BURRITO
4 fluid ounces Apple Juice
1 8 inch Whole Wheat Tortilla
2 tablespoon shredded Cheddar Cheese reduced fat
2 Eggs
2 tablespoon Salsa
2 tablespoon black beans (canned)

Fill a whole wheat tortilla with scrambled eggs, reduced fat cheddar cheese, salsa, and black beans. Enjoy with juice.

WEEK 1**Day 6****Breakfast****OATMEAL WITH CINNAMON AND BANANAS, AND WALNUTS**

1/2 cup Oatmeal
1/4 teaspoon Cinnamon
2 tablespoon Walnuts
1/2 sliced Banana
1 cup Milk, non fat

Dry oatmeal prepared with water and Cinnamon.
Top with Walnuts and slice banana. Serve with 8 oz Skim milk.

WEEK 1**Day 7****Breakfast****ITALIAN OMELET**

1/4 cup sliced Zucchini
1 sliced Green Onion
1/4 cup chopped Tomato
3 Eggs
1 tablespoon Basil Leaves
1 slice Whole Wheat Toast
1 tablespoon Margarine, Non-Fat (Promise)
1 cup Orange Juice

Saute in a small nonstick pan with nonstick spray- zucchini, green onion, sliced, and chopped tomatoes. Pour beaten eggs on top with a little salt and pepper and chopped Basil. Once egg sets, flip over and cook until cooked through.
Roll Omelet on plate and enjoy with a piece of wheat toast with Margarine or Butter Spread and 100% Juice.

WEEK 2**Day 1****Breakfast****BREAKFAST SMOOTHIE**

1 cup sliced Strawberries
1 cup Blue berries
6 ounce Yogurt, nonfat
1/4 fluid ounces Milk, non fat
1 sliced Banana
2/3 cup Ice, crushed
1 tablespoon heat Germ
1 tablespoon sliced Almonds

Combine ingredients in a blender until frothy: strawberries, blueberries, low fat fruit flavored yogurt, non fat milk, banana, cup crushed ice, wheat germ.

Pair with roasted almonds.

WEEK 2**Day 2****Breakfast****BANANA BOWL**

1 sliced Banana
2 tablespoon Sour Cream reduced fat
2 teaspoon Sugar
2 tablespoon sliced Almonds
1 cup Milk, non fat
1 tablespoon Margarine, Non-Fat (Promise)
1 slice Whole Wheat Toast

Mix sliced banana with non fat sour cream, sugar, and almonds.
Serve with non-fat milk to drink, and a slice of toast with margarine.

WEEK 2**Day 3****Breakfast**

WHOLE GRAIN WAFFLES
2 each Whole Grain Waffles
2 tablespoon Pancake Syrup, Light
1/2 cup Blueberries
1/2 cup sliced Peaches
1 cup Orange Juice

Cook Frozen whole grain waffles cooked according to instructions. Enjoy with light syrup, blueberries, and sliced peaches. Serve with of your favorite 100% fruit juice (Cran/Peach).

WEEK 2**Day 4****Breakfast**

BREAKFAST IN A BOWL
1 cup Blueberries
4 ounce Yogurt, nonfat
1/2 cup Whole Grain Cereal
1 sliced Banana
1 tablespoon Flax Seed

Layer the following in a bowl: mixed berries, low fat fruit flavored yogurt (low sugar), Kashi go lean cereal, banana sliced, flax seed.

WEEK 2**Day 5****Breakfast**

SOUTHWEST SCRAMBLE
1 cup Egg Substitute
2 tablespoon shredded Cheddar Cheese reduced fat
2 tablespoon Salsa
2 tablespoon black beans (canned)
1 slice Whole Wheat Toast
1 tablespoon Margarine, Non-Fat (Promise)
1 cup Orange Juice

Spray nonstick pan with cooking spray and scramble egg substitute, Reduced fat cheddar cheese, Salsa, and Black Beans. Enjoy with wheat toast and margarine. Serve with 100% Orange Juice.

WEEK 2

Day 6

Breakfast

PEACH COBBLER OATMEAL

2/3 cup Oatmeal
1/2 cup Peaches, canned
1/4 teaspoon Cinnamon
1 teaspoon Brown Sugar
1 tablespoon Wheat Germ
1 cup Apple Juice

Dry oatmeal prepared with skim milk, canned peaches, and cinnamon. Top with brown sugar, and wheat germ. Serve with 100% apple juice to drink

WEEK 2

Day 7

Breakfast

AMERICAN OMELET

2 each Turkey Sausage Links
1 sliced Green Onion
1/4 cup chopped Tomato
2 Eggs
2 tablespoon shredded Cheddar Cheese reduced fat
1 slice Whole Wheat Toast
1 tablespoon Margarine, Non-Fat (Promise)
4 fluid ounces Milk, non fat

Sauté in a small nonstick pan with nonstick spray- sliced turkey breakfast sausage links, green onion, sliced, and chopped tomatoes. Pour beaten eggs on top with a little salt and pepper and shredded low fat cheddar cheese. Once egg sets, flip over and cook until cooked through. Roll Omelet on plate and enjoy with a wheat toast and margarine (Promise). Enjoy with non-fat milk.

WEEK 3**Day 1****Breakfast****EGGS WITH LOX AND SCALLIONS**

- 1 tablespoon Olive Oil
- 1 cup Egg Substitute
- dash Salt and Pepper
- 2 ounce Smoked Salmon
- 2 sliced Green Onion
- 1 slice Whole Wheat Toast
- 1 tablespoon Cream Cheese, light

Preheat oven to 300°F. Warm a small oven-ready dish coated with olive oil. In a large bowl, combine egg whites or egg substitute with salt and pepper and whip until frothy, add smoked salmon (lox) cut into strips and scallions. Whip again. Remove cooking dish from oven and add egg mixture. Bake until eggs are to your liking, keeping in mind that they will continue to cook for several minutes after they are removed from the oven.

Serve with whole wheat toast topped with light cream cheese.

WEEK 3**Day 2****Breakfast****HUEVOS RANCHEROS**

- 1/2 cup Salsa
- 2 Egg
- 1 dash Salt and Pepper
- 2 Corn Tortilla
- 1 tablespoon shredded Cheddar Cheese
- 1 teaspoon minced Green Onion
- 1 teaspoon Cilantro
- 1/2 cup Black Beans (canned)
- 2 tablespoon Salsa

Warm salsa in a nonstick pan then use your spatula to clear 2 3-inch circles in center of pan. Carefully slide eggs from their shell into circles. Season with salt and pepper. Cook 3–5 minutes to desired firmness. Quickly heat corn tortillas in a hot skillet or microwave just until soft. Place warm tortilla on a warmed plate and slide egg and salsa onto tortilla.

Garnish with Mexican cheese, chopped scallions and chopped cilantro. Serve with black beans and salsa.

WEEK 3

Day 3

Breakfast

EGG MUFFIN SANDWICH

1 Eggs
Salt & Pepper to taste
1 each Whole Wheat English Muffin, split
1 spray Cooking Spray
1 slice Canadian bacon
1 slice Cheddar Cheese, low fat
1 cup Orange Juice

Preheat oven to 350°F. Spray muffin cup with canola or olive oil spray. Crack eggs into sprayed muffin cup. Season with salt and pepper to taste and bake for 20 minutes or until the egg is set.

Place whole wheat English muffins in the oven with the eggs until lightly toasted. Meanwhile, spray a skillet with olive oil spray and lightly brown Canadian bacon on the muffins (one on each).

When browned, split cheddar cheese in half and lay each half on top of the slice of bacon, allowing the cheese to melt. Remove eggs and muffins from oven. Slice the muffins open. Top with bacon and melted cheese. Lay egg on top and cover with the other half of the muffin. Serve with Orange Juice.

If you have an egg poacher, you can skip the baking step and poach your eggs instead.

WEEK 3

Day 4

Breakfast

COTTAGE CHEESE STUFFED PEACHES

1 each Peach
6 ounce Cottage Cheese, low fat
3 tablespoon chopped Pecans
1 cup Milk, non fat

Cut peach in half and remove pits. Divide cottage cheese and place in middle of each half. Sprinkle with chopped pecans. Serve with skim milk.

WEEK 3**Day 5****Breakfast****GRILLED FRUIT KABOBS W/ CRUNCHY YOGURT DIP**

1 cup sliced Fresh Fruit, assorted

6 ounce Yogurt, nonfat

1 cup Whole Grain Cereal

1 spray Cooking Spray

Soak bamboo skewers in water for 20 minutes.

Dice assorted fruit (pineapple, peaches, banana and strawberries).

Skewer alternating pieces of fruit. Set fat free yogurt (vanilla or fruit flavored) and Kashi cereal out in shallow serving bowls.

Heat Grill Pan over medium until hot. Spray the fruit kabobs with the cooking oil spray.

Grill, turning once, until fruit is light golden-brown, about 1 minute per side. Serve kabobs with cereal and yogurt for dipping.

WEEK 3**Day 6****Breakfast****EGGS, BACON, AND TOAST**

2 slice Turkey Bacon

2 Eggs

1 slice Whole Wheat Toast

1 tablespoon Margarine, Non-Fat (Promise)

4 fluid ounces Orange Juice

Spray a nonstick pan with cooking spray and cook Turkey Bacon until crisp.

Place bacon on paper towel and either fry or scramble in the same pan you cooked the bacon in. Serve with wheat toast spread with nonfat margarine and serve with Orange Juice.

WEEK 3**Day 7****Breakfast****BREAKFAST SMOOTHIE**

1 cup sliced Strawberries
1 cup Blueberries
6 ounce Yogurt, nonfat
1/4 fluid ounces Milk, non fat
1 sliced Banana
2/3 cup Ice, crushed
1 tablespoon Wheat Germ
1 tablespoon sliced Almonds

Combine ingredients in a blender until frothy: strawberries, blue berries, low fat fruit flavored yogurt, non fat milk, banana, cup crushed ice, wheat germ. Pair with roasted almonds.

WEEK 4**Day 1****Breakfast****BANANA CRUNCH OATMEAL**

$\frac{3}{4}$ cup oats

$\frac{3}{4}$ cup water

1 tbsp chopped walnuts

$\frac{1}{2}$ medium banana

$\frac{1}{4}$ tsp ground cinnamon

$\frac{1}{4}$ tsp vanilla extract

Prepare dry oats with water as directed. Add Cinnamon and Vanilla.

Top with walnuts and sliced banana.

Serve with 8 oz nonfat milk.

WEEK 4**Day 2****Breakfast****BREAKFAST SANDWICH**

1 whole wheat English muffin, sandwich sized

1 large egg

2 slices turkey bacon

2 tbsp shredded cheddar cheese

2 cups fresh strawberries, sliced

Toast English muffin. Fry egg in sauté pan until desired doneness.

Cook Turkey bacon. Add egg to bottom half of English muffin. Top with shredded cheddar cheese and turkey bacon slices.

Top with other half of English muffin.

Serve with sliced strawberries.

WEEK 4**Day 3****Breakfast****BANANA NUT MUFFIN**

1 package banana nut muffin mix
1 small banana
¼ cup walnuts, chopped
¼ cup light cream cheese

Prepare Muffin Mix as Directed on Package. Add mashed banana and chopped walnuts.
Pour into 6 greased muffin cups. Bake as directed.
Serve with 1 tbsp light cream cheese and 4 oz apple juice.
Recipe makes 6 servings. 2 muffins per serving

WEEK 4**Day 4****Breakfast****BREAKFAST QUESADILLA**

1 whole wheat tortilla
3 eggs, scrambled
3 oz ground turkey sausage
¼ cup shredded cheddar cheese
2 tbsp salsa
cooking spray
2 tbsp sour cream

Spray medium sized saute pan with cooking spray. Place tortilla in skillet.
Add Scrambled eggs, cheese, cooked turkey sausage and salsa to 1/2 of the tortilla.
Fold over. Cut into 3 triangles and serve with
lowfat sour cream for dipping.

WEEK 4**Day 5****Breakfast****FRUITY BAGEL**

- 1 whole wheat bagel, toasted
- 3 tbsp light cream cheese
- 3 tsp strawberry jam
- 1 cup slice strawberries
- 8 oz skim milk

Cut bagel in half and toast. Spread jam evenly on both slices.
Top with cream cheese and sliced strawberries.
Serve with 8 oz glass of skim milk.

WEEK 4**Day 6****Breakfast****BREAKFAST TRIFLE**

- 1 packet instant corn grits
- 2 large eggs, boiled
- 2 oz ground turkey sausage
- ¼ cup shredded cheddar cheese
- 1 tomato, diced
- 1 tbsp reduced fat sour cream

Prepare Grits as directed on package.
Place ground turkey sausage on a preheated skillet over medium heat.
Cook 5 to 6 minutes or until done.
Assemble Mini Breakfast Trifles. Spoon grits into trifle bowls. Sprinkle in cheese.
Add chopped hard boiled eggs. Spoon sausage on top and
add the tomatoes on top of the sausage.
Garnish with a dollop of sour cream and chopped chives if desired.

WEEK 4**Day 7****Breakfast****VEGGIE SCRAMBLE BAGEL**

2 large egg whites
2 large eggs
1 tsp olive oil
¼ cup red bell pepper, chopped
¼ cup red onion, chopped
2 tbsp skim milk
1 whole wheat bagel
1 medium apple

Preparation Instructions:

Beat together whole egg, egg whites, and milk. Mix in chopped vegetables. Heat oil in a non-stick skillet over med-high heat. Add egg mixture and cook until eggs are done, stirring constantly as they cook. Slice bagel in half and toast lightly. Place scramble between two slices of bagel. Serve with medium apple.

WEEK 5**Day 1****Breakfast**

NUTTY BAGEL-
1 bagel (Multigrain)
2 tbsp peanut butter
2 oz trail mix
1 medium banana

Toast bagel. Top each half with 1 tbsp peanut butter, and trail mix.

WEEK 5**Day 2****Breakfast**

PEACHY WAFFLE SHORTCAKE-
2 waffles, multigrain
1 cup sliced peaches, fresh
4 oz nonfat vanilla yogurt
½ cup honey bunches of oats cereal
1 tsp honey

Toast Waffles. Slice Peaches. Layer each waffle with 2 oz yogurt, 1/2 cup peaches, 1/4 cup honey bunches of oats, and top with a drizzle of honey.

WEEK 5**Day 3****Breakfast**

EGG AND TOMATO BAGEL MELT-
1 bagel, multigrain
2 slices tomato
2 slices provolone cheese
2 large eggs

cooking spray
1 cup cubed fresh melon

Fry each egg white in nonstick skillet coated with cooking spray. Sprinkle with a dash of salt and pepper. Toast bagel. Top each bagel half with 1 egg white, 1 slice of tomato, and 1 slice of cheese. Place in oven for a couple minutes to melt the cheese.
Serve with melon.

WEEK 5

Day 4

Breakfast

CRUNCHY FRENCH TOAST-

2 slices French bread
2 large eggs
1 tsp ground cinnamon
1 cup honey bunches of oats cereal
2 tbsp light pancake syrup

Heat a nonstick skillet coated with cooking spray. Beat egg whites with cinnamon. In a separate bowl, crumble honey bunches of oats cereal. Coat sliced bread in egg/cinnamon mixture, and then dip into cereal. Place into heated skillet. Cook until lightly browned on each side. Serve drizzled with syrup.

WEEK 5

Day 5

Breakfast

HAM AND ASPARAGUS FRITTATA

1/2 cup shredded cheddar cheese
2 large egg whites
2 large eggs
cooking spray
1/4 cup asparagus, chopped
3 oz deli ham, diced

Preheat the broiler and set the rack about 4 to 5 inches from the heat source.

Heat pam in small ovenproof nonstick skillet over medium-high heat. Saute diced asparagus and season with salt and pepper. Add diced ham.

Whisk eggs, and egg whites, in a medium bowl. Pour over asparagus and ham in skillet and mix gently. Reduce heat to medium-low, cover skillet, and cook until eggs are set

around edges, about 2 to 3 minutes. Sprinkle with cheese and then place skillet under broiler and cook until cheese is melted and just browned, about 2 minutes. Slide Frittata onto plate.

WEEK 5

Day 6

Breakfast

HAM AND CHEDDAR CORNBREAD WITH SCRAMBLED EGGS-

1 serving Ham and Cheddar Cornbread (from previous meal)

2 large eggs

1 tbsp nonfat milk

dash salt and pepper

cooking spray

Use remaining ham and cheddar cornbread from previous meal. Mix eggs, milk, salt and pepper in a bowl. Add to nonstick skillet coated with cooking spray. Scramble until cooked through.

WEEK 5

Day 7

Breakfast

PEACH CRISP PARFAIT-

8 oz nonfat vanilla yogurt

1 cup sliced fresh peaches

1 cup honey bunches of oats cereal

1 tsp honey

In a parfait cup or glass, add yogurt. Top with sliced peaches, cereal and drizzle with honey.

WEEK 6**Day 1****Breakfast****BLUEBERRY PANCAKES WITH WARM BLUEBERRY SAUCE**

4 blueberry pancakes, frozen or mix
4 oz frozen blueberries
½ tbsp orange juice
1 tsp lemon juice
6 slices Turkey bacon

Combine berries, orange juice, and lemon juice in a bowl. Microwave, uncovered, on until just heated through, 2 to 3 minutes, stirring once. As an alternative, you may use 2 cups fresh blueberries and microwave for 1 or 2 minutes.

Serve with cooked Turkey Bacon. Makes 2 servings

You can make this ahead of time and freeze in ice cube trays. After they are frozen, put in a plastic bag and just microwave individual cubes to thaw when you need them.

WEEK 6**Day 2****Breakfast****POACHED EGG WITH CREAMY POLENTA**

½ cup yellow cornmeal
2 cups water
2 tbsp cheddar cheese
1 large egg, poached
2 slices turkey bacon

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.

Cook Turkey bacon and poach egg.

Place a bed of polenta on plate. Top with turkey bacon and then the poached egg. Sprinkle with salt and pepper.

WEEK 6**Day 3****Breakfast****BREAKFAST GRIDDLE SANDWICH**

2 pancakes frozen or mix
2 slices turkey bacon
½ cup egg substitute or 1 large egg
8 oz orange juice

Cook Pancakes according to package directions. Cook Turkey bacon. Add eggs to saute pan and cook into solid circle, the size of the pancake. Assemble sandwich by placing egg and turkey bacon on one pancake and placing last pancake on top. Serve with a glass of orange juice.

WEEK 6**Day 4****Breakfast****BREAKFAST RICE PUDDING**

5 oz rice pudding
½ cup peaches in light syrup
¼ cup blueberries
1 tbsp chopped walnuts

Use your own rice pudding recipe, or buy your favorite store brand. Top pudding with peaches and blueberries. Sprinkle with chopped walnuts.

WEEK 6**Day 5****Breakfast****CHILI SCRAMBLE AND TOAST**

¼ cup Turkey Chili (Reserved)
2 large eggs
2 large egg whites

1 tbsp milk
2 tbsp shredded cheddar cheese
2 slices toasted wheat bread
2 tbsp margarine spread, such as Promise
Spray cooking pan with nonstick cooking spray on medium heat.
In bowl, whisk egg whites, eggs, milk, salt and pepper. Add to pan and scramble.
Heat chili in microwave until heated through. Remove scrambled eggs and add to dish. Top with chili and cheese. Serve with toast and margarine spread.

WEEK 6

Day 6

Breakfast

BLUEBERRY BLINTZES

4 blueberry blintz (found in freezer section)
3 tbsp Warm Blueberry Sauce (see recipe from blueberry pancakes meal)

Heat blintzes in microwave according to package directions.
Top with warm blueberry sauce.

WEEK 6

Day 7

Breakfast

STRAWBERRY YOGURT BREAKFAST SPLIT

1 medium banana
1 cup strawberries
6 oz lowfat vanilla yogurt
2 tbsp chopped walnuts

Peel and split 1 banana. Place banana halves in serving bowl.
Top with yogurt, strawberries and walnuts.

WEEK 7**Day 1****Breakfast****TOAST AND A PEAR SMOOTHIE**

2 slices Cinnamon Raisin Bread, Toasted
1 Tbsp Butter
3/4 cups Pear Nectar
16 oz Pear Juice
4 oz Vanilla Yogurt

Toast bread and spread with butter or margarine spread. Drain pears.
Combine all ingredients in blender, cover and process until smooth. Makes 2 ½ cups.

WEEK 7**Day 2****Breakfast****EGG AND CHEESE BISCUITS**

2 Reduced Fat Biscuits
2 Large Eggs, fried
1 oz Cheddar Cheese

Prepare Biscuits according to package directions. Place one fried egg between each biscuit, and top with cheese. Serve with 4 oz milk.

WEEK 7**Day 3****Breakfast****RASPBERRY YOGURT CRUNCH**

1 cup Smart Start Cereal
8 oz Nonfat Yogurt
1 cup Raspberries

Add yogurt to a bowl, top with raspberries. Sprinkle cereal over top.

WEEK 7

Day 4

Breakfast

TOMATO HASHBROWN PIE

1 package Shredded Hash Browns, thawed
1 Tbsp Butter, melted
2 large Eggs
1 large Egg White
Dash Salt
Dash Pepper
3 slices Tomato
¼ cup Cheddar Cheese, shredded
2 Tbsp Parmesan Cheese, grated

Spray baking dish with cooking spray. Add thawed hashbrowns. Add melted butter to top. Bake at 350 F for 10 minutes until potatoes begin to brown. Mix eggs, egg white and salt and pepper. Remove dish from oven and pour eggs over the top. Layer with sliced tomatoes and cheeses. Bake an additional 20 minutes or until egg is firm. Serves 2.

WEEK 7

Day 5

Breakfast

FALL VEGETABLE FRITTATA

¼ cup Cheddar Cheese, shredded
1 large Eggs
2 large Egg Whites
1 cup Spinach
¼ cup Leek, sliced
¼ cup Carrot, grated
1 slice Bread, toasted
1 tsp butter

Preheat the broiler and set the rack about 4 to 5 inches from the heat source. Heat cooking spray in small oven-proof nonstick skillet over medium-high heat. Saute carrots, spinach and leek, seasoning with salt and pepper if desired.

Whisk eggs, egg whites, in a medium bowl. Pour over vegetables in skillet and mix gently. Reduce heat to medium-low, cover skillet, and cook until eggs are set around edges, about 2 to 3 minutes. Sprinkle with cheese and then place skillet under broiler and cook until cheese is melted and just browned, about 2 minutes.

Slide Frittata onto plate. Serve with buttered toast.

WEEK 7

Day 6

Breakfast

CINNAMON RAISIN FRENCH TOAST

2 slices Cinnamon Raisin Bread
1 large Egg White
½ tsp Vanilla Extract
½ tsp Cinnamon
2 Tbsp Maple Syrup

Heat nonstick skillet coated with cooking spray. Whisk together egg white, vanilla and cinnamon. Soak each slice of bread in egg mixture. Add to skillet. Turn to cook evenly on both sides. Serve with warm maple syrup.

WEEK 7

Day 7

Breakfast

ORANGE CRANBERRY OATMEAL

¾ cups Water
½ cup Oats
1/8 tsp Salt
¼ cup Milk
2 Tbsp Orange Marmalade
¼ cup Fresh Cranberries

Place water, oats, salt and cranberries in saucepan. Bring to a boil, and reduce heat to a simmer for about 5 minutes (1 minute if using quick cooking oats).

Remove from heat, and stir in marmalade.

Place into serving bowl and top with milk.