



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}

DINNER

7 days 7 Weeks

STEAK FAJITAS

1/2 sliced Green Bell Pepper
3 ounce sliced Sirloin Steak
1/2 cup sliced Onion
1 teaspoon Canola Oil
1/2 teaspoon Salt
1 teaspoon minced Garlic
1 teaspoon cumin
1 8 inch Whole Wheat Tortilla
1/2 cup Corn

Saute Sirloin Steak, trimmed of fat, sliced peppers, sliced onion, in Canola oil, season with Salt, a few grinds of the pepper mill, Chopped garlic, and Cumin while cooking and serve with a medium size whole wheat tortilla, and steamed corn.

TURKEY AND PESTO MEATLOAF

5 ounces Ground Turkey
1/4 cup Egg Substitute
2 tablespoon Pesto
2 tablespoon Bread Crumbs
1/2 teaspoon Salt
1/2 cup Broccoli florets
1/2 cup sliced Carrots

Mix together lean ground turkey, egg substitute, prepared pesto, breadcrumbs, and Salt. Form in to a mini loaf and bake at 350 degrees until cooked through (160 degrees). Serve with steamed broccoli baby carrots.

PORK AND BROCCOLI STIR FRY WITH BROWN RICE

1/2 cup Broccoli florets
6 ounce trimmed Pork Tenderloin
1 teaspoon Canola Oil
1/2 cup sliced Red Bell Pepper
1/2 cup sliced Onion
4 tablespoon Soy Sauce, light
1 tablespoon Sweet Chili Sauce
1/4 cup Water
1/2 teaspoon Cornstarch
1/2 cup cooked Brown Rice

Steam broccoli florets for two minutes, set aside. Saute Pork tenderloin strips, onion,

and red pepper strips with vegetable oil in nonstick pan until just lightly browned, add broccoli, light soy sauce, Sweet chili sauce, water mixed with Cornstarch. Cook for a minute or two longer until the sauce thickens. Enjoy with cooked brown rice.

GRILLED APRICOT CHICKEN WITH PASTA PRIMAVERA

5 ounces Chicken Breast
 4 tablespoon Apricot Preserves, low sugar
 1 tablespoon Sweet Chili Sauce
 1 teaspoon Lime Juice
 1/4 cup chopped Zucchini
 1 teaspoon minced Garlic
 2 teaspoon Extra Virgin Olive Oil
 1/4 cup chopped Tomato
 1/2 teaspoon Salt
 1/2 cup Whole Wheat Pasta, cooked

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

SPICY BARBECUE CHICKEN PIZZA WITH MIXED GREEN SALAD

1/2 Pizza Crust (Whole Wheat), 8 inch Boboli
 2 tablespoon Barbecue Sauce
 1 teaspoon Chili Sauce (Like Sriracha)
 1/4 cup shredded Mozzarella Cheese reduced fat
 1 sliced Green Onion
 3 ounces Chicken Breast, Cooked and Cubed
 1/4 cup sliced Cucumbers
 2 slices Tomato
 1 cup chopped Salad Greens
 2 tablespoon Salad Dressing, Nonfat

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

MEDITERRANEAN CHICKEN PACKETS

5 ounces Chicken Breast
 1 tablespoon crumbled Feta Cheese
 1 tablespoon Basil Leaves
 1 tablespoon Crushed Tomato (canned)

1 tablespoon Sun Dried Tomatoes
1/2 teaspoon minced Garlic
1 each Potato, russet
1/2 teaspoon Salt
1/2 cup Asparagus
2 teaspoon Olive Oil

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

SALMON WITH ARTICHOKE AND PARMESAN TOPPING

2 tablespoon Ricotta Cheese reduced fat
2 tablespoon Artichoke Hearts, chopped
1 teaspoon Garlic Powder
2 tablespoon shredded Parmesan Cheese
6 ounces Salmon Filets
1 each Sweet Potato
1 teaspoon Canola Oil
1/2 teaspoon Salt
1/2 teaspoon Pepper
1 teaspoon Sugar
1/2 cup sliced Carrots

Mix Low fat Ricotta, Artichoke Hearts, Garlic Powder, Parmesan Cheese, and spread on a 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 Vegetable oil, Garlic powder, Salt, Pepper, and Sugar. Bake in the 400 degree oven for 30-40 minutes. Enjoy with Steamed Carrots

FISH WITH MEDITERRANEAN SALSA

6 ounces Salmon Filets
1 teaspoon Olive Oil
1/2 chopped Tomato
1 clove Garlic
1 tablespoon sliced Black Olives
2 chopped Basil Leaves
1 teaspoon Balsamic Vinegar
1/2 cup Whole Wheat Pasta, cooked
1 tablespoon Pesto
1 tablespoon shredded Parmesan Cheese
1/2 cup chopped Zucchini

Sauté or Grill fillet of Salmon or Tuna, seasoned with salt and pepper, and rubbed with olive oil. Top with chopped medium tomato, small clove of garlic minced, black olives chopped (I like kalamata), large leaves basil chopped (optional), balsamic vinegar, salt and pepper to taste. Serve with whole wheat spaghetti tossed with pesto and parmesan and steamed or raw zucchini

PEPPER STEAK WITH MIXED VEGETABLES

4 ounce sliced Sirloin Steak
1/2 cup sliced Carrots
1/2 chopped Red Bell Pepper
1/4 sliced Onion
4 tablespoon Soy Sauce, light
1/2 cup Mixed Vegetables
1 teaspoon Sugar
1 clove Garlic

Put then following in a medium pan and cook covered over medium heat until vegetables are tender: sirloin steak strips, sliced carrots, sliced bell pepper, sliced onion, soy sauce, pinch red pepper flakes, sugar, small garlic clove, minced. Serve with your favorite steamed vegetables.

CHICKEN CURRY IN A HURRY

5 ounces Chicken Breast
1 teaspoon Curry Powder
1 each Chicken Bouillion Cube
1/4 cup Coconut Milk, light
1/4 sliced Onion
1/4 chopped Red Bell Pepper
1 cup cooked Brown Rice

Place in a saucepan: chopped chicken breast, curry powder, chicken bouillon cube, cup light coconut milk, chopped onion, chopped bell pepper, and pinch of chili flakes (optional). Bring to a boil and simmer covered for 20 minutes. Enjoy with cooked brown rice.

BAKED PORK CHOPS

8 ounces Pork Chop
 1 each Egg White
 2 tablespoon Flour
 2 tablespoon shredded Parmesan Cheese
 1 tablespoon Margarine, Non-Fat (Promise)
 1 teaspoon Cinnamon
 1/2 cup Green Beans
 1 each Sweet Potato

Dip center cut pork chop in beaten egg white, and then roll it in a mixture of flour and 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 of margarine (Promise) and cinnamon, and steamed green beans.

CHICKEN PESTO PIZZA WITH MIXED GREEN SALAD

1/2 Pizza Crust (Whole Wheat), 8 inch Boboli
 1 tablespoon Pesto
 1/4 cup shredded Mozzarella Cheese reduced fat
 1/2 cup sliced Mushrooms
 1 sliced Green Onion
 2 ounces Chicken Breast
 1 cup chopped Salad Greens
 1/4 cup sliced Cucumbers
 2 slices Tomato
 2 tablespoon Salad Dressing, Nonfat

Top prepared pizza crust with pizza sauce, pesto, shredded low fat mozzarella, slice mushrooms chopped green onions, and cooked chicken, chopped. Bake at 450 degrees for 10-15 minutes or until browned. Serving size equal to pizza. Top mixed salad greens with a cucumber and tomato and dress with nonfat vinaigrette.

CARIBBEAN FISH PACKETS

8 ounces White Fish Fillet
 1/4 cup chopped Pineapple
 1 sliced Green Onion

1/2 teaspoon minced Garlic
1 tablespoon Sweet Chili Sauce
1/4 cup Diced Tomatoes (canned, no salt)
1/2 cup Black Beans (canned)
1/2 cup cooked Brown Rice

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

STUFFED BAKED POTATO

1 each Potato, russet
1 tablespoon Margarine, Non-Fat (Promise)
1/2 cup Chicken Breast, Cooked and Cubed
1/2 cup Broccoli florets
1/4 cup shredded Cheddar Cheese
1 sliced Green Onion
2 tablespoon Sour Cream reduced fat
2 tablespoon Salsa
1 cup chopped Salad Greens
2 slices Tomato
1/4 cup sliced Cucumbers
2 tablespoon Salad Dressing, Nonfat

Bake a potato at 375 degrees for 1 hour. Split and top with butter substitute cooked diced chicken breast, steamed broccoli, low fat shredded cheddar cheese, chopped green onion, fat free sour cream, and salsa (optional). Serve with mixed greens, a tomato, a cucumber, and fat free vinaigrette.

FISH TACOS

2 tablespoon sliced Green Onion
2 tablespoon Cilantro
2 tablespoon Sour Cream reduced fat
1 teaspoon Lime Juice
1/2 teaspoon cumin
1/2 teaspoon All Purpose Seasoning, no salt
6 ounces Red Snapper
2 Corn Tortilla
1/2 cup chopped Cabbage
1/2 cup cooked Brown Rice

Preheat oven to 425 degrees.

To prepare crema:

Combine thinly sliced green onions, chopped fresh cilantro, nonfat sour cream, grated lime rind, fresh lime juice, dash salt, garlic in a small bowl; set aside.

To prepare tacos:

Combine cumin and ground coriander, smoked paprika, ground red pepper, dash salt, dash garlic powder in a small bowl; sprinkle spice mixture evenly over both sides of a red snapper filet. Place fish on a baking sheet coated with cooking spray. Bake at 425 degrees for 9 minutes or until fish flakes easily with a fork. Place fish in a bowl; break into pieces with a fork.

Heat corn tortillas according to package directions. Divide fish evenly among tortillas; top each with shredded cabbage and crema. Serve with steamed brown rice.

CARIBBEAN GRILLED CHICKEN W/ PINEAPPLE SALSA

8 ounces Chicken Breast
1 clove Garlic
1/2 diced Jalapeno Pepper
1/2 small Shallot
2 tablespoon Cilantro
1 tablespoon Canola Oil
1/4 teaspoon Kosher Salt
1 each Lime

Trim chicken breast of any visible fat. Place coarsely chopped garlic clove, diced jalapeno, small shallot, chopped cilantro, peanut oil, kosher salt, and Juice of lime in a food processor. Mix well. Spread mixture on chicken; put chicken in zip lock bag. Work through the bag to coat chicken completely with marinade.

OVEN FRIED CHICKEN

4 each Whole Grain Crackers
1 spray Cooking Spray
1/4 cup Corn Flakes
1 teaspoon Sesame Seeds
1 dash Cayenne
1 dash Garlic Powder
1 each Egg White
1/4 cup Sour Cream reduced fat
1 teaspoon Dijon Mustard
dash salt
6 ounces Chicken Breast
1 cup Vegetable Medley

Pulse whole grain crackers (Ritz) and cornflakes in food processor to fine crumbs.
Preheat oven to 375 degrees. Lightly spray baking sheet with cooking spray.
Combine cracker and cornflake crumbs with sesame seeds, cayenne, and garlic powder in a shallow bowl.

In a large bowl, combine the egg white, nonfat sour cream, Dijon mustard and salt. Add chicken breast (pounded to 1 inch thick) and coat thoroughly with mixture. Then, one at a time, dip the chicken pieces in the cracker mixture, packing the crumbs evenly onto the chicken. Place the chicken on the prepared baking sheet and spray the tops lightly with cooking spray. Bake until juices run clear, when chicken is pierced with a knife, 45-50 minutes. Serve with steamed vegetables.

MARINATED FLANK STEAK

2 tablespoon Salsa
1/2 clove Garlic
1 tablespoon Olive Oil
1 each Lime
4 ounces sliced Flank Steak
1/2 cup cooked Brown Rice
1 cup chopped Red Bell Pepper

Place salsa, clove garlic, olive oil, and the juice of lime in a zip top plastic bag.
Shake around to mix ingredients. Add flank steak to the bag.
Seal the bag while pressing out as much air as possible. Refrigerate to let marinade.
When ready to cook, remove the steak from the bag, discarding marinade.
Grill or broil the flank steak to medium or medium rare.
Don't overcook - flank steak can get very tough and unappetizing if overcooked.
Let it rest for 10 minutes, and slice the meat against the grain into thin slices.
Serve with steamed brown rice and sautéed red and yellow bell pepper.

TURKEY AND SUNDRIED TOMATO MEATLOAF

1 teaspoon Olive Oil
1/4 diced Onion
1/2 teaspoon minced Garlic
1/4 teaspoon dried Oregano
1 tablespoon Sun Dried Tomatoes
4 ounces Ground Turkey
2 tablespoon Bread Crumbs
1 Egg
1 tablespoon Parsley
1 tablespoon Milk, nonfat
dash Salt and Pepper
2 tablespoon shredded Parmesan Cheese
1 cup Green Beans

Preheat the oven to 425°F. Heat olive oil over medium heat in a skillet. Add small onion, diced and cook for 5 minutes. Add garlic and oregano and cook 2 minutes more and set aside to cool. Finely chop drained sun-dried tomatoes. Combine the tomatoes with lean ground turkey, breadcrumbs, eggs, parsley, skim milk, salt and pepper and the cooled onion mixture. Thoroughly mix together. Pack into a 1 1/2-cup baking dish, such as a souffle dish or a ramekin. Sprinkle the tops with grated Parmesan cheese and bake for 30 minutes. Let stand for 5 minutes before serving. Serve with green beans.

SWEET AND SOUR PORK

1 teaspoon Canola Oil
6 ounces trimmed Pork Tenderloin
1/2 cup sliced Onion
1/2 sliced Green Bell Pepper
2/3 cup Water
2 tablespoon White Wine Vinegar
2 tablespoon Brown Sugar
2 tablespoon Ketchup
1/2 cup chopped Pineapple
2 tablespoon Soy Sauce, light
2 teaspoon Cornstarch
1 tablespoon Water
1/2 cup cooked Brown Rice

In a skillet heat Canola Oil and add Pork Tenderloin cut in strips, sliced Onion, and sliced Green Bell Pepper and cook for 5 minutes. Meanwhile in a bowl add water, White Vinegar, Brown Sugar, Ketchup,

chopped Pineapple, and Soy Sauce to the skillet.
Mix Cornstarch with Water and stir in to the skillet.
Cook for a few more minutes to thicken the sauce. Serve with steamed Brown Rice.

SPAGHETTI WITH ZESTY MARINARA SAUCE

1/2 cup sliced Mushrooms
1/2 cup chopped Zucchini
1 tablespoon Olive Oil
1/4 cup Onion, chopped
1 teaspoon minced Garlic
1 cup Diced Tomatoes (canned, no salt)
1/4 teaspoon dried Italian Seasoning
dash Crushed Red Pepper Flakes
2 ounces Whole Wheat Spaghetti
1 cup Green Beans
1 Whole Wheat Rolls

Cook diced Onion and mushrooms, and zucchini in olive oil. Add garlic, diced canned tomato, Italian Seasoning, and Crushed Red Pepper Flakes, simmer for 15 minutes. Meanwhile cook Whole Wheat Spaghetti according to directions, drain, and mix with the sauce. Serve with Steamed Green beans and wheat rolls.

LEMON GARLIC ROAST CHICKEN WITH SAUTÉED CARROTS-

Chicken and Gravy:

2 lemons
1 oven roaster chicken
4 cloves garlic
1 tbsp butter
1 tsp kosher salt
½ tsp black pepper
4 cups red potatoes, cut up
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 1-1½ hours or until the juices run clear when you cut between a leg and thigh. 30 Minutes after you put the chicken in add the potatoes under or around the chicken and coat with the drippings.

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.

CRAB CAKES WITH OVEN FRIES

4 lbs of lump crabmeat (can use shrimp, or other fish if desired)
¾ cups reduced fat sour cream
1/3 cup oats
1 1/3 cup seasoned bread crumbs
2 tbsp Dijon mustard
1 tsp dried oregano
2 tsp Seafood seasoning (Old Bay)
3 tsp olive oil
dash black pepper

Oven Fries:

2 potatoes
2 tsp olive oil
2 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.

GARLIC SIRLOIN TIPS WITH STEAMED SQUASH

3 lbs Beef Sirloin Tips
3 tbsp olive oil
4 cloves garlic
¾ cup chopped fresh parsley
2 lemon, juiced and zested
¾ cup white wine
dash salt
dash pepper
2 cups 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 4 oz steak tips for Steak Tip Salad recipe.

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 for 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.

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
 1 head broccoli florets

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. Steam broccoli to desired doneness.

Serve broccoli alongside spinach fish and pasta.

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
 1 cup frozen corn

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. Steam the corn for 5 minutes.
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.

CHINESE SCALLOPS AND RICE

1 ½ lb Sea Scallops
2 tbsp lemon juice
1 large tomato, diced
1 large red bell pepper, diced
1 large yellow bell pepper, diced
6 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.

RANCH STYLE STEAK KABOBS

4 new potatoes, halved
1/4 cup light ranch dressing
8 cherry tomatoes
1 lb beef sirloin strip
2 cups broccoli

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. Steam broccoli and serve with the skewers

Recipe serves 4. Reserve left-over steak for steak gyro recipe.

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 1/2 oz) corn bread/muffin mix
1/4 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.

GRILLED CHICKEN CAESAR SALAD

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

Cut chicken into 1 inch bite-size 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.

JUMBO STUFFED SHRIMP AND ARUGULA PILAF

24 jumbo shrimp (12 reserved for shrimp taco recipe)
2 limes, juiced
2 tbsp olive oil
2 tsp kosher salt
dash black pepper
2 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.

PLUM GLAZED CHICKEN

1 lb boneless skinless chicken breast
1/4 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:

1/2 cup brown rice
1 tsp sesame oil
1/2 cup chicken broth
1 tsp soy sauce
1/2 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
1/2 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.

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
2 cups steamed brown rice

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.

Cook brown rice while pork chops are grilling.

(I like the minute rice variety that only takes 10 minutes to cook)

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).

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
4 oz Neufchatel cream cheese
1 cup mozzarella cheese
1/4 cup 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.

CAJUN CATFISH WITH POLENTA

12 oz catfish fillets (Reserve 4 oz for catfish poboy next day)
2 tsp olive oil
1/8 tsp paprika
1/8 tsp cayenne pepper
1/4 tsp onion powder
2 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.

1/2 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.

BROILED CHICKEN

1/4 cup orange juice
2 tbsp Italian dressing, lowfat
4 chicken breasts (reserve 2 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
1/2 tsp sugar
1/2 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.

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
¼ cup shredded cheddar cheese

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

GRILLED HONEY DIJON SALMON

9 oz Salmon (4 oz reserved for salmon pasta salad)
⅓ cup honey Dijon dressing
2 cups salad greens
½ cup cherry tomatoes
2 slices cucumber
⅛ cup shredded carrot

Place salmon fillet on a piece of aluminum foil. Spread half the dressing over the top (use other half for your salad). 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. Serve with the salad. Reserve 3 oz of Salmon for Salmon Pasta Salad.

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.

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
1/4 tsp dried thyme
1 tomato, diced
4 oz broiled chicken breast, diced
1 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.

BEEF TENDERLOIN AND BROCCOLI/CAULIFLOWER SALAD

10 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.

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
1 Tbsp. Olive Oil

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 that has been mixed with 1 Tbsp. Olive Oil.

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
¼ cup cooked brown rice
½ cup Steamed broccoli

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. Serve with rice and broccoli.

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
1 wheat roll

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. Serve with wheat roll.

ROAST CHICKEN & CHEESY CAULIFLOWER

1 Roast Chicken (prepared)
1/2 head Cauliflower
2 oz Processed Cheddar Cheese
½ 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 ½ hours or until juices run clear.

Steam cauliflower. Cube cheese. Top warm cauliflower with cheese and butter and mix until cheese and butter melt. Serves 4.

CHICKEN TOMATO RICE BAKE

6 fl oz Water
8 oz Chicken, cooked and diced

1/2 cup Brown Rice
1 cup Marinara
1/4 cup Mushrooms, sliced
1/4 cup Red Bell Pepper, diced
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.

HEARTY BEEF STEW

3 medium Potatoes
3 stalks Celery
1 can Tomato Soup
5 medium Carrot
1 clove Garlic
1/2 tsp Oregano
1 1/2 lbs Beef Round, Tip
1/2 cup Red Bell Pepper
1/2 cup Onion
3/4 cup Green Beans
1/2 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 add 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.

JAMBALAYA

2 lb Shrimp, raw
2 cloves Garlic, minced
16 oz Tomatoes, stewed
3/4 cup Water
1 1/2 cups Long Grain White Rice
1/2 cup Green Bell Pepper, chopped
1/2 cup Onion, chopped

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.