



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

LUNCH

7 days 7 Weeks

WEEK 1**Day 1****Lunch****TURKEY, PROVOLONE, AND AVOCADO SANDWICH**

4 ounce sliced Turkey Breast

1 ounce slice Provolone Cheese, reduced fat

2 slice Avocado

1 teaspoon Dijon Mustard

2 slice Tomato

1 each Lettuce Leaf

2 slices Whole Wheat Bread

1 cup sliced Carrots

Sliced Turkey Breast, sliced reduced fat Provolone Cheese, thin slices Avocado, Dijon Mustard, Reduced Fat Mayonnaise, slices Tomato, lettuce, and slices whole wheat bread. Enjoy with raw vegetables (carrots).

WEEK 1**Day 2****Lunch****THE ULTIMATE SALAD**

4 ounce cooked Shrimp

1/4 cup chopped Cucumbers

1/4 cup sliced Mushrooms

1/4 cup sliced Beets

1/4 cup Artichoke Hearts

1/4 cup cubed Avocado

1/4 cup shredded Cheddar Cheese reduced fat

1/4 chopped Red Onion

1/2 chopped Tomato

1/4 cup sliced Olives, black

1/4 cup chopped Red Bell Pepper

4 tablespoon Salad Dressing, Nonfat

2 cup chopped Salad Greens

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

WEEK 1**Day 3****Lunch****VEGGIE PITA WITH GREEK YOGURT**

1 each Pita, whole wheat
4 tablespoon Hummus
1/4 cup chopped Cucumbers
2 slice Tomato
2 tablespoon sliced Black Olives
2 tablespoon crumbled Feta Cheese
1/4 chopped Red Onion
1/4 cup chopped Red Onion
2 ounces Yogurt, nonfat
1/2 teaspoon Mint, fresh
1 cup Grapes

Fill a whole wheat pita with the following: hummus, sliced cucumber, slices tomato, sliced olives, sliced red onion, sliced bell pepper, Nonfat Greek or regular yogurt mixed with chopped mint (optional) and cup grapes.

WEEK 1**Day 4****Lunch****ROCKET SALAD WITH CHICKEN, STRAWBERRIES, AND ALMONDS**

3 cup Arugula
4 ounce Chicken
1/4 cup sliced Strawberries
1/4 sliced Red Onion
3 tablespoon sliced Almonds
2 tablespoon crumbled Feta Cheese
4 tablespoon Salad Dressing, Nonfat

Mix everything together, and enjoy!

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

5 ounce cooked Shrimp
2 each Lime
2 teaspoon minced Garlic
1 tablespoon Honey
1 tablespoon chopped Mint
1 tablespoon Olive Oil
1/4 cup Parsley
1/2 cup Bulgur Wheat, cooked
1/4 cup chopped Tomato
1/2 teaspoon Salt
1/2 each Lemon

Shrimp:

Mix medium raw shrimp (peeled and cleaned with the tails on) with 1/4 of the juice of lime, 1/2 of the Chopped garlic, 1/2 of the 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 rest of limes, Honey, and Chopped fresh mint

Tabouli:

Mix cooked bulgar with chopped parsley, chopped tomato, rest of the chopped garlic, juice from lemon, Salt, and the rest of the Olive Oil.

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

3 cup chopped Salad Greens
4 ounces Tuna (canned)
1/4 cup Green Beans
1/4 cup chopped Tomato
1/4 cup sliced Olives, black
1 each Egg, hard boiled
1 tablespoon Lemon Juice
1 teaspoon Extra Virgin Olive Oil
10 each Whole Grain Crackers

Top of your favorite mixed greens with canned or fresh seared Tuna, steamed green beans (cooled), chopped tomato, sliced olives (preferably Nicoise), sliced boiled egg, and dressing of Lemon Juice and Extra Virgin Olive Oil. Serve with Wheat Crackers.

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

3 ounces Chicken
2 tablespoon sliced Almonds
1/4 cup Mandarin Oranges
1 sliced Green Onion
1 cup sliced Cabbage
1/4 cup Water Chestnuts
2 cup chopped Salad Greens
1 tablespoon White Wine Vinegar
1 tablespoon Sweet Chili Sauce
1 teaspoon Canola Oil
1 tablespoon Soy Sauce, light

Top Chopped Iceberg lettuce and Red Cabbage with cooked chicken (shredded or chopped), mandarin orange segments, almonds, green Onion, and sliced water chestnuts.
Add this dressing: white vinegar, sweet chili sauce, light soy sauce.

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

2 slices American Cheese, fat free
2 slices Whole Wheat Bread
2 cups Tomato Soup

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

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

2 ounces leaves Spinach
6 ounces Chicken Breast
2 tablespoon sliced Almonds
2 tablespoon Cranberries, dried
1 tablespoon crumbled Feta Cheese
2 tablespoon Salad Dressing, Nonfat

Mix together baby spinach, cooked white chicken, toasted almonds, and dried cranberries. Mix with low fat poppy seed dressing

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

3 each Lettuce Leaf
3 ounces Ham
3 slices Swiss cheese, reduced fat
2 tablespoon Mayonnaise, reduced fat
3 teaspoon Dijon Mustard
3 slices Tomato
1/2 cup sliced Carrots
2 tablespoon Ranch Dressing, low calorie

10 each Whole Grain Crackers

Lay out lettuce leaves and top each with sliced ham, slice low fat Swiss cheese, low fat mayonnaise, Dijon mustard, and tomato. Roll or fold and enjoy with crackers, raw carrots and Light ranch dressing.

WEEK 2

Day 4

Lunch

TACO SALAD

3 cup chopped Romaine Lettuce
1/2 cup Black Beans (canned)
1/2 cup cubed Avocado
1/2 cup chopped Tomato
2 tablespoon sliced Black Olives
1/4 cup corn
1/4 cup shredded Cheddar Cheese reduced fat
1/2 cup Tortilla Chips
3 tablespoon Sour Cream reduced fat
4 tablespoon Salsa

Top of chopped romaine lettuce with black beans (black, red, or white), chopped tomatoes, sliced olives, corn, low fat shredded cheddar cheese, avocado, crushed low fat tortilla chips, nonfat sour cream, and salsa.

WEEK 2

Day 5

Lunch

TUNA SANDWICH

3 ounces Tuna (canned)
2 tablespoon Mayonnaise, reduced fat
1 teaspoon Sweet Pickle Relish
2 slices Whole Wheat Bread
2 slices Tomato
1 each Lettuce Leaf
1 Apple

Mix Tuna (water packed) with low fat mayonnaise and sweet pickle relish. Place on wheat bread with sliced tomato and lettuce leaf. Enjoy with apple.

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

- 4 ounces Ground Beef reduced fat
- 1 tablespoon crumbled Feta Cheese
- 2 teaspoon Garlic Powder
- Steak Seasoning
- 1 each Pita, whole wheat
- 1 ounce chopped Red Onion
- 2 slices Tomato
- 1/4 cup sliced Cucumbers
- 1 each Lettuce Leaf
- 2 ounces Yogurt, nonfat
- 1/2 each Potato, russet
- 1/2 teaspoon Salt and pepper to taste
- 1 teaspoon Olive Oil

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

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

- 1 small Cantaloupe
- 1 cup Chicken Breast, Cooked and Cubed
- 1 teaspoon Curry Powder
- 4 tablespoon Mayonnaise, reduced fat
- 2 tablespoon Raisins
- 1 sliced Green Onion

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

WEEK 3**Day 1****Lunch****TURKEY REUBEN**

- 2 teaspoon Dijon Mustard
- 2 slices Whole Wheat Bread
- 1 slice Swiss cheese, reduced fat
- 2 ounce sliced Turkey Breast
- 1/4 cup Sauerkraut, low sodium
- 1 tablespoon Thousand Island dressing, nonfat
- 1 tablespoon Margarine, Non-Fat (Promise)
- 1 ounce Root Vegetable Chips

Spread Dijon mustard over bread. Place reduced fat Swiss cheese on bread, and top with sliced turkey, sauerkraut (drained and rinsed) and fat free Thousand Island dressing.

Place remaining slice of bread on top.

Heat margarine in a large non-stick skillet over medium to high heat. Add sandwiches to pan; top with another heavy skillet. Cook 3 minutes on each side or until golden.

Serve with Root Vegetable Chips (about 15).

WEEK 3**Day 2****Lunch****TACO SALAD WITH CHIPOTLE DRESSING**

- 10 corn chips
- 2 teaspoon Cilantro
- 1 teaspoon Chipotle pepper, canned
- 1/4 cup Sour Cream reduced fat
- 1 each Lime
- 1/4 teaspoon cumin
- 2 cup chopped Romaine Lettuce
- 1/2 cup chopped Red Bell Pepper
- 4 each Cherry Tomatoes
- 1 Green Onion
- 1/2 cup Black Beans (canned)
- 1/2 cup corn
- 1 1/2 cup Tortilla Chips

To prepare dressing: finely chop cilantro, dice chipotle in adobo, and whisk in nonfat sour cream, juice of lime, and cumin.

Chop romaine lettuce, red pepper, small scallion and cherry tomatoes. Mix vegetables together. Rinse and drain black beans and add to the mixture. Add corn niblets (fresh or frozen/thawed). Crumble baked blue corn chips and sprinkle over the salad. Top with the above dressing.

WEEK 3

Day 3

Lunch

TOMATO SOUP WITH PARMESAN TOAST

1 1/2 cup Tomato Soup

2 slices French bread

2 tablespoon shredded Parmesan Cheese

1 cup Milk, non fat

Prepare tomato bisque soup according to package directions, using skim milk. Preheat broiler. Place French bread (1'' thick cut on the diagonal) on a baking sheet. Sprinkle parmesan cheese on top. Broil 2 minutes or until cheese melts. Serve with skim milk.

WEEK 3

Day 4

Lunch

JAMAICAN JERK CHICKEN WRAP

4 ounces Chicken Breast, Cooked and Cubed

1 tablespoon Jamaican Jerk Marinade

2 tablespoon Cream Cheese, light

1 8 inch Whole Wheat Tortilla

2 each Lettuce Leaf

1/4 cup sliced Red Onion

1/4 cup Chutney

Toss chopped cooked chicken with Jerk marinade and set aside. Spread light cream cheese on (8 inch) whole wheat tortilla and place lettuce on top. Transfer marinated chicken onto the lettuce, add slices red onion and prepared fruit chutney. Roll up tortilla tightly and cut in half diagonally.

WEEK 3**Day 5****Lunch****ROAST BEEF AND SWISS LETTUCE WRAPS**

2 each Lettuce Leaf
6 ounces Roast Beef, sliced (no salt added)
2 slices Swiss cheese, reduced fat
2 tablespoon Mayonnaise, reduced fat
2 tablespoon chopped Roasted Red Peppers
1 Apple

Take lettuce leaves (I like Boston Bibb or Iceberg) and fill each with half of the following: sliced lean Roast Beef, Reduced Fat Swiss Cheese, Low Fat Mayonnaise, and Roasted Red Peppers. Roll up like a Burrito. Serve with apple.

WEEK 3**Day 6****Lunch****SANTA FE VEGETABLE WRAP**

1 teaspoon Chipotle pepper, canned
2 tablespoon Cream Cheese, light
1 8 inch Whole Wheat Tortilla
2 each Lettuce Leaf
1 slice Pepper Jack Cheese
2 slices Tomato
2 slices Avocado
1/4 cup sliced Onion
1/4 cup Black Beans (canned)
1/4 cup Corn
2 sliced Red Onion
1/4 cup Salsa
2 tablespoon Sour Cream reduced fat

Mix chopped chipotle in adobo into light cream cheese. Spread whole wheat tortilla thinly with the cream cheese mixture. Place lettuce leaves over the cream cheese. Layer pepper Monterey Jack cheese over the cream cheese. Layer the tomato, avocado, and onion over the cheese. Spoon on corn (fresh or frozen/thawed) and black beans evenly. Roll tightly. Slice in half diagonally. Serve with a salsa and nonfat sour cream on the side for dipping.

WEEK 3**Day 7****Lunch****CURRIED SHRIMP SALAD**

6 ounces cooked Shrimp
2 tablespoon Mayonnaise, reduced fat
1/2 teaspoon Curry Powder
2 tablespoon Raisins
2 tablespoon sliced Almonds
2 cup chopped Salad Greens
1/4 cup diced Celery
1/4 cup sliced Cucumbers
3 slice Tomato
1/2 cup chopped Pineapple
1 Whole Wheat Rolls

Mix Shrimp with low-fat mayonnaise, curry powder, Raisins, and Almonds. Place on top of a salad of salad greens, chopped celery, sliced cucumber, and tomato.
Serve with pineapple and one wheat roll.

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

2 tbsp extra virgin olive oil
6 oz cubed French bread
1 cucumber, seeded and chopped
1 large red bell pepper, chopped
1 large yellow bell pepper, chopped
1 pint cherry tomatoes, halved
 $\frac{3}{4}$ cup red onion, diced
 $\frac{1}{2}$ cup crumbled feta cheese
 $\frac{1}{2}$ cup calamata olives, chopped

Dressing:

2 cloves garlic, minced
2 tsp oregano
1 tsp Dijon mustard
 $\frac{1}{2}$ cup red wine vinegar
1 tsp kosher salt
 $\frac{1}{2}$ tsp ground black pepper
 $\frac{2}{3}$ cup extra virgin olive oil

Heat 2 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**

- 4 oz roasted chicken, diced (leftover from roast chicken)
- ½ cup roasted red pepper, sliced
- ¼ cup tomato, diced
- 1 tbsp. feta cheese
- 3 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, feta cheese, and 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
- 2 tbsp light tartar sauce
- 2 slices tomato
- ½ cup fruit

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 with fruit on the side.

WEEK 4**Day 4****Lunch****STEAK TIP SALAD**

4 oz garlic sirloin tips (reserved from previous meal)
1 cup shredded romaine
1 tomato, 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**

10 oz spaghetti, dry
2 tbsp olive oil
3 cloves garlic, minced
3 tomatoes, diced
juice of 2 lemons
½ cup basil, chopped
3 cups shredded chicken (reserved from roast chicken)

Fill a large pot ¾ 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
- 1 cup berries

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 and serve with the berries.

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
1 cup salad mix
¼ cup baby tomatoes
1 tbsp. Lowfat dressing

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.

Make a salad with the greens, tomatoes, and dressing.

Serve with the tostada.

WEEK 5**Day 1****Lunch****GREEK PASTA SALAD**

- 1 1/2 cup penne pasta, cooked
- 1 cup cherry tomatoes, halved
- 4 pieces artichoke hearts, chopped
- 1/4 cup red onion, diced
- 1/2 cup crumbled feta cheese
- 4 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**

- 6 oz reserved ranch steak
- 2 tbsp light Caesar dressing
- 1 flatbread
- 2 tbsp crumbled feta
- 3 cherry tomatoes, halved
- 1 tbsp red onion, diced
- 1/4 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

1/2 cup cheddar cheese

4 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**

1/2 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

1 apple cut in wedges

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.

Serve with apple wedges.

WEEK 5**Day 5****Lunch****SHRIMP TACOS WITH AVOCADO CREAM**

12 jumbo stuffed shrimp (reserved from previous recipe)
3 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
1 medium sliced banana

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.
Serve with sliced banana.

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
10 ea. reduced-fat crackers (such as wheat thins)

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. Serve with the crackers.

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

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

Heat left-over 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
1/4 cup grated carrot
1/4 cup sliced cucumber
4 oz reserved chicken breast, shredded
2 large eggs
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 (around 15 chips)
1/2 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
1 hard-boiled egg, chopped
3 oz salmon (reserved)
½ cup whole wheat shell pasta
2 tbsp honey Dijon dressing

Cook pasta according to package directions. Combine pasta, salmon, peppers, egg, 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
2 oz shredded mozzarella cheese
1 tsp olive oil
¼ cup sun-dried 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.
Serve with a greens and vegetable salad with your favorite nonfat dressing.

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 , boiled
- 1 tsp diced onion
- 1 tsp honey Dijon dressing
- 1 whole wheat pita

Boil the egg until done. 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

1 tsp. olive oil

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

1 cup cubed melon

Heat Eggplant. Place between split roll and top with Mozzarella.
Serve with the melon.

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
½ tsp Rosemary
½ tsp Oregano
1/3 cup Carrot, diced
2 Whole Wheat rolls

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
for 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**

¼ cup Onion
1 Tbsp Red Wine Vinegar
1 ½ cups Green Beans
1 Tbsp Olive Oil
6 oz Tuna, canned in water
½ 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
2 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
1/2 cup Black Beans
1/2 medium Red Bell Pepper
1/2 cup Baby Spinach
1/2 cup Chicken Breast, cooked and diced
1/2 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.