

1600 Calorie – Week 1

Day	Breakfast	Lunch	Dinner	Snacks
Monday	Greek Scrambled Eggs and Whole Wheat Toast	Turkey, Provolone, and Avocado Sandwich	Steak Fajitas	Apple with Peanut Butter
Tuesday	Cold Cereal with Milk and Fruit	The Ultimate Salad	Turkey and Pesto Meatloaf	Trail Mix
Wednesday	Whole Grain Pancakes	Veggie Pita with Greek Yogurt	Pork and Broccoli Stir Fry with Brown Rice	Creamy Fruit Cup
Thursday	Yogurt with Fruit and Nuts	Rocket Salad with Chicken, Strawberries, and Almonds	Grilled Apricot Chicken with Pasta Primavera	Crackers with Roasted Pepper and Cheese
Friday	Breakfast Burrito	Lime-Mint Shrimp Skewers with Tabouli	Spicy Barbecue Chicken Pizza with Mixed Green Salad	V8 Juice, Hummus, and Rye Bread
Saturday	Oatmeal with Cinnamon and Bananas, and Walnuts	Nicoise Salad	Mediterranean Chicken Packets	Fruit and Yogurt Smoothie
Sunday	Italian Omelet	Chinese Chicken Salad	Salmon with Artichoke and Parmesan Topping	Mixed Nut Snack

1600 Calories – Week 1 - INGREDIENTS LIST

Items you may already have	
1 tablespoon	Salt
1/2 teaspoon	Pepper
1 teaspoon	Sugar
1 1/3 tablespoon	Canola Oil
1 tablespoon	Olive Oil
1 tablespoon	Extra Virgin Olive Oil
1 teaspoon	Dijon Mustard
1/2 teaspoon	Cornstarch
2 cup	Orange Juice
2 tablespoon	Bread Crumbs
1/2 cup	Oatmeal
1/4 cup	Water
2 tablespoon	Flax Seed
2 each	Lime
1 tablespoon	Crushed Tomato (canned)
2 tablespoon	Artichoke Hearts, chopped

Produce	
1	Apple
1 cup	Blubberies
1 cup sliced	Strawberries
2 cup sliced	Peaches
1 cup	Broccoli florets
1/4 cup	Green Beans
1 cup sliced	Onion
3 sliced	Green Onion
1/4 sliced	Red Onion

Frozen	
1/2 cup	Corn
3 each	Whole Grain Pancakes

Spices	
1 teaspoon	cumin
1/4 teaspoon	Cinnamon
1 teaspoon	Garlic Powder

Pantry Items	
1 tablespoon	White Wine Vinegar
4 ounce	Tuna (canned)
2 tablespoon sliced	Black Olives
1 tablespoon	Sun Dried Tomatoes
2 tablespoon	Roasted Peppers
1/4 cup	Artichoke Hearts
2 tablespoon	Pesto
1/2 cup cooked	Brown Rice
2 slice	Whole Wheat Bread
1/4 cup	Mandarin Oranges
1/4 cup sliced	Beets
10 tablespoon	Salad Dressing, Nonfat
1 cup	Whole Grain Cereal
1 tablespoon	Peanut Butter, reduced fat
2 tablespoon	black beans (canned)
1/4 cup	Trail Mix
2 tablespoon	Pancake Syrup, Light
2 tablespoon	Salsa
1 cup	V8 low sodium

Produce (Continued)	
1/2 chopped	Red Onion
1/4 cup chopped	Red Onion
1/2 chopped	Tomato
1 cup chopped	Tomato
1 sliced	Roma Tomatoes
5 teaspoon minced	Garlic
2 cup sliced	Carrots
3 cup	Arugula
8 cup chopped	Salad Greens
2 tablespoon	Basil Leaves
1 cup leaves	Spinach
1/4 chopped	Red Bell Pepper
1/4 cup chopped	Red Bell Pepper
1/2 cup sliced	Red Bell Pepper
1/2 sliced	Green Bell Pepper
1/4 cup sliced	Zucchini
1/4 cup chopped	Zucchini
1/2 cup	Asparagus
1 cup sliced	Cabbage
1/4 cup sliced	Cucumbers
1/2 cup chopped	Cucumbers
1/4 cup cubed	Avocado
1 each	Lettuce Leaf
1 cup	Grapes
2 slice	Avocado
2 1/2 sliced	Banana
1 each	Sweet Potato
1 each	Potato, russet

Pantry Items (Continued)	
4 slice	Rye Bread, snack size
6 tablespoon	Hummus
1/2	Pizza Crust (Whole Wheat), 8 inch Boboli
2 tablespoon	Barbecue Sauce
1 1/3 cup	Apple Juice
2 8 inch	Whole Wheat Tortilla
17 each	Whole Grain Crackers
1 each	Pita, whole wheat
1/2 cup sliced	Olives, black
1/2 cup	Whole Wheat Pasta, cooked
1 tablespoon	Honey
1/2 cup	Bulgur Wheat, cooked
2 slice	Whole Wheat Toast

Asian Aisle	
3 tablespoon	Sweet Chili Sauce
5 tablespoon	Soy Sauce, light
1 teaspoon	Chili Sauce (Like Sriracha)
1/4 cup	Water Chestnuts

Dairy	
2 tablespoon shredded	Cheddar Cheese
2 tablespoon shredded	Cheddar Cheese reduced fat
1/4 cup shredded	Cheddar Cheese reduced fat
1/4 cup shredded	Mozzarella Cheese reduced fat
7 tablespoon crumbled	Feta Cheese

Produce (Continued)	
1/4 cup sliced	Mushrooms
6 slice	Tomato
1 teaspoon	Lime Juice
1 1/2 each	Lemon

Fresh Herbs	
1 tablespoon chopped	Mint
1/4 cup	Parsley
1/2 teaspoon	Mint, fresh

Nuts	
6 tablespoon	Walnuts
5 tablespoon sliced	Almonds
1/2 ounce	Pumpkin Seeds
1/2 ounce	Sunflower Seeds
1/2 ounce	Almonds

Dairy (Continued)	
2 tablespoon shredded	Parmesan Cheese
2 tablespoon	Ricotta Cheese reduced fat
2 tablespoon	Sour Cream reduced fat
3	Eggs
1 ounce sliced	Provolone Cheese, reduced fat
1/4 cup	Egg Substitute
2 each	Egg White
2 tablespoon	Margarine, Non-Fat (Promise)
13 ounce	Yogurt, nonfat
1 each	Egg, hard boiled
2 cup	Milk, non fat
2	Egg

Meat/Seafood	
10 ounce	Chicken Breast
4 ounce sliced	Turkey Breast
7 ounce	Chicken
3 ounce sliced	Sirloin Steak
5 ounce	Ground Turkey
6 ounce	Salmon Filets
9 ounce cooked	Shrimp
6 ounce trimmed	Pork Tenderloin
3 ounce	Chicken Breast, Cooked and Cubed

1600 Calorie – Week 1 – Recipes

Monday-->Breakfast-->Greek Scrambled Eggs and Whole Wheat Toast-1600

DESCRIPTION

Cook Time : 15 minutes

1 cup leaves	Spinach
1/4 chopped	Red Bell Pepper
1 teaspoon	Olive Oil
1 sliced	Roma Tomatoes
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

per serving: 387.75 calories; 17.25 gram protein; 13 grams total fat; 4.75 gram fiber; 5 gram saturated fat; 49.25 grams carbohydrates; 26 mgs cholesterol; 738.5 mgs sodium

Method

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.

Monday-->Lunch-->Turkey, Provolone, and Avocado Sandwich-1600

DESCRIPTION

Cook Time : 10 minutes

4 ounce sliced	Turkey Breast
1 ounce sliced	Provolone Cheese, reduced fat
2 slice	Avocado
1 teaspoon	Dijon Mustard
2 slice	Tomato
1 each	Lettuce Leaf
2 slice	Whole Wheat Bread
1 cup sliced	Carrots

per serving: 506 calories; 36.5 gram protein; 15.2 grams total fat; 7 gram fiber; 8 gram saturated fat; 58 grams carbohydrates; 63 mgs cholesterol; 1931 mgs sodium

Method

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).

Monday-->Dinner-->Steak Fajitas-1600

DESCRIPTION

Cook Time : 25 minutes

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

per serving: 562 calories; 25 gram protein; 27 grams total fat; 4 gram fiber; 10.5 gram saturated fat; 50 grams carbohydrates; 84 mgs cholesterol; 1568.5 mgs sodium

Method

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.

Monday-->Snacks-->Apple with Peanut Butter- 200

DESCRIPTION

Cook Time : 0 minutes

1	Apple
1 tablespoon	Peanut Butter, reduced fat

per serving: 190 calories; 4 gram protein; 6.5 grams total fat; 5 gram fiber; 0.5 gram saturated fat; 32.5 grams carbohydrates; 0 mgs cholesterol; 127 mgs sodium

Method

Apple with Reduced Fat Peanut Butter

Tuesday-->Breakfast-->Cold Cereal with Milk and Fruit-1600

DESCRIPTION

Cook Time : 5 minutes

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

per serving: 410 calories; 18.5 gram protein; 3 grams total fat; 2 gram fiber; 10.6 gram saturated fat; 69.5 grams carbohydrates; 0 mgs cholesterol; 223.5 mgs sodium

Method

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

Tuesday-->Lunch-->The Ultimate Salad-1600

DESCRIPTION

Cook Time : 15 minutes

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

per serving: 497.5 calories; 42.38 gram protein; 16 grams total fat; 14.25 gram fiber; 2.75 gram saturated fat; 43.5 grams carbohydrates; 226 mgs cholesterol; 2132 mgs sodium

Method

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).

Tuesday-->Dinner-->Turkey and Pesto Meatloaf-1600

DESCRIPTION

Cook Time : 45 minutes

5 ounce	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

per serving: 472 calories; 36.5 gram protein; 21 grams total fat; 2 gram fiber; 8 gram saturated fat; 25 grams carbohydrates; 110 mgs cholesterol; 1967 mgs sodium

Method

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.

Tuesday-->Snacks-->Trail Mix- 200

DESCRIPTION

Cook Time : 0 minutes

1/4 cup	Trail Mix
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per serving: 173.25 calories; 5 gram protein; 11 grams total fat; 2 gram fiber; 1.75 gram saturated fat; 16.75 grams carbohydrates; 0 mgs cholesterol; 86 mgs sodium

Method

Trail Max

Wednesday-->Breakfast-->Whole Grain Pancakes-1600

DESCRIPTION

Cook Time : 5 minutes

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

per serving: 386 calories; 12.1 gram protein; 9 grams total fat; 5 gram fiber; 3 gram saturated fat; 67.2 grams carbohydrates; 81 mgs cholesterol; 816 mgs sodium

Method

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

Wednesday-->Lunch-->Veggie Pita with Greek Yogurt-1600

DESCRIPTION

Cook Time : 15 minutes

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 ounce	Yogurt, nonfat
1/2 teaspoon	Mint, fresh
1 cup	Grapes

per serving: 500.5 calories; 17.7 gram protein; 15.7 grams total fat; 3.25 gram fiber; 14 gram saturated fat; 73 grams carbohydrates; 26 mgs cholesterol; 1193 mgs sodium

Method

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.

Wednesday-->Dinner-->Pork and Broccoli Stir Fry with Brown Rice-1600

DESCRIPTION

Cook Time : 30 minutes

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

per serving: 472 calories; 44 gram protein; 12 grams total fat; 4 gram fiber; 1.8 gram saturated fat; 45 grams carbohydrates; 108 mgs cholesterol; 2513 mgs sodium

Method

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.

Wednesday-->Snacks-->Creamy Fruit Cup-200

DESCRIPTION

Cook Time : 5 minutes

1 cup sliced	Peaches
2 tablespoon	Sour Cream reduced fat
1 fluid ounces	Apple Juice
2 tablespoon	Flax Seed

per serving: 199 calories; 6.2 gram protein; 6.6 grams total fat; 2.6 gram fiber; 6 gram saturated fat; 22 grams carbohydrates; 2 mgs cholesterol; 47 mgs sodium

Method

Add fruit to a bowl. Mix sour cream and juice. Pour over fruit and top with flax seed and lemon peel.

Thursday-->Breakfast-->Yogurt with Fruit and Nuts-1600

DESCRIPTION

Cook Time : 5 minutes

8 ounce	Yogurt, nonfat
1/2 sliced	Banana
1/2 cup	Bluberries
4 tablespoon	Walnuts

per serving: 407 calories; 17.8 gram protein; 20 grams total fat; 4 gram fiber; 1.3 gram saturated fat; 42 grams carbohydrates; 0 mgs cholesterol; 176.5 mgs sodium

Method

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

Thursday-->Lunch-->Rocket Salad with Chicken, Strawberries, and Almonds-1600

DESCRIPTION

Cook Time : 15 minutes

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

per serving: 473.25 calories; 33.9 gram protein; 16.6 grams total fat; 3.35 gram fiber; 4.4 gram saturated fat; 10.75 grams carbohydrates; 90 mgs cholesterol; 1107.5 mgs sodium

Method

Mix everything together, and enjoy!

Thursday-->Dinner-->Grilled Apricot Chicken with Pasta Primavera-1600

DESCRIPTION

Cook Time : 30 minutes

5 ounce	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

per serving: 495 calories; 34.8 gram protein; 25.5 grams total fat; 0.75 gram fiber; 6.2 gram saturated fat; 49.75 grams carbohydrates; 90 mgs cholesterol; 1362.75 mgs sodium

Method

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.

Thursday-->Snacks-->Crackers with Roasted Pepper and Cheese- 200

DESCRIPTION

Cook Time : 5 minutes

7 each	Whole Grain Crackers
2 tablespoon	Roasted Peppers
2 tablespoon shredded	Cheddar Cheese

per serving: 208 calories; 8 gram protein; 10 grams total fat; 0 gram fiber; 6 gram saturated fat; 16 grams carbohydrates; 30 mgs cholesterol; 522 mgs sodium

Method

On each of whole wheat crackers, put a piece of roasted red pepper and of low fat shredded cheese. Microwave to melt cheese, if desired.

Friday-->Breakfast-->Breakfast Burrito-1600

DESCRIPTION

Cook Time : 15 minutes

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

per serving: 414 calories; 26 gram protein; 13.5 grams total fat; 3 gram fiber; 5 gram saturated fat; 42 grams carbohydrates; 430 mgs cholesterol; 952 mgs sodium

Method

Fill a whole wheat tortilla with scrambled eggs, Reduced fat cheddar cheese, Salsa, and Black Beans. Enjoy with juice.

Friday-->Lunch-->Lime-Mint Shrimp Skewers with Tabouli-1600

DESCRIPTION

Cook Time : 25 minutes

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

per serving: 472 calories; 33.8 gram protein; 14 grams total fat; 5.1 gram fiber; 8.5 gram saturated fat; 58.75 grams carbohydrates; 275 mgs cholesterol; 1489.75 mgs sodium

Method

**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.**

Friday-->Dinner-->Spicy Barbecue Chicken Pizza with Mixed Green Salad-1600

DESCRIPTION

Cook Time : 30 minutes

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 ounce	Chicken Breast, Cooked and Cubed
1/4 cup sliced	Cucumbers
2 slice	Tomato
1 cup chopped	Salad Greens
2 tablespoon	Salad Dressing, Nonfat

per serving: 476.5 calories; 47.25 gram protein; 8 grams total fat; 10.75 gram fiber; 1.5 gram saturated fat; 48.75 grams carbohydrates; 77 mgs cholesterol; 1263.5 mgs sodium

Method

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.

Friday-->Snacks-->V8 Juice, Hummus, and Rye Bread- 200

DESCRIPTION

Cook Time : 5 minutes

1 cup	V8 low sodium
2 tablespoon	Hummus
4 slice	Rye Bread, snack size

per serving: 198 calories; 2 gram protein; 2 grams total fat; 0 gram fiber; 2 gram saturated fat; 24 grams carbohydrates; 0 mgs cholesterol; 618 mgs sodium

Method

enjoy

Saturday-->Breakfast-->Oatmeal with Cinnamon and Bananas, and Walnuts-1600

DESCRIPTION

Cook Time : minutes

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

per serving: 379 calories; 15.5 gram protein; 13 grams total fat; 5 gram fiber; 1.8 gram saturated fat; 35.5 grams carbohydrates; 0 mgs cholesterol; 128 mgs sodium

Method

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

Saturday-->Lunch-->Nicoise Salad-1600

DESCRIPTION

Cook Time : 15 minutes

3 cup chopped	Salad Greens
4 ounce	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

per serving: 601.25 calories; 40.25 gram protein; 23.5 grams total fat; 13.5 gram fiber; 0.6 gram saturated fat; 54.75 grams carbohydrates; 72 mgs cholesterol; 1519.75 mgs sodium

Method

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.

Saturday-->Dinner-->Mediterranean Chicken Packets-1600

DESCRIPTION

Cook Time : 45 minutes

5 ounce	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

per serving: 526.5 calories; 36.5 gram protein; 28.2 grams total fat; 1.5 gram fiber; 11 gram saturated fat; 37 grams carbohydrates; 103 mgs cholesterol; 1471 mgs sodium

Method

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.

Saturday-->Snacks-->Fruit and Yogurt Smoothie- 200

DESCRIPTION

Cook Time : 5 minutes

6 fluid ounces	Apple Juice
1/2 sliced	Banana
3 ounce	Yogurt, nonfat
2/3 cup sliced	Strawberries

per serving: 206.33 calories; 5.97 gram protein; 0 grams total fat; 2 gram fiber; 1.3 gram saturated fat; 44.17 grams carbohydrates; 0 mgs cholesterol; 73.33 mgs sodium

Method

Mix together all ingredients: unsweetened apple juice, medium banana, nonfat vanilla yogurt and fresh strawberries.

Sunday-->Breakfast-->Italian Omelet- 1600

DESCRIPTION

Cook Time : 15 minutes

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

per serving: 394.5 calories; 19.75 gram protein; 14 grams total fat; 3.75 gram fiber; 3 gram saturated fat; 47.75 grams carbohydrates; 471 mgs cholesterol; 432 mgs sodium

Method

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.

Sunday-->Lunch-->Chinese Chicken Salad-1600

DESCRIPTION

Cook Time : 15 minutes

3 ounce	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

per serving: 478 calories; 30.3 gram protein; 14.2 grams total fat; 11.4 gram fiber; 1.8 gram saturated fat; 46.5 grams carbohydrates; 48 mgs cholesterol; 825.25 mgs sodium

Method

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

Sunday-->Dinner-->Salmon with Artichoke and Parmesan Topping-1600

DESCRIPTION

Cook Time : 45 minutes

2 tablespoon	Ricotta Cheese reduced fat
2 tablespoon	Artichoke Hearts, chopped
1 teaspoon	Garlic Powder
2 tablespoon shredded	Parmesan Cheese
6 ounce	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

per serving: 503.5 calories; 43.7 gram protein; 19 grams total fat; 2.5 gram fiber; 7 gram saturated fat; 24.9 grams carbohydrates; 120 mgs cholesterol; 1597 mgs sodium

Method

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

Sunday-->Snacks-->Mixed Nut Snack- 200

DESCRIPTION

Cook Time : 0 minutes

1/2 ounce	Almonds
1/2 ounce	Sunflower Seeds
1/2 ounce	Pumpkin Seeds

per serving: 238.5 calories; 10.25 gram protein; 20 grams total fat; 2.25 gram fiber; 3.7 gram saturated fat; 8.3 grams carbohydrates; 0 mgs cholesterol; 3 mgs sodium

Method

Mix each of the following: almonds, unsalted sunflower seeds and pumpkin seeds.