

Real Foods

Nutrition Guide



real  appeal

Please consider speaking with your health care provider before embarking on a weight-loss program, particularly if you are struggling with a health-related condition, such as diabetes or obesity.

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Your Real Appeal Nutrition Guide

Let's get real: Food plays a HUGE role in helping you reach your weight-loss goals. The truth is, if you want to look your best and feel your best, you've got to eat the kind of foods that will get you there. This guide is all about showing you how to use real food in your real life for real weight-loss success.

Picture yourself at a car dealership. You've landed a windfall of cash through some fortunate circumstance, and you're finally ready to get the car of your dreams. It's got speed, sleek lines, and strength—everything you could want from a sports car and more. You want this car of your dreams to last a lifetime, so what are you going to do? You'd take pretty special care of that car, right?

Well it's the same deal for your body! In order for you to have that slim and strong silhouette you desire, you've got to feed it with the right fuel. You want some high-octane gas, some premium oil, and just the right balance of fluids, because you know high-quality fuel not only protects the longevity of your engine, it gives it great performance.

Your Real Appeal Nutrition Guide meal plans will help you do exactly the same thing. By following these meal plans, you'll learn how to choose better food to fuel your body and stave off hunger even as you lose weight. You'll learn how the right balance of proteins, carbohydrates and fats can make energy-boosting eats super-filling and satisfying too. And, you'll discover tons of healthy but tasty meals, snacks, and even desserts (!) with the Real Appeal recipes—foods you're going to fall in love with and want to eat again and again.



In the following pages, you will find the **Fast Track** meal plans (1,250 calories for women and 1,550 for men) and the **Real Steady** meal plans (1,550 calories for women and 1,800 for men). The recipes were created by a chef exclusively for Real Appeal, and are designed to satisfy your palate and your stomach. There's something for everyone here.

- If you want to take a faster track to weight loss, you can use the **Fast Track** plans to jump-start your weight loss. You can follow **Fast Track** for a month, two months, or even the entire 16 weeks if it works for you. However, if you feel way too hungry (a 5 on the Hunger Scale) or if you have low energy, you can switch to the higher calorie **Real Steady** plans at any time.
- If you want to take a more moderate approach, you can use the **Real Steady** plans which give you more daily calories while still setting you up for consistent weight-loss results.
- If you don't want to eat according to a set plan, you can mix and match all of the meals—you'll eat according to what you want and what appeals to you!

- If you're not the best cook, no problem! This guide will walk you through a few very basic food prep skills (see Appendix B, page 176). In fact, many of the quick, easy, hearty recipes we've included take only 5 minutes to make.
- If you are vegetarian, no sweat! We show you how to make some simple substitutions so you're getting the power-packed protein that helps fuel your body effectively. (See Appendix B, page 182.)

The whole purpose of this guide is to help you make small steps in your every day nutrition to maximize your weight loss success. We don't want you to starve yourself. We don't want you to eat bland, "diet" foods. And we definitely don't want to deprive you of the foods you know and love! We simply want to help you make the best choices possible for your best body possible. We promise, if you follow the tips, techniques and guidelines we suggest in the following pages, you are going to get REAL results.

To get started now, simply turn to page 16 for the **Fast Track** meal plans or page 17 for the **Real Steady** plans.

The Real Appeal

Weight-Loss Meal Plans

What does a 1,250- 1,550- or 1,800-calorie day look like? Well, we think you're going to be pleasantly surprised. Thanks to the lean sources of protein and abundance of fruits and vegetables at every meal, you get a large volume for the calories. Your plate will be fuller (and tastier) than you'd expect.

While you don't have to follow the meal plans, we believe that the closer you stick to the Real Appeal way of eating, the more quickly you'll see results. After a week on these flavorful meals, your cravings for overly sugary and salty foods should ease significantly—which will be a huge boon to your weight-loss success. The Real Foods plan is no short-term “diet” but a healthy way of eating that you can adopt for life.

Here's how to use these meal plans to your full advantage.

1 Simply follow the plan as-is.

With the Real Appeal meal plans, there's no second-guessing. Just follow the plan—the calorie levels and nutritional composition are all worked out for you. Each day has a nice balance of different types of meals, everything from no-time-to-cook, on-the-run meals to quick, satisfying home meals.

2 Or mix and match.

Love some meals on this plan but don't care for others? No problem. Enjoy Day 1's breakfast with Day 4's lunch, Day 5's dinner and Day 2's snack. Have fun with it! All the breakfasts contain about the same number of calories—as do all the lunches, dinners and snacks. You can make nearly endless combinations, or stick to your favorites—your choice!

3 Make substitutions,

as long as the foods are similar: Swap raspberries for strawberries, cauliflower for broccoli, fish for chicken, walnuts for almonds, and so on. Stick to other foods within the same food group and you'll automatically stay on your plan.

4 Find your “sweet spot.”

If you're using the online-generated daily calorie target and fall between two calorie levels, or you need more than 1,800 calories, add calories to the lower calorie plan provided in this guide. We give you some great 100-calorie options in Padding Your Plan on page 13. All you have to do is add to your daily calorie target appropriately.

5 Drink up.

Have at least one glass of water with each meal or snack. Drinking water helps you swallow, supports your digestive track, and helps you feel fuller. Plus, you cover at least three to four of the recommended six daily glasses.

6 Tailor it to your vegetarian/vegan diet.

Are you a vegetarian, vegan, or pescetarian (someone who eats seafood, but not meat or poultry)? If so, you'll have no problem following the Real Appeal meal plans—just choose the breakfasts, lunches, dinners, snacks and treats that fit your preferences. For instance, most breakfasts are either vegetarian or vegan, or you can turn some vegan by using soy milk or other non-dairy milks. A number of lunch and dinner recipes are vegetarian or vegan, such as Romaine Lettuce Cup with Hummus and Red Pepper, White Bean and Spinach Soup and the Vegetarian Shepherd's Pie. You'll notice that some recipes, such as Scrambled Egg Burrito, Baked Pasta with Chicken and Broccoli, and Turkey Sloppy Joe, also include suggestions on how you can swap in plant protein. (For instructions on how to convert any meal into a vegetarian or vegan one, see page 183.)



Calories in Each Meal

Here are the calories of the individual meals on the three Real Appeal meal plans. You don't have to worry about these numbers if following the meal plans—we've already done all the calculations for you. But these calorie counts can help you choose wisely if you're at a restaurant

that posts calories, or if you're buying a frozen dinner or other packaged meals. For example, if you're on 1,550 daily calories, your lunches should hover around 425 calories. With that number in mind, you can scan the restaurant menu or pick up a packaged meal that's close to that target.

| Number of Calories Per Meal | 1,250 Calorie Plan | 1,550 Calorie Plan | 1,800 Calorie Plan |
|-----------------------------|--------------------|--------------------|--------------------|
| Breakfast | 300 | 375 | 425 |
| Lunch | 400 | 425 | 500 |
| Dinner | 400 | 500 | 575 |
| Snack | 150 | 150 | 150 |
| Treat | (none) | 100 | 150 |



Padding Your Plan

No matter what calorie level plan you happen to follow —1,250, 1,550, or 1,800—you may need to experiment a bit to get to your calorie sweet spot.

Let's say you're losing weight on 1,550 calories per day, but you often feel very hungry—yet at 1,800 calories daily, your weight barely changes. To find your sweet spot, start with the lower calorie level as your base, and add 100 calories per day until you hit the right balance of satisfaction and weight-loss results. Use this list of 100-calorie ideas to help you adjust your personal calorie level while staying true to the Real Appeal meal plan.

Healthy ways to add about 100 calories to your diet:

- 2 tablespoons nuts (almonds, peanuts, cashews) or seeds (sunflower or pumpkin seeds)
- 2 ounces fish, skinless poultry or shellfish
- 2 teaspoons olive oil

- 8-ounce latte or 1 cup nonfat or 1 percent milk
- ½ cup plain nonfat or low-fat yogurt (regular or Greek) with ¼ cup fruit
- 3 tablespoons hummus with celery sticks
- ½ cup legumes (black beans, chickpeas, kidney beans, lentils)
- ½ Hass avocado
- ⅓ cup carrot sticks dipped in ¼ cup guacamole
- 1 banana
- 1 ½ cups chopped fruit (apple, pear, mango)
- ½ slice 100 percent whole wheat bread spread with ½ tablespoon peanut butter
- 1 medium sweet potato (about 5 inches long)



“No Brainer” Meals

“No Brainer” meals are for those days you don’t have time to prepare a whole meal. Maybe you’re running late, you’re tired, or life has simply gotten in the way!

With their exact calorie counts, meal replacements make it easy to stay on track, whether you’re on 1,250 calories a day or 1,800. We call them “no-brainers” because they stop you from obsessing about “what should I eat?” and just make things ultra-simple. If you want to give them a whirl, substitute one or two of your daily meals (or one meal and one snack) with any of the following.

Home-made meal replacement bars and shakes, made from recipes in the Real Food Guide. Healthier, tastier and less expensive than store-bought versions, these shakes and bars are all 300 calories. The bars are on pages 49 and 53. The five meal replacement shakes start on page 156. (Bonus: Most take 1 minute or less to make!)

Because most meals on the plans exceed the 300 calories in your homemade shakes and bars, you have two options.

1) Replace all the calories in a meal with shakes or bars. For instance, to replace a 425-calorie lunch, you can have about 1 ½ servings of a homemade shake or bar.

2) Have just one serving of the shake or bar, and add a little something to bring calories up:

- 1 tablespoon nuts or seeds = 50 calories
- 1 tablespoon nut butter = 100 calories

- 1 cup nonfat or 1 percent milk or soy milk = 100 calories
- 1 banana = 100 calories
- 1 cup sliced strawberries = 50 calories
- 1 to 2 cups steamed or microwaved vegetables tossed with a teaspoon of olive oil and a spritz of lemon juice = 70 to 100 calories

To replace a snack, have one of the 150-calorie shakes starting on page 150. (All snacks in the Real Appeal Meal Plans are 150 calories, no matter what daily calorie level you’re on.)

Store-bought bars and shakes.

Do keep in mind that a Real Appeal meal replacement serving is 300 calories—store-bought brands may be higher or lower. Check the label for calories (remember to also look at “serving size”) and adjust portions accordingly. For example, if a shake is 190 calories per bottle, you’ll need about 1 ½ bottles to equal 300 calories (store the extra in the fridge for next time). As with the homemade meal replacements, you can either replace the entire meal’s calories with a bar, shake or frozen meal, or just some of the calories and supplement with nuts, fruit or another suggestion (see list above). You’ll notice that some store-bought meal replacements contain added vitamins and minerals (a long list of

nutrients and their percent daily value on the label is your tip-off). If you’re replacing just one meal a day with a shake or bar, you don’t need to choose the nutrient-spiked type—it’s optional. But if you’re subbing in meal replacements for two daily meals, then at least one of them should contain the supplemental nutrients.



Shakes

Specifications per 150 to 190 calories (including any required milk): at least 7 g protein; no more than 20 g sugar, and at least 2 g fiber. (If fiber is under 2 g have a serving of fruit or vegetables with your meal—that will bring up the fiber.) We found a number of powdered shakes that fit these nutrition specs, but you can choose canned ready-to-drink shakes as well.



Bars

Specifications per 230 to 250 calories: at least 9 g protein, no more than 15 g sugar, and 3 g fiber. Bars based on whole grains (such as oats) or nuts or seeds are best—these ingredients should be first or second on the ingredient list.



Frozen Meals

Specifications per 300 calories: at least 3 g fiber and 10 g protein; ideally, no more than 700 mg sodium. (You can pick up a frozen meal or entree that’s higher or lower than 300 calories. Just make sure your entire meal hits the right calorie level for your Real Appeal plan. This may mean adding a salad, fruit, or another food; examples on pages 24, 29 and 32).

Choose meals that contain vegetables (the more the better), protein (such as fish, meat, poultry, tofu or legumes), and, whenever possible, a whole grain (like brown rice).

Fast Track Weight-Loss Meal Plans

1,250 Calories for Women
1,550 Calories for Men

If you're comfortable following a lower calorie plan, try the **Fast Track** meal plans which will speed up your weight loss.

A few tips:

- Women, your **Fast Track** plan is 1,250 calories per day.
- Men, your **Fast Track** plan is 1,550 calories per day.
- Yes, you can have treats on these plans! There's a 100-calorie treat built into the 1,550 plan. However, because calories are so low on the 1,250 plan, a treat isn't built in. Go ahead and have one once or twice a week on this plan—just be sure to substitute your 100-calorie treat for one of your grain servings that day.
- You also get a daily snack, which we placed between breakfast and lunch. But you don't have to eat it then—have it any time of the day, whenever you're hungry.
- If you're on the 1,250 plan, take a daily multivitamin/mineral tablet. (The 1,250 calorie plan efficiently packs a lot of nutrition into fewer calories, but a multi helps ensure you cover all your body's nutrient needs.)



Fast Track Plan

- Need a bit more food to keep you satisfied? No problem—just shift over to the **Real Steady** plans (1,550 for women or 1,800 for men) for a higher calorie level that still gives you consistent weight-loss results.

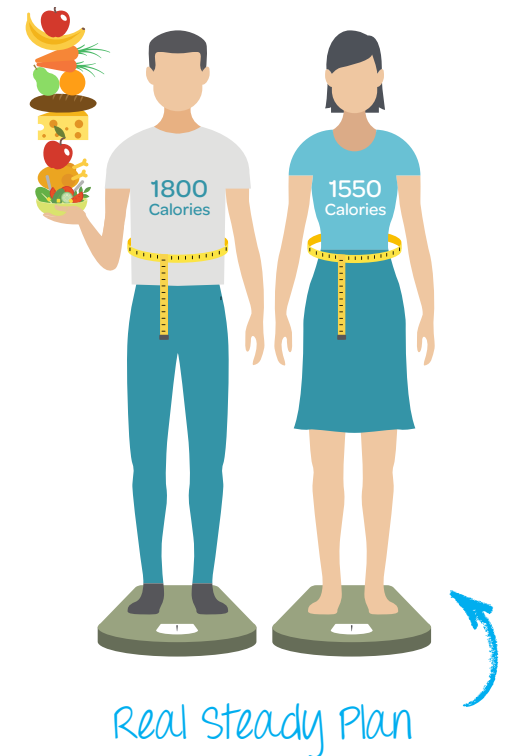
Real Steady Weight-Loss Meal Plans

1,550 Calories for Women
1,800 Calories for Men

Need more calories than the Fast Track plans offer? That's perfectly OK—you'll still lose weight on the Real Steady meal plans. These are the 1,550 plan for women and the 1,800 calorie plan for men. (Note, the 1,550 plan also serves as the Fast Track meal plan for men.)

Here are the specifics:

- Women, your **Real Steady** plan is 1,550 calories per day.
- Men, your **Real Steady** plan is 1,800 calories per day.
- You get a daily treat on these plans. It's 100 calories on the 1,550 plan and 150 calories on the 1,800 plan.
- Have the snack when you're hungry, no matter when that is. (We placed them between breakfast and lunch simply as a suggestion.) Both plans enjoy the same 150-calorie snack.



Real Steady Plan

Vegetarian, vegans and pescetarians:

Whether you're on the Fast Track or Real Steady plans, you can easily substitute ingredients that fit your preferences, such as swapping in fish for chicken, tofu for meat, and so forth. For help with making vegetarian and vegan substitutions, turn to page 182. You'll also find many meals in this meal plan that work for you as-is.

Your Guide to Do-It-Yourself Meals

When you follow the meal plans, you're getting balanced, calorie appropriate meals every day. But on days that you're not able to follow the plan, or

when you feel ready to branch out on your own, here's your guide. To find out what a serving looks like, turn to page 184.

| 1,250 Calorie Plan Daily Totals | |
|---------------------------------|--------------|
| Healthy High-Protein: | 2 servings |
| Low-Fat Dairy: | 1 ½ servings |
| Fruits: | 2+ servings |
| Vegetables: | 4+ servings |
| Whole Grains/Healthy Starches: | 4 servings |
| Healthy Fats: | 6 servings |
| Treat: | none |
| Water: | 6+ servings |

| 1,550 Calorie Plan Daily Totals | |
|---------------------------------|--------------|
| Healthy High-Protein: | 2 servings |
| Low-Fat Dairy: | 2 servings |
| Fruits: | 2+ servings |
| Vegetables: | 4+ servings |
| Whole Grains/Healthy Starches: | 5 servings |
| Healthy Fats: | 7 servings |
| Treat: | 100 calories |
| Water: | 6+ servings |

| 1,800 Calorie Plan Daily Totals | |
|---------------------------------|--------------|
| Healthy High-Protein: | 2 ½ servings |
| Low-Fat Dairy: | 2 servings |
| Fruits: | 3+ servings |
| Vegetables: | 5+ servings |
| Whole Grains/Healthy Starches: | 5 servings |
| Healthy Fats: | 8 servings |
| Treat: | 150 calories |
| Water: | 6+ servings |

Making Coffee Beverages and Chai

Making the calcium-rich hot beverages in these meal plans is a total snap. Latte, café au lait, and chai are all great with either regular or decaf coffee or tea.

Start with: ¾ to 1 cup of hot milk, either nonfat, 1 percent or soy (the exact amount of milk is specified in each meal or snack with one of these beverages).

Chai

Combine your choice of milk with ¼ cup hot chai tea (steep a chai teabag in ¼ cup boiling water for 2 minutes or longer)



Latte

Combine your choice of milk with ¼ cup espresso coffee (you can use either an espresso machine or instant espresso powder)



Café au lait

Combine your choice of milk with ¾ to 1 cup of hot American coffee



Six Steps to Meal Planning (And Weight Loss Success!)



What's for dinner tonight? And what's on the menu for tomorrow? Having a plan—even a rough one—for the upcoming week's meals paves the way to weight-loss success.


The magic in meal planning is actually quite simple: Have a plan, and you're likely to follow it. For example, slot in "Banana smoothie" for Monday's breakfast, "Tuna fish salad" for Tuesday's lunch, and "Rotisserie chicken with sautéed greens" for Thursday's dinner, and you know what to pick up from the grocery store. Plus, you'll look forward to those meals, making it easier to pass up a doughnut for breakfast, or fast food for lunch or dinner.

When you start Real Appeal, you may find it helpful to follow the menu plan pretty

closely, giving you a head start on your meal planning. But if you rarely think past the next meal (like many of us!), these six steps can be your guide. (And if someone else is the primary chef, the two of you can go over these steps together.)

1 Talk to your "meal mates." If you share meals with your family or others, start by asking them what they'd like to eat. Getting their buy-in (including what goes into lunch boxes) means happier mealtimes for all. And, of course, you get to veto requests like buckets of fried chicken or milkshakes! Fortunately, Real Appeal meals and recipes are very family-friendly—no one's going to turn down Buttermilk Pancakes (page 44), Turkey Lasagna (page 94) or BBQ Chicken (page 87).

2 Get inspiration from Real Appeal meals and recipes. Flip through the meal plans starting on page 22 for plenty of ideas. Take a meal as-is, or give it your own twist; for instance, substitute a salad for sautéed vegetables, or chicken for fish. To save some money, check out the weekly specials on your grocery store's website. Salmon on sale? This might be the week to try out Herb-Crusted Salmon (page 108)!

3 Fill in your Weekly Meal Planner. Jot down all meals: those eaten at home, those going in your lunchbox, and any restaurant meals. For restaurants, check out their menus online and write in one or two options. (Also, our "Fittest Fast Food Finds" on page 192 will help you find meals at your favorite fast food joints that are no more than 500 calories.) Plan meals that fit your schedule. For example, when you're pressed for time, the Real Appeal five-minute recipes, marked by  can be real lifesavers.

4 Make a grocery list. We've got you covered! Use the Staples Shopping List on page 186 to ensure that you always have the basic ingredients in your kitchen to make a healthy meal. And for the specific ingredients you'll need to follow your meal

plan, fill out the Weekly Shopping List on page 190. Before doing so, check your fridge and cupboards for ingredients you already have.

5 Schedule time to go grocery shopping. Otherwise, you know what can happen: You get too busy! Try to stick to the same time every week, to help form a habit that will make the whole experience seem easier.

6 Plan for leftovers. Making chicken? Make extra, so that the next day that chicken becomes lunch (perhaps a chicken salad), or dinner. (Chicken tacos anyone?) By doubling up on recipes, or simply making more of a core ingredient, such as chicken, fish or vegetables, you'll give yourself a night off from cooking.

Weekly Meal Planner

| | Breakfast | Lunch | Dinner | Snacks |
|-----------|-----------|-------|--------|--------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

Note: Use the chart above as an example for your own weekly Meal Planner

According to one Penn State study, people who planned their meals were 68 percent more likely to have shed at least 10 percent of their body weight than those who didn't plan meals.



1,250 Calorie Plan

Fast Track for Women

| | Day 1 | Day 2 |
|------------------|--|---|
| Breakfast | <p>Scrambled Egg Sandwich</p> <ul style="list-style-type: none"> • Scramble 1 egg in a pan coated with cooking spray • Place egg between 2 slices 100% whole wheat bread <p>Serve with:</p> <ul style="list-style-type: none"> • ½ cup strawberries or other fruit • Latte, café au lait or chai made from ¾ cup milk (see page 19), or have just the milk | <p>Canadian Bacon Pocket with Egg, Tomato and Lettuce (pg 55)</p> <ul style="list-style-type: none"> • In the recipe, use just 2 teaspoons light mayonnaise <p>Serve with:</p> <ul style="list-style-type: none"> • ¾ cup nonfat milk (plain or as a coffee or tea beverage—see page 19) • ½ cup fresh or frozen (and thawed) unsweetened raspberries |
| Snack | <p>Spinach Dip (pg 126)</p> | <p>Hot Chocolate (pg 120)</p> |
| Lunch | <p>Tuna Fish Melt Quesadilla (pg 62)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 10 baby carrots or ¾ cup carrot sticks | <p>Chicken Waldorf Salad (pg 75)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 100% whole grain cracker, about 40 calories |
| Dinner | <p>Rotisserie Chicken Salad:</p> <p>In a large bowl toss together:</p> <ul style="list-style-type: none"> • ¾ cup (3 ounces) rotisserie chicken with bones and skin removed • 2 cups spinach • 2 tablespoons dry roasted unsalted peanuts • 4 tablespoons canned black beans (preferably low sodium or no-salt-added) • 1 tablespoon finely chopped red onion • ¾ teaspoon sesame oil • 1 teaspoon vinegar (any type) • ½ dash of salt and black pepper to taste <p>Serve with:</p> <ul style="list-style-type: none"> • ½ cup sliced fruit of your choice | <p>1 serving Quick Broiled Trout (pg 107)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • ½ cup cooked whole grains (such as brown rice or quinoa), seasoned with ½ teaspoon extra-virgin olive oil, dash of salt and freshly ground black pepper (See page 175 for whole grain cooking instructions) • 3 cups salad greens tossed with a splash of balsamic vinegar |

| | Day 3 | Day 4 |
|------------------|--|--|
| Breakfast | <p>1 serving Crustless Spinach Quiche, (pg 54) Serve with:</p> <ul style="list-style-type: none"> • 100% whole grain cracker, about 40 calories • ¾ cup berries • ½ cup nonfat, 1 percent or soy milk | <p>Quick Almonds and Berries</p> <ul style="list-style-type: none"> • 3 tablespoons unsalted dry roasted almonds • ½ cup raspberries <p>Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk |
| Snack | <p>Strawberry Milk (pg 121)</p> | <p>Tomato Cheese Melt on Cracker (pg 119)</p> |
| Lunch | <p>Cheese Sandwich:</p> <ul style="list-style-type: none"> • 2 slices 100% whole grain bread, spread with 1–2 teaspoons Dijon mustard • Stuff with 2 slices (about 2 ounces) Light Emmentaler Swiss Cheese (or other reduced fat cheese) • 2 slices tomato <p>Serve with:</p> <ul style="list-style-type: none"> • 1 cup berries or other fruit | <p>Romaine Lettuce Cup with Hummus and Red Pepper (pg 74) Serve with:</p> <ul style="list-style-type: none"> • 9 unsalted almonds |
| Dinner | <p>1 frozen dinner, with:</p> <ul style="list-style-type: none"> • about 350 to 390 calories, at least 3 grams fiber and 14 g protein • ideally, no more than 700 mg sodium <p>Serve with:</p> <ul style="list-style-type: none"> • 1 cup chopped fruit, any type | <p>1 serving Ground Beef Soft Taco (pg 98) Serve with:</p> <ul style="list-style-type: none"> • 3 tablespoons mashed avocado garnished with lime and a dash of salt |

| | Day 5 | Day 6 |
|------------------|--|---|
| Breakfast | <p>English Muffin with Peanut Butter and Apple</p> <ul style="list-style-type: none"> • ½ whole grain English Muffin, toasted and topped with: <ul style="list-style-type: none"> • 1 tablespoon peanut butter • ½ apple, sliced <p>Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk | <p>Irish Oatmeal with Fruit and Nuts</p> <ul style="list-style-type: none"> • ¼ cup dry steel cut oats cooked according to package directions. Instead of water only, cook with equal parts milk and water. <p>Top with:</p> <ul style="list-style-type: none"> • ½ banana, sliced • 1 teaspoon chopped walnuts • Cinnamon to taste <p>Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from ¾ cup milk (see page 19), or have just the milk |
| Snack | <p>Yogurt, Nuts and Raisins</p> <ul style="list-style-type: none"> • ½ cup plain nonfat or low-fat yogurt (regular or Greek), mixed with: <ul style="list-style-type: none"> • 1 tablespoon dry roasted unsalted peanuts (or other nuts) • 1 tablespoon raisins (or other dried fruit) | <p>Ginger Latte (pg 130)</p> |
| Lunch | <p>1 serving White Bean and Spinach Soup (pg 60) Serve with:</p> <ul style="list-style-type: none"> • 100% whole grain crackers, about 80 calories • ½ slice (½ ounce) Light Emmentaler Swiss Cheese (or other reduced fat cheese) | <p>Olive Oil Egg Salad Sandwich (pg 70) Serve with:</p> <ul style="list-style-type: none"> • ⅔ cup berries or other fruit |
| Dinner | <p>1 serving Broiled Shrimp with Lemon, Garlic and Spinach (pg 100) over ½ cup whole grain angel hair or other whole grain pasta Serve with:</p> <ul style="list-style-type: none"> • 1 cup cut fruit | <p>1 serving Vegetarian Chili (pg 113) Serve with:</p> <ul style="list-style-type: none"> • ¼ of an avocado, sliced |

| | Day 7 | Day 8 |
|------------------|---|---|
| Breakfast | <p>Eggs, Black Beans and Salsa Mix together:</p> <ul style="list-style-type: none"> • 1 egg • 1/3 cup canned black beans (preferably low sodium or no-salt-added) • 2 tablespoons (1/2 ounce) 2% cheddar or other reduced fat cheese • 2 tablespoons salsa • Scramble in 1/2 teaspoon extra-virgin olive oil <p>Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk | <p>1 serving Apple Peanut Butter Power Bar (pg 49) Serve with:</p> <ul style="list-style-type: none"> • Cup of tea (regular or herbal) or coffee with 3 tablespoons of nonfat or 1% milk |
| Snack | <p>Apple Cheddar Melt (pg 116)</p> | <p>10 dry roasted unsalted almonds Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk |
| Lunch | <p>Banana Shake (pg 158) Blend with 1 additional tablespoon peanut butter (2 tablespoons total)</p> | <p>2 cups minestrone soup, with</p> <ul style="list-style-type: none"> • about 90 to 110 calories per cup • preferably no more than 500 mg sodium <p>Serve with:</p> <ul style="list-style-type: none"> • 2 cups chopped romaine lettuce dressed with 2 teaspoons extra-virgin olive oil and a squeeze of fresh lemon juice • 100% whole grain cracker, about 40 calories • 1 slice (1 ounce) Light Emmenthaler Swiss Cheese (or other reduced fat cheese) |
| Dinner | <p>Chicken Parm Sub (pg 86) Serve with:</p> <ul style="list-style-type: none"> • 1/3 cup berries of your choice | <p>Grilled Chicken Breast Rub a 4-ounce boneless skinless chicken breast with 2 teaspoons extra-virgin olive oil, 1/8 teaspoon salt, and freshly ground black pepper to taste</p> <ul style="list-style-type: none"> • Grill or broil (see instructions on cooking chart in manual, pg 176 and 178) <p>Serve with:</p> <ul style="list-style-type: none"> • 1 1/4 cups whole grain noodles tossed with 1 teaspoon extra-virgin olive oil, 1 chopped tomato, half dash of salt and fresh or dried herbs of your choice to taste |

| | Day 9 | Day 10 |
|------------------|---|---|
| Breakfast | <p>Yogurt, Oats and Raspberries 3/4 cup plain nonfat or low-fat yogurt (regular or Greek), mixed with:</p> <ul style="list-style-type: none"> • 1/2 cup rolled oats • 1 teaspoon honey • 3/4 cup raspberries | <p>1 large sliced apple spread with 1 tablespoon peanut butter Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk |
| Snack | <p>Celery, Raisin and Almond Mix (pg 122)</p> | <p>Yogurt, Nuts and Raisins 1/2 cup plain nonfat or low-fat yogurt (regular or Greek), mixed with:</p> <ul style="list-style-type: none"> • 1 tablespoon dry roasted unsalted peanuts (or other nuts) • 1 tablespoon raisins (or other dried fruit) |
| Lunch | <p>Shrimp Salad with Red Cabbage, Avocado and Sesame Seeds (pg 73) Serve with:</p> <ul style="list-style-type: none"> • 1 small (4") 100% whole grain pita bread, drizzled with 1 teaspoon extra-virgin olive oil | <p>Turkey, Lettuce and Tomato Sandwich Spread 2 tablespoons light mayonnaise on two slices whole wheat bread, fill with:</p> <ul style="list-style-type: none"> • 2 ounces turkey breast • 2 thick slices tomato • 2 leaves romaine lettuce <p>Serve with:</p> <ul style="list-style-type: none"> • 10 baby carrots or 3/4 cup carrot sticks |
| Dinner | <p>1 serving Herb-Crusted Salmon (pg 108) Serve with:</p> <ul style="list-style-type: none"> • 2 cups spinach or other salad green dressed with 1 teaspoon extra-virgin olive oil and 1/2 to 1 teaspoon vinegar of your choice and a half dash of salt • 1 cup strawberries topped with 1/4 cup nonfat plain yogurt (regular or Greek) | <p>1 serving Tilapia Fajita (pg 97) Serve with:</p> <ul style="list-style-type: none"> • 1 small ear of corn on the cob or 1/2 cup corn kernels (from fresh or frozen), cooked and seasoned with a dash of salt and 1 teaspoon fresh lime juice (optional) |

| | Day 11 | Day 12 |
|------------------|--|---|
| Breakfast | 1 Banana Cocoa Muffin, or 2 mini-muffins (pg 46) | Cereal, Fruit and Milk 115 to 120 calories of 100 percent whole grain cereal, such as a not-so-sweet flaky or “nugget”-type with: <ul style="list-style-type: none"> • 1 cup nonfat or 1% milk or soy milk • 1 tablespoon chopped walnuts • ¾ cup blueberries |
| Snack | Strawberry Milk (pg 121) | Hot Chocolate (pg 120) |
| Lunch | Egg Salad Sandwich Hard-boil and chop two eggs and mix with: <ul style="list-style-type: none"> • 2 tablespoons light mayonnaise • a dash of salt and pepper • 1 tablespoon of chopped celery or carrot (or a teaspoon relish) Spoon onto two slices whole grain bread. Serve with: <ul style="list-style-type: none"> • 1 sliced sweet red or green pepper | Turkey Salad Wrap (pg 66) Serve with: <ul style="list-style-type: none"> • ¼ slice avocado (folded into wrap, if desired) • 1 peach (or other fruit) |
| Dinner | Black Bean and Corn Salad In a large bowl toss together: <ul style="list-style-type: none"> • 2 cups chopped romaine • 2 teaspoons chopped cilantro • 2 tablespoons salsa, no salt added • ¾ cup cooked corn • ¾ cup canned, black beans (preferably low sodium or no-salt added) Dress salad with 2 teaspoons extra-virgin olive oil and 1 teaspoon balsamic vinegar, a dash of salt and freshly ground black pepper to taste | Rotisserie Chicken (3 ounces) Serve with 2 cups vegetable soup, with: <ul style="list-style-type: none"> • about 80–90 calories per cup • preferably no more than 500 mg sodium • 100% whole grain cracker, about 40 calories • ½ cucumber sliced, dressed with 1 teaspoon extra-virgin olive oil and a dash of salt |

| | Day 13 | Day 14 |
|------------------|---|---|
| Breakfast | 1 sliced pear, spread with 1 tablespoon peanut butter Serve with: <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk | Irish Oatmeal with Fruit and Nuts ¼ cup dry steel cut oats, cooked according to package directions. Instead of water only, cook with equal parts milk and water. Top with: <ul style="list-style-type: none"> • ½ banana, sliced • 1 teaspoon chopped walnuts • Cinnamon to taste Serve with: <ul style="list-style-type: none"> • Latte, café au lait or chai made from ¾ cup milk (see page 19), or have just the milk |
| Snack | Yogurt, Nuts and Raisins ½ cup plain nonfat yogurt (regular or Greek), mixed with: <ul style="list-style-type: none"> • 1 tablespoon dry roasted unsalted peanuts (or other nuts) • 1 tablespoon raisins (or other dried fruit) | Spinach Dip (pg 126) |
| Lunch | Chickpea Salad In a large bowl mix together: <ul style="list-style-type: none"> • 1 cup canned chickpeas (garbanzo beans), preferably low sodium or no salt-added • 1 cup chopped romaine lettuce • ½ cucumber, sliced • 1 tablespoon finely chopped onion • 1 tablespoon chopped walnuts • 1 tablespoon lemon juice • 2 teaspoons extra-virgin olive oil • dash of salt • freshly ground black pepper to taste | Apple and Cinnamon Shake (pg 159) Serve with: <ul style="list-style-type: none"> • 7 walnut halves |
| Dinner | 1 frozen dinner, with: <ul style="list-style-type: none"> • about 350 to 390 calories, at least 3 grams fiber and 14 g protein • ideally, no more than 700 mg sodium Serve with: <ul style="list-style-type: none"> • 1 cup cooked green beans, drizzle with 1 teaspoon lemon juice and ½ teaspoon extra-virgin olive oil, plus a dash of salt | Salmon Croquette (pg 96) Serve with: <ul style="list-style-type: none"> • 1 cup broccoli cooked (from fresh or frozen) seasoned with a dash of salt and freshly ground black pepper to taste • 1 medium 100% whole grain roll, about 100 calories |



1,550 / 1,800 Calorie Plan

1,550: *Fast Track for Men, Real Steady for Women*
1,800: *Real Steady for Men*

| | Day 1 | Day 2 |
|------------------|---|--|
| Breakfast | Yogurt and Strawberry Parfait (pg 48) For 1800: Add ¼ cup yogurt (for 1 cup total) and ¼ cup strawberries (for 1 cup total) | 1 serving Baked Oat Squares (pg 53) Serve with: <ul style="list-style-type: none"> • ½ cup nonfat, 1 percent or soy milk For 1800: Spread 1 ½ teaspoons peanut butter on the Oat Square |
| Snack | 10 dry roasted unsalted almonds Serve with: <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk | ¾ cup plain nonfat or low-fat yogurt (regular or Greek) mixed with ½ sliced banana and ½ teaspoon honey |
| Lunch | Turkey, Turkey Bacon, Lettuce and Tomato Open Face Sandwich (pg 65) Serve with: <ul style="list-style-type: none"> • ½ avocado seasoned with a few drops of lemon juice For 1800: Chop the rest of the tomato used in the sandwich, and toss with 1½ teaspoon extra-virgin olive oil, 1 teaspoon balsamic vinegar and freshly ground black pepper | 1 serving Chicken Noodle Soup (pg 81) (Or a store-bought soup, at around 220 calories per can. To bring calories up to the 342 in the Real Appeal Chicken Noodle Soup, either add ½ cup cooked chicken pieces or top soup with ½ cup shredded reduced fat Swiss, cheddar or other reduced fat cheese.) Serve with: <ul style="list-style-type: none"> • 2 cups chopped romaine lettuce dressed with 2 teaspoons extra-virgin olive oil and a squeeze of fresh lemon juice For 1800: Add ¼ sliced avocado to salad |
| Dinner | 1 serving Herb-Crusted Salmon (pg 108) Serve with: <ul style="list-style-type: none"> • ½ cup hot brown rice or other whole grain mixed with: <ul style="list-style-type: none"> • 2 cups chopped fresh or ½ cup frozen and thawed spinach • 1 ½ teaspoons extra-virgin olive oil • 2 tablespoons raisins • a dash of salt and freshly ground black pepper to taste | 1 serving Taco Casserole (pg 110) Serve with: <ul style="list-style-type: none"> • 1 cup shredded cabbage and ¼ sliced avocado dressed with 1 teaspoon extra-virgin olive oil, teaspoon fresh lime juice, a dash of salt and a pinch of cayenne (optional) For 1800: Add 1 small pear or apple |
| Treat | 100 calories (¾ ounce) of dark chocolate (50% or higher), or about 2 tablespoons semi-sweet chocolate chips For 1800: Add 50 calories (¼ ounce) dark chocolate for total of 150 calories (1 ounce total), or about 3 tablespoons of semi-sweet chocolate chips | 1 serving Chocolate Popcorn (pg 146) For 1800: Add another ½ serving of Chocolate Popcorn (total of 1 ½ servings) |

| | Day 3 | Day 4 |
|------------------|--|--|
| Breakfast | <p>2 eggs scrambled in pan coated lightly with oil spray and ½ teaspoon extra-virgin olive oil</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 1 slice 100% whole wheat bread • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk • 1 cup berries <p>For 1800: Top bread with a half slice (½ ounce) Light Emmenthaler Swiss Cheese (or other reduced fat cheese)</p> | <p>Breakfast Pudding (pg 47)</p> <p>For 1800: Add 1 additional tablespoon chopped walnuts</p> |
| Snack | <p>Red Pepper with Herb Greek Yogurt Dip (pg 127)</p> | <p>10 dry roasted unsalted almonds</p> <p>Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk |
| Lunch | <p>Shrimp Salad with Red Cabbage, Avocado and Sesame Seeds (pg 73)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 1 small (4") 100% whole grain pita bread, with 1 ½ teaspoon extra-virgin olive oil for dipping <p>For 1800: Add an additional ¼ avocado (½ total) and 1 teaspoon sesame seeds (1 tablespoon total)</p> | <p>Chicken Summer Salad (pg 76)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 1 slice 100% whole wheat bread <p>For 1800: Add 1 cup chopped fruit, any type</p> |
| Dinner | <p>1 serving Quick Beef Stew (pg 105) (Or a frozen stew meal with 250–290 calories and no more than 500 mg sodium per serving)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 1 slice whole wheat bread • 1 cup shredded romaine lettuce dressed with 1 teaspoon extra-virgin olive oil and freshly ground black pepper to taste • 1 ½ cups cut fruit <p>For 1800: Add 1 slice whole wheat bread (2 total)</p> | <p>1 frozen dinner, with:</p> <ul style="list-style-type: none"> • about 350 to 390 calories, at least 3 grams fiber and 14 g protein • ideally, no more than 700 mg sodium <p>Serve with:</p> <ul style="list-style-type: none"> • ½ avocado with a spritz of lemon juice and a dash of salt • 1 cup chopped fruit, any type |
| Treat | <p>½ cup of light ice cream or sorbet (100 calories)</p> <p>For 1800: Add an additional 50 calories worth of frozen treat, about ¾ cup total</p> | <p>1 Peanut Butter Puffed Rice Cookie (pg 136) (or 100 calories of a store-bought cookie)</p> <p>For 1800: Add ½ Peanut Butter Cookie (1 ½ Peanut Butter Cookie total) or 150 calories of the store-bought cookies)</p> |

| | Day 5 | Day 6 |
|------------------|--|--|
| Breakfast | <p>1 serving Apple Peanut Butter Power Bar (pg 49)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • ¾ cup nonfat, 1 percent or soy milk <p>For 1800: Add ½ cup milk (1 ¼ cup milk total)</p> | <p>1 large sliced apple, spread with 2 tablespoons peanut butter</p> <p>Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from 1 cup milk (see page 19), or have just the milk <p>For 1800: Add 1 teaspoon peanut butter (2 tablespoons plus 1 teaspoon total)</p> |
| Snack | <p>¾ cup plain nonfat or low-fat yogurt (regular or Greek) mixed with ½ sliced banana and ½ teaspoon honey</p> | <p>Creamy Ricotta Dip with Celery (pg 128)</p> |
| Lunch | <p>Turkey, Lettuce and Tomato Sandwich</p> <p>2 slices 100% whole wheat bread spread with:</p> <ul style="list-style-type: none"> • 2 tablespoons light mayonnaise • 4 ounces sliced turkey • 2 slices tomato • 2 romaine lettuce leaves <p>Serve with:</p> <ul style="list-style-type: none"> • 10 baby carrots or ¾ cup sliced carrot sticks <p>For 1800: Add 1 piece of fruit or ½ cup berries</p> | <p>Taco Salad (pg 79)</p> <p>For 1800: Add a piece of fruit (such as a pear or orange) or a cup of sliced fruit</p> |
| Dinner | <p>1 serving Pork and Beans (pg 112)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 1 serving of Cole Slaw (pg 173) with 1 tablespoon chopped pecans sprinkled on top <p>For 1800: Add 1 serving of Cole Slaw (for 2 total servings) and ½ tablespoon chopped pecans (1 ½ tablespoons total)</p> | <p>Broiled Fish</p> <p>Rub a 5-oz fish fillet (or salmon steak) with 2 teaspoons oil, add a dash of salt and freshly ground black pepper to taste, and broil. (See pg 176 in cooking chart for broiling instructions.)</p> <p>Serve with:</p> <ul style="list-style-type: none"> • 1 serving Quick Sautéed Greens (pg 171) • 1 serving Seasoned Grain (pg 174) <p>For 1800: Add an additional ½ serving of grains (1 ½ servings total)</p> |
| Treat | <p>Fruit Crisp (pg 140)</p> <p>For 1800: Either have a bigger Fruit Crisp by increasing fruit to ¾ cup and oats to 3 tablespoons, or add 50 calories of light ice cream (about ¼ cup)</p> | <p>Baked Pear with Chocolate (pg 141)</p> <p>For 1800: Add 1 tablespoon chopped nuts of your choice</p> |

| | Day 7 | Day 8 |
|------------------|---|---|
| Breakfast | <p>1 Banana Cocoa Muffin, or 2 mini-muffins (pg 46) Serve with:</p> <ul style="list-style-type: none"> • ¾ cup nonfat, 1 percent or soy milk • ½ cup berries <p>For 1800: Add 1 ½ teaspoons peanut butter (split muffin into two halves and spread peanut butter)</p> | <p>Pepper and Egg White Sandwich</p> <ul style="list-style-type: none"> • Scramble 4 egg whites (or ½ cup liquid eggs from a carton) and a chopped green onion in a skillet coated with a teaspoon of extra-virgin olive oil • Open a whole wheat pita (about 140 calories), spread the inside with 1 ½ teaspoons light mayo • Fill with the cooked egg whites and slices of ½ a red pepper <p>Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from ¾ cup milk (see page 19), or have just the milk • The rest of the sliced red pepper <p>For 1800: Add ½ cup berries</p> |
| Snack | <p>Yogurt, Nuts and Raisins ½ cup plain nonfat or low-fat yogurt (regular or Greek), mixed with:</p> <ul style="list-style-type: none"> • 1 tablespoon dry roasted unsalted peanuts (or other nuts) • 1 tablespoon raisins (or other dried fruit) | <p>10 dry roasted unsalted almonds Serve with:</p> <ul style="list-style-type: none"> • Latte, café au lait or chai made from ¾ cup milk (see page 19), or have just the milk |
| Lunch | <p>Layered Tuna Salad with Tomato and White Bean (pg 78) For 1800: Add 1 tablespoon extra mayonnaise and 3 tablespoons white beans (for total of ½ cup)</p> | <p>Peanut Butter Burrito Spread 1, 8" whole wheat tortilla with 2 tablespoons peanut butter and 1 tablespoon no-sugar-added jam. Roll or fold. Serve with:</p> <ul style="list-style-type: none"> • 15 baby carrots or 1 cup carrot sticks <p>For 1800: Add 1 ¼ cup chopped fruit</p> |
| Dinner | <p>1 serving Baked Pasta with Chicken and Broccoli (pg 84) Serve with:</p> <ul style="list-style-type: none"> • 1 cup chopped romaine dressed with 1 teaspoon extra-virgin olive oil, 1 teaspoon balsamic vinegar, a dash of salt and freshly ground black pepper to taste <p>For 1800: Add an orange, apple, or other fruit for dessert</p> | <p>Grilled Chicken Breast Rub a 4-ounce boneless skinless chicken breast with 2 teaspoons extra-virgin olive oil, ½ teaspoon salt, and freshly ground black pepper to taste. Grill or broil (see instructions on cooking chart on pages 176 or 178). Serve with:</p> <p>1 ¼ cups whole grain noodles tossed with:</p> <ul style="list-style-type: none"> • 1 teaspoon extra-virgin olive oil • 1 chopped tomato • half dash of salt • fresh or dried herbs of your choice, to taste <p>For 1800: Add 1 teaspoon olive oil (2 teaspoons total) and 3 tablespoons light feta cheese, crumbled, to pasta</p> |
| Treat | <p>Broiled Banana with Walnut (pg 139) For 1800: Add 1 extra tablespoon chopped walnut to recipe</p> | <p>Angel Food Cake (pg 143) For 1800: Add 2 tablespoons whipped cream and ¼ cup sliced strawberries</p> |

| | Day 9 | Day 10 |
|------------------|---|---|
| Breakfast | <p>Apple-Oat Muesli In a bowl mix together:</p> <ul style="list-style-type: none"> • ⅔ cup plain nonfat or low-fat yogurt (regular or Greek) • ½ cup rolled oats • ½ apple, sliced • 2 tablespoons chopped walnuts <p>For 1800: Add 1 tablespoon chopped walnuts (3 tablespoons total)</p> | <p>Spread 2 slices 100% whole grain bread with 1 tablespoon peanut butter and top with ½ sliced banana Serve with:</p> <ul style="list-style-type: none"> • 1 cup nonfat, 1 percent or soy milk <p>For 1800: Add the rest of the banana</p> |
| Snack | <p>Ginger Latte (pg 130)</p> | <p>Yogurt, Nuts and Raisins ½ cup nonfat yogurt (regular or Greek), mixed with:</p> <ul style="list-style-type: none"> • 1 tablespoon dry roasted unsalted peanuts (or other nuts) • 1 tablespoon raisins (or other dried fruit) |
| Lunch | <p>Salmon and Cucumber Salad (pg 72) Serve with:</p> <ul style="list-style-type: none"> • 100% whole grain cracker, about 40 calories • 15 baby carrots or 1 cup carrot sticks <p>For 1800: Add a cup of grapes or other fruit of your choice</p> | <p>Black Eyed Pea Soup (pg 80) Or 1 cup (180 to 190 calories) of store-bought lentil, black bean, black eye or other bean soup (no more than 500 mg sodium per cup)</p> <ul style="list-style-type: none"> • Top hot soup with 2 ounces shredded Light Emmentaler Swiss Cheese (or other reduced fat cheese) <p>Serve with:</p> <ul style="list-style-type: none"> • 100% whole grain crackers, for total of 80 calories <p>For 1800: Add 1 ¼ cup grapes or other fruit</p> |
| Dinner | <p>1 serving Turkey Sloppy Joe (pg 90) Serve with:</p> <ul style="list-style-type: none"> • 1 cup spinach or other salad green dressed with 1 teaspoon extra-virgin olive oil, ½ to 1 teaspoon vinegar of your choice, and a dash of salt <p>For 1800: Double the salad (a total of 2 cups spinach, 2 teaspoons olive oil, and 1 to 2 teaspoons vinegar) and top with 3 tablespoons light feta cheese, crumbled (or other light cheese of your choice)</p> | <p>1 serving Tilapia Fajita (pg 97) Serve with:</p> <ul style="list-style-type: none"> • 1 ear of corn on the cob or ¾ cup kernels (cooked from fresh or frozen), seasoned with 1 ½ teaspoon extra-virgin olive oil, a dash of salt and 1 teaspoon fresh lime juice (optional) <p>For 1800: Add 3 tablespoons 2% shredded cheddar cheese or other reduced fat cheese to the fajita</p> |
| Treat | <p>½ cup of light ice cream or sorbet (100 calories) For 1800: Add an additional 50 calories worth of frozen treat, about ¾ cup total</p> | <p>Cocoa Olive Oil Cookies (pg 142), 1 cookie For 1800: Have a total of 1 ½ cookies</p> |

| | Day 11 | Day 12 |
|------------------|--|--|
| Breakfast | <p>1 serving Buttermilk Pancakes Topped with Berries (pg 44) Serve with:</p> <ul style="list-style-type: none"> Latte, café au lait or chai made from ¾ cup milk (see page 19), or have just the milk <p>For 1800: Add 1 tablespoon chopped walnuts, sprinkled over pancakes</p> | <p>French Toast (pg 56) Serve with:</p> <ul style="list-style-type: none"> ¾ cup nonfat, 1 percent or soy milk <p>For 1800: Add an additional 1 tablespoon chopped pecans (1 ½ tablespoons total)</p> |
| Snack | <p>Strawberry Milk (pg 121)</p> | <p>Hot Chocolate (pg 120)</p> |
| Lunch | <p>Shrimp Salad Pocket (pg 67) Serve with:</p> <ul style="list-style-type: none"> 1 small apple, sliced and spread with 1 tablespoon peanut butter <p>For 1800: Add 2 teaspoons peanut butter (for 1 tablespoon plus 2 teaspoons total)</p> | <p>Chickpea Salad In a large bowl mix together:</p> <ul style="list-style-type: none"> 1 cup canned chickpeas (garbanzo beans), preferably low sodium or no-salt-added 1 cup chopped romaine lettuce ½ cucumber sliced 1 tablespoon finely chopped onion 1 tablespoon chopped walnuts 1 tablespoon lemon juice 2 teaspoons extra-virgin olive oil dash of salt freshly ground black pepper to taste <p>For 1800: Add an additional 1 ½ tablespoons chopped walnuts (2 ½ tablespoons total)</p> |
| Dinner | <p>1 serving Turkey Lasagna (pg 94) Serve with:</p> <ul style="list-style-type: none"> 2 cups chopped romaine dressed with 1 teaspoon extra-virgin olive oil and 1 teaspoon balsamic vinegar, a dash of salt and freshly ground black pepper to taste <p>For 1800: Add 1 ½ cups berries or cut fruit</p> | <p>Rotisserie Chicken (5 ounces) Serve with:</p> <p>2 cups vegetable soup, with:</p> <ul style="list-style-type: none"> about 80–90 calories per cup preferably no more than 500 mg sodium <p>Serve with:</p> <ul style="list-style-type: none"> ½ cucumber, sliced, sprinkled with 1 teaspoon extra-virgin olive oil and a dash of salt 100% whole grain cracker, about 40 calories <p>For 1800: Add 2 tablespoons Parmesan cheese sprinkled on the hot soup and double the whole grain cracker (for a total of about 80 calories)</p> |
| Treat | <p>1 serving Chocolate Pudding (pg 137) For 1800: Add an additional 2 tablespoons whipped cream and 4 additional chocolate pieces on top (8 total)</p> | <p>Baked Apple with Walnut and Maple (pg 149) For 1800: Add 1 tablespoon chopped walnuts (2 tablespoons total) and increase the maple syrup by ¼ teaspoon (¾ teaspoon total)</p> |

| | Day 13 | Day 14 |
|------------------|---|---|
| Breakfast | <p>Cereal, Fruit and Milk 170 to 180 calories of 100 percent whole grain cereal, such as a not-so-sweet flaky or “nugget”-type with:</p> <ul style="list-style-type: none"> 1 cup nonfat, 1 percent or soy milk 1 tablespoon chopped walnuts ¾ cup blueberries or other fruit <p>For 1800: Add 1 tablespoon chopped walnuts (2 tablespoons total)</p> | <p>Scrambled Egg Burrito (pg 50) For 1800: Add 2 tablespoons mashed avocado (5 tablespoons total)</p> |
| Snack | <p>Tomato Cheese Melt on Cracker (pg 120)</p> | <p>Spinach Dip (pg 126)</p> |
| Lunch | <p>Turkey Salad Wrap (pg 66) Serve with:</p> <ul style="list-style-type: none"> ¼ sliced avocado (may add to wrap, if desired) 1 peach <p>For 1800: Add 2 tablespoons roasted unsalted sunflower seeds</p> | <p>Apple and Cinnamon Shake (pg 159) Serve with:</p> <ul style="list-style-type: none"> 100% whole grain cracker, about 40 calories 2 teaspoons peanut butter <p>For 1800: Add 2 teaspoons peanut butter (for 1 tablespoon total)</p> |
| Dinner | <p>1 serving Beef Stroganoff (pg 104) Serve with:</p> <ul style="list-style-type: none"> 1 cup green beans cooked (from fresh or frozen) seasoned with 1 teaspoon extra-virgin olive oil, a dash of salt and freshly ground black pepper to taste <p>For 1800: Add 1 ½ cups chopped fruit of your choice</p> | <p>Salmon Croquette (pg 96) Serve with:</p> <ul style="list-style-type: none"> 1 cup broccoli cooked (from fresh or frozen), seasoned with 2 teaspoons extra-virgin olive oil, a dash of salt and freshly ground black pepper to taste 1 medium 100% whole grain roll (about 100 calories) <p>For 1800: Dip roll in 2 teaspoons extra-virgin olive oil</p> |
| Treat | <p>Strawberry with Peanut and Chocolate (pg 145) For 1800: Add 4 peanuts (12 total) and 4 chocolate chips (12 total)</p> | <p>100 calories (¾ ounce) of dark chocolate (50% or higher), or about 2 tablespoons chocolate chips For 1800: Add 6 dry-roasted unsalted almonds</p> |

Get Savvy About Sodium

Americans certainly aren't salt-shy—we're consuming 65 percent more sodium than we should, increasing the risk for high blood pressure, stroke, heart disease and, in some people, kidney disease. Whole, unprocessed foods like fruits, vegetables, dried legumes and grains, raw meat, poultry and seafood are naturally low in sodium, but once food manufacturers get their hands on them and turn them into bread, cereal, frozen entrees and soup, sodium levels skyrocket. Salt is used to add flavor to foods, bind ingredients and give products a longer shelf-life. Sodium lurks in surprising places, including bread, tortillas, pita bread, marinara sauce, jarred salsa, frozen veggies with added seasoning, canned veggies and canned fish.

Most healthy people should limit their intake of sodium to 2,300 milligrams (mg) per day. If you have high blood pressure, heart disease, or chronic kidney disease, are African American or 51 years or older, you should consume no more than 1,500 mg per day. These government guidelines—especially the 1,500 mg max—are tough to follow. But do your best to cut your sodium intake with these tips:

- Scan the Nutrition Facts label for sodium content. Foods with 5% of the Daily Value for sodium (120 mg) or less are low; those with 20% the Daily Value or more are considered high.

To help you spot lower sodium foods, look for these terms on the front of the package:

Salt/Sodium-Free: Less than 5 mg of sodium per serving

Very Low Sodium: 35 mg of sodium or less per serving

Low Sodium: 140 mg of sodium or less per serving

No-Salt-Added or Unsalted: No salt is added during the processing, but that doesn't mean it's sodium-free. Check the Nutrition Facts Label to be sure!

Reduced or Less Sodium: At least 25 percent less sodium than the original product


Light in Sodium or Lightly Salted: At least 50 percent less sodium than the regular product.

When the original product is very high in sodium—such as pickles or soy sauce—the “reduced”, “less”, “light” or “lightly salted” version may still not be all that low in sodium!

- Follow the sodium guidelines in your Real Appeal Staples shopping list and in the meal plans.
- Limit or avoid the worst sodium offenders: Frozen pizza or any frozen meals with more than 700 mg sodium per serving (or for the entire meal); cold cuts with more than 400 mg sodium per 2 ounces; canned soup with more than 400 mg sodium per cup; sauces like teriyaki, soy and barbecue; and processed cheese not marked “lower sodium.”
- Check online nutrition information for chain restaurants and opt for lower sodium choices.
- At restaurants, ask for sauces on the side and use only a small portion. Also, ask for steamed veggies without seasoning and request lemon juice or extra-virgin olive oil on the side. (If the dish needs a little salt, you can always add a few crystals yourself.)
- When cooking at home, use other seasonings to add flavor, including lemon, lime, pepper, herbs, spices, vinegars and oils. Cook without salt, and if the food needs a little salt, sprinkle on a few crystals just before taking a bite.



Real Appeal Recipes

Recipes marked with this icon  can be doubled or tripled then divided up into separate portions, stored in airtight containers and refrigerated for a day or two or frozen for future meals. Save time, control portions and always have an answer to “what’s for dinner?” with this stable of homemade frozen dinners.

Keep in mind, you can substitute other condiments or seasonings for the herbs and spices listed in these recipes. We kept seasonings to a minimum so you don’t have to buy dozens of bottles; you’ll notice we use the same one (such as thyme or oregano) in several different recipes.

As you can see below, there are a few other icons that help you easily flag vegetarian, vegan and super-quick recipes.

 vegetarian
  vegan
  5-minute meal
  multiple portions



Breakfasts



PREP **5** mins | TOTAL **15** mins

4 Servings:

- ¾ cup whole wheat flour
- ⅓ cup all-purpose flour
- ⅓ cup wheat bran
- ½ teaspoon baking soda
- 2 eggs, beaten
- 1¼ cups buttermilk
- ¼ teaspoon salt
- 2 tablespoons olive oil
- Cooking oil spray

Garnish

- 2 cups berries or chopped fresh fruit
- 2 tablespoons plus 2 teaspoons maple syrup (2 teaspoons per serving)

Buttermilk Pancakes

Topped with Berries

You'll love this healthy twist on a classic favorite. Pair it with the best seasonal fruit available and serve with ½ cup of milk per serving for a complete breakfast.

1. In a large bowl, mix flours, bran, baking soda, eggs, buttermilk, salt and olive oil until just combined.
2. Heat a heavy bottom skillet over medium heat.
3. Spray skillet with cooking spray and drop a scant ¼ cup of batter at a time onto skillet, making 12 pancakes total (you will have to do this in batches). When bubbles appear on the surface of pancake, approximately 2 minutes, flip, and cook the other side for 2 minutes.
4. Garnish with fruit and drizzle with maple syrup before serving.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 318 | Total Fat | 11g |
| Protein | 12g | Saturated Fat | 2.3g |
| Carbohydrate | 47g | Cholesterol | 96mg |
| Dietary Fiber | 9g | Calcium | 145mg |
| Total Sugars | 15g | Sodium | 422mg |





PREP **10** mins TOTAL **30** mins

6 Servings:

- 2 eggs, beaten
- ½ cup nonfat milk or soy milk
- 2 tablespoons honey
- 2 tablespoons sugar
- 1 ½ tablespoons olive oil
- ⅔ cup whole wheat flour
- 2 tablespoons cocoa powder (unsweetened)
- ½ cup wheat bran
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- Dash salt
- 2 ripe bananas, mashed
- ¾ cup chopped walnuts



Banana Cocoa Muffin

These muffins make breakfast a meal to look forward to. Pair with a glass of milk or a cafe au lait for a complete breakfast.

1. Preheat oven to 350°.
2. With a mixer or spoon, combine eggs, milk, honey, sugar and oil in a medium bowl until completely incorporated, about 1 minute.
3. Add flour, cocoa powder, bran, baking soda, baking powder, salt, bananas and walnuts. Mix until just combined.
4. Divide batter into muffin tins and bake until a toothpick inserted into the middle of a muffin comes out clean, about 20 minutes.
5. Serve warm or room temperature. Tightly cover any extras and freeze.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 286 | Total Fat | 15g |
| Protein | 8g | Saturated Fat | 2.1g |
| Carbohydrate | 36g | Cholesterol | 55mg |
| Dietary Fiber | 6g | Calcium | 89mg |
| Total Sugars | 16g | Sodium | 297mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 90 calories of 100 percent whole grain cereal, such as a not-so-sweet flaky or “nugget”-type
- 3 tablespoons rolled oats
- ½ cup raspberries or mixed berries
- 1 tablespoon chopped walnuts
- 1 ½ teaspoons honey
- ¾ cup plain nonfat or low-fat yogurt (regular or Greek)



Breakfast Pudding

This gets even better after it sits for several hours, so if you prefer, make it the night before, cover and refrigerate it for a quick and complete on-the-go breakfast.

1. In a medium bowl, combine cereal, oats, berries, walnuts, honey and yogurt.
2. Eat immediately or let sit for 4 to 24 hours to allow cereal to soften and flavors to meld.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 377 | Total Fat | 7g |
| Protein | 25g | Saturated Fat | 0.7g |
| Carbohydrate | 60g | Cholesterol | 15mg |
| Dietary Fiber | 10g | Calcium | 639mg |
| Total Sugars | 16g | Sodium | 168mg |



PREP **5** mins | TOTAL **5** mins

1 Serving:

- 2/3 cup plain nonfat or low-fat yogurt (regular or Greek)
- 1 teaspoon maple syrup
- 150 calories of 100 percent whole grain cereal, such as a not-so-sweet flaky or “nugget”-type”
- 3/4 cup sliced strawberries
- 1/4 cup puffed brown rice
- 1 tablespoon chopped dry roasted, unsalted almonds



Yogurt and Strawberry Parfait

Dress this dish up by putting it in your favorite glass, and feel free to substitute any in-season fruit for the strawberries.

1. In a small bowl, combine yogurt, maple syrup and flaky or nuggets cereal.
2. Place half of yogurt-cereal mixture in bottom of a glass, top with half of the puffed brown rice and half of the strawberries.
3. Top with almonds and serve immediately or cover and chill.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 379 | Total Fat | 8g |
| Protein | 16g | Saturated Fat | 2.2g |
| Carbohydrate | 66g | Cholesterol | 10mg |
| Dietary Fiber | 9g | Calcium | 361mg |
| Total Sugars | 26g | Sodium | 250mg |



PREP **10** mins | TOTAL **25** mins

8 Servings:

- 1 1/2 apples, cut in half, seeds removed, and grated
- 2 eggs, beaten
- 1 1/4 cups of dry rolled oats
- 1/2 cup wheat bran
- 1 1/2 cups instant nonfat dry milk powder
- 1/8 teaspoon salt
- 2 tablespoons honey
- 3/4 cup crunchy peanut butter
- Cooking oil spray



Apple Peanut Butter Power Bar

Goody and decadent, this go-to breakfast can double as a meal replacement.

1. Preheat oven to 375°.
2. In a large bowl place the apple, eggs, cereal, bran, dry milk, salt, honey and peanut butter. Thoroughly mix.
3. Line an 8x11-inch baking dish (or similar sized pan) with parchment paper. Spray with cooking spray.
4. Spread bar mixture evenly into pan.
5. Bake for 15 minutes.
6. Remove pan from oven and score bars into 8 even pieces. Once bars are cooled, cut all the way through.
7. Wrap bars individually and refrigerate for a couple days (or freeze if you want to keep them longer).

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 299 | Total Fat | 13g |
| Protein | 18g | Saturated Fat | 2.8g |
| Carbohydrate | 32g | Cholesterol | 43mg |
| Dietary Fiber | 6g | Calcium | 206mg |
| Total Sugars | 17g | Sodium | 149mg |



PREP **5** mins
TOTAL **10** mins

1 Serving:

- Cooking oil spray
- 1 tablespoon diced onion
- ¼ cup canned black beans (preferably low sodium or no-salt-added), drained and rinsed
- 1 egg scrambled
- 1 whole-wheat tortilla (about 8 inches in diameter)
- 2 tablespoons salsa, preferably with no more than 85 mg sodium per 2 tablespoons
- 3 tablespoons mashed avocado
- ½ cup plain nonfat or low-fat yogurt (regular or Greek)

Scrambled Egg Burrito

This dish is quick enough for a weekday morning yet satisfying enough for a weekend breakfast. Choose mild, medium or hot salsa depending on your personal preference.

1. Place a large heavy bottom skillet over medium heat. Spray with cooking spray and add onion. Cook, stirring constantly, for 2 minutes.
2. Reduce heat to low and add beans and egg. Cook, stirring constantly, until eggs are cooked, about 3 minutes.
3. Place egg mixture on tortilla, top with salsa, avocado and yogurt.
4. Roll tortilla and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 365 | Total Fat | 12g |
| Protein | 21g | Saturated Fat | 2.7g |
| Carbohydrate | 43g | Cholesterol | 188mg |
| Dietary Fiber | 9g | Calcium | 317mg |
| Total Sugars | 11g | Sodium | 412mg |





PREP **5** mins TOTAL **15** mins

4 Servings:

- 1 cup rolled oats
- 2 cups puffed brown rice cereal
- 2 tablespoons honey
- 1 teaspoon olive oil
- ½ cup dry roasted, unsalted peanuts
- ⅛ teaspoon salt



Rolled-Oats Quick Granola

For a complete breakfast on the 1,550 meal plan, pair this with ½ cup plain nonfat or low-fat yogurt (regular or Greek) and ½ to 1 cup berries to round out protein and boost fiber. (On the 1,250 cal plan, have only the yogurt, no berries. On the 1,800 cal plan, have ¾ cup yogurt and the berries.)

1. Preheat oven to 350°.
2. On a sheet tray, combine oats, cereal, honey, oil, peanuts and salt.
3. Toast in oven until golden brown, about 10 to 15 minutes, stirring every few minutes to ensure granola cooks evenly.
4. Eat immediately or store in an airtight container for up to 2 weeks.

Nutrition Facts per serving (1 cup)

| | | | |
|-----------------|------------|---------------|------|
| Calories | 253 | Total Fat | 12g |
| Protein | 7g | Saturated Fat | 1.6g |
| Carbohydrate | 33g | Cholesterol | 0mg |
| Dietary Fiber | 4g | Calcium | 22mg |
| Total Sugars | 10g | Sodium | 76mg |



PREP **10** mins TOTAL **55** mins

8 Servings:

- 3 cups rolled oats
- ¼ cup wheat bran
- 1 banana, pureed
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- ⅛ teaspoon salt
- 2 cups blackberries
- 2 cups plain soy milk
- 6 eggs
- ¾ cup roughly chopped almonds
- 1½ tablespoons honey
- Cooking oil spray



Baked Oat Squares

Refrigerate any uneaten portions for up to 2 days. If you still have extras, freeze them, and pop them in the microwave when in a hurry to get to work or as a meal replacement.

1. Preheat oven to 350°.
2. In a large bowl, combine, oats, bran, banana, cinnamon, baking powder, salt, blackberries, soy milk, eggs, almonds and honey.
3. Spray an 8x11-inch baking pan with cooking spray. Spread mixture in the pan and cook until firm, about 45 minutes.
4. Remove from oven. Cool slightly, cut into 8 squares and serve warm, room temperature or chilled.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 309 | Total Fat | 13g |
| Protein | 14g | Saturated Fat | 2.1g |
| Carbohydrate | 36g | Cholesterol | 123mg |
| Dietary Fiber | 8g | Calcium | 241mg |
| Total Sugars | 9g | Sodium | 206mg |



PREP **10** mins TOTAL **25** mins

4 Servings:

- Cooking oil spray
- 1 sweet onion, sliced thinly
- 4 cups chopped spinach
- ¼ teaspoon salt
- 8 eggs, scrambled
- 2 tablespoons plain nonfat or low-fat yogurt (regular or Greek)
- 2 tablespoons grated Parmesan
- Freshly ground black pepper



Crustless Spinach Quiche

Top this with fresh tomatoes for a memorable breakfast!

1. Preheat oven to 375°. Heat a 9-inch ovenproof skillet over medium heat. Once pan is hot, spray with cooking spray. Add onion and cook until soft, about 3 minutes. Remove onion from pan, wipe pan clean and spray liberally with cooking spray.
2. Place onion in a large bowl with spinach, add salt and mix thoroughly.
3. In a medium bowl, whisk together eggs, yogurt, Parmesan and pepper to taste.
4. Place spinach mixture in skillet and top with egg mixture. Bake until eggs are set in the center, about 20 minutes. Serve warm or at room temperature.
5. Wrap any extra servings and freeze.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 162 | Total Fat | 10g |
| Protein | 14g | Saturated Fat | 3.3g |
| Carbohydrate | 5g | Cholesterol | 329mg |
| Dietary Fiber | 1g | Calcium | 129mg |
| Total Sugars | 2g | Sodium | 300mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 1 slice nitrite and nitrate-free Canadian bacon (or nitrite and nitrate-free turkey bacon)
- ½ whole wheat pita
- 1 tablespoon light mayonnaise
- 1 hard-boiled egg, sliced
- 2 leaves romaine lettuce, chopped
- 2 slices tomato



Canadian Bacon Pocket

with Egg, Tomato and Lettuce

You can eat this sandwich at your kitchen table or take it to go on days when you're in a rush. Be sure to read Canadian bacon labels carefully and choose one that is nitrite and nitrate-free (the safety of these compounds is still unclear).

1. Turn oven to broil. Place Canadian bacon on a sheet tray and cook for 2 minutes.
2. Split open pita and spread mayonnaise inside.
3. Cut bacon in half and lay on the bottom half of pita. Fill with egg, lettuce and tomato.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 236 | Total Fat | 10g |
| Protein | 16g | Saturated Fat | 2.7g |
| Carbohydrate | 22g | Cholesterol | 189mg |
| Dietary Fiber | 4g | Calcium | 65mg |
| Total Sugars | 3g | Sodium | 402mg |



PREP **5** mins TOTAL **15** mins

1 Serving:

- 1 egg, beaten
- 2 tablespoons water
- 2 tablespoons plain nonfat or low-fat yogurt (regular or Greek)
- Large pinch cinnamon
- 1 ½ slices whole grain bread, each slice cut into 4 small triangles
- Cooking oil spray
- 2 teaspoons maple syrup
- ½ cup raspberries
- 1 ½ teaspoons finely chopped pecans



French Toast

This feels like a decadent breakfast but it's actually healthy and simple enough to easily and speedily whip up on a weekday morning.

1. Heat a large skillet over medium heat.
2. In a shallow bowl mix together egg, water, yogurt and cinnamon.
3. Place bread in bowl and let it soak up mixture, flip bread to soak up the remainder of the mixture.
4. Spray skillet with vegetable oil spray and add bread. Cook until golden brown, about 3 minutes. Flip and cook until the other side is golden brown, an additional 3 minutes.
5. Serve drizzled with maple syrup and topped with raspberries and pecans.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 323 | Total Fat | 10g |
| Protein | 16g | Saturated Fat | 1.6g |
| Carbohydrate | 48g | Cholesterol | 164mg |
| Dietary Fiber | 9g | Calcium | 123mg |
| Total Sugars | 17g | Sodium | 349mg |

PREP **5** mins TOTAL **15** mins

4 Servings:

- 1 pound ground turkey, preferably breast meat only
- 2 eggs, scrambled
- 2 cloves garlic, finely minced
- ¼ teaspoon salt
- Freshly ground black pepper
- 1 slice whole wheat bread, cubed
- 1 teaspoon finely chopped fresh sage (or ½ teaspoon dried sage)
- 1 teaspoon olive oil



Homemade Breakfast Sausage

You probably have never considered making your own sausage, but it's incredibly easy, less expensive and a lot healthier than store-bought.

1. In a medium bowl, thoroughly combine turkey, eggs, garlic, salt, pepper, bread and sage.
2. Place a heavy bottom skillet over medium heat.
3. Divide turkey mixture into 4 portions and form each into a patty.
4. Coat the bottom of skillet with oil and place sausages in pan. Cook until browned, about 4 minutes. Flip and cook the other side until browned, about 4 minutes.
5. Serve sausage warm. Wrap any extra servings and freeze for later use.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 231 | Total Fat | 13g |
| Protein | 25g | Saturated Fat | 3.4g |
| Carbohydrate | 4g | Cholesterol | 166mg |
| Dietary Fiber | 1g | Calcium | 48mg |
| Total Sugars | 1g | Sodium | 288mg |



Lunches



PREP **10** mins TOTAL **30** mins

4 Servings:

- 2 teaspoons olive oil
- 1 large carrot, chopped
- 1 onion, chopped
- 2 cloves garlic, roughly chopped
- 6 cups water
- 1 15-ounce can white beans (preferably no-salt-added or low sodium), drained and rinsed
- 2 teaspoon chopped fresh sage (or 1 teaspoon dried sage)
- 1 14.5 ounce can no-salt-added whole tomatoes (about 2 cups)
- 8 cups spinach
- ½ teaspoon salt
- 8 tablespoons grated Parmesan

White Bean and Spinach Soup

If you'd like, you can substitute different greens for spinach. If you use a tender green like chard, follow the instructions as-is. Using a hardier green, such as kale or collards? Chop the greens before adding and use them earlier in the recipe because they need more time to cook; see below for instructions.

1. Heat a large heavy bottom pot over medium heat.
2. Add oil, carrot, onion and garlic. Cook, stirring constantly, for 3 minutes.
3. Add water, beans, sage and tomatoes. (If using hardier greens in place of spinach, add them to pot now with salt and skip step 4). Bring to a simmer and cook for 10 minutes.
4. Add spinach and salt. Bring back to a simmer and stir.
5. Evenly divide into four soup bowls. Top each with 2 tablespoons Parmesan. Serve hot.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 262 | Total Fat | 7g |
| Protein | 17g | Saturated Fat | 2.9g |
| Carbohydrate | 37g | Cholesterol | 10mg |
| Dietary Fiber | 9g | Calcium | 381mg |
| Total Sugars | 6g | Sodium | 392mg |



PREP 5 mins TOTAL 10 mins

1 Serving:

- 1 can (5 ounces) no-salt-added tuna, packed in water
- 1 tablespoon light mayonnaise
- 1 teaspoon mustard, preferably with no more than 50 mg sodium per teaspoon
- 1 teaspoon finely chopped onion
- ½ tomato, sliced
- 1 whole grain wrap (about 8 inches in diameter)
- 2 tablespoons shredded part-skim mozzarella
- 1 teaspoon olive oil



Tuna Fish Melt Quesadilla

This recipe offers a slightly new take on a comfort food favorite.

1. In a bowl, combine tuna, mayonnaise, mustard and onion.
2. Place a heavy bottom skillet over medium heat.
3. Place tomato slices on one half of wrap. Spread tuna mixture over tomatoes and top with mozzarella (the other half of the wrap will have nothing on it).
4. Fold wrap in half and brush with olive oil.
5. Place wrap in pan and cook until golden brown, about 3 minutes. Flip and cook 2 more minutes. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 405 | Total Fat | 12g |
| Protein | 44g | Saturated Fat | 3.4g |
| Carbohydrate | 29g | Cholesterol | 54mg |
| Dietary Fiber | 4g | Calcium | 138mg |
| Total Sugars | 4g | Sodium | 462mg |



PREP 5 mins TOTAL 10 mins

4 Servings:

- 1 whole wheat pita (about 6 inches in diameter)
- 2 teaspoons mustard, preferably one with no more than 50 mg sodium per teaspoon
- 3 ounces reduced-sodium sliced roast beef (Vegetarians: Substitute 3 ounces thinly sliced tempeh seasoned with ½ teaspoon olive oil and a dash salt)
- ½ sweet red pepper, sliced
- ¼ cup thinly sliced onion
- 1 slice Jarlsberg Light Swiss Cheese



Beef Pita Melt

This is one of those recipes that you will make again and again—it's tastier, quicker, cheaper and healthier than store-bought.

1. Preheat oven to broil.
2. Place pita on an ovenproof dish and spread with mustard, top with roast beef (or tempeh), sweet pepper, onion and finish with cheese.
3. Place under broiler and cook until cheese is golden brown and bubbly, about 5 minutes. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 383 | Total Fat | 4g |
| Protein | 38g | Saturated Fat | 2.0g |
| Carbohydrate | 37g | Cholesterol | 63mg |
| Dietary Fiber | 6g | Calcium | 251mg |
| Total Sugars | 4g | Sodium | 349mg |



PREP **10** mins TOTAL **20** mins

4 Servings:

- 1 pound ground turkey, preferably breast meat only (Vegetarians: Substitute 2 cups canned kidney beans (preferably low sodium or no-salt-added), drained, rinsed and mashed with a tablespoon olive oil using the back of a fork or in a food processor)
- ¼ cup shredded onion plus 4 slices
- ½ cup ground whole grain crackers
- 2 eggs, beaten
- ¼ teaspoon salt
- Freshly ground black pepper
- Cooking oil spray
- 1 teaspoon olive oil
- 4 whole wheat hamburger buns
- 4 teaspoons mustard, preferably with no more than 50 mg sodium per teaspoon
- 4 teaspoons light mayonnaise
- 8 leaves romaine lettuce
- 8 slices tomato



Turkey Burger

These are perfect to pull from the freezer for a quick meal when you have no time to cook. Make the full recipe—even if you are cooking for one—so you have a go-to dish on those crazy days.

1. Thoroughly mix turkey (or kidney beans and olive oil), shredded onion, cracker crumbs, eggs, salt and pepper to taste in a large bowl. Form mixture into 4 patties.
2. Heat a large heavy bottom skillet over medium heat.
3. Lightly coat skillet with cooking spray and place patties in skillet. Cook until browned, about 4 minutes. Flip and cook 4 more minutes.
4. Slice buns and spread each top with mustard and each bottom with mayonnaise. Place each burger on bottom bun, top with lettuce, tomato and onion slice. Cover each with bun top and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 374 | Total Fat | 16g |
| Protein | 30g | Saturated Fat | 3.9g |
| Carbohydrate | 31g | Cholesterol | 178mg |
| Dietary Fiber | 6g | Calcium | 104mg |
| Total Sugars | 6g | Sodium | 529mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 2 slices nitrite-, nitrate-free turkey bacon
- 1 tablespoon light mayonnaise
- 1 slice 100 percent whole wheat bread
- 2 leaves romaine lettuce
- 3 ounces low-sodium sliced turkey breast
- 2 slices tomato



Turkey Open-Faced Sandwich

with Turkey Bacon, Lettuce and Tomato

Adding sliced turkey and replacing regular bacon with turkey bacon make this BLT a winner in both taste and nutrition.

1. Preheat oven to 375°. Place bacon on a sheet tray and cook in oven until browned, about 5 minutes.
2. Spread mayonnaise on bread and top with lettuce, sliced turkey, tomato and bacon. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 286 | Total Fat | 14g |
| Protein | 35g | Saturated Fat | 2.6g |
| Carbohydrate | 19g | Cholesterol | 112mg |
| Dietary Fiber | 5g | Calcium | 44mg |
| Total Sugars | 5g | Sodium | 561mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 3 ounces reduced-sodium turkey breast, chopped
- 1 tablespoon light mayonnaise
- 2 teaspoons mustard, preferably with no more than 50 mg sodium per teaspoon
- Squeeze of fresh lemon juice
- 1 teaspoon olive oil
- 2 tablespoons shredded carrot
- 1 cup mixed greens (or baby spinach or arugula)
- Freshly ground black pepper
- 1 whole wheat tortilla (about 8 inches in diameter)



Turkey Salad Wrap

This wrap is not only a snap to make, it's also easy to take with you and eat on the go.

1. In a medium bowl, combine turkey, mayonnaise, mustard, lemon juice, oil, carrot, greens and pepper to taste.
2. Lay tortilla on a plate and fill center with turkey mixture. Fold ends of tortilla in and roll up to close. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 241 | Total Fat | 10g |
| Protein | 27g | Saturated Fat | 1.2g |
| Carbohydrate | 25g | Cholesterol | 64mg |
| Dietary Fiber | 4g | Calcium | 43mg |
| Total Sugars | 2g | Sodium | 444mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 2 teaspoons olive oil
- 1 teaspoon apple cider vinegar, red wine vinegar or white vinegar
- Dash sugar
- 1 teaspoon chopped red onion
- ½ cup shredded romaine lettuce
- 1 tablespoon chopped fresh parsley
- 3 ounces cooked, shelled and deveined shrimp, chopped
- ½ whole wheat pita bread (about 6 inches in diameter)



Shrimp Salad Pocket

Make this sandwich with shrimp that's boiled before you purchase it or with cooked and chilled leftovers. It would also taste great with almost any variety of fish in place of the shrimp.

1. In a medium bowl, combine oil, vinegar and sugar.
2. Mix in onion, lettuce, parsley and shrimp. Place on pita bread and serve or cover and refrigerate for later use.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 277 | Total Fat | 11g |
| Protein | 26g | Saturated Fat | 1.6g |
| Carbohydrate | 18g | Cholesterol | 166mg |
| Dietary Fiber | 3g | Calcium | 91mg |
| Total Sugars | 1g | Sodium | 507mg |



PREP **5** mins
TOTAL **15** mins

1 Serving:

- 1 whole wheat pita bread (about 6 inches in diameter)
- ¼ cup low-sodium marinara sauce, preferably one with less than 50 mg sodium per ½ cup
- ¼ cup shredded low-sodium part-skim mozzarella
- 1 ounce boneless, skinless rotisserie chicken, cut into strips (Vegetarians: Substitute 1 ounce tempeh, cut into strips and coated with ¼ teaspoon olive oil and a pinch salt)
- ½ yellow, red or green sweet pepper, sliced
- Fresh basil (optional)

Chicken Pita Bread Pizza

Feel free to substitute any cooked chicken for the rotisserie chicken.

1. Preheat oven to 400°.
2. Place pita on a sheet tray and cover with sauce. Sprinkle mozzarella over sauce, add chicken (or tempeh) and top with pepper slices.
3. Bake until cheese is melted and crust is golden brown, about 10 minutes. Top with basil, if desired, and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 336 | Total Fat | 12g |
| Protein | 21g | Saturated Fat | 5.1g |
| Carbohydrate | 38g | Cholesterol | 51mg |
| Dietary Fiber | 6g | Calcium | 247mg |
| Total Sugars | 9g | Sodium | 451mg |





PREP **5** mins TOTAL **5** mins

1 Serving:

- 2 hard-boiled eggs, peeled and chopped
- 1 tablespoon olive oil
- 1 tablespoon diced celery
- 1 ½ teaspoons sweet relish
- Dash salt
- Freshly ground black pepper
- 1 large slice whole grain bread, toasted if desired
- 2 leaves romaine lettuce



Olive Oil Egg Salad Sandwich

Try this re-make of a lunchtime classic.

1. In a small bowl, combine eggs, oil, celery, relish, salt and pepper to taste. Mix gently until just combined.
2. Top bread with lettuce and egg salad and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 356 | Total Fat | 25g |
| Protein | 16g | Saturated Fat | 5.1g |
| Carbohydrate | 17g | Cholesterol | 422mg |
| Dietary Fiber | 3g | Calcium | 77mg |
| Total Sugars | 6g | Sodium | 570mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

Garlic Toast Points

- 1 slice 100 percent whole wheat bread, cut diagonally into 4 triangles
- 1 teaspoon olive oil
- ½ clove garlic, mashed

Sardine Salad

- 2 teaspoons olive oil
- ½ clove garlic, mashed
- 2 teaspoons lemon juice
- ⅛ teaspoon salt
- Freshly ground black pepper
- ¼ cup chopped fresh parsley
- 2 cups mixed greens (or spinach or other green)
- 1 can sardines, packed in water, preferably no-salt-added, drained
- 1 medium tomato, chopped (or 1 cup halved cherry tomatoes)



Sardine Salad

with Garlic Toast Points

Sardines are one of those foods people love or hate. If you're not a fan, you may change your mind when you pair the nutritional powerhouse with lemon, garlic and parsley, as in this recipe.

1. For garlic toast points: Drizzle bread with oil and spread garlic on top. Toast bread in oven or toaster oven and set aside.
2. For sardine salad: In a medium bowl, combine oil, garlic, lemon juice, salt, pepper to taste and parsley.
3. Add greens and toss gently, coating leaves with dressing. Add sardines and tomatoes and toss gently (sardines will break up a bit but should still be in large pieces).
4. Serve with garlic toast points.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 383 | Total Fat | 22g |
| Protein | 24g | Saturated Fat | 3.5g |
| Carbohydrate | 26g | Cholesterol | 90mg |
| Dietary Fiber | 8g | Calcium | 368mg |
| Total Sugars | 8g | Sodium | 539mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- ¼ avocado, skin and pit discarded, mashed
- 1 teaspoon lemon juice
- 2 teaspoons olive oil (1 teaspoon for avocado mixture; 1 teaspoon for cucumber)
- 1 teaspoon Dijon mustard
- ½ red, yellow or green sweet pepper chopped
- 2 tablespoons finely chopped parsley
- Dash salt
- Freshly ground black pepper
- ½ cup canned wild salmon, preferably no-salt-added, drained
- ½ cucumber sliced
- 3 leaves romaine lettuce



Salmon and Cucumber Salad

The creamy avocado dressing in this recipe makes this salmon preparation a real crowd pleaser.

1. In a medium bowl, combine avocado, lemon juice, 1 teaspoon oil, mustard, sweet pepper, parsley, salt and black pepper to taste.
2. Flake salmon with a fork and add to avocado mixture.
3. Dress cucumber with remaining 1 teaspoon olive oil and add black pepper to taste.
4. Place lettuce on a plate and top with salmon salad and cucumbers. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 307 | Total Fat | 18g |
| Protein | 24g | Saturated Fat | 3.4g |
| Carbohydrate | 10g | Cholesterol | 30mg |
| Dietary Fiber | 5g | Calcium | 234mg |
| Total Sugars | 4g | Sodium | 207mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 3 ounces shrimp, cooked, shelled and deveined
- 1 cup thinly sliced red cabbage
- ¼ avocado, skin and pit discarded, flesh sliced
- 2 teaspoons sesame seeds
- 1 teaspoon olive oil
- 2 teaspoons fresh lemon juice
- Freshly ground black pepper
- 4 leaves romaine lettuce



Shrimp Salad

with Red Cabbage, Avocado and Sesame Seeds

The crunchy cabbage works well in this salad but feel free to experiment with different greens as a substitute.

1. In a large bowl, combine shrimp, cabbage, avocado, sesame seeds, oil, lemon juice, salt and pepper to taste.
2. Arrange lettuce on a plate and top with shrimp salad. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 287 | Total Fat | 15g |
| Protein | 26g | Saturated Fat | 2.2g |
| Carbohydrate | 15g | Cholesterol | 166mg |
| Dietary Fiber | 7g | Calcium | 189mg |
| Total Sugars | 5g | Sodium | 526mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 1 hard-boiled egg, chopped
- ½ teaspoon olive oil
- Freshly ground black pepper
- 3 large romaine lettuce leaves
- ½ cup hummus
- 2 tablespoons finely chopped parsley
- ¼ sweet red pepper sliced thinly



Romaine Lettuce Cup

with Hummus and Red Pepper

Feel free to experiment with different store-bought brands of hummus to find your favorite, and give a new flavor to this nearly instant lunch.

1. In a small bowl, combine egg, oil and pepper to taste.
2. Take each lettuce leaf and fill with ⅓ of the hummus, egg mixture, parsley and red pepper. Place in a carry-out food box for a great lunch on the go or eat immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 341 | Total Fat | 19g |
| Protein | 14g | Saturated Fat | 3.4g |
| Carbohydrate | 30g | Cholesterol | 21mg |
| Dietary Fiber | 8g | Calcium | 126mg |
| Total Sugars | 3g | Sodium | 449mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 1 tablespoon light mayonnaise
- 1 tablespoon plain nonfat or low-fat yogurt (regular or Greek)
- ½ teaspoon lemon juice
- 4 ounces skinless, boneless rotisserie chicken, chopped
- ½ apple, diced
- ¼ cup chopped celery
- ¼ cup halved red or green grapes
- 2 tablespoons chopped walnuts



Chicken Waldorf Salad

This easy-to-love salad feels too decadent to be good for you. Serve it over greens with a slice of whole grain bread.

1. In a medium bowl, combine mayonnaise, yogurt and lemon juice.
2. Mix in chicken, apple, celery, grapes and walnuts. Serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 372 | Total Fat | 17g |
| Protein | 37g | Saturated Fat | 2.4g |
| Carbohydrate | 23g | Cholesterol | 105mg |
| Dietary Fiber | 4g | Calcium | 78mg |
| Total Sugars | 16g | Sodium | 436mg |



PREP **10** mins TOTAL **10** mins

1 Serving:

- 2 teaspoons olive oil (Vegetarians: 1 tablespoon)
- 1 tablespoon red wine vinegar
- 4 ounces skinless, boneless rotisserie chicken, chopped (Vegetarians: Substitute $\frac{3}{4}$ cup canned, no-salt-added black eyed peas, drained and rinsed)
- $\frac{1}{2}$ tomato, chopped
- $\frac{1}{2}$ cup fresh or frozen cooked green beans
- $\frac{1}{2}$ cucumber, chopped
- 2 radishes, sliced
- 2 teaspoons finely chopped red onion
- 1 teaspoon chopped fresh oregano (or $\frac{1}{2}$ teaspoon dried oregano)
- Dash salt
- Freshly ground black pepper
- 1 tablespoon plus 1 teaspoon light feta cheese

Chicken Summer Salad

This salad really shines in the summer when summer vegetables are at their peak. Add $\frac{1}{2}$ cup of cooked whole grains and a piece of fruit for a complete lunch.

1. In a medium bowl, combine oil and vinegar.
2. Add chicken (or black eyed peas), tomato, green beans, cucumber, radishes, onion and oregano.
3. Season with salt and pepper to taste. Place salad on a dish, crumble feta on top and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 367 | Total Fat | 20g |
| Protein | 35g | Saturated Fat | 5.3g |
| Carbohydrate | 13g | Cholesterol | 105mg |
| Dietary Fiber | 4g | Calcium | 137mg |
| Total Sugars | 6g | Sodium | 399mg |





PREP **5** mins
TOTAL **5** mins

1 Serving:

- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar
- Dash salt
- 1/3 cup canned white beans (preferably low sodium or no-salt-added), drained and rinsed
- 1 can (5 ounces) light (skipjack) tuna, preferably no-salt-added
- 1 tablespoon light mayonnaise
- 6 basil leaves (or 1 teaspoon dried basil)
- 1 tomato, sliced



Layered Tuna Salad

with Tomato and White Bean

This one-dish lunch is elegant enough for company yet simple enough for an everyday meal.

1. In a small bowl, combine oil, vinegar and salt. Mix in beans. Set aside.
2. In a second bowl, combine tuna, mayonnaise and basil.
3. Place tomato slices in a circle covering the bottom of a small plate. Top with tuna mixture and white bean mixture. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 419 | Total Fat | 14g |
| Protein | 49g | Saturated Fat | 2.2g |
| Carbohydrate | 24g | Cholesterol | 53mg |
| Dietary Fiber | 8g | Calcium | 82mg |
| Total Sugars | 5g | Sodium | 263mg |



PREP **5** mins
TOTAL **5** mins

1 Serving:

- 1/4 cup mashed avocado, skin and pit discarded
- 2 tablespoons plain nonfat or low-fat yogurt (regular or Greek)
- 1/4 cup salsa, with no more than 85 mg sodium per 2 tablespoons
- 3/4 cup (4 ounces), boneless, skinless rotisserie chicken, chopped (Vegetarians: Substitute 2 hard-boiled eggs, chopped)
- 1 1/2 cups shredded romaine lettuce
- 1/2 tomato, chopped
- 1/2 cup baked corn chips
- 1/3 cup canned black beans (preferably low sodium or no-salt-added), drained and rinsed



Taco Salad

This is a dish that's sure to please the palates of kids and adults alike.

1. In a large bowl, combine avocado, yogurt and salsa.
2. Add chicken (or egg), lettuce, tomato, corn chips and beans. Mix and serve immediately.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 419 | Total Fat | 13g |
| Protein | 43g | Saturated Fat | 2.3g |
| Carbohydrate | 30g | Cholesterol | 102mg |
| Dietary Fiber | 6g | Calcium | 163mg |
| Total Sugars | 6g | Sodium | 561mg |



PREP **10** mins TOTAL **30** mins

4 Servings:

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 4 slices nitrite, nitrate-free turkey bacon, such as Applegate Natural Turkey Bacon, chopped
- 1 carrot, chopped
- 1 stalk celery, sliced
- 4 cups water
- 1 14.5-ounce can no-salt-added tomatoes (about 2 cups)
- 2 cups canned, no-salt-added black eyed peas, drained and rinsed
- 2 tablespoons cider vinegar
- ½ teaspoon salt



Black Eyed Pea Soup

The bacon that flavors this soup makes for a rich, deep flavor.

1. Place a large soup pot over medium heat. Add oil, onion, garlic and bacon. Cook, stirring often, for 3 minutes.
2. Add carrot and celery and cook for another 3 minutes.
3. Add water, tomatoes, black eyed peas, vinegar and salt.
4. Bring to a boil, reduce heat to a simmer and cook for 10 minutes. Serve hot.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 188 | Total Fat | 5g |
| Protein | 26g | Saturated Fat | 0.6g |
| Carbohydrate | 27g | Cholesterol | 0mg |
| Dietary Fiber | 6g | Calcium | 169mg |
| Total Sugars | 8g | Sodium | 539mg |



PREP **10** mins TOTAL **20** mins

4 Servings:

- 6 ounces uncooked 100 percent whole wheat, brown rice, quinoa or other whole grain noodle in the shape of your choice (or 2 cups cooked)
- 2 teaspoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 stalks celery, chopped
- 1 carrot, chopped
- 4 cups low-sodium chicken stock
- 4 cups water
- 1 tablespoon fresh oregano (or 1 ½ teaspoons dried oregano)
- 1 pound boneless, skinless chicken breast or thighs
- ½ teaspoon salt



Quick Chicken Noodle Soup

This is a perfect recipe to double and freeze in individual portions for a no-cooking day.

1. Cook pasta according to package directions.
2. While pasta is cooking, place a large soup pot over medium heat. Add oil, onion, garlic, celery and carrot. Cook, stirring often, for 3 minutes.
3. Add chicken stock, water, oregano and bring to a boil.
4. Add chicken and let soup return to a boil. Reduce to a simmer and cook for 5 minutes.
5. Add noodles. Return to a simmer and serve, refrigerate or freeze in individual portions.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 342 | Total Fat | 6g |
| Protein | 31g | Saturated Fat | 1.2g |
| Carbohydrate | 39g | Cholesterol | 78mg |
| Dietary Fiber | 7g | Calcium | 103mg |
| Total Sugars | 2g | Sodium | 558mg |



Dinners



PREP **15** mins TOTAL **40** mins

4 Servings:

- 5 ounces uncooked 100 percent whole wheat, brown rice, quinoa or whole grain pasta (about 3 ½ cups cooked)
- 2 cups chopped broccoli
- 2 cloves garlic, finely chopped
- Cooking oil spray
- ¼ teaspoon salt
- Freshly ground black pepper
- ¼ cup part-skim ricotta cheese (Vegetarians: ½ cup)
- 1 egg
- ¾ cup marinara sauce, one with less than 500 mg sodium per ½ cup
- 1 pound skinless, boneless rotisserie chicken meat, chopped or 2⅓ cups leftover chicken or any skinless boneless chicken (Vegetarians: Substitute 1 15-ounce can white beans (preferably low sodium or no-salt-added), drained and rinsed and seasoned with 1 tablespoon olive oil and dash salt)
- ½ cup shredded part-skim mozzarella cheese

Baked Pasta

with Chicken and Broccoli

If you're not familiar with whole grain pasta, try different brands and varieties to find your favorite because they all have different flavors and consistencies. Not only does this dish freeze well, but it also can be cooked the night before you want to eat it and re-heated for dinner.

1. Preheat oven to 425°.
2. Cook pasta according to package directions.
3. While pasta is cooking, place broccoli and garlic on a sheet tray and coat with cooking spray, salt and pepper to taste. Bake 5 minutes.
4. In a medium bowl, combine ricotta cheese and egg. Once pasta is cooked, mix in pasta and broccoli.
5. Fill the bottom of an 8-inch-square or 9-inch-round ovenproof dish with sauce, top with chicken (or white beans) and broccoli mixture and finish with mozzarella.
6. Bake until cheese is bubbly, about 15 minutes. Turn oven to broil and cook until top is brown, about 2 more minutes. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 430 | Total Fat | 14g |
| Protein | 40g | Saturated Fat | 5.1g |
| Carbohydrate | 38g | Cholesterol | 132mg |
| Dietary Fiber | 2g | Calcium | 213mg |
| Total Sugars | 5g | Sodium | 362mg |





PREP **5** mins TOTAL **20** mins

1 Serving:

- 2 teaspoons Parmesan
- 1 teaspoon corn meal
- Pinch dried oregano
- 1 raw boneless, skinless 3 to 4 ounces chicken breast (Vegetarians: Substitute 3 ounces sliced tempeh)
- 1 teaspoon olive oil
- 1-100 percent whole wheat bun, preferably with about 110 calories
- ¼ cup marinara sauce, one with less than 500 mg sodium per ½ cup
- 1 slice (1 ounce) Light Emmenthaler Swiss Cheese



Chicken Parm Sub

This is a great solo dinner, but it's also very easy to multiply this recipe to serve a crowd.

1. Preheat oven to 400°.
2. In a small bowl, combine Parmesan, corn meal and oregano.
3. Rub chicken (or tempeh) with oil and coat with Parmesan mixture.
4. Place on a sheet tray and bake until chicken is cooked through, about 12 minutes. Remove from oven.
5. Turn oven to broil. Place chicken on a roll and top with marinara sauce and cheese.
6. Place in oven until cheese is melted, about 2 more minutes.
7. Serve hot.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 397 | Total Fat | 17g |
| Protein | 36g | Saturated Fat | 4.6g |
| Carbohydrate | 32g | Cholesterol | 76mg |
| Dietary Fiber | 4g | Calcium | 298mg |
| Total Sugars | 5g | Sodium | 668mg |

PREP **10** mins TOTAL **35** mins

1 Serving:

- ½ cup tomato paste
- ¼ cup brown sugar
- ¼ cup apple cider vinegar
- 3 tablespoons mustard, preferably one with no more than 50 mg sodium per teaspoon
- ¼ cup water
- Pinch cayenne (optional)
- 1 ½ pounds boneless, skinless chicken breasts or thighs (4 to 6 pieces)
- ¼ teaspoon salt
- Freshly ground black pepper
- 1 teaspoon olive oil
- 1 onion, sliced
- 2 slices nitrite-, nitrate-free turkey bacon



Baked BBQ Chicken

This recipe features a quick and delicious BBQ sauce that's a great alternative to store-bought versions because it contains wholesome ingredients, is lower in salt and costs less.

1. Heat oven to 375° and heat a large ovenproof heavy bottom skillet over medium heat.
2. Whisk together tomato paste, brown sugar, vinegar, mustard, water and cayenne, if desired, in a small bowl.
3. Season chicken with salt and pepper to taste. Set aside.
4. Place oil in hot pan and add onion and bacon. Cook, stirring often, for 3 minutes. Add onion and bacon to tomato mixture.
5. Place chicken in hot skillet and spoon BBQ sauce directly onto each piece.
6. Place in oven and cook just until chicken is cooked through, about 20 minutes. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 297 | Total Fat | 7g |
| Protein | 49g | Saturated Fat | 1.2g |
| Carbohydrate | 18g | Cholesterol | 109mg |
| Dietary Fiber | 2g | Calcium | 36mg |
| Total Sugars | 14g | Sodium | 570mg |

PREP **5** mins TOTAL **20** mins



4 Servings:

- 1 onion, sliced thinly
- 1 sweet red pepper, sliced thinly
- 4 teaspoons olive oil, (2 teaspoons for sweet pepper mixture, 2 teaspoons for chicken)
- ½ teaspoon salt, (¼ teaspoon for sweet pepper mixture, ¼ teaspoon for chicken)
- Freshly ground black pepper
- 4 pieces parchment paper (approximately 12 inches x 10 inches)
- 1 pound boneless, skinless chicken breasts (4 pieces)

Chicken Baked in Paper

with Onion and Sweet Pepper

This simple recipe produces a surprisingly elegant and delicious dish.

1. Preheat oven to 400°.
2. In a small bowl, combine onion, sweet pepper, 2 teaspoons oil, ¼ teaspoon salt and black pepper to taste.
3. Coat chicken with remaining 2 teaspoons oil, remaining ¼ teaspoon salt and black pepper to taste.
4. Place ¼ of sweet pepper mixture in the center of each piece of parchment paper and top each with 1 piece chicken. Fold the long ends of parchment paper over the chicken to cover and tuck the short ends under chicken to seal. Place each package on an ovenproof baking tray.
5. Bake until chicken is just cooked through, about 15 to 20 minutes. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 189 | Total Fat | 8g |
| Protein | 25g | Saturated Fat | 1.3g |
| Carbohydrate | 4g | Cholesterol | 73mg |
| Dietary Fiber | 1g | Calcium | 14mg |
| Total Sugars | 2g | Sodium | 425mg |

PREP **10** mins TOTAL **35** mins



4 Servings:

- 4 chicken legs, skin removed (about 1 pound)
- ¼ teaspoon salt
- Freshly ground black pepper
- 2 teaspoons olive oil
- 1 medium onion, chopped finely
- 2 cloves garlic, chopped finely
- 1 lemon, cut into slices
- 4 large sprigs of thyme (or 1 tablespoon dried thyme)
- 1 cup low-sodium chicken broth
- 20 medium pitted olives (optional)

Braised Lemon Herb Chicken Legs

Chicken legs are both flavorful and reasonably priced. To put a new spin on this dish, switch up the herbs or use orange slices instead of lemon.

1. Preheat oven to 425°.
2. Heat a large ovenproof heavy bottom pot that has a lid over medium heat.
3. Season chicken with salt and pepper to taste. Cover the bottom of hot pot with oil and place chicken in a single layer in pot. Cook, turning once, until browned on both sides, about 3 minutes per side. Remove chicken and set aside.
4. Leave burner on and do not clean pan. Immediately add onion and garlic and cook, stirring often, for 3 minutes. Add lemon, thyme, broth, olives, and chicken.
5. Cover pot and place in oven. Cook until chicken is cooked through, about 20 minutes. Remove from oven and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 204 | Total Fat | 9g |
| Protein | 23g | Saturated Fat | 1.8g |
| Carbohydrate | 7g | Cholesterol | 109mg |
| Dietary Fiber | 2g | Calcium | 69mg |
| Total Sugars | 2g | Sodium | 489mg |



PREP **10** mins TOTAL **20** mins

4 Servings:

- 2 teaspoons olive oil
- 1 onion, diced
- 1 sweet red pepper, seeds removed and finely chopped
- 1 ½ pounds ground turkey, preferably breast meat only (Vegetarians: Substitute 1 cup crumbled tofu and 2 cups canned, no-salt-added kidney beans, drained and rinsed, mashed with a tablespoon olive oil with the back of a fork or in food processor. But do not purée.)
- 1 ½ cups marinara sauce, preferably with no more than 500 mg sodium per ½ cup
- 2 tablespoons apple cider vinegar
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- 4 whole grain hamburger buns, approximately 110 calories each

Turkey Sloppy Joe

Try this healthy re-do of an all-American favorite. If you want, you can freeze individual portions of the sandwich filling and serve thawed and heated on fresh hamburger buns.

1. Heat a large skillet over medium heat and coat with oil. Add onion and sweet pepper. Cook 3 minutes, stirring often.
2. Add turkey (or beans) and cook, stirring often, until browned, about 3 minutes.
3. Add marinara sauce, vinegar, cinnamon and salt. Bring to a simmer and cook 5 minutes.
4. Divide mixture evenly across 4 sliced, open rolls and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 424 | Total Fat | 10g |
| Protein | 46g | Saturated Fat | 2.2g |
| Carbohydrate | 39g | Cholesterol | 95mg |
| Dietary Fiber | 7g | Calcium | 80mg |
| Total Sugars | 14g | Sodium | 606mg |





PREP **20** mins TOTAL **45** mins

4 Servings:

Potatoes

- 2 medium potatoes
- 1 tablespoon olive oil
- ¼ teaspoon salt
- Freshly ground black pepper

Filling

- Cooking oil spray
- 2 cups crumbled tempeh
- 2 carrots, shredded
- 1 onion, chopped
- 1 cup chopped white mushrooms
- 1 tablespoon fresh thyme (or 1 ½ teaspoons dried thyme)
- 3 cups spinach
- ½ teaspoon salt

Vegetarian Shepherd's Pie

Mix it up by using a variety of vegetables in this recipe. Just make sure vegetables are cooked before assembling, since the oven time is very brief.

Potatoes

1. Place potatoes in a pot and cover with water. Bring to a boil and cook until potatoes are tender, about 20 minutes.
2. Drain potatoes well. Add oil and salt and pepper to taste. Mash with a wooden spoon until smooth (some lumps can remain).

Filling (prepare while potatoes are cooking)

1. Heat oven to broil. Heat a heavy bottom skillet over medium heat.
2. Coat skillet with cooking spray. Add tempeh, carrots, onion, mushrooms and thyme and cook until slightly browned, about 10 minutes, stirring often.
3. Turn off heat. Stir spinach and salt into tempeh mixture.

To Assemble

1. In a 9-inch round pan or 4 individual 5- to 6-inch ramekins, place filling and cover with mashed potatoes.
2. Cook in oven until tops of potatoes are browned, about 5 minutes.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 300 | Total Fat | 13g |
| Protein | 19g | Saturated Fat | 2.4g |
| Carbohydrate | 32g | Cholesterol | 0mg |
| Dietary Fiber | 5g | Calcium | 144mg |
| Total Sugars | 4g | Sodium | 502mg |





PREP **10** mins TOTAL **40** mins

4 Servings:

- ⅓ cup part-skim ricotta cheese
- 1 egg, scrambled
- ¼ teaspoon salt
- ½ cup part-skim mozzarella cheese, (¼ cup for ricotta mixture, ¼ cup for topping)
- Cooking oil spray
- 1 pound ground turkey, preferably breast meat only (Vegetarians: Substitute 14 to 16 ounces crumbled firm tofu)
- 2 ½ cups marinara sauce, one with less than 500 mg sodium per ½ cup, divided
- ¼ cup fresh basil (or 1 tablespoon dried basil)
- 4 whole grain lasagna noodles, no-boil variety or regular-type, cooked, cut in half (width-wise)

Turkey Lasagna

No-boil lasagna noodles, which are widely available, are a big time-saver! If you can't find them, cook regular noodles a few minutes short of ready to eat and assemble the recipe as directed with partially cooked noodles.

1. Preheat oven to 425°. Heat a heavy bottom skillet over medium heat.
2. In a medium bowl, combine ricotta, egg, salt and ¼ cup mozzarella.
3. Spray skillet with cooking spray and add turkey (or tofu). Cook, stirring often, until browned, about 3 minutes. Mix in 2 cups marinara sauce and basil. Turn off heat.
4. Spray a glass or ceramic 8-inch-square (or 6-inch by 10-inch) baking dish with cooking spray.
5. Place ½ of turkey mixture in the bottom of pan. Cover with 4 noodle halves and then ½ of ricotta mixture.
6. Repeat and top with remaining ½ cup marinara sauce and remaining ¼ cup mozzarella.
7. Cook for 25 minutes. Turn oven to broil and cook until top is brown, about 2 more minutes.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 420 | Total Fat | 12g |
| Protein | 40g | Saturated Fat | 4.9g |
| Carbohydrate | 38g | Cholesterol | 120mg |
| Dietary Fiber | 6g | Calcium | 213mg |
| Total Sugars | 14g | Sodium | 495mg |



PREP **10** mins TOTAL **20** mins

4 Servings:

- 2 cups canned wild salmon, preferably no-salt-added, drained
- ½ cup whole grain cracker crumbs
- 2 eggs, beaten
- ¼ cup shredded zucchini
- 2 tablespoons very finely chopped onion
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon juice
- Freshly ground black pepper
- 2 teaspoons olive oil



Salmon Croquette

To make the cracker crumbs used in this recipe, place the crackers in a food processor and process until fine. Or be more hands on: Place crackers in a plastic bag and crush with the back of a spoon. A lightly dressed romaine salad pairs beautifully with the croquettes.

1. In a large bowl, combine salmon, cracker crumbs, eggs, zucchini, onion, mustard, lemon juice and pepper to taste with your fingers until thoroughly combined.
2. Divide salmon mixture into 8 patties.
3. Heat a large heavy bottom skillet over medium heat.
4. Pour oil in skillet and gently place patties in skillet.
5. Cook until golden brown, about 4 minutes. Flip and cook 4 more minutes.
6. Serve patties hot, room temperature or chilled.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 272 | Total Fat | 13g |
| Protein | 26g | Saturated Fat | 3.0g |
| Carbohydrate | 10g | Cholesterol | 112mg |
| Dietary Fiber | 3g | Calcium | 219mg |
| Total Sugars | 1g | Sodium | 150mg |

PREP **10** mins TOTAL **20** mins

4 Servings:

- 1 sweet red pepper, seeds removed and cut into strips
- 1 onion, sliced
- 2 teaspoons olive oil
- 1 ½ pounds tilapia, cut into strips
- ¼ teaspoon salt
- Freshly ground black pepper
- 8 corn tortillas (about 6 inches in diameter), slightly warmed
- 1 cup shredded romaine lettuce
- 1 avocado, skin and pit removed, cut into 8 slices
- ½ cup salsa, one with no more than 85 mg sodium per 2 tablespoon serving
- ½ cup fresh cilantro leaves (optional)



Tilapia Fajita

Turn up the heat of this dish by finishing off your fajita with a hot salsa.

1. Heat a large heavy bottom skillet over medium heat.
2. In a bowl, season sweet pepper and onion with oil. Add to skillet.
3. Cook, stirring often, until onion is soft, about 3 minutes.
4. Season tilapia with salt and black pepper to taste. Add to skillet and cook, stirring often, until tilapia is just translucent in the middle, about 3 more minutes.
5. To serve, place a tortilla on each plate, fill with ⅛ of fish mixture, lettuce, a slice of avocado, 1 tablespoon of salsa and cilantro if desired.
6. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 317 | Total Fat | 11g |
| Protein | 37g | Saturated Fat | 2.1g |
| Carbohydrate | 17g | Cholesterol | 85mg |
| Dietary Fiber | 5g | Calcium | 52mg |
| Total Sugars | 4g | Sodium | 315mg |



PREP **5** mins TOTAL **15** mins

4 Servings:

- 1 teaspoon olive oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 pound lean ground beef, preferably 95 percent lean (Vegetarians: Substitute 14 to 16 ounces crumbled firm tofu)
- ¼ teaspoon salt
- 1 cup canned black beans (preferably low sodium or no-salt-added), drained and rinsed
- ¾ cup salsa, with no more than 85 mg sodium per 2 tablespoons
- 8 corn tortillas (about 6 inches in diameter), warmed
- 1 cup romaine lettuce chopped
- 1 cup fresh cilantro (optional)
- ¼ cup reduced fat or “light” sour cream



Ground Beef Soft Taco

This can be made with ground turkey or crumbled tofu in place of the ground beef.

1. Heat a heavy bottom skillet over medium heat. Add oil. Add onion and cook, stirring often until soft, about 2 minutes. Add garlic and continue cooking 1 more minute.
2. Stir in beef (or tofu) and salt. Cook until browned, about 3 minutes.
3. Add black beans and salsa and cook an additional 2 minutes.
4. Fill each tortilla with equal amounts of meat. Top each with lettuce, cilantro, if desired, and sour cream. Serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 318 | Total Fat | 9g |
| Protein | 30g | Saturated Fat | 4.0g |
| Carbohydrate | 23g | Cholesterol | 78mg |
| Dietary Fiber | 6g | Calcium | 98mg |
| Total Sugars | 4g | Sodium | 360mg |



PREP **10** mins TOTAL **70** mins

4 Servings:

- ¾ pound lean ground beef, preferably 95 percent lean
- ½ pound ground turkey, preferably breast meat only
- 2 cloves garlic, finely chopped
- ½ onion, grated
- ½ teaspoon salt
- Freshly ground pepper
- ½ teaspoon dried ground oregano
- ½ cup crumbs from crushed whole grain crackers
- 1 egg, beaten
- 2 slices nitrite-, nitrate-free turkey bacon



Meatloaf

If you are lucky enough to have leftovers, you can make a sandwich for lunch the next day!

1. Preheat oven to 325°.
2. In a large bowl, mix beef, turkey, garlic, onion, salt, pepper to taste, oregano, cracker crumbs and egg until thoroughly combined; take care not to overmix.
3. Roll mixture into a 12-inch log. Lay the bacon pieces diagonally across the meatloaf to cover most of the top.
4. Place on a sheet tray and cook for 1 hour.
5. Serve hot, cold or at room temperature.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 269 | Total Fat | 11g |
| Protein | 42g | Saturated Fat | 3.5g |
| Carbohydrate | 8g | Cholesterol | 136mg |
| Dietary Fiber | 2g | Calcium | 39mg |
| Total Sugars | 1g | Sodium | 563mg |

Broiled Shrimp

with Lemon, Garlic and Spinach

PREP **5** mins
TOTAL **10** mins

4 Servings:

- 1 pound shrimp, shelled and deveined
- 2 cloves garlic, minced
- 1 teaspoon finely chopped fresh oregano (or ½ teaspoon dried oregano)
- 1 tablespoon plus 1 teaspoon olive oil (2 teaspoons for shrimp; 2 teaspoons for beans)
- Freshly ground black pepper
- 4 cups spinach
- 1 15-ounce can white beans (preferably no-salt-added or low sodium), drained and rinsed
- ½ lemon, cut into wedges

Any leftover shrimp can be covered and refrigerated and tossed with greens for a salad the next day.

1. Preheat oven to broil.
2. In a large bowl, combine shrimp, garlic, oregano, 2 teaspoons oil and pepper to taste; mix thoroughly.
3. In another bowl, toss spinach, beans and remaining 2 teaspoons oil.
4. Place shrimp in a single layer on a sheet tray and broil until just pink, about 3 to 5 minutes, depending on your broiler. Remove from oven and toss with spinach. Return to oven and cook for 1 more minute.
5. Squeeze lemon on shrimp and serve immediately.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 260 | Total Fat | 6g |
| Protein | 25g | Saturated Fat | 0.9g |
| Carbohydrate | 28g | Cholesterol | 143mg |
| Dietary Fiber | 7g | Calcium | 182mg |
| Total Sugars | 1g | Sodium | 672mg |





PREP **10** mins TOTAL **20** mins

4 Servings:

- 1 pound pork loin, cut into ¼-inch slices (Vegetarians: Substitute 1 pound tempeh, cut into ¼-inch slices)
- ¼ teaspoon salt, (⅛ teaspoon for seasoning pork, ⅛ teaspoon for rice)
- 2 teaspoons olive oil
- 2 tablespoons less-sodium soy sauce, (1 tablespoon for seasoning pork, 1 tablespoon for rice)
- 2 cloves garlic, minced
- 1 onion, sliced
- 1 pound fresh or frozen green beans, cooked
- 2 cups cooked brown rice
- 4 eggs, beaten
- 1 tablespoon toasted sesame oil
- Juice from ½ lime

Stir Fry Pork and Green Beans over Brown Rice

This is a very quick-cooking dish because the pork slices are so thin. Take care to not overcook to keep the meat tender.

1. Heat a large heavy bottom skillet over high heat. Season pork with ⅛ teaspoon salt, olive oil, 1 tablespoon soy sauce and garlic.
2. Cook pork (or tempeh), stirring occasionally, until pork loses pink color, about 1 minute.
3. Add onion and green beans. Cook, stirring constantly, for 2 minutes.
4. Add brown rice, remaining ⅛ teaspoon salt, remaining 1 tablespoon soy sauce and eggs. Cook, stirring, until eggs cook, about 3 minutes.
5. Season with sesame oil and lime and serve immediately.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 447 | Total Fat | 18g |
| Protein | 36g | Saturated Fat | 4.9g |
| Carbohydrate | 35g | Cholesterol | 226mg |
| Dietary Fiber | 6g | Calcium | 93mg |
| Total Sugars | 4g | Sodium | 539mg |





PREP **10** mins TOTAL **20** mins

4 Servings:

- 1 pound beef sirloin, cut into thin ¼-inch strips (Vegetarians: Substitute 1 pound (16 ounces) of tempeh, cut into ¼-inch strips)
- ½ teaspoon salt
- Freshly ground black pepper
- 1 tablespoon olive oil
- 1 onion, sliced thinly
- 4 cups sliced white button mushrooms
- ½ cup reduced-sodium beef broth (Vegetarians: Substitute ½ cup reduced-sodium vegetable broth)
- 1 tablespoon Dijon mustard
- 4 cups cooked whole grain noodles (6 oz. uncooked)
- ¼ cup reduced-fat or “light” sour cream
- ¼ cup fresh parsley (optional)



Beef Stroganoff

This dish is luscious, creamy and satisfying!

1. Heat a large heavy bottom skillet over medium heat.
2. Season beef with salt and pepper to taste.
3. Pour oil into skillet, add beef (or tempeh) and cook until browned on both sides, about 1 to 2 minutes.
4. Remove beef and set aside. Add onion and mushrooms to hot pan and cook, stirring often, until onion softens, about 3 minutes.
5. Add broth, mustard and beef (or tempeh). Cook for 3 minutes.
6. Stir in noodles. Turn off heat and stir in sour cream and top with parsley, if desired.
7. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 410 | Total Fat | 15g |
| Protein | 34g | Saturated Fat | 4.7g |
| Carbohydrate | 38g | Cholesterol | 75mg |
| Dietary Fiber | 7g | Calcium | 89mg |
| Total Sugars | 4g | Sodium | 460mg |



PREP **20** mins TOTAL **60** mins

4 Servings:

- 1 pound beef chuck (or other lean stew meat), cut into ½-inch cubes
- ½ teaspoon salt
- Freshly ground black pepper
- 2 teaspoons olive oil
- 1 onion, sliced
- 2 cups reduced-sodium beef broth
- 1 tablespoon balsamic vinegar
- 2 medium potatoes (skin intact), diced
- 2 medium carrots, peeled and sliced
- 2 teaspoons finely chopped thyme



Quick Beef Stew

Consider making a double batch of this soup, especially in the winter when a warm stew really hits the spot.

1. Heat oven to 325°. Heat a large ovenproof heavy bottom pot that has a lid over medium heat.
2. Season beef with salt and pepper to taste.
3. Add oil to pot and then beef. Cook beef until each piece is browned on each side, about 3 minutes per side. If you do not have enough room in your pot, do it in two batches.
4. Add onion, broth, vinegar, potatoes, carrots and thyme to the pot with the beef. Bring to a boil, cover and place in oven.
5. Cook until potatoes are soft, about 40 minutes.
6. Serve hot, refrigerate for up to 3 days or freeze in individual portions.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 288 | Total Fat | 10g |
| Protein | 28g | Saturated Fat | 3.5g |
| Carbohydrate | 24g | Cholesterol | 78mg |
| Dietary Fiber | 4g | Calcium | 45mg |
| Total Sugars | 5g | Sodium | 644mg |



PREP **10** mins TOTAL **25** mins

4 Servings:

- 2 teaspoons olive oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 pound lean ground beef, preferably 95 percent lean (Vegetarians: Substitute 14 to 16 ounces crumbled firm tofu)
- ½ teaspoon salt
- Freshly ground black pepper
- ½ teaspoon chopped fresh oregano (or ¼ teaspoon dried oregano)
- 3 cups fresh or canned chopped tomatoes
- 2 tablespoons tomato paste
- 5 cups cooked 100 percent whole wheat, brown rice, quinoa or whole grain spaghetti (7 ½ ounces uncooked)
- ¼ cup grated Parmesan



Spaghetti with Meat Sauce

What's not to love about this ultimate comfort food?

1. Heat a large heavy bottom skillet over medium heat.
2. Add oil, onion and garlic and cook, stirring often, for 3 minutes.
3. Add beef (or tofu), salt and pepper to taste and cook until browned, stirring often, about 5 minutes.
4. Add oregano, tomato and tomato paste to beef mixture.
5. Simmer for 5 minutes. Add spaghetti and combine thoroughly.
6. Top each serving with 1 tablespoon grated Parmesan and serve.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 433 | Total Fat | 10g |
| Protein | 36g | Saturated Fat | 3.9g |
| Carbohydrate | 52g | Cholesterol | 75mg |
| Dietary Fiber | 10g | Calcium | 156mg |
| Total Sugars | 7g | Sodium | 474mg |

PREP **5** mins TOTAL **10** mins

4 Servings:

- 1 ½ pounds trout fillet, cut into 4 equal portions
- 1 tablespoon olive oil (2 teaspoons to season fish, 1 teaspoon for vegetables)
- ½ teaspoon salt (¼ teaspoon to season fish, ¼ teaspoon for vegetables)
- Freshly ground black pepper
- ¼ onion, sliced thinly
- 1 zucchini, sliced thinly
- ½ lemon



Quick Broiled Trout

Feel free to substitute tilapia, flounder or sole for the trout. Also, if zucchini is not available, you can use spinach or sweet peppers.

1. Turn oven to broil.
2. Season fish with 2 teaspoons oil, ¼ teaspoon salt and pepper to taste. Set aside.
3. Season onion and zucchini with remaining 1 teaspoon oil, remaining ¼ teaspoon salt and pepper to taste. Place on sheet tray and cook for 2 minutes.
4. Place fish skin-side up on top of zucchini and onions and return to oven.
5. Cook fish for 2 minutes. Check to make sure fish is flakey and cooked through. If necessary, return fish to oven for 1 more minute, taking care not to over cook.
6. Squeeze lemon on each piece of fish and serve immediately.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 236 | Total Fat | 10g |
| Protein | 36g | Saturated Fat | 1.7g |
| Carbohydrate | 3g | Cholesterol | 100mg |
| Dietary Fiber | 1g | Calcium | 126mg |
| Total Sugars | 2g | Sodium | 348mg |

Herb-Crusted Salmon

PREP **5** mins | TOTAL **15** mins

4 Servings:

- 1 pound salmon, divided into 4 equal portions
- 1 teaspoon olive oil
- ¼ teaspoon salt (½ teaspoon to season fish; ¼ teaspoon for bread crumb mixture)
- Freshly ground black pepper
- ¼ cup chopped fresh herbs, such as tarragon, chive, parsley, cilantro (or 2 tablespoons dried herbs)
- 1 cup whole wheat cracker crumbs
- 2 eggs, beaten
- ½ lemon, cut into wedges

Pair this entrée, which features salmon, one of the healthiest fish on the planet, with Quick Sautéed Greens (page 161) and a serving of Seasoned Grains (page 171) or another whole grain side.

1. Preheat oven to 425°.
2. Season salmon with oil, ¼ teaspoon salt and black pepper to taste.
3. Place salmon on a sheet tray and top with herbs.
4. In a medium bowl, thoroughly combine cracker crumbs, eggs and remaining ¼ teaspoon salt and additional black pepper to taste.
5. Place cracker crumb mixture on top of herbs and pat to make a crust.
6. Place sheet tray in oven and bake until there is just a little bit of pink in the middle of the salmon, about 5 minutes depending on the thickness of the fish. Turn oven to broil and cook for an additional 2 minutes to brown crust, taking care not to burn. Serve with a wedge of lemon.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 253 | Total Fat | 9g |
| Protein | 29g | Saturated Fat | 2.2g |
| Carbohydrate | 14g | Cholesterol | 133mg |
| Dietary Fiber | 4g | Calcium | 70mg |
| Total Sugars | 1g | Sodium | 351mg |





PREP **10** mins TOTAL **30** mins

4 Servings:

- 1 cup chopped fresh cilantro
- ½ onion, sliced
- 4 cups spinach, chopped
- 1 cup crumbled firm tofu
- 2 teaspoons olive oil
- ½ teaspoon salt
- Freshly ground black pepper
- Cooking oil spray
- 4 corn tortillas (about 6 inches in diameter)
- 1 15-ounce can pinto or black beans (preferably low sodium or no-salt-added), drained and rinsed
- 1 cup salsa, with no more than 85 mg sodium per 2 tablespoons
- ¾ cup grated 2 percent cheddar cheese

Taco Casserole

Time-saving tip: If you have a food processor, add the cilantro (if using), onion and spinach and pulse on and off a few times instead of chopping by hand.

1. Preheat oven to 425°.
2. In a large bowl, combine cilantro, if desired, onion, spinach, tofu, oil, salt and pepper to taste.
3. Spray a glass or ceramic 8-inch square or 6-inch by 10-inch baking dish with cooking spray.
4. Lay 2 tortillas in the bottom of the baking dish (they will overlap).
5. Cover tortillas and bottom of baking dish with ½ of beans, ½ of spinach mixture, ½ of salsa and ½ of cheese.
6. Repeat steps, starting with a layer of remaining 2 tortillas, topped with remaining ½ beans, remaining ½ spinach mixture, remaining ½ salsa, and remaining ½ cheese.
7. Bake until bubbling and golden brown, about 20 minutes.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 354 | Total Fat | 13g |
| Protein | 23g | Saturated Fat | 4.3g |
| Carbohydrate | 33g | Cholesterol | 15mg |
| Dietary Fiber | 10g | Calcium | 688mg |
| Total Sugars | 3g | Sodium | 660mg |



PREP **10** mins TOTAL **30** mins

4 Servings:

- ¼ cup tomato paste
- 1 tablespoon molasses
- 2 teaspoons brown sugar
- 1 cup water
- 2 cloves garlic, minced
- 1 onion, sliced
- Freshly ground black pepper
- 1 15-ounce can white beans (preferably low sodium or no-salt-added), drained and rinsed
- 1 pound pork tenderloin
- ½ teaspoon salt
- 2 teaspoons olive oil
- 2 strips nitrite-, nitrate-free turkey bacon



Pork and Beans

This pairs well with Cole Slaw (page 173) and the Seasoned Grains of your choice (page 174).

1. Preheat oven to 325°.
2. In a medium bowl, combine tomato paste, molasses, brown sugar, water, garlic, onion and pepper to taste. Add beans and set aside.
3. Heat a pan that will fit the pork with a lid over medium heat. Season pork with salt. Add oil to pan and brown pork on all sides, about 1 minute per side. Add bacon to pan when pork is on last side.
4. Cover pork with bean mixture.
5. Cover and cook in oven for 20 minutes. Check to see pork is cooked through; cooking time will vary based on the thickness of pork.
6. To serve, slice pork and serve over beans.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 390 | Total Fat | 11g |
| Protein | 45g | Saturated Fat | 3.0g |
| Carbohydrate | 37g | Cholesterol | 62mg |
| Dietary Fiber | 7g | Calcium | 119mg |
| Total Sugars | 9g | Sodium | 470mg |



PREP **10** mins TOTAL **25** mins

4 Servings:

- 2 teaspoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup crumbled firm tofu
- 4 cups water
- 1 28-ounce can no-salt-added crushed tomatoes (about 3 cups)
- ¼ teaspoon salt
- 2 carrots, chopped
- 2 teaspoons chili powder
- 1 15-ounce can kidney beans (preferably low sodium or no-salt-added), drained and rinsed
- 2 cups corn cut off the cob or frozen
- 6 tablespoons grated 2 percent cheddar cheese or other reduced fat cheese
- 4 teaspoons chopped red onion
- 2 tablespoons plus 2 teaspoons reduced-fat or “light” sour cream



Vegetarian Chili

This chili is sure to satisfy—even devout meat lovers!

1. Heat a large ovenproof heavy bottom pot over medium heat. Add oil, onion, garlic and tofu and cook, stirring often, for 3 minutes.
2. Add water, tomatoes, salt, carrots, chili powder and kidney beans.
3. Bring to a boil. Lower heat and reduce to a simmer for 10 minutes. Add corn and return to a boil.
4. Serve each portion topped with 1 tablespoon cheddar cheese, 1 teaspoon red onion and 2 teaspoons sour cream.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|-------|
| Calories | 352 | Total Fat | 12g |
| Protein | 22g | Saturated Fat | 3.1g |
| Carbohydrate | 48g | Cholesterol | 8mg |
| Dietary Fiber | 14g | Calcium | 446mg |
| Total Sugars | 10g | Sodium | 427mg |



Snacks



PREP **2** mins | TOTAL **5** mins

1 Serving:

- 1 small apple, sliced
- 1/3 cup plus 1 tablespoon shredded 2 percent cheddar

Apple Cheddar Melt

The classic combination of apple and cheddar makes for a quick, easy and highly satisfying snack.

1. Preheat oven to broil.
2. Place apple slices in an ovenproof dish and top with cheese.
3. Place under broiler until cheese is melted, about 2 minutes.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 154 | Total Fat | 3g |
| Protein | 1g | Saturated Fat | 2.0g |
| Carbohydrate | 21g | Cholesterol | 9mg |
| Dietary Fiber | 4g | Calcium | 193mg |
| Total Sugars | 16g | Sodium | 273mg |





PREP **5** mins | TOTAL **5** mins

1 Serving:

- 19 unsalted, dry-roasted almonds
- 1/8 teaspoon olive oil
- Dash salt
- 1/8 teaspoon sugar
- 1/4 teaspoon chopped fresh or dried oregano (or Italian spices)



Sweet and Salty Toasted Almonds

It's a good thing this recipe makes only one serving because these are seriously hard to stop eating!

1. Preheat oven to 350°.
2. Place almonds on a sheet tray and mix with oil, salt, sugar and oregano.
3. Bake until nuts are golden brown, about 5 minutes. Take care because nuts can easily burn.
4. Let cool and serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 152 | Total Fat | 13g |
| Protein | 5g | Saturated Fat | 1.2g |
| Carbohydrate | 6g | Cholesterol | 0mg |
| Dietary Fiber | 3g | Calcium | 71mg |
| Total Sugars | 2g | Sodium | 155mg |



PREP **2** mins | TOTAL **5** mins

1 Serving:

- 1 whole grain crispbread
- 1/4 cup shredded part-skim mozzarella
- 2 slices tomato



Tomato Cheese Melt on Cracker

Let the cheese get bubbly and a bit golden brown and this will be delicious!

1. Preheat oven to broil.
2. Place crispbread on a sheet tray and top with cheese. Cook until cheese melts, about 2 minutes.
3. Remove from oven, top with tomato and serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 153 | Total Fat | 6g |
| Protein | 10g | Saturated Fat | 3.6g |
| Carbohydrate | 14g | Cholesterol | 15mg |
| Dietary Fiber | 3g | Calcium | 211mg |
| Total Sugars | 1g | Sodium | 226mg |



PREP 5 mins TOTAL 8 mins

1 Serving:

- 1 cup 1 percent milk
- 2 teaspoons cocoa powder (unsweetened)
- 1¼ teaspoons sugar
- ¼ teaspoon ground cinnamon (optional)



Hot Chocolate

This can also be served over ice for a cold beverage or put in the blender with ice for a frosty treat.

1. Place milk, cocoa powder, sugar and cinnamon, if desired, in a small saucepan over medium heat. Whisk until cocoa is incorporated and mixture comes to a simmer.
2. Serve hot.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 133 | Total Fat | 3g |
| Protein | 9g | Saturated Fat | 2.0g |
| Carbohydrate | 20g | Cholesterol | 12mg |
| Dietary Fiber | 2g | Calcium | 302mg |
| Total Sugars | 18g | Sodium | 108mg |



PREP 5 mins TOTAL 5 mins

1 Serving:

- 1 cup soy milk
- ½ cup sliced fresh or frozen unsweetened strawberries
- 1 ½ teaspoons honey



Strawberry Milk

Try this recipe with other berries, if desired, or even ½ cup sliced fruit, like peach.

1. In a blender, combine soy milk, strawberries and honey. Process for 30 seconds, until frothy.
2. If ingredients are cold, serve as is. If not, pour over ice and serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 136 | Total Fat | 4g |
| Protein | 8g | Saturated Fat | 0.5g |
| Carbohydrate | 19g | Cholesterol | 0mg |
| Dietary Fiber | 3g | Calcium | 312mg |
| Total Sugars | 13g | Sodium | 86mg |



PREP **2** mins TOTAL **2** mins

1 Serving:

- ½ cup chopped celery
- 13 raisins (2 teaspoons)
- 16 salted, dry-roasted almonds



Celery, Raisin and Almond Mix

Sweet and salty...what more do you need from a snack?

1. Combine celery, raisins and almonds in a bowl.
2. This is best served immediately but it can also be refrigerated for several hours.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 154 | Total Fat | 11g |
| Protein | 5g | Saturated Fat | 0.9g |
| Carbohydrate | 11g | Cholesterol | 0mg |
| Dietary Fiber | 3g | Calcium | 80mg |
| Total Sugars | 6g | Sodium | 113mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 2 cups air-popped popcorn
- 10 unsalted peanuts
- 13 raisins (2 teaspoons)
- ½ teaspoon olive oil
- Dash salt



Popcorn with Peanuts and Raisins

Be sure to use an airtight container, if not eating immediately, so the popcorn stays fresh.

1. Combine popcorn, peanuts and raisins in a bowl.
2. Toss with oil and salt. Serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 160 | Total Fat | 8g |
| Protein | 5g | Saturated Fat | 1.1g |
| Carbohydrate | 20g | Cholesterol | 0mg |
| Dietary Fiber | 3g | Calcium | 10mg |
| Total Sugars | 4g | Sodium | 158mg |



PREP **2** mins TOTAL **2** mins

1 Serving:

- ½ cup blueberries
- 11 unsalted, dry-roasted almonds
- 1 tablespoon roasted, salted pumpkin seeds



Blueberry, Almond and Pumpkin Seeds

You'll love this fresh take on trail mix—it contains fresh fruit in lieu of dried.

1. Combine blueberries, almonds and pumpkin seeds in a bowl.
2. This is best eaten immediately but it can also be refrigerated for several hours.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 145 | Total Fat | 9g |
| Protein | 4g | Saturated Fat | 0.7g |
| Carbohydrate | 16g | Cholesterol | 0mg |
| Dietary Fiber | 4g | Calcium | 44mg |
| Total Sugars | 8g | Sodium | 103mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 2 cups air-popped popcorn
- 8 unsalted, dry-roasted almonds, roughly chopped
- 1 teaspoon olive oil
- ⅛ teaspoon salt
- Pinch of chili powder or cayenne



Spicy Almond Popcorn

Be careful with chili powder or cayenne, as the heat of peppers vary quite a bit from batch to batch.

1. Combine popcorn and almonds in a bowl.
2. Toss with oil, salt and cayenne. Serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 163 | Total Fat | 11g |
| Protein | 4g | Saturated Fat | 1.1g |
| Carbohydrate | 15g | Cholesterol | 0mg |
| Dietary Fiber | 4g | Calcium | 29mg |
| Total Sugars | 1g | Sodium | 295mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 1 cup spinach, chopped
- ¾ cup plain nonfat or low-fat yogurt (regular or Greek)
- Dash salt
- Freshly ground black pepper
- Pinch fresh mashed garlic (or garlic powder)
- Dash nutmeg
- ½ cucumber, sliced



Spinach Dip

This is good snack to bring to the office. If you prefer, use another vegetable for dipping, such as carrot or celery.

1. In a medium bowl, combine spinach, yogurt, salt, pepper to taste, garlic and nutmeg.
2. Serve yogurt mixture as a dip with cucumber rounds.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 152 | Total Fat | 0g |
| Protein | 20g | Saturated Fat | 0g |
| Carbohydrate | 19g | Cholesterol | 15mg |
| Dietary Fiber | 2g | Calcium | 657mg |
| Total Sugars | 5g | Sodium | 117mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- ¾ cup plain nonfat or low-fat yogurt (regular or Greek)
- ⅛ teaspoon dried oregano (or mixed Italian herbs)
- ¼ teaspoon olive oil
- Dash salt
- Freshly ground black pepper
- ½ sweet red pepper, sliced



Red Pepper with Herb Greek Yogurt Dip

If you like spicy food, mix in a tiny pinch of cayenne.

1. In a medium bowl, combine yogurt, oregano, oil, salt and black pepper to taste.
2. Serve yogurt mixture as a dip with sweet pepper slices.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 150 | Total Fat | 1g |
| Protein | 19g | Saturated Fat | 0.2g |
| Carbohydrate | 16g | Cholesterol | 15mg |
| Dietary Fiber | 2g | Calcium | 609mg |
| Total Sugars | 5g | Sodium | 248mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- ¼ cup low-fat ricotta cheese
- Squeeze lemon
- 2 tablespoons grated carrot
- 1 tablespoon chopped walnuts
- Freshly ground black pepper
- 2 to 3 celery stalks cut into 6 sticks



Creamy Ricotta Dip with Celery

You'll enjoy this snack, especially knowing this decadent-tasting dip is good for you!

1. In a small bowl combine ricotta, lemon, carrot, walnuts and pepper to taste.
2. Serve dip with celery sticks.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 153 | Total Fat | 8g |
| Protein | 8g | Saturated Fat | 2.1g |
| Carbohydrate | 13g | Cholesterol | 15mg |
| Dietary Fiber | 5g | Calcium | 209mg |
| Total Sugars | 8g | Sodium | 257mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- ½ cup canned black beans (preferably low sodium or no-salt-added), drained and rinsed
- 1 ½ teaspoons olive oil
- 1 tablespoon chopped fresh basil leaves (or parsley or cilantro or 1 ½ teaspoons dried basil or other dried herb)
- 1 tablespoon water
- Dash salt
- 1 medium carrot, cut into sticks



Black Bean and Basil Dip with Carrot Sticks

If at all possible, use fresh basil or substitute fresh parsley, if available.

1. In a food processor, combine beans, oil, basil (or other herb), water and salt and process until smooth, about 1 minute.
2. Transfer bean mixture into a small bowl and serve with carrot sticks.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 151 | Total Fat | 7g |
| Protein | 5g | Saturated Fat | 1.0g |
| Carbohydrate | 18g | Cholesterol | 0mg |
| Dietary Fiber | 6g | Calcium | 65mg |
| Total Sugars | 3g | Sodium | 208mg |



PREP **5** mins TOTAL **5** mins

1 Serving:

- 1 cup soy milk
- 1/8 teaspoon ground ginger
- 1 1/2 teaspoons honey



Ginger Latte

You can mix this up by substituting 1 percent milk for the soy milk and/or cinnamon for the ginger.

1. Place soy milk and ginger in a small saucepan over medium heat and bring to a simmer. Stir.
2. Mix in honey and serve hot.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 137 | Total Fat | 4g |
| Protein | 6g | Saturated Fat | 0.5g |
| Carbohydrate | 21g | Cholesterol | 0mg |
| Dietary Fiber | 1g | Calcium | 300mg |
| Total Sugars | 17g | Sodium | 115mg |



PREP **2** mins TOTAL **2** mins*

1 Serving:

- 1/2 banana, sliced and frozen
- 1 tablespoon peanut butter

* Not including freezing time



Frozen Banana Peanut Butter "Sandwich"

The easiest way to freeze a banana is to peel a ripe banana, slice it, place rounds on a sheet tray and put in the freezer. After banana is frozen, in about 2 hours, remove the slices from the tray and store in an airtight container.

1. Spread peanut butter on frozen banana rounds and serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|------|
| Calories | 147 | Total Fat | 8g |
| Protein | 5g | Saturated Fat | 1.7g |
| Carbohydrate | 17g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 10mg |
| Total Sugars | 9g | Sodium | 3mg |



Desserts



PREP **5** mins

TOTAL **2** hrs*

4 Servings:

- 1 ½ cups nonfat milk
- ⅛ teaspoon vanilla extract
- 2 tablespoons plus 2 teaspoons sugar
- ¾ cup sliced strawberries (½ cup for blender, ¼ cup for topping)
- 2 tablespoons cornstarch
- 4 tablespoons canned whipped cream

* including cooling time

Strawberry Vanilla Whip

Enjoy this delicately textured dessert. When making it, be diligent about stirring or it will burn.

1. In a blender, combine milk, vanilla, sugar, ½ cup strawberries and process until smooth, about 30 seconds.
2. Place strawberry mixture in a small pot over medium heat, whisk in cornstarch and heat, stirring constantly, until the mixture comes to a boil.
3. Immediately reduce heat, continue stirring and cook for 1 more minute.
4. Transfer warm mixture into individual serving cups.
5. Refrigerate until thoroughly chilled, about 2 hours.
6. Before serving, top each with about 1 tablespoon strawberries and 1 tablespoon whipped cream.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 99 | Total Fat | 1g |
| Protein | 3g | Saturated Fat | 0.6g |
| Carbohydrate | 19g | Cholesterol | 5mg |
| Dietary Fiber | 1g | Calcium | 121mg |
| Total Sugars | 15g | Sodium | 45mg |





PREP **5** mins
TOTAL **20** mins

8 Servings:

- ½ cup plus 1 tablespoon peanut butter
- ¼ cup rolled oats
- 2 tablespoons nonfat milk
- 1 tablespoon honey
- ¼ teaspoon baking powder
- 1 cup puffed brown rice
- 1 tablespoon sugar



Peanut Butter Puffed Rice Cookie

Wrap any extras individually, freeze and save for another day.

1. Preheat oven to 350°.
2. In a medium bowl, combine peanut butter, oats, milk, honey, baking powder, puffed rice and sugar. Mix until thoroughly combined.
3. Make 8 even balls with batter and place on a sheet tray. Flatten each cookie gently with the palm of your hand.
4. Bake until golden brown, about 15 minutes.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|------|
| Calories | 106 | Total Fat | 7g |
| Protein | 4g | Saturated Fat | 1.0g |
| Carbohydrate | 10g | Cholesterol | 1mg |
| Dietary Fiber | 1g | Calcium | 20mg |
| Total Sugars | 5g | Sodium | 19mg |



PREP **5** mins
TOTAL **5** mins

4 Servings:

- ½ cup plus 2 tablespoons silken tofu
- 4 ½ teaspoons cocoa powder (unsweetened)
- 5 teaspoons sugar
- ¾ cup canned whipped cream
- 16 bittersweet chocolate chips, chopped



Chocolate Pudding

You won't even believe you can make a dessert this good in just a few minutes! These will keep well in the refrigerator if tightly wrapped for up to three days.

1. In a food processor, combine tofu, cocoa powder and sugar. Process until smooth, about 30 seconds.
2. Gently fold in whipped cream.
3. Divide into 4 small serving cups and top with chocolate pieces.

Nutrition Facts (per serving)

| | | | |
|-----------------|-----------|---------------|------|
| Calories | 91 | Total Fat | 5g |
| Protein | 2g | Saturated Fat | 3.0g |
| Carbohydrate | 11g | Cholesterol | 9mg |
| Dietary Fiber | 1g | Calcium | 24mg |
| Total Sugars | 8g | Sodium | 18mg |



PREP **5** mins
TOTAL **25** mins

1 Serving:

- ½ peach, sliced
- Cooking oil spray
- 1 teaspoon sugar
- 6 unsalted, dry-roasted almonds, finely chopped
- ¼ teaspoon olive oil
- Dash salt



Baked Almond Peach

If you want to make this in the winter when peaches are not in season, substitute with apple or pear.

1. Preheat oven to 375°.
2. Spray peach with cooking spray.
3. In a small bowl, combine sugar, almonds, oil and salt.
4. Place peaches in a small ovenproof dish and top with almond mixture.
5. Bake until peach is soft and topping is golden brown, about 20 minutes.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 100 | Total Fat | 5g |
| Protein | 2g | Saturated Fat | 0.5g |
| Carbohydrate | 13g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 24mg |
| Total Sugars | 11g | Sodium | 155mg |



PREP **5** mins
TOTAL **10** mins

2 Servings:

- 2 tablespoons chopped walnuts
- 1 ripe banana, cut in half lengthwise, and then widthwise to give you 4 slices
- Cooking oil spray
- 1 teaspoon sugar



Broiled Banana with Walnut

Simple to make, yet this dessert packs a lot of flavor.

1. Preheat oven to broil.
2. Put walnuts in an ovenproof pan in approximately the same shape as the banana.
3. Spray the 4 banana slices with cooking spray and place on top of walnuts, completely covering them. Tuck any extra walnuts under banana slices.
4. Sprinkle with sugar and place under broiler until browned and bubbly, about 3 minutes. Serve hot.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|------|
| Calories | 111 | Total Fat | 5g |
| Protein | 2g | Saturated Fat | 0.6g |
| Carbohydrate | 17g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 10mg |
| Total Sugars | 10g | Sodium | 1mg |



PREP 5 mins TOTAL 25 mins

1 Serving:

- 1/3 cup sliced fruit (or berries)
- 2 tablespoons rolled oats
- 1 tablespoon nonfat milk
- 1/4 teaspoon olive oil
- 3/4 teaspoon sugar
- Pinch salt



Fruit Crisp

Make this with the best available fruit of the moment. You can't go wrong with berries of any kind, peaches and apples.

1. Preheat oven to 375°.
2. Arrange fruit in the bottom of a small ovenproof dish in a circle approximately 3 to 4 inches in diameter. Set aside.
3. In a small bowl, combine oats, milk, oil, sugar and salt. Top fruit with oatmeal mixture.
4. Bake until golden brown, about 20 minutes. Serve hot, warm or chilled.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 94 | Total Fat | 2g |
| Protein | 2g | Saturated Fat | 0.3g |
| Carbohydrate | 18g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 27mg |
| Total Sugars | 9g | Sodium | 163mg |



PREP 5 mins TOTAL 25 mins

1 Serving:

- 1/2 pear, core removed
- Cooking oil spray
- 10 bittersweet chocolate chips



Baked Pear with Chocolate

Pear and chocolate are a winning combination. If you want make this in advance, simply store tightly wrapped in the refrigerator until dessert time.

1. Preheat oven to 375°.
2. Coat pear with cooking spray. Place in an ovenproof baking dish, cut side up, and fill with chocolate.
3. Cover pear with aluminum foil and cook until pear is soft, about 20 minutes.
4. Serve warm, room temperature or chilled.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|------|
| Calories | 102 | Total Fat | 4g |
| Protein | 1g | Saturated Fat | 2.0g |
| Carbohydrate | 19g | Cholesterol | 0mg |
| Dietary Fiber | 3g | Calcium | 8mg |
| Total Sugars | 12g | Sodium | 1mg |



PREP **5** mins
TOTAL **20** mins

8 Servings:

- 2 egg whites
- 3 tablespoons olive oil
- 2 tablespoons water
- ¼ cup cocoa powder (unsweetened)
- ¼ cup plus 2 tablespoons whole wheat flour
- ½ teaspoon baking powder
- Dash salt
- ¼ cup sugar
- 8 bittersweet chocolate chips



Cocoa Olive Oil Cookies

These are super-rich and chocolate-y!

1. Preheat oven to 325°.
2. In a medium bowl, whisk egg whites until frothy, mix in oil and water.
3. Add cocoa powder, whole wheat flour, baking powder, salt and sugar. Mix until just combined.
4. Place dough in 8 even piles on a sheet tray, leaving plenty of room between each cookie. Top each cookie with 1 chocolate chip.
5. Bake until springy to the touch, about 12 minutes.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|------|
| Calories | 104 | Total Fat | 6g |
| Protein | 2g | Saturated Fat | 1.2g |
| Carbohydrate | 13g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 23mg |
| Total Sugars | 7g | Sodium | 65mg |



PREP **10** mins
TOTAL **35** mins

4 Servings:

- 3 egg whites
- ½ teaspoon cream of tartar
- Dash salt
- ¼ cup plus 1 tablespoon sugar
- ¼ cup all purpose unbleached flour
- Cooking oil spray



Angel Food Cake

This classic cake never fails to satisfy. If you are not much of a baker, don't be intimidated—just be gentle when folding in the stiff egg whites.

1. Preheat oven to 350°.
2. Beat egg whites in a mixer using a whisk attachment until white and bubbly, about 2 minutes.
3. Add cream of tartar and salt. Keep beating until egg mixture is stiff, about 3 minutes.
4. Add sugar and continue beating for 2 more minutes. Fold in flour.
5. Coat 4 muffin tins with cooking spray. Spoon cake batter into muffin tins. Cook until cakes are golden brown, about 25 minutes.
6. Cool before removing from pan and serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|------|
| Calories | 105 | Total Fat | 0g |
| Protein | 4g | Saturated Fat | 0g |
| Carbohydrate | 22g | Cholesterol | 0mg |
| Dietary Fiber | 0g | Calcium | 3mg |
| Total Sugars | 16g | Sodium | 81mg |



PREP **5** mins
TOTAL **25** mins

4 Servings:

- ½ cup water
- ½ teaspoon apple cider vinegar
- ⅓ cup all-purpose unbleached flour
- 2 tablespoons sugar
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- Dash salt
- 2 teaspoons olive oil
- Cooking oil spray
- ½ cup blueberries



Blueberry Cake

This is delicious warm, right out of the oven, but also good at room temperature or chilled. If you have extra servings, wrap them individually, freeze and save for another day.

1. Preheat oven to 350°.
2. In a medium bowl, combine water, vinegar, flour, sugar, baking soda, baking powder, salt and oil. Mix until just combined.
3. Coat a 9-inch round ovenproof dish with cooking spray.
4. Place blueberries in bottom of pan and top with cake batter.
5. Bake until cake is springy to the touch, about 20 minutes.

Nutrition Facts (per serving)

| | | | |
|---------------|-----------|---------------|-------|
| Calories | 97 | Total Fat | 3g |
| Protein | 2g | Saturated Fat | 0.3g |
| Carbohydrate | 17g | Cholesterol | 0mg |
| Dietary Fiber | 1g | Calcium | 21mg |
| Total Sugars | 8g | Sodium | 203mg |



PREP **2** mins
TOTAL **2** mins

1 Serving:

- ½ cup sliced strawberries
- 8 salted, dry-roasted peanuts, roughly chopped
- 8 bittersweet chocolate chips



Strawberry with Peanut and Chocolate

This dessert is a tasty triple threat: It takes minutes to assemble, there's no cooking necessary and it involves chocolate.

1. Combine strawberries, peanuts and chocolate chips in a bowl.
2. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|---------------|------------|---------------|------|
| Calories | 111 | Total Fat | 7g |
| Protein | 3g | Saturated Fat | 2.6g |
| Carbohydrate | 12g | Cholesterol | 0mg |
| Dietary Fiber | 3g | Calcium | 17mg |
| Total Sugars | 7g | Sodium | 1mg |



PREP **5** mins
TOTAL **5** mins

1 Serving:

- ½ cup air-popped popcorn
- ¼ teaspoon olive oil
- Dash salt
- 16 bittersweet chocolate chips



Chocolate Popcorn

If you place your popcorn in the oven to melt the chocolate, make sure to keep an eye on it because it can go from melted to burned in a moment.

1. Pop corn and immediately toss with oil, salt and chocolate.
2. If popcorn is hot, chocolate will melt slightly. If you want it to melt a bit more, place in a 350° oven for 3 minutes.
3. Remove popcorn, let cool and serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 105 | Total Fat | 7g |
| Protein | 2g | Saturated Fat | 4.2g |
| Carbohydrate | 11g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 1mg |
| Total Sugars | 5g | Sodium | 155mg |



PREP **5** mins
TOTAL **3 hrs 5** mins*

4 Servings:

- 1 ½ cups sliced fresh or frozen strawberries
- ¾ cup nonfat milk
- 3 tablespoons plus 1 teaspoon sugar
- ½ cup canned whipped cream

* including freezing time



Frozen Strawberries and Cream

This will make you think of summer no matter what season you're in. Substitute strawberries for any flavorful fruit available.

1. Combine strawberries, milk and sugar in a blender and process until smooth, about 1 minute.
2. Fold in whipped cream and mix until thoroughly incorporated.
3. Spoon mixture into 4 ice pop molds or paper cups. Place an ice pop stick or chopstick in the middle of each cup and freeze for 3 hours or until solid.
4. To serve, remove from molds or peel away paper cup.

Nutrition Facts (per serving)

| | | | |
|-----------------|-----------|---------------|------|
| Calories | 97 | Total Fat | 2g |
| Protein | 2g | Saturated Fat | 1.1g |
| Carbohydrate | 19g | Cholesterol | 7mg |
| Dietary Fiber | 1g | Calcium | 74mg |
| Total Sugars | 17g | Sodium | 30mg |



PREP **5** mins | TOTAL **3 hrs 5** mins*

4 Servings:

- 1 ½ cups plain nonfat or low-fat yogurt (regular or Greek)
- 1 cup fresh or frozen blueberries
- 1 tablespoon plus 2 teaspoons honey

* including freezing time



Yogurt Blueberry Ice Pop

The combination of tangy yogurt and blueberries makes for a rich and refreshing chilly treat. Let this sit out for a few minutes before eating—it will have much more flavor.

1. Combine yogurt, blueberries and honey in a blender and process until smooth, about 1 minute.
2. Pour mixture into 4 ice pop molds or paper cups. Place an ice pop stick or chopstick in the middle of each cup and freeze for 3 hours or until solid.
3. To serve, remove from molds or peel away paper cup.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 99 | Total Fat | 0g |
| Protein | 6g | Saturated Fat | 0g |
| Carbohydrate | 20g | Cholesterol | 2mg |
| Dietary Fiber | 0g | Calcium | 186mg |
| Total Sugars | 18g | Sodium | 72mg |



PREP **5** mins | TOTAL **25** mins

1 Serving:

- ½ apple, core removed
- Cooking oil spray
- ½ teaspoon maple syrup
- 1 tablespoon chopped walnuts



Baked Apple with Walnut and Maple

Baking an apple with maple syrup results in a very concentrated apple flavor. This recipe would also work well with a pear or a peach.

1. Preheat oven to 375°.
2. Spray apple with cooking spray.
3. Place apple in an ovenproof dish, cut side up. Fill with walnuts and drizzle with maple syrup.
4. Bake until apple is soft, about 20 minutes.
5. Serve warm, room temperature or chilled.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|------|
| Calories | 98 | Total Fat | 5g |
| Protein | 1g | Saturated Fat | 0.5g |
| Carbohydrate | 14g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 14mg |
| Total Sugars | 10g | Sodium | 1mg |



Shakes

There's nothing easier than whipping up a shake!

Not usually a fan of soy milk? Give it a try—when mixed with other flavors, it yields a distinctly rich shake. Still not sold? You can replace it with one percent milk.

On this plan, you have two types of shakes:

150 **150-Calorie Snack Shakes**
You can have one of these shakes in place of a 150-calorie snack.

300 **300-Calorie Meal Replacement Shakes**
You can use these shakes in place of meals when time is tight or you just want a “no-brainer” meal.



PREP **2** mins | TOTAL **2** mins

1 Serving:

- ⅔ cup soy milk
- 1 orange, skin and seeds removed
- Dash vanilla extract
- ¼ cup ice cubes

Orange Vanilla Shake

This delicious shake will remind you of a creamsicle.

1. In a blender, combine soy milk, orange and vanilla and process until smooth, about 30 seconds.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 153 | Total Fat | 3g |
| Protein | 6g | Saturated Fat | 0.0g |
| Carbohydrate | 27g | Cholesterol | 0mg |
| Dietary Fiber | 4g | Calcium | 258mg |
| Total Sugars | 23g | Sodium | 79mg |





Cantaloupe Almond Shake

PREP 3 mins TOTAL 3 mins

Feel free to substitute the cantaloupe for any variety of melon in this light and refreshing shake.

1 Serving:

- ½ cup soy milk
- ½ cup cubed cantaloupe
- 10 unsalted, dry-roasted or raw almonds
- ½ teaspoon honey
- ¼ cup ice

1. In a blender, combine soy milk, cantaloupe, almonds and honey and process until almonds are fully pureed; depending on your blender, this will take anywhere from 30 seconds to 1 minute.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 156 | Total Fat | 7g |
| Protein | 8g | Saturated Fat | 0.6g |
| Carbohydrate | 18g | Cholesterol | 2mg |
| Dietary Fiber | 2g | Calcium | 193mg |
| Total Sugars | 16g | Sodium | 67mg |



Maple Pear Shake

PREP 3 mins TOTAL 3 mins

Maple syrup adds some sweetness to this shake, but even more important, it adds depth to the flavor.

1 Serving:

- ½ cup 1 percent or nonfat milk
- ½ ripe pear, core removed
- 4 unsalted, dry-roasted or raw cashews
- Dash salt
- 1 teaspoon maple syrup
- ¼ cup ice

1. In a blender, combine milk, pear, cashews, salt and maple syrup and process until cashews are fully pureed; depending on your blender, this will take anywhere from 30 seconds to 1 minute.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 145 | Total Fat | 3g |
| Protein | 5g | Saturated Fat | 1.2g |
| Carbohydrate | 26g | Cholesterol | 6mg |
| Dietary Fiber | 3g | Calcium | 162mg |
| Total Sugars | 19g | Sodium | 136mg |



Creamy Blueberry Shake

PREP 3 mins TOTAL 3 mins

This beautifully colored shake is a tasty way to drink your antioxidants!

1 Serving:

- ½ cup plain soy milk
- ½ ripe banana
- ½ cup fresh or frozen blueberries
- ½ teaspoon honey
- ¼ cup ice

1. In a blender, combine soy milk, banana, blueberries and honey and process until smooth, about 30 seconds.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 155 | Total Fat | 2g |
| Protein | 5g | Saturated Fat | 0.3g |
| Carbohydrate | 31g | Cholesterol | 0mg |
| Dietary Fiber | 4g | Calcium | 159mg |
| Total Sugars | 20g | Sodium | 64mg |



Strawberry Banana Shake

PREP 3 mins TOTAL 3 mins

If using frozen strawberries, you may use little to no ice depending on if you like your shake richer or icier.

1 Serving:

- ½ cup plain soy milk
- ¾ cup frozen or fresh strawberries
- ½ banana
- ½ teaspoon sugar
- ¼ cup ice

1. In a blender, combine soy milk, strawberries, banana and sugar and process until fully pureed, about 30 seconds.
2. Add ice if desired, and process for an additional 30 seconds. Serve.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 150 | Total Fat | 2g |
| Protein | 5g | Saturated Fat | 0.3g |
| Carbohydrate | 30g | Cholesterol | 0mg |
| Dietary Fiber | 4g | Calcium | 172mg |
| Total Sugars | 17g | Sodium | 65mg |



PREP **3** mins TOTAL **3** mins

1 Serving:

- 1 cup plain nonfat or low-fat yogurt (regular or Greek)
- ¼ orange, skin and seeds removed
- ⅓ cup pineapple chunks
- 2 tablespoons chopped unsalted, dry-roasted or raw cashews
- 2 teaspoons honey
- about ½ cup ice



Pineapple, Orange and Yogurt Shake

Using yogurt as dairy instead of milk in your shakes makes them rich and thick! The sweetness of pineapple, orange and honey is delicious with the tartness of the yogurt.

1. In a blender, combine yogurt, orange, pineapple, cashews and honey and process until cashews are fully pureed; depending on your blender, this will take anywhere from 30 seconds to 1 minute.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 302 | Total Fat | 9g |
| Protein | 11g | Saturated Fat | 1.8g |
| Carbohydrate | 50g | Cholesterol | 3mg |
| Dietary Fiber | 5g | Calcium | 320mg |
| Total Sugars | 40g | Sodium | 98mg |



PREP **3** mins TOTAL **3** mins

1 Serving:

- ⅔ cup plain soy milk
- 1 tablespoon cocoa powder (unsweetened)
- 1 tablespoon plus 1 teaspoons peanut butter
- ½ ripe banana
- 2 teaspoons honey
- about ¼ cup ice



Peanut Butter and Chocolate Shake

Peanut butter and chocolate—it's a marriage made in heaven!

1. In a blender, combine soy milk, cocoa powder, peanut butter, banana and honey and process until smooth, about 30 seconds.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 306 | Total Fat | 14g |
| Protein | 12g | Saturated Fat | 2.8g |
| Carbohydrate | 37g | Cholesterol | 0mg |
| Dietary Fiber | 5g | Calcium | 221mg |
| Total Sugars | 23g | Sodium | 81mg |



PREP 3 mins TOTAL 3 mins

1 Serving:

- 1 ripe banana
- 1 tablespoon peanut butter
- ¾ cup plain soy milk
- 1 teaspoon honey
- ⅛ teaspoon vanilla extract
- about ¼ cup ice



Banana Shake

For the best flavor, be sure to use a ripe banana. If you happen to have a vanilla bean, use the seeds from the inside of one half of a bean instead of vanilla extract.

1. In a blender, combine banana, peanut butter, soy milk, honey and vanilla and process until smooth, about 30 seconds.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 296 | Total Fat | 12g |
| Protein | 11g | Saturated Fat | 2.2g |
| Carbohydrate | 42g | Cholesterol | 0mg |
| Dietary Fiber | 5g | Calcium | 237mg |
| Total Sugars | 26g | Sodium | 94mg |



PREP 3 mins TOTAL 3 mins

1 Serving:

- 1 fresh peach, pit removed (or 1 cup frozen peach slices)
- 1 cup plain soy milk
- 14 unsalted, dry-roasted or raw almonds (about 2 tablespoons)
- 2 ½ teaspoons honey
- ¼ cup ice



PREP 3 mins TOTAL 3 mins

1 Serving:

- ½ large apple, core removed
- 11 unsalted, dry-roasted or raw walnut halves
- ¼ teaspoon cinnamon
- 1 cup soy milk
- 1 teaspoon honey
- about ½ cup ice

Peach and Almond Shake

Try making this with in season ripe peaches—you will be rewarded with a memorable shake!

1. In a blender, combine peach, soy milk, almonds and honey and process until the almonds are fully pureed; depending on your blender, this will take anywhere from 30 seconds to 1 minute.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 318 | Total Fat | 14g |
| Protein | 12g | Saturated Fat | 1.3g |
| Carbohydrate | 40g | Cholesterol | 0mg |
| Dietary Fiber | 5g | Calcium | 357mg |
| Total Sugars | 34g | Sodium | 120mg |

Apple and Cinnamon Shake

Adjust the cinnamon to your liking. The flavor will change dramatically depending on the variety of apple you use.

1. In a blender, combine apple, walnuts, cinnamon, soy milk and honey and process until walnuts are fully pureed; depending on your blender, this will take anywhere from 30 seconds to 1 minute.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|-------|
| Calories | 319 | Total Fat | 18g |
| Protein | 11g | Saturated Fat | 1.8g |
| Carbohydrate | 33g | Cholesterol | 0mg |
| Dietary Fiber | 5g | Calcium | 333mg |
| Total Sugars | 24g | Sodium | 121mg |



The Water Bar

Note: None of the following water recipes include nutrition information. That's because these drinks are virtually calorie-free (they contain no more than 5 calories per serving).



PREP **2** mins | TOTAL **2** mins

1 Serving:

- 2 cubes, each about 1-inch, watermelon or other melon
- 1 cup sparkling or flat water
- Ice



Watermelon Water

This is great way to cool down in the summer when melons are delicious and plentiful.

1. Place melon in the bottom of a glass and add water. Break up melon using a long spoon to release some of the juice while still leaving pieces partially intact.
2. Add ice and serve.



PREP **2** mins | TOTAL **2** mins

1 Serving:

- 1 tablespoon fresh basil (or thyme) leaves
- 1 teaspoon lemon zest
- 1 cup flat water
- Ice
- 1 lemon wedge (about 1/8 of a lemon)



Basil and Lemon Water

If you have time, refrigerate this drink for several hours before enjoying. This will strengthen the flavors.

1. Place basil and lemon zest in a glass.
2. Add water and stir thoroughly.
3. Add ice and finish with a squeeze of lemon. Serve immediately, or for additional flavor, cover and refrigerate until ready to drink.



Spicy Pineapple Water

Adjust the cayenne to your personal liking. Remember, some cayenne is stronger than others so add slowly and taste as you go.

1. Place pineapple and cayenne (add only a little unless you like lots of spice) in the bottom of a glass. Break up pineapple using a long spoon to release some of the juice while still leaving pieces partially intact.
2. Add water, top with ice cubes and serve.

| PREP | TOTAL | SERVING |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- 2 cubes, each about 1-inch, fresh or canned, no-sugar-added pineapple
- Very small pinch cayenne
- 1 cup sparkling or flat water
- Ice



Berry Water

This is delicious with any fresh or frozen berry, so take your pick.

1. Wet the rim of a glass with a little water. Pour sugar in a circle on a plate approximately the same diameter as your glass and carefully spin the rim of glass in the sugar to coat rim.
2. Place berries in glass and mash with a long spoon to release some of the juice while leaving pieces partially intact.
3. Fill glass with ice and add water. Serve.

| PREP | TOTAL | Serving |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- ¼ teaspoon sugar
- 3 small berries, such as blueberries, blackberries or raspberries
- Ice
- 1 cup sparkling or flat water



Mint Water with Lime

Fresh mint leaves are ideal for this water but if they're not available, you can try a tiny drop of mint extract.

1. Place mint in a glass and add a couple tablespoons of the water. Mash mint with the back of a long spoon to heighten flavor.
2. Squeeze lime into glass and fill with remaining water.
3. Add ice. Serve immediately, or for additional flavor, cover and refrigerate until ready to drink.

| PREP | TOTAL | SERVING |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- 1 tablespoon fresh mint leaves
- 1 cup flat water
- 1 lime wedge (about ¼ of a lime)
- Ice



Ginger Water

This drink will foam when you combine the sparkling water and the ginger so make sure you use a large glass!

1. In a large glass, combine ginger and honey.
2. Fill glass with ice and add sparkling water. Serve immediately.

| PREP | TOTAL | SERVING |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- ¼ teaspoon ground ginger
- ¼ teaspoon honey
- Ice
- 1 cup sparkling water



Cherry "Soda"

You can adjust the vanilla to make this to your liking.

1. Mash cherries in the bottom of a glass with a long spoon and add vanilla.
2. Add ice and water, stir and serve.

| PREP | TOTAL | SERVING |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- 2 fresh or frozen cherries
- 1/8 teaspoon vanilla extract
- Ice
- 1 cup sparkling or flat water



Honey Lemon Water

This refreshing drink offers just a hint of sweetness.

1. In a glass, combine honey and lemon juice.
2. Add water and stir thoroughly.
3. Add ice and serve.

| PREP | TOTAL | Serving |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- 1/4 teaspoon honey
- 1 teaspoon fresh lemon juice
- 1 cup sparkling or flat water
- Ice



Cucumber Water

This subtly flavored drink is a favorite at many spas.

1. Fill a glass with water and add cucumber and ice.
2. Serve immediately, or for additional flavor, cover and refrigerate until ready to drink.

| PREP | TOTAL | SERVING |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- 1 cup flat water
- 3 cucumber slices
- Ice



Grapefruit Water

This works with any variety of citrus fruit, so feel free to mix it up depending on what's available.

1. Rub grapefruit around the edge of a glass. Pour sugar in a circle approximately the same diameter as the glass on a plate and carefully spin the rim of glass in the sugar to coat rim.
2. Squeeze grapefruit wedge over glass to get the remaining juice.
3. Fill glass with water, add ice and serve.

| PREP | TOTAL | SERVING |
|--------|-------|----------|
| 2 mins | 2 min | 1 |

- 1 grapefruit wedge (about an 1/8 of a grapefruit)
- 1/4 teaspoon sugar
- 1 cup sparkling or flat water
- Ice



Extras



PREP **5** mins TOTAL **5** mins

4 Servings:

- 1 ½ tablespoons vinegar of your choice
- 1 teaspoon light mayonnaise
- 1 teaspoon mustard, preferably one with no more than 50 mg sodium per teaspoon
- ⅛ teaspoon salt
- Freshly ground black pepper
- 2 ½ tablespoons olive oil

*each serving about 4 teaspoons.
(Makes ⅓ cup total)



Vinaigrette

Beyond-Oil-and-Vinegar

Try different vinegars for this recipe, and pair this dressing with all types of salads, vegetables and even as a finish for simply prepared fish or poultry. This makes enough to dress 4 small salads or 2 larger salads. It's also great on simply roasted or steamed vegetables.

1. In a medium bowl, whisk together vinegar, mayonnaise, mustard, salt and pepper to taste until thoroughly combined.
2. Slowly pour in oil, continuously whisking until the oil is fully incorporated.
3. Use immediately or store in a small jar with a lid. If storing, shake before using.

Nutrition Facts (per serving)

| | | | |
|-----------------|-----------|---------------|------|
| Calories | 79 | Total Fat | 9g |
| Protein | 0g | Saturated Fat | 1.2g |
| Carbohydrate | 0g | Cholesterol | 0mg |
| Dietary Fiber | 0g | Calcium | 1mg |
| Total Sugars | 0g | Sodium | 90mg |



PREP **5** mins TOTAL **10** mins*

4 Servings:

- 4 cups fresh greens, whole or chopped (for greens with thick middle stems, such as chard and some kales, cut out tough stem and discard)
- 1 tablespoon olive oil
- ⅛ teaspoon salt
- Freshly ground black pepper
- 1 tablespoon finely chopped garlic or onion (optional)

* 10 to 15 minutes, depending on choice of greens



Quick Sautéed Greens

All greens can be prepared this way. Tender greens, such as spinach and chard will cook quicker. Try chopping harder greens, such as kale, collard greens or turnip greens, before cooking for best results.

1. Heat a large heavy bottom skillet over medium heat or preheat oven to 375°.
2. In a large bowl, season greens with oil, salt and pepper to taste. Add garlic or onion, if desired.
3. Place greens in skillet if cooking stovetop or on a sheet tray if using the oven. Cook, keeping a close eye on progress and stirring often, until greens are wilted. Spinach will take 1 minute; harder greens will take about 7 minutes.
4. Serve hot, room temperature or cold.

Nutrition Facts (per serving)

| | | | |
|-----------------|-----------|---------------|-------|
| Calories | 67 | Total Fat | 4g |
| Protein | 2g | Saturated Fat | 0.5g |
| Carbohydrate | 7g | Cholesterol | 0mg |
| Dietary Fiber | 1g | Calcium | 95mg |
| Total Sugars | 0g | Sodium | 102mg |



PREP **5** mins TOTAL **10** mins*

4 servings:

- 4 cups chopped vegetables
- 1 tablespoon olive oil
- ⅛ teaspoon salt
- Freshly ground black pepper
- Any one of the following seasonings: 1 tablespoon vinegar of your choice: a squeeze of lemon; or 1 tablespoon vinaigrette (page 170)

* 10 to 20 minutes, depending on choice of vegetable



Roasted Vegetables

This is a go-to cooking method for nearly any type of vegetable, including carrot, broccoli, cauliflower, eggplant, summer squash and sweet potato. The smaller you chop vegetables, the quicker the cooking process. (Whatever the size, you'll get the best result if the pieces are fairly uniform.) Exact cooking time will depend on the vegetable—summer squash will cook in a few minutes; sweet potatoes can take up to 15 minutes.

1. Preheat oven to 425°.
2. Place vegetables on a sheet tray and season with oil, salt and pepper to taste. Mix thoroughly to ensure ingredients are well distributed.
3. Bake until vegetables are tender; this will vary depending on the vegetable and size of pieces.
4. Remove from oven and toss with seasoning of your choice.

Nutrition Facts (per serving)

| | | | |
|-----------------|-----------|---------------|-------|
| Calories | 80 | Total Fat | 4g |
| Protein | 1g | Saturated Fat | 0.5g |
| Carbohydrate | 12g | Cholesterol | 0mg |
| Dietary Fiber | 3g | Calcium | 40mg |
| Total Sugars | 6g | Sodium | 157mg |



PREP **10** mins TOTAL **15** mins

4 servings:

- 2 tablespoons cider vinegar
- 1 tablespoon olive oil
- 2 teaspoons mustard, preferably one with no more than 50 mg sodium per teaspoon
- ⅛ teaspoon salt
- ⅛ teaspoon sugar
- Freshly ground black pepper
- 3 cups shredded cabbage (red, green or a mix of the two)
- 1 cup shredded carrot



Cole Slaw

This tasty cole slaw delivers on taste while keeping sugar and calories in check.

1. In a bowl, combine vinegar, oil, mustard, salt, sugar and pepper to taste.
2. Add cabbage and carrot and mix thoroughly.
3. Let sit at room temperature for at least 5 minutes before serving, or cover and refrigerate for up to 24 hours.

Nutrition Facts (per serving)

| | | | |
|-----------------|-----------|---------------|-------|
| Calories | 60 | Total Fat | 4g |
| Protein | 1g | Saturated Fat | 0.5g |
| Carbohydrate | 7g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 33mg |
| Total Sugars | 4g | Sodium | 126mg |

V

PREP **5** mins

TOTAL **5** mins*

4 Servings:

- 2 cups cooked whole grain
- 1 tablespoon olive oil
- ⅛ teaspoon salt
- Freshly ground black pepper
- Any one of the following seasonings: 2 tablespoons finely chopped herbs; mix of ¼ teaspoon ground cinnamon, ¼ teaspoon ground cumin and a pinch cayenne; 1 tablespoon chopped fresh parsley and 2 tablespoons raisins; 2 tablespoons finely chopped celery and 2 tablespoons finely chopped carrot

* plus heating time if serving hot



Seasoned Grains

Whole grains go well with practically any main dish. This recipe uses already cooked grains (see next page for basic instructions if you want to cook them yourself). If using quick cooking grains, make sure there is no added sodium.

1. In a medium bowl, combine grain, oil, salt, pepper to taste and one of the suggested seasonings (or one of your own).
2. Serve room temperature or place in an ovenproof dish, cover with aluminum foil and heat in a 350° oven until heated through, about 15 minutes.

Nutrition Facts (per serving)

| | | | |
|-----------------|------------|---------------|------|
| Calories | 139 | Total Fat | 4g |
| Protein | 2g | Saturated Fat | 0.6g |
| Carbohydrate | 23g | Cholesterol | 0mg |
| Dietary Fiber | 2g | Calcium | 10mg |
| Total Sugars | 0g | Sodium | 74mg |

Cooking Grains:

1 cup raw makes 3 to 4 cups cooked. A half cup cooked is a Real Appeal serving.

1. Barley: In a pot, place 1 cup barley and 3 cups water. Bring to a boil and turn to a simmer. Cook uncovered until barley is tender, about 45 to 60 minutes. Drain excess water.
2. Black Rice: In a pot with a lid, place 1 cup black rice and 1 ¾ cups water. Bring to a boil, stir, cover and reduce heat to a simmer. Cook 45 minutes and turn off heat. Let rice sit for an additional 10 minutes before removing lid.
3. Brown Rice: In a pot with a lid, place 1 cup brown rice and 2 ½ cups water. Bring to a boil, stir, cover and reduce heat to a simmer. Rice will cook in 25 to 45 minutes, depending on variety.
4. Cracked wheat (also known as bulgur): Place 1 cup cracked wheat in a bowl. Cover with 2 cups boiling water. Let sit for 10 minutes. Fluff with fork.
5. Farro: In a pot, place 1 cup farro and 2 ½ cups water. Bring to a boil and turn to a simmer. Cook uncovered until farro is tender, about 30 to 40 minutes. Drain excess water.
6. Quinoa: Thoroughly wash quinoa in a fine strainer. In a pot, place 1 cup quinoa and 3 cups water. Bring to a boil and turn to a simmer. Cook until quinoa just begins to pop open, about 7 to 10 minutes. Drain and rinse.
7. Steel cut oats: In a pot with a lid, place 3 cups water and bring to a boil. Add 1 cup steel cut oats. Reduce heat to a simmer and cook 20 minutes, stirring occasionally. Cover, remove from heat and let sit for an additional 5 minutes.
8. Wheat berries: Soak wheat berries overnight. Drain the wheat berries. In a pot, place 1 cup wheat berries and 4 cups water. Bring to a boil and turn to a simmer. Cook uncovered until wheat berries are tender, about 45 to 60 minutes.

Appendix A

Basic Cooking Techniques

The five cooking techniques below are very easy to master—and will get you in and out of the kitchen in no time, with a delicious, healthy meal on the table. You'll see these methods in many of the

Real Appeal recipes. But even without a recipe, you can use this guide to cook that beautiful piece of fish you picked up from the market, or to turn out a nice meat, poultry or vegetable dish.

Broiling

Tips for specific types of food *

Food cooks fast this way, but you have to watch it carefully so that it doesn't dry out or burn on the outside before it's done on the inside.

How to:

- Turn oven to “broil.” If you have a “high” and “low” broiler setting, start with high. If it seems as though the top is charring before the rest of the food is done, turn the broiler to the “low” setting.
- Rub food with olive oil or oil-based marinade, adding dried herbs like thyme and rosemary for more flavor. Place food on broiling pan or other pan (sprayed with canola oil if you'd like).
- Place pan in hot oven (it takes at least 10 minutes to warm up) 3 to 5 inches from heat source. Place thin cuts (under 1-inch thick) closer to the heat, thicker cuts further so that the outside doesn't burn before the inside is cooked.
- Broil, turning at least once (fish usually doesn't need turning).

- Meat (beef, lamb, pork) and poultry: Broil thin cuts (thicker cuts are likely to dry out on the outside before the interior meat is cooked). Broil a ½- to ¾-inch steak or a boneless chicken breast or thigh about 6 to 7 minutes on one side, then 4 to 5 minutes on the other.
- Seafood: Skip shrimp or other shellfish—they're too likely to dry out. For fish fillets, place skin side up for a crispy skin. Broil 3 to 8 minutes, depending on thickness of fish. This also works for whole fish (no need to flip) and takes 8 to 13 minutes.
- Vegetables and tofu: Broil 5 to 10 minutes (the lower end for tofu and thinly sliced vegetables), turning occasionally.



Baking/Roasting

Tips for specific types of food *

The terms are used interchangeably. Roasting often, but not always, implies a higher temperature than baking.

This technique produces tender, succulent meat, poultry or seafood, with minimum fuss.

How-to:

- Pre-heat oven before cooking.
- Temperatures range from 250°F to 475°F, but most meats, seafood and vegetable recipes call for 350°F to 450°F.
- Rub food with olive oil (plain or combined with thyme, rosemary or other dried herb) or an oil-based marinade, and place on a pan sprayed with canola oil.
- Use metal pans, baking sheets, ovenproof glass or enamel bake ware.
- To keep food moist, cover pan with aluminum foil then remove it at the final quarter of cooking time so it can brown.



- Meat (beef, lamb, pork): Cooking at lower temperatures—325°F to 350°F—yields more tender results than at higher temps. In this range, it takes about 20 to 35 minutes per pound, depending on the cut of meat. (Specific info at [foodsafety.gov/keep/charts/meatchart.html](https://www.foodsafety.gov/keep/charts/meatchart.html))
- To give meat a browned, seared crust, place in a pre-heated 450°F oven for the first 5 to 15 minutes (higher end of the range for bigger pieces of meat) then turn heat down to 325°F–350°F for the remainder of the cooking time.
- Poultry: At 350°F, bone-in breast halves take 30–40 minutes; boneless breast halves about 20 to 30 minutes; legs or thighs 40 to 45 minutes. A small chicken (2 pounds) takes about an hour; a large whole roasting hen (5 to 7 pounds) takes 2 to 2 ¼ hours.
- Seafood: At 350°F, a thin piece of fish cooks in about 10 minutes; a thicker piece in 15 minutes. Shrimp, scallops and other shellfish take about 6 to 10 minutes.
- You can also cook fish at 425°F but keep a close watch; just 5 minutes for a thin fillet and 8 to 12 minutes for a thicker piece. At this temperature shellfish take about 2 to 5 minutes.
- Vegetables and tofu: They can stand up to higher temps, taking about 5 to 15 minutes depending on the vegetable and how crispy you like them.
- Cakes, cookies and other baked sweets: Follow recipe instructions—most are ready when they spring back when touched.

Grilling

Tips for specific types of food *

Whether on a stove-top grill or an outdoor barbecue or gas grill, you're cooking food on a hot grate. Fat or marinade drips down through the grate and comes back up as smoke, imparting a smoky taste.

How-to:

- Heat grill. Gas grills have settings such as “high” and “medium,” and you can control the heat on stovetop grills with your burners. But with barbecue, it takes a little experience to know when the grill is very hot, medium, or at low heat.
- For outdoor grills, you can add mesquite on top of briquettes to enhance flavor.
- Coat food with oil or marinade.
- Place food on grill, turning once if needed.



- Meat (steak, pork chops): Use medium-high to high heat. Cooking time depends on the thickness of the cut. For instance, a ½-inch steak cooked to “medium” might take 4 minutes on one side, and 2 minutes on the other, whereas a 2-inch steak would take 10 minutes on one side and 8 minutes on the other.
- Poultry (legs, breast): Medium heat, about 10 to 15 minutes per side for bone-in; about half that time if boneless.
- Ground poultry, meat, seafood patties: Medium-high heat, about 3 to 5 minutes per side.
- Fish: Medium-high or high heat for thick pieces, such as salmon or tuna steaks at 2 to 4 minutes per side. Medium-high heat for about about half that time for thin fillets and shrimp.
- Vegetables and tofu: Either grill vegetables whole (as in a whole red pepper) or cut and thread on a skewer; either way takes about 4 to 10 minutes at medium-high heat. The same cooking times apply to tofu.

Sautéing/Stir-frying

Tips for specific types of food *

Stir-frying is usually done at a higher heat than sautéing. A skillet covers you for either technique—cast iron or another heavy-bottomed skillet is best, because it helps prevent food from burning. If you do a lot of stir-frying consider investing in a wok.

How-to:

- For both techniques: heat the skillet or wok first, before adding any ingredients. Use medium to medium-high heat to sauté; stir-fry requires medium-high. (Although, depending on your pan and your stove, you may need to adjust heat up or down to prevent burning.)
- For more even cooking, cut protein or vegetables into uniform sizes.
- For stir-frying, slice protein (meat, poultry seafood, tofu) into bite-sized strips. (For sautéing, you can use both bite-sized and bigger pieces).
- Add oil. (Lightly coat hot pan with canola oil cooking spray, then pour in a little olive oil to help prevent sticking.)
- With onions, cook them first, for about 3 to 5 minutes, until softened and translucent. (If using both onions and garlic, start with onions and add garlic when the onions are nearly finished.)
- If using minced garlic (but not onions), add that first, stirring for 20 to 45 seconds. Garlic should soften, but shouldn't turn brown. Then add the rest of the food.
- Add the rest of the food—placing the ingredients that take longest to cook first. For example, meat and poultry would go in before spinach and herbs.

- Meat, poultry: The smaller the pieces, the faster they'll cook. For instance, 1-inch pieces may take just 3 to 5 minutes; whole chicken breasts or larger pieces of meat may take up to 10 minutes per side. At this longer cooking time, the meat and poultry will char unless you add liquid, so first brown meat or poultry on all sides for a few minutes, then add chopped tomatoes or broth to cover or nearly cover meat.
- Fish, scallops, shrimp, tofu: 2 to 4 minutes per side.
- Vegetables: The more uniformly sized, the more evenly they'll cook. Nearly every vegetable tastes great sautéed in olive oil with a little minced garlic; 3 to 10 minutes is usually enough time.
- Vegetable/protein dish: Cut meat or poultry into bite-size pieces (no need to slice shrimp or scallops), cook per above instructions and remove from skillet. Add vegetables and cook per above instructions. Add protein back in the last 30 seconds of cooking (to heat it back up and meld flavors).



Steaming

Tips for specific types of food *

Steamed vegetables can be a little boring on their own, but come to life when tossed with a little lemon juice, olive oil and herbs; the vinaigrette on page 170; or one of your favorite salad dressing or sauces.

How-to:

- Place steamer basket in pot. (The small, collapsible type fits most pots.)
- Pour enough water into pot to touch the bottom of the steamer, but not submerge it.
- As soon as water boils, reduce heat so that water is still simmering (you'll know because pot will still emit steam), add food and cover pot.
- Steam until ready. (If necessary, add more water.)

- Clams, mussels, oysters: steam until shells open, about 5 to 7 minutes.
- For a flavorful broth, make a 50-50 mix of water and white wine, adding a split garlic clove, pepper, and parsley or other herbs. Liquid should rise above the level of the steamer, half submerging the shellfish.
- Shrimp: Steam plain (or rub with seafood seasoning, such as Old Bay brand) for 2 to 4 minutes.
- Vegetables: Steaming works for all vegetables. Steaming time ranges from 1 minute for spinach and other leafy vegetables to 15 minutes for thicker vegetables like broccoli or chunks of butternut squash.



* For more ways to tell if your meal is ready, see “When’s It Done?” on the facing page.

When’s It Done?

Simply looking at meat, poultry or chicken isn’t always enough to ensure that it’s cooked through. Sure, you want your dish to be moist, but you also need it to reach an internal temperature that kills off any bacteria. The safest way to check for doneness is to use a cooking thermometer, stuck deep inside the middle of the meat or poultry. Here are the USDA recommendations for safe internal temperatures.

| Food | Minimum doneness temperature (°F) | Looks like... |
|---|---|--|
| Ground chicken, beef, lamb, pork, turkey, veal or other meats | 165 for chicken and turkey; 160 for all other meats | <ul style="list-style-type: none"> • Poultry should be opaque all the way through. • Beef, pork and veal may be a little pink in the center if you like it that way. |
| Beef, pork, veal and lamb (steaks, chops, roasts) | 160 and allow to rest for at least 3 minutes after removing from oven | <ul style="list-style-type: none"> • Can be a little pink in the center if you like it that way. |
| Fresh or smoked ham (uncooked) | 160 and allow to rest for at least 3 minutes after removing from oven | <ul style="list-style-type: none"> • Should be opaque all the way through—not at all translucent. |
| Poultry (whole or cut-up parts) | 160 | <ul style="list-style-type: none"> • Should be opaque all the way through. |
| Seafood (fish and shellfish) | 160 | <ul style="list-style-type: none"> • Fish can be translucent in the center (if you like it more moist). It continues to cook after removing from heat. • Shrimp is ready when it just turns pink and is slightly translucent in the center (it continues to cook after removing from heat). • Clams, mussels and oysters are done when their shells open, even just a little (discard any that don’t open). |
| Vegetables or Tofu | There’s no safety concern, so there’s no minimum temp | <ul style="list-style-type: none"> • Vegetables should be softened, but still a little crispy. |
| Casseroles | 160 | |
| Leftovers | 160 | |

Appendix B

How to Follow Real Appeal as a Vegetarian / Vegan

As we mentioned earlier, you'll find a number of delicious vegetarian meals (dishes free of poultry, meat or seafood) and even some tasty vegan options (no animal foods at all, including milk, cheese or yogurt) within the Real Foods recipe list and meal plans. For instance, most breakfasts are either vegetarian or vegan, or you can turn some vegan by using soy milk or other non-dairy milks. A number of lunch and dinner recipes are vegetarian or vegan, such as Romaine Lettuce Cup with Hummus and Red Pepper, White Bean and Spinach Soup and the Vegetarian Shepherd's Pie. You'll notice that some recipes, such as Scrambled Egg Burrito, Baked Pasta with Chicken and Broccoli, and Turkey Sloppy Joe, also include suggestions on how you can swap in plant protein.

Vegetarians or vegans can put these meals in regular rotation. But even if you're not a strictly plant-based eater, give them a try. You can always enjoy these meals on occasion (such as "Meatless Mondays")—it's healthy and often less expensive to mix it up and have plant-based meals along with those containing animal protein.

Keep in mind that vegetarian or vegan meals need to contain enough high quality protein to help control your appetite. This means your meals need to have the right mix of amino acids, the building blocks of protein. Here's how to do it.



Watch out for these icons



vegetarian



vegan

| Instead of... | Use... | Proportions |
|---|--|--|
| Eggs (which are vegetarian but not vegan) | Soft or "silken" tofu (soy) | 1 egg = ¼ cup silken tofu (blended or whisked) |
| Lean meat, skinless poultry or seafood | <ul style="list-style-type: none"> Firm or extra firm tofu (soy) Tempeh (fermented soy, often mixed with a whole grain) Legumes (black beans, pinto beans, lentils and any other bean, cooked or canned; or steamed edamame) Seitan (gluten) Soy protein and gluten mixtures, such as Lightlife Smart Cutlets (found in the refrigerated section of the supermarket)* | <ul style="list-style-type: none"> For each portion of meat, poultry or seafood use 1 ½ times as much tofu, tempeh, seitan. For example, for 3 ounces of animal protein use 4 ½ ounces of these vegetable protein alternatives. Or, for ½ cup of sliced meat, poultry or seafood, use ¾ cup of these vegetable proteins. Sub in ⅔ cup canned or cooked legumes for 3 ounces of animal protein. For soy protein/gluten mixtures, check labels for calories. An ounce of animal protein is approximately 50 calories. For example, 3 ounces of Lightlife's Smart Cutlets is 110 calories—about the equivalent to 2 ounces of animal protein. |
| Ground meat or poultry | <ul style="list-style-type: none"> Crumbled tempeh or extra-firm tofu Crumbled soy protein product, often called "Ground" on the label such as Gardein Beefless Ground or Lightlife Smart Ground* (found in the refrigerated section of the supermarket) Mashed legumes Mashed legumes mixed with a whole grain, such as bulgur or quinoa Soy-based vegetable burger | <ul style="list-style-type: none"> For each portion of meat or poultry use 1 ½ times as much tofu or tempeh. A 3-ounce lean meat, chicken or turkey burger is about 150 calories; veggie burgers usually run about 100 to 150 calories. For the 100-calorie burgers, add ½ ounce cheese to bring them up to about 150 calories. ⅔ cup mashed legumes (or a legume/grain mix) is about the calorie equivalent of 3 ounces animal protein (150 calories). |

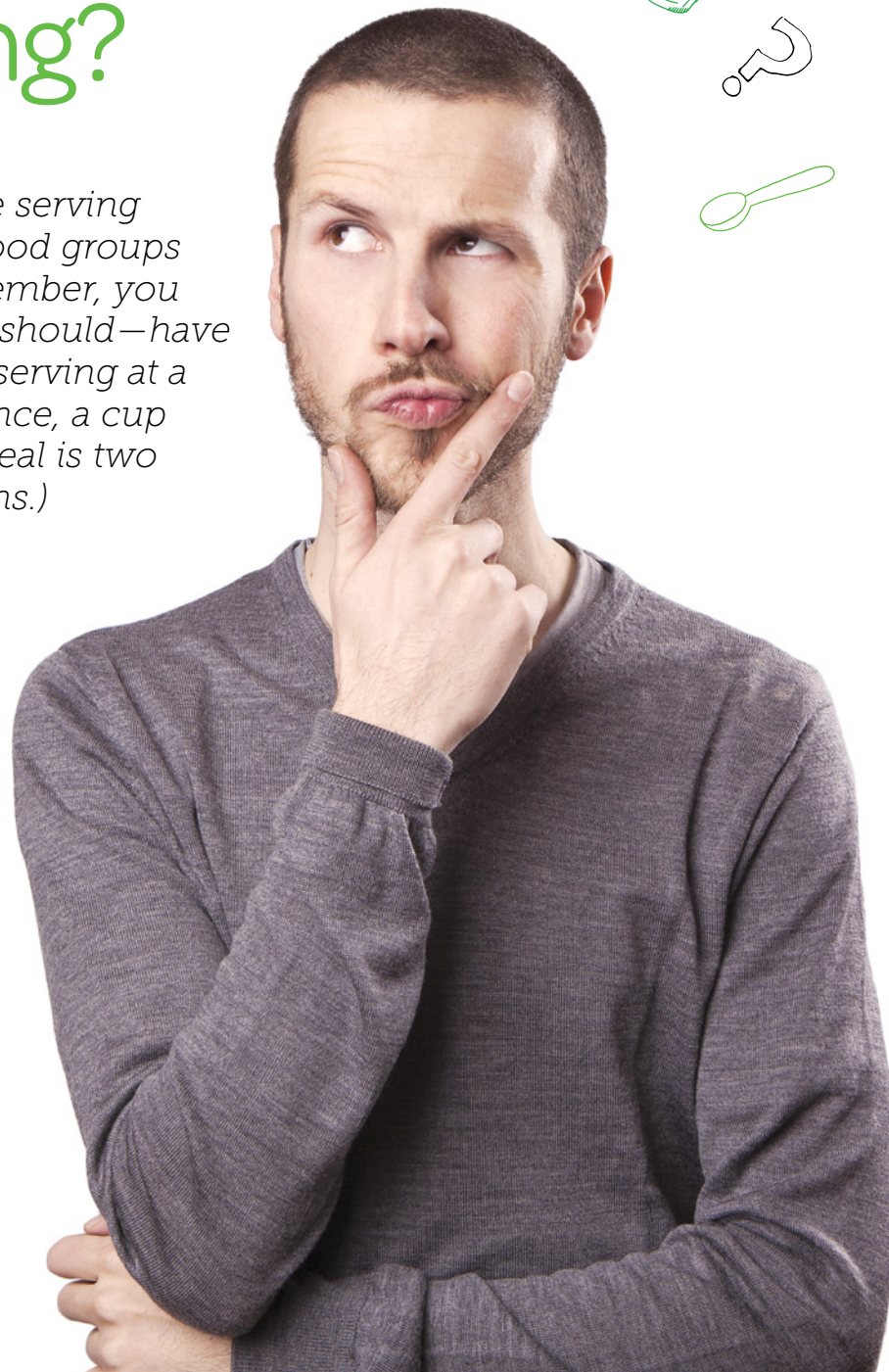
* Ideally, meat substitute products should contain no more than 400 mg sodium per 3 ounces (85 g).

Appendix C

What's a Real Appeal Serving?



Here's what one serving of the various food groups looks like. Remember, you can—and often should—have more than one serving at a meal. (For instance, a cup of cooked oatmeal is two servings of grains.)



| Food Group | Calories per serving | A Real Appeal serving looks like ... * |
|--|----------------------|---|
| Whole Grains and Starchy Vegetables | 80 | <ul style="list-style-type: none"> • ½ cup cooked oats (¼ cup dry, unsweetened rolled oats or 2 tablespoons dry steel cut oats) or other hot cereal • ⅛ to ¼ cup granola (check labels, calories vary) • approximately ¾ cup flaky cereal (check labels as calories vary) • ½ cup cooked (about 2 or 3 tablespoons of dry, uncooked) brown rice, quinoa, barley or other whole grain • 1 slice 100% whole grain bread • 6-inch diameter corn or whole wheat tortilla • ⅓ cup legumes (black beans, kidney beans, pinto beans, garbanzo beans, lentils, etc.) • ½ cup corn, potatoes, sweet potatoes, peas |
| Vegetables | 25 | <ul style="list-style-type: none"> • ½ cup raw, cut-up vegetables • ½ cup cooked vegetables • 1 cup salad greens |
| Fruit | 60 | <ul style="list-style-type: none"> • 1 small to medium fruit (like a kiwi or apple) • 1 cup berries • ½ cup chopped fruit • 2 tablespoons dried fruit (like raisins) |
| High Protein | 150 | <ul style="list-style-type: none"> • 3 to 4 oz. (½ to ¾ cup) cooked meat, skinless poultry or fatty fish (like salmon) • 4 to 5 oz. (⅔ to 1 cup) cooked white-fleshed lean fish, shrimp, or other seafood • 2 eggs • 5 oz. tofu (⅔ to 1 cup) • 2 oz. (½ cup shredded) reduced fat cheese • 1 ½ oz. (⅓ cup shredded) regular cheese • ⅔ cup cooked or canned legumes (black beans, kidney beans, lentils, etc.) |
| Fat | 45 | <ul style="list-style-type: none"> • 1 teaspoon olive oil, canola oil or other oil or mayonnaise • 1 tablespoon light mayonnaise • 1 tablespoon nuts or seeds • 1 ½ teaspoons nut butter • ⅓ of an avocado |
| Dairy or non-dairy substitutes | 90 to 100 | <ul style="list-style-type: none"> • 1 cup nonfat or one percent milk, soy milk or other non-dairy calcium-enriched milk • ¾ cup plain nonfat or low-fat yogurt (regular or Greek) |
| Water and other no or very low calorie beverages | 0 to 5 | <ul style="list-style-type: none"> • Water, sparkling water, plain coffee, tea or herbal tea |

* Foods listed in this chart are considered healthier picks within each food group. You'll be eating these foods regularly on the Real Appeal program.

Appendix D

Staples Shopping List

(for all calorie levels)

When your kitchen is stocked with the staples on this list, you'll always have enough healthy ingredients to produce delicious and healthful meals. Here are a few tips to make your shopping trips efficient, personalized, and affordable.

Tailor it to your tastes. The examples within each category (such as “Arugula, mixed greens, romaine, watercress” for “Salad Greens”) are just that—examples. No need to buy all or even any of them. Get foods that you like. In this example, some find arugula too bitter, but they love the variety in mixed greens. What's most important is that you get the salad greens you'll really enjoy and use.

Buy ahead. A number of staples don't go bad quickly, so you could buy enough at the beginning and not have to re-stock for weeks. Here are examples (all these foods are in the meal plans):

- Extra-virgin olive oil (We recommend you buy a quart, as you'll use extra-virgin olive oil throughout your weight loss—and beyond! Certain store brands are less expensive and can be high quality.)
- Light mayonnaise
- Balsamic vinegar
- Mustard
- Honey
- Peanut butter
- Whole grain crackers

- Cinnamon
- Cocoa powder (unsweetened)
- Nuts or seeds (any variety)
- Brown rice (or other whole grain of your choice)
- Carrots
- Lemons

Make them last: Certain fresh items can last much longer with a few storage tips:

- For avocado, peel the skin for just the amount you need. Leave the skin on the rest of the avocado, store in a zipper baggie in the refrigerator. When you need more, thinly slice off any brown part, and follow this same procedure for slicing and storing until the avocado is used up.
- For berries, wash just before eating. Pre-washed berries may spoil more quickly.
- For bread products, refrigerate (or freeze), and defrost or heat before serving.

Use the Weekly Shopping List for everything else. It's where you jot down specific foods needed for your weekly meals.

Learn how to spot whole grains. Turn to page 196 to find out what terms to look for on the ingredient list to know you're buying a whole grain food.

Produce Section

Fruit. Apples, bananas, berries (blueberries, strawberries or any other type), oranges, etc.

Salad Greens. Arugula, mixed greens, romaine, watercress, etc.

Cooking Greens. Chard, kale, spinach, etc.

Other Vegetables. Broccoli, peppers, tomatoes, Brussels sprouts, green beans, cucumber, etc.

Garlic.

Onions.

Cereal/Grains/Crackers/Nuts

Cereal, cold or hot (like steel cut oats). Ideally, 100% whole grain; at minimum, the first ingredient should be whole wheat, oats or other whole grain. Hot cereals should be sugar-free; cold cereals should have no more than about 5 g sugar per 100 calories. Tip: Look for quick-cooking (5 to 8 minutes) steel cut oats; they're a real time-saver.

Nuts and seeds. Almonds, cashews, peanuts, pumpkin seeds, sunflower seeds, walnuts, etc.

Pasta. Whole wheat, brown rice, or other whole grain (at least 50%) with 4 g fiber or more per 2-oz. serving.

Grains. Barley, bulgur wheat, brown rice, quinoa, wheat berries, etc.

Crackers/Crispbread. Ideally, 100% whole grain, such as whole wheat or whole rye.

Dressing, Oils, Sauces

Salad Dressing. Regular or reduced fat, but not fat-free. No more than 250 mg sodium per 2 tablespoons regular dressing. Tip: Make your own using the recipe on page 170.

Oils. Extra-virgin olive oil (for salads, sautéing, rubbing fish, poultry and vegetables before grilling or roasting), canola oil spray (for high temp cooking), toasted sesame oil (for seasoning).

Vinegar. Balsamic, red wine, white wine, apple cider, rice wine, flavored, etc.

Mayonnaise (light).

Pasta Sauce. Tomato-based sauces with no more than 400 mg sodium per ½ cup.

Canned and Jarred

Nut Butters. Almond butter, cashew butter, peanut butter, tahini, mixed nut, etc.

Beans. Canned or dried, any type (such as black, garbanzo, kidney, lentils etc.).

Canned salmon, sardines or tuna. Canned in water (low sodium or no-salt-added is best).

Tomatoes. Crushed, diced, whole, etc. (no-salt-added is best; next best, no more than 200 mg sodium per half cup.)

Soup. Bean or broth-based soups best; avoid cream-based soups. (No more than 400 mg sodium per cup.)

Bread/Wraps

Bread/Pita. Whole grain (100 percent), and no more than 80 calories per slice.

Wraps/Tortillas. Whole grain (100 percent), and no more than 160 calories each (the equivalent of two slices of bread).

Dairy/Eggs

Eggs. Regular eggs, omega-3 enriched eggs or liquid egg whites.

Cheese. Either regular or reduced-fat (no more than 5 g fat and 75 calories per ounce).

Milk. Nonfat (skim) or 1 percent milk.

Soy milk. About 100 calories per cup and at least 25 percent of the daily value (DV) for calcium and vitamin D.

Spreads. Margarine made without partially hydrogenated oil.

Yogurt. Plain nonfat or low-fat (regular or Greek).

Meat/Poultry/Fish/Soy

NOTE: When buying beef, lamb or other red meat, think about 4 ounces per serving. With seafood or skinless chicken, about 5 ounces per serving is appropriate. (Details in session 3.)

Meat. Lean cuts, including round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, chuck shoulder and arm roasts. Ground beef should be 90–95% lean.

Fish and shellfish. Fatty fish, such as arctic char, mackerel, salmon and trout are richest in healthy omega-3 fats.

Pregnant women and small children should avoid king mackerel (different from regular mackerel), shark, swordfish and tilefish due to the high mercury content.

Pork. Lean cuts, including pork loin, tenderloin, center loin, and ham.

Poultry. Chicken or turkey (remove skin before eating).

Tofu and tempeh. Tempeh or firm and extra-firm tofu is best for stir-fries, grilling and tossing in salads; soft and silken best for dips and as an ingredient in puddings and baked goods.

Cold cuts/deli meats. Sliced chicken, ham, roast beef or turkey. (Ideally, no more than 400 mg sodium per 2 ounces).

Frozen

Frozen Meals. Look for meals that are at least 300 calories—400 or 450 calories are even better. That way, you don't have to add much food to bring calories up to the level of the Real Appeal lunch or dinner at your calorie level.

Per 350- to 390- calorie meal: at least 3 g fiber and 14 g protein; ideally, no more than 700 mg sodium. Meals should have at least a half cup of vegetables, and ideally, the starch would be legumes or a whole grain (like brown rice).

Frozen Entrees. Burritos, pasta dishes, chicken dishes, and other main courses can be paired with a salad or another vegetable dish. They run about 200 to 300 calories and ideally would have no more than 600 mg sodium.

Frozen Fruit. Strawberries, peaches, mangos or any fruit of your choice.

Frozen Vegetables. Broccoli, mixed vegetables, or any other that are no salt added. If seasoned, ideally no more than 300 mg sodium per serving.

Note: Frozen edamame (young, green soybeans, very much like lima beans) are, like canned and dried legumes, high in protein and very healthy.

Frozen Vegetable Burgers. About 110–120 calories, with 12 g of protein or more.

Occasional Treats

Frozen pizza. Stick with plain or vegetable—too many unhealthy ingredients in pepperoni or other meat-topped offerings. If you can find one with a whole grain crust—grab it!

If you make a meal of pizza and all-vegetable salad with 100 calories of dressing, you can have about 350–400 calories worth of pizza. Check labels and

do the math. (For example, for 350 to 400 calories you might get an entire little “diet” brand pizza, but for other brands, you get just $\frac{1}{3}$ or even $\frac{1}{5}$ of the pie.) Look for lower sodium choices.

Ice Cream/Frozen Dessert. No more than 150 calories per half cup serving.

Frozen Waffles. Whole grain with no more than 180 calories and at least 4 g fiber per two waffles.

Meal Replacements

Shakes. Per 150 to 190 calories (including any required milk): at least 7 g protein, no more than 20 g sugar, and at least 2 g fiber. (If it doesn't have this much fiber, have one serving of fruit with your meal.)

Bars. Per 230 to 250 calories: at least 9 g protein, no more than 15 g sugar, and 3 g fiber. (If it contains grains, ideally they should be whole grains, such as oats.)

And don't forget: Frozen meals make excellent meal replacements.



Appendix E Weekly Shopping List

Produce (Fruit, Vegetables, Herbs)

Cereal/Grains/Crackers/Nuts

Dressing, Oils, Sauces/Spices

Canned & Jarred (Legumes, Nut Butter, Soup, Tuna)

Bread/Wraps

Dairy/Eggs

Meat/Poultry/Fish/Soy

Frozen (Frozen Meals, Fruit, Vegetables)

Meal Replacements

Other

Note: You may print this out from RealAppeal.com

Appendix F





The Fittest





Fast Food Finds

Yes, you can have the (occasional) fast food meal on Real Appeal! We understand that fast food is a reality in this day and age due to hectic schedules and the convenience of eating on the fly. If your busy schedule calls for a grab-n-go meal, look on the following pages for the Real Appeal-“approved” healthiest picks. All meals are 500 calories or less so you don’t have to blow past your calorie sweet spot while eating on the run.

Just remember, fast food should not be a staple on your Real Appeal healthy eating plan. It is usually very high in sodium and short on fiber (because there’s little whole grain, fruit and vegetables). Also, if you see something on the menu that you aren’t sure you should order, log on to RealAppeal.com and check the nutrition information. The nutrition facts for many fast food chains are available using the Real Appeal food tracker. (Another reason to check your tracker or the fast food company website: Menu items, including those on this chart, could change, so it’s always smart to double check their calories.)



| At | Have... | Add... | Total Calories |
|---|--|--|----------------|
|  Arby's | <ul style="list-style-type: none"> • Roast Beef Classic Sandwich (360 calories) + <ul style="list-style-type: none"> • Arby's Special sauce (15 calories) | <ul style="list-style-type: none"> • Chopped Salad (70 calories) + <ul style="list-style-type: none"> • ½ serving Balsamic Vinaigrette (55 calories) | 500 calories |
| | Grand Turkey Club Sandwich (480 calories) | Brewed Iced Tea (5 calories) | 485 calories |
|  Burger King | Whopper Jr. with cheese and mayo (350 calories) | <ul style="list-style-type: none"> • Garden Side Salad (60 calories) + <ul style="list-style-type: none"> • ½ packet Avocado Ranch Dressing (85 calories) | 495 calories |
| | Tendergrill Chicken Sandwich with mayo (410 calories) | Apple Slices from Kids' menu (30 calories) | 440 calories |
|  Chick-Fil-A | Grilled Chicken Sandwich (320 calories) with half packet of Chick-fil-a sauce (70 calories) | Fruit cup (50 calories) | 440 calories |
| | Grilled Chicken Cool Wrap (340 calories) with a packet of Buffalo Sauce (10 calories) | <ul style="list-style-type: none"> • Side salad (80 calories) • Light Italian Dressing—one packet (25 calories) | 455 calories |
|  Domino's Pizza | 3 slices (out of 8) of a medium "Build Your Own" Crunchy Thin Crust all-vegetable pizza. We made ours with normal amounts of sauce and cheese, topped with green peppers, a double order of spinach, and mushrooms. (439 calories) | | 439 calories |
| | 2 slices (out of 8, so ¼ of the pizza) of a medium "Build Your Own" Crunchy Thin Crust pizza with chicken and vegetables. We made ours with normal amounts of sauce and cheese, plus chicken, onions, green peppers and mushrooms). (326 calories) | <ul style="list-style-type: none"> • Half of a Garden Fresh Salad (70 calories) + <ul style="list-style-type: none"> • Light Italian Dressing packet (20 calories) | 416 calories |

| At | Have... | Add... | Total Calories |
|---|--|--|---------------------|
|  | Cheeseburger (290 calories) | <ul style="list-style-type: none"> • Southwest Salad (no chicken) (140 calories) + ½ packet Newman's Own Creamy Southwest Dressing (50 calories) | 480 calories |
| | McWrap Chicken and Ranch (Grilled chicken, not "crispy") 450 calories | Apple Slices (15 calories) | 475 calories |
|  | 2 Kentucky Grilled Chicken Drumsticks (180 calories) | <ul style="list-style-type: none"> • Cole slaw (170 calories) + • Corn on the Cob (70 calories) | 420 calories |
| | Vegetarian Meal of Sides: <ul style="list-style-type: none"> • BBQ Baked Beans (210 calories) • Green Beans (25 calories) • Corn on the Cob (70 calories) • Cole Slaw (170 calories) | | 475 calories |
|  | Chicken thigh (280 calories) | Cole slaw, regular size (220 calories) | 440 calories |
| | Blackened Tenders (170 calories) | <ul style="list-style-type: none"> • Red beans and rice, regular size (230 calories) • Green beans, regular size (100 calories) • Dressing—one packet (25 calories) | 500 calories |
|  | Zesty Chicken and Black Bean Salad Bowl (360 calories) | Short (8 oz) nonfat milk latte (70 calories) | 430 calories |
| | Protein Bistro Box (380 calories) | Hot tea or iced tea—both unsweetened (0 calories) Optional: 1 packet of sugar (20 calories) | 380 to 400 calories |

| At | Have... | Add... | Total Calories |
|---|---|---|----------------|
|  | 6-inch Veggie Delite sub on 9-grain wheat bread with olive oil blend dressing. Ask for 3 servings (1 ½ ounce total) of Swiss, provolone or other cheese (This sub normally comes without cheese, but then it's too low in protein and calories.) (425 calories) | Apple slices (35 calories) | 460 calories |
| | 6-inch Black Forest Ham, Turkey Breast, or Turkey Breast & Black Forest Ham on 9-grain wheat bread with a serving (1 tablespoon) regular mayo, and, if you like, mustard. (390 calories) | <ul style="list-style-type: none"> • Veggie Delite Chopped Salad (50 calories) + • Honey Mustard Dressing (60 calories) | 500 calories |
|  | Fresco Burrito Supreme Chicken (232 calories) | <ul style="list-style-type: none"> • Black bean side (80 calories) + • Guacamole (70 calories) + • Salsa (25 calories) | 407 calories |
| | Cantina Power Burrito-Veggie (430 calories) | | 430 calories |
|  | Large Chili (250 calories) | Caesar Side Salad with 1 packet of Lemon Garlic Caesar Dressing and croutons (250 calories) | 500 calories |
| | Asian Cashew Chicken Salad Full Size with Cashews and 2 packets of Light Spicy Asian Chili Vinaigrette (380 calories) | Apple Slices (40 calories) | 420 calories |

Appendix G

Smart Shopping Guide

Know Your Ingredients

Scan for “Smarter” Carbs

In the Real Appeal program, we emphasize whole grains and foods made with whole grains instead of refined grains, and those containing a minimum of sugar. To spot a whole grain, scan the ingredient list for the following terms.

Whole or Not?

Ideally, most of the bread, cereal, pasta and grains you buy should be whole grains, meaning the grain still contains all of its parts—the endosperm, bran and germ. These last two components contain all the grain’s beneficial

nutrients, including antioxidants, B vitamins, minerals and fiber. Many manufacturers remove the bran and germ, and therefore, most of the nutrition, to create refined grains, which give the food a smooth texture and a longer shelf life.

Look For Whole Grains:

- Amaranth
- Barley*
- Brown, red, or black rice
- Buckwheat
- Bulgur wheat (cracked wheat)
- Groats
- Millet
- Oats, oatmeal, steel-cut oats
- Oat flour
- Popcorn
- Quinoa
- Rye Berries
- Sorghum
- Triticale
- Wheat berries
- Whole corn
- Whole rye
- Whole semolina
- Whole spelt (often just “spelt”)
- Whole wheat, whole wheat flour
- Wild rice

Avoid Refined Grains:

- All-purpose flour
- Corn flour, de-germed cornmeal
- Enriched flour
- Rice, rice flour
- Rye flour
- Semolina
- Unbleached flour
- Wheat flour
- White rice



Be a Sugar Sleuth

Sugar hides behind hundreds of terms, but these are the ones you’ll most likely see on a label. Note: All sweeteners are about the same—if you have too much of any of them, you’ll likely gain weight and increase your risk for a variety of diseases. To cut your sugar intake, try

selecting foods that either have none of these sources of sugar or list sources of sugar towards the bottom of the ingredients list. (See page 12 of the Real Success Guide, Volume Two for more on how sugar affects your health and how much you can safely eat while on the Real Appeal Plan.)

- Agave syrup (or agave nectar)
- Brown rice syrup
- Brown sugar
- Cane juice, cane syrup
- Confectioner’s powdered sugar
- Corn syrup, corn syrup solids
- Dextrose, dextrose monohydrate, anhydrous dextrose
- Fructose
- Fruit juice concentrate
- Glucose, glucose syrup
- High fructose corn syrup
- Honey
- Invert sugar
- Lactose

- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Nectars (such as peach nectar or pear nectar)
- Pancake syrup
- Raw sugar
- Sorghum syrup
- Sucrose
- Sugar
- Table syrup
- Wheat syrup
- White granulated sugar



* Pearled barley has some of the bran removed, but it’s still so high in fiber and nutrients that for all practical purposes, it’s a whole grain.

