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In here you will find 21 days worth of meal plans designed specifically to help you drop a dress size in the next 21 days.

**Notes:** For those that do not have turkey as a prevalent source of meat you can simply substitute chicken in its place. Also, for those that consider themselves very overweight meaning you have more than 30 pounds to lose use your goal bodyweight when determining your quantities of protein and carbs. If you have less than 30 pounds to lose then use your actual weight and adjust your food intake as you lose the weight.

### **Weight Loss Guidelines:**

1. Eat 1 gram of protein per pound of bodyweight per day. The easiest way to achieve this is to take your bodyweight and divide it by 6 for the number of meals per day. This will give you the number of protein grams you should try to eat per meal. If you can't get to that amount of food that is ok, but try to eat as much of your suggested lean protein as you can.
2. Eat your protein foods, vegetables and fruits before you go back for seconds of your carbohydrate foods. For example if your meal is lean beef, brown rice, broccoli and a piece of fruit you portion out your meals so that you eat enough beef to cover your protein needs. Then add your vegetables and only a small amount of the rice. Eat your meal including the piece of fruit and then if you are still hungry you can go back for more rice. Preferably you should eat more of the lean beef and broccoli so that you control your carbohydrate intake.
3. On the low carbohydrate days limit your carbohydrate intake to 1 gram of carbohydrates per pound of bodyweight. Again, the easiest way to follow this step is to take your bodyweight and divide it by 4 for the number of meals that should have carbohydrates in them. Your other two meals for that low carb day should have no extra carbs. This means no fruit or starches. Just protein and vegetables. You will see in the meal plans that low carb days generally have two meals or snacks with no extra carbohydrates.

4. The meal plans for no carbohydrate days, it means just that. Your meal will consist of various proteins and vegetables and no carbs. The reason for doing this is because when you cycle your carbohydrates in this manner it accelerates your fat loss without triggering “starvation” hormones. When the “starvation hormones” are triggered your fat loss comes to a halt until those hormones calm down.

5. I have also found that a great way to perform this nutritional system effectively is to utilize the Zone Diet principles with the Carb Cycling method.

If you are unable to always get in a meal then I suggest you substitute the meal with a Prograde Lean meal replacement shake. The worst thing you can do is skip the meal entirely or eat junk food. You will get the necessary amount of calories, protein, fiber and vitamins and minerals in one shake.

After a lot of research and discussion I have recently elected to become an affiliate of [Pro/Grade Nutrition](#). Although I have never been a huge fan of supplements, I have let go of my hard-headedness and recognize that meal replacements, fish oil, and Omega-3s are actually good things as I strive for optimal health. I know that getting all these needed nutrients are not always feasible strictly from food, and let’s face it...who of us is in the kitchen ALL DAY cooking? That being said, Pro/Grade is by far the best in the business when it comes to natural based supplements for our health. I will never be a big supplement guy, but over the past 6 months I have added their meal replacements, protein powder, and fish oil as a part of my diet and I’ve never felt better! So with that I list some of the ones I would recommend for you:

### **Recommended Nutritional Supplements To Be Used During The ‘Drop A Dress Size In 21 Days’ Program**

**Prograde Lean Meal Replacement**

**Prograde VGF25+**

**Prograde EFA Icon**

[Prograde Nutrition](#)



Day 1 High Carb	Day 2 Low Carb	Day 3 No Carb
<b>Breakfast:</b> Scrambled Egg, mozzarella cheese, and salsa in whole wheat tortilla Skim Milk VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Peach Zucchini sticks  <b>Lunch:</b> <a href="#">Mediterranean Turkey Sandwich</a> Apple Mixed Veggies  <b>Snack:</b> Rykrisp Crackers with Hummus and Mozzarella cheese Carrots  <b>Dinner:</b> <a href="#">Turkey and Spinach Manicotti</a> Green Beans  <b>Snack:</b> <a href="#">Low fat Granola Bars</a> Skim Milk	<b>Breakfast:</b> Shredded Wheat Skim Milk Turkey Bacon VGF25+ EFA Icon  <b>Snack:</b> Almonds Red pepper sticks  <b>Lunch:</b> <a href="#">Turkey Spinach Manicotti</a> Mixed greens with low fat dressing  <b>Snack:</b> Low fat mozzarella string cheese Carrots  <b>Dinner:</b> <a href="#">Tuna with Pear Salsa</a> Green Beans  <b>Snack:</b> <a href="#">Low fat Granola Bar</a> Skim Milk	<b>Breakfast:</b> <a href="#">Mini Mushroom and Sausage Quiche</a> Skim Milk VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Carrots  <b>Lunch:</b> <a href="#">Shrimp Caesar Salad</a>  <b>Snack:</b> Almonds Zucchini sticks  <b>Dinner:</b> Grilled Chicken (your choice of marinade) Steamed Asparagus  <b>Snack:</b> Low fat mozzarella string cheese Red Pepper sticks

Day 4 High Carb	Day 5 Low Carb	Day 6 No Carb
<p><b>Breakfast:</b> Whole Wheat Waffle Strawberries Turkey Sausage VGF25+ EFA Icon</p> <p><b>Snack:</b> Yogurt Zucchini sticks Blueberries</p> <p><b>Lunch:</b> <a href="#">Grilled Greek Chicken Sandwich</a> Orange Asparagus</p> <p><b>Snack:</b> Cottage cheese Carrots Apple</p> <p><b>Dinner:</b> <a href="#">Spicy Parmesan Meatballs with Angel Hair</a> Mixed greens with low fat dressing</p> <p><b>Snack:</b> Raspberries drizzled with light chocolate syrup topped with slivered Almonds</p>	<p><b>Breakfast:</b> Quaker Oat Weight Control Oatmeal Blueberries Skim Milk VGF25+ EFA Icon</p> <p><b>Snack:</b> Low fat mozzarella string cheese Carrots</p> <p><b>Lunch:</b> <a href="#">Spicy Parmesan Meatballs with Angel Hair</a> Green Beans</p> <p><b>Snack:</b> <a href="#">Guacamole</a> with mixed veggies</p> <p><b>Dinner:</b> <a href="#">Orange Beef and Broccoli</a></p> <p><b>Snack:</b> <a href="#">Strawberry Smoothie</a></p>	<p><b>Breakfast:</b> Veggie Omelet (your choice of veggies) VGF25+ EFA Icon</p> <p><b>Snack:</b> Cottage Cheese Zucchini sticks</p> <p><b>Lunch:</b> <a href="#">Spinach Salad with Spiced Pork with Ginger Dressing</a></p> <p><b>Snack:</b> Almonds Carrots</p> <p><b>Dinner:</b> Grilled Salmon Mixed greens with low fat dressing</p> <p><b>Snack:</b> <a href="#">Guacamole</a> with mixed veggies</p>

Day 7 High Carb	Day 8 Low Carb	Day 9 No Carb
<b>Breakfast:</b> <a href="#">Blueberry Oatmeal muffins</a> Skim Milk Turkey Bacon VGF25+ EFA Icon  <b>Snack:</b> Yogurt Carrots  <b>Lunch:</b> Tuna with low fat mayo in whole wheat pita Orange  <b>Snack:</b> Cottage Cheese Apple Zucchini sticks  <b>Dinner:</b> <a href="#">Grilled Chicken Tacos</a> Pear  <b>Snack:</b> <a href="#">Blueberry Oatmeal Muffin</a> Skim Milk	<b>Breakfast:</b> Quaker Oat Weight Control Oatmeal Peach Skim Milk VGF25+ EFA Icon  <b>Snack:</b> Almonds Zucchini sticks  <b>Lunch:</b> <a href="#">Grilled Chicken Tacos</a> Mixed greens with low fat dressing  <b>Snack:</b> Low fat mozzarella string cheese Red pepper sticks  <b>Dinner:</b> <a href="#">Avocado Mango Chicken</a> Whole Wheat tortilla toasted and cut into 1/8ths  <b>Snack:</b> <a href="#">Blueberry Oatmeal Muffin</a> Skim Milk	<b>Breakfast:</b> Turkey Sausage, mozzarella cheese, and spinach omelet VGF25+ EFA Icon  <b>Snack:</b> Low fat, Low sodium Beef Jerky Carrots  <b>Lunch:</b> Chicken Caesar Salad with low fat Caesar dressing  <b>Snack:</b> Almonds Red Pepper sticks  <b>Dinner:</b> <a href="#">Beef Tenderloin Steaks</a> Steamed Green Beans  <b>Snack:</b> Low fat mozzarella string cheese Zucchini sticks

Day 10 High Carb	Day 11 Low Carb	Day 12 No Carb
<b>Breakfast:</b> Whole Wheat Waffles Blackberries Skim Milk Turkey Bacon VGF25+ EFA Icon  <b>Snack:</b> Yogurt Carrots  <b>Lunch:</b> Whole Wheat Pita with turkey, lettuce, tomato, and 2% cheese Orange  <b>Snack:</b> Cottage cheese Apple Zucchini sticks  <b>Dinner:</b> <a href="#">Salsa Chicken Sandwiches</a> Mixed veggies  <b>Snack:</b> <a href="#">Blueberry Smoothie</a>	<b>Breakfast:</b> Quaker Oat Weight Control Oatmeal Blueberries Skim Milk VGF25+ EFA Icon  <b>Snack:</b> Low fat mozzarella string cheese Red Pepper sticks  <b>Lunch:</b> <a href="#">Salsa Chicken Sandwiches</a> Green Beans  <b>Snack:</b> Almonds Carrots  <b>Dinner:</b> <a href="#">Sautéed Tilapia with Pan seared Peppercorn Sauce</a> Brown Rice  <b>Snack:</b> Yogurt with Grape Nuts sprinkled on top	<b>Breakfast:</b> Omelet with mushrooms, turkey sausage, and mozzarella cheese VGF25+ EFA Icon  <b>Snack:</b> Guacamole with mixed veggies  <b>Lunch:</b> Tuna with low fat mayo on bed of mixed greens  <b>Snack:</b> Cottage Cheese Carrots  <b>Dinner:</b> <a href="#">Baked Salmon with Dill</a> Steamed Asparagus  <b>Snack:</b> Low fat mozzarella string cheese Zucchini sticks



Day 13 High Carb	Day 14 Low Carb	Day 15 No Carb
<b>Breakfast:</b> Whole Wheat French Toast Strawberries Skim Milk VGF25+ EFA Icon	<b>Breakfast:</b> Shredded Wheat Skim Milk Turkey Sausage VGF25+ EFA Icon	<b>Breakfast:</b> Scrambled eggs with 2% cheddar cheese Turkey Bacon VGF25+ EFA Icon
<b>Snack:</b> Rykrisp Crackers with Hummus Carrots	<b>Snack:</b> Low fat Low sodium Beef Jerky Red Pepper sticks	<b>Snack:</b> Cottage cheese Carrots
<b>Lunch:</b> Grilled Chicken Breast in whole wheat Pita with sliced avocado, tomato, and lettuce Pear	<b>Lunch:</b> <a href="#">Fajita Turkey Burger</a> Mixed greens with low fat dressing	<b>Lunch:</b> Mixed greens with chicken, red peppers, mushrooms, and 2% mozzarella cheese with low fat Balsamic Vinaigrette
<b>Snack:</b> Cottage Cheese Zucchini sticks Peach	<b>Snack:</b> Almonds Carrots	<b>Snack:</b> Low fat mozzarella string cheese Zucchini sticks
<b>Dinner:</b> <a href="#">Fajita Turkey Burger</a> Orange Corn	<b>Dinner:</b> <a href="#">Chicken, Cashew and Red Pepper stir fry with brown rice</a>	<b>Dinner:</b> Grilled Shrimp Kabobs with Red pepper, mushroom, and yellow pepper
<b>Snack:</b> <a href="#">Yogurt Pop</a>	<b>Snack:</b> <a href="#">Yogurt Pop</a>	<b>Snack:</b> Almonds Red Pepper sticks

Day 16 High Carb	Day 17 Low Carb	Day 18 No Carb
<b>Breakfast:</b> Shredded Wheat Skim Milk Hard Boiled Egg VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Zucchini sticks Apple  <b>Lunch:</b> Tuna with low fat mayo on whole wheat bread Mixed veggies Orange  <b>Snack:</b> <a href="#">Guacamole with Pita chips</a> Carrots  <b>Dinner:</b> <a href="#">Chicken Fettuccine Alfredo</a> Mixed greens with low fat dressing  <b>Snack:</b> <a href="#">Yogurt Parfait</a>	<b>Breakfast:</b> Quaker Oat Weight Control Oatmeal Skim Milk Blueberries VGF25+ EFA Icon  <b>Snack:</b> Almonds Red Pepper Sticks  <b>Lunch:</b> <a href="#">Chicken Fettuccine Alfredo</a> Green Beans  <b>Snack:</b> Low fat mozzarella string cheese Zucchini sticks  <b>Dinner:</b> <a href="#">Roasted Chicken Breasts with Peppers and Onions</a> Brown Rice  <b>Snack:</b> <a href="#">Yogurt Parfait</a>	Breakfast: <a href="#">Mini Mushroom and Sausage Quiche</a> VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Carrots  <b>Lunch:</b> <a href="#">Roasted Chicken Breasts</a> on bed of Mixed greens  <b>Snack:</b> Low fat low sodium Beef Jerky Zucchini Sticks  <b>Dinner:</b> <a href="#">Steak Salad with Creamy Ranch Dressing</a>  <b>Snack:</b> <a href="#">Guacamole</a> with mixed veggies



Day 19 High Carb	Day 20 Low Carb	Day 21 No Carb
<b>Breakfast:</b> Whole Wheat Waffles Blackberries Skim Milk VGF25+ EFA Icon  <b>Snack:</b> Yogurt Carrots Blueberries  <b>Lunch:</b> Steak in whole wheat pita with tomatoes, avocado, onions, and lettuce Green Beans Apple  <b>Snack:</b> Almonds Zucchini sticks Orange  <b>Dinner:</b> <a href="#">Pepperoni Pizza</a> Green Beans  <b>Snack:</b> <a href="#">Berry Banana Smoothie</a>	<b>Breakfast:</b> Shredded Wheat Skim Milk Turkey Sausage VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Red Pepper sticks  <b>Lunch:</b> <a href="#">Pepperoni Pizza</a> Mixed Greens with low fat dressing  <b>Snack:</b> Low fat Low sodium Beef Jerky Carrots  <b>Dinner:</b> Grilled Chicken (your choice of seasoning) Baked Sweet Potato  <b>Snack:</b> <a href="#">Berry Banana Smoothie</a>	<b>Breakfast:</b> Omelet with Turkey Sausage, mozzarella cheese, and spinach VGF25+ EFA Icon  <b>Snack:</b> Low fat mozzarella string cheese Zucchini sticks  <b>Lunch:</b> <a href="#">Asian Chicken Salad</a>  <b>Snack:</b> Almonds Carrots  <b>Dinner:</b> <a href="#">Shrimp Salad</a>  <b>Snack:</b> Cottage Cheese Green Pepper sticks

Substitute Meals High Carb	Substitute Meals Low Carb	Substitute Meals No Carb
<b>Breakfast:</b> Whole Wheat English Muffin with egg, 2% cheddar cheese, and turkey bacon VGF25+ EFA Icon  <b>Snack:</b> Almonds Orange Zucchini sticks  <b>Lunch:</b> <a href="#">Chicken salad Wrap</a> Green beans  <b>Snack:</b> Low fat mozzarella string cheese RyKrisp Crackers Carrots  <b>Dinner:</b> <a href="#">Tex-Mex Beef Tacos</a> Strawberries  <b>Snack:</b> <a href="#">Granola Bar</a> Skim Milk	<b>Breakfast:</b> Grape Nuts Skim Milk Turkey Bacon VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Red Pepper sticks  <b>Lunch:</b> <a href="#">Tex-mex Beef Tacos</a> Mixed greens with low fat dressing  <b>Snack:</b> Low fat Low sodium Beef Jerky Carrots  <b>Dinner:</b> <a href="#">Chicken Stir Fry</a> Brown Rice  <b>Snack:</b> <a href="#">Granola bar</a> Skim Milk	<b>Breakfast:</b> Scrambled Eggs Turkey Sausage links Skim Milk VGF25+ EFA Icon  <b>Snack:</b> Low fat mozzarella string cheese Carrots  <b>Lunch:</b> <a href="#">Chicken Stir Fry</a> (no brown rice)  <b>Snack:</b> Cottage Cheese Zucchini sticks  <b>Dinner:</b> <a href="#">Flank Steak with Shiitake  Mushrooms</a>  <b>Snack:</b> Almonds Red pepper sticks

Substitute Meals High Carb	Substitute Meals Low Carb	Substitute Meals No Carb
<b>Breakfast:</b> Whole Wheat Toast Skim Milk Mixed Berries VGF25+ EFA Icon  <b>Snack:</b> Guacamole with pita chips Apple  <b>Lunch:</b> <a href="#">Flank Steak</a> in whole wheat tortilla with lettuce, pico de gallo, and avocado slices Orange  <b>Snack:</b> Cottage cheese Peach Carrots  <b>Dinner:</b> <a href="#">Chicken pasta skillet</a> Mixed greens with low fat dressing  <b>Snack:</b> Yogurt with Grape Nuts	<b>Breakfast:</b> Shredded Wheat Skim Milk Turkey Sausage VGF25+ EFA Icon  <b>Snack:</b> Almonds Zucchini sticks  <b>Lunch:</b> <a href="#">Chicken Pasta Skillet</a> Mixed Greens with low fat dressing  <b>Snack:</b> Low fat mozzarella string cheese Red Pepper sticks  <b>Dinner:</b> <a href="#">Orange Glazed Salmon</a> Green Beans Brown Rice  <b>Snack:</b> <a href="#">Strawberry Smoothie</a>	<b>Breakfast:</b> <a href="#">Muffin Frittatas</a> VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Carrots  <b>Lunch:</b> Salmon on bed of mixed greens with low fat dressing  <b>Snack:</b> Low fat low sodium beef jerky Zucchini sticks  <b>Dinner:</b> <a href="#">Layered Bruschetta Salad</a>  <b>Snack:</b> Almonds Red Pepper sticks

Substitute Meals High Carb	Substitute Meals Low Carb	Substitute Meals No Carb
<b>Breakfast:</b> Whole Wheat English muffin with egg, mozzarella cheese, and turkey bacon Skim Milk VGF25+ EFA Icon  <b>Snack:</b> RyKrisp with Hummus Zucchini sticks Orange <b>Lunch:</b> <a href="#">Turkey Cucumber Pita</a> Pear  <b>Snack:</b> Cottage Cheese Carrots Apple  <b>Dinner:</b> <a href="#">Chicken Quesadilla</a> Mixed Berries  <b>Snack:</b> <a href="#">Yogurt Pops</a>	<b>Breakfast:</b> Quaker Oat Weight Control Oatmeal Blueberries Skim Milk VGF25+ EFA Icon  <b>Snack:</b> Low fat mozzarella cheese stick Carrots  <b>Lunch:</b> <a href="#">Chicken Quesadilla</a> Mixed greens with low fat dressing  <b>Snack:</b> <a href="#">Guacamole</a> with mixed veggies  <b>Dinner:</b> <a href="#">Fish and Fries</a> <a href="#">Cabbage salad</a>  <b>Snack:</b> <a href="#">Yogurt Pops</a>	<b>Breakfast:</b> <a href="#">Muffin Frittatas</a> VGF25+ EFA Icon  <b>Snack:</b> Cottage Cheese Red Pepper sticks  <b>Lunch:</b> Tuna with low fat mayo on bed of mixed greens  <b>Snack:</b> Low fat mozzarella cheese sticks Zucchini sticks  <b>Dinner:</b> <a href="#">Hoisin Flank Steak with</a> <a href="#">Cucumber Salad</a>  <b>Snack:</b> Almonds Carrots

# RECIPES

## **Mediterranean Turkey Sandwich Serves 1**

1 Tbsp. Hummus  
1 whole wheat English muffin  
3 oz. sliced smoked Turkey  
1/4 medium cucumber, thinly sliced  
1/4 small red onion, thinly sliced  
4 spinach leaves

### **Directions:**

Spread the hummus on the English muffin. Layer turkey, cucumber, onion, and spinach on muffin. Serve.

## **Turkey and Spinach Manicotti Serves 4**

8 uncooked whole wheat manicotti pasta shells  
1/2 lb. lean ground turkey  
1 medium onion, chopped (1/2 cup)  
2 tsp. finely chopped garlic  
1 cup fat free ricotta cheese  
1 tsp. Italian seasoning  
1 box frozen cut spinach, thawed, squeezed to drain  
1 1/2 cups low sodium Marinara sauce  
2 Tbsp. finely shredded Parmesan cheese

### **Directions:**

Heat oven to 375 degrees. Spray bottom and sides of 11 x 17 inch glass baking dish with cooking spray. Cook pasta shells as directed on box, omitting salt. Rinse with cool water; drain well. Spray 10 inch nonstick skillet with cooking spray. Cook turkey, onion, and garlic over medium heat about 5 minutes, stirring frequently, until turkey is no longer pink. Remove from heat. Stir in ricotta cheese, Italian seasoning and spinach. Spoon turkey mixture into shells; arrange in baking dish. Spoon marinara sauce over shells. Bake uncovered 20 to 25 minutes or until hot and bubbly. Sprinkle with Parmesan cheese.



### **Low fat Granola Bars Serves 12**

1 large egg white, lightly beaten  
2 Tbsp. honey  
2 tsp. Canola oil 1 tsp. vanilla extract  
1/2 tsp. ground cinnamon  
2 cups Bare Naked Granola  
1/4 cup raisins

#### **Directions:**

Preheat oven to 325 degrees. Coat a 9 inch square baking pan with cooking spray. Whisk egg white, honey, oil, vanilla, and cinnamon in small bowl until blended. Combine granola and raisins in a mixing bowl. Stir in the wet mixture until well coated. Press granola into the prepared pan with a wet rubber spatula. Bake until lightly browned, 15 to 20 minutes. Cool in the pan on a wire rack. Cut into 12 bars.

### **Tuna with Pear Salsa Serves 6**

Pear Salsa 1 large unpeeled pear, chopped (1 1/2 cups)  
1 medium hot or mild yellow chile, (2 Tbsp)  
2 medium green onions, chopped (2 Tbsp.)  
2 Tbsp. chopped fresh cilantro  
2 tsp. grated lemon peel 2 Tbsp. lemon juice  
1/2 tsp. salt  
Tuna 6 small tuna or halibut fillets (1 1/2 lb.)

#### **Directions:**

In small glass or plastic bowl, mix all pear salsa ingredients. Cover, refrigerate at least 1 hour to blend flavors but no longer than 24 hours. Set oven control to broil. Spray broiler pan rack with cooking spray. Place fish on rack in broiler pan. Broil with tops about 4 inches from heat about 5 minutes or until fish flakes easily with fork. Serve tuna topped with salsa.

### **Mini Mushroom and Sausage Quiche Serves 12**

8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces  
1 teaspoon extra-virgin olive oil  
8 ounces mushrooms, sliced

1/4 cup sliced scallions  
1/4 cup shredded 2 % Swiss or 2% mozzarella cheese  
1 teaspoon freshly ground pepper  
5 eggs 3 egg whites  
1 cup skim milk

**Directions:**

Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

**Blueberry Smoothie Serves 2**

1 cup frozen blueberries  
1/2 cup skim milk  
6 oz. yogurt Honey, if desired

**Directions:**

Blend ingredients together.

**Strawberry Smoothie Serves 2**

1 cup frozen strawberries  
1/2 cup skim milk  
6 oz. yogurt Honey, if desired

**Directions:**

Blend ingredients together.

### **Berry Banana Smoothie Serves 2**

1 small banana, peeled, cut up, and frozen  
1/4 cup fresh or frozen assorted berries (such as raspberries, blackberries, and/or strawberries)  
1 cup orange juice  
3 tablespoons vanilla low-fat yogurt  
Fresh mint (optional) Fresh berries (optional)

#### **Directions**

In a blender container combine the frozen banana pieces, desired fresh or frozen berries, orange juice, and yogurt. Cover and blend until smooth. To serve, pour into glasses. If desired, garnish with fresh mint and additional berries. Makes 2 (8-ounce) servings.

### **Shrimp Caesar Salad Serves 4**

#### **Dressing:**

2 tablespoons light mayonnaise  
2 tablespoons water  
2 tablespoons fresh lemon juice  
1 teaspoon grated Parmesan cheese  
1/4 teaspoon freshly ground black pepper  
1/4 teaspoon Sriracha (hot chile sauce, such as Huy Fong)  
1/8 teaspoon Worcestershire sauce  
2 garlic cloves, minced

#### **Salad:**

2 tablespoons grated Parmesan cheese 1 1/2 pounds medium shrimp, cooked and peeled 1 (10-ounce) package chopped romaine lettuce 3 tablespoons pine nuts, toasted Chopped fresh chives (optional)

#### **Directions:**

To prepare dressing, combine mayonnaise and next 7 ingredients (through garlic), stirring with a whisk. To prepare salad, combine 2 tablespoons cheese, shrimp, and lettuce in a large bowl. Add dressing; toss well to coat. Top with pine nuts. Garnish with chives, if desired. Serve immediately.

## **Spicy Parmesan Meatballs with Angel Hair Pasta Serves 6**

3/4 cup Fiber One bran cereal  
1 lb. extra lean ground beef  
1/4 cup shredded 2% Parmesan cheese  
3/4 tsp. Italian Seasoning 1/4 tsp. garlic powder  
1 can (8 oz) tomato sauce  
1 can (14.5 oz) diced tomatoes with green pepper and onion, undrained  
1/8 tsp ground red pepper  
6 oz. uncooked whole wheat angel hair  
1 to 2 Tbsp. chopped fresh parsley, if desired

### **Directions:**

Place cereal in resealable food storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or in food processor). In large bowl, mix cereal, ground beef, 1/4 cup cheese, Italian seasoning, garlic powder and 1/4 cup of the tomato sauce until well blended. Shape into meatballs. Spray 12 inch skillet cooking spray. Cook Meatballs in skillet over medium heat 8 to 10 minutes, turning occasionally, until browned. Drain if necessary. Add remaining tomato sauce, tomatoes and red pepper to skillet; turn meatballs to coat. Cover, cook over medium-low heat 15 to 20 minutes, stirring sauce and turning meatballs occasionally, until meatballs are thoroughly cooked and no longer pink in center. Meanwhile, cook and drain pasta as directed on package. Serve meatballs over pasta. Top each serving with additional Parmesan cheese and parsley.

## **Guacamole Serves 2**

2 ripe avocados, peeled and pitted  
2 Tbsp. Lime juice  
1/8 tsp. Salt 1/4 cup chopped fresh cilantro  
1/2 cup onions  
1 cup cored chopped tomatoes  
1/4 tsp. Minced garlic  
1/4 tsp. Hot pepper sauce (optional)

### **Directions:**

In a medium bowl, mash the avocados with the lime juice and salt. Stir in the cilantro, onions, tomatoes, garlic, and hot-pepper sauce. Cover with plastic wrap and refrigerate for 1 hour before serving. **Pita chips:** Cut a whole wheat pita open and

cut into triangular wedges. Bake at 350 degrees for about 7 minutes or until crisp.

### **Orange Beef and Broccoli Stir Fry Serves 4**

3 Tbsp low sodium chicken broth  
1/2 cup orange juice  
2 Tbsp. lite soy sauce  
1 Tbsp. grated fresh ginger  
2 tsp. cornstarch  
1 tsp. toasted sesame oil  
1/2 tsp. crushed red pepper flakes  
3/4 lb. beef sirloin, trimmed of all fat  
2 tsp. EVOO 1 large bunch broccoli, cut into florets  
1 bunch scallions, cut into diagonal slices  
3 cloves garlic, minced  
2 cups cooked brown rice

#### **Directions:**

In a medium bowl, combine the broth, orange juice, soy sauce, ginger, cornstarch, sesame oil, and red pepper flakes. Add the beef, tossing to coat. Let stand for 10 minutes. Heat 1 tsp. of the oil in large skillet over medium-high heat. Add the beef to the skillet, reserve the marinade. Cook the beef, stirring for 3 minutes, or until browned. Remove to a plate. Add the remaining 1 tsp. oil to the skillet. Add the broccoli, scallions, and garlic; cook, stirring, for 2 minutes. Add the reserved marinade and cook, stirring for 3 minutes, or until the mixture boils and thickens slightly. Return the beef to the pan and cook, stirring for 2 minutes or until heated through. Serve over rice.

## **Grilled Greek Chicken Sandwiches Serves 2**

Cucumber Sauce: 1/4 cup Fat free plain yogurt  
1/3 cup finely chopped seeded cucumber  
1 medium green onion, sliced (1 Tbsp.)  
Dash salt and pepper  
2 tsp. lemon juice  
Sandwiches: 1 tsp. EVOO 1/4 tsp dried oregano leaves,  
Dash salt and pepper, if desired  
2 boneless, skinless chicken breasts  
1 whole wheat pita  
1 small tomato, sliced  
2 thin slices red onion

### **Directions:**

Heat gas or charcoal grill. In a small bowl, mix sauce ingredients. Set aside (make 30 minutes or less prior to eating). In another small bowl, mix lemon juice, oil, and oregano. Brush lemon mixture over chicken, coating all sides. Sprinkle with salt and pepper. Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut. Wrap pita halves in foil; place on grill 1 to 2 minutes or until warm. Place chicken, tomato, and onion inside pita pockets. Top with sauce.

## **Spinach Salad with Spiced Pork with Ginger dressing Serves 4**

1 (1-pound) pork tenderloin, trimmed  
1 tablespoon Sriracha (hot chile sauce, such as Huy Fong)  
2 tablespoons brown sugar  
1/2 teaspoon garlic powder  
1/4 teaspoon salt Cooking spray  
3 cups baby spinach leaves  
2 cups thinly sliced Napa cabbage  
1 cup red bell pepper strips  
1/4 cup low-fat sesame ginger dressing (such as Newman's Own)

### **Directions:**

Cut pork crosswise into 1/2-inch slices; flatten each slice slightly with hand. Combine pork and Sriracha in a bowl, tossing to coat. Add sugar, garlic powder, and



salt; toss well. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork mixture to pan, and cook 3 minutes on each side or until done. Remove from heat; keep warm. Combine spinach, cabbage, and bell pepper in a large bowl. Add sesame ginger dressing; toss well. Arrange 1 1/2 cups spinach mixture in each of 4 shallow bowls; top each serving with 3 ounces pork.

### **Blueberry Oatmeal Muffins Serves 12**

1 cup fat free plain yogurt  
1 cup old fashioned or quick cooking oats  
1 egg or 2 egg whites, slightly beaten  
1/4 cup canola oil  
1/2 cup packed brown sugar  
2/3 cup all purpose flour  
2/3 cup whole wheat flour  
1 tsp. baking soda  
1 tsp. ground cinnamon  
1/4 tsp. salt  
1 cup fresh or frozen (do not thaw) blueberries

#### **Directions:**

Heat oven 400 degrees. Place paper baking cups in 12 regular size muffin cups, or grease bottoms only of muffin cups. In small bowl, mix yogurt and oats. In large bowl, mix egg, oil and brown sugar. Stir in flours, baking soda, cinnamon, salt and yogurt mixture (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups. Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

### **Grilled Chicken Tacos Serves 4**

1 Tbsp. EVOO  
1 Tbsp. Lime juice  
2 tsp. chili powder 1/8 tsp. salt  
2 boneless skinless chicken breasts  
1 can (15oz.) low sodium black beans, drained 1/3 cup salsa  
2 Tbsp. chopped fresh cilantro  
8 whole wheat tortillas  
1/4 cup 2 % shredded cheddar cheese  
2 Tbsp. fat free sour cream

**Directions:**

Heat grill. In shallow dish, mix oil, lime juice, chili powder and salt. Add chicken breasts, turning to coat. Place chicken on grill. Cover grill; cook over medium heat about 12 minutes, turning once, or until juice of chicken is clear when center of thickest part is cut. Remove from heat; slice crosswise into strips. Meanwhile, in 2 quart saucepan, heat beans, salsa, and cilantro over medium heat, stirring occasionally, until thoroughly heated. Divide chicken evenly half of each tortilla; top with beans, cheese, and sour cream. Fold tortilla in half over filling.

**Avocado Mango Chicken Serves 4**

1/4 cup Worcestershire sauce  
1 tablespoon soy sauce  
2 teaspoons adobo sauce (from canned chipotle chiles)  
2 limes  
4 boneless, skinless chicken breasts (4 oz each)  
1 large mango, coarsely chopped  
1 tablespoon finely chopped cilantro  
1 tablespoon finely chopped onion  
2 tablespoons sea salt

**Directions:**

Mix Worcestershire, soy and adobo sauces with juice from 1 of the limes in a bowl. Place chicken in a sealable plastic bag and pour in marinade. Refrigerate 30 minutes. Heat oven to 350 degrees. Combine mango, avocado, cilantro, onion, salt and juice from remaining lime in a bowl, then refrigerate. Transfer chicken and marinade to a baking dish and cook until tender and no longer pink, approximately 20 minutes. Remove chicken from oven, place each breast on a plate and top with 1/4 of salsa. Serve with 1 tortilla each.

### **Beef Tenderloin Steak Serves 4**

4 (4-ounce) filet mignon steaks, trimmed  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
Cooking spray  
3/4 cup port or other sweet red wine  
2 tablespoons jellied cranberry sauce  
2 tablespoons fat-free, less-sodium beef broth  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
1 garlic clove, minced  
2 tablespoons crumbled blue cheese

#### **Directions:**

Heat a large cast-iron skillet over medium-high heat. Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat steaks with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan; keep warm. Add port, cranberry sauce, broth, 1/8 teaspoon salt, 1/8 teaspoon pepper, and garlic to pan, scraping pan to loosen browned bits. Reduce heat, and cook until liquid is reduced to 1/4 cup (about 4 minutes). Serve steaks with sauce; top with cheese.

### **Salsa Chicken Sandwiches Serves 4**

4 boneless skinless chicken breasts  
4 whole wheat burger buns, split  
1/4 cup black bean dip  
1/4 cup garlic cilantro salsa, or your favorite salsa  
1/2 cup shredded lettuce

#### **Directions:**

Set oven control to broil. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. Place chicken on rack in broiler pan. Broil with tops 4 to 6 inches from heat 15 to 20 minutes, turning once ( add buns last 3 to 4 minutes), until chicken is no longer pink in center and buns are lightly toasted.

Spread bottom half of each bun with 1 Tbsp. dip. Top each with chicken breast; spread with 1 Tbsp salsa. Top each with 2 Tbsp lettuce and top of bun.

### **Sautéed Tilapia with Pan Seared Peppercorn Sauce Serves 2**

3/4 cup fat-free, less-sodium chicken broth  
1/4 cup fresh lemon juice  
1 1/2 teaspoons drained brine-packed green peppercorns, lightly crushed  
1 teaspoon butter 1 teaspoon vegetable oil  
2 (6-ounce) tilapia or sole fillets  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/4 cup all-purpose flour  
2 teaspoons butter Lemon wedges (optional)

#### **Directions:**

Combine first 3 ingredients. Melt 1 teaspoon of butter with oil in a large nonstick skillet over low heat. While butter melts, sprinkle fish fillets with salt and black pepper. Place the flour in a shallow dish. Dredge fillets in flour; shake off excess flour. Increase heat to medium-high; heat 2 minutes or until butter turns golden brown. Add fillets to pan; sauté 3 minutes on each side or until fish flakes easily when tested with a fork. Remove fillets from pan. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook until reduced to 1/2 cup (about 3 minutes). Remove from heat. Stir in two teaspoons of butter with a whisk. Serve sauce over fillets. Garnish with lemon wedges, if desired.

### **Baked Salmon with Dill Serves 4**

4 (6-ounce) salmon fillets (about 1 inch thick)  
Cooking spray  
1 1/2 tablespoons finely chopped fresh dill  
1/2 teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
4 lemon wedges

#### **Directions:**

Preheat oven to 350°. Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray. Sprinkle fish with dill, salt, and pepper. Bake at 350° for 10 minutes or until fish flakes easily when tested with a fork or until

desired degree of doneness. Serve with lemon wedges.

### **Fajita Turkey Burger Serves 4**

1/4 cup bottled tomatillo salsa  
2 tablespoons chopped avocado  
1 tablespoon chopped fresh cilantro  
2 (1-ounce) slices wheat bread  
Cooking spray  
1/2 cup finely chopped onion  
1/2 cup finely chopped red bell pepper  
1/2 cup finely chopped green bell pepper  
2 teaspoons fajita seasoning, divided  
1/4 teaspoon salt, divided  
1 tablespoon tomato paste  
1 pound ground turkey  
1 egg white 4 (1 1/2-ounce)  
whole wheat hamburger buns, toasted

#### **Directions:**

Combine tomatillo salsa, chopped avocado, and cilantro; set aside. Place bread in a food processor; pulse 10 times or until crumbs measure 1 cup. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and bell peppers; sauté 5 minutes or until tender. Stir in 1/2 teaspoon fajita seasoning and 1/8 teaspoon salt. Cool. Combine breadcrumbs, onion mixture, remaining 1 1/2 teaspoons fajita seasoning, remaining 1/8 teaspoon salt, tomato paste, turkey, and egg white in a large bowl. Using damp hands, divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty. Heat pan over medium heat. Recoat pan with cooking spray. Add patties; cook 4 minutes on each side or until done. Place 1 patty on bottom half of each bun. Top each serving with 1 1/2 tablespoons salsa mixture; top with remaining halves of buns.

### **Yogurt Pops Serves 4**

1 container (6oz) Fat free flavor (any flavor)  
6 oz. unsweetened fruit juice concentrate  
Dash of vanilla or honey

#### **Directions:**

In a medium bowl, combine yogurt, juice, and vanilla or honey. Pour into 4 -3 oz paper cups; freeze 1 hour or until partially frozen. Insert wooden sticks into each cup and freeze an additional 4 hours or until solid.

### **Chicken, Cashew, and Red Pepper Stir Fry Serves 4**

3 3/4 teaspoons cornstarch, divided  
2 tablespoons low-sodium soy sauce, divided  
2 teaspoons dry sherry  
1 teaspoon rice wine vinegar  
3/4 teaspoon sugar  
1/2 teaspoon hot pepper sauce (such as Tabasco)  
1 pound chicken breast tenders, cut lengthwise into thin strips  
1/2 cup coarsely chopped unsalted cashews  
2 tablespoons canola oil  
2 cups julienne-cut red bell pepper (about 1 large)  
1 teaspoon minced garlic  
1/2 teaspoon minced peeled fresh ginger  
3 tablespoons thinly sliced green onions

#### **Directions:**

Combine 1 teaspoon cornstarch, 1 tablespoon soy sauce, and next 4 ingredients (through hot pepper sauce) in a small bowl; stir with a whisk. Combine remaining 2 3/4 teaspoons cornstarch, remaining 1 tablespoon soy sauce, and chicken in a medium bowl; toss well to coat. Heat a large nonstick skillet over medium-high heat. Add cashews to pan; cook 3 minutes or until lightly toasted, stirring frequently. Remove from pan. Add oil to pan, swirling to coat. Add chicken mixture to pan; sauté 2 minutes or until lightly browned. Remove chicken from pan; place in a bowl. Add bell pepper to pan; sauté 2 minutes, stirring occasionally. Add garlic and ginger; cook 30 seconds. Add chicken and cornstarch mixture to pan; cook 1 minute or until sauce is slightly thick. Sprinkle with cashews and green onions.



## **Chicken Fettuccine Alfredo Serves 2**

1 lb. Cooked chicken breasts, cut into strips  
3/4 cup vegetable broth or reduced-sodium chicken broth  
4 large cloves garlic, peeled  
4 ounces whole-wheat fettuccine  
1 small zucchini, cut into matchsticks  
2 teaspoons cornstarch, mixed with  
1 tablespoon water  
2 tablespoons reduced-fat sour cream Pinch of freshly grated nutmeg  
1/8 teaspoon freshly ground pepper, or to taste  
3/4 cup reduced fat grated Parmesan cheese, divided  
1 tablespoon chopped fresh parsley

### **Directions:**

Bring a large saucepan of water to a boil. Combine broth and garlic cloves in a small saucepan; bring to a boil over high heat. Cover, reduce heat to a simmer and cook until the garlic cloves are soft, about 15 minutes. After the garlic has simmered about 10 minutes, cook fettuccine in the boiling water, stirring often, for 8 minutes. Drop in zucchini and cook until the fettuccine is just tender, about 1 minute more. Meanwhile, transfer the garlic and broth to a blender. Process until the mixture is smooth, about 1 minute. (Use caution when blending hot liquids; see Tip.) Return the mixture to the pot and bring to a simmer over medium-high heat. Add cornstarch mixture; whisk it until slightly thickened, about 15 seconds. Remove from the heat and whisk in sour cream, nutmeg and pepper. Return the pot to very low heat to keep the sauce warm. (Do not boil.) Drain the pasta and place in a large bowl. Add the sauce and 1/2 cup Parmesan and chicken; toss to coat well. Sprinkle with parsley and serve immediately.

### **Yogurt Parfait Serves 4**

1 1/2 cups of Yogurt 2 Tbsp. Of honey  
1/2 tsp. vanilla extract  
1 cup sliced strawberries  
1 cup fresh blueberries  
1 cup fresh raspberries  
4 tsp. Of low fat granola

#### **Directions:**

In a mixing bowl, combine the yogurt, honey and vanilla extract. Beat with an electric mixer until fluffy and smooth. Place strawberries evenly among four dishes. Divide blueberries among 4 dishes and top each with 3 tablespoons of yogurt. Divide raspberries among 4 dishes and top each with remaining yogurt mixture. Garnish with teaspoon of the granola.

### **Roasted Chicken with Peppers and Onions Serves 4**

1/2 teaspoon freshly grated lemon zest  
3 tablespoons lemon juice  
2 tablespoons finely chopped garlic  
2 tablespoons finely chopped fresh oregano or  
1 teaspoon dried  
2 tablespoons finely chopped pickled jalapeno peppers  
2 tablespoons extra-virgin olive oil  
1/2 teaspoon salt 1 pound boneless chicken breasts  
1 red, yellow or orange bell pepper, seeded and thinly sliced  
1/2 medium onion, thinly sliced

#### **Directions:**

Preheat oven to 425°F. Whisk lemon zest, lemon juice, garlic, oregano, jalapenos, oil and salt in a 9-by-13-inch glass baking dish. Add tenders, bell pepper and onion; toss to coat. Spread the mixture out evenly; cover with foil. Bake until the chicken is cooked through and no longer pink in the middle, 25 to 30 minutes.

### **Steak Salad with Creamy Ranch Dressing Steak: Serves 4**

1/2 teaspoon garlic powder

1/2 teaspoon brown sugar  
1/2 teaspoon ground red pepper  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 (1-pound) boneless sirloin steak, trimmed (about 1/2 inch thick)  
Cooking spray  
Salad:  
2 cups grape tomatoes  
1 cup halved and sliced cucumber  
1 cup sliced red onion  
1 (16-ounce) bag classic iceberg salad mix or chop your own  
1/2 cup fat-free ranch dressing

**Directions:**

Heat a nonstick grill pan over medium-high heat. Preheat broiler. To prepare steak, combine the first 5 ingredients; rub evenly over both sides of steak. Coat grill pan with cooking spray. Cook steak 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 5 minutes. Cut steak diagonally across grain into thin slices. While steak stands, prepare salad. Combine tomatoes, cucumber, onion, and lettuce in a large bowl. Add dressing, tossing gently to coat. Divide salad evenly among 4 plates; top with steak.

**Pepperoni Pizza Serves 6**

1 pound prepared whole-wheat pizza dough thawed if frozen  
1 cup canned unseasoned pumpkin puree  
1/2 cup no-salt-added tomato sauce  
1/2 teaspoon garlic powder  
1 cup shredded part-skim mozzarella cheese  
1/2 cup grated Parmesan cheese  
2 ounces sliced turkey pepperoni (1/2 cup)

**Directions:**

Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes. Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and

the cheeses have melted, about 12 minutes.

### **Asian chicken Salad Serves 4**

- 2 tablespoons seasoned rice vinegar
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon dark sesame oil
- 1 teaspoon bottled ground fresh ginger (such as Spice World)
- 1 teaspoon honey
- 6 cups gourmet salad greens
- 2 cups chopped cooked chicken
- 1 cup matchstick-cut carrots
- 1 cup snow peas, trimmed and cut lengthwise into thin strips
- 2 tablespoons sliced almonds, toasted

#### **Directions:**

Combine vinegar, soy sauce, sesame oil, ginger, and honey in a large bowl, stirring well with a whisk. Add salad greens, chicken, carrots, and snow peas; toss gently to coat. Sprinkle with almonds.

### **Shrimp Salad Serves 1**

- 10 Cooked shrimp
- 1/3 cup avocado, sliced
- 1 Tbsp. slivered almonds
- 2 Tbsp. red onion, diced
- 2 Tbsp. carrot, diced
- 1 Tbsp. sesame dressing
- 2 cups of greens

#### **Directions:**

Toss all ingredients together and serve.

### **Chicken Salad Wrap Serves 6**

- 4 cups mixed salad greens (about 1/2 of 10-oz. bag)
- 1 pkg. (6 oz.) Fresh Grilled Chicken Breast Strips
- 1 medium tomato, chopped
- 1 medium red pepper, chopped

1/2 cup Fat Free Crumbled Feta Cheese  
1/4 cup Fat Free Italian Dressing  
1 pkg. (12.5 oz.) Whole Wheat Tortillas, warmed

**Directions:**

Toss salad greens with chicken, tomato, peppers and cheese in large bowl. Add dressing; mix lightly. Place about 2/3 cup of the greens mixture on each tortilla; roll up.

**Tex Mex Beef Tacos Serves 10**

Cooking spray  
1 cup chopped onion  
2 garlic cloves, minced  
1 pound ground lean beef  
1 cup frozen whole-kernel corn  
1/2 cup water  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1 (15-ounce) can black beans, rinsed and drained  
1 (8-ounce) can tomato sauce  
1 to 3 drained canned chipotle chiles in adobo sauce, chopped  
10 (8-inch) Whole Wheat tortillas

**Directions:** Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion, garlic, and beef; cook 6 minutes or until browned, stirring to crumble beef. Stir in corn and next 6 ingredients (corn through chiles). Bring to a boil; reduce heat, and simmer 10 minutes. Warm tortillas according to package directions. Spoon 1/2 cup beef mixture into each tortilla.

**Chicken Stir Fry Serves 4**

1 lb. boneless skinless chicken breasts, cut into strips  
2 Tbsp. Light Sun-Dried Tomato Dressing  
1 cup small broccoli florets  
1/2 cup small cauliflower florets  
1/2 cup bell pepper strips

1/2 cup Light Sun-Dried Tomato Dressing  
3 cups hot cooked brown rice

**Directions:**

Stir Fry chicken in 2 Tbsp. dressing in large skillet on medium-high heat 10 minutes or until chicken is cooked through. Add vegetables; stir-fry an additional 10 minutes. Add 1/2 cup dressing; mix well. Cook until heated through, stirring frequently. Serve over rice.

**Flank Steak with Shiitake Mushrooms Serves 4**

Steak:

1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 (1-pound) flank steak, trimmed  
Cooking spray

Sauce:

1/2 cup chopped onion  
1 garlic clove, minced  
2 cups thinly sliced shiitake mushroom caps (about 1/2 pound mushrooms)  
1 cup less-sodium beef broth  
1/3 cup dry white wine  
1 tablespoon balsamic vinegar  
1/2 cup minced green onions

**Directions:**

Preheat broiler. To prepare steak, sprinkle salt and pepper evenly over both sides of steak. Place steak on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness. Remove the steak from oven; loosely cover with foil. To prepare sauce, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 1/2 cup onion and garlic; sauté 2 minutes. Add mushrooms; sauté for 4 minutes. Add broth, wine, and vinegar. Bring to a boil; reduce heat to medium, and cook until reduced to 1 1/4 cups (about 6 minutes). Add green onions, and cook for 1 minute. Slice steak diagonally across the grain into 1/4-inch slices. Serve steak with mushroom sauce.



### **Chicken Pasta Skillet Serves 4**

1 lb. boneless skinless chicken breasts, cut into bite-size pieces  
1 green pepper, sliced  
1 small onion, sliced  
1-1/2 cups water  
2 cups whole wheat rotini pasta, uncooked  
1 jar (26 oz.) spaghetti sauce  
1 cup 2% Milk Shredded Mozzarella Cheese

#### **Directions:**

Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. Add vegetables; cook and stir 5 min. Stir in water. Bring to boil; reduce heat to medium-low. Stir in pasta, covering completely with water; cover with lid. Simmer 15 min. or until pasta is tender. Stir in sauce. Sprinkle with cheese. Reduce heat to low; cook, covered, 5 min. or until cheese is melted and mixture is heated through.

### **Orange Glazed Salmon Serves 4**

4 (6-ounce) salmon fillets (1 inch thick)  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
Cooking spray  
2 tablespoons minced shallots  
1/4 cup dry white wine  
1/2 teaspoon chopped fresh rosemary  
3/4 cup fresh orange juice (about 2 oranges)  
1 tablespoon light maple syrup

#### **Directions:**

Sprinkle fillets evenly with salt and pepper. Heat a large nonstick skillet over medium- high heat. Coat pan with cooking spray. Add fillets; cook 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan. Recoat pan with cooking spray. Add shallots; sauté 30 seconds. Stir in wine and rosemary; cook 30 seconds or until liquid almost evaporates. Add juice and syrup; bring to a boil, and cook 1 minute. Return fillets to pan; cook 1 minute on each side or until thoroughly heated.

### **Muffin Frittata Serves 6**

6 eggs  
1/2 cup milk  
1/4 tsp. salt  
1/8 tsp. pepper  
1 cup 2 % shredded Cheddar Cheese  
3/4 cup chopped Zucchini  
1/4 cup chopped red bell pepper  
2 Tbsp. chopped red onion

#### **Directions:**

Heat oven to 350°F. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each. Bake in 350°F oven until just set, 20 to 22 minutes. Cool on rack 5 minutes. Remove from cups; serve.

### **Layered Bruschetta Salad Serves 4**

4 plum tomatoes, chopped  
2 Tbsp. chopped fresh basil  
1/2 cup Light Balsamic Vinaigrette Dressing  
1 pkg. (10 oz.) torn romaine lettuce  
1 pkg. (6 oz.) Italian Style Chicken Breast Strips  
2 Tbsp. Reduced Fat Grated Parmesan Cheese

#### **Directions:**

Combine tomatoes, basil and dressing; set aside. Place lettuce in medium serving bowl; top with layers of croutons, chicken and tomato mixture. Sprinkle with cheese. Serve immediately.

### **Turkey Cucumber Pita Serves 1**

1 whole wheat pita bread (6 inch)  
1 Tbsp. Light Mayo  
1 lettuce leaf  
4 slices Fresh Shaved Smoked Turkey Breast  
2 slices tomato  
1 KRAFT 2% Milk Singles  
4 slices cucumber

#### **Directions:**

Spread bread with dressing. Top with lettuce, turkey, tomatoes, 2% Milk Singles and cucumbers. Fold in half to serve.

### **Chicken Quesadillas Serves 4**

2 cups shredded cooked chicken  
1/2 cup drained canned whole kernel corn  
1/2 cup sliced green onions  
1/2 cup drained canned low sodium black beans, rinsed  
1 cup Salsa  
1 cup 2% shredded Cheddar Cheese  
8 Whole Wheat Tortillas

#### **Directions:**

Layer chicken, corn, onions, beans, salsa and cheese evenly over one half of each tortilla. Fold tortillas in half to enclose filling. Cook one or two quesadillas at a time in large nonstick skillet on medium-high heat 3 min. on each side or until quesadillas are lightly browned on both sides and cheese is melted.

### **Fish and Fries Serves 1**

4 oz. cod  
1 Tbsp. EVOO  
1 large Sweet Potato  
1 tsp. EVOO  
Sprinkle of Salt  
Sprinkle of garlic

**Directions:**

Rub cod with EVOO and sear 2 to 3 minutes per side. Cut sweet potato lengthwise into fries. Boil for 10 minutes. Drain and toss potatoes, EVOO , salt, and garlic. Heat oven to 450 and spread fries on cookie sheet. Bake for 30-40 minutes.

**Cabbage Salad Serves 1**

Cut 1 1/2 cups of cabbage and toss with 2 Tbsp. of low fat dressing.

**Hoisin Flank Steak with Cucumber Salad Serves 4**

3 tablespoons hoisin sauce  
1 teaspoon bottled ground fresh ginger  
1/2 teaspoon grated orange rind  
1 (1-pound) flank steak, trimmed  
Cooking spray  
2 cups thinly sliced seeded peeled cucumber  
1/4 cup thinly vertically sliced red onion  
1/4 cup matchstick-cut carrot  
1 tablespoon sugar  
1 tablespoon chopped fresh cilantro  
2 tablespoons fresh lime juice  
2 teaspoons fish sauce  
1/8 teaspoon salt

**Directions:**

Preheat broiler. Combine first 3 ingredients in a small bowl. Brush steak with half of hoisin mixture. Place steak on a broiler pan coated with cooking spray. Broil 6 minutes. Turn steak over; brush with remaining hoisin mixture. Broil 6 minutes or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes. Combine cucumber and remaining ingredients in a bowl; toss to combine. Cut steak diagonally across grain into thin slices. Serve with cucumber salad.