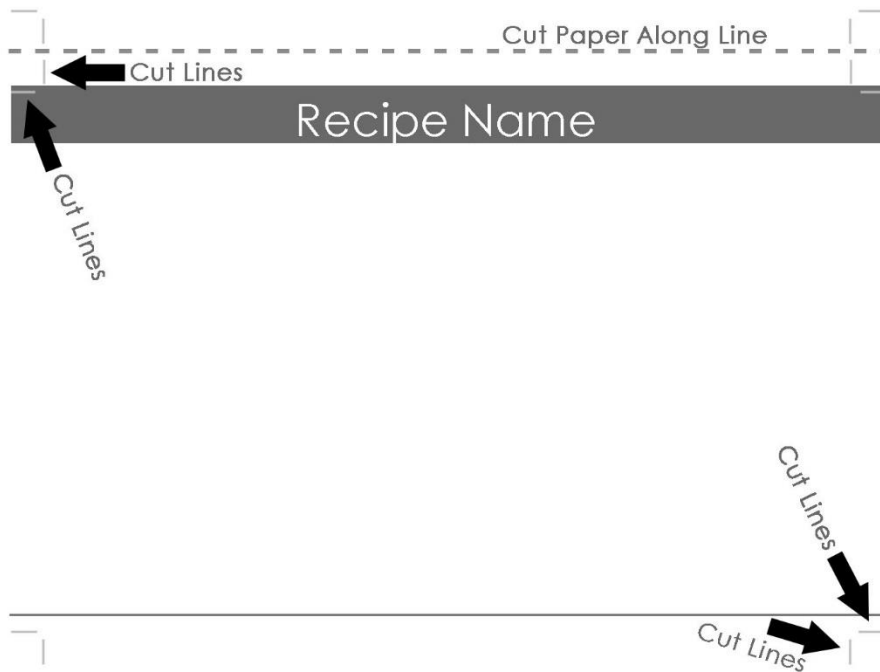




# Lunch Recipes

- Print onto 8.5" x 11" heavy-weight paper. We recommend card stock, but feel free to play around with different card stocks & paper types. Prints 2 cards per page.
- Cut in between the two recipes (see below), separating them.
- Trim along the cut lines (see below) using a guillotine, sharp scissors or scalpel.
- ENJOY!!!



## Baked Fish w/Spinach & Tomatoes



2½ oz - fresh/frozen white fish (Cod | Haddock | Sea Bass | Pollack)  
1 cup raw spinach  
½ cup crushed or diced no-sodium added tomatoes ♦  
pepper (to taste)  
2 ½ oz fat free shredded cheese  
1 slice of whole grain bread

- Preheat the oven to 375°.
- Rinse spinach and place in the bottom of a glass baking dish.
- Season fillet with freshly ground black pepper.
- Lay fish on top of spinach.
- Pour tomatoes and their juices on top and sprinkle with cheese.
- Bake for 15 - 18 minutes.
- Serve with a slice of whole grain bread to help sop up the juices.
- ENJOY!!!

\* **Remember:** You need to add 2 oz. of protein for dinner!

♦ **Note:** Two of the brands that we have found are Hunt's Whole or Diced Tomatoes No Salt Added and Eden Organic Crushed Tomatoes, No Salt Added. These aren't the only ones you may use, but they are just suggestions of brands that fit within the guidelines.

*lunch*

*1 carb, 1 veggie, 1 dairy & 1 egg per serving*

## Broccoli Salad



1 cup raw baby broccoli florets (stems removed)  
¼ cup cherry or grape tomatoes, sliced  
¼ cup onion, sliced  
fat free creamy ranch or parmesan salad dressing  
(less than 30 cal. per serving)  
black pepper (to taste)

- Place all ingredients together in a lidded bowl.
- Shake the bowl to disperse the dressing evenly over all of the ingredients.
- Put in a bowl or on a plate.
- ENJOY!!!

° This would also make a great lunch! Add ½ cup cooked bowtie pasta to veggies, and add your choice of dairy!

*lunch*

*1 veggie per serving*

# California Wrap



## Chive Spread:

2 Tbl fat free plain greek yogurt or 2 Tbl fat free mayonnaise\*  
1 Tbl chives, chopped pepper (to taste)

## Cucumber Salad:

½ med tomato, cored & chopped pepper (to taste)  
2 Tbl fresh basil or cilantro, chopped squeeze of lime juice  
½ cup cucumber; peeled, seeded & diced

## Wrap:

¼ c alfalfa sprouts 2 slices fat free pepper jack\*  
pepper (to taste) 1 whole grain tortilla  
(0-1 gram of fat & < 125 calories/serving)

## Chive Spread:

- In a small bowl, mix the yogurt and chives. Season with pepper and set aside.

## Cucumber Salad:

- In a medium bowl, gently toss together the tomato, cucumber, lime juice and basil/cilantro. Season with pepper and set aside.

## Assembly:

- Spread the chive-yogurt mixture on the wrap. Place the sprouts on the tortilla and top with the cucumber mix and cheese. Roll up the tortilla. ENJOY!!!

\* Some brands that fit within the guideline are: **Fat Free Mayonnaise** - Kraft Fat-Free, Hellmann's Low Fat & Duke's Fat-Free. **Fat-Free Cheese** - Borden Fat Free Pepper Jack & Lifetime Fat Free Jalapeño Jack. If you choose another cheese brand make sure it is under 100 calories and 0 - 1 fat grams for 2 slices. These are only options, not the only ones you can use.

∞ Tip: If you wanted to add protein, you could add 2 oz cooked chicken breast to the wrap. This is, however, only half of your protein for the day. You will need to add 2½ oz more for dinner.

lunch

1 carb, 1 veggie, & 1 dairy per serving

# Chef Salad



1 cup mixed salad greens, torn into bite-size pieces  
½ cup tomatoes, sliced or chopped  
2½ oz. fat free cheese, shredded  
1 hard boiled egg\*, chopped  
2 oz cooked chicken breast, sliced or chopped  
½ cup fat free croutons  
fat free salad dressing (less than 30 cal/serving)

- Place all ingredients, except the croutons, in a lidded bowl.
- Shake the bowl to disperse the dressing evenly over all of the ingredients.
- Put in a bowl or on a plate.
- Top with croutons.
- ENJOY!!!

\* 2 eggs per week only

∞ Remember: You need to add 2½ oz. of protein for dinner!

lunch

2 oz. protein, 1 carb, 1 veggie, & 1 dairy per serving

# Chicken Twister



2 oz cooked skinless chicken breast tenders  
1 whole wheat fat free tortilla (0-1 gram fat & not over 100 calories)  
2½ oz fat free cheese, shredded  
1½ cups total lettuce, tomato & onion\*\*  
1 tsp prepared horseradish  
1 Tbl fat free ranch dressing (less than 30 calories per serving)

- Mix horseradish and ranch dressing.
- Spread mixture on tortilla.
- Place chicken on tortilla & top with cheese.
- Spread lettuce, tomato and onion onto the tortilla.
- Roll up and serve.
- ENJOY!!!

\*\* If you prefer, serve the lettuce, tomato and onion on the side as a salad.

° Remember: You need to add 2½ oz. of protein for dinner!

lunch

2 oz. protein, 1 carb, 1 veggie, & 1 dairy per serving

# Citrus Quinoa Salad



¼ cup quinoa \*, rinsed well  
1 clove minced garlic  
1 cup cauliflower flowerets  
¼ cup zucchini, halved lengthwise & sliced into ¼" pieces  
2½ oz fat-free feta, crumbled (0-1 fat gram/not over 100 cal)

½ cup water  
¼ cup bell pepper (any color)  
2 tbsp fat free citrus dressings\*\*

- Combine the rinsed quinoa, water & garlic in a saucepan.
- Bring to a boil, reduce heat, and cook covered for 10 minutes.
- With a slotted spoon, remove half of the quinoa from the saucepan. Store this in the fridge until your next meal.
- Add the cauliflower and check the water level in the quinoa; if none, add 2 tbsp of water.
- Cover & cook on low for 5 minutes, or until water is absorbed & quinoa is tender.
- Transfer the quinoa/cauliflower to a large serving bowl. Add the zucchini and bell peppers.
- Sprinkle on the dressing & cheese, toss, and refrigerate until ready to serve.

\* **Cooked** Quinoa: 0-1 fat grams and no more than 100 calories per serving.

\*\* **Brand Suggestion:** Bragg's Hawaiian Dressing and Maple Grove Farms Lime Basil dressing.  
Keep your citrus dressing at 0 - 1 fat grams and no more than 30 calories per meal.

∞ Hint: Adding the cauliflower in with the quinoa in the last 5 mins will soften it slightly without making it soft and lose its crunch. If you prefer it raw, just add it when adding the peppers and zucchini.

lunch

1 veggie, & 1 dairy per serving

# Cold Black Bean Salad



½ cup black beans, rinsed  
1 cup total raw veggies (i.e.: bell pepper, onion, tomato, cucumber, carrots)  
½ cup lettuce  
¼ cup salsa  
2½ oz shredded fat free cheese  
juice of 1 lime  
cilantro (optional)  
Mrs. Dash chipotle seasoning (optional)

- Combine the beans, Mrs. Dash, salsa, raw veggies & cilantro.
- Spoon over lettuce and sprinkle on the cheese.
- Toss the ingredients together and squeeze lime juice over the top.
- ENJOY!!!

♦ To make this your dinner, you would omit the cheese and add 4.5 oz grilled chicken.

lunch

1 carb, 1 veggie, & 1 dairy per serving

# Crab N' Eggs



2 oz. cooked chunk crab meat (crab substitute is ok)  
½ English muffin, toasted  
2½ oz. fat free cheese, shredded  
2 Tbl. scallion (green onion), chopped  
1 egg\*\*, beaten or ½ container Egg Beaters  
½ Tbl. fat free margarine  
1 dash hot sauce (adjust to your heat level)

- Preheat small non-stick fry pan on medium heat.
- Melt margarine and cook egg until almost set.
- Add cheese, crab, hot sauce and scallion.
- Cook until cheese is melted and crab is warm, then serve on the English muffin.
- For something REALLY different, top with a little salsa or fat free sour cream (1 Tbl.)
- ENJOY!!!

\* Remember: You need to add 2 ½ oz. of protein for dinner!

\*\* Limit of two eggs each week.

° For a complete lunch, serve with steamed veggies such as Lemon-Kissed Asparagus.

lunch

1 carb, 1 veggie, & 1 dairy per serving

# Egg Wrap



1 whole grain tortilla \*  
2 ½ oz fat free cheese, shredded or slices  
1½ cups green & red peppers, cut into ¼ inch strips  
1 egg °, beaten or ½ container Egg Beaters  
1 Tbl fat free margarine  
¼ cup salsa

- Preheat small non-stick pan on medium heat then melt ½ Tbl of the margarine.
- Lightly sauté peppers until crispy-tender.
- Remove from pan and place on a serving dish.
- Melt the remaining ½ tablespoon of margarine.
- Add beaten egg and cheese, cook until egg is set and cheese is melted.
- Roll egg mixture in tortilla and serve on bed of peppers.
- Top with salsa.
- ENJOY!!!

\* Whole grain products provide the body with the trace elements it needs to utilize carbohydrates effectively. The body also burns approximately ¼ of the calories involved just to break down a whole grain product. Therefore, a piece of whole grain bread is approved to contain 120 calories and 0-1 gram of fat. The label must say whole grain, not wheat flour, rye flour, etc.

° Limit of two eggs each week.

*lunch*

*1 carb, 1 veggie, 1 dairy & 1 egg per serving*

# Eggplant Parmesan



1 ½ cups eggplant cut into ¼ inch slices  
2 ½ oz fat free mozzarella, shredded  
½ cup fat free croutons or ½ cup corn flakes  
¼ cup fat free pasta sauce  
1 egg\*, beaten or ½ container Egg Beaters

- Preheat oven to 350°.
- Crush croutons or corn flakes between 2 pieces of wax paper or in a zip-top bag using a kitchen mallet or rolling pin.
- Dip eggplant in egg, then coat with crumbs.
- Place slices in a non-stick pan.
- Cover eggplant with pasta sauce and top with mozzarella cheese.
- Bake for 15-20 minutes, or until cheese is melted.
- ENJOY!!!

\* Limit of two eggs each week.

*lunch*

*1 carb, 1 veggie, & 1 dairy per serving*

# Grilled Chicken w/Yogurt Sauce



3 oz plain fat-free yogurt  
¼ cup thinly sliced green onions  
2 tsp snipped fresh mint  
½ tsp ground cumin  
1/8 tsp ground black pepper  
1¼ cup chopped, seeded cucumber  
3 oz skinless chicken breast halves  
1/8 tsp ground black pepper  
½ whole wheat pita - 6"

- In a medium bowl, combine yogurt, green onions, mint, cumin, and 1/8 teaspoon pepper.
- Transfer half of the yogurt mixture to a small bowl; set aside. *For cucumber-yogurt sauce:* Stir cucumber into remaining yogurt mixture.
- Sprinkle chicken breasts with 1/8 teaspoon pepper.
- Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until chicken is no longer pink (170° F), turning once halfway through grilling and brushing with reserved yogurt mixture for the last half of grilling. Discard any remaining yogurt mixture.
- Serve chicken in/with pita along side the cucumber-yogurt sauce.

\* **Remember:** You need to add 2 oz. of protein for dinner!

lunch

2½ oz. protein\*, 1 dairy, 1 veggie & 1 carb per serving

# Italian Mozzarella Salad



½ cup cherry or grape tomatoes, sliced  
½ cup cucumber, sliced  
½ cup red onion or scallion, sliced  
2½ oz fat free mozzarella, cut into small cubes  
fat free Italian dressing (under 30 cal/serving)  
crushed black pepper (to taste)  
dried oregano (to taste)  
whole wheat or sourdough roll (2" diameter)

- Slice all of the veggies.
- Cube the mozzarella.
- Combine all ingredients in a bowl and toss to disperse the dressing evenly
- Place in a bowl or on a plate to serve
- Serve along side the roll.

° **Tip:** If you want a more intense flavor, add extra vinegar (balsamic is great!) and let the salad marinate for a couple of hours before serving.

lunch

1 carb & 1 dairy per serving



# Lemon Mustard Broiled Chicken



3 oz skinless chicken breast halves  
juice of ½ lemon  
1 tbsp spicy brown mustard \*\*  
½ tsp dried oregano  
½ tsp ground black pepper  
¼ tsp cayenne pepper (more, if you like it spicy)  
  
1½ cup side salad  
Potato a la Cottage

- Preheat oven broiler and make sure rack is on the highest position.
- Place the chicken on a broiler pan or cookie sheet and broil one side of the chicken 5-10 minutes until browned.
- While the chicken is broiling, mix the remaining four (4) ingredients in a bowl.
- Spoon mixture onto chicken to coat.
- Flip chicken over and coat the other side with remaining mixture.
- Broil uncooked side 5-10 minutes or until the chicken is no longer pink.
- Serve chicken with the Potato a la Cottage and a side salad drizzled with a fat-free dressing.

\* **Remember:** You need to add 2 ½ oz. of protein for dinner!

\*\* **Note:** No matter which spicy brown mustard you use, do not exceed 30 calories a meal. When you are reading the amount of calories a serving, most servings are 1 teaspoon. Be aware that there are **3 teaspoons in 1 tablespoon!**

*lunch*

*2 oz. protein\*, 1 dairy, 1 veggie & 1 carb per serving*

# Lemon Oregano Tilapia Packet



5 ½ - 6 oz. fresh or frozen tilapia  
1 ½ cup fresh or frozen asparagus  
juice of one lemon \*  
1 tsp. oregano  
pepper (to taste)  
Mrs. Dash or any other sodium-free seasoning (to taste)

- Preheat the oven to 400°.
- Snap off the woody ends of asparagus and discard.
- Tear off a large sheet of non-stick aluminum foil, or you can use aluminum foil **and** parchment paper.
- In the center of the sheet, place asparagus spears and sprinkle with pepper and Mrs. Dash.
- Place tilapia on top of asparagus.
- In a small bowl, combine lemon juice & oregano, and pour over the fish.
- Fold up the edges and completely seal packet on all sides.
- Place on cookie sheet and bake for 10 - 12 minutes, or until fish flakes.

\* **Hint:** If your lemon is not very juicy, put it in the microwave for 10 seconds to help it release its juices.

♦ **Remember:** This is all of your protein for the day! If you want, you may also use 2½ oz cooked protein for this meal and add 2 oz. for dinner!

*lunch*

*1 veggie per serving*



# Notcho' Nachos



1 corn tortilla (0-1 gram of fat & < 100 calories/serving)  
2½ oz fat free cheese, shredded  
1½ cups **total** chopped lettuce & tomatoes  
1 Tbl salsa

- Take the corn tortilla and cut it into sixths.
  - Spread the tortilla wedges out in a single layer on a baking sheet.
  - Bake until golden brown and crisp, about 12 to 15 minutes, rotating the baking sheet once.
  - Remove the baking sheet from the oven and turn it off. Place the chips on a ceramic or glass plate.
  - You will then top them with the cheese and place back in the cooling oven until the cheese is melted, about 5 - 7 minutes.  
(Note: If you don't want your cheese melted, skip this step.)
  - Top them with the lettuce, tomatoes & salsa.
  - ENJOY!!!
- ♦ Tip: Try seasoning your chips before baking; using chili powder, garlic powder, Mrs. Dash's Fiesta Lime or Southwest Chipotle seasoning mix.

∞ You may also use the veggies and some of the cheese to make yourself a nice side salad!

*lunch*

1 veggie, & 1 dairy per serving

# Pizza in a Pinch



1 corn tortilla (0-1 gram of fat & < 100 calories/serving)  
2½ oz fat free mozzarella, shredded  
1½ c raw veggies  
¼ c pasta sauce\*  
Italian Seasoning or other sodium-free herb mix

[ For a softer crust: ]

- Preheat broiler on your oven or toaster oven.
- Lay the tortilla out on a baking sheet.
- Spread the pasta sauce over the tortilla. (Note: You may use as much or as little of the ¼ c of sauce.)
- Place the vegetables on top of the sauce.
- You may add the sodium-free herb mix now or wait and sprinkle it on top of the cheese.
- Sprinkle the cheese over the pizza and place under the broiler.
- You will know it is done when the cheese is melted and all of the ingredients are warm.
- Remove from the broiler and cut into wedges.

[ For a crispy crust: ]

- Preheat oven or toaster oven to 425°.
- Lay the tortilla out onto a baking sheet and pierce with a knife a few times.
- Bake for about 2 minutes until crispier and then remove from the oven.
- Follow the last 6 directions in the "For Softer Crust" directions.

\* Tip: Some **pasta sauce brands** that fits within the guideline are: Hunt's No Added Sugar & Ragu Light Tomato & Basil. For another brand, make sure it's under 30 cal and 0 - 1 g fat for ¼ cup.

∞ To add protein, put 2 oz cooked chicken breast below the veggies. Only ½ daily protein.

*lunch*

1 carb, 1 veggie, & 1 dairy per serving

# Pork Tacos



*1½ Tbl ancho chili powder*  
*¼ tsp ground cumin*  
*Pinch of cinnamon*  
*2½ oz pork tenderloin, in 1/3" cubes*  
*2 Tbl cider vinegar*  
*2½ oz fat free mozzarella, shredded*

*½ tsp dried oregano*  
*1/8 tsp freshly ground pepper*  
*Pinch of allspice*  
*1 med white onion, chopped*  
*5 Tbl minced cilantro*  
*6" fat-free tortilla, warmed*

- In a large mixing bowl, mix together the first 6 ingredients.
- Add the pork, onion, vinegar & ¼ cup cilantro & mix well.
- At this point you may either cover and refrigerate the pork in the marinade for up to an hour or continue to the next step.
- In a large non-stick skillet, add the pork and stir-fry over moderately high heat until browned outside and just cooked through.
- Transfer the pork to a colander to drain, then sprinkle with the cheese and the remaining 1 Tbl of cilantro.
- Place the pork on the warmed tortilla and serve with sautéed onions, lettuce, tomatoes or pico de gallo.
- ENJOY!!!

\* Remember: You need to add 2 oz. of protein for dinner!

◆ Note: For your veggie, you may cook the onion that was in the marinade and top your taco with 1 cup. You may also top your taco with 1½ cup lettuce or you may use a total of 1½ cups of lettuce and tomatoes.

*lunch*

*2½ oz. protein\*, 1 dairy, 1 veggie & 1 carb per serving*

# Potato a la Cottage



*1 small organic red potato*  
*½ cup (4 oz) fat free cottage cheese*  
*chives, chopped (dried or fresh)*  
*black pepper (to taste)*

- Pierce potato with a fork and wrap in plastic wrap.
- Cook in microwave on high until tender (about 5 minutes).
- Remove from plastic wrap and place on a plate.
- Split potato in half and mash with a fork.
- Pile the cottage cheese on top.
- Sprinkle with chives and black pepper to taste.
- ENJOY!!

∞ To make this a complete lunch, serve with a crispy salad splashed with balsamic vinegar.

*lunch*

*1 carb & 1 dairy per serving*

# Quesadilla



1 corn tortilla (0-1 gram of fat and not over 100 calories per serving)  
2½ oz fat free cheese, shredded or slices  
1 ½ cups total chopped lettuce, tomato & onion  
¼ cup salsa  
1 Tablespoon fat free sour cream

- Place cheese & salsa on tortilla, then heat in a non-stick pan until melted.
  - Remove from pan and fold in half.
  - Top tortilla with lettuce, tomato and onion.
- Dip fork in sour cream, then spear a bite of your quesadilla so you can get the taste with every bite.
- ENJOY!!!
- ♦ Add 2 oz cooked chicken breast strips and you've got half your daily protein!

lunch

1 dairy, 1 veggie & 1 carb per serving

# Savory Acorn Squash



½ small acorn squash  
2½ oz fat free cheese, cubed or shredded  
cinnamon (to taste)  
black pepper (to taste)

- Preheat oven to 350°.
  - Cut squash in half length-ways and scoop out the seeds. Cover 2nd half in plastic wrap and save for another recipe.
  - Put the squash cut side down on a parchment lined cookie sheet.
  - Place in oven for approx 30-40 minutes or until the squash is soft.
- Remove from the oven and turn (Careful, it will be hot); if it doesn't sit flat on the cookie sheet, you may need to trim enough off the bottom so it does.
- Fill the cavity with 2½ oz cheese & sprinkle with pepper and cinnamon.
- Return to the oven and bake for an additional 5 minutes, or until the cheese is melted.
- Remove from the oven and let cool for approx 5-10 minutes.
- You may either eat out of the shell or, using a large spoon, scoop the squash and cheese out.

∞ To make this a complete lunch, add 1 serving of your favorite vegetable.

lunch

1 carb & 1 dairy per serving

## Savory Toast



2 tbsp fat-free plain Greek yogurt  
¼ cup sliced radishes (about 3 radishes)  
¼ cup green onions (about 2 stalks)

1 cup side salad  
fat-free plain Greek yogurt

- Toast whole wheat bread to desired level.
- Slice the radishes and green onions.
- Spread the Greek yogurt on bread and top with the radishes and green onion.
- Serve the remaining Greek yogurt and side salad with the toast.

Ω This whole recipe may also be done in a toaster oven.

lunch

1 dairy, 1 veggie & 1 carb per serving

## Spinach Salad



1 cup tightly packed fresh spinach leaves  
¼ cup onion, sliced  
¼ cup cherry or grape tomatoes, sliced  
1 egg \*, hard-boiled  
fat free honey Dijon dressing (less than 30 cal/serving)  
black pepper (to taste)

- Combine spinach, onion, and sliced tomatoes in a bowl.
- Toss with fat free dressing until thoroughly coated.
- Top with egg.
- ENJOY!!

\* Limit of two eggs each week.

∞ To make this a complete (and super fast) dinner, add ½ cup fat free croutons and 4 ½ oz. chicken breast strips.

lunch

1 veggie per serving

# Spinach Wrap



1 corn tortilla (0-1 gram of fat & under 100 cal/serving)  
1 cup raw spinach, torn into bite size pieces  
¼ cup cucumber, chopped  
¼ cup tomatoes, chopped  
2½ oz fat free feta cheese, crumbled  
fat free Greek or Italian dressing (under 30 cal/serving)  
dried oregano (to taste)  
cracked black pepper (to taste)

- Marinate cucumber and tomato in dressing for at least 1 hour.
- Place spinach and cucumber-tomato mixture on tortilla and add feta cheese.
- Sprinkle on oregano and pepper.
- Roll up tortilla and cut in half.
- ENJOY!!!

♦ Try adding 2 oz cooked chicken breast strips to the wrap for half of your daily protein.

1 dairy, 1 veggie & 1 carb per serving

lunch

# Taco Salad



3 oz raw Maverick Ranch® ground round (this shrinks about ½ oz during cooking)  
1 cup lettuce, bite-size pieces  
¼ cup cucumber, chopped  
¼ cup onion or scallion, chopped  
¼ cup tomato, chopped  
2 ½ oz fat free cheese, shredded  
¼ cup salsa  
1 Tbl. Fat free sour cream  
Tortilla Chips \*  
sodium-free taco seasoning mix (to taste)

- Brown ground beef in a small non-stick fry pan on medium heat.
- Drain, rinse (to remove excess fat), and place back in pan.
- Add ½ cup water and taco seasoning mix.
- When it gets bubbly, reduce heat to low and simmer for about 2 minutes.
- Place lettuce in bottom of a salad bowl and add ground beef, onion, and tomato in layers.
- Top off with crushed tortilla chips, shredded cheese, and salsa. Serve with fat free sour cream.
- ENJOY!!

∞ Hint: Dipping a fork in sour cream or salad dressing before spearing the food can make a little go a long way!

## \* Tortilla Chip recipe:

Ingredients: corn or flour tortilla (0-1 gram fat & not over 95 cal./serv.)

- Preheat oven to 450°. Cut tortilla into triangle-shape wedges. Season if desired. Bake in oven until crisp.

1 veggie per serving

lunch

# Tomato Alfredo Sauce w/Artichokes



¼ cup tomatoes, chopped      ¼ cup onion, chopped  
½ cup sliced mushrooms      1½ Tbl fresh basil, chopped  
1½ Tbl skim milk              1¼ tsp unbleached all-purpose flour  
¼ cup canned artichoke hearts in water, chopped  
½ cup cooked whole wheat pasta

- Heat a non-stick skillet over MED-HI heat.
- Put the mushrooms into the skillet and sauté until they are lightly brown.
- Add in the artichokes and 1/3 cup of the juice they came in. Heat to simmering.
- Mix together the flour and milk. Stir mixture into the artichoke juice until it reaches the desired consistency.
- Add in the onions, tomatoes & basil.
- Cook for a short time, leaving the vegetables firm.
- Place the cooked pasta on a plate or in a bowl.
- Top the pasta with the sauce.
- ENJOY!!

∞ Serve this along side 7 oz of skim milk.

*lunch*

1 dairy, 1 veggie & 1 carb per serving

# Tomato & Roasted Red Pepper Bruschetta



2 Roma (plum) tomatoes, chopped  
½ cup roasted red peppers *in water*  
¼ - ½ clove minced garlic  
1 tsp fresh basil, stems removed  
¼ tsp ground black pepper (or to taste)  
1 slice sourdough bread \* (0-1 g fat; no more than 100 calories)  
2.5 oz shredded fat free mozzarella cheese

- Preheat the broiler.
- In a bowl, combine the tomatoes, red pepper, garlic, vinegar, basil & pepper. Allow to sit for 10 minutes.
- Lay the slice of bread on a baking sheet & broil for 1 to 2 minutes, until slightly brown.
- Remove from the broiler and slice the bread into 4 pieces.
- Divide the tomato mixture among the four pieces.
- Top with the cheese.
- Broil for 5 minutes, or until the cheese is melted.
- ENJOY!!!

\* **Tip:** One of the brands that we found that will fit the guidelines is Cobblestone Mill's San Francisco Sourdough bread. You may use any you like as long as it has 0 - 1 fat grams and no more than 100 calories.

Ω This whole recipe may also be done in a toaster oven.

*lunch*

1 dairy, 1 veggie & 1 carb per serving



# Turkey Wrap



1 corn tortilla (0-1 gram of fat & < 100 calories/serving)  
2 oz low sodium skinless cooked turkey breast  
1 ½ cups chopped mixed salad veggies  
2 slices fat free cheese or 2½ oz fat free cheese, shredded  
1 Tbl fat free mayonnaise blended with Mrs. Dash® or other sodium-free herb mix

- Spread mayo mixture on tortilla and layer with turkey, cheese, and mixed salad veggies (arugula, red and green leaf lettuce, onion, peppers, etc.).
- Wrap up the tortilla and slice in half.
- ENJOY!!

∞ Remember: You need to add 2 ½ oz. of protein for dinner!

*lunch*

2 oz. protein, 1 dairy, 1 veggie & 1 carb per serving

# Veggie Stuffed Potato



3" potato (organic)  
½ medium carrot, finely diced  
¼ cup baby spinach, chopped  
sodium-free seasoning mix (to taste)  
2 slices fat free sharp\* cheddar cheese  
1 Tbl onion, diced  
2 button mushrooms, diced  
black pepper (to taste)

- Pierce potato with a fork & microwave on high for 5 min or until tender. While the potato is cooking, prepare the filling.
- **Lightly spray** a small non-stick skillet with cooking spray and place over medium heat.
- Add the carrot, onion & mushroom. Sprinkle with black pepper & sodium-free seasoning mix.
- Sauté for 5 minutes, stirring occasionally.
- Add spinach and allow to wilt. Remove skillet from the heat.
- Remove the cooked potato from the microwave & carefully slice it lengthwise down the middle. Squeeze the ends to fluff the insides.
- Tear the slices of cheddar cheese into small pieces & lay them inside the potato. Loosely tent with aluminum foil or place in the microwave for 15 seconds to melt the cheese.
- Place the potato on a plate and fill with ¾ cup of the filling.

\* **Tip:** One brand that fits within the guidelines is: Kraft Fat Free Singles Sharp Cheddar. This is only an option, not the only one you can use.

∞ **Note:** Store any remaining filling in a lidded container in the refrigerator for the next time you want to jazz up a boring potato.

*lunch*

1 dairy, 1 veggie & 1 carb per serving