Eat *More* of What You Love - Menus

	1200 Calories	1600 Calories	2000 Calories
Breakfast	**Big Bowl Carrot Cake Oatmeal** (p. 74) ½ cup blueberries	**Big Bowl Carrot Cake Oatmeal** (p. 74) ½ cup blueberries	**Big Bowl Carrot Cake Oatmeal** (p. 74) ½ cup blueberries 1 cup light orange juice
Snack	6 oz (2/3 cup) plain Greek yogurt with 1 Tbsp low-sugar jam	6 oz (2/3 cup) plain Greek yogurt with 1 Tbsp low sugar jam 2 Tbsp sliced almonds (or 10 whole)	6 oz (2/3 cup) plain Greek yogurt with 1 Tbsp low sugar jam 3 Tbsp sliced almonds (or 15 whole)
Lunch	**Tuna Salad with a Twist Sandwich** (p. 129) 1 ½ cups mixed green salad with 2 Tbsps. low-fat dressing	**Tuna Salad with a Twist Sandwich** (p. 129) 1 ½ cups mixed green salad with 2 Tbsps. low-fat dressing 1 cup low-fat milk	**Tuna Salad with a Twist Sandwich** (p. 129) 2 2 cups green salad with 2 1/2 Tbsps. low-fat dressing 1 cup low-fat milk
Snack	1 medium orange	1 medium orange 1/3 cup cottage cheese	1 medium orange 1 cup cottage cheese
Dinner	**Curried Cashew Chicken Stir-Fry** (p. 253) ½ cup instant brown rice (cooked)	**Curried Cashew Chicken Stir-Fry** (p. 253) 3/4 cup instant brown rice (cooked)	**Curried Cashew Chicken Stir-Fry** (p. 253) 1 cup instant brown rice (cooked) 1 small wheat roll with 2 tsp. margarine
Snack/ Dessert	Sugar-free Jell-O Pudding Cup	Sugar-free Jell-O Pudding Cup ½ medium (or small) banana	Sugar-free Jell-O Pudding Cup 1 medium (or small) banana
	Calories: 1185 Fat (Sat fat): 31 g (4 g) Cholesterol: 80 mg Carbohydrates: 142 g Fiber: 22 g Protein: 81 g Sodium: 1350 mg	Calories: 1585 Fat (Sat fat) 43 g (5 g) Cholesterol: 100 mg Carbohydrates: 185 g Fiber: 26 g Protein: 108 g Sodium: 1700 mg	Calories: 1965 Fat (Sat fat): 56 grams (6 g) Cholesterol: 100 mg Carbohydrates: 228 Fiber: 32 g Protein: 129 g Sodium: 2385 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	**Chuck's Everyday Egg Scramble** (p. 79) 1 slice light wheat toast 1 tsp. margarine (like Smart Balance)	**Chuck's Everyday Egg Scramble** (p. 79) 2 slices light wheat toast 2 tsp. margarine (like Smart Balance)	**Chuck's Everyday Egg Scramble** (p. 79) 2 slices whole wheat toast 2 tsp. margarine (like Smart Balance) 1 medium orange
Snack	1 small banana	1 small banana ½ cup cottage cheese	1 small banana ¾ cup cottage cheese
Lunch	**Apple Chicken Walnut Salad** (p. 161) 8 reduced fat crackers (like Wheat Thins)	**Apple Chicken Walnut Salad** (p. 161) 8 reduced fat crackers (like Wheat Thins)	**Apple Chicken Walnut Salad** (p. 161) 8 reduced fat crackers (like Wheat Thins)
Snack	1 stick low-fat string cheese	1 stick low-fat string cheese 1 apple	1 stick low-fat string cheese 1 apple plus 8 walnut halves
Dinner	**Quick-Fix Turkey Chili Mac Skillet** (p. 197) 1 ½ cups cooked broccoli	**Quick-Fix Turkey Chili Mac Skillet** (p. 197) 2 Tbsp. low-fat shredded cheese 1 ½ cups cooked broccoli **Everyday Garlic Toast** (p. 235)	**Quick-Fix Turkey Chili Mac Skillet** (p. 197) 2 Tbsp. low-fat shredded cheese 1 ½ cups cooked broccoli **Everyday Garlic Toast** (p. 235) 1 cup low-fat milk
Snack	**Easy Lemon Ice Cream with Quick Raspberry Sauce** (p. 297)	**Easy Lemon Ice Cream with Quick Raspberry Sauce** (p. 297)	**Easy Lemon Ice Cream with Quick Raspberry Sauce** (p. 297)
	Calories: 1210 Fat (Sat fat): 39 (7 g) Cholesterol: 275 Carbohydrates: 138 Fiber: 24 g Protein: 79 g Sodium: 1310 mg	Calories: 1560 Fat (Sat fat): 49 g (8 g) Cholesterol: 295 g Carbohydrates: 178 mg Fiber: 29 g Protein: 101 g Sodium: 1950 mg	Calories: 1950 Fat (Sat fat): 62 g (10 g) Cholesterol: 305 mg Carbohydrates: 223 g Fiber: 31 g Protein: 125 g Sodium: 2325 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	**Berry Slim Protein Shake** (p. 47)	**Berry Slim Protein Shake** (p. 47) 1 slice light wheat toast topped with 1 Tbsp. peanut butter	**Berry Slim Protein Shake** (p. 47) (use 2 Tbsp. protein powder) 1 slice whole wheat toast topped with 1 Tbsp peanut butter
Snack	10 almonds	1 medium apple	10 small almonds 1 medium apple
Lunch	**15-Min. Roasted Red Pepper Bisque** (p. 123) **Grilled Cheese & Tomato Soup Sand.** (p. 131)	**15-Min. Roasted Red Pepper Bisque** (p. 123) **Grilled Cheese &Tomato Soup Sand.** (p.131) 1 cup low-fat milk	**15-Min. Roasted Red Pepper Bisque** (p. 123) (1 ½ cups) **Grilled Cheese & Tomato Soup Sand.** (p. 131) 1 cup low-fat milk
Snack	1 small pear (or 2 halves in light syrup, drained) 1 slice low-fat cheddar cheese (1 oz.)	1 small pear (or 2 halves in light syrup, drained) 2 slices low-fat cheddar cheese (1 oz.)	1 small pear (or 2 halves in light syrup, drained) 2 slices low-fat cheddar cheese (2 oz.)
Dinner	**Easy Eggplant Parmesan** (p. 203) ½ cup whole grain blend pasta **Mixed Greens with Everyday Balsamic Vinaigrette** (p. 148) or 2 cups spinach with 2 Tbsps. low-fat dressing	**Easy Eggplant Parmesan** (p. 203) 3/4 cup whole grain blend pasta **Mixed Greens with Everyday Balsamic Vinaigrette** (p. 148) or 2 cups spinach with 2 Tbsps. low-fat dressing	**Easy Eggplant Parmesan** (p. 203) 3/4 cup whole grain blend pasta **Mixed Greens with Everyday Balsamic Vinaigrette** (p. 148) or 2 cups spinach with 1/3 cup garbanzo beans and 2 Tbsps. low-fat dressing
Snack	1 slice **Orange Almond Cake** (p. 313)	1 slice **Orange Almond Cake** (p. 313)	1 slice **Orange Almond Cake** (p. 313) ½ cup no-sugar added vanilla ice cream
	Calories: 1225 Fat (Sat fat): 40 g (6 g) Cholesterol: 80 mg Carbohydrates: 137 g Fiber: 19 g Protein: 76 g Sodium: 2210 mg	Calories: 1595 Fat (Sat fat): 48 g (8 g) Cholesterol: 90 mg Carbohydrates: 187 Fiber: 22 g Protein: 98 g Sodium: 2320 mg	Calories: 1990 Fat (Sat fat): 56 g (8 g) Cholesterol: 100 mg Carbohydrates 230 Fiber: 28 g Protein: 112 g Sodium: 2470 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	**Denver-Style Egg White Melt** (p. 77) 1 cup light orange juice	**Denver-Style Egg White Melt Sandwich** (p. 77) (2 slices sourdough) 1 cup light orange juice	**Denver-Style Egg White Melt Sandwich** (p. 77) (2 slices sourdough) 1 cup light orange juice
Snack	½ grapefruit	½ grapefruit	½ grapefruit 6 oz. Greek yogurt sweetened with 1 T low sugar jam or 6 oz. light yogurt
Lunch	**Individual New York-Style Pizzas** (p. 209) **Mixed Greens** (p. 148) OR 1 ½ cups green salad with tomatoes and cucumber and 2 Tbsp. low-fat dressing	**Individual New York-Style Pizzas** (p. 209) 8 slices turkey pepperoni **Mixed Greens** (p. 148) OR 1 ½ cups green salad with tomatoes and cucumber 2 Tbsp. low-fat dressing	**2 Individual New York-Style Pizzas** (p. 209) **Mixed Greens** (p. 148) OR 1 ½ cups green salad with tomatoes and cucumber and 2 Tbsp. low-fat dressing
Snack	1 cup low-fat milk 1 Tbsp. light chocolate syrup	Chocolate Protein Shake: 1 cup low-fat milk, 1 Tbsp. each light chocolate syrup and protein powder. Add ½ cup crushed ice and blend until creamy.	Chocolate Protein Shake: 1 cup low-fat milk, 1 Tbsp. each light chocolate syrup and protein powder. Add ½ cup crushed ice & blend until creamy.
Dinner	**Good n' Easy Garlic Chicken** (p. 238) **10-Minute Broccoli, Cheese, and Rice Skillet** (p. 231)	**Good n' Easy Garlic Chicken** (p. 238) **10-Min. Brocc., Cheese & Rice Skillet** (p. 231)	**Good n' Easy Garlic Chicken** (p. 238) **10-Min. Brocc., Cheese & Rice Skillet** (p. 231) 1 small wheat roll w/ 1 tsp. marg./butter
Snack	1 medium apple, sliced 2 tsp. peanut butter	1 medium apple, sliced 3 tsp. peanut butter 10 wheat crackers (like Wheat thins)	1 medium apple, sliced 3 tsp. peanut butter 10 wheat crackers (like Wheat thins)
	Calories: 1180 Fat (Sat fat): 36 g (9 g) Cholesterol: 140 mg Carbohydrates: 132 g Fiber: 23 g Protein: 85 g Sodium: 1830 mg	Calories: 1490 Fat (Sat fat): 45 g (11 g) Cholesterol: 140 mg Carbohydrates: 160 g Fiber: 26 g Protein: 107 g Sodium: 2280 mg	Calories: 1960 Fat (Sat fat): 60 g (15 g) Cholesterol: 145 mg Carbohydrates: 211 g Fiber: 28 g Protein: 140 g Sodium: 2640 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	**1 Grab'n Go Oat Bar** (p. 73) OR **Whole Grain Oatmeal Muffin** (p. 59) **Berry Good Breakfast Sundaes** (p. 92) OR 6 oz. light yogurt & ½ cups raspberries	**1 Grab'n Go Oat Bar** (p. 73) OR **Whole Grain Oatmeal Muffins** (p. 59) **Berry Good Breakfast Sundaes** (p. 92) or 6 oz. light yogurt & ½ cups raspberries	**1 Grab'n Go Oat Bars** (p. 73) OR **Whole Grain Oatmeal Muffin** (p. 59) **1 Berry Good Breakfast Sundae** (p. 92) OR 6 oz. light yogurt & ½ cup raspberries
Snack	1 boiled egg	1 boiled egg 1 cup low-fat milk	1 boiled egg 1 cup low-fat milk
Lunch	**Quick n' Healthy Taco Salad** (p. 164)	**Quick n' Healthy Taco Salad** (p. 164) 1 medium orange	**Quick n' Healthy Taco Salad** (p. 164) 1 medium orange
Snack	1 small banana	1 small banana 10 almonds	1 medium banana 15 almonds
Dinner	**P.F. Chang's-Style Mongolian Beef** (p. 266) 1 small sweet potato (1/2 cup mashed) OR 1/3 cup cooked instant brown rice 1 cup spinach with 1 Tbsp. low-fat dressing	**P.F. Chang's-Style Mongolian Beef** (p. 266) 1 medium sweet potato (3/4 cup mashed) OR 1/2 cup cooked instant brown rice 1 cup spinach with 1 Tbsp. low-fat dressing	**P.F. Chang's-Style Mongolian Beef** (p. 266) (1 1/2 cups beef) 1 medium sweet potato OR 1 cup cooked instant brown rice 1 cup spinach with 1 Tbsp. low-fat dressing
Snack	1 **90-calorie Chocolate Cupcake** (p. 324) (with light dust of powdered sugar)	1 **90-calorie Chocolate Cupcake** (p. 324) with **Chocolate Whipped Cream Frosting** (p. 334)	1 **90-calorie Chocolate Cupcake** (p. 324) with **Chocolate Whipped Cream Frosting** (p. 334) 1 cup low-fat milk
	Calories: 1255 Fat (Sat fat): 44 g (15 g) Cholesterol: 320 mg Carbohydrates: 126 g Fiber: 20 g Protein: 89 g Sodium: 1745 mg	Calories: 1610 Fat (Sat fat): 57 g (16 g) Cholesterol: 320 mg Carbohydrates: 172 g Fiber: 26 g Protein: 105 g Sodium: 1930 mg	Calories: 1961 Fat (Sat fat): 69 g (18 g) Cholesterol: 340 mg Carbohydrates: 202 g Fiber: 30 g Protein: 133 g Sodium: 2270 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	**Easy Morning Egg "McMuffin®" Strata** (p. 82) (1/6th of strata) ½ grapefruit	**Easy Morning Egg "McMuffin®" Strata** (p. 82) (1/4th of strata) ½ grapefruit	**Easy Morning Egg "McMuffin®" Strata** (p. 82) (1/4th of strata) ½ grapefruit
Snack	1 slice light wheat bread 2 tsp. peanut butter	1 slice light wheat bread 1 Tbsp. peanut butter 1 cup low-fat milk	1 slice regular wheat bread 1 Tbsp. peanut butter 1 cup low-fat milk
Lunch	**Deli-licious French Dip Thinwich** (p. 132) 6 baby carrots, 1 cup celery sticks, and 2 Tbsp. light ranch dressing	**Deli-licious French Dip Thinwich** (p. 132) 6 baby carrots, 1 cup celery sticks, and 2 Tbsp. light ranch dressing ¾ oz. pretzels	**Deli-licious French Dip Thinwich** (p. 132) 6 baby carrots, 1 cup celery sticks, and 2 Tbsp. light ranch dressing ¾ oz. pretzels
Snack	½ cup unsweetened applesauce topped with cinnamon	½ cup unsweetened applesauce topped with cinnamon	1 apple 2 sticks of light string cheese
Dinner	**Simple Southwestern Tilapia** (p. 274) **Fiesta Lime Rice** (p. 229) 1 cup shredded lettuce 2 Tbsp. salsa	**Simple Southwestern Tilapia** (p. 274) **Fiesta Lime Rice** (p. 229) 1 cup shredded lettuce 2 Tbsp. salsa 2 Tbsp. shredded low-fat cheese	**Simple Southwestern Tilapia** (p. 274) **Fiesta Lime Rice** (p. 229) 1 cup shredded lettuce 2 Tbsp. salsa 2 Tbsp. shredded low-fat cheese ¼ avocado, sliced
Snack	1 cup low-fat milk 1 Tbsp. chocolate syrup	1 cup low-fat milk 1 Tbsp. chocolate syrup	Almond Joy Smoothie: 1 cup almonds milk, 1 Tbsp. chocolate syrup 1 small banana. Add ½ cup ice and blend.
	Calories: 1190 Fat (Sat fat): 36 g (5 g) Cholesterol: 195 mg Carbohydrates: 138 g Fiber: 27 g Protein: 74 g Sodium: 1835 mg	Calories: 1550 Fat (Sat fat): 50 g (8 g) Cholesterol: 205 mg Carbohydrates: 178 g Fiber: 29 g Protein: 99 g Sodium: 2365 mg	Calories: 1925 Fat (Sat fat): 64 g (8 g) Cholesterol: 205 mg Carbohydrates: 218 g Fiber: 35 g Protein: 120 g Sodium: 2465 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	**Strawberry Cheesecake Pancake Stack** (p. 90) ½ cup light orange juice	**Strawberry Cheesecake Pancake Stack** (p. 90) 1 cup light orange juice 2 slices Canadian bacon	**Strawberry Cheesecake Pancake Stack** (p. 90) 1 cup light orange juice 2 slices Canadian bacon
Snack	1 boiled egg	1 boiled egg	1 boiled egg ½ grapefruit
Lunch	**Buffalo Chicken Salad Sandwich** (p. 128) 1 medium carrot ½ cup low-fat milk	**Buffalo Chicken Salad Sandwich** (p. 128) 1 medium carrot 1 cup low-fat milk	**Buffalo Chicken Salad Sandwich** (p. 128) 1 medium carrot 1 cup low-fat milk
Snack	½ cup Greek yogurt ¾ cup raspberries	½ cup Greek yogurt ¾ cup raspberries	½ cup Greek yogurt ¾ cup raspberries 10 almonds
Dinner	**Stephen's** (Slowcooker) **Beef Stew** (p. 179) 1 ½ cups romaine lettuce with 2 Tbsp. low-fat dressing	**Stephen's (**Slowcooker) **Beef Stew** (p. 179) 1 ½ cups romaine lettuce with 2 Tbsp. low-fat dressing	**Stephen's** (Slowcooker)**Beef Stew** (p. 179) 2 cups romaine lettuce with 2 Tbsp. low-fat dressing 1 wheat roll 2 tsp. marg./butter
Snack	**Deep Dark Hot Chocolate (p. 51)** OR 1 low-calorie packet	**5-Ingredient Dark Chocolate Soufflé** (p. 299) 2 Tbsp. light whipped topping ¼ cup raspberries	**5-Ingredient Dark Chocolate Soufflé** (p. 299) 2 Tbsp. light whipped cream ¼ cup raspberries
	Calories: 1170 Fat (Sat fat): 31 g (11g) Cholesterol: 160 mg Carbohydrates: 129 g Fiber: 22 g Protein: 82 g Sodium: 1870 mg	Calories: 1540 Fat (Sat fat): 49 g (15 g) Cholesterol: 320 mg Carbohydrates: 169 g Fiber: 24 g Protein: 104 g Sodium: 2470 mg	Calories: 1925 Fat (Sat fat): 65 g (16 g) Cholesterol: 320 mg Carbohydrates: 210 g Fiber: 30 g Protein: 122 g Sodium: 2630 mg