

Eat What You Love - Menus

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	Breakfast BLT (p. 103) or 1 large egg 1 slice wheat toast 2 teaspoon margarine 1/2 cup light orange juice	Breakfast BLT (p. 103) or 1 large egg 1 slice wheat toast 2 teaspoon margarine 1 cup light orange juice 1/2 medium banana	Breakfast BLT (p. 103) or 1 large egg 1 slice wheat toast 2 teaspoon margarine 1 cup light orange juice 1/2 medium banana
Snack	Reduced calorie hot chocolate (less than 50 calorie pack)	Rich and Creamy Hot Chocolate (page 47) or 8 oz light yogurt	Rich and Creamy Hot Chocolate (page 47) or 8 oz light yogurt & 2 graham cracker squares
Lunch	Quick Pita Pizza (p. 218) topped with vegetables and up to 5 slices turkey pepperoni 1 1/2 cupes green salad w/ 2 Tbsp low-fat Italian dressing	Quick Pita Pizza (p. 218) topped with vegetables and up to 5 slices turkey pepperoni 1 1/2 cupes green salad w/ 2 Tbsp low-fat Italian dressing	Quick Pita Pizza (p. 218) topped with vegetables and up to 5 slices turkey pepperoni 2 cups green salad w/ 3 Tbsp low-fat dressing
Snack	Skinny Dip & Chips (p. 123) or 1 1/2 cup vegetables with 2 Tbsp low-fat Ranch dressing	Skinny Dip & Chips (p. 123) or 1 1/2 cup vegetables with 2 Tbsp low-fat Ranch dressing	2 slices turkey breast on 1 slice wheat bread with 1 slice tomato and lettuce 1/2 cup baby carrots
Dinner	20 Minute Pork Marsala (p 333) 1/2 cup whole wheat blend pasta (like Barilla Plus) Seared, Steamed, and Glazed Green Beans (p. 252)	20 Minute Pork Marsala (p 333) 3/4 cup whole wheat blend pasta (like Barilla Plus) Warm Spinach Salad with Olive Oil and Garlic (p. 191)	20 Minute Pork Marsala (p 333) 1 cup whole wheat blend pasta (like Barilla Plus) Warm Spinach Salad with Olive Oil and Garlic (p. 191)
Snack	1 medium apple	1 medium apple and 10 almonds	1 medium apple, 10 almonds 1 cup low-fat milk
	Calories: 1210 Fat (Sat fat): 41 g Cholesterol: 305 mg Carbohydrate: 137 g Fiber: 29 g Protein: 75 g Sodium: 2050 mg	Calories: 1570 Fat (Sat fat): 55 g Cholesterol: 320 mg Carbohydrate: 173 g Fiber: 33 g Protein: 89 g Sodium: 2320 mg	Calories: 1980 Fat (Sat fat): 68 g Cholesterol: 350 mg Carbohydrate: 221 g Fiber: 35 g Protein: 115 g Sodium: 2890 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	<p>Cinnamon Roll Oatmeal (p. 99) or 1 cup cooked oatmeal</p> <p>2 Tbsp low-fat milk (oatmeal topping) 1 Tbsp chopped nuts</p>	<p>Cinnamon Roll Oatmeal (page 99) or 1 cup cooked oatmeal</p> <p>2 Tbsp low-fat milk (oatmeal topping) 1 Tbsp chopped nuts 1/2 cup fresh or frozen berries, thawed</p>	<p>Cinnamon Roll Oatmeal (page 99) or 1 cup cooked oatmeal 1 Tbsp chopped nuts 1/2 cup fresh or frozen berries, thawed 1/2 cup non-fat or low-fat milk 1 boiled egg</p>
Snack	1 medium orange	1 medium orange	1 medium orange 8 oz light yogurt
Lunch	<p>Dilly of a Tuna Sandwich (p. 204) or 2 slices light bread, 3 oz turkey breast lettuce, tomato & mustard</p> <p>5 Minute Skinny Slaw (p. 180) or 1 1/2 cups mixed greens with 2 Tbsp low-fat dressing</p>	<p>Dilly of a Tuna Sandwich (p. 204) or 2 slices light bread, 3 oz turkey breast lettuce, tomato & mustard</p> <p>5 Minute Skinny Slaw (p. 180) or 1 1/2 cups mixed greens with 2 Tbsp low-fat dressing</p>	<p>Dilly of a Tuna Sandwich (p. 204) or 2 slices light bread, 3 oz turkey breast lettuce, tomato & mustard</p> <p>5 Minute Skinny Slaw (p. 180) or 1 1/2 cups mixed greens with 2 Tbsp low-fat dressing</p>
Snack	1 slice low-fat cheese 1 medium apple	1 slice low-fat cheese 1 medium apple	3/4 oz pretzel sticks 1 slice low-fat cheese 1 medium apple
Dinner	<p>Classic Chicken Piccata (p 307) or Garlic-Lime Chicken (page 298) 1/2 cup cooked instant brown rice or 1 small wheat roll 1 cup steamed broccoli</p> <p>Warm Microwave Chocolate Pudding (p. 412) or 8 oz light yogurt</p>	<p>Classic Chicken Piccata (p 307) or Garlic-Lime Chicken (page 298) 1/2 cup cooked instant brown rice or 1 small wheat roll 1 cup steamed broccoli</p> <p>Warm Microwave Chocolate Pudding (p. 412) 1 Tbsp chopped almonds and 2 Tbsp light whipped topping</p>	<p>Classic Chicken Piccata (p 307) or Garlic-Lime Chicken (page 298) 3/4 cup cooked instant brown rice or 1 small wheat roll, 1 tsp margarine 1 cup steamed broccoli</p> <p>Warm Microwave Chocolate Pudding (p. 412) 1 Tbsp chopped almonds and 2 Tbsp light whipped topping</p>
	<p>Calories: 1220 Fat (Sat fat): 37 g Cholesterol: 120 mg Carbohydrate: 135 g Fiber: 25 g Protein: 82 g Sodium: 1780 mg</p>	<p>Calories: 1550 Fat (Sat fat): 50 g Cholesterol: 320 mg Carbohydrate: 176 g Fiber: 31 g Protein: 96 g Sodium: 2010 mg</p>	<p>Calories: 1980 Fat (Sat fat): 67 g Cholesterol: 350 mg Carbohydrate: 226 g Fiber: 36 g Protein: 112 g Sodium: 2320 mg</p>

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	Breakfast in a Glass Smoothie (p. 57) 1 slice light wheat toast 2 tsp light jam	Breakfast in a Glass Smoothie (p. 57) 1 slice light wheat toast 2 tsp light jam	Breakfast in a Glass Smoothie (p. 57) 1 slice light wheat toast 2 tsp light jam 1/2 cup low-fat cottage cheese (optional: sprinkle with cinnamon and sugar substitute)
Snack	1/2 cup blueberries	1/2 cup cup light vanilla yogurt or sugar-free pudding cup topped with 1/2 cup blueberries	1/2 cup cup light vanilla yogurt or sugar-free pudding cup topped with 1/2 cup blueberries
Lunch	Chicken Caesar Wrap (p. 211) 1 cup celery and carrot sticks 2/4 cup reduced sodium V8	Chicken Caesar Wrap (p. 211) 1 cup celery and carrot sticks 2/4 cup reduced sodium V8	Chicken Caesar Wrap (p. 211) 1 cup celery and carrot sticks 2/4 cup reduced sodium V8
Snack	1/2 cup low-fat cottage cheese (optional: sprinkle with cinnamon and sugar substitute)	1/2 cup low-fat cottage cheese (optional: sprinkle with cinnamon and sugar substitute)	1 medium banana 10 whole almonds
Dinner	Speedy Black Bean Soup with Jalapeno Cream (p. 154) 1/4 cup grated reduced-fat cheese Shredded Spinach, Lettuce, and Fresh Orange Salad (p. 178)	Speedy Black Bean Soup with Jalapeno Cream (p. 154) 1/4 cup grated reduced-fat cheese Avocado slices to garnish soup or salad (1/4 avocado) Shredded Spinach, Lettuce, and Fresh Orange Salad (p. 178)	Speedy Black Bean Soup with Jalapeno Cream (p. 154) 1/4 cup grated reduced-fat cheese Avocado slices to garnish soup or salad (1/4 avocado) Shredded Spinach, Lettuce, and Fresh Orange Salad (p. 178) 2 warm corn tortillas or 1 oz tortilla chips
Snack	1 Amazing Peanut Butter Cookie (p. 383)	2 Amazing Peanut Butter Cookies (p. 383) 1/2 cup non-fat or 1% milk	2 Amazing Peanut Butter Cookies (p. 383) 1/2 cup non-fat or 1% milk
	Calories: 1230 Fat (Sat fat): 41 g (11 g) Cholesterol: 290 mg Carbohydrate: 137 g Fiber: 25 g Protein: 80 g Sodium: 2174 mg	Calories: 1610 Fat (Sat fat): 54 g (13 g) Cholesterol: 320 mg Carbohydrate: 172 g Fiber: 30 g Protein: 95 g Sodium: 2545 mg	Calories: 1960 Fat (Sat fat): 67 g (13 g) Cholesterol: 340 mg Carbohydrate: 226 g Fiber: 36 g Protein: 110 g Sodium: 2645 mg