

ONE UNIT SNACKS

(MAY BE DOUBLED OR TRIPLED FOR MEALS)

SNACK #1		LOW-FAT COTTAGE CHEESE & FRUIT
1/4	CUP	LOW-FAT COTTAGE CHEESE
1/2	CUP	CANNED PEARS LITE
3		ALMONDS

SNACK #2		TOMATO SALAD
3		TOMATOES DICED
1		CLOVE GARLIC MINCED
1/2	TSP	FRESH BASIL BEANS CHOPPED
1 OUNCE		CHEESE LOW-FAT
1/2	TSP	OLIVE OIL

ADD BALSAMIC VINEGAR TO TASTE, COMBINE AND MIX.

SNACK #3		WALDORF SALAD
1	CUP	CELERY SLICED
1/4		APPLE DRIED
1	TSP	MAYONNAISE LITE
1		PECAN CRUSHED
1	OUNCE	CHEESE LOW-FAT

COMBINE AND MIX.

SNACK #4		YOGURT AND NUTS
1/2	CUP	PLAIN YOGURT
1	TSP	ALMONDS SLICED

SNACK #5		HAM AND FRUIT
1 1/2	OUNCE	HAM DELI-STYLE
3		OLIVES
1/2		APPLE

SNACK #6 CHEESE AND GRAPES
1. OUNCES CHEESE LOW-FAT
1/2 CUP GRAPES
6 PEANUTS

SNACK #7 MILK AND NUTS
6 OUNCES MILK SKIM
3 ALMONDS

SNACK #8 MILK AND NUTS
6 OUNCES 1% MILK
1 MACADAMIA NUT

SNACK #9 MINI PITA PIZZA
1/2 MINI PITA POCKET TOPPED WITH:
1 TBSP TOMATO SAUCE
1 TSP OLIVE OIL
1 OUNCE MOZZARELLA CHEESE PART-SKIM

SNACK #10 QUICK PIZZA
1 WASA CRACKER TOPPED WITH:
1/3 TSP OLIVE OIL
1 OUNCE CHEESE LOW-FAT

TOP THE WASA CRACKER WITH OLIVE OIL AND LOW-FAT CHEESE
AND MICROWAVE FOR 30 SECONDS.

SNACK #11 CRABMEAT SALAD
1/2 OUNCES CRABMEAT
1 TSP MAYONNAISE LITE
1/2 MINI PITA POCKET CUT INTO TRIANGLES

SNACK #12 CHIPS & SALSA
1/2 OUNCE BAKED TORTILLA CHIPS
1 TBS SALSA
1 OUNCE JACK CHEESE LOW-FAT
 TBS AVOCADO

SNACK #13 TUNA SALAD AND CRACKER
1 OUNCE TUNA IN SPRING WATER, DRAINED
1 GREEN PIMENTO OLIVE SLICED
1 TSP MAYONNAISE LITE
MIX WELL
1 WHOLE GRAIN CRACKER
4 CUCUMBER SPEARS

SNACK #14 APPLE SAUCE, CHEESE AND NUTS
3/8 CUP APPLE SAUCE
1 OUNCE CHEESE LOW-FAT
1 TSP ALMONDS SLICED

SNACK #15 CHEESE AND WINE
1 OUNCE SOFT CHEESE
4 OUNCES RED WINE

SNACK #16 CHEESE AND FRUIT
1 OUNCE CHEESE
1/2 APPLE

BREAKFAST

1. VITA-TRIM VANILLA OR CHOCOLATE SHAKE
BLEND WITH ICE. CONTAINS PROTEIN, CARBOHYDRATE AND FAT.

2. SCRAMBLED EGGS
- | | | | |
|---------------|-----|-------|-------------------------|
| PROTEIN: | 1/2 | CUP | EGG SUBSTITUTE |
| | 1 | OZ | NONFAT CHEESE, SHREDDED |
| CARBOHYDRATE: | 1 | CUP | GRAPES |
| | 1/2 | PIECE | RYE TOAST |
| FAT: | 2/3 | TSP | OLIVE OIL |

COOKING INSTRUCTIONS

SPRAY NON-STICK PAN WITH VEGETABLE SPRAY. MIX EGG SUBSTITUTES AND SHREDDED NONFAT CHEESE WITH OLIVE OIL AND A TINY BIT OF SKIM MILK. THEN SCRAMBLE.

3. FRUIT SALAD
- | | | | |
|---------------|-----|-----|------------------------|
| PROTEIN: | 3/4 | CUP | LOW-FAT COTTAGE CHEESE |
| CARBOHYDRATE: | 1 | CUP | STRAWBERRIES |
| | 3/4 | CUP | CANTALOUPE, CUBED |
| | 1/2 | CUP | GRAPES |
| FAT: | 3 | TSP | SLICED ALMONDS |

COOKING INSTRUCTIONS

MIX TOGETHER AND TOP WITH ALMONDS.

4. YOGURT AND FRUIT
- | | | | |
|---------------|---|-----|-------------------------|
| PROTEIN: | 1 | CUP | LOW-FAT PLAIN YOGURT |
| | 1 | OZ | LEAN CANADIAN BACON |
| CARBOHYDRATE: | 1 | CUP | STRAWBERRIES |
| FAT: | 3 | | MACADAMIA NUTS, CRUSHED |

COOKING INSTRUCTIONS

MIX FRUIT, YOGURT AND NUTS TOGETHER. COOK BACON SEPARATELY.

5. FRENCH TOAST STICKS
- | | | | |
|---------------|-----|-------|----------------------|
| PROTEIN: | 1/2 | CUP | EGG SUBSTITUTE |
| | 1 | OZ | LEAN CANADIAN BACON |
| CARBOHYDRATE: | 1 | SLICE | WHOLE GRAIN BREAD |
| | 1 | CUP | STRAWBERRIES, SLICED |
| FATS: | 3 | TSP | SLICED ALMONDS |

COOKING INSTRUCTIONS

COOK CANADIAN BACON SEPARATELY. CUT BREAD INTO STICKS AND SOAK IN BEATEN EGGS. (SCRAMBLE ANY MIXTURE THAT REMAINS). SPRAY A NONSTICK PAN WITH VEGETABLE SPRAY. OVER MEDIUM - LOW HEAT, COOK BREAD STICKS TURNING OFTEN UNTIL DONE. TOP WITH SLICED STRAWBERRIES AND SLICED ALMONDS.

6. SCRAMBLED EGGS BENEDICT
- | | | | |
|----------------|-----|-----|---------------------|
| PROTEIN: | 1 | OZ | LEAN CANADIAN BACON |
| | 1/2 | CUP | EGG SUBSTITUTE |
| CARBOHYDRATES: | 1/2 | | ENGLISH MUFFIN |
| | 1/2 | | GRAPEFRUIT |
| FAT: | 1 | TSP | OLIVE OIL |

COOKING INSTRUCTIONS

BEAT EGG SUBSTITUTE AND OLIVE OIL WITH A LITTLE MILK, IF DESIRED. SPRAY A NONSTICK PAN WITH VEGETABLE SPRAY AND THEN SCRAMBLE THE EGGS. TOAST THE ENGLISH MUFFIN. COOK THE CANADIAN BACON, PLACE ON THE TOASTED MUFFIN, AND TOP WITH THE EGGS.

7. SKILLET HASH
- | | | | |
|----------------|-----|-----|-----------------------------------------------------------|
| PROTEIN: | 3 | OZ | COOKED LEAN HAM |
| CARBOHYDRATES: | 1/3 | CUP | COOKED POTATO, DICED |
| | 1 | CUP | TOMATO, CHOPPED |
| | | | GREEN BELL PEPPER, ONIONS AND MUSHROOMS TO TASTE, CHOPPED |
| | | | SALT AND PEPPER TO TASTE |
| | | | DASH WORCESTERSHIRE SAUCE |
| | 1/4 | | CANTALOUPE |
| FAT: | 1 | TSP | OLIVE OIL |

COOKING INSTRUCTIONS

IN A NONSTICK PAN, SAUTE' GREEN PEPPER, ONIONS, AND MUSHROOMS IN OLIVE OIL UNTIL TENDER. ADD COOKED MEAT, POTATO, VEGETABLES, SPICES AND WORCESTERSHIRE SAUCE. COOK, STIRRING, UNTIL HEATED THROUGH. HAVE CANTALOUPE AS A SIDE DISH.

LUNCH

1. VITA-TRIM CHOCOLATE OR VANILLA SHAKE.

2.	SEAFOOD SALAD	SANDWICH		
	PROTEIN:	4 1/2	OZ	SEAFOOD (SHRIMP, CRABMEAT, OR LOBSTER)
	CARBOHYDRATE:	1	SMALL	SIDE SALAD
		1		APPLE
		1/2		MINI PITA POCKET
	FAT:	1	TBSP	LIGHT MAYONNAISE

COOKING INSTRUCTIONS

MIX SEAFOOD WITH MAYONNAISE. STUFF INTO A MINI PITA POCKET.

3.	CHEESEBURGER			
	PROTEIN:	4 1/2	OZ	LEAN HAMBURGER MEAT (LESS THAN 10% FAT)
		1	SLICE	REDUCED-FAT CHEESE
	CARBOHYDRATE:			TOMATO SLICE, LETTUCE LEAF AND ONION SLICE
		1	PIECE	RYE BREAD
		1/2		APPLE
	FAT:	6		PEANUTS

COOKING INSTRUCTIONS

BROIL HAMBURGER TO PREFERRED DEGREE OF DONENESS (ABOUT 5 MINUTES PER SIDE FOR MEDIUM). PLACE CHEESE ON TOP AND BROIL HAMBURGER UNTIL CHEESE IS MELTED. PUT CHEESEBURGER TOGETHER WITH THE TOMATO, LETTUCE AND ONION HAVE THE APPLE AND PEANUTS FOR DESSERT.

4.	CHEF SALAD			
	PROTEIN:	1 1/2	OZ	DELI-STYLE HAM
		1 1/2	OZ	DELI-STYLE TURKEY BREAST
		1	OZ	REDUCED-FAT CHEESE
	CARBOHYDRATE:	1	LG	TOSSED GREEN SALAD
		1		NECTARINE FOR DESSERT
	FAT:	1	TBSP	OLIVE OIL AND VINEGAR DRESSING

5.	GRILLED CHICKEN SALAD			
	PROTEIN:	3	OZ	GRILLED CHICKEN
	CARBOHYDRATE:	2	CUPS	ROMAINE LETTUCE
		1/4	CUP	MUSHROOMS, SLICED
		1/4	CUP	TOMATOES, SLICED
		1/4	CUP	ONIONS, CHOPPED
				LEMON JUICE TO TASTE
				GARLIC POWDER
				DASH WORCESTERSHIRE SAUCE
				PEPPER TO TASTE
				SPRINKLING OF PARMESAN CHEESE
		1		ORANGE
	FAT:	1	TBSP	OLIVE OIL AND VINEGAR

COOKING INSTRUCTIONS

PREPARE THE SALAD, DRIZZLE SALAD DRESSING OVER THE SALAD. SQUEEZE THE LEMON OVER THE SALAD. SEASONED WITH GARLIC POWDER AND WORCESTERSHIRE SAUCE, AND GRIND IN FRESH PEPPER. TOSS UNTIL WELL COMBINED. PLACE GRILLED CHICKEN ON TOP AND SPRINKLE CHEESE. HAVE THE ORANGE FOR DESSERT.

6.	BLT SANDWICH			
	PROTEIN:	2	OZ	COOKED EXTRA-LEAN CANADIAN BACON.
		1	OZ	NONFAT CHEESE
	CARBOHYDRATE:	1	SLICE	RYE BREAD
		1/2		LETTUCE AND SLICED TOMATO
	FAT:	1	TSP	ORANGE
		6		LIGHT MAYNONNAISE
				OLIVES
7.	TURKEY IN A POCKET			
	PROTEIN:	4 1/2	OZ	DELI-STYLE TURKEY BREAST OR
		3	OZ	COOKED TURKEY BREAST
	CARBOHYDRATE:	1		MINI PITA POCKET
		1/2		GREEN PEPPER, CHOPPED
		1		PLUM
	FAT:	1 1/2	TBSP	GUACAMOLE

8. TUNA SALAD
- | | | | |
|---------------|-----|------|----------------------------------|
| PROTEIN: | 3 | OZ | ALBACORE TUNA, IN WATER, DRAINED |
| CARBOHYDRATE: | 1 | TBSP | SWEET PICKLE RELISH |
| | 3 | TBSP | DICED CELERY |
| | 10 | | SEEDLESS GRAPES |
| | 2 | | LETTUCE LEAVES |
| | 1/2 | | APPLE |
| FAT: | 2 | TBSP | SAFFLOWER MAYONNAISE |

COOKING INSTRUCTIONS

PREPARE TUNA SALAD BY COMBINING TUNA, PICKLE RELISH, CELERY, GRAPES AND MAYONNAISE. SERVE ON LETTUCE LEAVES AND CRISP APPLE SLICES.

9. GRILLED CHICKEN BREAST
- | | | | |
|---------------|-----|------|-----------------------------------------|
| PROTEIN: | 2 | | CHICKEN BREAST |
| CARBOHYDRATE: | 1 | CUP | BROCCOLI, STEAMED |
| | 1/2 | CUP | APPLESAUCE, UNSWEETENED |
| | 1 | | GREEN SALAD SMALL |
| FAT: | 1 | TBSP | SALAD DRESSING FULL-FAT
YOUR CHOICE. |

COOKING INSTRUCTIONS

SERVE GRILLED OR STEAMED CHICKEN BREAST WITH STEAMED BROCCOLI, APPLE SAUCE AND A GREEN SALAD AND SALAD DRESSING.

10. CANTALOUPE FRUIT SALAD
- | | | | |
|---------------|-----|-----|---------------------------|
| PROTEIN: | 2/3 | CUP | COTTAGE CHEESE 2% LOW-FAT |
| CARBOHYDRATE: | 1 | | 1/2 CANTALOUPE 5" MELON |
| | 1/4 | CUP | SLICED STRAWBERRIES |
| FAT: | 1 | TSP | RAW SUNFLOWER SEEDS |

COOKING INSTRUCTIONS

HOLLOW OUT CANTALOUPE. FILL WITH COTTAGE CHEESE AND TOP WITH CUBED CANTALOUPE, SLICED GRAPES AND STRAWBERRIES. SPRINKLE WITH SUNFLOWER SEEDS.

11. CHOOSE 3 OF ANY WHITE SNACK.

DINNER

1. BARBECUE CHICKEN
 PROTEIN: 3 OZ CHICKEN BREAST, SKINLESS
 CARBOHYDRATE: LEMON SLICES
 ONION SLICES
 1/2 TSP BARBECUE SAUCE
 1 1/2 CUPS STEAM CAULIFLOWER
 1 SPINACH SALAD
 1 CUP STRAWBERRIES FOR DESSERT
 FAT: 1 TBSP OLIVE OIL AND VINEGAR DRESSING

COOKING INSTRUCTIONS

PREHEAT OVEN TO 450 DEGREES. COVER THE CHICKEN BREAST WITH SLICES OF LEMON AND ONION. BAKE FOR 15 MINUTES. REDUCE HEAT TO 350 DEGREES. BASTE WITH BARBECUE SAUCE. COOK FOR 10 TO 15 MINUTES OR UNTIL DONE.

2. TUNA PLATE
 PROTEIN: 4 OZ ALBACORE TUNA, WATER PACKED, DRAINED
 CARBOHYDRATE: 8 ASPARAGUS SPEARS, COOKED AND COOLED
 1/2 CUP CUCUMBER ROUNDS
 4 RED LEAF LETTUCE
 1/2 CUP APPLESAUCE, UNSWEETENED
 1/2 CUP STRAWBERRIES
 FAT: 2 TBSP LITE FRENCH SALAD DRESSING

COOKING INSTRUCTIONS

PLACE LETTUCE LEAVES ON PLATE AND TOP WITH TUNA, ASPARAGUS, CUCUMBERS, APPLESAUCE AND STRAWBERRIES. DRIZZLE LITE FRENCH SALAD DRESSING OVER THE LETTUCE, TUNA, ASPARAGUS, AND CUCUMBERS.

3. GRILLED PORK TENDERLOIN AND APPLESAUCE
 PROTEIN: 3 1/2 OZ LEAN PORK TENDERLOIN
 CARBOHYDRATE: 1 CUP BROCCOLI
 1/2 CUP APPLESAUCE
 2 CUPS SPINACH, CLEANED, DRIED AND TORN.
 1/4 CUP MANDARIN ORANGE SLICES, WATER PACKED, DRAINED.
 FAT: 1 TBSP SALAD DRESSING (SEE *)
 1 TSP ALMONDS, RAW

3. GRILLED PORK TENDERLOIN AND APPLESAUCE (CONTINUED)

COOKING INSTRUCTIONS

SEASON PORK TENDERLOIN WITH GARLIC, SALT AND PEPPER AND GRILL OR BAKE IN FOIL. SERVE WITH STEAMED BROCCOLI SPEARS, APPLESAUCE, AND SPINACH SALAD.

* SPINACH SALAD RECIPE - TOSS SPINACH, MANDARINE ORANGES, ALMONDS AND DRESSING.

DRESSING INCLUDES: 1 TBSP VEGETABLE OIL, 2 TBSP RED WINE VINEGAR, 1 TBSP CIDER VINEGAR, 1/4 TSP SUGAR OR CRYSTALLINE FRUCTOSE, AND A SPRINKLE OF GARLIC SALT AND PEPPER.

4.	CHILI			
	PROTEIN:	4 1/2	OZ	LEAN GROUND MEAT (BEEF OR TURKEY) SPRINKLE SHREDDED NONFAT CHEESE
	CARBOHYDRATE:			MINCED ONIONS, CHOPPED MUSHROOMS, AND CHOPPED GREEN BELL PEPPER TO TASTE CHILI POWDER, OREGANO AND PEPPER TO TASTE
		1/4	CUP	KIDNEY BEANS
		1	CUP	TOMATOES, CRUSHED
		1		PEACH
	FAT:	3.	TSP	OLIVE OIL

COOKING INSTRUCTIONS

BROWN MEAT IN THE OLIVE OIL WITH ONIONS, MUSHROOMS, GREEN PEPPER AND SPICES, STIRRING OFTEN. ADD KIDNEY BEANS AND TOMATOES. SIMMER 30 MINUTES OR UNTIL BEANS ARE TENDER, STIRRING OCCASIONALLY. TOP WITH SHREDDED CHEESE. HAVE A PEACH FOR DESSERT.

5.	FOILED FISH			
	PROTEIN:	4 1/2	OZ	FISH FILLET OF YOUR CHOICE (FLOUNDER IS SUGGESTED)
	CARBOHYDRATE:			FRESHLY GROUND PEPPER TO TASTE SQUIRT OF LEMON JUICE ONION TO TASTE, CHOPPED
		1	CUP	COOKED ASPARAGUS
		1		TOSSED SALAD
		1		PLUM FOR DESSERT
	FAT:	1	TBSP	OLIVE OIL AND VINEGAR DRESSING SPRINKLE OF PARMESAN CHEESE

5. FOILED FISH (CONTINUED) COOKING INSTRUCTIONS

TEAR OFF A GOOD PIECE SIZE OF FOIL. SPRAY THE CENTER LIGHTLY WITH VEGETABLE SPRAY. PUT THE FISH IN THE CENTER OF THE FOIL WITH THE ONION, PEPPER, LEMON JUICE AND CHEESE. FOLD THE FOIL OVER THE FISH, LEAVING SPACE AROUND THE FISH. CAREFULLY TURN UP THE SIDES AND THE MIDDLE SO THE JUICES DON'T LEAK OUT. BAKE AT 425 DEGREES IN THE OVEN FOR 18 MINUTES. WHEN DONE, CAREFULLY OPEN THE FOIL TO PREVENT STEAM BURNS.

6.	MEATLOAF			
	PROTEIN:	4 1/2	OZ	LEAN GROUND BEEF (LESS THAN 10% FAT) OR GROUND TURKEY
		2	TBSP	EGG SUBSTITUTE
	CARBOHYDRATE:	1	TBSP	KETCHUP
		1/4	CUP	ONIONS, CHOPPED
		1	TSP	BREADCRUMBS
				PEPPER TO TASTE
		1/2	CUP	DASH WORCESTERSHIRE SAUCE
		1/2		COOKED ZUCCHINI
		1		APPLE
	FAT:	1	TBSP	TOSSED SALAD
				OLIVE OIL AND VINEGAR DRESSING

COOKING INSTRUCTIONS

MIX GROUND MEAT, EGG SUBSTITUTE, KETCHUP, ONIONS, BREAD CRUMBS, PEPPER AND WORCESTERSHIRE SAUCE. FORM INTO A SHALLOW LOAF AND PLACE IN A MICROWAVE-SAFE DISH. COVER WITH WAX PAPER. MICROWAVE ON MEDIUM FOR 10 TO 15 MINUTES OR UNTIL DONE. HAVE THE ZUCCHINI AS A SIDE DISH AND EAT THE APPLE FOR DESSERT.

7.	QUICK TURKEY	DINNER		
	PROTEIN:	4 1/2	OZ	DELI-STYLE TURKEY BREAST OR
		3	OZ	COOKED SKINLESS TURKEY BREAST.
	CARBOHYDRATE:	1 1/2	CUPS	STEAMED BROCCOLI
		1/2	CUP	BOILED AND DRAINED ONIONS
		1/2	CUP	CRANBERRIES
	FAT:	1	TBSP	SLIVERED AU4ONDS (SPRINKLED ON1PHE BROCCOLI)

8.	BROILED SALMON PROTEIN: CARBOHYDRATE:	4 1/2	OZ	SALMON FILLET ROSEMARY TO TASTE TARRAGON TO TASTE DILL TO TASTE LEMON (OPTIONAL)
		1 2	CUP	COOKED ZUCCHINI TOMATOES, SPLIT, SPRINKLED WITH PARMESAN CHEESE AND BROILED
	FAT:	1/2 1	TSP	APPLE FOR DESSERT OLIVE OIL

LEAN CUISINE

- 9. HOMESTYLE TURKEY WITH VEGETABLES
- 10. CHICKEN IN PEANUT SAUCE
- 11. CHICKEN ORIENTAL WITH VEGETABLES
HEALTHY CHOICE
- 12. GLAZED CHICKEN BREAST
WEIGHT WATCHERS
- 13. LASAGNE

HARDEES

- 14. GRILLED CHICKEN SANDWICH

OTHER FAST FOODS

15. ARBY'S
 - LIGHT ROASTED TURKEY DELUXE
 - LIGHT ROAST BEEF DELUXE

16. BURGER KING
 - BK BROILER (NO MAYO)

17. JACK -IN-THE-BOX
 - CHICKEN FAJITA PITA

18. Mc DONALD'S
 - Mc GRILLED CHICKEN CLASSIC SANDWICH

19. TACO BELL
 - CHICKEN SOFT TACO
 - CHICKEN FAJITA

20. WENDY'S
 - CHILI
 - GRILLED CHICKEN SANDWICH

21. SUBWAY
 - ONE HALF TURKEY, 11AM, CHICKEN, OR BEEF SUB (NO MAYO) ON WHEAT AND Toss (1) SLICE OF THE BREAD.