

## Breakfast

### Walnut Toast Oranges

Hardboil 6 eggs in a saucepan of boiling water. Toast 4 slices of whole grain bread. Spread 6 oz goat cheese over the toast. Layer 4 tbsp of whole walnuts over each toast. Shell and slice the cooked eggs. Layer the eggs over the walnuts. Salt and pepper to taste. Serve with 4 oranges.

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## Lunch

### Crunchy Bagels, Crudités Yogurt and Blueberries

Spread 1/4 cup peanut butter over 4 sliced bagels. Core and slice 2 apples. Lay apple slices over bagels. Serve with 1 sliced red pepper, 3 stalks of sliced celery, 4 sliced carrots, 1 cucumber and 8 radishes. Serve with 4 cups peach yogurt and 1 cup blueberries.

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## Dinner

### Stir-fry Shrimp Snow Pea Medley

Prepare the shrimp recipe. To make the snow pea medley, julienne 4 carrots and 1 red pepper then set aside. In a wok or medium skillet, heat 1 tbsp canola oil and stir-fry the carrots with 1 tsp minced garlic for 3 minutes over medium-high heat. Add the red pepper and 2 cups of snow peas to the skillet. Stir-fry for 3 minutes more until tender. Serve hot with the shrimp.

## Stir-fry Shrimp

**Angel hair pasta** 1 lb, **Canola oil** 1 tbsp, **Garlic** 2 tsp minced, **Hot pepper flakes** 1 tsp, **Shrimp** 1 lb deveined thawed, **Sherry** 3 tbsp (opt), **Parsley** 2 tbsp, **Olive oil** 1 tbsp, **Paprika** 1 1/2 tsp, **Cayenne** 1/2 tsp, **Lemon juice** 2 tbsp.

Cook the pasta in boiling water *al dente* and then set aside. Chop the parsley and set aside. In a wok or large skillet, sauté the garlic and hot pepper flakes in oil over medium-high heat for 1 minute. Add the shrimp and stir-fry 1 minute. Add the sherry and stir-fry 2 or 3 more minutes until cooked through. Drain the pasta and add to the skillet. Toss the rest of the ingredients into the pasta.



## Breakfast

### English Muffins

#### Peanut Butter, Bananas and Milk

Separate and toast 4 whole wheat English muffins. Spread with 4 tbsp peanut butter and 2 sliced bananas. Serve with 4 cups of milk.

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## Lunch

### Tomato Sandwiches

#### Snow Peas, Carrots and Apples

Lightly spread 4 slices of whole grain bread with 2 tbsp light mayonnaise. Lay 4 sliced tomatoes and 6 oz of grated Cheddar cheese over top and then top with another 4 slices of bread. Season to taste and serve with 2 cups snow peas, 4 large carrots and 4 apples.

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## Dinner

### Lemon Chicken

#### Sweet Potato and Spinach Sauté

Poke 2 large sweet potatoes with a fork and bake in 425°F oven for 30 minutes.

Grate the peel from a lemon and add it to a bowl. Squeeze the juice from the lemon and add it to the bowl along with 2 tsp minced garlic, 2 tsp oregano, 1 tbsp olive oil, salt and pepper. Mix to combine. Coat the chicken with the lemon mixture and place in a 9 x 13 inch baking dish. Cover with foil and bake in the oven for 20 minutes. Remove the cover and cook for 5 minutes more. Set aside 1/3 of the chicken for tomorrow's lunch.

Five minutes before serving, make the spinach. Heat 2 tbsp olive oil and 2 tsp of minced garlic in a skillet over medium heat. Sauté for 2 minutes. Add 1 bunch of fresh spinach to the pan and toss in the hot oil until just wilted. Season with salt and pepper to taste. Serve with the chicken and potatoes and drizzle with the lemon sauce.



## Breakfast

### Berry Oatmeal

Prepare the oatmeal recipe.

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## Lunch

### Hummus

#### Pita and Vegetables

Prepare hummus recipe on page 135. Clean and floret 1/2 head of cauliflower. Serve the hummus with 6 pitas cut into triangles, 2 cups of snow peas, 4 carrots, 4 celery stalks, a bunch of radishes and the cauliflower.

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## Dinner

### Macaroni and Cheese

#### Green Salad and Bruschetta

To make the macaroni, cook 1 lb macaroni in boiling water al dente. Clean and floret 1/2 head of broccoli and 1/2 a head cauliflower. Halfway through cooking, add 2 cups lima beans to the pasta. Drain when done, keep warm and set aside. Heat 1 cup milk, 1 cup grated Mozzarella cheese, 1/2 cup low-fat cream cheese, 1 tsp cayenne and 2 tsp basil in a saucepan over medium heat for 2 minutes. When heated through and creamy, pour the sauce over the pasta and veggies and toss. Sprinkle with 1/2 cup of grated Parmesan cheese and a pinch of hot pepper flakes.

To make the salad tear one head of leaf lettuce into a salad bowl. Slice 2 tomatoes, 3/4 red onion and 1 cucumber. Add to bowl along with 1 cup sliced radishes and toss with the Italian vinaigrette on page 136.

Prepare the bruschetta recipe on page 135.

## Berry Oatmeal

**Milk** 4 cups, **Brown sugar** 2 tbsp, **Vanilla** 1 tsp, **Cinnamon** 1/2 tsp, **Rolled oats** 2 cups, **Wheat germ** 4 tbsp, **Berries** 2 cups cleaned assorted, **Almonds** 1 cup slivered.

In a saucepan, combine the milk, water, brown sugar, vanilla and cinnamon. Bring to a boil. Stir in the rolled oats. Reduce heat to a simmer for 10 minutes. Stir in the wheat germ. Divide the oatmeal into 4 bowls. Top with the berries and almonds.



## Breakfast

### Fruit

### Eggs Provençal, English Muffins and Vegetable Juice

Start with 4 pieces of fruit. To make the eggs, heat 2 tbsp of olive oil in a skillet over medium heat. Add 1/2 diced onion and 3 tsp minced garlic and cook for 3 minutes. Add 4 chopped plum tomatoes and 1 grated zucchini with 1 tbsp each of basil, oregano and parsley. Cook for 5 minutes. In a bowl, beat 6 eggs and pour over the vegetables in skillet. Continue cooking until the eggs are set. Serve with 4 toasted English muffins and 4 cups of vegetable juice.

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## Lunch

### Cauliflower Soup

### Bacon, Lettuce and Tomato Sandwiches

Prepare the cauliflower soup recipe.

To make the BLTs cook 8 slices bacon until crisp. Drain the bacon on paper towels. Toast 8 slices bread. Spread with 2 tbsp low fat mayonnaise. Layer lettuce, 3 sliced tomatoes and the bacon on 4 slices of toast. Salt and pepper. Top with 4 more toasts. Serve with the soup.

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## Dinner

### Chicken Caesar Salad

### Garlic Toast

Prepare the Chicken Caesar salad recipe on page 93.  
Prepare the garlic toast recipe on page 136.

