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The information and meal plans provided in this document are not intended to be a substitute for professional medical advice. Always consult with your physician or other qualified health provider before beginning a meal plan.

Recipes and meal plans were analyzed using The Food Processor® SQL Nutrition Analysis Software (version 10.9.0) from ESHA Research, Salem, OR.

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Welcome to a Healthy Meal Plan That Makes Sense.

When you’re trying to eat better, sometimes you just want someone to tell you what to eat. You want a nutritionally balanced plan that works in the real world. Which is to say you don’t want to cook a dozen recipes in a single day or have to shop at 17 different stores. What’s more, you want everything on this “perfect” plan to taste delicious: after all, why would you eat anything you don’t enjoy, especially if you’re cutting calories?

These meal plans are all that and more. Developed by EatingWell’s team of Test Kitchen experts and registered dietitians, the plans meet high standards for “good taste” and “good health.” They’re designed to keep you at the calorie target that’s right for you and help you limit sodium (and saturated fat)—as well as get enough of nutrients, such as calcium and fiber, you might be falling short. The meal plans help you meet these nutritional needs by suggesting the very sorts of foods recommended by the Dietary Guidelines for Americans: vegetables, fruits, whole grains and lean proteins (including low-fat dairy). And while they encourage a healthy variety, they are also practical, making use of leftovers so you aren’t wasting food. Finally, and perhaps best of all, the plans are completely customizable—which means you eat what you like. Because isn’t that what really matters when you’re trying to create healthier habits that stick? Let’s get started!

How to Use This Program:

1 Pick the right plan.

Calculate your daily calorie target. To estimate how many calories you need each day to stay at the weight you are right now, multiply your current weight by 12. If you want to lose about a pound per week, subtract 500 calories from the number you calculated with this (x12) formula; to lose about two pounds per week, subtract 1,000 calories. Round up to 1,200 calories if you’ve calculated a smaller number: below that level, it’s hard to get all the nutrients your body needs.

Choose the plan that’s best for you—start with the level closest to the calorie target you just calculated: 1,200, 1,500, 1,800, 2,000 or 2,200. If you’re in between two, take your pick. Obviously, you’ll lose weight a little faster at the lower level.

Example:
If your current weight is 145 pounds and your goal is to lose 1 pound per week…

(P.S. If you lose a substantial amount of weight on the plan, you may want to run the calculation again, as your calorie needs will have changed.)
2 Customize menus to suit your tastes.

Mix and match whole meals. Our meal plans are flexible, allowing you to swap meals within a category (e.g., breakfast or dinner) and still keep calories consistent. For example, if Tuesday’s breakfast doesn’t sound good to you, you can simply replace it with Friday’s. Similarly, since most recipes in the plans serve four, you may have, and want to use, leftovers in place of a “regularly scheduled” meal. On the flip side, some weeks plan for leftovers—we’ve marked those for you—so if you didn’t make that meal, you’ll have to adjust. Keep in mind that once you start making changes there’s no guarantee that your new, customized plan will be 100 percent nutritionally balanced. (And be sure to adjust your shopping list accordingly!)

Make single swaps. If the plan suggests a banana (105 calories) for a snack and you’d rather have a cup of cherries (97 calories), go for it. That said, if you find yourself noshing on higher-calorie dried cranberries instead (187 calories per ½ cup), be sure to subtract the extra 80 or so calories from somewhere else—you might consider having your sandwich at lunch open-face, for example. Find calorie counts for common foods at the USDA’s Nutrient Database: http://ndb.nal.usda.gov.

Account for extras. Our menus don’t include many (calorie-containing) beverages. Water is the best way to hydrate when you’re aiming to slim down. But if breakfast just isn’t breakfast without a little OJ, and juice isn’t on the day’s plan, have some—knowing that ½ cup (4 ounces) delivers the calories of a whole orange, minus the 4 grams of fiber. If you like a glass of wine or a beer with dinner, have it in place of dessert or bread (a 5-ounce glass of wine or 12-ounce bottle of beer generally has 125 to 150 calories). Coffee and tea are freebies, even with a splash of low-fat milk—but if you use more than ¼ cup of milk or you opt for cream (or flavored creamer), be sure to count those calories and eliminate them somewhere else. And on the topic of extras, don’t lose count of the calories in condiments, which can pack more than you might think—2 tablespoons of ketchup, for instance, has 30 calories and 334 mg sodium!

Hint: Don’t forget to read labels! We may list a serving of lemon yogurt as having 105 calories—but pick up one with 220 calories and, over a year, the extra calories could add up to more than 10 pounds!

3 Assess and adjust.

Are you eating enough? If you’re losing weight rapidly but also feeling very hungry, you might want to bump up to the next calorie level. We all burn calories at different rates. The formula you used in Step 1 assumes a relatively low level of physical activity, so if you exercise regularly it may underestimate your calorie needs.

Are you eating too much? If you’re trying to lose weight and following the plans religiously, but the scale isn’t budging, make sure you’re not underestimating your portion sizes: measure, or weigh, everything you eat for a week and see if that jump-starts your weight loss. If you’re still not losing—and you’re remembering that healthy weight loss is a slow-and-steady one to two pounds per week—consider dropping to a lower calorie level, making sure not to dip below 1,200 calories per day.

Consider: Maybe you’re doing it just right! Give yourself credit for your small successes and don’t get down on yourself when you slip up. Just acknowledge the “mishap” and move on. Little lapses are part of every journey toward healthier habits. You’re on your way!

Hint: We assume you may already have some ingredients at home, and so instead of listing them in the main shopping list we tell you to check your pantry for these foods. Do read the pantry list carefully, as some healthy ingredients (e.g., quinoa) may be new to you.
Paging through the meal plans, you may notice some things that are confusing... or not to your liking. Don't sweat it. Do read through this section, which offers explanations and adaptations to help you “make it work.”

**The problem:** The plan says to eat 1 ounce of cheese—and you don’t know how much that is.

**The solution:** Generally, 1 ounce of cheese (about the size of 2 dominos) is about ¼ cup shredded. But we highly recommend getting an inexpensive kitchen scale (such as the EatSmart Precision Pro digital scale, which sells for about $25) to measure portions accurately.

**The problem:** You really like your lattes.

**The solution:** Many meals on the plan include a cup of nonfat milk. If you choose to mix that milk with espresso (and you’re not restricting caffeine for any reason), who are we to say that’s not a brilliant idea? Do keep in mind, though, that 1 cup of milk is 8 ounces and typically the smallest latte you can buy is 12 ounces, so you’ll need to adjust calories. Also, if you’re ordering out, don’t forget to specify “nonfat” milk—the default at most coffee shops is 2% or whole.

**The problem:** Eating plain yogurt isn’t your style, or at least not yet.

**The solution:** Stir in some fresh fruit or even a teaspoon or two of a sweetener, like honey. Or substitute a fruit-flavored yogurt. Whatever solution you choose, be sure to account for any extra calories (and, if you’re using a sweetener, added sugars) and subtract them from somewhere else.

**The problem:** You get bored drinking plain water.

**The solution:** Make it a seltzer. Better yet, make it seltzer with a squeeze of lime or a twist of lemon. Or try unsweetened iced tea. If you’re craving more flavor, try splashing a little bit of 100% fruit juice into your seltzer: ¼ cup of cranberry juice goes a long way and costs you only 34 calories.

**The problem:** You like something on those steamed vegetables (or plain grains).

**The solution:** Sure! There are lots of ways to jazz up vegetables or grains, calorie-free. Try chopped fresh herbs, such as cilantro, parsley, dill or tarragon; a sprinkle of curry powder, garlic powder or lemon pepper; a squeeze of lemon or lime juice and/or the zest; a splash of rice vinegar, balsamic or sherry vinegar—or a couple of dashes of a flavorful hot sauce (check the sodium, though, as hot sauce can pack nearly 200 mg of sodium per teaspoon).

**The problem:** You like to switch up your snacks, but the plan repeats the same ones.

**The solution:** If varying your snacks helps keep you engaged, go for it! We limited the number of different snacks to keep the length of your weekly shopping list reasonable and also because some research suggests that people who eat the same thing day after day have an easier time making healthy changes. Need ideas? Consult our “Swap-In Snacks” (page 5).

**The problem:** Blueberries aren’t in season. Buying them fresh is breaking the bank.

**The solution:** Consider buying frozen. Frozen fruits and vegetables are just as nutritious as fresh—sometimes even more so since they’re picked, and frozen, at peak ripeness. (Just double-check the ingredient list to make sure there are no added sugars or salt.) To thaw, simply place your serving in the fridge overnight.
Shopping tips to keep sodium down

✔ **Canned beans and tomatoes:** Look for ones labeled “no-sodium” or “low-sodium.” (These terms are regulated by the FDA and mean less than 5 mg and 140 mg per serving respectively.) Rinse beans before you use them to remove some of the excess sodium.

✔ **Broth:** Some store-bought broth delivers close to 1,000 mg sodium/cup. Choose reduced-sodium (averaging 500 mg/cup), no-salt-added (averaging 200 mg/cup) or low-sodium (140 mg or less/cup) stock or broth. Some are lower in sodium, but not labeled as such—so compare among brands.

✔ **Breads and cereals:** Most store-bought breads, including rolls, pita bread and regular sandwich slices, have a significant amount of salt added to them. Compare nutrition information when choosing. (As a point of reference, the multigrain sandwich in these plans has a relatively low 170 mg of sodium.)

✔ **Meat, poultry and seafood:** Check labels to avoid meat, especially turkey and pork, “enhanced” with a sodium solution.

✔ **Cheeses:** Many cheeses, including Cheddar, feta and Parmesan, are high in sodium—which is one reason you’ll see a lot of Swiss, a cheese that’s naturally lower in sodium, in these meal plans. If you’re planning to make a switch, consider that you’re likely adding sodium.

---

**Swap-In Snacks**

Sticking to the snacks (and meals) prescribed in the plans will ensure that your day is nutritionally balanced—but it’s fine to go “off script” once in a while. Cups of yogurt or lower-sodium cottage cheese make great mini meals, as do pieces of whole fresh fruit. Or try one of these under-150-calorie picks:

1. **Cheesy Popcorn:** Toss 1 cup of air-popped popcorn with 2 tablespoons of Parmesan and cayenne pepper to taste. 75 calories; 3 g fat (2 g sat, 1 g mono); 9 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 5 g protein; 1 g fiber; 153 mg sodium; 43 mg potassium.

2. **Sardines & Crackers:** Top a whole-grain Scandinavian-style cracker (e.g., Wasa, RyKrisp) with 2 to 3 canned sardines, preferably packed in olive oil. Finish with a squeeze of lemon. 64 calories; 2 g fat (0 g sat, 1 g mono); 20 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 4 g protein; 1 g fiber; 94 mg sodium; 102 mg potassium.

3. **Pistachios & Cherries:** Combine ½ ounce dried cherries with ½ ounce unsalted shelled pistachios. 106 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 0 mg sodium; 295 mg potassium.

4. **Chocolate & Nut Butter Bites:** Top a ¼-ounce square of bittersweet chocolate with ½ teaspoon of almond butter (or your favorite nut butter). 79 calories; 6 g fat (2 g sat, 1 g mono); 0 mg cholesterol; 9 g carbohydrate; 6 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 20 mg potassium.

5. **Pears & Blue Cheese:** Top 1 cup sliced water-packed canned pears with 1 tablespoon crumbled blue cheese. 96 calories; 2 g fat (1 g sat, 1 g mono); 5 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 2 g protein; 4 g fiber; 104 mg sodium; 147 mg potassium.

6. **Hummus & Vegetables:** Dip ¾ cup mixed vegetables (e.g., baby carrots, cherry tomatoes, red bell pepper slices) into 3 tablespoons prepared hummus. 108 calories; 5 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 5 g protein; 5 g fiber; 196 mg sodium; 274 mg potassium.
<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
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<td><strong>EVENING SNACK</strong></td>
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**Week One: 1,200-Calorie Meal Plan**

**Scramble:** Lightly coat pan with cooking spray; add ½ cup nonfat egg substitute, ½ cup mushrooms, 1 Tbsp. each diced red bell pepper and scallions and 1 ½ oz. low-fat Swiss cheese.

**Breakfast:**
- 6 dried apricot halves
- 6 oz. nonfat plain Greek yogurt
- 1 medium banana
- 1 cup cantaloupe
- 1 cup cooked oatmeal
- 1 cup cooked spinach

**Lunch:**
- North Country Braised Chicken
- 2 multigrain crispbreads
- 6 oz. nonfat plain Greek yogurt
- 1 medium banana

**Dinner:**
- Cajun Pecan-Crusted Catfish
- 1 cup cooked collard greens
- 1 cup cooked spinach
- 1 medium apple

*Blue indicates recipes in this book.*

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### Shop For:

#### Produce
- **Fruit**
  - 3 medium apples
  - 3 medium bananas
  - 6 cups blueberries
  - 1 cantaloupe
  - 4 kiwis
  - 1 large orange
  - 3 lemons
  - 6 medium pears
- **Vegetables**
  - ½ cup alfalfa sprouts
  - ½ lb. broccoli spears
  - 1 lb. baby carrots
  - 1 large carrot
  - 1 green bell pepper
  - 2 red bell peppers
  - ½ lb. green beans
  - ½ cup sliced mushrooms
  - 1 large rutabaga
  - 4 cups mixed salad greens (about 4 oz.)
  - 1 bunch scallions
  - 2 medium shallots
  - 2 cups baby spinach (about 2 oz.)
  - ½ lb. sugar snap peas
  - 4 cups cherry tomatoes
  - 3 tomatoes
- **Fresh Herbs**
  - ginger (2-inch piece)
  - 1 bunch rosemary
  - 1 bunch thyme

#### Oils, Vinegars & Condiments
- grapeseed oil
- raspberry vinegar

#### Dry Goods
- 2 cups corn flakes
- 2 cups spoon-size shredded wheat
- 10 multigrain crispbreads such as Wasa
- 2 gingersnap cookies

#### Bread
- 4 multigrain sandwich thins

#### Canned & Bottled Goods
- 1 20-oz. can pineapple chunks with juice

#### Refrigerator Items
- 1 cups apple cider
- 1 cup orange juice
- 14 oz. firm tofu

#### Dairy
- ½ cup nonfat buttermilk
- 7 6-oz. containers nonfat, plain yogurt
- 1 cup 1% fat cottage cheese (no salt added)
- 6 oz. sliced low-fat Swiss cheese

#### Flavorings
- salt
- kosher salt
- pepper
- chili powder
- cumin
- garlic salt
- oregano
- paprika
- thyme
- herbs de Provence
- onions, red and white
- garlic

### Check Your Pantry For:

#### Oils, Vinegars & Condiments
- extra-virgin olive oil
- canola oil
- balsamic vinegar
- rice vinegar
- reduced-sodium soy sauce
- hot sauce
- ketchup

#### Dry Goods
- whole-wheat fettuccine
- whole-wheat orzo
- quick-cooking barley
- whole-wheat couscous
- quinoa
- medium-grain brown rice
- all-purpose flour
- rolled oats
- brown sugar
- cornstarch

#### Nuts, Seeds & Fruits
- whole unsalted almonds
- whole unsalted pecans
- dried apricots

#### Canned & Bottled Goods
- reduced-sodium chicken broth

#### Refrigerator Items
- skim milk
### Week Two: 1,200-Calorie Meal Plan

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
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<tr>
<td>2 oat waffles</td>
<td>1 cup spoon-size shredded wheat cereal</td>
<td>1 cup cooked oatmeal</td>
<td>2 oat waffles</td>
<td>1 cup spoon-size shredded wheat cereal</td>
<td>6 oz. nonfat plain Greek yogurt</td>
<td>1 cup cooked oatmeal</td>
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<td>¾ cup strawberries</td>
<td>1 cup skim milk</td>
<td>1 cup strawberries</td>
<td>¾ cup strawberries</td>
<td>6 oz. nonfat plain Greek yogurt</td>
<td>1 medium banana</td>
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<tr>
<td>6 oz. nonfat plain Greek yogurt</td>
<td>Tofu with Peanut-Ginger Sauce</td>
<td>1 cup cooked oatmeal</td>
<td>1 cup cooked oatmeal</td>
<td>1 cup skim milk</td>
<td>2 Tbsp. golden raisins</td>
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<tr>
<td>White Bean Soup (Fassoulatha)</td>
<td>1/2 cup cooked brown rice</td>
<td>2 Tbsp. golden raisins</td>
<td>6 oz. nonfat plain Greek yogurt</td>
<td>1 cup skim milk</td>
<td>1/2 cup cooked quinoa &amp; Lentil Pilaf</td>
<td>1 medium apple</td>
</tr>
<tr>
<td>1/2 cup fresh pineapple</td>
<td>11/2 cups steamed green beans with a squeeze of lemon</td>
<td>1 orange</td>
<td>1/2 cup fresh pineapple</td>
<td>1 kiwi</td>
<td>1 tsp. olive oil</td>
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<tr>
<td>2 Tbsp. hummus</td>
<td>1/2 cup vanilla or strawberry nonfat frozen yogurt</td>
<td>1 medium apple</td>
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<tr>
<td>15 sugar snap peas</td>
<td>1/2 cup vanilla or strawberry nonfat frozen yogurt</td>
<td>1 cup cooked oatmeal</td>
<td>1/2 cup vanilla or strawberry nonfat frozen yogurt</td>
<td>1/2 cup vanilla or strawberry nonfat frozen yogurt</td>
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**Breakfast**

- **Day 1**
  - 1 whole-wheat roll
  - White Bean Soup (Fassoulatha)
  - 1/2 cup cooked quinoa & Lentil Pilaf
  - 1/2 cup fresh pineapple
  - Total Calories: 279

- **Day 2**
  - 2 Tbsp. hummus
  - 15 sugar snap peas
  - Total Calories: 289

**Lunch**

- **Day 3**
  - 1 cup cooked oatmeal
  - 2 Tbsp. golden raisins
  - 1 orange
  - Total Calories: 290

- **Day 4**
  - 2 oz. low-fat Swiss cheese
  - 1 multigrain crispbread
  - Total Calories: 292

**Dinner**

- **Day 5**
  - 6 oz. nonfat plain Greek yogurt
  - 1 cup skim milk
  - 1 kiwi
  - Total Calories: 285

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### Week Two: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

#### Shop For:

**Produce**
- **Fruit**
  - 3 medium apples
  - 1 avocado
  - 1 medium banana
  - 3 kiwis
  - 3 lemons
  - 3 oranges
  - 1 cup fresh pineapple chunks
  - 1½ lb. strawberries

- **Vegetables**
  - 5 asparagus spears
  - 2 red bell peppers
  - ½ lb. broccoli
  - ½ lb. baby carrots
  - 2 large carrots
  - ½ lb. cauliflower florets
  - 2 celery stalks
  - 1 cucumber (large)
  - ½ lb. green beans
  - 2 oz. sliced mushrooms
  - 4 oz. red potatoes
  - 3 bunches scallions
  - 4 cups mixed salad greens (about 4 oz.)
  - 1 medium shallot
  - 4 cups baby spinach (about 4 oz.)
  - ¾ lb. sugar snap peas
  - 1 medium sweet potato (about ¼ lb.)
  - 6 cups cherry tomatoes
  - 4 medium tomatoes

#### Fresh Herbs
- ginger (2-inch piece)
- 1 bunch dill

#### Condiments & Flavorings
- 4 tsp. capers
- 1 Tbsp. chipotle peppers in adobo
- 1 tsp. red curry paste

#### Dry Goods
- 1 cup dried brown lentils
- 1 lb. dried small white beans
- 2 cups spoon-size shredded wheat
- 2 brown-rice cakes
- 3 multigrain crispbreads, such as Wasa

#### Bread
- 2 whole-wheat dinner rolls (small)
- 4 whole-wheat pita bread (4-inch)

#### Canned & Bottled Goods
- 6 oz. canned chunk light tuna, packed in water
- 1 cup white wine

#### Refrigerator Items
- ½ cup hummus
- 14 oz. firm tofu

#### Dairy
- 5 6-oz. containers nonfat plain yogurt
- ¼ cup reduced-fat sour cream
- 2 cups 1% fat cottage cheese (no salt added)
- 1 oz. shredded part-skim mozzarella
- 9 oz. sliced low-fat Swiss cheese

#### Meat & Seafood
- 2 lb. boneless, skinless chicken breast
- 1¼ lb. Pacific halibut fillets
- 1 lb. wild salmon fillets

#### Freezeer
- 4 frozen oat waffles, such as Eggo Golden Oat
- 2 Tbsp. orange juice concentrate, unsweetened
- 1 cup frozen white sweet corn
- ½ cup vanilla or strawberry nonfat frozen yogurt

#### Check Your Pantry For:

**Oils, Vinegars & Condiments**
- extra-virgin olive oil
- balsamic vinegar
- rice vinegar
- white-wine vinegar
- reduced-sodium soy sauce
- Dijon mustard
- cholesterol-free mayonnaise

**Dairy**
- salt
- pepper
- 1 cinnamon stick
- cayenne pepper
- oregano
- thyme
- onions, red and white
- garlic

**Dry Goods**
- quinoa
- brown basmati rice
- medium-grain brown rice
- all-purpose flour
- rolled oats
- honey
- molasses

**Nuts, Seeds & Fruits**
- peanut butter, unsalted
- sesame seeds
- prunes
- golden raisins

**Canned & Bottled Goods**
- reduced-sodium chicken broth

**Refrigerator Items**
- skim milk
- unsalted butter
### Week Three: 1,200-Calorie Meal Plan

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
<th>DAY 8</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
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<tr>
<td>Scramble: Lightly coat pan with cooking spray; add ½ cup egg whites, ½ cup mushrooms and 2 oz. low-fat Swiss cheese; serve on 1 multigrain sandwich</td>
<td>1 cup spoon-size shredded wheat cereal</td>
<td>1 cup cooked oatmeal</td>
<td>1 cup spoon-size shredded wheat cereal</td>
<td>1 cup cooked oatmeal</td>
<td>1 cup spoon-size shredded wheat cereal</td>
<td>1 cup spoon-size shredded wheat cereal</td>
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<tr>
<td>1 medium apple</td>
<td>1/2 cup blueberries</td>
<td>1 orange</td>
<td>1 orange</td>
<td>1 brown-rice cake</td>
<td>1/2 cup vanilla or strawberry frozen yogurt</td>
<td>1/2 cup vanilla or strawberry frozen yogurt</td>
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<td><strong>MORNING SNACK</strong></td>
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<tr>
<td>3 dried apricot halves</td>
<td>6 dried apricot halves</td>
<td>15 baby carrots</td>
<td>1 medium apple</td>
<td>6 dried apricot halves</td>
<td>6 dried apricot halves</td>
<td>6 dried apricot halves</td>
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<tr>
<td><strong>LUNCH</strong></td>
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<td>1/2 cup blueberries</td>
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<td>1/2 cup blueberries</td>
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<td><strong>AFTERNOON SNACK</strong></td>
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<td><strong>AFTERNOON SNACK</strong></td>
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<tr>
<td>6 oz. nonfat plain Greek yogurt topped with ½ cup blueberries</td>
<td>6 oz. nonfat plain Greek yogurt topped with ½ cup blueberries</td>
<td>6 oz. nonfat plain Greek yogurt topped with ½ cup blueberries</td>
<td>6 oz. nonfat plain Greek yogurt topped with ½ cup blueberries</td>
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<td>1 oz. low-fat Swiss cheese</td>
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<td>1 oz. low-fat Swiss cheese</td>
<td>1 oz. low-fat Swiss cheese</td>
<td>1 oz. low-fat Swiss cheese</td>
<td>1 oz. low-fat Swiss cheese</td>
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</tbody>
</table>

**Total Calories:**
- **DAY 1:** 288
- **DAY 2:** 250
- **DAY 3:** 288
- **DAY 4:** 250
- **DAY 5:** 249
- **DAY 6:** 250
- **DAY 7:** 275
### Week Three: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

#### Shop For:

<table>
<thead>
<tr>
<th>Produce</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Fruit</td>
<td>Vegetables</td>
<td>Fresh Herbs</td>
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<tr>
<td></td>
<td>3 medium apples</td>
<td>1 avocado</td>
<td>ginger (2-inch</td>
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<td></td>
<td></td>
<td></td>
<td>piece)</td>
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<td></td>
<td>3 medium bananas</td>
<td>1 red bell pepper</td>
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<td></td>
<td></td>
<td>½ lb. baby carrots</td>
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<td></td>
<td></td>
<td>3 large carrots</td>
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<td></td>
<td></td>
<td>1 head celery</td>
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<td></td>
<td></td>
<td>8 oz. cremini</td>
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<td></td>
<td></td>
<td>mushrooms</td>
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<tr>
<td></td>
<td>1½ cups fresh</td>
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<td></td>
<td>blueberries</td>
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<td></td>
<td>2 cups grapes</td>
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<td>1 lemon</td>
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<td>1 lime</td>
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<td>2 oranges</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>2 pears</td>
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#### Refrigerator Items

<table>
<thead>
<tr>
<th>Meat &amp; Seafood</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>2 lb. boneless,</td>
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<tr>
<td></td>
<td>skinless chicken</td>
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<td></td>
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<tr>
<td></td>
<td>breast</td>
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<tr>
<td></td>
<td>8 oz. 90%-lean</td>
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<tr>
<td></td>
<td>ground beef</td>
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<tr>
<td></td>
<td>1½ lb. Pacific</td>
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<td></td>
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<tr>
<td></td>
<td>cod fillets</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 lb. wild salmon</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fillets</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Check Your Pantry For:

<table>
<thead>
<tr>
<th>Oils, Vinegars &amp; Condiments</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extra-virgin olive oil</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canola oil</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Sesame oil</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Reduced-sodium soy sauce</td>
<td></td>
<td></td>
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<tr>
<td>Worcestershire sauce</td>
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#### Dry Goods

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<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Whole-wheat fusilli</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole-wheat spaghetti</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Wild rice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All-purpose flour</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolled oats</td>
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</tbody>
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#### Nuts, Seeds & Fruits

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<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Unsalted peanut</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>butter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted pumpkin</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>seeds (pepitas),</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>unsalted</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Walnuts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
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#### Refrigerator Items

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<td></td>
<td></td>
</tr>
<tr>
<td>Skim milk</td>
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<tr>
<td>Eggs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unsalted butter</td>
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#### Oils, Vinegars & Condiments

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<tbody>
<tr>
<td>Grapeseed oil</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Raspberry vinegar</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1½ tsp. chile-garlic sauce</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2 Tbsp. mango</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chutney, such as</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Major Grey</td>
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#### Dry Goods

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<tbody>
<tr>
<td>Whole-wheat</td>
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<td></td>
<td></td>
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<tr>
<td>Fusilli</td>
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<tr>
<td>Whole-wheat</td>
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<td></td>
<td></td>
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<tr>
<td>Spaghetti</td>
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<tr>
<td>Whole-wheat</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Couscous</td>
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<tr>
<td>Wild rice</td>
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#### Canned & Bottled Goods

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</tr>
<tr>
<td>128-oz. can</td>
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<td></td>
</tr>
<tr>
<td>Diced tomatoes</td>
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</tr>
<tr>
<td>15-oz. can</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Lentils</td>
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<tr>
<td>½ cup red wine</td>
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#### Check Your Pantry For:

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### Week Four: 1,200-Calorie Meal Plan

**DAY 1**
- **Breakfast:**
  - Italian scrambled egg: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute with 1 tomato slice, ¼ cup diced part-skim mozzarella cheese and 2 Tbsp. fresh basil. 
  - 6 oz. nonfat plain cereal  
  - 1 cup skim milk  
  - Total Calories: 249

- **Mid-morning snack:**
  - 1 medium apple  
  - Total Calories: 95

- **Lunch:**
  - Italian scrambled egg: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute with 1 tomato slice, ¼ cup diced part-skim mozzarella cheese and 2 Tbsp. fresh basil. 
  - 1/2 cup vanilla or strawberry Greek yogurt with 1 cup 1% cottage cheese part-skim mozzarella cheese and 1 Tbsp. Lemon-Mint Vinaigrette salad greens with a squeeze of lemon, 6 spears steamed broccoli, 1/2 cup cooked quick-cooking barley  
  - Total Calories: 383

- **Afternoon snack:**
  - 12 cherry tomatoes  
  - Total Calories: 37

- **Dinner:**
  - Penne with Vodka Sauce & Capicola  
  - Greek yogurt  
  - Total Calories: 440

**DAY 2**
- **Breakfast:**
  - 6 oz. nonfat plain Greek yogurt  
  - Total Calories: 35

- **Mid-morning snack:**
  - 1 cup spoon-size shredded wheat cereal  
  - Total Calories: 167

- **Lunch:**
  - Avocado salad pita: ½ avocado (mashed) mixed with ¼ cup chickpeas (rinsed) and 1 Tbsp. lemon juice in 1 4-inch whole-wheat pita bread  
  - Total Calories: 299

- **Afternoon snack:**
  - 12 baby carrots  
  - Total Calories: 42

- **Dinner:**
  - Tomato-&-Olive-Stuffed Portobello Caps  
  - Wasabi Salmon Burgers  
  - Total Calories: 423

**DAY 3**
- **Breakfast:**
  - 6 oz. nonfat plain Greek yogurt  
  - Total Calories: 95

- **Mid-morning snack:**
  - 1 cup spoon-size shredded wheat cereal  
  - Total Calories: 167

- **Lunch:**
  - Avocado salad pita: ½ avocado (mashed) mixed with ¼ cup chickpeas (rinsed) and 1 Tbsp. lemon juice in 1 4-inch whole-wheat pita bread  
  - Total Calories: 359

- **Afternoon snack:**
  - 1 cup strawberries  
  - Total Calories: 57

- **Dinner:**
  - Wok-Seared Chicken Tenders with Asparagus & Pistachios  
  - Wok-Seared Chicken Tenders with Asparagus & Pistachios  
  - Total Calories: 470

**DAY 4**
- **Breakfast:**
  - 6 oz. nonfat plain Greek yogurt  
  - Total Calories: 100

- **Mid-morning snack:**
  - 1/2 cup vanilla or strawberry nonfat frozen yogurt  
  - Total Calories: 95

- **Lunch:**
  - Marmalade Chicken  
  - Sautéed Haddock with Orange-Shallot Sauce  
  - Total Calories: 442

- **Afternoon snack:**
  - 1 cup strawberries  
  - Total Calories: 53

- **Dinner:**
  - Scallion scrambled egg: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute with 1 tomato slice, ¼ cup diced part-skim mozzarella cheese and 1 Tbsp. scallions  
  - Total Calories: 100

**DAY 5**
- **Breakfast:**
  - 1 brown-rice cake  
  - Total Calories: 35

- **Mid-morning snack:**
  - 4-inch whole-wheat pita bread  
  - Total Calories: 262

- **Lunch:**
  - Tomatoes-&-Olive-Stuffed Pork Tenderloin  
  - Total Calories: 297

- **Afternoon snack:**
  - 1 cup strawberries  
  - Total Calories: 57

- **Dinner:**
  - Marmalade Chicken  
  - Sautéed Haddock with Orange-Shallot Sauce  
  - Total Calories: 470

**DAY 6**
- **Breakfast:**
  - 1 brown-rice cake  
  - Total Calories: 35

- **Mid-morning snack:**
  - 4-inch whole-wheat pita bread  
  - Total Calories: 262

- **Lunch:**
  - Tomatoes-&-Olive-Stuffed Pork Tenderloin  
  - Total Calories: 297

- **Afternoon snack:**
  - 1 cup strawberries  
  - Total Calories: 57

- **Dinner:**
  - Marmalade Chicken  
  - Sautéed Haddock with Orange-Shallot Sauce  
  - Total Calories: 470

**DAY 7**
- **Breakfast:**
  - 1 brown-rice cake  
  - Total Calories: 35

- **Mid-morning snack:**
  - 4-inch whole-wheat pita bread  
  - Total Calories: 262

- **Lunch:**
  - Tomatoes-&-Olive-Stuffed Pork Tenderloin  
  - Total Calories: 297

- **Afternoon snack:**
  - 1 cup strawberries  
  - Total Calories: 57

- **Dinner:**
  - Marmalade Chicken  
  - Sautéed Haddock with Orange-Shallot Sauce  
  - Total Calories: 470
Week Four: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

Shop For:

Produce

Fruit
- 2 large apples
- 1 medium apple
- 2 medium bananas
- 4 lemons
- 4 oranges
- 2 pears
- 2½ lb. strawberries

Vegetables
- ½ lb. asparagus
- 2 avocados
- ½ lb. broccoli
- 1½ lb. baby carrots
- 1 fennel bulb with fronds
- ½ lb. green beans
- 4 portobello mushroom caps (about 14 oz.)
- 6 cups mixed salad greens (about 6 oz.)
- 2 bunches scallions
- 3 large shallots
- 6 oz. snow peas
- 2 cups baby spinach (about 2 oz.)
- 1 medium sweet potato (about ¼ lb.)
- 10 cups cherry tomatoes
- 5 medium tomatoes
- 6 plum tomatoes

Fresh Herbs
- ginger (2-inch piece)
- 1 bunch basil
- 1 bunch mint
- 1 bunch parsley
- 1 bunch rosemary

Condiments & Flavorings
- 1 tsp. chile-garlic sauce
- 1 Tbsp. oyster sauce
- ½ cup Kalamata olives, pitted

Dry Foods
- 3 cups spoon-size shredded wheat
- 4 brown-rice cakes
- 4 multigrain crispbreads, such as Wasa

Bread
- 3 whole-wheat pita breads (4-inch)

Nuts, Seeds & Fruits
- 2 Tbsp. orange marmalade

Canned & Bottled Goods
- 1 28-oz. can crushed tomatoes
- 1 15-oz. can chickpeas
- ½ cup white wine
- ½ cup vodka

Refrigerator Items

Dairy
- ¼ cup half-&-half
- 7 6-oz. containers nonfat plain yogurt
- 1 cup 1% fat cottage cheese (no salt added)
- 1½ cups shredded part-skim mozzarella
- 2 oz. sliced low-fat Swiss cheese
- 1½ cups fat-free pasteurized egg substitute

Meat & Seafood
- 2 lb. chicken tenders
- 1 lb. pork tenderloin
- 2 oz. capicola or pancetta
- 1 lb. haddock filets
- 1 lb. wild salmon filets

Check Your Pantry For:

Dry Goods
- whole-wheat orzo
- whole-wheat penne
- quick-cooking barley
- whole-wheat couscous
- medium-grain brown rice
- all-purpose flour
- sugar
- honey
- cornstarch

Nuts, Seeds & Fruits
- pistachios
- tart dried cherries

Canned & Bottled Goods
- reduced-sodium chicken broth

Refrigerator Items
- skim milk
- unsalted butter
- eggs
Baked Curried Brown Rice & Lentil Pilaf

Makes: 4 servings, 1¼ cups each  
Active time: 5 minutes  
Total: 1 hour

Pop this fast and fragrant vegetarian dish into the oven and forget it till the timer rings.

1 tablespoon butter  
1 cup brown basmati or brown jasmine rice  
4½ cups water  
4 cloves garlic, peeled  
1 cinnamon stick  
4 1/8-inch-thick slices peeled fresh ginger  
1-2 teaspoons red curry paste (see Tip) or 1 tablespoon curry powder  
1/2 teaspoon salt  
4 scallions, trimmed and sliced

1. Place rack in lower third of oven; preheat to 350ºF.  
2. Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring, until lightly toasted, about 1½ minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds.) Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste, if using, and salt; bring to a boil, stirring to dissolve the curry paste.  
3. Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.  

Per serving: 338 calories; 5 g fat (2 g sat, 1 g mono); 8 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 16 g protein; 13 g fiber; 327 mg sodium; 578 mg potassium.  

Nutrition bonus: Folate (65% daily value), Iron (31% dv), Potassium (17% dv)  
Carbohydrate Servings: 3⅓

Exchanges: 3½ starch, 1½ very lean meat, ½ fat

Tip: Red curry paste is a blend of chile peppers, garlic, lemongrass and galangal (a root with a flavor similar to ginger). Look for it in jars or cans in the Asian section of the supermarket or specialty stores.

Curried Tofu Salad

Makes: 6 servings, 2/3 cup each  
Active time: 20 minutes  
Total: 20 minutes  
To make ahead: Cover and refrigerate for up to 2 days.

Red grapes and mango chutney infuse a little sweetness into this vegetarian nod to the classic curried chicken salad.

3 tablespoons low-fat plain yogurt  
2 tablespoons reduced-fat mayonnaise  
2 tablespoons prepared mango chutney  
2 teaspoons hot curry powder, preferably Madras  
1/4 teaspoon salt  
Freshly ground pepper to taste  
1 14-ounce package extra-firm water-packed tofu, drained, rinsed and finely crumbled (see Tip)  
2 stalks celery, diced  
1 cup red grapes, sliced in half  
1/2 cup sliced scallions  
1/4 cup chopped walnuts

Whisk yogurt, mayonnaise, chutney, curry powder, salt and pepper in a large bowl. Stir in tofu, celery, grapes, scallions and walnuts.  

Per serving: 128 calories; 7 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 13 g carbohydrate; 7 g protein; 2 g fiber; 254 mg sodium; 268 mg potassium.  

Nutrition bonus: Calcium (17% daily value).  
Carbohydrate Servings: 1

Exchanges: 1 other carb, 1 medium-fat meat

Tip: We prefer water-packed tofu from the refrigerated section of the supermarket. Crumbling it into uneven pieces creates more surface area, improving the texture and avoiding the blocky look that turns many people away.
**Lentil Burgers**

Makes: 4 servings  
Active time: 25 minutes  
Total: 25 minutes  
To make ahead: Prepare through Step 1, tightly wrap in plastic and refrigerate for up to 1 day or freeze for up to 3 months. If frozen, let defrost in the refrigerator before cooking.

Walnuts and fresh marjoram accent these vegan lentil burgers. Substitute oregano for marjoram if you like. Look for vegetarian Worcestershire—flavored with molasses, soy sauce and vinegar instead of anchovies—near other bottled sauces in natural-foods stores or in the natural-foods section of well-stocked supermarkets.

1 large clove garlic, peeled  
1/4 teaspoon kosher salt  
1/2 cup walnuts, toasted  
2 slices whole-wheat sandwich bread, crusts removed, torn into pieces  
1 tablespoon chopped fresh marjoram or 1 teaspoon dried  
1/4 teaspoon freshly ground pepper  
1 1/2 cups cooked or canned (rinsed) lentils  
2 teaspoons Worcestershire sauce, vegetarian or regular  
3 teaspoons canola oil, divided  
4 whole-wheat hamburger buns, toasted  
1 tablespoon brown sugar  
1 14-ounce package extra-firm water-packed tofu, drained, rinsed and cut into 1/2-inch cubes  
2 teaspoons Worcestershire sauce, vegetarian or regular  
3 tablespoons rice-wine vinegar  
2 tablespoons ketchup  
2 tablespoons reduced-sodium soy sauce  
1 tablespoon brown sugar  
1 large red bell pepper, cut into 1/2-by-2-inch strips  
1 large green bell pepper, cut into 1/2-by-2-inch strips

1. Coarsely chop garlic; sprinkle with salt and mash to a paste with the side of the knife. Coarsely chop walnuts in a food processor. Add bread, marjoram, pepper and the garlic paste; process until coarse crumbs form. Add lentils and Worcestershire; process until the mixture just comes together in a mass. Form into four 3-inch patties (about 1/3 cup each).
2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook the patties until browned on the bottom, 2 to 4 minutes. Carefully turn over; reduce heat to medium-low. Drizzle the remaining 1 teaspoon oil around the burgers and cook until browned on the other side and heated through, 4 to 6 minutes more. Serve on buns with lettuce, tomato (or red pepper) and onion.

Per serving: 374 calories; 15 g fat (2 g sat, 4 g mono); 0 mg cholesterol; 49 g carbohydrate; 4 g added sugars; 15 g protein; 12 g fiber; 368 mg sodium; 615 mg potassium.

Nutrition bonus: Folate (47% daily value), Iron (28% dv), Magnesium (27% dv), Potassium (18% dv), Zinc (18% dv)

Carbohydrate Servings: 3  
Exchanges: 3½ starch, 2 lean meat, 2½ fat

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**Sweet & Sour Tofu**

Makes: 4 servings, 1 1/2 cups each  
Active time: 35 minutes  
Total: 40 minutes  
To make ahead: The tofu can be marinated (Step 1) up to 30 minutes in advance.

This Chinese-restaurant standard is a simple dish to prepare at home. If you like, add a pinch of crushed red pepper or chile-garlic sauce to give the sauce a little heat.

1. Drain and set aside pineapple, reserving 1/4 cup of the juice. Whisk the reserved pineapple juice, vinegar, ketchup, soy sauce and sugar in a medium bowl until smooth. Place tofu in a large bowl; toss with 3 tablespoons of the sauce. Let marinate for at least 5 minutes and up to 30 minutes.
2. Meanwhile, add cornstarch to the remaining sauce and whisk until smooth.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Transfer the tofu to the pan using a slotted spoon; whisk any remaining marinade into the bowl of reserved sauce. Cook the tofu, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.
4. Add the remaining oil to the pan and heat over medium heat. Add garlic and ginger and cook, stirring constantly, until fragrant, about 30 seconds. Add red and green peppers and cook, stirring often, until just tender, 2 to 3 minutes. Pour in the reserved sauce and cook, stirring, until thickened, about 30 seconds. Add the tofu and pineapple and cook, stirring gently, until heated through, about 2 minutes more.

Per serving: 275 calories; 12 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 37 g carbohydrate; 4 g added sugars; 10 g protein; 4 g fiber; 368 mg sodium; 549 mg potassium.

Nutrition bonus: Vitamin C (100% daily value), Vitamin A (32% dv), Calcium (24% dv), Magnesium (18% dv), Potassium (16% dv), Iron (15% dv)

Carbohydrate Servings: 2

Exchanges: 1 fruit, 1 other carb, 1 medium-fat meat, 1 fat (mono)
### Tomato-&-Olive-Stuffed Portobello Caps

Makes: 4 servings  
Active time: 35 minutes  
Total: 40 minutes

Portobello caps make excellent mini casseroles. Here, they hold a tomato, cheese and olive stuffing that grills up to a smoky perfection.

**Sauce**  
- 5 tablespoons water  
- 4 tablespoons smooth natural peanut butter  
- 1 tablespoon rice vinegar (see Tip)  
-or white vinegar
- 2 teaspoons reduced-sodium soy sauce  
- 2 teaspoons honey  
- 2 teaspoons minced ginger  
- 2 cloves garlic, minced

**Tofu & Vegetables**  
- 14 ounces extra-firm tofu, preferably water-packed  
- 2 teaspoons extra-virgin olive oil  
- 4 cups baby spinach (6 ounces)  
- 1½ cups sliced mushrooms (4 ounces)  
- 4 scallions, sliced (1 cup)  
- ½ cup chopped plum tomatoes  
- ½ cup shredded part-skim mozzarella cheese  
- ¼ cup chopped Kalamata olives  
- 1 teaspoon minced garlic  
- 2 teaspoons extra-virgin olive oil, divided  
- ½ teaspoon finely chopped fresh rosemary or ¼ teaspoon dried pepper

1. Combine tomatoes, cheese, olives, garlic, 1 teaspoon oil, rosemary and pepper in a small bowl.  
2. Preheat grill to medium.  
3. Discard mushroom stems. Remove brown gills from the undersides of the caps using a spoon; discard gills. Mix the remaining 1 teaspoon oil, lemon juice and soy sauce in a small bowl. Brush the mixture over both sides of the caps.  
4. Oil a grill rack (see Tip). Place the caps on the rack, stem sides down, cover and grill until soft, about 5 minutes per side. Remove from the grill and fill with the tomato mixture. Return to the grill, cover, and cook until the cheese is melted, about 3 minutes more.

**Per serving:** 118 calories; 8 g fat (2 g sat, 4 g mono); 9 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 338 mg sodium; 430 mg potassium.  
**Nutrition bonus:** Vitamin C (26% daily value)

| Exchanges: 1 vegetable, 1 high-fat meat

**Tip:** Rice vinegar (or rice-wine vinegar) is mild, slightly sweet vinegar made from fermented rice. Find it in the Asian section of supermarkets and specialty stores.

### Tofu with Peanut-Ginger Sauce

Makes: 4 servings, generous ¾ cup each  
Active time: 15 minutes  
Total: 25 minutes

Tofu and vegetables get a dramatic lift from a spicy peanut sauce in this low-calorie, nutrient-packed vegetarian entree.

**Sauce**  
- 5 tablespoons water  
- 4 tablespoons smooth natural peanut butter  
- 1 tablespoon rice vinegar (see Tip)  
-or white vinegar
- 2 teaspoons reduced-sodium soy sauce  
- 2 teaspoons honey  
- 2 teaspoons minced ginger

**Tofu & Vegetables**  
- 14 ounces extra-firm tofu, preferably water-packed  
- 2 teaspoons extra-virgin olive oil  
- 4 cups baby spinach (6 ounces)  
- 1½ cups sliced mushrooms (4 ounces)  
- 4 scallions, sliced (1 cup)

1. To prepare sauce: Whisk water, peanut butter, rice vinegar (or white vinegar), soy sauce, honey, ginger and garlic in a small bowl.  
2. To prepare tofu: Drain and rinse tofu; pat dry. Slice the block crosswise into eight ½-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.  
3. Heat oil in a large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes more.  
4. Add spinach, mushrooms, scallions and the peanut sauce and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more.  

**Per serving:** 221 calories; 14 g fat (2 g sat, 3 g mono); 0 mg cholesterol; 15 g carbohydrate; 3 g added sugars; 12 g protein; 4 g fiber; 231 mg sodium; 262 mg potassium.  
**Nutrition bonus:** Vitamin A (33% daily value), Calcium (21% dv), Iron (19% dv), Vitamin C (17%)

| Exchanges: 2 vegetable 2 medium-fat meat

**Tip:** Rice vinegar (or rice-wine vinegar) is mild, slightly sweet vinegar made from fermented rice. Find it in the Asian section of supermarkets and specialty stores.
White Bean Soup (Fassoulatha)
Makes: 8 servings
Active time: 30 minutes Total: 2½ hours

Creamy white beans provide the heft and protein to this simple, flavorful soup. The recipe calls for dried beans, but to make this recipe in under 30 minutes, you can use four 15-ounce cans of your favorite white beans (rinse well to cut the sodium in the canning liquid).

1 pound dried white beans, soaked overnight
2 tablespoons extra-virgin olive oil
2 large onions, finely chopped
2 stalks celery, finely chopped
2 large carrots, finely chopped
1 quart water

2 large ripe tomatoes, peeled and mashed, or 1 tablespoon tomato paste
2 teaspoons dried oregano
1 teaspoon salt
¼ teaspoon cayenne pepper
Freshly ground pepper to taste

1. Drain beans and cook them, covered, in a large pot of boiling water until tender, about 1½ hours. Drain.
2. Heat oil in a Dutch oven or soup pot over medium heat. Sauté onions, celery and carrots for 3 to 5 minutes. Add water, the cooked beans, tomatoes, oregano, salt, cayenne and pepper. Simmer vegetables are tender, about 20 minutes. Taste and adjust seasonings.

Per serving: 258 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 13 g protein; 16 g fiber; 326 mg sodium; 895 mg potassium.

Nutrition bonus: Vitamin A (70% daily value), Folate (52% dv), Magnesium (27% dv), Potassium (26% dv), Iron (24% dv), Vitamin C (17% dv)

Carbohydrate Servings: 2½
Exchanges: 2 starch, 1 vegetable, 2 very lean meat, 1 fat
Dinner: Fish & Seafood

**Cajun Pecan-Crusted Catfish**

**Makes:** 4 servings  
**Active time:** 15 minutes  
**Total:** 40 minutes  

Here, catfish fillets are coated in a spicy melange of cornflakes and pecans and baked for a traditional yet surprisingly healthy take on a battered bayou favorite.

1/2 cup nonfat buttermilk  
1/4 teaspoon garlic salt  
1/4 teaspoon hot sauce, such as Tabasco, or 1/8 teaspoon cayenne pepper, or to taste  
1/2 teaspoon dried oregano  
1/2 teaspoon chili powder  
1/4 teaspoon salt  
2 cups cornflakes  
1/2 cup pecan pieces  
1 pound catfish fillets, about 1 inch thick, cut into 4 portions

1. Preheat oven to 375°F. Line a baking sheet with foil.  
2. Blend buttermilk, hot sauce (or cayenne), oregano, chili powder and garlic salt in a shallow dish. Pulse cornflakes in a food processor until coarse crumbs form. Transfer to a large plate. Pulse pecans in the food processor until coarsely chopped; mix the pecans with the cornflake crumbs. (Alternatively, place cornflakes in a sealable bag and crush with a rolling pin; chop nuts with a knife.)

3. Dip each catfish fillet in the buttermilk mixture, then dredge in the cornflake mixture, coating both sides. Transfer to the prepared baking sheet.

4. Bake the catfish for 25 minutes, or until it flakes easily with a fork. Serve immediately.

**Per serving:** 302 calories; 17 g fat (2 g sat, 8 g mono); 63 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 21 g protein; 3 g fiber; 240 mg sodium; 438 mg potassium.

**Carbohydrate Servings:** 1  
**Exchanges:** 1 starch, 3 lean meat, 1 fat

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**Grilled Rosemary-Salmon Skewers**

**Makes:** 4 servings, 2 skewers each  
**Active time:** 30 minutes  
**Total:** 30 minutes  

To make ahead: Prepare the skewers (Step 2), cover and refrigerate for up to 8 hours. Proceed with grilling (Steps 1 & 3) when ready to serve.

**Equipment:** Eight 12-inch skewers

If you can find (or grow) them, use sturdy rosemary branches, stripped of leaves, as skewers for these Italian salmon kebabs; they’ll add a subtle, smoky flavor that hints of pine. Oil your grill well to prevent sticking, don’t move the kebabs around unnecessarily and keep a close eye on the fire to avoid flare-ups.

2 teaspoons minced fresh rosemary  
2 teaspoons extra-virgin olive oil  
2 cloves garlic, minced  
1 teaspoon freshly grated lemon zest  
1 teaspoon lemon juice  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly ground pepper  
1 pound center-cut salmon fillet, skinned (see Tip, page 19) and cut into 1-inch cubes  
1 pint cherry tomatoes

1. Preheat grill to medium-high.

2. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.

3. Oil the grill rack. Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

**Per serving:** 172 calories; 7 g fat (1 g sat, 3 g mono); 53 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 200 mg sodium; 607 mg potassium.

**Nutrition bonus:** Vitamin C (21% daily value), Potassium (17% dv), Vitamin A (16% dv).

**Carbohydrate Servings:** 0  
**Exchanges:** 3½ lean meat
Oven-Fried Fish & Chips

Makes: 4 servings
Active time: 25 minutes  Total: 45 minutes

Fish and chips are traditionally sold wrapped in paper to soak up all the grease—not a good sign. To cut the calories in half and reduce the fat, this recipe coats the delicate fish in a crispy cornflake crust and then bakes it along with sliced potatoes.

- Canola or olive oil cooking spray
- 1 1/2 pounds russet potatoes, scrubbed and cut into 1/4-inch-thick wedges
- 4 teaspoons canola oil
- 1 1/2 teaspoons Cajun or Creole seasoning, divided
- 2 cups cornflakes
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 2 large egg whites, beaten
- 1 pound cod or haddock, cut into 4 portions

1. Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray.
2. Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and 3/4 teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes.
3. Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining 3/4 teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray.
4. Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

Per serving: 322 calories; 5 g fat (0 g sat, 3 g mono); 53 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 24 g protein; 3 g fiber; 351 mg sodium; 1,031 mg potassium.

Nutrition bonus: Vitamin C (57% daily value), Potassium (29% dv).

Exchanges: 3 starch, 3 lean meat

Poached Salmon with Creamy Piccata Sauce

Makes: 4 servings
Active time: 20 minutes  Total: 20 minutes

Easy poached salmon is sophisticated with a creamy caper-and-lemon sauce.

- 1 pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions
- 1 cup dry white wine, divided
- 2 teaspoons extra-virgin olive oil
- 1 large shallot, minced
- 2 tablespoons lemon juice
- 4 teaspoons capers, rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh dill

1. Place salmon in a large skillet. Add 1/2 cup wine and enough water to just cover the salmon. Bring to a boil over high heat. Reduce to a simmer, turn the salmon over, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a medium skillet over medium-high heat. Add shallot and cook, stirring, until fragrant, about 30 seconds. Add the remaining 1/2 cup wine; boil until slightly reduced, about 1 minute. Stir in lemon juice and capers; cook 1 minute more. Remove from the heat; stir in sour cream and salt. To serve, top the salmon with the sauce and garnish with dill.

Per serving: 229 calories; 8 g fat (2 g sat, 4 g mono); 59 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 23 g protein; 296 mg sodium; 506 mg potassium.

Carbohydrate Servings: 0
Exchanges: 3 lean meat, 1 fat

Tip: To skin a salmon fillet, place it skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.
Salmon with Pepita-Lime Butter

Makes: 4 servings  
Active time: 20 minutes  
Total: 20 minutes

Lime juice, chili powder and pepitas give this salmon Mexican flair.

2 tablespoons unsalted pepitas  
(see Tip)  
1 tablespoon butter  
½ teaspoon freshly grated lime zest  
2 tablespoons lime juice  
¼ teaspoon chili powder  
1 pound salmon fillet, skinned (see Tip, page 19) and cut into 4 portions  
½ teaspoon salt  
¼ teaspoon freshly ground pepper

1. Toast pepitas (see Tip). Place in a small bowl with butter, lime zest, lime juice and chili powder.
2. Generously coat a large nonstick skillet with cooking spray and place over medium heat. Sprinkle salmon with salt and pepper, add to the pan and cook until browned and just cooked through in the center, 2 to 4 minutes per side. Remove the pan from the heat. Transfer the salmon to a plate. Add the butter-lime mixture to the hot pan; stir until the butter is melted. Serve the salmon topped with the sauce.

Per serving: 185 calories; 9 g fat (3 g sat, 3 g mono); 61 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 24 g protein; 350 mg sodium; 466 mg potassium.

Nutrition bonus: Vitamin D (10% daily value).

Carbohydrate Servings: 0

Exchanges: 3 lean meat, 1 fat

Tip: Pepitas (hulled pumpkin seeds) can be found in the bulk-foods section of natural-foods stores or Mexican groceries. To toast, place pepitas in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Sautéed Haddock with Orange-Shallot Sauce

Makes: 4 servings  
Active time: 30 minutes  
Total: 30 minutes

In this easy haddock recipe, the fish’s delicate flavor is wonderfully balanced by the sweet and savory combination of orange, shallot and mustard. You can also make this haddock recipe with flounder or sole.

½ cup all-purpose flour  
¼ teaspoon salt, or to taste  
Freshly ground pepper to taste  
1 pound haddock fillets, flounder or sole  
1 tablespoon extra-virgin olive oil  
1 large shallot, finely chopped (about ½ cup)  
1 tablespoon extra-virgin olive oil  
2 heaping teaspoons Dijon mustard  
2 teaspoons butter  
2 tablespoons chopped fresh parsley

1. Mix flour, salt and pepper in a shallow dish. Thoroughly dredge fish fillets in the mixture.
2. Heat oil in a large nonstick skillet over medium-high heat until shimmering but not smoking. Add the fish and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Transfer to a plate and cover loosely with foil.
3. Add shallot to the pan and cook over medium-high heat, stirring often, until softened and beginning to brown, about 3 minutes. Add wine and bring to a simmer, scraping up any browned bits. Cook until most of the liquid has evaporated, 1 to 2 minutes. Add orange juice and mustard; bring to a boil. Reduce heat to low and simmer until the sauce thickens a bit, about 5 minutes. Add butter and parsley; stir until the butter has melted. Transfer fish to individual plates, top with sauce and serve.

Per serving: 205 calories; 6 g fat (2 g sat, 3 g mono); 63 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 19 g protein; 0 g fiber; 322 mg sodium; 516 mg potassium.

Nutrition bonus: Vitamin C (59% daily value).

Carbohydrate Servings: 1

Exchanges: ½ fruit, ½ vegetable, 3 lean protein, 1 fat
**Thyme- & Sesame-Crusted Halibut**

**Makes:** 4 servings  
**Active time:** 10 minutes  
**Total:** 30 minutes

Quickly roasting fish at high heat keeps it moist and succulent. The thyme-and-sesame crust gives this halibut a distinctive finish.

1. Preheat oven to 450°F. Line a baking sheet with foil.
2. Mix lemon juice, oil, garlic and pepper in a shallow glass dish. Add fish and turn to coat. Cover and marinate in the refrigerator for 15 minutes.
3. Meanwhile, toast sesame seeds in a small dry skillet over medium-low heat, stirring constantly, until golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool. Mix in thyme.
4. Sprinkle the fish with salt and coat evenly with the sesame seed mixture, covering the sides as well as the top. Transfer the fish to the prepared baking sheet and roast until just opaque in the center, 10 to 14 minutes. Serve with lemon wedges.

Per serving: 225 calories; 11 g fat (2 g sat, 6 g mono); 69 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 28 g protein; 1 g fiber; 244 mg sodium; 655 mg potassium.

Nutrition bonus: Potassium (19% daily value)

**Carbohydrate Servings:** 0

**Exchanges:** 4½ very lean protein, 1½ fat

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**Wasabi Salmon Burgers**

**Makes:** 4 servings  
**Active time:** 30 minutes  
**Total:** 30 minutes

Bring out the flavors of salmon with a Japanese-inspired infusion of ginger, sesame oil and wasabi. You could also serve these on whole-wheat buns, perhaps with reduced-fat mayonnaise and sliced cucumbers as condiments—just account for calories accordingly.

1. Whisk soy sauce, wasabi powder and honey in a small bowl until smooth. Set aside.
2. With a large chef’s knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy). Continue chopping, rotating the knife, until you have a mass of roughly ¼-inch pieces. Transfer to a large bowl. Add scallions, egg, ginger and oil; stir to combine. Form the mixture into 4 patties. The mixture will be moist and loose, but holds together nicely once the first side is cooked.
3. Coat a large nonstick skillet with cooking spray and heat over medium heat for 1 minute. Add the patties and cook for 4 minutes. Turn and continue to cook until firm and fragrant, about 3 minutes. Spoon the reserved wasabi glaze evenly over the burgers and cook for 15 seconds more. Serve immediately.

Per serving: 174 calories; 7 g fat (2 g sat, 2 g mono); 100 mg cholesterol; 3 g carbohydrate; 1 g added sugars; 25 g protein; 0 g fiber; 342 mg sodium; 484 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 4 lean meat

**Tip:** Wasabi powder, when mixed with water, becomes the green paste most of us know from sushi restaurants. The powder is available in jars in the Asian aisle of most supermarkets or in almost all Asian markets. Store at room temperature for up to 1 year.
### Dinner: Poultry

#### Chipotle-&-Orange Grilled Chicken

**Makes:** 4 servings  
**Active time:** 10 minutes  
**Total:** 25 minutes

Chipotle peppers in adobo sauce contribute a rich smokiness to this quick orange-infused barbecue sauce.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>orange-juice concentrate, thawed</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>finely chopped chipotle peppers in adobo sauce (see Tip)</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>balsamic vinegar</td>
<td>1 tablespoon</td>
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<tr>
<td>chipotle peppers in adobo sauce</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>vinegar</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>molasses</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>mustard</td>
<td>1 teaspoon</td>
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</tbody>
</table>

1. Preheat grill or broiler.  
2. Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl.  
3. Lightly oil the grill or broiler rack (see Tip). Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.  

**Per serving:** 150 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 7 g carbohydrate; 2 g added sugars; 23 g protein; 0 g fiber; 227 mg sodium; 302 mg potassium.  
**Nutrition bonus:** Vitamin C (21% daily value), Calcium (20% dv)

**Carbohydrate Servings:** 1/2  
**Exchanges:** 3 1/2 very lean meat  

**Tip:** Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they’ll keep up to 2 weeks in the refrigerator or 6 months in the freezer.

#### Lemon & Dill Chicken

**Makes:** 4 servings  
**Active time:** 30 minutes  
**Total:** 30 minutes

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>chicken breasts</td>
<td>4 boneless, skinless</td>
</tr>
<tr>
<td>broccoli</td>
<td>3 cloves garlic, minced</td>
</tr>
<tr>
<td>lemon juice</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>onion</td>
<td>1/4 cup finely chopped</td>
</tr>
<tr>
<td>canola or olive oil</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>chicken broth</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

1. Season chicken breasts on both sides with salt and pepper. Heat 1 teaspoon oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.  
2. Reduce heat to medium. Add the remaining 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.  
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.  

**Per serving:** 170 calories; 6 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 339 mg sodium; 272 mg potassium.  
**Carbohydrate Servings:** 0  
**Exchanges:** 3 lean meat, 1 fat
Marmalade Chicken
Makes: 4 servings
Active time: 20 minutes Total: 20 minutes
Orange marmalade and freshly grated orange zest make a deliciously tangy sauce for quick-cooking chicken tenders.

1 cup reduced-sodium chicken broth
2 tablespoons red-wine vinegar
2 tablespoons orange marmalade
1 teaspoon Dijon mustard
1 teaspoon cornstarch
1 pound chicken tenders (see Tip)

1/2 teaspoon kosher salt
1/4 teaspoon freshly ground pepper
6 teaspoons extra-virgin olive oil, divided
2 large shallots, minced
1 teaspoon freshly grated orange zest

1. Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl. Sprinkle chicken with salt and pepper. Heat 4 teaspoons oil in a large skillet over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.

2. Add the remaining 2 teaspoons oil and shallots to the pan and cook, stirring often, until beginning to brown, about 30 seconds. Whisk the broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened, 30 seconds to 2 minutes. Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

Per serving: 227 calories; 10 g fat (2 g sat, 6 g mono); 63 mg cholesterol; 10 g carbohydrate; 6 g added sugars; 24 g protein; 0 g fiber; 357 mg sodium; 296 mg potassium.
Carbohydrate Servings: 1/2
Exchanges: 1/2 other carbohydrate, 3 1/2 lean meat

Tip: Chicken tenders are the virtually fat-free strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion.

North Country Braised Chicken
Makes: 8 servings
Active time: 30 minutes Total: 45 minutes
Homey, hearty and flavorful, this easy chicken stew recipe sings with apple cider, rutabaga and pears.

4 boneless, skinless chicken breasts (8-9 ounces each)
1 large rutabaga, peeled and cut into ¼-by-2-inch julienne
1 cup reduced-sodium chicken broth
3/4 cup all-purpose flour
3 tablespoons canola oil, divided
1/2 teaspoon salt, divided
1/2 teaspoon ground pepper, divided
1/2 cup reduced-sodium chicken broth
2 medium onions, coarsely chopped
1 cup apple cider
4 firm ripe pears
1/4 cup lemon juice
1 tablespoon chopped fresh thyme or 1 teaspoon dried

1. Cut each chicken breast in half on the diagonal to make 8 roughly equal portions. Place flour on a plate and dredge the chicken to coat well on all sides, shaking off excess. (Reserve unused flour.)

2. Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add half the chicken and cook until golden, about 3 minutes per side. Remove to a plate and season with 1/8 teaspoon each salt and pepper. Add 1 teaspoon oil to the pot and brown the remaining chicken. Remove to the plate and season with 1/8 teaspoon each salt and pepper. Set aside.

3. Reduce heat to medium-low. Heat the remaining 1 teaspoon oil and add onions. Stir until golden brown, about 5 minutes. Add the reserved flour and stir 1 minute more. Gradually add apple cider and stir until thickened, about 2 minutes. Add rutabaga and broth. Bring to a simmer. Reduce heat to low, cover and simmer until the rutabaga is tender, 15 to 20 minutes.

4. Meanwhile, peel pears and cut into ¼-inch dice. Transfer to a bowl and stir in lemon juice and thyme. Add to the cooked rutabaga and season with the remaining 1/2 teaspoon each salt and pepper. Lay the reserved chicken on top; cover. Cook until the chicken is no longer pink in the center and the pears are tender, 5 to 6 minutes more.

Per serving: 268 calories; 5 g fat (1 g sat, 2 g mono); 63 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 26 g protein; 6 g fiber; 291 mg sodium; 701 mg potassium.
Nutrition bonus: Vitamin C (57% daily value), Potassium (20% dv)
Carbohydrate Servings: 2
Exchanges: 1 1/2 fruit, 2 vegetable, 3 lean meat
Paprika-Herb Rubbed Chicken

Makes: 4 servings  
Active time: 5 minutes  Total: 25 minutes  
To make ahead: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

A simple combination of herbes de Provence, paprika, salt and pepper makes a flavorful rub.

1 tablespoon herbes de Provence
(see Tip)
2 teaspoons paprika
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground pepper

1-1/4 pounds boneless, skinless chicken breast

1. Combine herbes de Provence, paprika, salt and pepper in a small bowl.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

Per serving: 127 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 196 mg sodium; 223 mg potassium.

Tips:
Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in well-stocked supermarkets, in the bulk spice section at some natural foods stores and/or gourmet markets. It’s also easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.

Peanut Noodles with Shredded Chicken & Vegetables

Makes: 6 servings, 1 1/2 cups each  
Active time: 30 minutes  Total: 30 minutes  
To make ahead: Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave.

If you can’t find a bagged vegetable medley for this easy noodle bowl, choose 12 ounces of cut vegetables from your market’s salad bar and create your own mix.

1 pound boneless, skinless chicken breasts
1/2 cup smooth natural peanut butter
2 tablespoons reduced-sodium soy sauce
2 teaspoons minced garlic

1 1/2 teaspoons chile-garlic sauce, or to taste (see Tip)
1 teaspoon minced fresh ginger
8 ounces whole-wheat spaghetti
1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas

1. Put a large pot of water on to boil for cooking pasta.
2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
3. Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.
4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

Per serving: 371 calories; 13 g fat (2 g sat, 1 g mono); 42 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 23 g protein; 196 mg sodium; 223 mg potassium.

Nutrition bonus: Vitamin A (76% daily value), Vitamin C (48% dv), Magnesium (21% dv), Iron (16% dv).

Carbohydrate Servings: 2 1/2
Exchanges: 2 starch, 1 1/2 vegetable, 3 lean meat

Tips:
Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets.
Spicy Tunisian Grilled Chicken

Makes: 4 servings
Active time: 5 minutes Total: 25 minutes
To make ahead: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

This spicy rub of coriander, caraway and hot pepper is lovely on grilled chicken. If you prefer your food less spicy, reduce the amount of crushed red pepper.

2 teaspoons coriander seeds
2 teaspoons caraway seeds
3/4 teaspoon crushed red pepper
3/4 teaspoon garlic powder

1. Grind coriander seeds, caraway seeds and crushed red pepper in a spice grinder (or mortar and pestle) until finely ground. Transfer to a small bowl and stir in garlic powder and salt.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack (see Tip). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.

Per serving: 131 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 195 mg sodium; 228 mg potassium.

Nutrition bonus: Vitamin A (10%)

Exchanges: 3 lean meat

Turkey with Blueberry Pan Sauce

Makes: 4 servings
Active time: 35 minutes Total: 40 minutes

Blueberries are terrific in both sweet and savory dishes and they work especially well with thyme.

1/4 cup all-purpose flour
1/4 teaspoon salt, divided
1/2 teaspoon freshly ground pepper
1 pound turkey tenderloin (see Tip)
1 tablespoon extra-virgin olive oil

1. Preheat oven to 450°F. Whisk flour, 1/2 teaspoon salt and pepper in a shallow dish. Dredge turkey in the mixture. (Discard any leftover flour.)
2. Heat oil in a large ovenproof skillet over high heat. Add the turkey; cook until golden brown on one side, 3 to 5 minutes. Turn the turkey over and transfer the pan to the oven. Roast until the turkey is just cooked through and no longer pink in the middle, 15 to 20 minutes. Transfer the turkey to a plate and tent with foil to keep warm.
3. Place the skillet over medium heat. (Take care, the handle will still be very hot.) Add shallots and thyme and cook, stirring constantly, until the shallots begin to brown, 30 seconds to 1 minute. Add blueberries, vinegar and the remaining 1/4 teaspoon salt; continue cooking, stirring occasionally and scraping up any brown bits, until the blueberries burst and release their juices and the mixture becomes thick and syrupy, 4 to 5 minutes. Slice the turkey and serve with the blueberry pan sauce.

Per serving: 220 calories; 5 g fat (1 g sat, 3 g mono); 45 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 29 g protein; 2 g fiber; 285 mg sodium; 157 mg potassium.

Nutrition bonus: Vitamin C (15%)

Exchanges: 1 fruit, 4 very lean meat

Tip: A turkey tenderloin is an all-white piece that comes from the rib side of the breast. Tenderloins typically weigh between 7 and 14 ounces each and can be found with other turkey products in the meat section of most supermarkets.

Tip: It’s difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers.
Wok-Seared Chicken Tenders with Asparagus & Pistachios

Makes: 4 servings, about 1¼ cups each
Active time: 25 minutes  Total: 25 minutes

Here's an East-meets-West stir-fry that will soon become a family favorite.

1 tablespoon toasted sesame oil
1½ pounds fresh asparagus, tough ends trimmed, cut into 1-inch pieces
1 pound chicken tenders, cut into bite-size pieces
4 scallions, trimmed and cut into 1-inch pieces
2 tablespoons minced fresh ginger
1 tablespoon oyster-flavored sauce
1 teaspoon chile-garlic sauce (see Tip, page 24)
¼ cup shelled salted pistachios, coarsely chopped

Heat oil in a wok or large skillet over high heat. Add asparagus; cook, stirring, for 2 minutes. Add chicken; cook, stirring, for 4 minutes. Stir in scallions, ginger, oyster sauce and chile-garlic sauce; cook, stirring, until the chicken is juicy and just cooked through, 1 to 2 minutes more. Stir in pistachios and serve immediately.

Per serving: 224 calories; 10 g fat (2 g sat, 4 g mono); 63 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 27 g protein; 3 g fiber; 278 mg sodium; 510 mg potassium.

Nutrition bonus: Folate (36% daily value), Vitamin A (22% dv), Vitamin C (17% dv).

Carbohydrate Servings: ½
Exchanges: 1 vegetable, 4 lean meat, 1 fat
Dinner: Meat

Apple-&-Fennel Roasted Pork Tenderloin
Makes: 4 servings
Active time: 45 minutes Total: 45 minutes
Roasted apples, fennel and red onion team up perfectly with roasted pork tenderloin.

- 2 large sweet-tart apples, such as Fuji or Braeburn, sliced
- 1 large bulb fennel, trimmed, cored and thinly sliced, plus 1 tablespoon chopped fronds for garnish
- 1 large red onion, sliced
- 1 tablespoon plus 2 teaspoons canola oil, divided
- 1 pound pork tenderloin, trimmed
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons cider vinegar

1. Position racks in upper and lower thirds of oven; preheat to 475°F.
2. Toss apples, sliced fennel and onion with 1 tablespoon oil in a large bowl. Spread out on a rimmed baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes.
3. About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat. Sear the pork on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast until just barely pink in the center and an instant-read thermometer registers 145°F, 12 to 14 minutes.
4. Transfer the pork to a cutting board and let rest for 5 minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.

Per serving: 269 calories; 9 g fat (1 g sat, 5 g mono); 74 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 25 g protein; 5 g fiber; 374 mg sodium; 882 mg potassium.

Nutrition bonus: Vitamin C (26% daily value), Potassium (26% dv), Zinc (16% dv)

Carbohydrate Servings: 1 | Exchanges: 1 fruit, 1 vegetable, 3 lean meat

Penne with Vodka Sauce & Capicola
Makes: 6 servings
Active time: 20 minutes Total: 35 minutes
Our velvety tomato sauce is spiked with cubes of flavorful capicola and a little bit of vodka.

- 12 ounces whole-wheat penne
- 1 2-ounce piece capicola, or pancetta, finely diced (see Tip)
- 1 small onion, chopped
- 3 cloves garlic, chopped
- ½ cup vodka
- 1 28-ounce can crushed tomatoes
- 1 cup half-and-half
- 2 teaspoons Worcestershire sauce
- 1/4-1/2 teaspoon crushed red pepper
- ¼ cup chopped fresh basil
- Freshly ground pepper to taste

1. Bring a large pot of water to a boil. Cook penne until just tender, 12 minutes or according to package directions.
2. Meanwhile, cook capicola (or pancetta) in a large saucepan over medium heat until crisp, about 4 minutes. Drain on a paper towel.
3. Return the saucepan to medium-low heat; add onion and garlic and cook until the onion is translucent, about 1 minute. Increase heat to high; add vodka and bring to a boil. Boil until reduced by about half, about 2 minutes. Stir in tomatoes, half-and-half, Worcestershire sauce and crushed red pepper to taste; reduce to a simmer and cook until thickened, about 10 minutes.
4. Drain the pasta; serve topped with the sauce and sprinkled with the capicola (or pancetta), basil and pepper.

Per serving: 311 calories; 3 g fat (1 g sat, 1 g mono); 9 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 13 g protein; 7 g fiber; 324 mg sodium; 514 mg potassium.

Nutrition bonus: Vitamin C (23% daily value), Vitamin A (22% dv), Iron (20% dv), Magnesium (19% dv)

Carbohydrate Servings: 3½ | Exchanges: 3 starch, 1 vegetable

Tip: Capicola and pancetta can be found in the deli section of most large supermarkets. Buy one thick piece for this recipe.
**Pork Chops with Orange-Soy Sauce**

*Makes:* 4 servings  
*Active time:* 20 minutes  
*Total:* 30 minutes

This dish uses a very traditional French technique: you first brown meat in a skillet, then roast it in the oven. Make sure you use cookware that’s oven-safe, preferably cast iron or stainless steel.

1 cup orange juice  
1 tablespoon reduced-sodium soy sauce  
2 cloves garlic, minced  
½ teaspoon dried thyme  
4 bone-in pork chops (1½-1¾ pounds), trimmed  
¼ teaspoon salt, or to taste  
Freshly ground pepper to taste  
2 teaspoons canola oil

1. Preheat oven to 400° F. Combine orange juice, soy sauce, garlic and thyme in a small bowl. Set aside.
2. Season pork chops with salt and pepper. Heat oil in a large ovenproof skillet, preferably cast-iron, over high heat. Add the pork chops and sear until browned, 1 to 2 minutes per side.  
3. Transfer the pan to the oven and bake the chops until just cooked through, about 5 minutes. Transfer the chops to a plate and keep warm.  
4. Add the reserved orange juice mixture to the pan (take care, the handle will still be hot); cook over high heat until the sauce is reduced by half, 3 to 5 minutes. Return the chops to the skillet; heat through, turning to coat. Serve with the pan sauce.

**Per serving:** 162 calories; 6 g fat (2 g sat, 3 g mono); 47 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 18 g protein; 321 mg sodium; 447 mg potassium.  
**Nutrition bonus:** Vitamin C (54% daily value)

**Carbohydrate Servings:** ½  
**Exchanges:** ½ fruit, 2½ lean protein

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**Whole-Wheat Fusilli with Beef Ragu**

*Makes:* 6 servings, about 1⅓ cups each  
*Active time:* 30 minutes  
*Total:* 1 hour

**To make ahead:** Prepare through Step 3. Cover and refrigerate the sauce for up to 2 days or freeze for up to 3 months.

This chunky, full-bodied sauce is a good match for hearty whole-wheat pasta. A little lean ground beef augmented with mushrooms equals a rich, meaty sauce that has a minimum of saturated fat.

8 ounces 90%-lean ground beef  
1 teaspoon extra-virgin olive oil  
2 medium carrots, chopped  
1 medium onion, chopped  
1 stalk celery, chopped  
6 ounces cremini or baby bella mushrooms, wiped clean and coarsely chopped (2 cups)  
2 cloves garlic, minced  
1 28-ounce can diced tomatoes (not drained)  
½ cup dry red wine  
1-2 teaspoons fennel seeds, crushed  
Large pinch of crushed red pepper  
¼ teaspoon salt, or to taste  
12 ounces whole-wheat fusilli or rotini  
2 tablespoons chopped fresh parsley (optional)  
6 tablespoons freshly grated Parmesan cheese (optional)

1. Cook beef in a large skillet over medium-high heat, breaking it up with a wooden spoon, until browned, 4 to 5 minutes. Transfer to a strainer or colander and drain off fat.  
2. Heat oil in the skillet over medium-high heat. Add carrots, onion and celery; cook, stirring occasionally, until the onion softens and begins to brown, 4 to 5 minutes. Add mushrooms and garlic; reduce heat to medium and cook, stirring occasionally, until the mushrooms begin to soften, 3 to 4 minutes.  
3. Add tomatoes and mash with a potato masher. Add wine, fennel seeds, crushed red pepper, salt and the meat; bring to a simmer. Reduce heat to low; cover and cook, stirring occasionally, until the sauce is slightly thickened and the flavors have developed, about 30 minutes.  
4. Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta until just tender, 9 to 11 minutes or according to package directions. Drain and toss with the sauce. Sprinkle with parsley, if desired. Pass Parmesan separately, if using.

**Per serving:** 319 calories; 3 g fat (1 g sat, 1 g mono); 23 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 16 g protein; 9 g fiber; 212 mg sodium; 413 mg potassium.  
**Nutrition bonus:** Vitamin A (60% daily value), Fiber (36% dv), Potassium (21% dv)

**Carbohydrate Servings:** 0  
**Exchanges:** 3 starch, 1 vegetable, 1 lean protein
Honey-Mustard Vinaigrette

Makes: about ½ cup  
Active time: 5 minutes  Total: 5 minutes

Here is a great, all-purpose salad dressing. The pleasing pungency of Dijon mustard makes it a good match for slightly bitter greens, but it’s great with pretty much every vegetable.

1 clove garlic, minced  
1 tablespoon white-wine vinegar  
1½ teaspoons Dijon mustard (coarse or smooth)  
½ teaspoon honey

1 teaspoon salt  
Freshly ground pepper to taste

1/3 cup extra-virgin olive oil or canola oil

Whisk garlic, vinegar, mustard, honey, salt and pepper in a small bowl. Slowly whisk in oil.

Per tablespoon: 84 calories; 9 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 0 g protein; 49 mg sodium; 3 mg potassium.

Carbohydrate Servings: 0
Exchanges: 2 fat (mono)

Lemon-Mint Vinaigrette

Makes: about ¾ cup  
Active time: 10 minutes  Total: 10 minutes

The sunny fresh flavors of tart lemon and cool mint combine to make a lively dressing that adds sparkle to salads of all sorts.

½ cup lemon juice  
1 tablespoon Dijon mustard  
1 teaspoon sugar  
1 clove garlic, minced

1/3 cup extra-virgin olive oil  
1/3 cup chopped fresh mint  
1/8 teaspoon salt

Freshly ground pepper to taste

Whisk lemon juice, mustard, sugar and garlic in a small bowl until blended. Drizzle in oil, whisking until blended. Stir in mint, salt and pepper.

Per tablespoon: 60 calories; 6 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 0 g protein; 41 mg sodium; 14 mg potassium.

Carbohydrate Servings: 0
Exchanges: 1 fat
Raspberry Vinaigrette

Makes: about ½ cup  
Active time: 5 minutes  
Total: 5 minutes

To make ahead: Cover and refrigerate for up to 1 week.

Mild-tasting grapeseed oil is the ideal foil for fruity raspberry vinegar and they come together beautifully in this simple dressing.

2 tablespoons raspberry vinegar  
1/8 teaspoon salt  
Freshly ground pepper to taste  
1/3 cup grapeseed oil or canola oil

Whisk vinegar, salt and pepper in a small bowl. Slowly whisk in oil.

Per tablespoon: 82 calories; 9 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 0 g carbohydrate; 0 g added sugars; 0 g protein; 0 g fiber; 38 mg sodium; 1 mg potassium.

Carbohydrate Servings: 0  
Exchanges: 2 fat
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