

Nutrition in a Nutshell



Presented in partnership by:



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A word about nutrition analysis: all the snacks, meals, recipes, and meal plans contained in this booklet have been analyzed with Food Processor SQL, a product of esha Research, Inc. Care has been taken to ensure accuracy and to represent products used properly, however technical variations may occur. Check nutrition facts labels to guarantee the nutrient content of the foods you consume.

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How to Use This Booklet

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Progress Page

Start Date:

End Date:

	Initial		Final		Goals
Measurements					
	Right	Left	Right	Left	
Biceps					
Biceps Flexed					
Shoulder					
Chest					
Waist					
Hips					
Legs					
Body Fat					
Fitness Tests					
Mile					
Push-ups					
Squats					
Plank					
Clothes Sizes					
Shirt					
Pants					
Neck					
Other					

Are you ready for change?

Take this quiz to find out. Choose the answer that most closely represents your thoughts at this time.

1. **When I consider the pros and cons of making a strong commitment to losing weight, it seems that...**
 - a. Losing weight means giving up a LOT.
 - b. I have a lot to gain by losing weight, and the “minuses” of committing to a lifestyle plan that will help me do that seem pretty insignificant.
 - c. They’re about equal.

2. **I am excited to lose weight. Now is a good time to start because...**
 - a. Well, it’s not, really. Between my family and my work, I don’t have five minutes for myself. But I suppose now is as good a time as any.
 - b. I am finally motivated to take charge of my life. I will make time for eating right and exercising—and my family and friends will support me.
 - c. I have a whole month to reach my goal weight before [fill in *your* special event] arrives.

3. **Taking a brisk walk (or doing some other exercise) for 30 minutes each day sounds...**
 - a. Like a luxury I can’t afford. I’m already so busy I don’t know how I could possibly fit 30 minutes of exercise into my jam-packed schedule.
 - b. Manageable, definitely. I may even be able to exercise longer on some days.
 - c. Like something I should do. I’ll try my best to fit it in.

4. **Keeping a food diary to track my calories sounds...**
 - a. Like a waste of time. I don’t think I would actually do it.
 - b. Interesting. I am curious to know exactly *what* and *how much* I’m eating. I can commit to this.
 - c. A bit tedious. Do I have to do it every day?

5. **The idea of trying a few new healthy recipes a week is...**
 - a. Overwhelming. I might be able to find time on weekends, but weeknights are too busy for cooking.
 - b. Exciting! I enjoy cooking and think flavorful, nutritious recipes will help me stay focused on my weight-loss goals.
 - c. Reasonable. Even though I’m busy, I would like to start cooking at home more.

Are you ready for change? (continued)

6. I'm looking for a new approach to losing weight because...

- a. My partner (or doctor) keeps getting on my case about being too heavy and I need to try *something*.
- b. I'm done with fad diets. I want to make changes that will help me to lose weight and keep me healthy for life.
- c. I've tried all of the "old" ones and they haven't worked.

- ⇒ If you chose mostly A's, you are not ready. You need time, energy and support for this weight loss challenge. Now may not be the time for change.
- ⇒ If you chose mostly B's, you are **READY!** You know that weight loss will not be easy, but you are ready to focus on changing your lifestyle to achieve success. Go ahead and give it your all...you will see results!
- ⇒ If you chose mostly C's, you are almost ready. You want to change but are not sure you want to put in the effort.

Source: Eating Well Diet Essentials

1. Think about what motivates you to make this commitment. What is that makes you **WANT** to change.

- a. "I am tired of not having energy to chase my children around"
- b. "I don't want to be the biggest person in the room."
- c. "I don't want to feel my gut hang over my pants anymore."
- d. "I want to see some definition in my arms."
- e. "I don't want my legs to rub together anymore."

Write **YOUR** motivations here: _____

2. Why now? What are you going to commit to making a change **THIS** time?

Write **YOUR** reasons here: _____

WEEK 1

It is week 1...congratulations for starting a new fitness program! You have taken the first step in improving your fitness. What you may not have realized is that it is the perfect time to take a closer look at nutrition too. A series of small steps will help you make big improvements to your health and well-being. This week you have three tasks:

- Schedule an evaluation with a Boot Camp trainer
- Set goals
- Start journaling

Goal Setting

Goal setting is important. Goals provide focus and allow you to measure progress. Small, steady goals that seem realistic and achievable are a good way to start.

Set **SMART** Goals:

- **Specific** - clearly lay out the details of the goal; answer the who, what, and when questions
- **Measurable** - a goal should include benchmarks so that you can track your progress
- **Attainable** - set a goal that you know you can achieve; plan for success
- **Relevant** - establish a goal that is important to YOU; you must be motivated to succeed
- **Time Sensitive** - choose a short-term time frame

As you reach your goals, celebrate your success! Find a reward that is meaningful to you. It does not have to be expensive and should not be food related. Reward your accomplishment and then move onto new goals!

Examples: 1) By the end of this 6-week Boot Camp session, I will lose 10 pounds to improve my health, well-being, and the way I feel about myself. -OR- 2) Each day this week I will eat at least one serving of fruit and vegetables at each meal in order to improve the quality of my diet.

Write YOUR goal here: _____

WEEK 1 - Food Journaling

Journaling is a way to track your progress, stay focused and accountable, as well as identify problem areas. Writing down what you eat, when and how much helps you monitor your behavior as it changes over time.

Are you ready to make changes to your diet and exercise routine? Then it is time to start journaling. Here are the basics: journal on paper, the computer, PDA, or post-it notes. It doesn't have to be formal; it just needs to get done.

Write it as you bite it! The longer you wait to journal, the more of a burden it seems and the less accurate it becomes. Consistently document what you are eating and drinking...no excuses.

The focus this week is simply to write down what you are eating. If this is your first time keeping a food diary, don't worry about the details, just write down all the foods and beverages you eat each day.

SAMPLE:

TIME	FOOD/ DRINKS
8:15	Whole wheat bread Peanut butter
1:30	Hamburger bun Turkey burger Swiss cheese Sun chips Lemon ice tea
3:30	Hershey's kisses
6:30	Cheese Pizza Green Salad with ranch dressing Diet coke

If you have experience keeping a food diary, skip ahead to more advanced journaling formats. Check the appendix for additional resources.

In the News:

According to a recent study at Kaiser Permanente's Center for Health Research, "Those who kept daily food records lost twice as much weight as those who kept no records. It seems that the simple act of writing down what you eat encourages people to consume fewer calories."

Current Weight _____

Pounds Lost _____

Pounds Gained _____

WEEK 1 - FOOD JOURNAL: Write down all food & beverages you consume this week.							
MEAL	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Post Dinner							
Work Out							
What is your goal/focus for this week?							
How will you get there?							
What specific steps will you take?							

End of Week 1 Reflections

1. What helped you reach your goals this week?
2. What struggle(s) did you encounter this week? What helped you get past the struggle(s)? If not, what strategies can you take to overcome struggles next time?
3. How did your body feel this week? (Increase/decrease in energy, tired, sore, hungry, etc.)? What types of emotions did you feel this week (happy, mad, depressed, anxious, stressed, etc.)? Did you notice any changes in your body or emotions before/after you ate?

Nutrition 101

Every five years, the federal government assembles an expert committee to review the latest nutrition research. The committee develops a set of Dietary Guidelines for Americans to promote good nutrition and prevent chronic disease. The recommendations highlight healthy behaviors that should be incorporated into a person's lifestyle. These Guidelines are designed for healthy Americans over the age of two.

The Dietary Guidelines offer the following recommendations for healthy eating:

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Eat less saturated fat, trans fat, cholesterol, salt (sodium), and added sugar

Fruits and Vegetables

The research is clear: colorful fruits and vegetables are important for good health. Eat a variety of fruits and vegetables each day to gain benefits from the vitamins, minerals and fiber provided with a small number of calories. Aim for a serving of fruits or vegetables at each meal and for snacks too.

Whole Grains

The benefits of whole grains are similar to those of fruits and vegetables, and they should be eaten several times a day. Their high fiber content keeps you feeling full longer and may help reduce cholesterol levels. Choose at least three servings of whole grain products each day. Oatmeal, multigrain cereal, whole wheat bread, corn tortillas, and brown rice are good options.

Milk Products (Dairy)

Fat-free and low-fat dairy products provide a variety of important nutrients such as calcium, vitamin D, and protein. Although dairy products can be high in both fat and saturated fat, look for the lower fat options. Skim (fat-free) milk, reduced fat cheeses, non-fat and low-fat yogurt and cottage cheese are good choices from the dairy group.

Lean Protein

Americans get more than enough protein in their diet for growth and good health. When choosing protein foods, try to limit fat, saturated fat, and cholesterol. These nutrients are more likely to come from animal-based foods. To limit saturated fat and cholesterol, try some plant based proteins such as beans, nuts, seeds, and tofu. Other good choices include skinless chicken breasts, white

meat turkey, fish, and lean meats such as pork tenderloin, flank steak, top sirloin, and 95% lean ground beef.

Eat less...

The Dietary Guidelines also recommends limiting your consumption of saturated fat, trans fat, cholesterol, sodium, and added sugar. Reading labels and ingredient lists is one way to reduce your intake of these items. Take a look at the label reading resources on page XX.

MyPyramid

Another healthy eating resource is MyPyramid (www.mypyramid.gov). It offers nutrition guidance through a colorful symbol outlining the food groups.

MyPyramid emphasizes variety, balance and moderation. By visiting the website, you can create a personalized food guide pyramid, print off food diary worksheets, and find a wealth of serving size resources. Check appendix XX for more information about planning a well-balanced diet.



WEEK 2 - Food Journaling

Journaling is a way to track your progress, stay focused and accountable, as well as identify problem areas. Writing down what you eat, when and how much helps you monitor your behavior as it changes over time.

Now that you have practiced using a simplified journal (Week 1), it is time to move on to more advanced journaling. The focus this week is to write down what, when AND how much you are eating/drinking.

This week you have three tasks:

- ❑ Read and use the “Portion Size Wise” page
- ❑ Measure your food
- ❑ Journal what, when AND how much you are eating/drinking

Really focus on portion sizes this week. If you do not already have measuring cups and spoons, a scale, and a variety of food storage containers, now is the time to gather these tools. Discount stores (99¢ and Big Lots) as well as Target and Bed, Bath & Beyond carry such resources. Any grocery store will have a variety of plastic food storage containers (such as 1/2 cup, 1 cup and 2 cup). If you prefer glass ones, try Bed, Bath and Beyond or Crate and Barrel. These will save you time as you portion out your meals and snacks.

Sample Journal for Week 2:

TIME	PORTION SIZE	FOOD/ DRINKS
8:15	1 slice 2 Tbs	Whole wheat bread Peanut butter
1:30	1 large 5 ounce 1 slice 1 ounce 20 ounces	Hamburger bun Turkey burger Swiss cheese Sun Chips Lemon Ice Tea
3:30	9	Hershey's kisses

REMEMBER: Write it as you bite it!

Current Weight _____

Pounds Lost _____

Pounds Gained _____

WEEK 2 FOOD JOURNAL: Write down all food and beverages you consume this week with portion sizes.			
	Day 1	Day 2	Day 3
MEAL/ TIME	PORTION SIZE + FOOD / DRINKS	PORTION SIZE + FOOD / DRINKS	PORTION SIZE + FOOD / DRINKS
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Post			
Dinner			
Workout <input type="checkbox"/> Yes <input type="checkbox"/> No	If so, what?	If so, what?	If so, what?

Current Weight _____

Pounds Lost _____

Pounds Gained _____

WEEK 2 FOOD JOURNAL: Write down all food and beverages you consume this week with portion sizes.		Day 4	Day 5	Day 6
MEAL/ TIME	PORTION SIZE + FOOD / DRINKS			
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Post				
Dinner				
Workout <input type="checkbox"/> Yes <input type="checkbox"/> No		If so, what?	If so, what?	If so, what?

End of Week 2 Reflections

1. What helped you reach your goals this week?
2. What struggle(s) did you encounter this week? What helped you get past the struggle(s)? If not, what strategies can you take to overcome struggles next time?
3. How did your body feel this week? (Increase/decrease in energy, tired, sore, hungry, etc.)? What types of emotions did you feel this week (happy, mad, depressed, anxious, stressed, etc.)? Did you notice any changes in your body or emotions before/after you ate?

Portion Size Wise

Use the following common items to estimate food serving sizes. These are useful for journaling and portion control.

1 cup = a clenched fist

1 ounce nuts, baked chips or whole grain pretzels = a small handful

3 ounce fish, meat or poultry = a deck of cards

1 teaspoon margarine or butter = thumb nail

1 tablespoon salad dressing = thumb tip (1st digit)

2 tablespoons peanut butter = golf ball

1 small baked potato = computer mouse

1 pancake or waffle = CD

1 tortilla = small plate (6-7 inches)

1 medium apple or orange = tennis ball or fist

1 ounce cheese = 4 dice or a domino



=



3 ounces of



Time-saving Tips:

Use a variety of **food storage containers** to save time in packing meals and snacks. Keep 1/2 cup, 1 cup, and 2 cup containers on hand. Example: Pack chopped fruit in 1/2 cup, chicken and brown rice in 1 cup and a green salad in 2 cup container.

Also, remember to **cook once, eat twice**. Pack lunches and snacks from dinner leftovers or pack several lunches or snacks at once. Once again, a variety of food storage containers makes this easy.

Bright Ideas: In general, standard serving sizes provide a similar amount of calories within food groups. Use the following as approximations only!

1 Serving of **Grains** = 80-100 calories

Samples include: 1 slice bread or 6-inch corn or flour tortilla
1/2 pita or English muffin
1/2 cup cooked rice, pasta or hot cereal
1 cup puffed cereal or 1/4 cup granola or muesli
1 ounce baked crackers (~5-8 each) or chips (15-20 each)

1 Serving of **Fruit** = 50-75 calories

Samples include: 1 medium piece of fruit
1/2 cup chopped fruit (fruit salad or fruit canned in juice)
6 ounces of juice
1/4 cup dried fruit

1 Serving of **Vegetables** = 25-50 calories (non-starchy vegetables only)

Samples include: 1 cup raw vegetables
1/2 cup cooked vegetables
2 cups green leafy vegetables (such as salad)

1 Serving of **Dairy** = ~100 calories

Samples include: 1 cup nonfat or lowfat milk
6 ounces plain or light nonfat or lowfat yogurt
4 ounces fruit flavored yogurt
1 1/2 ounces reduced fat cheese

1 Serving of **Meat & Beans** = 75-125 calories

Samples include: 1/2 cup beans or lentils
3 ounces skinless chicken or turkey; fish; and shellfish
2 ounces *lean* pork, beef, lamb, veal or sandwich meats
1 egg or 3/4 cup egg substitute

1 Serving of **Fat** = ~ 45 calories

Samples include: 1 teaspoon oil, margarine, butter or mayonnaise
1 Tablespoon reduced fat margarine, butter or mayonnaise
2 Tablespoons light salad dressing
2 Tablespoons half & half

Source: Adapted from Exchange Lists for Weight Management, American Dietetic Association and American Diabetes Association

Healthy Eating Strategies

Healthy eating is a learned behavior. It is something to practice over time until it becomes a habit. Try these tips to improve the quality of your diet.

- 1. Keep healthy foods on hand.** Use the DIY Pantry Makeover (Pg. XX) for recommendations on how to stock your kitchen with healthy choices. Set yourself up for success with high nutrient, low calorie options such as whole grains, vegetables, fruit, and lean proteins.
- 2. Eat low calorie, high fiber foods** at the beginning of meals and between meals. You will consume more good for you nutrients on fewer calories. For example, starting a meal with a light salad or broth-based soup may help you eat fewer calories during the meal.
- 3. Downsize:** use smaller plates, bowls and food storage containers to reduce portions without feeling deprived. Bigger portions encourage higher calorie consumption. Spend a few minutes after returning from the grocery store to repackage foods into smaller “grab and go” snacks and meals.
- 4. Eat regularly.** Three meals and two snacks can help you control hunger, prevent large swings in blood sugar, and keep your metabolic engine going.
- 5. Say no to second helpings.** It takes about 20 minutes for your body to communicate fullness to the brain. Stop eating after that first helping. You can always have a snack if you become hungry later.
- 6. Chew on it!** Research shows that chewing gum can decrease the amount of calories you eat and increase the amount of calories you burn. A stick of gum can satiate you when feeling bored, prevent mindless snacking, and keep your mouth occupied while cooking and packing up leftovers.

Choose one strategy to practice each week. After you have “mastered it”, move on to a new one. Circle the item you will implement first!

WEEK 3 - Food Journaling

Journaling is a way to track your progress, stay focused and accountable, as well as identify problem areas. Writing down what you eat, when and how much helps you monitor your behavior as it changes over time.

Now that you have practiced using a simplified journal (Week 1), it is time to move on to more advanced journaling. The focus this week is to write down what, when AND how much you are eating/drinking. Also, you may want to track your feelings and emotions as you eat during the day. You may identify healthy or not so healthy eating & emotional links.

TIME	PORTION SIZE	FOOD/ DRINKS	CALORIE COUNT	NOTES
8:15	1 slice 2 Tbs	Whole wheat bread Peanut butter	80 180	
1:30	1 large 5 ounce 1 slice 1 ounce 20 ounces	Hamburger bun Turkey burger Swiss cheese Sun Chips Lemon Ice Tea	325 180 120 140 175	Too hungry!
3:30	9	Hershey's kisses	230	Stressed

Copy the **WEEK 2 Food Journal** or create your own version to track your food and beverage intake over the coming week.

Use the portion size and calorie content resources as well as Nutrition Facts Labels to track the amount of calories you consume per day. Compare your daily totals with your calorie target from the Calories In v. Calories Out worksheet.

Resources to look up calorie content:

Online:

www.nutritiondata.com

www.calorieking.com

www.dailyplate.com

Books:

Calorie King

Biggest Loser

WEEK 2 - Food Journal

Current Weight _____

Pounds Lost _____

Pounds Gained _____

WEEK 3 FOOD JOURNAL: Write down all food & beverages you consume this week.

MEAL/ TIME	PORTION SIZE	FOOD/ DRINKS	CALORIE COUNT	NOTES
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Post Dinner				
Workout	<input type="checkbox"/> Yes <input type="checkbox"/> No	If so, what:		

TODAY's Calorie Total		Target:
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What is your goal/focus for this week?

How will you get there?

What specific steps will you take?

Calories in vs. Calories out

Follow these steps to determine your calorie needs:

1. Calculate your **Resting Metabolic Rate (RMR)** using the formula below. The RMR is the minimum number of calories needed per day for basic bodily functions.

Women:

$$655 + (4.4 \times \text{weight}) + (4.7 \times \text{height inches}) - (4.7 \times \text{age}) = \text{RMR}$$

Men:

$$67 + (6.3 \times \text{weight}) + (12.7 \times \text{height inches}) - (6.8 \times \text{age}) = \text{RMR}$$

Example: Mary weighs **155** pounds, is **64** inches tall, and **40** years young. Her RMR is...

$$655 + (4.4 \times 155) + (4.7 \times 64) - (4.7 \times 40) =$$

$$655 + 682 + 300.8 - 188 = 1449.8 \text{ calories or } 1450 \text{ calories}$$

2. Calculate how many calories you burn in a day. Multiply your **RMR** by an **Activity Factor (AF)** below. Most Boot Campers are “Moderately Active”.

Activity Level	Description	Activity Factor
Sedentary	Little to no exercise, desk job	1.2
Lightly Active	Light exercise or sports 1-3 days a week	1.375
Moderately Active	Moderate exercise or sports 3-5 days a week	1.55
Very Active	Hard exercise or sports 6-7 days per week	1.725
Extremely Active	Hard daily exercise or sports or physical job or hard training (for marathon, triathlon etc)	1.9

* Source: Adapted from the Harris Benedict Equation for Daily Energy Expenditure

Example continued: Mary’s RMR is 1443 calories. If she works out 4 days a week, she burns...

$$1450 \text{ calories} \times 1.55 \text{ (AF)} = 2247.5 \text{ calories per day}$$

* If you want to **maintain your weight**, this is the number of calories you should eat per day.

Calories in vs. Calories out (continued)

3. To lose weight, subtract 500-1000 calories from Step # 2:

Example continued: For Mary to lose 1 pound per week, she needs to consume 500 fewer calories per day:

$$2248 - 500 = \mathbf{1743 \text{ calories per day}}$$

To lose 2 pounds per week, Mary needs to eat 1000 fewer calories per day:

$$2248 - 1000 = 1248 \text{ calories per day...but wait! See important note below.}$$

**** IMPORTANT NOTE:** If you subtract calories for weight loss, be sure the new total is not less than your RMR. If you dip below the RMR, your body will think it is starving and become more efficient at using calories...this leads to a slower metabolism!

Example continued: To prevent Mary from dropping below her RMR, she should aim for 1450-1748 calories per day. The first number (1450) is her RMR and the second number (1748) is the calorie goal for losing 1 pound per week. She should choose a calorie goal somewhere in between that allows her to steadily lose weight without feeling hungry or deprived.

YOUR CALCULATIONS GO HERE:

1. Calculate RMR

Women: $655 + (4.4 \times \text{_____ lbs}) + (4.7 \times \text{_____ inches}) - (4.7 \times \text{_____ yrs}) = \text{_____}$

Men: $67 + (6.3 \times \text{_____ lbs}) + (12.7 \times \text{_____ inches}) - (6.8 \times \text{_____ yrs}) = \text{_____}$

2. Calculate Total Calories

$$\mathbf{RMR} \text{ _____ } \times \mathbf{AF} \text{ _____ } = \text{_____} \text{ calories}$$

3. Calculate Calories for Weight Loss (if that is your goal)

$$\text{_____} \text{ calories} - 500 \text{ calories} = \text{_____} \text{ calories}$$

OR

$$\text{_____} \text{ calories} - 1000 \text{ calories} = \text{_____} \text{ calories}$$

REMEMBER:
Double check final estimates and do NOT drop below RMR.

Take a Tour of the Nutrition Facts Label

When looking at the Nutrition Facts Label, start at the top for the most important information. The Label begins with three essential details: ① Serving Size, ② Servings per Container, and ③ Calories.

① **Serving Size** is standardized to reflect a commonly consumed amount. This allows you to compare the nutritional value of similar products. The nutrition information presented on the label represents what is found in the Serving Size listed. Sometimes products that seem to have only one serving (such as a 20 ounce soda or smaller bag of chips) actually have more. As a consumer, it is important to know how many calories are contained in the amount of food YOU consume.

② **Servings per Container** indicates how many servings are in the package of food. If you eat one serving, you receive the amount of nutrients listed on the label. Keep in mind, you need to double or triple the amounts listed if you are having more than one serving.

③ **Calories** listed is the amount in a single serving. For many people, Calories are the most important piece of information on the Nutrition Fact Label. If you are going to eat more than one serving, you will have to calculate the number of calories in your portion (double, triple, etc.).

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from fat 120	
			% Daily Value*
Total Fat 13g			20%
Saturated Fat 5g			25%
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%	●	Vitamin C 2%	
Calcium 15%	●	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 * Carbohydrate 4 * Protein 4			

Tour of the Nutrition Facts Label (continued)

Fats, Cholesterol, Sodium, Carbohydrates & Protein

As you move down the Nutrition Facts Label, amounts of other important nutrients are listed. Depending on your nutrition goals or concerns, you may focus on one or two of these nutrients. Use the percentages in the Daily Value column to help you make good choices.

% Daily Value

The Daily Value indicates what percentage of the nutrient you receive in one serving as compared to the recommendation for the whole day. For instance, the recommendation for fat is 65 grams per day for a 2,000-calorie diet. If the % Daily Value for fat is 20%, that means one serving will provide 20% of the 65 grams of fat for the a day (13 grams). As you choose other foods during the day, the nutrients add up. By the end of the day, you will likely approach 100% Daily Value.

The % Daily Value works the same for the other nutrients. To evaluate foods, remember these easy tips:

- ⇒ **a % Daily Value of 5% or less is considered low**
- ⇒ **a % Daily Value of 20% or more is considered high**

These guidelines can help you make healthy choices when comparing products. Aim for lower amounts of fat, saturated fat, trans fat, cholesterol and sodium. Look for products with higher amounts of fiber, vitamins and minerals.

Also, consider how much a food will contribute to your daily intake. For example, if it is a frozen dinner, the % Daily Values are likely to be higher because the food represents a whole meal. If the food is a snack item, you probably want the % Daily Values to be lower because the food is one of many you eat during the day.

In addition, most Nutrition Facts Labels provide information about the % Daily Value for Vitamin A, Vitamin C, Calcium and Iron. These nutrients are important for good health. By the end of the day, you should achieve 100% Daily Value for these vitamins and minerals.

At the bottom of the label, you might find the daily recommendations for a variety of nutrients for 2,000- and 2,500-calorie diets. The % Daily Values are based on these figures. Keep in mind that for people consuming fewer calories during the day, the actual % Daily Values will be higher than the values shown.

Do It Yourself (DIY) Pantry Makeover

Use these pointers to improve your grocery shopping experience. You have the most control over what you eat at home. Bring healthy foods home from the store so it is easier for you and your family to make nutritious choices. When purchasing, keep these guidelines in mind.

Breads: < 100 calories per serving
> 3 grams fiber per serving
1st ingredient = whole grain*

Cereals (Hot/Cold): < 200 calories per serving
≤ 10 grams sugar per serving
≥ 5 grams fiber per serving
1st ingredient = whole grain*

Canned Goods

- Choose no salt added, low sodium, or 50% less salt added vegetables
- Examples: beans, diced or stewed tomatoes, soup, vegetarian or turkey chili

Refrigerator

- Buy colorful fruits & vegetables! pre-cut, pre-portioned are easiest
- Choose nonfat/lowfat (1%) dairy
- Pick lean protein

Freezer

- Pick low-calorie, lower sodium grab and go meals (≤ 350 calories and ≤ 450 mg sodium per serving for main dish)
- Grab frozen fruits and vegetables

Plus no-calorie or low calorie beverages

- Water with sliced lemon, lime, orange, or cucumber
- Sparkling mineral water (plain or flavored)
- Unsweetened iced tea or flavorful tea bags to make your own iced tea
- Unsweetened coffee: regular, flavored and decaf can be enjoyed in moderation (< 5 cups/day)

Write your ideas here: _____

* other whole grain terms = stone ground or cracked

MyPyramid Shopping List: Boost your nutrition! Use a MyPyramid shopping list.

GRAINS

Make half your grains whole

- whole grain bread or pita
- whole wheat or corn tortillas
- brown or wild rice (blends)
- whole grain pasta
- high fiber cereal (hot/cold)
- quinoa or whole wheat couscous
- whole grain crackers
- barley or bulgur
- others:

OILS & EXTRAS

Know your fats

- pure olive oil or canola (for cooking)
- extra virgin olive oil (for dressings)
- flavored oil: toasted sesame
- others:

VEGETABLES

Vary your veggies

- green leafy lettuce
- salad greens/bagged salad
- broccoli or cauliflower
- carrots
- bell peppers
- onions
- garlic and/or herbs
- sweet potato
- frozen mixed or stir-fry vegetables
- others:

FRUIT

Focus on fruit

- green/red apples
- oranges/tangerines
- lemons/limes
- fresh or frozen berries
- canned fruit (packed in juice)
- others:

DAIRY

Get your calcium rich foods

- nonfat/lowfat milk
- nonfat/lowfat yogurt
- nonfat/lowfat cottage cheese
- light or reduced fat cheese
- trans-fat free margarine or butter
- others:

PROTEIN

Go lean on protein

- skinless chicken breasts
- deli sliced turkey or ham (preferably reduced sodium)
- lean ground turkey
- eggs or egg substitute
- nuts and/or nut butter (peanut/almond)
- pork tenderloin
- fresh/frozen fish or shrimp
- flank steak
- others:

Macronutrients: Carbohydrate, Protein, and Fat

WHAT ARE MACRONUTRIENTS?

Macronutrients provide calories, a form of energy. “Macro” means large, so these are nutrients that we need in large amounts. Nutrients are substances needed for growth, metabolism, and for other body functions.

There are three macronutrients:

- Carbohydrate
- Protein
- Fat

While each of these macronutrients provides calories, the amount of calories that each one provides varies.

Carbohydrate provides 4 calories per gram.

Protein provides 4 calories per gram.

Fat provides 9 calories per gram.

WHY DO WE NEED CARBOHYDRATES?

Carbohydrates are the macronutrient that we need in the largest amount. According to the Institutes of Medicine, adults should be getting 45% - 65% of their calories from carbohydrate. Our bodies need carbohydrates because:

- Carbohydrates are the body and brain’s main/preferred source of fuel.
- All tissues and cells in our body can use glucose (a simplified form of carbohydrate) for energy.
- They can be stored in the muscles and liver and used later for energy.

Carbohydrates are mainly found in starchy foods (like bread, pasta, grains and potatoes), fruit, milk, and yogurt. Other foods like vegetables, beans, nuts, and seeds contain carbohydrates, but in lesser amounts.

Fiber, a form of carbohydrate that our body cannot digest, passes through the body moving waste with it (think “nature’s broom”). Research shows that diets low in fiber contribute to constipation and hemorrhoids as well as increase the risk for certain types of cancers such as colon cancer. Conversely, diets that are high in fiber have been shown to decrease risks for heart disease and obesity and may help lower cholesterol. Foods high in fiber include fruit, vegetables, and whole grain products.

WHY DO WE NEED PROTEIN?

The Institutes of Medicine recommends that adults get 10% - 35% of calories

Macronutrients: Carbohydrate, Protein, and Fat (continued)

from protein. Most Americans get plenty of protein, and easily meet this need by consuming a balanced diet.

We need protein for:

- Growth (especially important for children, teens, and pregnant women)
- Tissue repair
- Immune function
- Making essential hormones and enzymes
- Preserving lean muscle mass

Protein is found in meats, poultry, fish, meat substitutes, cheese, milk, nuts, beans, and in smaller quantities in starchy foods and vegetables. When we eat these types of foods, our body breaks down the protein that they contain into amino acids (the building blocks of proteins). Some amino acids are essential which means that we need to get them from our diet, and others are nonessential which means that our body can make them. Protein that comes from animal sources contains all of the essential amino acids that we need. Plant sources of protein, on the other hand, do not contain all of the essential amino acids. A complete protein, which contains all essential amino acids, is created by eating a variety of plant based foods.

WHY DO WE NEED FAT?

Fat is essential for good health. The Institutes of Medicine recommend 20% - 35% of calories from fat. We need this fat for:

- Normal growth and development
- Energy (fat is the most concentrated source of energy)
- Absorbing certain vitamins (like vitamins A, D, E, K, and carotenoids)
- Providing cushioning for the organs
- Maintaining cell membranes
- Providing taste, consistency, and stability to foods

Fat is found in meat, poultry, nuts, milk products, butters and margarines, oils, lard, fish, and salad dressings. There are three main types of fat, saturated fat, unsaturated fat, and trans fat. Saturated fat (found in foods like meat, butter, lard, and cream) and trans fat (found in baked goods, snack foods, fried foods, and some margarines) have been shown to increase your risk for heart disease. Replacing saturated and trans fat in your diet with unsaturated fat (found in foods like olive oil, avocados, nuts, and canola oil) has been shown decrease the risk of developing heart disease.

Sample Meal Plans

Here are some additional tools to help you reach your calorie targets/weight loss goals. The following pages include sample meals plans for 1400, 1600, 1800, 2000, and 2200 calories. In addition, recipes follow that are featured in the meal plans.

How to use sample meal plans:

1. Learn from portion sizes and meal components. These are well-balanced calorie controlled menus.
2. Use these as a guide to help you plan meals and snacks. Do not attempt to follow them exactly or you will be overwhelmed with groceries and choices. Instead, buy ingredients for 2 breakfasts and 2-3 lunches and dinners at a time. Choose one or two snacks to have throughout the week. Repeat until you feel comfortable with the choices and use up ingredients. Then try a couple more or better yet, PLAN your own!
3. Try new recipes and focus on appropriate serving sizes. Use the nutritional information provided to help you track calories in your food journal.

Helpful Abbreviations

On the meal plan and recipe pages, you will see the following abbreviations:

NF = nonfat

LF = lowfat

WG = whole grain

tsp = teaspoon

Tbs = Tablespoon

A word about beverages...

Low Calorie Beverages: Water, Sparkling Mineral Water (plain or flavored), hot or cold tea/coffee (decaf, regular or flavored)

Alcoholic Beverages: If you choose to include alcoholic beverages in your diet, please do so responsibly. Try these tips to help you enjoy alcohol in moderation: 1) portion carefully (ie: 4 ounces of wine instead of 10 ounces!), 2) enjoy a glass of wine or beer with or after a meal; having a drink before dinner can contribute to overeating, and 3) avoid snacking after drinking.

NOTE: a 12 ounce light beer or a 4 ounce wine add about 90 calories each.

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1400 Calories	Monday	Tuesday	Wednesday
Breakfast	1 Serving Fruit & Nut Oatmeal (Pg. XX) 1/4 cup milk (NF/LF, soy or rice) Total: 289 calories	1 Serving Breakfast Tacos (Pg. XX) 1 medium orange	1 Egg on Toast (Pg. XX) 1/4 cantaloupe
Snack	1 light/part-skim string cheese + 6 whole grain crackers 1 cup grapes	3/4 cup chocolate milk (NF/LF, soy or rice) 1 small banana	1 medium apple + 1 Tbs almond butter or peanut butter
Lunch	1/2 Turkey Sandwich (Pg. XX) 1 medium apple 1 cup baby carrots	1 Open-faced Turkey Melt (Pg. XX) 1 cup vegetable soup or minestrone (preferably reduced sodium)	1/2 Tuna Salad Pita (Pg. XX) 8 dark chocolate covered almonds
Snack	1 Luna bar or other nutrition bar (~175 calories)	Fruity Yogurt Parfait (Pg. XX)	100 calorie pack microwave popcorn 1 light/part-skim string cheese
Dinner	1 Serving Baked Chicken Tenders w/Broccoli Macaroni & Cheese (Pg. XX) Tomato & Cucumber Salad (Pg. XX)	1 Serving Fish Tacos with Chili Lime Fajita Vegetables & Black Beans (Pg. XX)	1 Serving Pasta with Sausage, Cannellini Beans & Spinach (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX)

Thursday	Friday	Saturday	Sunday
<p>1 Serving Blueberry Oatmeal (Pg. XX)</p> <p>1/4 cup milk (NF/LF, soy or rice)</p>	<p>1/2 whole wheat bagel + 1 Tbs light herb cream cheese + 2 slices tomato</p> <p>12 oz NF coffee or tea latte (decaf or regular)</p>	<p>1 Serving Veggie Scramble (Pg. XX)</p> <p>1 slice whole grain toast + 1 tsp margarine or butter</p>	<p>2 whole grain waffles + 1 Tbs maple syrup</p> <p>1/2 cup fruit salad</p>
<p>1/2 cup pineapple tidbits (packed in juice)</p> <p>3/4 cup NF/LF cottage cheese</p>	<p>6 oz berry yogurt (NF/LF or soy) + 1/2 cup fresh or frozen/thawed mixed berries</p>	<p>1 cup milk (NF/LF, soy or rice)</p> <p>1 granola bar (~100 calories)</p>	<p>16 oz NF coffee or tea latte (decaf or regular)</p>
<p>1 Serving Chopped Greek Salad (Pg. XX)</p> <p>8 whole wheat pita chips or whole grain crackers</p>	<p>1 Holiday Turkey Sandwich (Pg. XX)</p> <p>1 medium tangerine</p>	<p>1 Serving Chicken Pita with Sun-dried Tomato Vinaigrette (Pg. XX)</p>	<p>1 Serving Spinach Salad (Pg. XX)</p> <p>6 whole wheat pita chips or whole grain crackers</p>
<p>1 nutty granola bar or nutrition bar (~160 calories)</p>	<p>1/4 cup hummus + 2 cups vegetable sticks (carrot, celery and/or bell pepper)</p>	<p>1 Serving Berry Delicious Smoothie (Pg. XX)</p> <p>10 almonds</p>	<p>6 oz NF/LF or soy vanilla yogurt + 2 Tbs fruit & nut trail mix</p>
<p>1 Serving Sweet & Spicy Flank Steak (Pg. XX)</p> <p>1 cup wild rice blend</p> <p>1 cup snow peas stir-fried with 1/4 tsp sesame oil</p>	<p>1 Serving Chicken Chilaquiles (Pg. XX)</p> <p>1/2 cup stir-fried onions & bell peppers (green, red, orange or a mix) + 1/2 tsp olive oil + dash salt & pepper</p>	<p>1 Serving Hoisin Pork Tenderloin (Pg. XX)</p> <p>1/2 cup brown rice</p> <p>1 cup stir-fried vegetables + 1/2 tsp sesame oil</p> <p>4 canned apricot halves (packed in juice)</p>	<p>1 Serving Turkey Lasagna (Pg. XX)</p> <p>1 cup of cooked broccoli & cauliflower</p> <p>1 medium orange</p> <p>PM Snack/Dessert: 1 LF frozen yogurt bar (~ 90 calories)</p>

1600 Calories	Monday	Tuesday	Wednesday
Breakfast	1 Serving Fruit & Nut Oatmeal (Pg. XX) 1 cup milk (NF/LF, soy or rice)	1 Serving Breakfast Tacos (Pg. XX) 2 links vegetarian or turkey sausage	1 Egg on Toast (Pg. XX) 1/4 cantaloupe 3/4 cup milk (NF/LF, soy or rice)
Snack	1 light/part-skim string cheese + 6 whole grain crackers 1/2 cup grapes	3/4 cup chocolate milk (NF/LF, soy or rice) 1 small banana	1 medium apple 1 Tbs almond butter or peanut butter
Lunch	1 Turkey Sandwich (Pg. XX) 1 medium apple 1 cup baby carrots	1 Open-faced Turkey Melt (Pg. XX) 1 1/2 cups vegetable or minestrone soup (reduced sodium)	1/2 Tuna Salad Pita (Pg. XX) 10 dark chocolate covered almonds
Snack	1 Luna bar or other nutrition bar (~175 calories)	Fruity Yogurt Parfait (Pg. XX) 1 extra Tbs LF granola	100 calorie pack microwave popcorn 1 light/part-skim string cheese
Dinner	1 Serving Baked Chicken Tenders w/ Broccoli Macaroni & Cheese (Pg. XX) Tomato & Cucumber Salad (Pg. XX)	1 Serving Fish Tacos with Chili Lime Fajita Vegetables & Black Beans (Pg. XX) 1 medium orange	1 Serving Pasta with Sausage, Cannellini Beans & Spinach (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX)

Thursday	Friday	Saturday	Sunday
<p>1 Serving Blueberry Oatmeal</p> <p>1 cup milk (NF/LF, soy or rice)</p>	<p>1/2 whole wheat bagel + 2 Tbs light herb cream cheese + 2 slices tomato</p> <p>12 oz NF coffee or tea latte (decaf or regular)</p>	<p>1 Serving Veggie Scramble (Pg. XX)</p> <p>1 slice whole grain toast + 1 tsp margarine or butter</p> <p>1 small pear</p>	<p>2 whole grain waffles + 2 tsp margarine or butter</p> <p>1/2 cup sliced strawberries + 1/4 cup all fruit jam , gently heated</p>
<p>1/2 cup pineapple tidbits (in juice)</p> <p>1 cup NF/LF cottage cheese</p>	<p>8 oz berry yogurt (NF/LF or soy) + 1/2 cup fresh or frozen/thawed berries</p>	<p>1 cup milk (NF/LF, soy or rice)</p> <p>1 granola bar (~100 calories)</p>	<p>16 oz NF coffee or tea latte (decaf or regular)</p> <p>1 small biscotti (60 cal)</p>
<p>1 Serving Chopped Greek Salad (Pg. XX) + 2 ounces cooked skinless chicken breast</p> <p>6 whole wheat pita chips or crackers</p>	<p>1 Holiday Turkey Sandwich (Pg. XX)</p> <p>1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX)</p> <p>ADD 90 calories</p>	<p>1 Serving Chicken Pita with Sun-dried Tomato Vinaigrette (Pg. XX)</p>	<p>1 Serving Spinach Salad (Pg. XX)</p> <p>10 whole wheat pita chips or whole grain crackers</p>
<p>2 ounces pistachios (in shell)</p> <p>2 dried apricots</p>	<p>1/4 cup hummus + 2 cups vegetable sticks (carrot, celery &/or peppers)</p> <p>1 tangerine</p>	<p>1 Serving Berry Delicious Smoothie (Pg. XX)</p> <p>1/4 cup almonds</p>	<p>8 oz NF/LF or soy vanilla yogurt + 2 Tbs fruit & nut trail mix</p>
<p>1 Serving Sweet & Spicy Flank Steak (Pg. XX)</p> <p>1 cup wild rice blend</p> <p>1 cup snow peas stir-fried with 1/4 tsp ses-</p>	<p>1 Serving Chicken Chilaquiles (Pg. XX)</p> <p>1/2 cup stir-fried onions & bell peppers (green, red, orange or a mix) + 1/2 tsp olive oil + dash salt & pepper</p>	<p>1 Serving Hoisin Pork Medallions (Pg. XX)</p> <p>1/2 cup brown rice</p> <p>1 cup stir-fried vegetables + 1/4 tsp sesame oil</p>	<p>1 Serving Turkey Lasagna (Pg. XX)</p> <p>1 cup of cooked broccoli & cauliflower</p> <p>1 medium orange</p> <p>Dessert: 1 LF frozen yogurt bar (~ 90 calories)</p>

1800 Calories	Monday	Tuesday	Wednesday
Breakfast	1 Serving Blueberry Oatmeal (Pg. XX) 1 cup NF/LF milk	1 whole wheat English muffin, toasted + 1 fried egg + 1 slice ham/turkey 1 medium orange	1 1/2 cups puffed, high fiber cereal + 1 cup NF/LF milk + 1/2 cup sliced strawberries
Snack	1 cup NF/LF cottage cheese + 1/2 cup pineapple chunks, drained	1/4 cup dry roasted unsalted almonds 2 dried apricots	1 100-calorie pack microwave popcorn + 2 Tbs dry roasted unsalted almonds + 2 Tbs dried fruit
Lunch	1 Turkey Avocado Sandwich (Pg. XX) 1/2 cup fruit salad	1 Reduced Fat Chinese Chicken Salad (such as Trader Joe's) 1/2 cup brown rice	1 Serving Tuna Melt (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX.)
Snack	1.5 ounces baked corn chips 1 cup bell pepper strips 1/4 cup salsa 1/4 cup LF bean dip	2 part-skim mozzarella cheese sticks + 2 rye crisp crackers	8 ounces NF/LF vanilla yogurt 1/2 small melon, cubed (about 1 1/2 cups)
Dinner	1 Serving Roasted Red Pepper & Spinach Lasagna (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX.) 1 medium apple	1 Serving Pesto Salmon with Savory Lentils & Sautéed Spinach (Pg. XX) 1 cup NF/LF milk	1 Serving Turkey Burger (Pg. XX) 5 baked potato wedges (oven fries) Dessert: 1 LF frozen yogurt bar (vanilla-raspberry is about 90 calories)

Thursday	Friday	Saturday	Sunday
1 Serving Fruity Whole Grain Waffles (Pg. XX)	1 1/2 Servings Breakfast Tacos (Pg. XX)	1 English muffin, toasted + 1 Tbs almond or peanut butter + 1 Tbs all fruit jam 1/2 cup NF/LF milk	1 Serving Veggie Omelette (Pg. XX) 1 slice whole grain bread, toasted
1 nutty granola bar 1 cup NF/LF chocolate milk	8 ounces NF/LF strawberry yogurt + 1/4 cup LF granola or muesli	1 medium apple 2 ounces reduced fat cheddar cheese	1 Serving Berry Delicious Smoothie (Pg. XX) 1 granola bar (~ 100 calories)
1 Serving BLT Wrap (Pg. XX)	1 medium baked potato + 1 cup LF turkey or vegetarian chili 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX)	1 Serving Italian Pasta Salad with Chicken & Vegetables (Pg. XX) 1/2 cup fruit salad 1/2 cup NF/LF vanilla yogurt	1 1/2 Servings Chopped Greek Salad (Pg. XX) 1/2 WG pita
1 medium apple 1 hard boiled egg 3 rye crisp crackers	2 ounces dry roasted unsalted pistachios (in shell) 1 small banana	1 cup steamed edamame (soybeans in shell) tossed with a small pinch of salt or squeeze of lemon	1/3 cup fruit & nut trail mix (unsalted)
1 Serving Stuffed Chicken Breast with Couscous & Zucchini (Pg. XX) 8 large strawberries dipped in 1/2 cup NF/LF vanilla yogurt	1 Serving Sweet & Spicy Flank Steak (Pg. XX) 1 cup brown rice 1 cup snow peas or snap peas sautéed with 1/4 tsp sesame oil + 1/2 tsp sesame seeds 1 medium orange	1 1/2 Servings Mini Turkey Meatloaf with Sweet Potatoes & Broccoli (Pg. XX) 1 medium nectarine	1 Serving Pork Verde with Basmati Rice & Reduced Fat Southwest Salad (Pg. XX) 1/2 fresh mango, chopped

2000 Calories	Monday	Tuesday	Wednesday
Breakfast	1 Serving Blueberry Oatmeal (Pg. XX) 12 ounce NF coffee or tea latte (decaf or regular)	1 whole wheat English muffin, toasted + 1 fried egg + 1 slice ham/turkey 1 medium orange	1 1/2 cups puffed, high fiber cereal + 1 cup NF/LF milk 1/2 cup sliced strawberries 2 vegetarian or 1 turkey sausage link
Snack	1 cup NF/LF cottage cheese + 1/2 cup pineapple chunks, drained 2 pieces dark chocolate (50 calories)	1/4 cup dry roasted unsalted almonds 3 dried apricots	100-calorie pack microwave popcorn + 2 Tbs dry roasted unsalted almonds 1 tangerine
Lunch	1 Turkey Avocado Sandwich (Pg. XX) 1/2 cup fruit salad 2 Tbs dry roasted almonds (unsalted)	1 Reduced Fat Chinese Chicken Salad (such as Trader Joe's) 1 cup brown rice	1 Tuna Salad Sandwich (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX.)
Snack	1.5 ounces baked corn chips 1 cup bell pepper strips 1/4 cup salsa 1/4 cup LF bean dip	2 part-skim mozzarella cheese sticks 4 rye crisp crackers	8 ounces NF/LF vanilla yogurt 1/2 small melon, cubed (about 1 1/2 cups)
Dinner	1 Serving Roasted Red Pepper & Spinach Lasagna (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX.) 1 WG dinner roll 1 medium apple	1 Serving Pesto Salmon with Savory Lentils & Sautéed Spinach (Pg. XX) 1 cup NF/LF milk	1 Serving Turkey Burger (Pg. XX) 5 baked potato wedges (oven fries) Dessert: 1 LF frozen yogurt bar (vanilla-raspberry is about 90 calories)

Thursday	Friday	Saturday	Sunday
<p>1 Serving Fruity Whole Grain Waffles (Pg. XX)</p> <p>3/4 cup NF/LF milk</p>	<p>1 1/2 Servings Breakfast Tacos (Pg. XX)</p> <p>1 small banana</p>	<p>1 English muffin, toasted + 1 Tbs almond or peanut butter + 1 Tbs all fruit jam</p> <p>12 ounce NF coffee or tea latte (decaf or regular)</p>	<p>1 Serving Veggie Omelette (Pg. XX)</p> <p>1 slice whole grain bread, toasted</p> <p>1/2 large grapefruit</p>
<p>1 medium apple</p> <p>1 hard boiled egg</p> <p>2 rye crisp crackers</p>	<p>8 ounces NF/LF strawberry yogurt</p> <p>1/4 cup LF granola or muesli</p>	<p>1 medium apple</p> <p>2 ounces reduced fat cheddar cheese</p>	<p>1 Serving Berry Delicious Smoothie (Pg. XX)</p> <p>1 granola bar (~ 100 calories)</p>
<p>1 Serving BLT Wrap (Pg. XX)</p> <p>10 large strawberries</p>	<p>1 medium baked potato + 1 cup LF turkey or vegetarian chili</p> <p>1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX)</p> <p>1 medium orange</p>	<p>1 Serving Italian Pasta Salad with Chicken & Vegetables (Pg. XX)</p> <p>1/2 cup fruit salad</p> <p>1 LF pudding snack cup</p>	<p>1 1/2 Servings Chopped Greek Salad (Pg. XX)</p> <p>1 WG pita</p>
<p>1 nutty granola bar</p> <p>1 cup NF/LF chocolate milk</p>	<p>2 ounces WG pretzels</p> <p>20 dry roasted unsalted pistachios (in shell)</p>	<p>1 1/2 cups steamed edamame (soybeans in shell) tossed with a small pinch of salt or squeeze of lemon</p>	<p>1/3 cup fruit & nut trail mix (unsalted)</p>
<p>1 Serving Stuffed Chicken Breast with Couscous & Zucchini (Pg. XX)</p> <p>1/2 cup NF/LF frozen yogurt</p>	<p>1 Serving Sweet & Spicy Flank Steak (Pg. XX)</p> <p>1 cup brown rice</p> <p>1 cup snow peas or snap peas sautéed w/1 tsp sesame oil + 1/4 tsp sesame seeds</p> <p>1 Asian pear</p>	<p>1 1/2 Servings Mini Turkey Meatloaf with Sweet Potatoes & Broccoli (Pg. XX)</p> <p>1 medium nectarine</p>	<p>1 Serving Pork Verde with Basmati Rice & Reduced Fat Southwest Salad (Pg. XX)</p> <p>1/2 fresh mango, chopped</p>

2200 Calories	Monday	Tuesday	Wednesday
Breakfast	1 Serving Blueberry Oatmeal (Pg. XX) 12 ounce NF coffee or tea latte (decaf or regular)	1 whole wheat English muffin, toasted + 2 fried eggs + 2 slices ham/turkey 1 tangerine	1 1/2 cups puffed, high fiber cereal + 1 cup NF/LF milk 1/2 cup sliced strawberries 2 vegetarian or 1 turkey sausage link
Snack	1 1/2 cups NF/LF cottage cheese + 1/2 cup pineapple chunks, drained 2 pieces dark chocolate (~50 calories)	1/4 cup dry roasted unsalted almonds 6 dried apricots	100-calorie pack microwave popcorn + 3 Tbs dry roasted unsalted cashews 1 medium pear
Lunch	1 Turkey Avocado Sandwich (Pg. XX) 1/2 cup fruit salad 2 Tbs dry roasted almonds (unsalted)	1 Reduced Fat Chinese Chicken Salad (such as Trader Joe's) 1 cup brown rice	1 Tuna Salad Sandwich (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX.)
Snack	2 ounces baked corn chips 1 cup bell pepper strips 1/4 cup salsa 1/2 cup LF bean dip	2 part-skim mozzarella cheese sticks 5 rye crisp crackers	8 ounces NF/LF vanilla yogurt + 1/2 cup LF granola or muesli 1/2 small melon, cubed (~1 1/2 cups)
Dinner	1 Serving Roasted Red Pepper & Spinach Lasagna (Pg. XX) 1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX.) 1 WG dinner roll 1 medium apple	1 Serving Pesto Salmon with Savory Lentils & Sautéed Spinach (Pg. XX) 1 cup NF/LF milk	1 Serving Turkey Burger (Pg. XX) 5 baked potato wedges (oven fries) Dessert: 1 LF frozen yogurt bar (vanilla-raspberry is about 90 calories)

Thursday	Friday	Saturday	Sunday
<p>1 Serving Fruity Whole Grain Waffles (Pg. XX)</p> <p>3/4 cup NF/LF milk</p>	<p>1 1/2 Servings Breakfast Tacos (Pg. XX)</p> <p>1 small banana</p>	<p>1 English muffin, toasted + 1 Tbs almond or peanut butter + 1 Tbs all fruit jam</p> <p>12 ounce NF coffee or tea latte (decaf or regular)</p>	<p>1 Serving Denver Omelette (Pg. XX)</p> <p>1 slice whole grain bread, toasted</p> <p>1/2 large grapefruit</p>
<p>1 medium apple</p> <p>2 Tbs almond or peanut butter</p> <p>3 rye crisp crackers</p>	<p>8 ounces NF/LF strawberry yogurt</p> <p>1/2 cup LF granola or muesli</p>	<p>1 medium apple</p> <p>2 ounces reduced fat cheddar cheese</p> <p>2 brown rice cakes</p>	<p>1 Serving Berry Delicious Smoothie (Pg. XX)</p> <p>1 Good Morning Muffin (Pg. XX)</p>
<p>1 Serving BLT Wrap (Pg. XX)</p> <p>10 large strawberries</p>	<p>1 medium baked potato + 1 cup LF turkey or vegetarian chili</p> <p>1 Serving Green Salad with Balsamic Vinaigrette (Pg. XX)</p> <p>1 medium orange</p>	<p>1 Serving Italian Pasta Salad with Chicken & Vegetables (Pg. XX)</p> <p>1/2 cup fruit salad</p> <p>1 LF pudding snack cup</p>	<p>1 1/2 Servings Chopped Greek Salad (Pg. XX)</p> <p>1 WG pita</p>
<p>1 Luna bar</p> <p>1 cup NF/LF milk</p>	<p>2 ounces WG pretzels</p> <p>2 ounces dry roasted unsalted pistachios (in shell)</p>	<p>1 1/2 cups steamed edamame (soybeans in shell) tossed with a small pinch of salt or squeeze of lemon</p>	<p>2 ounces peanut butter filled pretzels</p>
<p>1 Serving Stuffed Chicken Breast with Couscous & Zucchini (Pg. XX)</p> <p>1/2 cup NF/LF frozen yogurt</p>	<p>1 Serving Sweet & Spicy Flank Steak (Pg. XX)</p> <p>1 cup brown rice</p> <p>1 cup snow peas or snap peas sautéed w/1 tsp sesame oil + 1/2 tsp sesame seeds</p> <p>1 Asian pear</p>	<p>1 1/2 Servings Mini Turkey Meatloaf with Sweet Potatoes & Broccoli (Pg. XX)</p> <p>1 medium nectarine</p>	<p>1 Serving Pork Verde with Basmati Rice & Reduced Fat Southwest Salad (Pg. XX)</p> <p>3/4 cup NF/LF milk</p> <p>1/2 fresh mango, chopped</p>

Snack Substitutions

Remember, the meal plans are just suggestions. Use these additional ideas to increase your flexibility in following the plans and make substitutions as necessary. Also, if you need to modify the number of calories you are consuming, add or subtract snacks as necessary.

50-99 calories

1/2 cup green grapes = 50 calories

1 cup baby carrots = 55 calories

1 medium apple = 80 calories

1 medium orange = 70 calories

4 dried apricots = 74 calories

10 dry roasted almonds = 77 calories

1 hard boiled egg = 78 calories

1 part-skim mozzarella cheese stick (string cheese) = 80 calories

1 lowfat frozen yogurt bar = 50-90 calories

1 small banana = 90 calories

1 chewy oatmeal raisin granola bar = 90 calories

1/4 cup lowfat granola = 93 calories

8 whole wheat pita chips = 95 calories

Green Salad with Balsamic Vinaigrette (Pg. XX) = 90 calories

100-199 calories

1/4 cup hummus = 100 calories

1/2 small cantaloupe, cubed = 100 calories

1 cup lowfat (1%) milk = 110 calories

12 ounce nonfat latte = 120 calories

1 part-skim mozzarella cheese stick + 6-8 multigrain crackers = 140 calories

6-8 ounces lowfat yogurt = 125-150 calories

1 **Berry Delicious Smoothie (Pg. XX) = 143 calories**

4 rye crisp crackers = 146 calories

16 ounce nonfat latte = 160 calories

1 cup lowfat (1%) cottage cheese = 160 calories

1 cup lowfat (1%) chocolate milk = 160 calories

2 ounces dry roasted pistachios (in shell) = 162 calories

1 Luna nutrition bar = 175 calories

Fruity Breakfast Parfait (Pg. XX) = 188 calories

1 medium apple + 1 Tablespoon peanut butter = 180 calories

8 dark chocolate covered almonds = 150 calories

3/4 cup fat free cottage cheese + 1/2 cup pineapple tidbits = 180 calories

Snack Substitutions (continued)

200-299 calories

1/2 cup lowfat frozen yogurt = 200 calories

2 ounces whole wheat pretzels = 205 calories

1/4 cup dry roasted almonds = 206 calories

1 1/2 ounces baked corn chips + 1/4 cup lowfat bean dip = 215 calories

1 cup steamed edamame (in pod) = 220 calories

1/3 cup fruit & nut trail mix = 231 calories

Bright Idea: In general, standard serving sizes provide a similar amount of calories within food groups. Use the following as approximations only!

1 Serving of **Grains** = 80-100 calories

Samples include: 1 slice bread or 6-inch corn or flour tortilla
1/2 pita or English muffin
1/2 cup cooked rice, pasta or hot cereal
1 cup puffed cereal or 1/4 cup granola or muesli
1 ounce baked crackers (~5-8 each) or chips (15-20 each)

1 Serving of **Fruit** = 50-75 calories

Samples include: 1 medium piece of fruit
1/2 cup chopped fruit (fruit salad or fruit canned in juice)
6 ounces of juice
1/4 cup dried fruit

1 Serving of **Vegetables** = 25-50 calories (non-starchy vegetables only)

Samples include: 1 cup raw vegetables
1/2 cup cooked vegetables
2 cups green leafy vegetables (such as salad)

1 Serving of **Dairy** = ~100 calories

Samples include: 1 cup NF/LF milk
6 ounces yogurt
1 1/2 ounces reduced fat cheese

1 Serving of **Meat & Beans** = 75-125 calories

Samples include: 1/2 cup beans or lentils
3 ounces skinless chicken or turkey; fish; and shellfish
2 ounces *lean* pork, beef, lamb, veal or sandwich meats
1 egg or 3/4 cup egg substitute

Breakfast Recipes

Fruit & Nut Oatmeal = 1 packet plain instant oatmeal, prepared + 2 Tbs dried cranberries + 2 Tbs slivered almonds + 1 tsp brown sugar (262 calories)

Breakfast Tacos = 2 corn tortillas (6 inch) + 1/2 cup egg substitute, scrambled + 2 Tbs lowfat cheese or part-skim mozzarella + 2 Tbs salsa

Egg on Toast = 1 slice whole grain toast + 1 fried egg + 1 ounce slice Canadian Bacon

Blueberry Oatmeal = 1 packet plain instant oatmeal, prepared + 1 Tbs maple syrup + 1/2 cup fresh or frozen/thawed blueberries

Veggie Scramble = 1/4 cup sautéed vegetables + 1/2 cup egg substitute, scrambled + 2 Tbs lowfat cheese or part-skim mozzarella + 2 Tbs salsa

Fruity Whole Grain Waffles = 2 whole grain waffles, toasted + 2 tsp margarine or butter + 1/2 cup fresh or frozen berries + 2 Tbs all fruit jam, gently heated

Denver Omelette = 2 large eggs + 2 egg whites, beaten + 2 ounces diced ham + 1/2 cup diced onions & bell peppers made into omelette or scramble

Lunch Recipes

Turkey Sandwich = 2 slices whole grain bread + 2 teaspoons light mayo and/or 2 teaspoons mustard + 2 ounces deli sliced turkey + 2 slices tomato + 1 lettuce leaf

Turkey Sandwich = 2 slices whole grain bread + 1 Tablespoon light mayo and/or 2 teaspoons mustard + 3 ounces deli sliced turkey + 4 slices tomato + 2 lettuce leaves

Open-faced Turkey Melt = 1 slice whole grain bread, toasted + 2 ounces deli sliced turkey + 1 ounce slice reduced fat or light Swiss cheese cooked under broiler or in toaster oven for about 1 minute

Tuna Salad Pita = 1 whole wheat pita cut in half + 4 slices tomato + 2 leaves lettuce + tuna salad (4 ounces canned light tuna packed in water, drained + 1 Tbs light mayo + 1 tsp Dijon mustard + 2-3 Tbs chopped celery)

Holiday Turkey Sandwich = 2 slices rye bread or other whole grain bread + 2 Tbs canned whole berry cranberry sauce + 1 or 2 lettuce leaves + 3 ounces deli sliced or whole roasted and sliced turkey

Tuna Melt = 1 slice whole grain bread + tuna salad (4 ounces canned light tuna packed in water, drained + 1 Tbs light mayo + 1 tsp Dijon mustard + 2-3 Tbs chopped celery) + 4 slices tomato + 1 slice reduced fat cheddar or other cheese cooked under broiler or in toaster oven for about 1 minute

BLT Wrap = 1 whole wheat tortilla + BLT filling (2 cups chopped romaine lettuce + 1/2 cup chopped tomatoes + 2 slices cooked turkey or veggie bacon, crumbled; toss with 1 Tbs light ranch dressing)

Dinner Recipes

Turkey Burger = 1 whole wheat hamburger bun + 4-ounce turkey patty (8% fat)
+ 1 Tbs ketchup or BBQ sauce + 3 tomato slices + 2 pieces green leafy lettuce +
1 slice onion (optional)

Dinner Recipes (continued)

Baked Chicken Tenders with Broccoli Macaroni & Cheese

Serves 4

Ingredients:

1 1/4 pound chicken tenders
1 egg + 1 egg white
1/4 cup + 2 Tbs nonfat or lowfat milk, divided
2 cups bread crumbs
2 teaspoons olive or canola oil
a pinch dried herbs and/or salt & pepper
canola or olive oil cooking spray
1 box organic/natural shells & white cheddar
3 cups broccoli, chopped into 1/2-inch florets

Instructions:

Preheat oven to 425°.

Set up two bowls to bread chicken tenders. Blend egg, egg white and 2 Tbs milk in one bowl. Put bread crumbs, oil and herbs (and/or salt & pepper) in the other. Blend well.

Prepare a foil lined baking sheet. Cover with cooking spray. Trim any visible fat or tendons from chicken tenders. Dip tenders into egg mixture, gently shake off excess, and press into bread crumbs. Cover both sides of chicken with bread crumbs, pressing gently to help it stick. Spread tenders evenly across the baking sheet. Bake 10 minutes, flip, bake 10 minutes more. Remove from oven.

Cook shells according to package directions. One minute before the end of cooking time, add broccoli. Drain. In same pot over low heat, whisk together 1/4 cup milk & contents of cheese packet. Stir in shells and broccoli.

Nutrition Facts per serving:

380 calories	450 mg sodium
6 grams fat	3 grams fiber
135 mg cholesterol	39 grams protein

Dinner Recipes (continued)

Fish Tacos with Fajita Vegetables & Black Beans

Serves 4

Ingredients:

16 ounces frozen Mahi Mahi, halibut or cod (1-inch thick fillets)
8 corn tortillas
1/2 cup shredded part-skim mozzarella
1/2 cup verde sauce
2 cups chopped green leafy lettuce
2 tsp olive oil
16 ounce bag frozen fajita vegetables
2 Tbs lime juice, divided
1/4 tsp chili powder
1 – 15 ounce can black beans

Instructions:

Defrost fish in the refrigerator overnight, under cool running water or in the microwave. Preheat oven to 400°.

Pat fish dry with paper towel. Cut into 1-inch thick strips. Place fish in oiled baking dish. Bake 15-20 minutes. Fish is done when it flakes easily with a fork and looks opaque. Remove from oven and drizzle 1 Tbs lime juice over fish.

Rinse black beans (to reduce sodium). Add 1 Tbs water to beans and heat in the microwave or on the stovetop (on low). Stir occasionally.

Heat olive oil in a large sauté pan over medium high heat. Add fajita veggies to hot pan. Let the veggies brown a little so don't stir too often. Take vegetables off heat while still a little crisp to the bite (about 5 minutes). Toss with 1 Tbs lime juice and chili powder just before serving.

Heat tortillas briefly in microwave or oven. Layer with cheese, fish, verde sauce, and lettuce. Serve with black beans and fajita veggies.

Nutrition Facts per serving:

390 calories	530 mg sodium
8 grams fat	11 grams fiber
90 mg cholesterol	34 grams protein

Dinner Recipes (continued)

Pasta with Sausage, Cannellini Beans & Spinach

Serves 6

Ingredients:

8 ounces uncooked pasta (farfalle or fusilli)
1/4 cup oil-packed sun-dried tomatoes, julienned (thinly sliced)
1 cup chopped onion (about 1 small onion)
8 ounces turkey Italian sausage (spicy or mild)
4 cloves garlic, minced or pressed
1 teaspoon dried Italian seasoning
1/4 teaspoon crushed red pepper (optional)
1 cup low sodium chicken or vegetable broth
1 10-ounce bag baby spinach
1 15-ounce can cannellini beans, rinsed and drained
1/4 cup fresh grated Parmesan cheese

Instructions:

Cook pasta according to package directions, omitting salt & fat. Drain, reserving 1 cup of the cooking liquid.

Measure sun-dried tomatoes, draining off oil except for 2 teaspoons. Heat a large sauté pan or Dutch oven over medium. Add sun-dried tomatoes + oil, onion, and sausage to pan.

Break up sausage into bits with a wooden spoon or spatula. Cook about 10 minutes or until sausage is browned.

Add garlic to pan; cook 1 minute more. Add Italian seasoning, pepper (if using), and broth to pan. Stir in spinach; cover and simmer 2-3 minutes or until spinach is wilted. Stir in pasta, 1 cup reserved cooking liquid, and beans.

Serve pasta with a pinch of Parmesan cheese.

Serving Size: 1 3/4 cups pasta with 2 teaspoons Parmesan cheese

Nutrition Facts per serving:

321 calories	567 mg sodium
6 grams of fat	20 grams protein
2 grams sat fat	7 grams fiber

Recipe adapted from Cooking Light November 2007

Dinner Recipes (continued)

Sweet & Spicy Flank Steak

Serves 4

Ingredients:

5 Tbs low sodium soy sauce
2 teaspoons brown sugar
2 tablespoons peeled and minced ginger root
2 medium cloves garlic, peeled and minced
1-2 teaspoon chili garlic paste
4 green onions, thinly sliced
2 teaspoons Asian sesame oil
1.25 pound flank steak, trimmed of all visible fat
1/2 tsp cornstarch

Optional ingredients for lettuce wrap:

8 Bibb lettuce leaves
1/2 cup carrot matchsticks
1/2 cup cucumber matchsticks
1/2 cup red bell pepper matchsticks

Instructions:

Combine soy through sesame oil. Pour over flank steak and marinate at least 2 hours (or over night). Season steak with a generous amount of fresh ground black pepper. Grill over medium high heat or broil in the oven 4-5 min per side . Let rest 5 minutes. Cut into thin slices across the grain.

Whisk marinade with cornstarch. Heat to a simmer. Serve sauce with the steak.

Optional: If creating lettuce wraps, layer steak, vegetable matchsticks, and a drizzle of sauce in a lettuce leaf.

Nutrition Facts per serving:

264 calories	818 mg sodium
11 grams of fat	32 grams protein
2 grams sat fat	0.5 grams fiber

Dinner Recipes (continued)

Chicken Chilaquiles

Serves 6

Ingredients:

3 cups shredded skinless, boneless chicken breast
1/2 cup chopped green onions
1/2 cup shredded pepper jack cheese
1 teaspoon chili powder
1/4 teaspoon black pepper
1 12-ounce jar salsa verde
9 corn tortillas
cooking spray

Instructions:

Preheat oven to 375°.

Grease a 9 x 13 baking dish with cooking spray.

Combine chicken, green onions, 1/4 cup pepper jack cheese, chili powder, and pepper in a medium bowl.

Pour 1/2 cup salsa verde into the bottom of the baking dish. Lay three tortillas in the baking dish making sure to cover the bottom (two whole tortillas and two halves).

Top tortillas with half of the chicken mixture. Layer three more tortillas (same as above). Pour 1/2 cup verde sauce over tortillas. Layer the rest of the chicken, tortillas and sauce. Finish with remaining 1/4 cup of cheese.

Cover with foil and bake 15 minutes. Remove foil and bake 5-10 minutes more.

Serving Size: 1/6 of casserole

Nutrition Facts:

387 calories	481 mg sodium
10 grams of fat	4 grams fiber
4 grams of sat fat	39 grams protein

Dinner Recipes (continued)

Hoisin Pork Medallions

Serves 6

Ingredients:

- 3 Tablespoons hoisin sauce
- 3 Tablespoons chopped green onions (1-2 onions)
- 2 Tablespoons low sodium soy sauce
- 2 Tablespoons orange juice
- 1 Tablespoon lime juice or rice vinegar
- 2 medium cloves garlic, peeled and minced
- 1 Tablespoon fresh ginger, peeled and minced
- 1 pound pork tenderloin, trimmed of fat
- 2 teaspoons olive or canola oil
- 1 Tablespoon sesame seeds (optional)

Instructions:

Whisk together sauce ingredients (hoisin through ginger). Set aside.

Cut pork tenderloin into 1/2 inch thick medallions. Heat non-stick skillet or sauté pan over medium high. Add oil. Sear pork medallions until a golden brown crust forms (about 3-4 minutes). Flip and repeat on second side. Remove pork to a plate.

Reduce heat to medium low and add sauce to pan. Cook 1-2 minutes and then return pork and it's juices to the pan. Turn pork to coat in sauce. Remove from heat.

Nutrition Facts per serving:

206 calories	664 mg sodium
7 grams of fat	25 grams protein
1.5 grams sat fat	0.5 grams fiber

Dinner Recipes (continued)

Turkey Lasagna

Serves 9

Ingredients:

2 teaspoons olive or canola oil
2/3 cup chopped carrot (~ 1 carrot)
2/3 cup chopped celery (~ 2 celery stalks)
2/3 cup chopped onion (~ 1/2 medium onion)
2 cloves garlic, minced
3 cups marinara sauce (preferably low sodium), divided
1 pound ground turkey (7% fat)
1 cup chopped frozen spinach
8 no-boil lasagna noodles
1 cup part-skim ricotta cheese
2 Tablespoons prepared pesto
2/3 cup mozzarella cheese, divided
cooking spray

Ingredient Note: to save time (and energy!) look for a tub of ready chopped “mirepoix” at Trader Joe’s; it’s a flavorful mixture of onions, carrots, and celery.

Instructions:

Preheat oven to 400°. Grease a 9 x 9 baking dish with cooking spray. Set aside.

Heat oil in large sauté pan over medium heat. Add carrot, celery and onion. Sauté about 5 minutes or until soft. Add garlic, sauté 1 minute more. In a large bowl, combine sautéed vegetables with 2 cups marinara sauce. Set aside.

Using the same sauté pan over medium heat, add ground turkey. Cook about 5 minutes while breaking up turkey into small bits with a wooden spoon or spatula. Add spinach, cook 5 minutes more or until turkey is cooked and the moisture from the spinach has evaporated. Add to the bowl with vegetables and marinara sauce.

In a small bowl, combine ricotta, pesto and 1/3 cup mozzarella cheese. Set aside.

Layer lasagna: Cover baking dish bottom with 1/2 cup plain marinara sauce. Add two lasagna noodles, 1/2 turkey mixture, 2 more lasagna noodles, ricotta mixture, 2 more noodles, remaining turkey mixture, last 2 noodles (press down slightly), 1/2 cup marinara sauce, and 1/3 cup mozzarella cheese. Bake 40 minutes.

Nutrition Facts per Serving (1/9 lasagna):

263 calories	256 mg sodium
11 grams of fat	19 grams protein
4 grams sat fat	2.5 grams fiber

Dinner Recipes (continued)

Hoisin Pork Medallions

Serves 6

Ingredients:

- 3 Tablespoons hoisin sauce
- 3 Tablespoons chopped green onions (1-2 onions)
- 2 Tablespoons low sodium soy sauce
- 2 Tablespoons orange juice
- 1 Tablespoon lime juice or rice vinegar
- 2 medium cloves garlic, peeled and minced
- 1 Tablespoon fresh ginger, peeled and minced
- 1 pound pork tenderloin, trimmed of fat
- 2 teaspoons olive or canola oil
- 1 Tablespoon sesame seeds (optional)

Instructions:

Whisk together sauce ingredients (hoisin through ginger). Set aside.

Cut pork tenderloin into 1/2 inch thick medallions. Heat non-stick skillet or sauté pan over medium high. Add oil. Sear pork medallions until a golden brown crust forms (about 3-4 minutes). Flip and repeat on second side. Remove pork to a plate.

Reduce heat to medium low and add sauce to pan. Cook 1-2 minutes and then return pork and it's juices to the pan. Turn pork to coat in sauce. Remove from heat.

Nutrition Facts per serving:

206 calories	664 mg sodium
7 grams of fat	25 grams protein
1.5 grams sat fat	0.5 grams fiber

Dinner Recipes (continued)

Pesto Salmon with Savory Lentils and Sautéed Spinach

Serves 4

Ingredients:

12 ounces fresh or frozen wild salmon fillets

4 teaspoons prepared pesto, divided

3 teaspoons olive oil, divided

2/3 cup chopped carrot (~ 1 carrot)

2/3 cup chopped celery (~ 2 celery stalks)

2/3 cup chopped onion (~ 1/2 medium onion)

1 cup low sodium vegetable broth

1 box ready to eat steamed lentils (Trader Joe's) or 15-ounce can lentils, rinsed

1/2 tsp dried oregano

1 lemon, quartered

1 clove garlic, pressed or minced

2 - 10 ounce bags fresh baby spinach (or 16 oz frozen)

Ingredient Note: to save time (and energy!) look for a tub of ready chopped "mirepoix" at Trader Joe's; it's a flavorful mixture of onions, carrots, and celery.

Instructions:

If using frozen fish, defrost in the refrigerator overnight, under cool running water or gently in the microwave.

Preheat broiler (on high) and set the rack 4-5 inches from the heating element.

Place salmon in a foil lined baking dish. Spread pesto over the top of the salmon. Place under the broiler for 8-10 minutes or until opaque & flaky.

Heat 2 teaspoons olive oil in a large sauté pan over medium. Add carrot, celery and onions (mirepoix) and sauté about 5 minutes or until it starts to soften. Add lentils and break up any clumps. Stir in vegetable broth. Add oregano and simmer 5-6 minutes.

Heat 1 teaspoon olive oil in non-stick skillet over medium. Add garlic and sauté 1 minute. Add spinach several handfuls at a time, covering and wilting until all spinach has been added. Stir, cook 2 minutes, and turn off heat.

Serve 3/4 cup savory lentils and 1/2 cup spinach with 3-4 ounces salmon. Provide lemon wedges on the side to squeeze over fish.

Nutrition Facts per serving:

420 calories

450 mg sodium

11 grams fat

14 grams fiber

45 mg cholesterol

36 grams protein

Dinner Recipes (continued)

Mini Turkey Meatloaf with Sweet Potatoes & Broccolini

Serves 6

Ingredients:

1 1/2 pounds lean ground turkey
3 teaspoons olive oil, divided
1/2 red onion
1/2 green bell pepper, stemmed and seeded
3 cloves garlic, pressed
1/3 cup + 2 Tablespoons ketchup, divided
1/3 cup + 2 Tablespoons BBQ sauce, divided
1 egg + 1 egg white
1/2 cup oat bran or breadcrumbs
2 Tablespoons nonfat or lowfat milk
6 small sweet potatoes or 3 large sweet potatoes
4 teaspoons butter or trans fat-free margarine
8 teaspoons maple syrup (optional)
1 pound broccolini (or broccoli)
1 Tablespoon lemon juice (~1/2 lemon)

Instructions:

Preheat oven to 400°.

Finely chop onion & bell pepper by hand or in a food processor. Heat 2 teaspoons olive oil in a large sauce pan over medium. Sauté vegetables about 5 minutes. Add garlic and sauté 1 minute more. Remove from heat.

Combine turkey, vegetables, 1/3 cup ketchup, 1/3 cup BBQ sauce, egg + egg white, milk, and oat bran. Grease muffin tin with cooking spray. Divide turkey mixture into 12 muffin cups. Stir together remaining 2 Tablespoons of ketchup and BBQ sauce. Spoon and spread over tops of mini meatloaves. Bake meatloaf and sweet potatoes 30 minutes.

Steam broccolini (5 minutes stovetop or 2 minutes in microwave). Toss with lemon juice and 1 teaspoon olive oil. Season lightly with salt and pepper.

Nutrition Facts per serving:

350 calories	540 mg sodium
13 grams fat	3 grams fiber
110 mg cholesterol	29 grams protein

Dinner Recipes (continued)

Roasted Red Pepper & Spinach Lasagna

Serves 6

Ingredients:

2 teaspoons olive oil
1 cup chopped yellow onion
4 cloves garlic, divided
1 16-ounce bag frozen spinach
1 12-ounce jar roasted red peppers, drained
2 cups whole canned tomatoes, no salt added
1 cup part-skim ricotta cheese
1/4 cup grated parmesan cheese
8 sheets no-boil lasagna noodles
1/2 cup mozzarella cheese

Instructions:

Preheat oven to 400°.

Heat large sauté pan over medium. Add oil and onion. Sauté until translucent. Add 2 cloves garlic (pressed) and sauté one minute more. Add spinach and sauté about 5 minutes or until moisture evaporates.

In a food processor or blender, combine 2 cloves garlic, roasted red peppers and tomatoes. Process until smooth. Set aside. Combine ricotta and parmesan, set aside.

Grease a 9 x 9 baking dish with cooking spray. Spread 1/2 cup sauce over bottom. Layer the ingredients in this order: 2 lasagna noodles, half the spinach, 1/2 cup sauce, and two more lasagna noodles, ricotta cheese mixture, two more noodles (gently press down), another layer of spinach, 1/2 cup sauce, 2 more noodles, the remaining sauce, and mozzarella cheese.

Bake 30 minutes. Enjoy with a side salad.

Nutrition Facts per serving:

308 calories	429 mg sodium
13 grams fat	6 grams fiber
5 grams sat fat	16 grams protein

Dinner Recipes (continued)

Stuffed Chicken Breast with Pesto Couscous & Lemon Shallot Zucchini

Serves 4

Ingredients:

1 shallot, finely chopped
3-4 zucchini
1 lemon
4 3-4 oz skinless, boneless chicken breasts
4 slices prosciutto
4 Tablespoons part-skim mozzarella cheese
1 1/2 cups whole wheat couscous, dry
2 1/2 cups low sodium chicken broth, divided
2 Tablespoons prepared pesto
2 tsp olive oil

Instructions:

Preheat oven to 400°.

Trim zucchini. Slice in half lengthwise and then chop into half moons. Juice lemon and set aside.

Trim fat off chicken breast. Press flat and slice nearly in half so that you can open it like a book. (Tip: do your best to hold your knife parallel to the cutting board when cutting the chicken.) Stuff chicken breast with 1 slice prosciutto and 1 Tablespoon cheese; press closed.

Place chicken breast in a baking dish with 1/2 cup chicken broth. Or, for a golden brown color, quickly sear chicken on both sides in a non-stick skillet over medium high; then place in baking dish. Bake 20 minutes, flipping chicken half-way through the cooking process.

Prepare couscous according to package directions, using 2 cups broth instead of 2 cups water. When the couscous is ready, gently stir in pesto and fluff with a fork.

Heat olive oil in sauté pan over medium high. Stir-fry zucchini and shallots until tender-crisp. Remove from heat; add lemon juice & pepper.

Nutrition Facts per serving (1 chicken breast, 3/4 cups couscous & 1 cup zucchini):

440 calories	570 mg sodium
13 grams fat	7 grams fiber
80 mg cholesterol	41 grams protein

Snacks

Fruity Breakfast Parfait = 6 ounces plain nonfat/lowfat yogurt + 2 tsp honey + 1/2 cup sliced strawberries + 2 Tbs lowfat granola (188 calories)

Side Dishes

Tomato & Cucumber Salad = 5 slices tomato + 1/2 cup peeled, sliced cucumber + 1/2 tsp red wine vinegar + 1/2 tsp olive oil + dash salt & pepper

Green Salad with Balsamic Vinaigrette =

Pre-workout Mini Meals

about 250 Calories each

1 pouch instant oatmeal (~ 150 calories and < 10 grams sugar) + 1 Tablespoon slivered almonds

1 piece whole grain bread + 2 ounce sliced turkey (preferably low sodium) + 1 ounce slice reduced fat swiss or cheddar cheese

Egg on Toast (1 egg, 1 ounce ham, 1 piece whole wheat bread, toasted)

1 piece whole grain bread + 1 1/2 Tablespoons peanut butter + 1 Tablespoons low sugar jam

2 corn tortillas + 1/4 cup shredded mozzarella + 1/4 cup salsa

1 multigrain waffle + 1/2 small banana + 1 Tablespoon peanut butter

1 small apple + 2 Tablespoons peanut butter

1 ounce multigrain pretzels + 2 Tablespoons almonds

1 chicken soft taco (1 small flour tortilla, 2 ounces chicken, lettuce, tomato, salsa)

1/3 cup fruit & nut trail mix

Post-workout Mini Meals

about 250 Calories each

30-60 grams Carbohydrate

1 ounce baked pita chips + 1/4 cup hummus + 1/2 cup baby carrots

6-8 ounces nonfat yogurt (~ 150 calories and < 20 grams sugar) + 1/2 cup fruit salad

1/2 whole wheat bagel + 2 Tablespoons light herb cream cheese, tomato & cucumber slices

1 1/2 cups whole grain cereal (<200 calories) + 3/4 cup nonfat milk

Chicken Salad in Pita (1/2 cup diced chicken breast, 1 Tbs light mayo, 2 Tbs raisins, 1 Tbs almonds, dash curry, lettuce, 1/2 whole wheat pita)

4 ounce lowfat frozen yogurt + 2 Tablespoons lowfat granola

1 granola or nutrition bar (~ 150 calories and < 20 grams sugar) + 1 small orange or tangerine

1 small bean and cheese burrito

Turkey roll-up (1 flour or whole wheat tortilla, 1 ounce sliced turkey, 1 tsp mustard, 1 slice light swiss)

1 small baked potato or sweet potato + 1/2 cup lowfat turkey or veggie chili



Based on the information you provided, this is your daily recommended amount from each food group.

<p>GRAINS 5 ounces</p> <p>Make half your grains whole</p> <p>Aim for at least 2 1/2 ounces of whole grains a day</p>	<p>VEGETABLES 1 1/2 cups</p> <p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 1 1/2 cups</p> <p>Orange veggies = 1 cup</p> <p>Dry beans & peas = 1 cup</p> <p>Starchy veggies = 2 1/2 cups</p> <p>Other veggies = 4 1/2 cups</p>	<p>FRUITS 1 1/2 cups</p> <p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>MILK 2 cups</p> <p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>MEAT & BEANS 4 ounces</p> <p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
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Find your balance between food and physical activity
Be physically active for at least **30 minutes** most days of the week.

Know your limits on fats, sugars, and sodium
Your allowance for oils is **4 teaspoons a day**.
Limit extras—solid fats and sugars—to **170 calories a day**.

Your results are based on a 1400 calorie pattern. **Name:** _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



Based on the information you provided, this is your daily recommended amount from each food group.

<p>GRAINS 5 ounces</p> <p>Make half your grains whole</p> <p>Aim for at least 3 ounces of whole grains a day</p>	<p>VEGETABLES 2 cups</p> <p>Vary your veggies Aim for these amounts each week:</p> <ul style="list-style-type: none"> Dark green veggies = 2 cups Orange veggies = 1 1/2 cups Dry beans & peas = 2 1/2 cups Starchy veggies = 2 1/2 cups Other veggies = 5 1/2 cups 	<p>FRUITS 1 1/2 cups</p> <p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>MILK 3 cups</p> <p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>MEAT & BEANS 5 ounces</p> <p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
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Find your balance between food and physical activity

Be physically active for at least **30 minutes** most days of the week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons a day**.

Limit extras—solid fats and sugars—to **130 calories a day**.

Your results are based on a 1600 calorie pattern. **Name:** _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



Based on the information you provided, this is your daily recommended amount from each food group.

<p>GRAINS 6 ounces</p> <p>Make half your grains whole</p> <p>Aim for at least 3 ounces of whole grains a day</p>	<p>VEGETABLES 2 1/2 cups</p> <p>Vary your veggies Aim for these amounts each week:</p> <ul style="list-style-type: none"> Dark green veggies = 3 cups Orange veggies = 2 cups Dry beans & peas = 3 cups Starchy veggies = 3 cups Other veggies = 6 1/2 cups 	<p>FRUITS 1 1/2 cups</p> <p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>MILK 3 cups</p> <p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>MEAT & BEANS 5 ounces</p> <p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
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Find your balance between food and physical activity

Be physically active for at least **30 minutes** most days of the week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons a day**.

Limit extras—solid fats and sugars—to **195 calories a day**.

Your results are based on a 1800 calorie pattern. **Name:** _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

<p>GRAINS 6 ounces</p> <p>Make half your grains whole</p> <p>Aim for at least 3 ounces of whole grains a day</p>	<p>VEGETABLES 2 1/2 cups</p> <p>Vary your veggies Aim for these amounts each week:</p> <ul style="list-style-type: none"> Dark green veggies = 3 cups Orange veggies = 2 cups Dry beans & peas = 3 cups Starchy veggies = 3 cups Other veggies = 6 1/2 cups 	<p>FRUITS 2 cups</p> <p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>MILK 3 cups</p> <p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>MEAT & BEANS 5 1/2 ounces</p> <p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine--choose more fish, beans, peas, nuts, and seeds</p>
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Find your balance between food and physical activity

Be physically active for at least **30 minutes** most days of the week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons a day**.

Limit extras--solid fats and sugars--to **265 calories a day**.

Your results are based on a 2000 calorie pattern.

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

Name: _____



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

<p>GRAINS 7 ounces</p> <p>Make half your grains whole</p> <p>Aim for at least 3 1/2 ounces of whole grains a day</p>	<p>VEGETABLES 3 cups</p> <p>Vary your veggies Aim for these amounts each week:</p> <ul style="list-style-type: none"> Dark green veggies = 3 cups Orange veggies = 2 cups Dry beans & peas = 3 cups Starchy veggies = 6 cups Other veggies = 7 cups 	<p>FRUITS 2 cups</p> <p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>MILK 3 cups</p> <p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>MEAT & BEANS 6 ounces</p> <p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine--choose more fish, beans, peas, nuts, and seeds</p>
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Find your balance between food and physical activity

Be physically active for at least **30 minutes** most days of the week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons a day**.

Limit extras--solid fats and sugars--to **290 calories a day**.

Your results are based on a 2200 calorie pattern. Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

Client Satisfaction Survey - Tell us what you think!

This booklet was designed to help Boot Campers develop nutrition knowledge and skills so that they can be successful at achieving their weight loss goals. We wanted to provide enough information and resources to educate and challenge you, but not so many that you feel overwhelmed. In addition, the booklet and nutrition talks in class are supposed to build in complexity week after week so that you can concentrate on mastering a little at a time. By the end of the Boot Camp session, we hope that you have 1) learned more about nutrition and weight loss, 2) gained skills to meet your weight loss goals, and 3) become more confident in your ability to eat foods that will promote a healthy lifestyle.

Please give us your honest feedback so that we may continue to improve upon this resource.

How would you rate the...

1. amount of nutrition information/resources in this booklet?
Too Much Just Right Not Enough
2. quality of nutrition information/resources in this booklet?
Adequate Inadequate Unable to Judge
3. pace or progress of the information provided?
Too Fast/Overwhelming Just Right Too Slow

How helpful did you find the following resources?

1. Nutrition 101
Very Helpful Helpful Not Helpful Unable to Judge
2. Tour of the Nutrition Facts Label
Very Helpful Helpful Not Helpful Unable to Judge
3. Calories In, Calories Out equations
Very Helpful Helpful Not Helpful Unable to Judge
4. Sample Meal Plans
Very Helpful Helpful Not Helpful Unable to Judge
5. Pre- and Post-Workout Mini Meals
Very Helpful Helpful Not Helpful Unable to Judge
6. Recipes
Very Helpful Helpful Not Helpful Unable to Judge

Additional Comments: _____

We would like to make the Sample Meal Plans reflect what Boot Campers really eat. What meals or snacks would you like to see incorporated into future editions?

Please tear out this sheet and return to ⁷⁴ a Boot Camp staff member. Thank you!