Dear Friend:

Product Partners, LLC (founder of in-home fitness programs under its Beachbody® brand and Team Beachbody Coach Network) is supporting the American Diabetes Association in its fight against diabetes and its mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Working together, the American Diabetes Association, Kathy Smith and Beachbody have created Kathy Smith's Project You! Type 2, an all-in-one program with an easy-to-follow meal plan and a workout program for all fitness levels. Through this collaboration, the American Diabetes Association, Kathy Smith and Beachbody are working to change the future of diabetes by helping people take simple, yet important steps to prevent type 2 diabetes and by reducing the number of people with diabetes who develop serious complications.

We're hoping that -- in conjunction with your desire to get healthy -- you will join us in our fight against diabetes by donating your time, money or by participating in the American Diabetes Association's "Step Out: Walk to Fight Diabetes" events around the country. Sign up at diabetes.org/teambeachbody.

Thanks for your support and commitment in the fight against diabetes.

Regards,

M. Vaneeda Bennett
Executive Vice President, Development
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**Getting Started** – This program is designed to be used by both men and woman to promote a healthy weight loss of approximately 1 to 2 pounds per week. If after the first 2 weeks, you are losing more than 2 to 3 pounds per week, you are losing weight in an unhealthy fashion and you may need to add additional calories. Try adding one additional protein choice (listed on page 17) per meal. This is especially important if you weigh more than 250 pounds, because you already have additional protein needs. If you weigh over 350 pounds, add two additional protein choices and one additional carbohydrate choice (which is one starch, fruit, vegetable or dairy choice, all listed on pages 16-19), per meal.

**What to Do if You Have Diabetes** – This program is designed to work for people looking to reduce their risk of developing diabetes as well as those who have diabetes. If you already have been diagnosed with diabetes make sure you run this program by your health care team before you get started. Sometimes medications need to be adjusted prior to lowering your carbohydrate or calorie intake. In addition, other health problems may require attention. Each person is an individual, different from everyone else so any program you participate in should be reviewed by your doctor and registered dietitian/ certified diabetes educator to see how it can work for you.

THIS INFORMATION IS NOT TO BE USED AS A SUBSTITUTE FOR MEDICAL ADVICE. ALL CHANGES IN YOUR DIET AND EXERCISE PATTERN SHOULD BE DISCUSSED WITH YOUR DOCTOR.
It was a pleasure working with Kathy Smith on such a breakthrough new lifestyle approach to managing and preventing diabetes.

Marlisa Brown, MS, RD, CDE, CDN
President of Total Wellness Inc.
Bay Shore, NY 11706
If you feel overwhelmed and confused by the guidelines for eating to prevent developing type 2 diabetes, you’ve come to the right place! Good2Eat! takes all of the guesswork and complications out of healthy eating and losing weight.

In case you haven’t heard the good news, the leading diabetes researchers no longer recommend special “diabetic” meals that rely on artificial sugars and substitute foods that the rest of your family won’t eat. It turns out that the best way to eat for diabetes is the same way you eat for a healthy life—with real food.

Good2Eat! contains complete meal solutions that take care of your daily nutrition and will wow your taste buds. Don’t be surprised to find many of your favorite foods in Good2Eat!—pasta, peanut butter, grilled ham and cheese, stuffed baked potatoes, sweet berries, juicy beef kabobs, plus plenty of yummy snacks. With this program, you can expect a healthy weight loss of approximately 1 to 2 pounds per week.
KEYS TO SUCCESS

Managing your blood glucose – If you have been diagnosed with type 2 diabetes, it is important to keep your blood glucose levels in your target range at all times. This is the most effective way to help reduce the risk of developing diabetes complications.

To help you do this, visit your health care team regularly, take medications as prescribed, get to and then maintain a healthy body weight, participate in a regular exercise program, and follow your nutrition plan. When you incorporate these elements into your life, you are taking the steps needed to manage your diabetes. This program will help you accomplish these goals.

There are a lot of positives that come from making these changes. You’ll be able to lose weight more easily, eat healthy food, have more energy, and even curb your hunger.

Timing and spacing of meals – If you have type 2 diabetes, it is important to consider not only what you eat but also when you eat. Food intake must be balanced with diabetes medications (if you are taking them) and exercise to help manage blood glucose levels. That is why the eating plans in Good2Eat! suggest 3 meals and 2 to 3 snacks evenly spaced over your day. The meals and snacks contain consistent carbohydrate amounts to keep your blood glucose in balance. In addition, by spreading out your calories across the day, you’re more likely to eat just what your body needs at that point of the day, so there won’t be any excess calories to store as fat.

Did you know that your appetite is triggered when your blood glucose level drops too low or too quickly? This can happen when you go too long between meals or if you eat a meal without any fat and protein.

To reduce the risk of high or low blood glucose, it is extremely important not to skip meals or snacks.
Eating for type 2 – The recipes and meal choices in Good2Eat! use a combination of foods that contain carbohydrates, protein, fat, and fiber. Carbohydrates affect blood glucose the most because they are the main source of energy for your body. Fat and protein are digested differently and do not affect blood glucose as quickly. Eating a balanced combination of carbohydrates, fats, and proteins can help slow the absorption of glucose into your blood.

Starches, grains, breads, and pasta; fruits; dairy; sweets; and starchy vegetables are carbohydrates. High fiber carbohydrates and combinations of carbohydrates with foods containing protein, and fat can slow absorption of food and help better manage blood glucose spikes, resulting in better diabetes management.

Putting it all together – You will have all the tools you need to plan healthy meals and become an independent healthy eater. You’ll never need to diet again, because you’ll have total control of your eating.

You’ll be eating 3 meals and 2 to 3 snacks a day and spreading them out evenly, eating every 2 to 3 hours. Not only will this ensure that you have sustained energy all day long, you’ll also encourage your body to use stored body fat as fuel because it will never feel starved or depleted.

Try to get close to 2- to 3-hour eating intervals to keep your body on track for fat loss. Skipping meals will slow down your metabolism and your ability to burn fat.

Remember, this program is custom-designed for people with type 2 diabetes—with no guesswork and calculations. The program gives you specific food combinations so you can easily combine different food groups to get approximately the same carbohydrate content when designing your own meal choices.
Portion control – To succeed in becoming an independent healthy eater and saying goodbye to diets for good, you must learn portion control. Overeating will cause problems with your blood glucose and contribute to weight gain, so the trick is to eat what your body needs to stay in balance. Sounds simple in theory, but with today’s super-sized restaurant servings and gigantic snacks, it’s often difficult to recognize what indeed constitutes a single serving of anything. Keep a close eye on package labels!

The Good2Eat! Cookbook has already figured out the portion size of everything you’ll be eating. It’s a great way to get used to seeing what a single serving really looks like. As you get increasingly familiar with the recipes and menus, it will be easier for you to judge a healthy portion size when you are out and about.

I can’t get no . . . satisfaction – Healthy eating depends on you listening to your body’s cues and knowing when you’re satisfied. There is no cut-and-dry rule here because being “satisfied” means different things to different people. Some of us are satisfied after a salad and a chicken breast, while others are satisfied only after a filet, a baked potato, and a full head of broccoli. Some of these “fullness” differences are pure habit: people are used to eating a certain way at certain times, whether or not they’re actually hungry.

Recognizing when you’re satisfied is imperative to weight loss, so experiment a little to find out what’s right for you. It also helps to review your journal entries in Good2Go! to help identify your eating and hunger patterns.
If you’re still hungry after a meal, it could mean several things:

- The body hasn’t registered it’s full. It takes the stomach about 20 minutes to feel satisfied, so wait at least that long before deciding you need more food. Don’t worry—you won’t starve in 20 minutes!

- You’ve eaten too quickly. Try chewing your food slowly and deliberately, putting your knife and fork down after each bite. This way you’ll enjoy your meals more and you will need less to be satisfied. Have a conversation to slow you down. Or if you’re alone, after several bites, put your fork down and write down one thing that makes you feel great about being in control of your life. Be creative!

- You’re dehydrated. Many people mistake thirst for hunger, so before snacking, drink an 8-ounce glass of water; wait 10 minutes and see if your hunger doesn’t go away.

- You’ve been skipping meals or not eating enough at each meal. I know it’s tempting, but cutting the recommended meals and portions in the food plans, or not eating frequently, will not make you lose weight any faster. You are also much more likely to have a low blood glucose reaction, or hypoglycemia, if you skip meals. And it will set you back by slowing your metabolism, making it that much harder to balance your blood glucose and lose weight. Eat all your meals and snacks, making sure you eat every couple of hours for the best results possible.

Be prepared! – Preparation and foresight are key to staying on track with your healthy eating plan, whether you’re a nine-to-fiver or a stay-at-home parent or retired. The most common excuse for falling off the food wagon or not getting on in the first place is “I don’t have time”: no time to purchase food, prepare it, or pack it. But if you’re serious about taking care of yourself, taking control of diabetes, and losing weight, you’ll make the time.

First, invest in a good set of containers of all shapes and sizes, a lunch-box-sized cooler big enough for a few meals, and plenty of plastic baggies. Next, plan your meals for the week; make a shopping list and head to the grocery store. Only buy what’s on your list.
Block out time that same day to prepare your food. Slice and dice your produce for easy access and cook up all your protein and starch for the week in large batches. Put it all into your new containers, freezing half of anything that can spoil quickly so it’s still good later in the week. If you’re a super-planner, you can even measure out and weigh everything in advance, putting it into baggies or containers for easy grab-and-go meals.

And there, you’re done! That wasn’t so painful, was it? Now every day, you can pack a few meals and snacks to take to work or to enjoy at home or on the go. Additionally, stock your car with nonperishable snacks and plenty of water for times when you’re hungry and are feeling the lure of fast food. Supply your body with healthy fuel instead and you’ll feel better both physically and mentally.

**Weight plateau** – If you’re not seeing the results you’d hoped for, first examine your food and portion choices. You may be consuming more calories and high-fat items than you realize. Next, be sure that you’re exercising and moving more. You may think you’re burning more calories than you are. Talk with your doctor and review your Good2Go! journal together for clues that will help you break through.
Meal planning made easy – To be successful, a meal plan needs to work with your lifestyle until it becomes a part of your life. It has to include food you love, offer variety, and be easy to follow. With Good2Eat!, the healthy choice is the easy choice, because Good2Eat! has taken the guesswork out of meal planning by doing it for you. By using Good2Eat!, you can manage your diabetes while losing weight at a safe and healthy rate. By seeing how easy it is to make delicious meals and snacks, you will be learning how to make your own healthy menus if you get tired of following the ones listed here.

Good2Eat! meal planning options are designed to provide approximately 30 to 45 grams of carbohydrates per meal and 15 to 20 grams of carbohydrates per snack. The meal choices have similar carbohydrate counts so you can mix and match breakfasts, lunches, dinners, and snacks and know that you’re getting the right amount of carbohydrates throughout the day.

Meal plan options – Pick a plan that suits your style or try them all. Follow the meal plans for 90 days and then evaluate your progress with your health
care team. You will be amazed. You can continue to use these healthy eating tools for as long as you like.

Quick-and-Easy 7-Day Meal Plan – If you like to plunge right into things and don’t want to be bothered making choices when you start something new, the Quick-and-Easy 7-Day Meal Plan does it all for you. All your meals and snacks are planned out in delicious detail for a week of healthy, filling weight loss meals. There’s even a grocery list for the week so you don’t have to figure out what to buy! If you find a day that’s your favorite, you may want to repeat it several times that week, and you can always continue to follow this 7-day plan for several weeks.

Mix-and-Match Meal Cards – Eating doesn’t ever have to be boring if you use the Mix-and-Match Meal Cards. Want to surprise yourself with the best choices daily? Just shuffle the deck of color-coded cards and pull out 1 “blue” card for breakfast, 1 “green” card for lunch, 1 “orange” card for dinner, and 2 or 3 “plum” cards for snacks. No matter which cards you pick, they will all add up to a nutritionally balanced day with the perfect amount of carbs.

Simply Scrumptious – If cooking and entertaining are your passions, Simply Scrumptious offers some simple recipes that taste as if they took hours to prepare and will have guests and family members asking you for your recipes. So go ahead and use these “simply scrumptious” recipes. Good, healthy eating should be shared.
COMBO FOOD PLAN SYSTEM

To help you learn about the 6 COMBO Food Plans, each Mix-and-Match Meal Card tells you which COMBO the recipe follows. Use them as references to learn how to combine food groups with the right balance of carbohydrates, protein, and fat. All you have to do is pick a COMBO that has the types of food you like to eat and stay within the portion amounts listed.

Each COMBO Mixes the Following Food Groups to Create the Right Amount of Carbohydrates at Every Meal

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protein</strong></td>
<td>1 oz. protein (chicken, fish, beef, or 1 egg, etc.)</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>1 tsp. fat (1 tsp. oil, 1 tsp. butter, 8 large olives, 6 almonds, 10 peanuts, 4 pecans, 16 pistachios, or 1 Tbsp. reduced-fat mayonnaise, etc.)</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td>8 oz. milk, plain yogurt, 6 oz. yogurt with artificial sweetener, or 8 oz. soy milk, etc.</td>
</tr>
<tr>
<td><strong>Starch</strong></td>
<td>1 slice bread, 1/3 cup cooked rice or pasta, 1/2 cup cooked potatoes, 1/2 corn, 1/3 cup legumes (beans) counts as 1 starch and 1 protein.*</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>1 small fruit portion (4-in. banana, 3/4 cup berries, 1/2 cup applesauce, or 1/2 cup orange juice, etc.)</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>1-1/2 cups cooked vegetables or 3 cups uncooked vegetables</td>
</tr>
</tbody>
</table>

*More extensive food choices can be found in the Food Exchange Lists on pages 16–19.

You may not eat from every food group at every meal. For this reason, you can choose from 6 different COMBOS that offer healthy eating options for every palate. All COMBOS are low in fat and calories and will keep your carbohydrates leveled throughout the day. COMBO A will cover many of your meal choices.

If you want to create your own meal plans, the following information will help you make successful choices and keep you on track. Make sure you look at the food exchange lists on pages 16–19 so you can practice designing your own COMBOS.

*Please note: Only add the protein exchange when you are following the vegetarian meal combo, otherwise, just count as a starch.
ARE YOU A VEGETARIAN?
Since almost all vegetarian choices contain carbohydrates, our vegetarian meals contain approximately 30-45 grams of carbohydrates. The reason we do this is because we are eliminating some food groups, and vegetarian sources of protein often include carbohydrates. If you are not choosing dairy or eggs or soy at your meal, we recommend that you pick legumes as at least one of your carb choices due to its higher protein value.

If you are a Vegan, it is recommended that you pick a bean (legume) choice at each meal to help meet your nutritional needs. Also, you can use seitan or tofu as a protein choice. It is recommended that you pick a dairy or a bean (legume) choice at each meal to help meet your nutritional needs. If you are choosing 2 protein choices per meal then use our COMBOs at the 30g carbohydrate limit. If you are a Vegan or you are limiting dairy and beans, see a registered dietitian to work one-on-one with your meal planning.
## PROJECT: YOU! TYPE 2 COMBOS

### COMBO A
- 2-3 **Protein** choices
- 1/2 to 1 **Fat** choice (optional)
- Add 2 total choices from the following:
  - 1 **Dairy**, 1 **Starch**, 1 **Fruit**, or 1 **Vegetable**

### COMBO B
- 1 **Dairy** choice (if full-fat dairy choice, omit the fat below)
- 1 **Fat** choice (optional)
- Add 1 total choice from the following:
  - 1 **Dairy**, 1 **Starch**, 1 **Fruit**, or 1 **Vegetable**

### COMBO C
- 1 **Protein** choice
- 1 **Fat** choice (optional)
- Add 2 total choices from the following:
  - 1 **Dairy**, 1 **Starch**, 1 **Fruit**, or 1 **Vegetable**

### COMBO D
- 1/2 **Dairy** choice
- 1 **Fat** choice (optional)
- Add 1-1/2 total choices from the following:
  - 1 **Dairy**, 1 **Starch**, 1 **Fruit**, or 1 **Vegetable**

### VEGETARIAN COMBO
- 1-2 **Protein** choices (egg, cottage cheese, ricotta cheese) plus 1 **Fat** choice (optional).* Add 3 total choices from the following: 1 **Dairy**, 1 **Starch**, 1 **Fruit**, or 1 **Vegetable** [For vegans and lacto-ovo-vegans choose 1-2 plant based proteins as a part of each of your meal plan combos.]

### SNACK COMBO
- 2-3 per day
- (Choose 2 to 3 snacks each day—only have one at a time and space them evenly between meals.)
- Any combination of the following: 1 **Fat** or 1 **Protein** choice plus 1 choice from the following: 1 **Dairy**, 1 **Starch**, 1 **Fruit**, or 1 **Vegetable**

When you pick from more than one food group, you can use any combination of the choices to add up to the total allowed. The following pages list samples of some of the choices you can make.

*If you don’t choose the protein, it is recommended that you choose a dairy or bean starch as part of your 3 choices to cover your protein needs.
## FOOD EXCHANGE LISTS

### Fruits

<table>
<thead>
<tr>
<th>Serving</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>canned fruit</td>
<td>(packed in its own juice), applesauce, unsweetened fruit juice</td>
</tr>
<tr>
<td>2 Tbsp.</td>
<td>dried fruit</td>
<td>(raisins, cranberries, cherries)</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>blackberries, blueberries, canned mandarin oranges, grapefruit sections, fresh pineapple</td>
<td></td>
</tr>
<tr>
<td>1 cup cubed</td>
<td>cantaloupe, honeydew melon, papaya, raspberries</td>
<td></td>
</tr>
<tr>
<td>1/2 piece</td>
<td>grapefruit, small mango, papaya</td>
<td></td>
</tr>
<tr>
<td>1-1/4 cups</td>
<td>cubed watermelon, strawberries</td>
<td></td>
</tr>
<tr>
<td>1 piece</td>
<td>small apple, small banana, kiwi, nectarine, orange, peach</td>
<td></td>
</tr>
<tr>
<td>2 small</td>
<td>tangerines</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>grapes</td>
<td></td>
</tr>
<tr>
<td>1-1/2 Tbsp.</td>
<td>100% fruit spread</td>
<td></td>
</tr>
</tbody>
</table>

### Vegetables

<table>
<thead>
<tr>
<th>Serving</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups (raw)</td>
<td>salad greens, spinach, cucumber, tomatoes, onions, peppers, carrots, celery, pea pods, green beans</td>
<td></td>
</tr>
<tr>
<td>1-1/2 cups (cooked)</td>
<td>mushrooms, squash, zucchini, okra, broccoli, brussels sprouts, cabbage, cauliflower</td>
<td></td>
</tr>
<tr>
<td>1-1/2 cups</td>
<td>tomato sauce, tomato juice, vegetable juice</td>
<td></td>
</tr>
</tbody>
</table>

### Dairy/Milk

<table>
<thead>
<tr>
<th>Serving</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>fat-free or low-fat milk, buttermilk, Lactaid</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>evaporated skim milk</td>
<td></td>
</tr>
<tr>
<td>2/3 cup</td>
<td>fat-free or low-fat plain yogurt</td>
<td></td>
</tr>
<tr>
<td>2/3 cup</td>
<td>flavored yogurt with artificial sweetener</td>
<td></td>
</tr>
</tbody>
</table>
Serving  Fats
1 tsp. olive oil, vegetable oil, trans-fat-free margarine, butter
1-1/2 tsp. peanut butter, almond butter
1 Tbsp. reduced-fat mayonnaise, salad dressing, pine nuts, seeds (flaxseed, pumpkin, sunflower)
1-1/2 Tbsp. reduced-fat cream cheese
8 black olives
10 green olives
2 Tbsp. avocado, mashed
1/8 avocado, medium
4 to 6 nuts (pecans, almonds, cashews, hazelnuts, mixed)
1 slice bacon
3 Tbsp. reduced-fat sour cream

Serving  Starch
1 1 Lenders bagel (1 oz.) or 1/4 bakery bagel (1 oz.), pancake, small roll, waffle, flour tortilla (6 in.), regular bread slice (1 oz.) 1/2 English muffin, hamburger roll, hot dog roll, 1/2 pita (6 in.)
1/3 cup cooked: barley, rice, couscous, pasta, polenta
3/4 cup unsweetened ready-to-eat cereal
1/2 cup cooked hot cereal, grits
3 Tbsp. wheat germ, bread crumbs, cornmeal
1/2 cup peas, corn, parsnips, sweet potato, mashed potato
3 cups popcorn (no fat added)
2 rice cakes
1/2 cup baked beans, cooked beans, lentils, split peas, refried beans (counts as one starch and 1 protein*)
2 rice cakes
1-1/2 oz. meatless burger (1/4 starch)

Note: Use as a protein exchange when you are following the vegetarian meal combo, otherwise, just count as a starch.
# Food Exchange Lists (Cont’d)

<table>
<thead>
<tr>
<th>Serving</th>
<th>Meat/Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz.</td>
<td>lean beef (round, sirloin, tenderloin), fish (fresh or frozen), lamb (chop, leg, roast), pork (rib or loin, ham, tenderloin), poultry (no skin), turkey breast, canned tuna or salmon (in water), shellfish</td>
</tr>
<tr>
<td>2</td>
<td>egg whites</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>egg substitute</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>cottage cheese</td>
</tr>
<tr>
<td>1 oz.</td>
<td>fat-free cheese (3 fat grams or less per serving)</td>
</tr>
<tr>
<td>1 oz.</td>
<td>luncheon meats (3 fat grams or less per oz.), Canadian bacon</td>
</tr>
</tbody>
</table>

### Medium Fat

| 1 oz.   | beef (corned, ground, prime rib), pork (cutlet, shoulder), lamb (ground), turkey or chicken (ground) |
| 1 (whole)| egg |
| 1 oz.   | cheese with 4 to 7 fat grams per oz. (feta, mozzarella, reduced-fat cheese) |
| 1/4 cup | ricotta cheese |

### High Fat

| 1 oz.   | pork (ground), sausage, spare ribs |
| 2 slices| bacon |
| 1 oz.   | regular cheese |
| 1       | hot dog |
| 1 oz.   | luncheon meats (8 fat grams per oz.) |

### Plant Based

| 1 Tbsp. | peanut butter, almond butter, soy nut butter |
| 1-1/2 oz| meatless burger (1 protein and 1/4 starch) |
| 3 oz.   | tofu |
| 1/2 cup | cooked beans, lentils, split peas, refried beans (counts as 1 protein and 1 starch*) |

*Note: Use as a protein exchange when you are following the vegetarian meal combo, otherwise, just count as a starch.*
### Serving | Free Foods
--- | ---
2 Tbsp. | sugar-free syrup, fat-free whipped topping, yogurt, fat-free Italian salad dressing
1 Tbsp. | fat-free: cream cheese, mayonnaise, salad dressing, sour cream
1/4 cup | salsa
1 Tbsp. | ketchup, honey mustard, Parmesan cheese, soy sauce, taco sauce, cocoa powder

---

**Extra**

You can also use the following free foods in cooking:

- Vinegar,
- Lemon juice
- Horseradish
- Mustard
- Garlic
- Herbs
- Nonstick cooking spray
- Pimento
- Hot pepper sauce
- Worcestershire sauce
HEALTHY COOKING TIPS

Making healthy meals can be easy and delicious if you know what to do. To keep things simple, follow the basics of healthy cooking and you can be creating fabulous meals in no time.

- Steam, bake, roast, broil, braise, or grill your foods instead of frying them.
- Whenever possible, use cooking sprays in place of oil and butter.
- Remove the skin from chicken and trim all excess fat from meat prior to cooking.
- Cook fatty foods on a rack in the oven to allow excess fat to drain off.
- When you make homemade soup or broth, leave it in the refrigerator overnight so the fat will rise to the top and you can easily remove it.
- Cook foods in liquids such as broth, wine, or water instead of oil to cut out excess fat.
- Cut down on excess salt when cooking, and try some of the following to snap up the flavor: herbs or spices, flavored vinegar, citrus juice, zest, or hot sauce.
- Use nonfat or low-fat milk, yogurt, or evaporated skim milk in place of cream.
- Use salsas, chutneys, and vinegars in place of sour cream, butter, and creamy sauces.
- Use 2 egg whites in place of 1 whole egg.
- Substitute whole-grain products for white flour in recipes. Use whole wheat flour, oatmeal, or flax in bread and muffins. Add some bran, wheat germ, or mashed beans to your meatloaf instead of bread crumbs.
- Choose reduced-fat ingredients whenever possible, such as reduced-fat or nonfat cheese, mayonnaise, and salad dressings.

Above all, enjoy! Healthy eating can be fun!
To cut calories, rethink what you drink – It’s easy to forget that drinks have calories too. America’s intake of calories from beverages like soda has nearly doubled in the past 40 years. The worst part is that most people aren’t offsetting the increased calories they drink with a decrease in the calories they consume, so their total calories consumed are increasing.

So take a good look at what you’re drinking. Be sure to count the calories or, better yet, replace high-calorie drinks with low-calorie ones like plain water and unsweetened tea and coffee. Save your calories for your food.
ENJOY DINING OUT!

Dining out is a part of life. And learning some simple steps can make dining out fit into your diabetic meal plan.

Watch Your Portion Size
Restaurant meals tend to come in Fred-Flintstone-sized portions. The first step to portion control is using these ordering tricks: Why not order a lunch-sized entrée for dinner or a child-sized meal? Or just eat half of your entrée. You can take the other half home or split it with a friend. A good idea is asking the waiter to wrap up half your order to take home BEFORE it comes to the table. Removing temptation makes it a lot easier to resist.

Make Simple Substitutions
Why not substitute a side salad, a fruit salad, or extra veggies for those fries? Ask for salsa with your burrito instead of the cheese and sour cream. Pick low-fat or fat-free salad dressings. Always ask for them on the side and use only a small amount. For sandwich spreads, use ketchup, mustard, barbeque sauce, or fat-free mayonnaise instead of house dressings and creamy sauces.

Ask for Healthy Cooking Methods
Request that your food be broiled, roasted, or grilled rather than breaded and fried. Ask for egg substitutes or whites and whole-grain breads. Look for menu items that are cooked in broth instead of oil and butter. For pizza, request a thin crust and lots of vegetables, and only have 1 slice with a side salad. If you are watching your salt intake, make a request that no salt be added to your food during cooking and don’t keep salt at the table. Skip high-calorie add-ons like cheese and bacon.
Drink Wisely
Why double your calories by picking the wrong drink? Make healthy choices like water, unsweetened iced tea, or mineral water. If you choose to drink alcohol, light beer and wine have fewer calories than other alcoholic drinks. If you prefer a mixed drink, use sugar-free mixers such as diet soda, diet tonic, club soda, or seltzer. Check with your doctor before drinking alcohol to make sure you can safely include it in your meal plan.

Fast-Food Solutions
If you prefer fast food, look for salads topped with grilled chicken or fish. Order grilled chicken, turkey, and veggie burgers, and always check to make sure you top them with a low-fat sauce and lots of veggies. Please skip the cheese.

Eat Around the Same Time Every Day
When you eat around the same time each day and space your meals and snacks every few hours, it helps keep you from getting ravenously hungry and can help prevent hypoglycemia. This is especially important if you are taking insulin or medications that lower blood glucose levels. To make sure you don’t wait forever when dining out, try to make a reservation or schedule your outing at your usual meal time.

Save Room for Dessert
Sweets have carbohydrates and can be substituted for other carbohydrates in your meal plan. If you plan to have a dessert, cut down on other carbohydrates in your meal such as fruit, milk, or starches. If dessert is going to be a few hours after a meal, count the dessert as your snack and eat a smaller portion so you don’t increase your carbohydrate intake.

Once you have a strategy for eating out, you can have a great time while still enjoying a healthy meal.
Quick-and-Easy 7-Day Meal Plan

Here’s one week of delicious meals that make it easy for you to get started on day one. You may want to stick to this menu for several weeks before switching to the other meal plans as you learn more about our program. A complete grocery list is located on pages 104–105.

Now Let’s Get Started!

Day 1

**Breakfast**

1/2 cup skim ricotta cheese mixed with 1 packet of artificial sweetener; layer in a parfait glass with 3/4 cup blueberries and 1 sliced small peach. Sprinkle with 1/2 tsp. cinnamon and 1 Tbsp. chopped walnuts.

**Snack**

1/2 toasted whole-grain English muffin with 1 oz. melted fat-free Swiss cheese

**Lunch**

3 oz. tuna in water, drained and served over 3 cups mixed greens, cucumber, shredded carrots, and tomato. Add 1/2 cup chickpeas and 2 Tbsp. light salad dressing mixed with 1 Tbsp. lemon juice.

**Snack**

10 baked corn chips with 1/4 cup salsa

**Dinner**

3 oz. cleaned shrimp on a skewer with 4 cherry tomatoes, 4 mushrooms, and 4 1/2 in.-sized pieces of onion. Drizzle with 1 Tbsp. light Italian dressing. Grill and serve with 2 cups grilled or steamed asparagus and 1/3 cup cooked brown rice.

**Snack**

4 oz. sugar-free, fat-free chocolate pudding with 1 Tbsp. fat-free whipped cream

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**Nutritional Information**

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Day 2

Breakfast
4 egg whites scrambled in 1/2 Tbsp. light, trans-fat-free margarine served with 1 oz. shredded low-fat cheddar cheese and 1 whole wheat English muffin

Snack
1 small pear

Lunch
2 oz. roasted turkey on 2 slices of multigrain bread with 2 lettuce leaves, 1 slice of tomato, and 1 Tbsp. light mayonnaise

Snack
2 Tbsp. hummus with 1 cup baby carrots

Dinner
3 oz. baked pork loin topped with 1 Tbsp. barbeque sauce. Top with 1/2 cup corn and 1-1/2 cups green beans.

Snack
6 oz. light, fat-free flavored yogurt with 1 Tbsp. chopped walnuts

Nutritional Information

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Day 3

**Breakfast**
1 4-1/2-in. whole-grain waffle with 1-1/2 tsp. peanut butter. Serve with 1 Tbsp. raisins and 1/2 cup skim milk.

**Snack**
4 oz. 100% applesauce with cinnamon

**Lunch**
Large 4-1/2-oz. baked potato with 1 Tbsp. light, trans-fat-free margarine; fill with 1-1/2 cups broccoli florets and 2 oz. melted low-fat cheddar cheese. Serve with mixed greens and 1 Tbsp. fat-free salad dressing.

**Snack**
7 mini flavored rice cakes

**Dinner**
3-oz. grilled sirloin burger on a whole-grain burger bun, with 2 pieces lettuce, 1 slice tomato, 1 slice red onion, and 1 Tbsp. ketchup. Serve with a side green salad and 1 Tbsp. fat-free dressing.

**Snack**
6 oz. light, fat-free yogurt with 1 Tbsp. sliced almonds

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Day 4

**Breakfast**
3/4 cup Cheerios with 1/2 cup skim milk and 1 Tbsp. sliced almonds

**Snack**
1 small apple

**Lunch**
3 oz. sliced grilled chicken served over 3 cups mixed greens, cucumber, and tomato with 1/2 cup chickpeas. Top with 1 Tbsp. light salad dressing mixed with 2 Tbsp. balsamic vinegar.

**Snack**
6 oz. light, fat-free yogurt

**Dinner**
3-oz. grilled salmon with dill and lemon over 1-1/2 cups steamed spinach. Serve with 1 small sweet potato topped with 1 Tbsp. light, trans-fat-free margarine.

**Snack**
4 oz. sugar-free, fat-free chocolate pudding

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**Nutritional Information**

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Day 5

**Breakfast**
1/2 cup egg substitute scrambled in 1 Tbsp. light, trans-fat-free margarine, with 1 slice melted reduced-fat American cheese. Serve in a 6-in. flour tortilla with 1/2 grapefruit.

**Snack**
5 peanuts with 1/2 sliced banana

**Lunch**
2 oz. roast beef on 2 slices multigrain bread with 2 tsp. horseradish dressing. Serve with a mixed green salad and 1 Tbsp. fat-free salad dressing.

**Snack**
6 oz. light, fat-free fruit yogurt

**Dinner**
3-oz. grilled chicken breast with 1 Tbsp. barbeque sauce, 3/4 cup three-bean salad, and 3/4 cup steamed spinach

**Snack**
4 oz. sugar-free, fat-free vanilla pudding with 1 Tbsp. chopped walnuts

---

**Nutritional Information**

- **Calories**: 1310
- **Carbohydrates**: 167 g
- **Protein**: 83.7 g
- **Total Fat**: 36.7 g
- **-Sat. Fat**: 6.6 g
- **-Trans Fat**: 0 g
- **Cholesterol**: 90 mg
- **Sodium**: 3483 mg
- **Fiber**: 18.6 g
Day 6

Breakfast
6 oz. light, fat-free flavored yogurt mixed with 3/4 cup blueberries and 1 Tbsp. sliced almonds

Snack
3 cups air-popped popcorn

Lunch
2 oz. sliced lean ham with 1 oz. low-fat Swiss cheese on 2 slices multigrain bread with 2 tsp. mustard. Serve with a mixed green salad and 1 Tbsp. fat-free salad dressing.

Snack
1 cup light chocolate soy milk

Dinner
4-oz. whole chicken breast, baked and seasoned with garlic, onion powder, and lemon. (Remove skin before serving.) Serve with 1-1/2 cups steamed broccoli and a 3-oz. baked potato with 1-1/2 Tbsp. light sour cream and 1 tsp. chopped chives.

Snack
1/2 banana with 1 tsp. peanut butter

Nutritional Information
Calories 1311
Carbohydrates 194.8 g
Protein 92.4 g
Total Fat 20.5 g
-Sat. Fat 4.2 g
-Trans Fat 0 g
Cholesterol 132 mg
Sodium 2059 mg
Fiber 26.6 g
Day 7

**Breakfast**
1/2 cup cooked oatmeal with 1 Tbsp. raisins, cinnamon, and artificial sweetener; 1 Tbsp. sunflower seeds; and 1/2 cup skim milk

**Snack**
7 mini flavored rice cakes

**Lunch**
3-oz. grilled chicken breast on a whole-grain roll with 2 slices red onion, 2 slices tomato, and 2 Tbsp. fat-free honey mustard dressing. Serve with a mixed green salad and balsamic vinegar.

**Snack**
1/2 cup three-bean salad

**Dinner**
3-oz. baked flounder with 1 Tbsp. light, trans-fat-free margarine, minced garlic, parsley, and lemon juice. Serve with 1 cup steamed broccoli and 1/3 cup whole-grain pasta with 1/2 cup tomato sauce.

**Snack**
8 animal crackers

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**Nutritional Information**

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MIX-AND-MATCH
INDIVIDUAL MEAL PLANS

Picking your meals with the mix-and-match meal plan couldn’t be easier. Just pick any choice from our breakfast, lunch, and dinner options plus 2 to 3 snacks and you will meet your daily nutritional needs. A special deck of meal cards also helps you easily mix it up every day.
Peanut Strawberry Smoothie
COTTAGE CHEESE AND FRUIT SALAD
COMBO A 2 Protein 1 Fat 2 Fruit
Mix 1/2 cup low-fat, low-sodium cottage cheese with 17 chopped seedless grapes and 1 Tbsp. chopped walnuts. Scoop out 1/3 of a small cantaloupe and cut into 1-in. pieces. Serve cottage cheese, grapes, melon cubes, and walnuts inside the hollow cantaloupe rind.

tip: Other melon can be substituted for the cantaloupe, if desired.

BAGEL WITH LOX*
COMBO A 2 Protein 2 Starch
Spread 1 Tbsp. fat-free cream cheese on a 2-oz. toasted bagel. Top with 2 oz. smoked salmon.

tip: The size of a standard supermarket frozen bagel is 2 oz. A typical shop bagel is slightly larger. If you prefer a typical shop bagel, use only half. Lox is generally salty and should not be used if you are on a low-sodium diet. To reduce the salt content a little, soak the lox in cold water for about 5 minutes and blot dry.

*This recipe may be too high in sodium for those watching their intake.

PEANUT STRAWBERRY SMOOTHIE
COMBO B 1 Dairy 1 Fat 1 Fruit
Blend 1-1/4 cups frozen strawberries; 2/3 cup plain, nonfat yogurt; and 1-1/2 tsp. peanut butter.

tip: If the smoothie is too thick, blend with a small amount of cold water or ice cubes to thin it out. If you like your smoothie a little sweeter, feel free to add a small amount of artificial sweetener.

BLUEBERRY OATMEAL
COMBO D 1 Fat 1/2 Dairy 1 Starch 1/2 Fruit
Serve 3/4 cup hot oatmeal (made with 1/4 cup dry oatmeal, 1/2 cup fat-free milk, and 1 tsp. trans-fat-free margarine) sprinkled with cinnamon and 1/3 cup blueberries.

tip: If you like your oatmeal a bit sweeter, feel free to add a small amount of artificial sweetener.
Apple-Raisin Porridge
APPLE-RAISIN PORRIDGE

COMBO D  1/2 Dairy  1 Fat  1 Starch  1/2 Fruit

Serve 3/4 cup hot farina or other hot cereal (made with 1/4 cup dry farina and 1/2 cup fat-free milk) mixed with 2 Tbsp. unsweetened applesauce, 1/2 tsp. cinnamon, and 1/2 Tbsp. raisins. Top with 1 tsp. trans-fat-free margarine and sprinkle with cinnamon.

tip:  1 Tbsp. is about the size of half a walnut shell and 1 tsp. trans-fat-free margarine is approximately the size of a die. If you like your porridge sweeter, add artificial sweetener to taste.

BANANA PEANUT TOAST

COMBO A  2 Protein  1 Starch  1 Fruit

Make a breakfast sandwich using 2 slices of reduced-calorie whole wheat toast topped with 1 Tbsp. peanut butter and an extra small banana (4 oz.), peeled and sliced. Serve with 1/4 cup scrambled egg substitute.

tip:  If you are partial to white bread, consider buying white whole-grain bread, which has the texture and look of white bread but the fiber and nutrients of whole grains.

        Peanut butter is generally high in fat, but it is primarily mono-unsaturated fat, which is a better choice than saturated and trans fats. Keep in mind that reduced-fat peanut butter has added sugars and salt. You can reduce the sweeteners and salt, however, by choosing natural peanut butter without these added ingredients.

EGG SCRAMBLE FLORENTINE

COMBO A  2 1/2 Protein  1 Fat  1 Fruit  1 Vegetable

Cook 1/2 cup sliced mushrooms and 1/2 cup chopped onions in 1 tsp. trans-fat-free margarine; set aside. Spray a skillet with cooking spray and scramble 2 egg whites and 1 medium whole egg with 1/2 oz. fat-free Swiss cheese, 1/2 cup cooked spinach, and other cooked vegetables you love. Mix egg mixture, mushrooms, and onions. Serve with 4 apricots.

tip:  If you do not have apricots, choose 1 portion of fruit that you have on hand like 1/2 a banana or a medium peach.
Omelet Under the Sea

![Omelet Under the Sea](image-url)
OMELET UNDER THE SEA

COMBO A 3 Protein 1 Fat 1 Starch 2/3 Fruit 1/3 Vegetable

Make an omelet with 1/2 cup egg substitute, 1 oz. chopped cooked shrimp, 1 chopped tomato, and 2 Tbsp. chopped avocado. Serve with 1 slice whole wheat toast topped with 1 Tbsp. 100% fruit spread.

tip: Shrimp can be purchased precooked and frozen, and defrosted easily in small portions—making this breakfast a snap to prepare.

STUFFED BREAKFAST POTATO

COMBO A 3 Protein 2 Starch

Cut a medium baked potato (5 oz.) in half lengthwise and scoop out the pulp. Scramble 1/2 cup egg substitute with 1 Tbsp. salsa in a pan sprayed with cooking spray. Mix cooked egg mixture with potato pulp and 1/4 cup chopped green pepper. Stuff egg mixture into potato shells and top with 3/4 oz. reduced-fat Monterey Jack cheese.

RASPBERRYRICOTTA PARFAIT

COMBO A 2 Protein 1 Fat 1 Starch 1 Fruit

Mix 1/2 cup fat-free Ricotta cheese with 1 cup raspberries. Serve with 1 slice whole wheat toast topped with 1-1/2 tsp. almond butter.

tip: If you are unable to find almond butter or do not like it, you can substitute with 1-1/2 tsp. of peanut butter instead.
Nutty Cereal and Milk
**NUTTY CEREAL AND MILK**

**COMBO D** 1 Fat 1/2 Dairy 1 Starch 1/2 Fruit

Top 3/4 cup unsweetened cereal (like Cheerios) with 2 Tbsp. sliced almonds, 1/2 cup raspberries, and 1/2 cup skim milk.

**tip:** If you are not fond of almonds, you could use any nut—just watch how much you use. For instance, you should only use 1 Tbsp. of chopped walnuts or chopped peanuts in this meal.

---

**FIESTA EGGS**

**COMBO A** 3 Protein 1 Fat 1 Starch 2/3 Fruit 1/3 Vegetable

Fill 1 red bell pepper with 1 medium whole egg and 2 egg whites that have been scrambled in a pan sprayed with cooking spray. Mix with 1/2 chopped onion, 1/2 chopped tomato, 1/2 oz. reduced-fat or light cheddar cheese, and 1/4 tsp. pepper flakes. Serve with 1 slice of whole wheat toast topped with 1-1/2 tsp. 100% fruit spread.

**tip:** You could use 1/2 cup of egg substitute instead of the whole egg and egg whites.

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**THE ENGLISH PEANUT**

**COMBO B** 1 Fat 1 Dairy 1 Starch

1/2 toasted whole wheat English muffin topped with 1-1/2 tsp. peanut butter. Serve with 1 cup (8 oz.) nonfat latte.

**tip:** If you do not enjoy lattes, you can substitute with a cup of skim or 1% milk.

---

**Nutritional Information**

**NUTTY CEREAL AND MILK**
- Calories 215
- Carbohydrates 33.9 g
- Protein 9.6 g
- Total Fat 7.1 g
- -Sat. Fat 0.8 g
- -Trans Fat 0 g
- Cholesterol 2 mg
- Sodium 201 mg
- Fiber 7.7 g

**FIESTA EGGS**
- Calories 304
- Carbohydrates 37.3 g
- Protein 23 g
- Total Fat 8.2 g
- -Sat. Fat 3.2 g
- -Trans Fat 0.2 g
- Cholesterol 194 mg
- Sodium 398 mg
- Fiber 7 g

**THE ENGLISH PEANUT**
- Calories 194
- Carbohydrates 26.2 g
- Protein 12.9 g
- Total Fat 5.1 g
- -Sat. Fat 0.9 g
- -Trans Fat 0 g
- Cholesterol 3 mg
- Sodium 306 mg
- Fiber 2.7 g
Grilled Ham and Cheese
page 45
Grilled Chicken with Down-South Sauce
GRILLED CHICKEN WITH DOWN-SOUTH SAUCE
COMBO A  3 Protein  1 Fat  1-1/2 Starch  1/2 Vegetable
Top 3-oz. grilled chicken breast with a mixture of 1 Tbsp. reduced-fat mayonnaise, 2 Tbsp. spicy brown mustard, and 1 Tbsp. fresh dill. Serve with 3/4 cup corn and 3/4 cup steamed green beans.

tip: 3 oz. of grilled chicken looks like the size of a deck of cards or the palm of a woman’s hand.

To reduce the fat in this recipe further, use fat-free mayonnaise in place of the reduced-fat variety.

PIZZA BAGELS*
COMBO A  3 Protein  2 Starch
Slice open a 2-oz. bagel and lightly toast; top with 1/4 cup no-salt-added tomato sauce and 3/4 oz. part-skim mozzarella cheese. Put under broiler to melt cheese. Serve with 1/2 cup egg substitute scrambled on the side.

tip: The size of a standard supermarket frozen bagel is 2 oz.
A typical shop bagel is slightly larger. If you prefer a typical shop bagel, use only half.

To reduce the fat in this recipe, use 1-1/2 oz. of fat-free mozzarella cheese instead of the 3/4 oz. part-skim variety.

*This recipe may be too high in sodium for those watching their intake.

GRILLED HAM AND CHEESE
COMBO A  3 Protein  1 Fat  1 Starch  1 Vegetable
Bake a grilled ham and cheese sandwich using 2 slices of reduced-calorie bread; 1 oz. lower sodium, lean ham; and 1 oz. reduced-fat Swiss cheese in a pan sprayed with nonstick cooking spray. Serve with 1-1/2 cups cooked green beans drizzled with 1/2 tsp. olive oil and 1 Tbsp. almonds.

Nutritional Information
Calories 325
Carbohydrates 26.7 g
Protein 30.8 g
Total Fat 7.4 g
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-Trans Fat 0 g
Cholesterol 72 mg
Sodium 547 mg
Fiber 6.4 g

Nutritional Information
Calories 308
Carbohydrates 38.1 g
Protein 25.3 g
Total Fat 5.6 g
-Sat. Fat 3 g
-Trans Fat 0 g
Cholesterol 18 mg
Sodium 730 mg
Fiber 1.7 g

Nutritional Information
Calories 328
Carbohydrates 37.6 g
Protein 23.3 g
Total Fat 12.1 g
-Sat. Fat 3.2 g
-Trans Fat 0 g
Cholesterol 23 mg
Sodium 571 mg
Fiber 11.4 g
Bleu Cheese Chicken Tortilla
CALIFORNIA-STYLE GRILLED CHEESE AND TOMATO SANDWICH

COMBO C  1 Protein  1 Fat  1 Starch  1 Vegetable
Grill a sandwich made with 2 slices reduced-calorie whole-grain bread, 1 oz. reduced-fat cheddar cheese, and 1/16 of a thinly sliced avocado in a pan sprayed with nonstick cooking spray. Serve with 2 cups raw broccoli and 1 medium tomato cut into wedges and sprinkled with Mrs. Dash®.

tip: You may not NEED to watch your sodium (salt) intake, but the truth is that we SHOULD all watch our sodium intake. By using a seasoning blend like Mrs. Dash®, you will not miss the salt.

THE MEXICAN BAKED POTATO

COMBO C  1 Protein  1 Fat  2 Starch
Cut open a small (3 oz.) hot baked potato and top with 1/4 cup refried beans and 1 oz. reduced-fat cheddar cheese. Make guacamole by mashing 1/8 medium avocado with 1 tsp. lemon juice and 1 Tbsp. minced garlic.

tip: Guacamole that you buy in the supermarket or in Mexican restaurants often has added fat, so it’s best to make your own as instructed above.

BLEU CHEESE CHICKEN TORTILLA

COMBO A  3 Protein  1 Fat  1 Starch  1 Fruit
Spread 1/2 of a 6-in. flour tortilla with 1 Tbsp. fat-free bleu cheese salad dressing. Top with 1/2 Tbsp. chopped walnuts and 2 oz. sliced and grilled chicken breast. Fold tortilla over and serve with 17 seedless grapes.

tip: Any fat-free dressing can be substituted for the bleu cheese dressing.
The Big Salad
THE BIG SALAD
COMBO A  2 Protein  1 Fat  1 Starch  1 Vegetable
Make a large salad using 1 cup mixed greens, 1/2 cup chickpeas, 1/2 oz. reduced-fat cheddar cheese, 1/4 cup chopped red bell pepper, and 1/2 cup raw broccoli. Add wedges from 1/2 tomato, slices from 1/4 of a cucumber, 1/2 cup sliced mushrooms, and 1 Tbsp. sliced almonds. Drizzle salad with 2 Tbsp. fat-free salad dressing mixed with balsamic vinegar.

Tip: If you do not like chickpeas, any bean will work except baked beans. If you choose to use lima beans, you can have 2/3 cup instead of 1/2 cup. If you do not like beans at all, you need to add both a starch and 1 oz. of protein to replace them (for instance, 1 oz. grilled chicken and 1/2 cup corn).

PB AND J
COMBO C  1 Protein  1 Starch  1/2 Fruit  1/2 Dairy
2 slices of light whole-grain bread with 1 Tbsp. regular peanut butter and 1/2 Tbsp. 100% fruit spread. Serve with 1/2 cup skim milk.

Tip: Reduced-calorie bread is often sliced thinner, so you can have 2 slices for the calorie cost of 1 regular slice.

Peanut butter is generally high in fat, but it is primarily monounsaturated fat, which is a better choice than saturated and trans fats. Keep in mind that reduced-fat peanut butter has added sugars and salt. You can reduce the sweeteners and salt, however, by choosing natural peanut butter without these added ingredients.
Salmon Macaroni Salad
**Rice and Beans**

**COMBO A  3 Protein  2 Starch**

Mix 1/2 cup kidney beans, 1/3 cup cooked brown rice, 2 oz. shredded and cooked white meat chicken, and 1/4 cup salsa. Heat all ingredients above adding 1 clove minced garlic, 1 tsp. oregano, jalapeño peppers, and black pepper to taste.

**tip:** If you like it spicy, add Tabasco to your liking. If you don’t, you can leave out the jalapeño peppers. Beans contain both starch and protein so they are listed as a combination food.

---

**Salmon Macaroni Salad**

**COMBO C  1 Protein  1 Fat  1/2 Dairy  1-1/2 Starch**

In a bowl, combine 1/3 cup plain, nonfat yogurt, 1 Tbsp. reduced-fat mayonnaise, 1 Tbsp. lemon juice, 1 Tbsp. chopped basil or oregano, and a dash of pepper. Stir to combine. Add 1/2 cup cooked elbow macaroni and 1 oz. drained, flaked salmon.

**tip:** If you do not like salmon, you can substitute with tuna.
Bean Quesadilla
**BEAN QUESADILLA**

**COMBO C   1 Protein   1 Fat   2 Starch**

Lay out 1 6-in. flour tortilla. Top 1/2 of the tortilla with 1/2 cup cooked pinto beans, 1 oz. reduced-fat cheddar cheese, and 1/4 of a chopped tomato. Roll tortilla and place in a pan sprayed with nonstick olive oil cooking spray. Cook until cheese is melted. Plate with 1-1/2 Tbsp. fat-free sour cream mixed with a drizzle of fresh lime juice and 1 Tbsp. chopped cilantro.

**tip:** Any kind of bean can be substituted in place of the pinto beans.

---

**TUNA FISH SALAD SANDWICH**

**COMBO A   2 Protein   1 Fat   2 Starch**

Mix 1/2 cup (2 oz.) white tuna packed in water with 1 Tbsp. reduced-fat mayonnaise and 1 stalk chopped celery. Serve on a 2-oz. toasted bagel.

**tip:** The size of a standard supermarket frozen bagel is 2 oz.
- A typical shop bagel is slightly larger. If you prefer a typical shop bagel, use only half.

To reduce the sodium content, buy low-sodium tuna packed in water.

---

**TURKEY MELT WITH BROCCOLI**

**COMBO A   2 Protein   1 Fat   1 Starch   1 Vegetable**

Slice 2-oz. cooked turkey breast and pile onto 1 slice of whole wheat, light bread. Top with slices from 1/8 of an avocado, 1/2 oz. reduced-fat Swiss cheese, and a second slice of whole wheat bread. Bake until cheese is melted. Serve with 1 tsp. mustard and 2 medium slices of tomato. Add 1-1/2 cups of cooked broccoli on the side.

**tip:** If you mash the avocado, you can get full coverage over the turkey, making this a moist and delicious sandwich that does not need any mayonnaise.
MIX-AND-MATCH
INDIVIDUAL MEAL PLANS
Pesto Burger
PESTO BURGER

COMBO A  3 Protein  1 Fat  1-1/3 Starch  2/3 Vegetable
Mix 4 oz. raw ground turkey breast with 1 Tbsp. seasoned bread crumbs, 1 tsp. pesto sauce, and a dash of black pepper. Shape into a burger. Cook in a pan sprayed with nonstick cooking spray or on a countertop grill. Serve burger on 1/2 a hamburger roll (open-faced) topped with a mixture of 1/2 chopped tomato, 1 Tbsp. chopped fresh basil, and 1 Tbsp. chopped green onion. Serve with 1/2 cup cooked green beans drizzled with balsamic vinegar.

tip: If you want a whole hamburger roll, use a light roll.

FRITTATA FIESTA

COMBO A  3 Protein  1 Fat  1-1/3 Starch  2/3 Vegetable
Preheat oven to 350 degrees. Meanwhile, microwave a small (3 oz.) potato for 4 minutes. Chop and sauté potato and 1 cup chopped red pepper in 1 tsp. olive oil. Beat 1 medium egg and 2 egg whites with a small amount of water. Pour egg mixture into an ovenproof dish with the potato. Top with 2-1/2 Tbsp. corn kernels and 1 oz. shredded reduced-fat cheddar cheese. Put ovenproof dish in oven and cook until egg is cooked through and cheese is melted. Serve with 1/4 cup salsa.

tip: Frittatas are open egg omelets, so they are easier to make—and taste great.

TOP OF THE ROUND WITH SPINACH, PEA, AND ONION SAUTÉ

COMBO A  3 Protein  1 Fat  1 Starch  1 Vegetable
Combine 1/2 cup green peas, 2 cups fresh spinach, 1/2 cup chopped onion, and 1/2 sweet red pepper in a pan. Sauté with 1 tsp. olive oil and 2 tsp. minced garlic. Serve with 3-oz. extra-lean top of the round steak.

tip: Frozen vegetables such as spinach and peas retain their nutrients very well, making them good choices when getting fresh vegetables is difficult. (If you are using frozen vegetables, completely defrost and drain them before use.)
Pork and Spaghetti Squash
**PORK AND SPAGHETTI SQUASH**

**COMBO A**  3 Protein  1 Fat  1 Starch  1 Vegetable

Serve 3-oz. grilled pork tenderloin topped with 1/4 cup warmed salsa. Enjoy with 1/2 medium baked sweet potato and a side of 1 cup cooked spaghetti squash mixed with 1 Tbsp. pesto sauce.

**tip:** To cook fresh spaghetti squash, cut the squash in half, scoop out any seeds, and roast it cut-side-down in a 350-degree oven for 30 minutes or until it is soft. Pull out spaghetti squash with a fork and serve.

---

**SPANISH-STYLE CHICKEN AND RICE**

**COMBO A**  3 Protein  1 Fat  1 Starch  1 Vegetable

Make a relish by mixing 1 finely chopped tomatillo, 1/2 of a chopped red onion, 2 Tbsp. chopped cilantro, 1/2 cup drained sweet pimento, 1 Tbsp. chopped fresh basil, and 2 Tbsp. balsamic vinegar. Top 3-oz. grilled chicken breast with relish. Serve with 1/3 cup cooked basmati rice topped with 6 chopped toasted almonds and 1 cup steamed asparagus.

**tip:** If you cannot find tomatillos, you can substitute with a green tomato and a small drizzle of lemon juice.

---

**BREADED PORK LOIN**

**COMBO A**  3 Protein  1 Fat  1-1/3 Starch  2/3 Vegetable

Mix 1 Tbsp. seasoned bread crumbs with 1/2 Tbsp. Parmesan cheese. Spread 1/2 tsp. Dijon mustard on 3-oz. raw pork loin and then dip into the bread crumb mixture. Broil pork until cooked through, turning once (approximately 6 to 8 minutes per side). Serve with 1 cup steamed broccoli drizzled with 1 Tbsp. balsamic vinegar and 1/3 cup brown rice.

**tip:** Steamed vegetables are made very easily in the microwave by adding just a small amount of water to the bowl. Steaming helps retain many of the great nutrients found in the vegetables.

To reduce sodium, use plain, unseasoned bread crumbs.
Chicken Alfredo
**CHICKEN ALFREDO**

**COMBO A** 2-1/2 Protein 1 Fat 1/3 Dairy
1 Starch 2/3 Vegetable

Sauté 1 cup sliced mushrooms in 1 tsp. trans-fat-free margarine until tender. Stir in 1 Tbsp. plus 1 tsp. evaporated skim milk and 1 Tbsp. Parmesan cheese. Season mushroom “cream sauce” with a dash of nutmeg and pepper to taste. Serve 1/3 cup cooked penne pasta mixed with 2 oz. sliced and grilled chicken breast and 1/2 cup steamed broccoli. Pour mushroom “cream sauce” over top and enjoy.

tip: Evaporated skim milk gives food the feel of heavy cream without the fat.

---

**BROILED BAY SCALLOPS**

**COMBO A** 3 Protein 1 Fat 1 Starch 1 Vegetable

Mix 4 oz. raw bay scallops with 1 tbsp. each of chives, lemon juice, and lime juice; 1/2 tsp. garlic powder; and 1 tsp. trans-fat-free margarine. Broil in the oven until scallops are cooked through, approximately 3 minutes. Serve with 1/3 cup cooked barley and 1-1/2 cups cooked green beans.

tip: There are two types of scallops: bay and sea. Sea scallops are large because they come from the ocean. Bay scallops come from smaller bays and are, therefore, smaller. Smaller bay scallops cook up quickly; be careful not to overcook them.

---

**SHRIMP SALAD**

**COMBO A** 3 Protein 1 Fat 1 Fruit 1 Vegetable

In a skillet, heat 1 tsp. olive oil and sauté 1 Tbsp. minced garlic, 1/2 chopped onion, and 1/2 chopped tomato. Add 4 oz. raw cleaned shrimp and 1 tsp. oregano. Cook until shrimp is opaque. Serve shrimp on a mixed green salad made with 1 cup shredded romaine lettuce and 1 cup shredded spinach. Top with 1 diced small apple.

tip: Shrimp can be very easy to keep in the house for meals such as this because it is often sold cleaned and frozen.

---

**Nutritional Information**

**CHICKEN ALFREDO**
Calories 244
Carbohydrates 29.6 g
Protein 23 g
Total Fat 3.9 g
-Sat. Fat 1 g
-Trans Fat 0 g
Cholesterol 34 mg
Sodium 430 mg
Fiber 2.4 g

**BROILED BAY SCALLOPS**
Calories 219
Carbohydrates 31.2 g
Protein 22.7 g
Total Fat 1.3 g
-Sat. Fat 0.2 g
-Trans Fat 0 g
Cholesterol 37 mg
Sodium 227 mg
Fiber 8.3 g

**SHRIMP SALAD**
Calories 348
Carbohydrates 38.8 g
Protein 25.9 g
Total Fat 8.5 g
-Sat. Fat 1.1 g
-Trans Fat 0 g
Cholesterol 172 mg
Sodium 226 mg
Fiber 7.1 g
Cornmeal-Crusted Cod
GREEK-STYLE GROUPER
COMBO A  3 Protein  1 Fat  2 Vegetable
Bake 4 oz. of grouper and top with 1/2 cup chopped onion, 1/2 chopped tomato, 1/2 cup chopped roasted red pepper, 3 chopped small green olives, and 1/4 tsp. capers. Bake 1-1/2 cups shredded eggplant sprayed with cooking spray with 1/2 Tbsp. Parmesan cheese, 1 Tbsp. minced garlic, and 3 Tbsp. seasoned bread crumbs. Drizzle with 1/2 tsp. olive oil and cook until eggplant is soft.

tip: If you cannot find grouper, substitute with tilefish, cod fillets, or tilapia.
To reduce the sodium even further in this recipe, omit the capers and Parmesan cheese and substitute with unseasoned bread crumbs.

CORNMMEAL-CRUSTED COD
COMBO A  3 Protein  1 Fat  1 Starch  1 Vegetable
Take 4 oz. of raw cod and dip into 1-1/2 tbsp. cornmeal seasoned with 1 tsp. garlic powder, 1 tsp. onion powder, and a dash of pepper. Sauté cod in 1 tsp. canola oil until cooked through. Serve with 1-1/2 cups steamed carrot slices.

tip: When 4 oz. of raw meat, poultry, or fish are cooked, they cook down to 3 oz. due to the loss of water in the cooking process.

CHICKEN PESTO ZITI
COMBO A  3 Protein  1 Fat  1 Starch  1 Vegetable
Top 1/3 cup cooked ziti pasta with 3 oz. sliced and grilled chicken breast, 1/2 Tbsp. pesto sauce, and 1-1/2 cups cooked spinach.

tip: Pesto is very flavorful—even a small amount makes this meal delicious.
Pork with Sweet Port Sauce
**PORK WITH SWEET PORT SAUCE**

**COMBO A**  
3 Protein   1 Fat   1 Starch   1/3 Fruit   2/3 Vegetable

Heat 3-1/2-oz. pork tenderloin in a pan sprayed with nonstick cooking spray. Remove meat and keep warm. Heat 1 tsp. canola oil in pan. Sauté 1/3 cup diced red onion until soft. Add 1 Tbsp. port wine and bring to a boil. Slice 6 red seedless grapes in half, add them, and let the mixture simmer for about 1 minute. Pour sauce over the pork and serve with 1/3 cup cooked orzo pasta mixed with 1 cup steamed broccoli florets.

**tip:** Pork is a lean meat. It can be made leaner by buying the leanest cuts and cutting off any excess fat.

---

**CREOLE CHICKEN**

**COMBO A**  
3 Protein   1 Fat   1 Starch   1 Vegetable

Make sauce by sautéing 1/3 cup chopped green pepper, 1/3 cup chopped onion, and 2 Tbsp. minced garlic in 1 tsp. canola oil. Add 1/2 cup no-salt-added canned and diced tomatoes, 1 tsp. oregano, 1 Tbsp. Worcestershire sauce, cayenne pepper to taste, and 3 oz. diced, roasted, and skinless chicken breast. Heat through and season with black pepper to taste. Serve over 1/3 cup cooked brown rice with 1/2 cup cooked fresh carrots and hot pepper sauce to taste.

**tip:** Brown rice is not only a whole grain, it has a nutty, sweet flavor.

Omit the Worcestershire sauce to reduce the sodium content.

---

**Nutritional Information**

**PORK WITH SWEET PORT SAUCE**

- Calories 331
- Carbohydrates 28.9 g
- Protein 31.1 g
- Total Fat 8.8 g
- Sat. Fat 1.7 g
- Trans Fat 0 g
- Cholesterol 72 mg
- Sodium 91 mg
- Fiber 4 g

**CREOLE CHICKEN**

- Calories 333
- Carbohydrates 34 g
- Protein 31.3 g
- Total Fat 8 g
- Sat. Fat 1.3 g
- Trans Fat 0 g
- Cholesterol 340 mg
- Sodium 334 mg
- Fiber 6 g
MIX-AND-MATCH SNACK CHOICES

Snacks are an important part of healthy eating. They aren’t just treats—they’re the best way to keep your glucose levels even. Here is a selection of snacks—most around 100 calories—to please every palate.
<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Total Fat</th>
<th>Sat. Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Fiber</th>
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<tbody>
<tr>
<td>7 mini rice cakes</td>
<td>82</td>
<td>17 g</td>
<td>1.5 g</td>
<td>0.9 g</td>
<td>0.2 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>15 mg</td>
<td>0.9 g</td>
</tr>
<tr>
<td>6 oz. light yogurt</td>
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<td>17 g</td>
<td>6 g</td>
<td>0 g</td>
<td>0 g</td>
<td>0 g</td>
<td>3 mg</td>
<td>95 mg</td>
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<td>0 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>80 mg</td>
<td>1 g</td>
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<tr>
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<td>0 g</td>
<td>0 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>55 mg</td>
<td>1 g</td>
</tr>
<tr>
<td>1/2 cup three-bean salad</td>
<td>90</td>
<td>11 g</td>
<td>3 g</td>
<td>4 g</td>
<td>0 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>450 mg</td>
<td>4 g</td>
</tr>
<tr>
<td>6 oz. plain, nonfat yogurt with 1/4 cup blueberries</td>
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<td>19.6 g</td>
<td>7.7 g</td>
<td>0.1 g</td>
<td>0 g</td>
<td>0 g</td>
<td>4 mg</td>
<td>102 mg</td>
<td>0.9 g</td>
</tr>
<tr>
<td>1 small apple with 1 tsp. peanut butter</td>
<td>82</td>
<td>14.2 g</td>
<td>1.5 g</td>
<td>3 g</td>
<td>0.6 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>27 mg</td>
<td>2 g</td>
</tr>
<tr>
<td>1 oz. unsalted whole-grain pretzels</td>
<td>103</td>
<td>23 g</td>
<td>3.1 g</td>
<td>0.7 g</td>
<td>0.2 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>58 mg</td>
<td>2.2 g</td>
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<tr>
<td>3 cups air-popped popcorn</td>
<td>93</td>
<td>18.7 g</td>
<td>3.1 g</td>
<td>1.1 g</td>
<td>0.1 g</td>
<td>0 g</td>
<td>0 mg</td>
<td>2 mg</td>
<td>3.5 g</td>
</tr>
</tbody>
</table>
1 small peach
Calories 57 Carbohydrates 14 g Protein 1.3 g
Total Fat 0 g Sat. Fat 0.2 g Trans Fat 0 g
Cholesterol 0 mg Sodium 0 mg Fiber 2 g

1 small pear with 3 almonds
Calories 101 Carbohydrates 21.4 g Protein 1.4 g
Total Fat 2.2 g Sat. Fat 0.2 g Trans Fat 0 g
Cholesterol 0 mg Sodium 14 mg Fiber 4.6 g

1/2 sandwich with 1 oz. turkey and 1/2 Tbsp. light mayonnaise
Calories 165 Carbohydrates 18.6 g Protein 14 g
Total Fat 5.5 g Sat. Fat 1.4 g Trans Fat 0 g
Cholesterol 33 mg Sodium 675 mg Fiber 4 g

1/2 cup unsweetened cold cereal and 1/2 cup skim milk
Calories 97 Carbohydrates 17 g Protein 5.8 g
Total Fat 1 g Sat. Fat 0.3 g Trans Fat 0 g
Cholesterol 3 mg Sodium 151 mg Fiber 1.5 g

1/2 cup sugar-free, fat-free pudding
Calories 70 Carbohydrates 11.9 g Protein 4.2 g
Total Fat 0.2 g Sat. Fat 0 g Trans Fat 0 g
Cholesterol 2 mg Sodium 403 mg Fiber 0 g

1 cup Healthy Request Chicken Noodle Soup
Calories 160 Carbohydrates 25 g Protein 9 g
Total Fat 3 g Sat. Fat 1 g Trans Fat 0 g
Cholesterol 20 mg Sodium 480 mg Fiber 2 g

3 dates with 5 peanuts
Calories 91 Carbohydrates 18.3 g Protein 1.7 g
Total Fat 2.2 g Sat. Fat 0.3 g Trans Fat 0 g
Cholesterol 0 mg Sodium 0 mg Fiber 2 g

4 oz. unsweetened peaches in their own juice with 1/4 cup 1% cottage cheese
Calories 91 Carbohydrates 14.7 g Protein 7.7 g
Total Fat 0.6 g Sat. Fat 0.4 g Trans Fat 0 g
Cholesterol 2 mg Sodium 234 mg Fiber 1.5 g
Beef Kabobs with Wilted Greens and Sweet Potato

page 89
SIMPLY SCRUMPTIOUS
4-Serving Meal Recipes

When you have a little more time to spend in the kitchen, dig into these 15 fun-to-prepare recipes. They are great for the whole family or for entertaining guests.
Tilapia Packets
TILAPIA PACKETS (Serves 4)

COMBO A  3 Protein  1 Fat  1 Starch  1 Vegetable

INGREDIENTS
Cooking spray  2 cups grape tomatoes, halved
Parchment paper  20 small pitted black olives
5 cups baby spinach leaves  4 sprigs fresh oregano
1 tsp. minced garlic  8 lemon slices
4 4-oz. tilapia fillets  1 cup vegetable broth
1/8 tsp. pepper  3 cups mixed greens
1/2 cup dry couscous  1/4 cup fat-free dressing
2 cups red onion, thinly sliced

Preheat oven to 375 degrees.

Cut 4 squares of parchment paper to fit fillets and additional ingredients. Spray each sheet with cooking spray.

Place 1-1/4 cups spinach on each paper. Sprinkle with garlic.

Place fish on top of spinach and season with pepper.

Spread 2 Tbsp. couscous next to the fish and spinach—covering all sides of the fillet.

Top each fish with 1/2 cup onion, 1/2 cup grape tomatoes, 5 olives, 1 sprig of oregano, and 2 lemon slices.

Slowly pour 1/4 cup vegetable broth over the fish. Close packet by folding up sides of parchment paper like an envelope. Seal all edges tightly, making a nearly airtight pouch.

Place on baking sheet and repeat process with remaining fish. Bake for 20 minutes. Open packets.

Toss mixed greens with fat-free dressing and serve with tilapia packets.

1 Serving: 1 packet, 3/4 cup mixed greens, and 1 Tbsp. dressing.

tip: Aluminum foil can be used in place of parchment paper.

Nutritional Information (per serving)

Calories 294
Carbohydrates 35.9 g
Protein 27.8 g
Total Fat 4.9 g
-Sat. Fat 1.3 g
-Trans Fat 0 g
Cholesterol 76 mg
Sodium 587 mg
Fiber 4.7 g
Egg White Frittata
Egg White Frittata (Serves 4)

COMBO A 2-1/2 Protein 1 Fat 1-1/2 Starch 1 Vegetable

INGREDIENTS
Cooking spray
2 tsp. olive oil
2 small red-skinned potatoes, unpeeled and thinly sliced
1/2 cup green onion, chopped
1 tsp. fresh garlic, chopped
1 cup portabella mushrooms, chopped
3-1/2 cups fresh baby spinach leaves
12 egg whites
1/8 tsp. black pepper
1 cup fresh tomato, chopped
1/4 cup Parmesan cheese, grated
2 Tbsp. fresh parsley, chopped
2 whole-grain English muffins, split and toasted
2 tsp. soft margarine

Preheat broiler.

Heat a large ovenproof skillet over medium-high heat. Spray with cooking spray and add olive oil.

Place potatoes in a single layer on the bottom of the skillet. Add the onion and garlic and let cook for 3 minutes.

Layer mushrooms and spinach on top of the potatoes. Reduce heat to medium.

Mix egg whites with pepper in a bowl. Add to the skillet. Tilt skillet gently to distribute eggs evenly and cook until set.

Remove skillet from heat. Sprinkle tomatoes and cheese on top of eggs.

Place in broiler for 2 to 3 minutes until cheese is melted.

Sprinkle with parsley. Cut into 4 wedges and serve immediately with 1/2 English muffin spread with 1/2 tsp. margarine.

1 Serving: 1/4 frittata, 1/2 English muffin, and 1/2 tsp. margarine.

tip: If you do not have an ovenproof skillet, cover the handle of a regular skillet with aluminum foil.

Nutritional Information (per serving)

Calories 294
Carbohydrates 29 g
Protein 21.5 g
Total Fat 9.5 g
-Sat. Fat 3.4 g
-Trans Fat 0 g
Cholesterol 1 mg
Sodium 790 mg
Fiber 7.7 g
Egg and Cheese Quesadilla
Egg and Cheese Quesadilla (Serves 4)

COMBO A 2 Protein 1 Fat 1/2 Dairy 1 Starch 1/2 Vegetable

INGREDIENTS
Cooking spray
1 cup egg substitute
1 jalapeño pepper, seeded
and finely diced
1 tsp. dried cilantro
1 4-oz. jar roasted red peppers
2 tsp. olive oil
4 6-in. flour tortillas
3 oz. shredded fat free cheddar cheese
1 cup chopped green onions
1/4 cup salsa
1 cup diced fresh tomatoes
1-1/3 cups plain, fat-free yogurt

Spray a medium-sized skillet with cooking spray and heat over medium heat.

Add diced jalapeño pepper and cilantro to egg substitute and add to skillet. Stir frequently until eggs are scrambled and cooked through.

Drain red peppers and pat dry. Cut into bite-sized pieces.

In another skillet, heat 1 tsp. olive oil over medium-high heat. Add 1 tortilla to skillet and cook for 2 to 3 minutes or until tortilla begins to brown.

Turn tortilla over, sprinkle with 3 Tbsp. cheese, 1/4 of egg mixture, 1/4 cup onions, and 1/4 of the red peppers.

Fold tortilla in half and press firmly with spatula for about 1 minute. Flip and cook an additional 30 seconds. Remove to plate and repeat process with remaining tortilla.

Mix salsa, tomatoes, and yogurt—stirring well to combine.

Cut each tortillas in half and serve with 1/4 cup salsa-yogurt mixture for dipping.

1 Serving: 1 tortilla and 1/4 cup salsa-yogurt mixture.

tip: You can adjust the spiciness of this dish by changing the amount of jalapeño pepper used.

Nutritional Information
(per serving)
Calories 183
Carbohydrates 27.8 g
Protein 13.4 g
Total Fat 2 g
-Sat. Fat .6 g
-Trans Fat 0 g
Cholesterol 2 mg
Sodium 440 mg
Fiber 1.8 g
Tuna Melt
Tuna Melt *(Serves 4)*

**COMBO A**  
2 Protein  
1 Fat  
1 Starch  
1/2 Fruit  
1/2 Vegetable

**INGREDIENTS**

- 1/4 cup fat-free mayonnaise
- 1 Tbsp. minced dry onion
- 1 Tbsp. fresh parsley
- 3/4 tsp. red wine vinegar
- 1/4 cup chopped celery
- 6 oz. light tuna packed in water, drained and unsalted
- 2 whole-grain English muffins, split and lightly toasted
- 2 oz. reduced-fat/light cheddar cheese
- 1 cup cherry tomatoes, halved
- 3/4 cup peeled cucumber, diced
- 4 Tbsp. fat-free ranch dressing
- 4 cups shredded lettuce
- 2-1/2 cups sliced strawberries

Preheat broiler.

In a mixing bowl, blend mayonnaise, onion, parsley, and vinegar. Add the celery and tuna, stirring to mix well.

Divide tuna mixture evenly on top of each muffin half. Sprinkle each half with 2 Tbsp. cheese.

Place under broiler for 3 to 4 minutes or until cheese is melted.

Mix tomatoes and cucumbers with ranch dressing. Place 1 cup shredded lettuce on each serving plate. Top with 1/2 cup cucumber-tomato salad. Divide strawberries evenly on plates. Serve alongside tuna melt.

1 Serving: 1/2 English muffin, 1/4 portion of tuna mixture, 2 Tbsp. cheese, 1 cup shredded lettuce, 1/2 cup cucumber-tomato salad, and 1/4 of strawberries.

**tip:** Any fat-free salad dressing can be used for the cucumber-tomato salad.
Chunky Chicken Salad
Chunky Chicken Salad (Serves 4)

COMBO A  2 Protein  1 Fat  1 Starch  1/2 Fruit  1/2 Vegetable

INGREDIENTS

4 medium tomatoes
1/4 cup fat-free mayonnaise
1 tsp. curry powder
9 oz. cooked boneless, skinless chicken breasts, chopped
2 cups red apples, unpeeled and chopped
2 cups chopped celery
20 pecan halves, chopped
1 Tbsp. chopped fresh chives
4 4-in. crisp breadsticks
1 cup celery sticks
2 cups carrot sticks

Cut a thin slice off the top of each tomato. Carefully remove seeds and pulp, leaving enough flesh to form a shell.

In a medium-sized bowl, mix mayonnaise and curry powder. Add chicken, apples, celery, and pecans. Stir to mix chicken salad thoroughly.

Scoop an equal amount of the chicken salad into each tomato shell.

Sprinkle with chives and serve each tomato with celery, carrot sticks, and a breadstick.

1 Serving: 1 filled tomato, 1/4 cup celery sticks, 1/2 cup carrot sticks, and 1 crisp breadstick.

tip: This recipe works well using turkey cutlets or tuna.

Nutritional Information
(per serving)

Calories 298
Carbohydrates 29 g
Protein 23.8 g
Total Fat 10.6 g
-Sat. Fat 1.5 g
-Trans Fat 0 g
Cholesterol 54 mg
Sodium 333 mg
Fiber 7 g
Barbeque Pork
Barbeque Pork (Serves 4)

**COMBO A  3 Protein   1 Fat   1 Fruit   1 Vegetable**

**INGREDIENTS**

- Cooking spray
- Aluminum foil
- 1 1-lb. boneless pork tenderloin
- 1/2 tsp. pepper
- 1/2 tsp. salt
- 1 tsp. paprika
- 1/2 cup plain tomato sauce
- 1 Tbsp. white vinegar
- 2 tsp. brown sugar
- 2 tsp. Dijon mustard
- 2 tsp. Worcestershire sauce
- 1/4 tsp. cayenne pepper
- 8 cups broccoli slaw mix
- 1/2 cup dried cranberries
- 1/4 cup pine nuts, toasted
- 1/4 cup fat-free poppy seed dressing
- 2 cups steamed baby carrots

Preheat oven to 375 degrees. Line a baking sheet with foil and spray it with cooking spray.

Mix pepper and paprika and sprinkle evenly over the pork.

In a small bowl, mix tomato sauce, vinegar, brown sugar, mustard, Worcestershire sauce, and cayenne pepper. Stir together until sauce is well mixed.

Place pork on baking sheet and brush a thin layer of sauce on top.

Place pork in oven. Cook for approximately 40 to 50 minutes until fully cooked (when it registers 160 degrees on a meat thermometer). Baste the pork with the sauce every 15 minutes while cooking. Do not baste during the last 10 minutes of cooking.

Remove the pork from the oven, cover with foil, and let stand for 10 minutes.

Mix the broccoli, cranberries, pine nuts, and dressing.

Slice the pork into 12 even slices.

1 Serving: 3 slices of pork, 2 cups broccoli slaw, and 1/2 cup carrots.

**Nutritional Information**

(per serving)

- Calories 337
- Carbohydrates 39.3 g
- Protein 28 g
- Total Fat 9.8 g
- -Sat. Fat 1.5 g
- -Trans Fat 0 g
- Cholesterol 61 mg
- Sodium 733 mg
- Fiber 9.2 g

**tip:** You can adjust the spiciness in this dish by increasing or decreasing the amount of cayenne pepper used.
Shrimp Stir-Fry
Mix garlic, ginger, soy sauce, and oil in a gallon-sized zip-lock bag. Add shrimp. Seal bag and shake to coat the shrimp. Place in refrigerator for 30 minutes.

Heat a large skillet or wok over medium-high heat. Spray with cooking spray.

Add mushrooms and cook for 2 to 3 minutes, stirring frequently. Add carrots, onions, and peas. Cook for an additional 2 to 3 minutes, until vegetables are crisp tender. Add the bok choy or Chinese cabbage. Cook for another 1 to 2 minutes until bok choy or Chinese cabbage begins to wilt. Remove all vegetables from pan.

Return skillet to heat. Add shrimp with marinade. Cook for 3 to 4 minutes—just until shrimp turns pink.

Mix cornstarch with vegetable broth until smooth. Stir into shrimp in pan. Return vegetables to pan, add pasta, and stir to combine.

Remove from heat and sprinkle with lemon zest. Divide into 4 equal portions and serve immediately.

1 Serving: 1 equal portion of stir-fry.

tip: Other vegetables can be substituted in this recipe if desired.
Roasted Vegetables and Chicken with Warm Bean Salad
Roasted Vegetables and Chicken with Warm Bean Salad
(Serves 4)

COMBO A  2 Protein  1 Fat  1 Starch  1 Vegetable

INGREDIENTS

Cooking spray  1/2 tsp. black pepper
4 cups cauliflower florets  1 clove garlic, minced
3 cups fresh asparagus, cut into 2-in. pieces  1/2 cup sweet Vidalia onion, finely chopped
3 cups whole button mushrooms  1/2 cup green bell pepper, finely chopped
2 tsp. olive oil  1 cup shredded carrots
1 Tbsp. balsamic vinegar  2 cups canned small white beans, rinsed and drained
1/4 tsp. salt

4 3-oz. cooked boneless, skinless chicken breasts, chopped
2 tsp. Italian seasoning
1/2 cup vegetable broth
1/2 tsp. lemon zest
1 Tbsp. fresh lemon juice

Preheat oven to 425 degrees. Spray a large baking pan with cooking spray.

Place cauliflower, asparagus, and mushroom in a large bowl. In a separate bowl, mix oil, vinegar, salt, and 1/4 tsp. pepper. Pour over vegetables and stir to coat.

Spread vegetables in a single layer on baking pan. Put in the oven and cook for 35 to 40 minutes until tender. Stir halfway through.

Spray a large nonstick skillet with cooking spray and heat over medium-high heat.

Add garlic, onion, and green pepper. Cook, stirring for about 5 minutes until softened. Add carrots and cook for an additional minute.

Add beans, chicken, Italian seasoning, broth, and remaining 1/4 tsp. pepper. Cook for an additional 5 to 10 minutes until most of the liquid is absorbed.

Remove from heat and stir in lemon zest and lemon juice.

1 Serving: 1/4 of warm salad.

tip: The beans can be served hot or cold.
Beef Kabobs with Wilted Greens and Sweet Potato
Beef Kabobs with Wilted Greens and Sweet Potato (Serves 4)

COMBO A  3 Protein  1 Fat  1 Starch  1 Vegetable

INGREDIENTS

- 1-lb. boneless beef sirloin or top round, cut into 1-in. cubes
- 2 tsp. garlic powder
- 1-1/2 tsp. Italian seasoning
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 2 cups cherry tomatoes
- 1 red onion, cut into 1-in. chunks
- 1 cup of button mushrooms
- 2 medium sweet potatoes, unpeeled and washed
- 2 tsp. olive oil
- 2 Tbsp. minced garlic
- 8 cups escarole, chopped
- 1/4 tsp. red pepper flakes
- 2 tsp. margarine (trans-fat-free)
- Cinnamon to taste

Preheat stove-top grill pan over medium-high heat. Put beef into a large gallon-sized zip-lock bag. Add garlic, Italian seasoning, salt, and pepper. Close top of bag and mix well until beef is coated with seasonings.

Divide meat evenly and thread onto 4 metal or wooden skewers. (If you are using wooden skewers, make sure you soak them in water for about 5 minutes first.) Alternate the meat with the tomatoes, onions, and mushrooms. If you can’t fit everything on 4 skewers, put them on 8 and serve 2 per person.

Place skewered meat and vegetables on grill pan. Grill for 3 to 4 minutes on each side until done.

Prick sweet potatoes with a fork in several places. Place in microwave for 6 to 7 minutes, or until tender.

In another large skillet, heat olive oil over medium heat. Add garlic and sauté for 1 minute. Add escarole and cook until just wilted. Sprinkle with red pepper flakes.

Cut each sweet potato in half and top each half with 1/2 tsp. of margarine and a sprinkle of cinnamon.

1 Serving: Escarole divided evenly onto 4 serving plates, each with 1 beef kabob and half of a sweet potato.

**tip:** A George-Foreman-type grill, outdoor charcoal grill, or gas grill can be used to cook the meat.

Nutritional Information (per serving)

- Calories: 318
- Carbohydrates: 25 g
- Protein: 30 g
- Total Fat: 9.9 g
- -Sat. Fat: 2.4 g
- -Trans Fat: 0 g
- Cholesterol: 59 mg
- Sodium: 269 mg
- Fiber: 6.7 g
Chopped Salad
**Chopped Salad** *(Serves 4)*

**COMBO A**  
2-1/2 Protein  
1 Fat  
1 Starch  
1 Vegetable

**INGREDIENTS**

- 8 cups mixed salad greens
- 1 cup frozen artichoke hearts, boiled and drained
- 1 cucumber, peeled and chopped
- 2 cups halved grape tomatoes
- 3 oz. part-skim mozzarella cheese, cubed
- 6-oz. lean, lower-sodium, cooked turkey breast, diced
- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup balsamic vinegar
- 1/2 tsp. garlic powder
- 1 packet artificial sweetener
- 1/4 cup toasted sunflower seeds
- 1-1/4 cups fat-free croutons

Roughly chop salad greens and place in a large bowl. Chop artichoke hearts. Add artichokes, cucumbers, tomatoes, cheese, turkey, and chickpeas to greens. Mix balsamic vinegar, garlic, and artificial sweetener. Toss salad with balsamic vinegar dressing. Top with sunflower seeds and croutons.

Divide into 4 portions and serve immediately.

1 Serving: 1/4 of salad.

**tip:** Leftover turkey or chicken would work well in this recipe.

**Nutritional Information** *(per serving)*

- Calories 299
- Carbohydrates 35.2 g
- Protein 26.1 g
- Total Fat 5.9 g
- -Sat. Fat 0.7 g
- -Trans Fat 0 g
- Cholesterol 37 mg
- Sodium 418 mg
- Fiber 7.8 g
Fruit and Yogurt Platter
Fruit and Yogurt Platter *(Serves 4)*

**COMBO A**  2 Protein  1 Fat  1 Dairy  1 Fruit

**INGREDIENTS**
- 2 cups 1% cottage cheese
- 1/4 tsp. poppy seeds
- 1 tsp. finely grated orange peel
- 16 oz. of light, fat-free vanilla yogurt
- 2 small apples
- 2-1/2 cups fresh strawberries
- 16 walnut halves, toasted

Place the cottage cheese, poppy seeds, and orange peel in a food processor and blend until smooth. Pour into serving bowl.

Add yogurt and stir until smooth. Refrigerate until ready to serve.

Core and cut apples in half. Cut each half into 1/4-in. slices.

Wash and dry strawberries. Top fruit with yogurt mixture and walnut halves. Serve immediately.

1 Serving: 1/4 cottage cheese and yogurt mixture, 1/2 apple, 1/4 of the strawberries, and 4 walnut halves.

**tip:** Try with pears and blackberries or substitute with other fruits you enjoy.

**Nutritional Information** *(per serving)*
- Calories 252
- Carbohydrates 30.3 g
- Protein 20.3 g
- Total Fat 6.5 g
- Sat. Fat 1.3 g
- Trans Fat 0 g
- Cholesterol 7 mg
- Sodium 528 mg
- Fiber 4.2 g
Broccoli and Cheese Stuffed Potatoes
Broccoli and Cheese Stuffed Potatoes  (Serves 4)

**INGREDIENTS**
- 4 small baking potatoes (about 3 oz. each)
- 4 Tbsp. fat-free sour cream
- 4 Tbsp. fresh chives, chopped
- 1 tsp. black pepper
- 4 cups fresh broccoli
- 8 slices Canadian bacon, diced
- 1-1/2 cups fat free sharp cheddar cheese
- 8 cups mixed greens
- 4 tsp. olive oil
- Balsamic vinegar to taste

Preheat oven to 375 degrees.

Pierce potatoes with fork several times and place in microwave. Cook on high power for 5 minutes. Turn potatoes over and cook for another 3 to 5 minutes until done. Remove from microwave and cool slightly.

Cut each potato in half lengthwise and scoop out flesh, leaving 1/4-in. shells.

In a medium bowl, mash potatoes with sour cream, chives, and pepper.

Place broccoli in a microwave-safe dish. Add water and cook on high power for 3 to 5 minutes until crisp tender. Drain and chop into small pieces.

Add broccoli, Canadian bacon, and 1 cup cheddar cheese to potato mixture. Stir until mixed thoroughly.

Divide mixture evenly among the 8 potato shells. Place on aluminum-foil-covered baking sheet and place in oven for 20 minutes.

Remove from oven and sprinkle with remaining 1/2 cup cheese. Return to oven for 2 minutes or until cheese is melted.

Mix greens with oil and vinegar.

1 Serving: 2 cups mixed greens and 2 potato halves.

tip: Frozen chopped broccoli works well in this recipe if fresh broccoli is not available. After you cook frozen broccoli, make sure you drain it thoroughly before use.
Oven Breaded Chicken
Oven Breaded Chicken (Serves 4)

**COMBO A**  3 Protein  1 Fat  1 Starch  1/2 Fruit  1/2 Vegetable

**INGREDIENTS**
- 2-1/2 cups fat-free Caesar-flavored croutons
- 4 4-oz. uncooked boneless, skinless chicken breasts
- 3 cups baby spinach leaves
- 3 cups romaine lettuce, torn into bite-sized pieces
- 1/4 cup bottled fat-free balsamic vinaigrette salad dressing
- 2 small pears
- 20 pecan halves, toasted

Preheat oven to 350 degrees. Line a baking sheet with aluminum foil and coat with cooking spray.

Place croutons in food processor and blend until very fine. Pour onto a paper plate.

Spray each piece of chicken with cooking spray and place on plate with crumbs. Cover both sides with crouton crumbs. Use your fingers to gently press crumbs into chicken. Place on prepared baking sheet and cook for 15 minutes. Turn chicken over and cook for an additional 5 minutes, until cooked through.

Meanwhile, prepare salad. Mix spinach with romaine lettuce. Toss with vinaigrette.

Halve and core pears. Do not peel. Slice each half into 1/4-in. slices.

Top each salad serving with 1/4 of the sliced pears and 5 pecan pieces. Serve alongside chicken.

1 Serving: 1 chicken breast, 1-1/2 cups salad, 1/4 of sliced pears, and 5 pecan pieces.

**tip:** 4 oz. of uncooked protein like chicken cook down to about 3 oz.

**Nutritional Information**
(per serving)
- Calories 271
- Carbohydrates 22.9 g
- Protein 28.9 g
- Total Fat 6.6 g
- Sat. Fat 0.8 g
- Trans Fat 0 g
- Cholesterol 66 mg
- Sodium 312 mg
- Fiber 4 g
Mexican Omelet
Mexican Omelet (Serves 4)
COMBO A  2-1/2 Protein  1 Fat  1 Starch  1/2 Fruit  1/2 Vegetable

INGREDIENTS
4 tsp. olive oil  2 oz. reduced-fat Mexican blend cheese
1 cup finely chopped onions  4 Tbsp. fat-free sour cream
1 cup finely chopped green peppers  2 Tbsp. chopped fresh cilantro
2 cups egg substitute  4 slices whole-grain toast
1/2 tsp. ground cumin  32 small red grapes
2/3 cup salsa, drained

Heat oil in a skillet over medium-high heat. Add onions and peppers and cook, stirring for 2 to 3 minutes.

While onions and peppers are cooking, add the cumin to the egg substitute. Stir to combine.

Reduce heat to medium. Add egg mixture to onions and peppers. Tilt pan to spread mixture evenly. Cook until eggs are set.

Warm salsa in microwave for 30 seconds.

Pour salsa so it covers one side of eggs in pan. Sprinkle with cheese. Fold other half of eggs over the salsa/cheese. Cook for 1 minute.

Carefully turn omelet out onto a plate. Cut into 4 equal pieces. Top each piece with 1 Tbsp. of sour cream and sprinkle with cilantro. Serve each omelet with 1 slice whole-grain toast.

Serve with grapes.

1 Serving: 1/4 omelete, 1 Tbsp. fat-free sour cream, cilantro, 1 slice whole-grain toast, and 8 grapes.

tip:  Salsa can be left out of the omelet and served on the side like a condiment, if desired. Recipe can also be made as 4 small individual omelets.
Ricotta Parfait
Ricotta Parfait (Serves 4)

COMBO A   2 Protein   1 Fat   1 Dairy   1 Fruit

INGREDIENTS
2 cups reduced-fat ricotta cheese   1-1/2 cups fresh blueberries
1 Tbsp. lemon zest   4 Tbsp. slivered almonds, toasted
1 tsp. cinnamon   1/2 cup low-fat granola
2-1/2 cups sliced fresh strawberries   12 oz. light vanilla yogurt

In a small bowl, mix the ricotta cheese with lemon zest and cinnamon.

In 4 tall parfait glasses, layer 1/4 of the strawberries and 1/4 of the blueberries. Add 1/4 of the ricotta on top; then layer 1/4 of the granola on top of the ricotta.

Finish topping with yogurt and sprinkle almonds on top.

1 Serving: 1/4 ricotta cheese, 1/4 fruit, 1/4 cup yogurt, and 1/4 almonds.

**tip:** Try raspberries or blackberries instead of blueberries.

**Nutritional Information**
(per serving)

Calories 315
Carbohydrates 42.1 g
Protein 16.1 g
Total Fat 9 g
-Sat. Fat 3.4 g
-Trans Fat 0.1 g
Cholesterol 32 mg
Sodium 194 mg
Fiber 5.3 g
The food label offers a wealth of information, if you know how to read it. When you have diabetes, there are certain things on the food label that are important to look at.

**Serving Size and Servings Per Container**
Think about how many servings you will eat since this changes the values that are actually on the label.

**Calories**
Multiply this number by the number of servings you plan on eating.

**Calories from Fat**
Also multiply this figure by the number of servings you will be eating.

**Total Carbohydrate**
This number must also be multiplied by the number of servings you will be eating. Our meal plans provide about 30-45 grams of carbohydrates in each meal and 15-20 grams in each snack. Vegetarian Meal Plans will provide about 45 grams per meal and 15 grams in each snack.

**Total Fat, Saturated Fat, and Trans Fat**
These numbers are very important since people with diabetes are at a much higher risk for developing heart disease than the average person. Make sure to get less than 30 percent of your total calories from fat, less than 7 percent from saturated fat, and nearly no trans fat.

In general, we have planned our program to include 5 to 15 grams of carbohydrates per meal and 15 grams in each snack.

---

### Nutrition Facts

**Serving Size**
1 Scoop (28.5 g)

**Servings Per Container**
30

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<td><strong>Protein</strong> 18 g</td>
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*Not a significant source of vitamin A, vitamin C, calcium, or iron.*

**% Daily Value**

| Total Fat | 3% |
| Saturated Fat | 5% |
| Cholesterol | 10% |
| Sodium | 2% |
| Potassium | 6% |
| Total Carbohydrate | 1% |
| Dietary Fiber | 4% |
| Sugars | 1%
| Protein | 36%

**Calories per gram:**

- Fat 9
- Carbohydrate 4
- Protein 4

**Calories per 1000 grams:**

- Total Fat: 65 g
- Saturated Fat: 20 g
- Cholesterol: 300 mg
- Sodium: 2,400 mg
- Potassium: 3,500 mg
- Total Carbohydrate: 375 g
- Dietary Fiber: 30 g
- Protein: 65 g
of fat per meal, as long as you choose the low-fat protein and low-fat dairy choices whenever possible, and 3 to 5 grams of fat per snack. In general, choose foods with as few trans and saturated fats as possible.

**Label Lingo**
If something is “sugar free,” is it really free of sugar? What does “reduced sugar” really mean? Is a food that has “no added sugar” safe for you? Actually, there are very specific definitions for these terms:

**SUGAR FREE**
“Sugar Free” is not always completely free of sugar. Foods can be labeled “sugar free” if they contain 0.5 or fewer grams of sugar per serving. So, if you eat enough, you’ll be getting extra sugar that you didn’t plan on consuming. Sugar free also does not mean carbohydrate free. Some foods may be considered sugar free but will contain carbohydrates that the body turns into blood glucose. It’s important to look at the “total carbohydrate” (a more important number) on the label to understand how many carbohydrates you are going to be consuming. Sugars are included as part of the total carbohydrate number.

**REDUCED SUGAR**
“Reduced sugar” means that a product contains at least 25 percent less sugar than the regular version. So, if you have a sandwich cookie that is “reduced sugar” it will have 25 percent less sugar than the regular sandwich cookie, but this doesn’t mean that it is low in sugar.

**NO SUGAR ADDED**
“No added sugar” means no sugar was added during the processing of the food. However, these foods may still have a “natural” source of sugar or carbohydrates. For instance, you can buy unsweetened applesauce, but it will still be high in sugar since the main ingredient in applesauce is apple, which is all carbohydrate. Sweetened applesauce will have more sugar and more carbohydrates than the unsweetened applesauce.
GROCERY LIST FOR QUICK-AND-EASY 7-DAY MEAL PLAN

Fruit
- 2 lemons
- 1 small pear
- 1 small apple
- 2-1/2 cups blueberries
- 1 small peach
- 1 banana
- 1 grapefruit
- 2 Tbsp. raisins
- 4 oz. 100% applesauce

Milk, Yogurt, Cheese, and Pudding
- 1-1/2 cups skim milk
- 5 to 6 oz. light, fat-free flavored yogurt
- 4 oz. sugar-free, fat-free vanilla pudding
- 2 to 4 oz. sugar-free, fat-free chocolate pudding
- 3 oz. reduced-fat cheddar cheese
- 1/2 cup skim ricotta cheese
- 1 slice fat-free American cheese
- 1 Tbsp. fat-free whipped cream
- 2 oz. reduced-fat Swiss cheese
- 1 cup light chocolate soymilk
- 1-1/2 Tbsp. light sour cream

Bread and Cereal
- 3/4 cup Cheerios
- 1/2 cup cooked oatmeal
- Whole-grain roll
- 8 animal crackers
- 6 slices multigrain bread
- 2 whole wheat English muffins
- 1 4-1/2-in. whole-grain waffle
- 3 cups air-popped popcorn
- 1/3 cup whole-grain pasta
- 14 mini flavored rice cakes
- 1/3 cup cooked brown rice
- 1 whole-grain burger bun
- 10 baked corn chips
- 6-in. flour tortilla

Meat, Fish, and Poultry
- 4-oz. chicken breast
- 2 oz. roasted turkey
- 4-oz. salmon
- 4-oz. baked flounder
- 3 oz. tuna in water
- 3 oz. cleaned shrimp
- 3-oz. pork loin
- 4 oz. raw (3 oz. grilled) sirloin
- 2 oz. roast beef
- 2 oz. sliced lean ham
Nuts
- 3 Tbsp. sliced almonds
- 3 Tbsp. chopped walnuts
- 5 peanuts
- 1 Tbsp. sunflower seeds

Vegetables
- 2 cucumbers
- 1 cup chickpeas
- 1 small sweet potato
- 2-1/2 cups steamed spinach
- Garlic
- Parsley
- Chives
- 1/2 cup corn
- 1-1/2 cups green beans
- 4 lettuce leaves
- 1 cup baby carrots
- 4 cups broccoli
- Shredded carrots
- 3 tomatoes
- 4 cherry tomatoes
- 4 mushrooms
- 2 onions
- 2 cups asparagus
- 2 baking potatoes
- 1 red onion
- 12 cups mixed green salad

Dressings, Spices, Condiments, and Sauces
- 1/2 cup tomato sauce
- 2 Tbsp. hummus
- 1 bottle light salad dressing
- Balsamic vinegar
- Cinnamon
- 1 Tbsp. light or fat-free mayonnaise
- 1 Tbsp. barbecue sauce
- 1 Tbsp. ketchup
- Artificial sweetener
- 1/4 cup salsa
- 1 Tbsp. light Italian dressing
- 2 tsp. horseradish dressing
- 1-1/4 cups three-bean salad
- 2 tsp. mustard
- Onion powder
- 2 Tbsp. fat-free honey mustard dressing

Eggs
- 4 egg whites
- 1/2 cup egg substitute

Fats
- 1 container light, trans-fat-free margarine
- 2-1/2 tsp. peanut butter
The recipes and meal plans in this book are consistent with heart health guidelines, including:

- No trans fats
- Low in saturated fats
- Use healthy unsaturated fats (including monounsaturated fats and omega-3 fats) in place of trans and saturated fats
- Use whole grains in place of refined grains
- Low in dietary cholesterol
- Moderate to low in salt/sodium
- No sugar-sweetened beverages
- Plenty of fruits and vegetables
- Controlled in portions to moderate calories

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