

VYTORIN[®]
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Week Five

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- >> 7 Day Menu Plan

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MONDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2059.15 Kcal	436.96 Kcal	434.5 Kcal	769.32 Kcal	420.37 Kcal
Cal from Carbs	53%	79%	47%	29%	86%
Cal from Fat	31%	10%	42%	49%	8%
Cals from Protein	16%	11%	11%	22%	17%
Cals from Sat Fat	8%	3%	3%	16%	4%
Carbohydrates	284.53 g	93.59 g	54.6 g	56.26 g	80.07 g
Cholesterol	128.72 mg	10 mg	0 mg	98.71 mg	20.02 mg
Dietary Fiber	30.05 g	11.15 g	11.11 g	7.8 g	0 g
Fat	73.95 g	5.18 g	21.99 g	42.78 g	4 g
Protein	87.79 g	12.96 g	13.15 g	43.67 g	18.02 g
Sodium	1531.47 mg	150.32 mg	294.37 mg	786.51 mg	300.26 mg

MONDAY MENU

	Ingredient	Serving
Breakfast	Bran Flakes Cereal with Milk and Strawberries and Bananas	1 cup Bran Flakes 0.5 cup Milk 2% milkfat, with Vitamin A & D 1 medium Banana 1 cup Strawberries, raw
	Orange Juice	1 cup
Lunch	Hummus with Baby Carrots	0.25 cup Hummus 1 cup Baby Carrots, raw
	Grapes	2 cup seedless Grapes
	Almonds	1 oz Almonds
Dinner	Grilled Pork Steaks with Lemon Butter Sauce* (See Recipe on pg 10) Bow Tie Pasta with Pesto Sauce and Steamed Vegetables	1 serving 2 oz Bow Tie Pasta, dry 0.25 cup Pesto Sauce 1 tbsp Parmesan Cheese 0.25 steamed Carrots 0.5 cup steamed Broccoli 0.25 cup Bell Peppers, steamed
Snack	Apple Cinnamon Yogurt	2 (8 ounce) container Apple Cinnamon Yogurt

* Grilled Pork Steaks with Lemon Butter Sauce: <http://allrecipes.com/Recipe/Grilled-Pork-Steaks-with-Lemon-Butter-Sauce/Detail.aspx>

TUESDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1966.92 Kcal	526.44 Kcal	563.1 Kcal	704.27 Kcal	173.12 Kcal
Cal from Carbs	55%	72%	55%	36%	77%
Cal from Fat	29%	15%	33%	43%	0%
Cals from Protein	17%	13%	12%	21%	23%
Cals from Sat Fat	7%	6%	8%	9%	0%
Carbohydrates	282.55 g	96.94 g	84.44 g	64.08 g	37.1 g
Cholesterol	105.65 mg	20 mg	0 mg	81.94 mg	3.71 mg
Dietary Fiber	29.06 g	8.24 g	11.47 g	9.34 g	0 g
Fat	65.34 g	8.9 g	22.12 g	34.32 g	0 g
Protein	85.13 g	17.59 g	18.23 g	38.19 g	11.13 g
Sodium	1528.26 mg	140.72 mg	590.17 mg	747.91 mg	49.46 mg

TUESDAY MENU

	Ingredient	Serving
Breakfast	Oatmeal with Apples, Raisins, and Maple Syrup	1.5 cup Oatmeal, cooked without salt 2 tbsp Maple Syrup 0.5 medium Apple 1 tbsp Raisins
	Milk, 2% milkfat with added Vitamin A & D	1 cup
Lunch	Peanut Butter and Honey Sandwich	2 slice Whole Wheat Bread 2 tbsp Peanut Butter 1 tbsp Honey
	Broccoli with Ranch Dip	1 cup Broccoli, raw 1 tbsp Ranch-style Dip
	Banana	1 medium Banana
Dinner	Fresh Chicken Salad with Baby Greens* (See Recipe on pg 10)	2 serving
	Italian Bread	2 medium slice
	Apple slices	1 medium
Snack	Cherry Vanilla Frozen Yogurt	1 scoop

* Fresh Chicken Salad with Baby Greens: <http://allrecipes.com/Recipe/Apricot-Glazed-Chicken/Detail.aspx>

WEDNESDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1902.93 Kcal	384.83 Kcal	531.29 Kcal	786.66 Kcal	200.16 Kcal
Cal from Carbs	52%	82%	42%	51%	26%
Cal from Fat	30%	13%	32%	30%	62%
Cals from Protein	18%	6%	26%	20%	12%
Cals from Sat Fat	6%	6%	6%	5%	5%
Carbohydrates	258.23 g	83.52 g	57.4 g	103.13 g	14.18 g
Cholesterol	210.58 mg	10.21 mg	87.32 mg	113.05 mg	0 mg
Dietary Fiber	31.22 g	5.03 g	6.82 g	15.02 g	4.34 g
Fat	67.02 g	5.83 g	19.61 g	26.8 g	14.77 g
Protein	87.69 g	5.65 g	35.13 g	40.36 g	6.55 g
Sodium	1429.44 mg	176.77 mg	255.82 mg	996.56 mg	0.28 mg

WEDNESDAY MENU

	Ingredient	Serving
Breakfast	Whole Grain Toast with Peanut Butter and Honey	1 slice Whole Grain bread 1 tsp Butter, salted 1 tbsp Honey
	Banana	1 medium
	Orange Juice	1 cup
Lunch	Green Salad with Grilled Chicken Breast	1 cup Mixed Salad Greens 1 tbsp Ranch Salad Dressing Light 1 slice Tomato, raw 1.5 Chicken Breast half, grilled
	Baby Carrots	1 cup
	Watermelon	2 slice
Dinner	Pollo Fajitas* and Spanish Rice** (See Recipe on pg 11)	1 serving Pollo Fajitas 1 serving Linnie's Spanish Rice
Snack	Plum	1 fruit
	Almonds	1 oz

* Pollo Fajitas: <http://allrecipes.com/Recipe/Pollo-Fajitas/Detail.aspx>

** Linnie's Spanish Rice: <http://allrecipes.com/Recipe/Linnies-Spanish-Rice/Detail.aspx>

THURSDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1914.44 Kcal	549.3 Kcal	434.5 Kcal	783.53 Kcal	147.11 Kcal
Cal from Carbs	59%	77%	47%	50%	75%
Cal from Fat	26%	11%	42%	33%	2%
Cals from Protein	15%	13%	11%	17%	23%
Cals from Sat Fat	5%	4%	3%	8%	0%
Carbohydrates	291.69 g	111.38 g	54.6 g	97.37 g	28.34 g
Cholesterol	94.12 mg	14.7 mg	0 mg	74.42 mg	5 mg
Dietary Fiber	29.83 g	8.57 g	11.11 g	8.08 g	2.07 g
Fat	57.98 g	6.87 g	21.99 g	28.78 g	0.33 g
Protein	73.65 g	18.35 g	13.15 g	33.6 g	8.56 g
Sodium	1307.49 mg	227.65 mg	294.37 mg	644.44 mg	141.02 mg

THURSDAY MENU

	Ingredient	Serving
Breakfast	Plain Yogurt with Granola and Fruit	1 cup plain Yogurt 0.25 cup Granola, low fat 1 medium Banana 1 medium Apple
	Orange Juice	1 cup
Lunch	Hummus and Baby Carrots	0.25 cup Hummus 1 cup Baby Carrots
	Grapes	2 cup seedless Grapes
	Almonds	1 oz Almonds, raw
Dinner	Mixed Green Salad with Fat Free Honey Dijon Vinaigrette	1 cup Mixed Salad Greens 1 slice Tomato, raw 1 tbsp Honey Dijon Vinaigrette, fat free
	Barbeque Beef Sandwiches* (See Recipe on pg 12)	1 each Kaiser roll 1 serving Barbequed Beef Sandwiches
	Baked French Fries ** (See Recipe on pg 12)	1 serving
Snack	Yogurt with Fresh Fruit	5 large Strawberries 1 (8 ounce) container Strawberry Banana Yogurt, non-fat

* Barbequed-Beef-Sandwiches: <http://allrecipes.com/Recipe/Barbecued-Beef-Sandwiches/Detail.aspx>

** Baked French Fries: <http://allrecipes.com/Recipe/Baked-French-Fries-I/Detail.aspx>

FRIDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1866.44 Kcal	323.89 Kcal	466.28 Kcal	675.66 Kcal	400.61 Kcal
Cal from Carbs	51%	66%	50%	58%	32%
Cal from Fat	34%	15%	42%	28%	49%
Cals from Protein	15%	20%	9%	15%	19%
Cals from Sat Fat	6%	7%	4%	8%	5%
Carbohydrates	251.03 g	54.91 g	61.16 g	100.01 g	34.96 g
Cholesterol	45.53 mg	14.7 mg	0 mg	25.82 mg	5.01 mg
Dietary Fiber	32.07 g	5.48 g	5.4 g	16.89 g	4.3 g
Fat	73.33 g	5.41 g	22.8 g	21.24 g	23.88 g
Protein	73.73 g	16.71 g	10.95 g	25.36 g	20.71 g
Sodium	1483.58 mg	302.15 g	443.34 mg	542.02 mg	196.08 mg

FRIDAY MENU

	Ingredient	Serving
Breakfast	Whole Grain Toast with Strawberry Jam	1 slice Whole Grain Bread 1 tbsp Strawberry Jam
	Yogurt with Strawberries	1 cup plain Yogurt, low fat 1 cup sliced Strawberries, raw
Lunch	Almond Butter Sandwich	2 slice Whole Wheat Bread 2 tbsp Peach preserves 0.5 tbsp Almonds, sliced 2 tbsp Almond Butter, with salt
Dinner	Mixed Green Salad with Cannellini Beans, Cherry Tomatoes, and Balsamic Vinegar	1 cup Mixed Salad Greens 4 each Cherry Tomato 1 tbsp Balsamic Vingar 0.75 cup Cannellini Beans
	Grilled Mediterranean Vegetable Sandwich* (See Recipe on pg 13)	1 serving
	Coffee, brewed	1 cup
Snack	Rice Cakes with Peanut Butter	1 each Rice cake, plain 1 tbsp Natural Peanut Butter, unsalted
	Yogurt topped with sliced Almonds	1 (6 oz) container Light Yogurt 1 oz Almonds, oil roasted with salt added

* Grilled Mediterranean Vegetable Sandwich: <http://allrecipes.com/Recipe/Grilled-Mediterranean-Vegetable-Sandwich/Detail.aspx>

SATURDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1958.48 Kcal	434.96 Kcal	440.93 Kcal	526.63 Kcal	555.96 Kcal
Cal from Carbs	54%	79%	42%	61%	38%
Cal from Fat	29%	10%	28%	28%	47%
Cals from Protein	16%	11%	31%	11%	15%
Cals from Sat Fat	6%	3%	9%	8%	5%
Carbohydrates	278.25 g	93.59 g	47.29 g	81.27 g	56.09 g
Cholesterol	114.36 mg	10 mg	82.05 mg	20.34 mg	1.97 mg
Dietary Fiber	33.44 g	11.15 g	8.29 g	4.82 g	9.18 g
Fat	66.67 g	5.18 g	13.92 g	16.2 g	31.38 g
Protein	84.44 g	12.96 g	34.67 g	14.71 g	22.1 g
Sodium	1516.68 mg	150.32 mg	560.03 mg	675.85 mg	130.49 mg

SATURDAY MENU

	Ingredient	Serving
Breakfast	Bran Flakes Cereal topped with Fruit and served with Milk	1 cup Bran Flakes, cold cereal 0.5 cup Milk, 2% milkfat with added Vitamin A & D 1 medium Banana
	Strawberries, raw	1 cup
	Orange Juice	1 medium
Lunch	Grilled Chicken Caesar Salad	1 cup Romaine Lettuce, raw 1 tbsp Parmesan Cheese, grated 0.25 cup plain Croutons 1 tbsp Caesar Salad Dressing 1 Chicken breast half, grilled
	Whole Wheat Bread	1 slice
	Apple slices	1 medium
	Tea, brewed	1 cup
Dinner	Mixed Green Salad with Fat Free Oil Free Italian Dressing	1 cup Mixed Salad Greens 1 slice Tomato, raw 1 tbsp Fat Free Oil Free Italian Dressing
	Brick-Oven Pizza (Brooklyn Style)* (See Recipe on pg 13)	2 serving
	Melon	1 wedge
	Brownie	1 each
Snack	Peanut Butter and Apple	1 medium Apple 2 tbsp Natural Peanut Butter, unsalted
	Blueberry Yogurt topped with sliced Almonds	1 (8 ounce) container Blueberry Yogurt, non-fat, Danon 1 oz Almonds, dry roasted without salt

* Brick-Oven Pizza (Brooklyn Style): <http://allrecipes.com/Recipe/Brick-Oven-Pizza-Brooklyn-Style/Detail.aspx>

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SUNDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1801.2 Kcal	298.11 Kcal	379.19 Kcal	549.56 Kcal	574.35 Kcal
Cal from Carbs	58%	73%	57%	51%	60%
Cal from Fat	27%	16%	33%	29%	27%
Cals from Protein	14%	10%	10%	20%	13%
Cals from Sat Fat	6%	8%	5%	5%	7%
Carbohydrates	276.2 g	53.42 g	57.89 g	73.92 g	90.97 g
Cholesterol	206.83 mg	10.21 mg	22.44 mg	170.57 mg	3.6 mg
Dietary Fiber	31.02 g	3.16 g	6.81 g	14.64 g	6.41 g
Fat	56.7 g	5.25 g	14.84 g	18.51 g	18.09 g
Protein	68.45 g	11.11 g	9.86 g	28.45 g	19.03 g
Sodium	1333.66 mg	307.14 mg	588.91 mg	222.92 mg	214.69 mg

SUNDAY MENU

	Ingredient	Serving
Breakfast	Egg Whites Scrambled with Spinach, Tomato, and Onion	2 each Egg Whites, cooked 1 cup Spinach, raw 1 slice Tomato, raw
	Seven Grain Bread Toast with Butter	1 slice Seven Grain bread 1 tsp Butter, salted
	Cranberry Juice	1 cup
	Coffee, brewed	1 cup
Lunch	Open-Faced Smoked Chicken Sandwich	1 slice Whole Grain Bread 1 slice Tomato, raw 1 oz Smoked Chicken Breast, sliced 1 innerleaf Romaine Lettuce 1 tbsp Mayonnaise
	Summer Fruit Salad	1 medium Peach 1 medium Banana 0.5 cup Blueberries
	Tea, brewed	1 cup
Dinner	Big M's Spicy Lime Grilled Prawn* with Avocado (See Recipe on pg 14)	2 serving 0.5 Avocado
	Brown Rice medium grain	1 cup, cooked
	Green Beans	1 cup, boiled without salt
Snack	Banana and Vanilla Yogurt (non-fat)	1 (8 ounce) container Vanilla Yogurt 1 medium Banana
	Sunflower Seeds and Coconut Macaroon	1 medium Coconut Macaroon 1 oz Sunflower Seeds, dry roasted without added salt

* Big M's Spicy Lime grilled Prawn: <http://allrecipes.com/Recipe/Big-Ms-Spicy-Lime-Grilled-Prawns/Detail.aspx>

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RECIPES

Grilled Pork Steaks with Lemon Butter Sauce

Submitted by: Anne Buchanan

"Here's a simple recipe for pork steaks or chops. All you do is baste the meat with a sauce that consists of butter, lemon juice and garlic. Very basic, and the chops will be moist and tasty."

PREP TIME: 10 Min
COOK TIME: 20 Min
READY IN: 30 Min
Servings Per Recipe: 6

Ingredients

3 tablespoons butter
2 teaspoons lemon juice
1 clove garlic, minced
6 pork chops
1 pinch kosher salt

Directions

Preheat an outdoor grill for high heat and lightly oil grate. Melt the butter in a small saucepan over medium heat. Stir in the lemon juice and the garlic and heat until garlic is tender. Remove from heat.

Arrange the chops on a plate and coat top side of each chop with the butter mixture. Place chops on the grill butter side down.

Sear over high heat for 1 minute, coating the top side of the chops with the butter mixture while the other side is grilling. Flip the chops and sear the other side for 1 minute.

Turn the meat, cover the grill and cook 3 to 5 more minutes per side, brushing occasionally with the remaining butter mixture. Pork chops are done when internal temperature reaches 160°F (70°C).

Amount Per Serving: Calories: 186 Total Fat: 11.2g Cholesterol: 75mg Sodium: 172mg Total Carbs: 0.3g Dietary Fiber: 0g Protein: 19.9g

<http://allrecipes.com/Recipe/Grilled-Pork-Steaks-with-Lemon-Butter-Sauce/Detail.aspx>

Fresh Chicken Salad with Baby Greens

Submitted by: E. Clark

"This is a very delicious salad that will fill you up by itself, or it can be served on the side. Perfect with leftover chicken breast."

PREP TIME: 10 Min
COOK TIME: 25 Min
READY IN: 35 Min
Servings Per Recipe: 4

Ingredients

2 tablespoons extra virgin olive oil, divided
2 skinless, boneless chicken breast halves
1/4 cup pesto sauce
3 cups mixed baby greens
1 medium red bell pepper, sliced
1 small cucumber, sliced
1/4 red onion, thinly sliced
1 tablespoon balsamic vinegar
1 tablespoon honey
Salt and pepper to taste

Directions

Heat 1 tablespoon olive oil in a skillet over medium heat. Cook chicken breast in the skillet 10 minutes on each side, or until juices run clear. Remove chicken from skillet and shred. Return to skillet, mix in pesto sauce, and continue cooking just until sauce is heated through.

Place greens in a bowl, and top with chicken, bell pepper, cucumber, and onion. Drizzle with remaining olive oil, balsamic vinegar, and honey. Season with salt and pepper. Toss, and serve.

Amount Per Serving: Calories: 256 Total Fat: 16.2g Cholesterol: 41mg Sodium: 254mg Total Carbs: 11.2g Dietary Fiber: 2.3g Protein: 17.2g

<http://allrecipes.com/Recipe/Fresh-Chicken-Salad-with-Baby-Greens/Detail.aspx>

RECIPES

Pollo Fajitas

Submitted by: Teresa C. Rouzer

"Chicken thighs are used in this recipe, but boneless, skinless breasts could be used instead. Be careful not to overcook, as the result could be rather dry chicken. Serve with warm flour tortillas, salsa and sour cream."

PREP TIME: 15 Min
COOK TIME: 10 Min
READY IN: 55 Min
Servings Per Recipe: 5

Ingredients

1 tablespoon Worcestershire sauce
1 tablespoon cider vinegar
1 tablespoon soy sauce
1 teaspoon chili powder
1 clove garlic, minced
1 dash hot pepper sauce
1 1/2 pounds boneless, skinless chicken thighs, cut into strips
1 tablespoon vegetable oil
1 onion, thinly sliced
1 green bell pepper, sliced
1/2 lemon, juiced

Directions

In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, chili powder, garlic and hot pepper sauce. Place chicken in sauce, and turn once to coat. Marinate for 30 minutes at room temperature, or cover and refrigerate for several hours.

Heat oil in a large skillet over high heat. Add chicken strips to the pan, and saute for 5 minutes. Add the onion and green pepper, and saute another 3 minutes. Remove from heat, and sprinkle with lemon juice.

Amount Per Serving: Calories: 210 Total Fat: 8.3g Cholesterol: 113mg Sodium: 346mg Total Carbs: 6.1g Dietary Fiber: 1.6g Protein: 27.6g

<http://allrecipes.com/Recipe/Pollo-Fajitas/Detail.aspx>

Brick-Oven Pizza (Brooklyn Style)

Submitted by: CDM68

PREP TIME: 25 Min
COOK TIME: 6 Min
READY IN: 16 Hrs 31 Min
Servings Per Recipe: 16

Ingredients

1 teaspoon active dry yeast
1/4 cup warm water
1 cup cold water
1 teaspoon salt
3 cups bread flour
6 ounces low moisture mozzarella cheese, thinly sliced
1/2 cup no salt added canned crushed tomatoes
1/4 teaspoon freshly ground black pepper
1/2 teaspoon dried oregano
3 tablespoons extra-virgin olive oil
6 leaves fresh basil, torn

Directions

Sprinkle yeast over warm water in a large bowl. Let stand for 5 minutes to proof. Stir in salt and cold water, then stir in the flour about 1 cup at a time. When the dough is together enough to remove from the bowl, knead on a floured surface until smooth, about 10 minutes. Divide into two pieces, and form each one into a tight ball. Coat the dough balls with olive oil, and refrigerate in a sealed container for at least 16 hours. Be sure to use a big enough container to allow the dough to rise. Remove the dough from the refrigerator one hour prior to using.

Preheat the oven, with a pizza stone on the lowest rack, to 550 °F. Lightly dust a pizza peel with flour. Using one ball of dough at a time, lightly dust the dough with flour, and stretch gradually until it is about 14 inches in diameter, or about as big around as the pizza stone. Place on the floured peel. Place thin slices of mozzarella over the crust, then grind a liberal amount of black pepper over it. Sprinkle with dried oregano. Randomly arrange crushed tomatoes, leaving some empty areas. Drizzle olive oil over the top.

With a quick back and forth jerk, make sure the dough will release from the peel easily. Place the tip of the peel at the back of the preheated pizza stone, and remove peel so that the pizza is left on the stone. Bake for 4 to 6 minutes in the preheated oven, or until the crust begins to brown. Remove from the oven by sliding the peel beneath the pizza. Sprinkle a few basil leaves randomly over the pizza. Cut into wedges and serve.

Amount Per Serving: Calories: 146 Total Fat: 4.8g Cholesterol: 6mg Sodium: 197mg Total Carbs: 19.4g Dietary Fiber: 0.8g Protein: 5.8g

<http://allrecipes.com/Recipe/Brick-Oven-Pizza-Brooklyn-Style/Detail.aspx>

RECIPES

Barbequed Beef Sandwiches

Submitted by: Jill

"This recipe came from a military wife almost 30 years ago (thanks Elise) and it couldn't be much easier. Simply combine all ingredients and cook for 3 hours, then shred the meat. Serve it on buns of your choice...and then sit back and take in the compliments! Everyone loves this recipe, and I've used it at fund raising events with great success! Excellent with potato salad or coleslaw."

PREP TIME: 15 Min
COOK TIME: 3 Hrs
READY IN: 3 Hrs 15 Min
Servings Per Recipe: 8

Ingredients

3 pounds beef chuck
2 onions, chopped
1 (28 ounce) can diced tomatoes with juice
1/2 cup distilled white vinegar
1/2 cup water
3 tablespoons sugar
1/3 (10 fluid ounce) bottle Worcestershire sauce
Salt and pepper to taste

Directions

Place roast in a Dutch oven, and sprinkle with chopped onions. Cover with tomatoes, water, sugar and Worcestershire sauce. Season with salt and pepper.

Cook over medium heat with lid slightly ajar for 3 hours.

Remove meat, and shred with 2 forks. Discard bones, fat and gristle. place shredded meat back into sauce, and cook until liquid is reduced, 15 to 20 minutes.

Amount Per Serving: Calories: 265 Total Fat: 12.7g Cholesterol: 74mg
Sodium: 316mg Total Carbs: 12.2g Dietary Fiber: 1.3g Protein: 23.2g

<http://allrecipes.com/Recipe/Barbecued-Beef-Sandwiches/Detail.aspx>

Baked French Fries

Submitted by: Ashlee

"This is an easy way to make a great side dish for burgers!"

PREP TIME: 5 Min
COOK TIME: 45 Min
READY IN: 50 Min
Servings Per Recipe: 1

Ingredients

1 large baking potato
1 tablespoon olive oil
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
1/2 teaspoon onion powder

Directions

Preheat oven to 450°F (230°C).

Cut potato into wedges. Mix olive oil, paprika, garlic powder, chili powder and onion powder together. Coat potatoes with oil/spice mixture and place on a baking sheet.

Bake for 45 minutes in preheated oven.

Amount Per Serving: Calories: 358 Total Fat: 14.1g Cholesterol: 0mg
Sodium: 27mg Total Carbs: 54.9g Dietary Fiber: 4.5g Protein: 5.4g

<http://allrecipes.com/Recipe/Baked-French-Fries-I/Detail.aspx>

RECIPES

Grilled Mediterranean Vegetable Sandwich

Submitted by: Chris M



"Roasted vegetables taste delicious in this sandwich. It is great to take along on a picnic!"

PREP TIME: 20 Min
COOK TIME: 40 Min
READY IN: 3 Hrs
Servings Per Recipe: 6

Ingredients

1 eggplant, sliced into strips
2 red bell peppers
2 tablespoons olive oil, divided
2 portobello mushrooms, sliced
3 cloves garlic, crushed
4 tablespoons mayonnaise
1 (1 pound) loaf focaccia bread

Directions

Preheat oven to 400°F (200°C). Brush eggplant and red bell peppers with 1 tablespoon olive oil; use more if necessary, depending on sizes of vegetables. Place on a baking sheet and roast in preheated oven. Roast eggplant until tender, about 25 minutes; roast peppers until blackened. Remove from oven and set aside to cool.

Meanwhile, heat 1 tablespoon olive oil and saute mushrooms until tender. Stir crushed garlic into mayonnaise. Slice focaccia in half lengthwise. Spread mayonnaise mixture on one or both halves.

Peel cooled peppers, core and slice. Arrange eggplant, peppers and mushrooms on focaccia. Wrap sandwich in plastic wrap; place a cutting board on top of it and weight it down with some canned foods. Allow sandwich to sit for 2 hours before slicing and serving.

Amount Per Serving: Calories: 356 Total Fat: 14.8g Cholesterol: 5mg
Sodium: 500mg Total Carbs: 48.3g Dietary Fiber: 5.5g Protein: 9g

<http://allrecipes.com/Recipe/Grilled-Mediterranean-Vegetable-Sandwich/Detail.aspx>

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Blueberry Pancakes

Submitted by: Sara

"This is an excellent recipe for blueberry pancakes. A delicious, nutritious and flavorful breakfast. When blueberries are out of season, use thawed frozen blueberries."

PREP TIME: 20 Min
COOK TIME: 20 Min
READY IN: 40 Min
Servings Per Recipe: 4

Ingredients

1 cup all-purpose flour
1 teaspoon baking powder
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cinnamon
1 tablespoon white sugar
1 egg
1/2 cup plain yogurt
1/2 cup milk
2 tablespoons vegetable oil
3/4 cup fresh blueberries

Directions

Preheat griddle over medium heat. Stir together the flour, baking powder, nutmeg, cinnamon and sugar, set aside.

In a medium bowl, stir together the egg, yogurt, milk and oil. Gradually stir in the flour mixture, then fold in the blueberries.

Pour batter onto hot greased griddle, two tablespoons at a time. Cook over medium heat until bubbles pop and stay open, then turn over and cook on the other side until golden.

Amount Per Serving: Calories: 256 Total Fat: 10.2g Cholesterol: 60mg
Sodium: 169mg Total Carbs: 34.3g Dietary Fiber: 1.6g Protein: 7.1g

<http://allrecipes.com/Recipe/Blueberry-Pancakes/Detail.aspx>

RECIPES

Big M's Spicy Lime grilled Prawns

Submitted by: Marcus Hender



"Succulent and moist grilled prawns. Serve with salad, potatoes, and bread. Enjoy!"

PREP TIME: 30 Min

COOK TIME: 5 Min

READY IN: 4 Hrs 35 Min

Servings Per Recipe: 12

Ingredients

48 large tiger prawns, peeled and deveined
4 limes, zested and juiced
4 green chile peppers, seeded and chopped
4 cloves garlic, crushed
1 (2 inch) piece fresh ginger root, chopped
1 medium onion, coarsely chopped
Skewers

Directions

Place the prawns and lime zest in a large, non-metallic bowl. Place the lime juice, chile pepper, garlic, ginger, and onion in a food processor or blender, and process until smooth. You may need to add a little oil to facilitate blending. Pour over the bowl of prawns, and stir to coat. Cover, and refrigerate for 4 hours.

Preheat grill for medium-high heat. Thread prawns onto skewers, piercing each first through the tail, and then the head.

Brush grill grate with oil. Cook prawns for 5 minutes, turning once, or until opaque.

Amount Per Serving: Calories: 62 Total Fat: 0.6g Cholesterol: 85mg
Sodium: 100mg Total Carbs: 5g Dietary Fiber: 1.1g Protein: 9.8g

<http://allrecipes.com/Recipe/Big-Ms-Spicy-Lime-Grilled-Prawns/Detail.aspx>

INGREDIENT SUBSTITUTION IDEAS

Instead of	Try this
DAIRY	
Cream (for everything except whipping)	Evaporated skim milk or low-fat buttermilk
Cream cheese	Neufchâtel, light cream cheese, or ricotta cheese
Cheese (with whole milk)	Fat-free or skim-milk
Butter or margarine	Light butter (use less or reduce the liquid elsewhere in the recipe) or combination of light butter and fat-free cream cheese
1 egg	2 egg whites or egg substitute (amount will vary)
Sour cream	Plain yogurt or fat-free sour cream
Whole milk	Evaporated skim milk, skim or low-fat (1 percent) milk
Sour cream, mayonnaise, or cheese-based dips	Bean dips, roasted and pureed vegetable dips, or salsa
Mayonnaise	Plain low-fat yogurt combined with low-fat cottage cheese, low-fat mayonnaise, reduced-fat mayonnaise, or mustard.
MEAT	
Meat	Fish
Ground beef	Ground turkey or ground chicken
Bacon or sausage	Turkey bacon or turkey sausage
Beef chuck or brisket	Beef round or flank steak (small portions)
Pork butt/shoulder	Pork tenderloin (small portions)
Chicken wings or nuggets	Baked chicken breast strips
SNACKING AND HIGH-FAT DISHES	
Cream-based soups	Broth-based soups
Pizza with meat	Pizza with turkey pepperoni, lean turkey sausage, or fresh vegetables
Pasta with cream sauce	Pasta with tomato sauce
Snacking on crackers or chips	Snacking on raw vegetables, fruits, or rice cakes
Bagels or muffins	English muffins
SALAD DRESSING	
Oils or mayonnaise	Fat-free, reduced-calorie, or vinaigrette dressings
BREADS	
White	Whole grain, wheat or rye
PASTA, RICE, POTATO	
Pasta (egg)	Wheat or rice noodles
White rice	Brown rice
Potato	Mashed cauliflower
BAKING NEEDS	
Chocolate chips	Dates
Nuts	Oatmeal or rice crispies
White sugar	Brown sugar, molasses, cane sugar, or sweeteners
Vegetable oil (in baking)	Grapeseed, safflower, soybean, or sunflower oil.
White flour	Additional low-fat options are applesauce, pumpkin puree, prune puree, or mashed bananas
Peanut butter	Wheat, rye, or soy
	Reduced-fat peanut butter