

VYTORIN[®]
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Week Four

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- >> 7 Day Menu Plan

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MONDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1998.62 Kcal	578.54 Kcal	385.91 Kcal	747.19 Kcal	286.92 Kcal
Cal from Carbs	59%	79%	60%	46%	49%
Cal from Fat	27%	10%	25%	36%	45%
Cals from Protein	14%	11%	15%	18%	7%
Cals from Sat Fat	9%	4%	8%	6%	27%
Carbohydrates	307.35 g	121.05 g	60.74 g	89.36 g	36.21 g
Cholesterol	102.32 mg	14.7 mg	29.54 mg	0 mg	58.08 mg
Dietary Fiber	28.67 g	8.32 g	10.56 g	8.13 g	1.66 g
Fat	63.28 g	6.63 g	11.09 g	30.77 g	14.79 g
Protein	72.37 g	16.61 g	15.25 g	35.45 g	5.06 g
Sodium	1478.8 mg	223.09 mg	500.25 mg	649.15 mg	106.32 mg

MONDAY 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
	Cranberry Juice	1 cup
Lunch	Roast Beef Sandwich	2 slice Whole Wheat Bread 1 slice Tomato, raw 1 oz Roast Beef 1 medium slice Onion 1 tbsp Mustard 1 innerleaf Romaine Lettuce
	Apple	1 medium Apple
	Baby Carrots	1 cup Baby Carrots
Dinner	Tofu and Veggies in Peanut Sauce* (See Recipe on pg 10) Basmati Rice	1 serving 1.5 cup Basmati Rice, cooked
Snack	Vanilla Ice Cream and Strawberries	1 cup Vanilla Ice Cream 4 large Strawberries

*Tofu and Veggies in Peanut Sauce: <http://allrecipes.com/Recipe/Tofu-and-Veggies-in-Peanut-Sauce/Detail.aspx>

TUESDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2056.53 Kcal	310.04 Kcal	785.57 Kcal	607.08 Kcal	353.84 Kcal
Cal from Carbs	60%	55%	63%	59%	56%
Cal from Fat	27%	39%	29%	13%	36%
Cals from Protein	13%	6%	8%	28%	8%
Cals from Sat Fat	6%	19%	5%	2%	3%
Carbohydrates	319.96 g	43.96 g	132.68 g	89.03 g	54.29 g
Cholesterol	152.95 mg	69.59 mg	0 mg	83.36 mg	0 mg
Dietary Fiber	24.56 g	1.4 g	10.22 g	3.04 g	9.9 g
Fat	64.99 g	14.04 g	26.73 g	8.81 g	15.42 g
Protein	71.15 g	4.59 g	16.9 g	42.16 g	7.5 g
Sodium	1276.23 mg	271.4 mg	428.53 mg	574.83 mg	1.46 mg

TUESDAY MENU

	Ingredient	Serving
Breakfast	Scone with Butter and Orange Marmalade Honeydew Melon	1 English Muffin 1 tbsp Peanut Butter 2 tbsp Honey 4 Strawberries 1 cup Yogurt 1 cup Orange Juice
Lunch	Deluxe Peanut Butter Sandwich Applesauce	2 slice Raisin Bread 1 tbsp Raspberry preserves 2 tbsp Peanut Butter 0.5 oz Peanuts, dry roasted without added salt 1 large Strawberries 0.5 medium Banana, raw 1 cup
Dinner	Apricot Glazed Chicken* (See Recipe on pg 10) White Rice Cucumber and Tomato Salad** (See Recipe on pg 11)	1 Serving 1 cup White rice, cooked 1 serving
Snack	Fruit and Nut Snack	1 medium Apple 1 medium Banana 1 oz Almonds, raw

* Apricot Glazed Chicken: <http://allrecipes.com/Recipe/Apricot-Glazed-Chicken/Detail.aspx>

** Cucumber and Tomato Salad: <http://allrecipes.com/Recipe/Cucumber-and-Tomato-Salad/Detail.aspx>

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WEDNESDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1892.22 Kcal	390.79 Kcal	500.18 Kcal	650.13 Kcal	351.11 Kcal
Cal from Carbs	58%	71%	58%	62%	35%
Cal from Fat	25%	22%	18%	21%	44%
Cals from Protein	17%	7%	24%	17%	21%
Cals from Sat Fat	5%	4%	5%	5%	4%
Carbohydrates	281.9 g	73.37 g	73.9 g	102.49 g	32.15 g
Cholesterol	91.39 mg	0 mg	32.18 mg	54.27 mg	4.93 mg
Dietary Fiber	31.55 g	6.6 g	9.91 g	9.8 g	5.24 g
Fat	53.73 g	10.04 g	9.96 g	15.87 g	17.86 g
Protein	85.37 g	7.2 g	30.22 g	28.24 g	19.71 g
Sodium	1501.78 mg	209.95 mg	586.74 mg	434.42 mg	270.67 mg

WEDNESDAY MENU

	Ingredient	Serving
Breakfast	Whole Grain Toast with Peanut Butter	1 slice Whole Grain bread 1 tbsp Peanut Butter
	Apple	1 medium
	Cranberry Juice	1 cup
Lunch	Tuna Salad Sandwich	2 medium slice Sourdough bread 0.5 can Tuna canned in water 1 tbsp Mayonnaise, fat free 0.5 stalk Celery, raw 1 looseleaf Lettuce
	Broccoli Florets	1 cup
	Apple	1 medium
	Chocolate Chip Cookie	1 each
Dinner	Broiled Pork Chop with Applesauce	1 broiled Pork Chop 1 cup Applesauce
	Brown Rice	1 cup Brown rice
	Collard Greens with Olive Oil	1 serving
Snack	Edamame	0.25 cup
	Strawberry Yogurt and Almonds	1 (8 oz) Container Yogurt 1 oz Almonds

THURSDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1992.69 Kcal	520.08 Kcal	440.93 Kcal	648.97 Kcal	382.71 Kcal
Cal from Carbs	56%	78%	42%	41%	70%
Cal from Fat	25%	11%	28%	42%	16%
Cals from Protein	18%	12%	31%	17%	14%
Cals from Sat Fat	7%	4%	9%	11%	3%
Carbohydrates	291.04 g	105.8 g	47.29 g	68.07 g	69.89 g
Cholesterol	142.83 mg	11.35 mg	82.05 mg	49.43 mg	0 mg
Dietary Fiber	30.31 g	4.79 g	8.29 g	10 g	7.22 g
Fat	58.22 g	6.43 g	13.92 g	30.69 g	7.17 g
Protein	93.2 g	16.18 g	34.67 g	28.03 g	14.32 g
Sodium	1502.03 mg	383.2 mg	560.03 mg	508.97 mg	49.84 mg

THURSDAY MENU

	Ingredient	Serving
Breakfast	Vanilla Yogurt with Bananas	1 (8 oz) container Yogurt 1 medium Banana
	Whole Wheat Toast	1 slice Whole Wheat bread
	Grapefruit Juice	1 cup
Lunch	Grilled Chicken Caesar	1 cup chopped Romaine Lettuce 1 tbsp Parmesan Cheese 1 tbsp Kraft Caesar Salad Dressing 0.25 cup plain Croutons 1 grilled chicken breast half
	Whole Wheat Bread	1 slice Whole Wheat bread
	Apple	1 medium Apple
Dinner	Beef with Green Onions* topped with Cashews (See Recipe on pg 11)	1 serving Beef with Green Onions 1 oz Cashews
	Carrots and Bok Choy	1 Carrot, boiled without salt 1 cup Bok Choy, boiled without salt
	Brown Rice	1 cup
Snack	Steamed Broccoli and Tofu with Rice	1 cup steamed Broccoli 1 cup White rice, Long-Grain, cooked 1 oz Tofu, fried
	Grapes	1 cup seedless Grapes

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*Beef with Green Onions: <http://allrecipes.com/Recipe/Beef-with-Green-Onion/Detail.aspx>

WEEK ONE

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FRIDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2170.21 Kcal	336.84 Kcal	607.59 Kcal	778.65 Kcal	426.77 Kcal
Cal from Carbs	54%	71%	48%	35%	45%
Cal from Fat	32%	21%	31%	53%	37%
Cals from Protein	14%	8%	20%	12%	18%
Cals from Sat Fat	7%	10%	8%	8%	8%
Carbohydrates	308.54 g	61.68 g	76.41 g	70.16 g	50.49 g
Cholesterol	114.96 mg	20.39 mg	24.07 mg	70.49 mg	14.7 mg
Dietary Fiber	29.12 g	4.39 g	8.4 g	4.37 g	6.18 g
Fat	81.12 g	7.98 g	21.77 g	18.72 g	18.72 g
Protein	76.97 g	6.96 g	32.22 g	37.58 g	20.11 g
Sodium	899 mg	15.14 g	558.07 mg	344.62 mg	172.96 mg

FRIDAY MENU

	Ingredient	Serving
Breakfast	Oatmeal with Raisins and Maple Syrup	1 cup Oatmeal, cooked without salt 2 tbsp Maple Syrup 1 tbsp Raisins
	Hot Coffee and Cream	1 cup Coffee 1 tbsp cream
Lunch	Almost Eggless Egg Salad Sandwich* (See Recipe on pg 12)	1 serving
	Apple	1 medium
	Milk, 2% Milkfat with added Vitamin A & D	1 cup
Dinner	Pasta with Arugula Pesto topped with Pine Nuts** (See Recipe on pg 12)	1 serving 0.25 cup Pine Nuts
	Italian Leafy Green Salad*** (See Recipe on pg 13)	1 serving
	Stir-fried Mushrooms	1 cup Mushrooms, stir-fried without oil
	Italian Bread	1 medium slice
Snack	Banana	2 medium Banana
	Oatmeal Raisin Energy Bar	1 each

* Almost Eggless Egg Salad Sandwich: <http://allrecipes.com/Recipe/Almost-Eggless-Egg-Salad/Detail.aspx>

** Pasta with Arugula Pesto topped with Pine Nuts: <http://allrecipes.com/Recipe/Pasta-with-Arugula-Pesto/Detail.aspx>

*** Italian Leafy Green Salad: <http://allrecipes.com/Recipe/Italian-Leafy-Green-Salad/Detail.aspx>

SATURDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2281.99 Kcal	526.49 Kcal	365.59 Kcal	784.46 Kcal	605.45 Kcal
Cal from Carbs	55%	74%	65%	37%	54%
Cal from Fat	31%	18%	11%	48%	32%
Cals from Protein	14%	8%	24%	15%	14%
Cals from Sat Fat	8%	4%	5%	12%	9%
Carbohydrates	321.7 g	100.53 g	61.53 g	73.65 g	85.99 g
Cholesterol	191.34 mg	59.55 mg	19.6 mg	92.67 mg	19.52 mg
Dietary Fiber	28.66 g	2.92 g	10.96 g	10.04 g	4.74 g
Fat	80.5 g	10.68 g	4.51 g	42.86 g	22.45 g
Protein	84.64 g	10.47 g	22.43 g	29.98 g	21.77 g
Sodium	1173.43 mg	187.31 mg	166.93 mg	276.28 mg	542.91 mg

SATURDAY MENU

	Ingredient	Serving
Breakfast	Blueberry Pancakes* (See Recipe on pg 13)	1 serving 2 tbsp Maple Syrup
	Cantaloupe	1 cup, cubes
	Orange Juice with Calcium	1 cup
Lunch	Swiss Cheese and Alk Mak Crackers	2 oz Swiss Cheese, reduced fat 4 piece Armenian Cracker bread
	Tomato and Cucumber Salad	4 slice Cucumber 4 slice Tomato, raw
	Cantaloupe and Blackberries	1 cup Blackberries, raw 1 cup, cubes
Dinner	Beef Noodle Soup** (See Recipe on pg 14)	1 serving
	Jamie's Cranberry Spinach Salad*** (See Recipe on pg 14)	1 serving
	Apple	1 medium
Snack	English Muffin with Peanut Butter and Honey	1 muffin 1 tbsp Honey 2 tbsp Peanut Butter
	Raisins	3 tbsp Raisins
	Milk, 2% milkfat with added Vitamin A	1 cup

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

** Beef Noodle Soup : <http://allrecipes.com/Recipe/Beef-Noodle-Soup/Detail.aspx>

*** Jamie's Cranberry Spinach Salad : <http://allrecipes.com/Recipe/Jamies-Cranberry-Spinach-Salad/Detail.aspx>

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SUNDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2008.32 Kcal	526.49 Kcal	460.52 Kcal	786.35 Kcal	234.96 Kcal
Cal from Carbs	53%	74%	55%	29%	79%
Cal from Fat	34%	18%	33%	52%	9%
Cals from Protein	14%	8%	12%	19%	12%
Cals from Sat Fat	7%	4%	10%	9%	4%
Carbohydrates	273.13 g	100.53 g	65.81 g	57.43 g	49.35 g
Cholesterol	167.4 mg	59.55 mg	20 mg	84.43 mg	5.51 mg
Dietary Fiber	26.49 g	2.92 g	5.92 g	10.97 g	6.69 g
Fat	77.3 g	10.68 g	17.63 g	46.48 g	2.5 g
Protein	70.94 g	10.47 g	14.74 g	37.98 g	7.75 g
Sodium	959.96 mg	187.31 mg	260.14 mg	434.31 mg	78.2 mg

SUNDAY MENU

	Ingredient	Serving
Breakfast	Blueberry Pancakes with Maple Syrup* (See Recipe on pg 13)	1 serving Blueberry Pancake 2 tbsp Maple syrup
	Fresh Cantalope	1 cup
	Orange Juice with Calcium	1 cup
Lunch	Cashew Butter and Jam Sandwich	2 tbsp Cashew Butter 0.5 oz Cashews, dry roasted without salt 2 tbsp Strawberry Jam 2 slice Whole Grain Bread
	Apple	1 fruit
	2 % Milk with added Vitamin A & D	1 cup
Dinner	Roasted Chicken Breast with Steamed Carrots and Classic Greek Spinach** (See Recipe on pg 15)	1 serving Classic Greek Spinach 1.5 Chicken breast, bones removed 1 cup Carrots, steamed 1 medium Bell Pepper, raw
	Dinner Roll	1 roll
Snack	Orange	1 fruit
	Amy's Healthy Fruity*** (See Recipe on pg 15)	1 serving

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

** Classic Greek Spinach: <http://allrecipes.com/Recipe/Classic-Greek-Spinach/Detail.aspx>

*** Amy's Healthy Fruity: <http://allrecipes.com/Recipe/Classic-Greek-Spinach/Detail.aspx>

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RECIPES

Tofu and veggies in Peanut Sauce

Submitted by: Anne Buchanan



"Easy, quick, and tasty meal. A favorite in our household."

PREP TIME: 10 Min
COOK TIME: 10 Min
READY IN: 20 Min
Servings Per Recipe: 4

Ingredients

1 tablespoon peanut oil
1 small head broccoli, chopped
1 small red bell pepper, chopped
5 fresh mushrooms, sliced
1 pound firm tofu, cubed
1/2 cup peanut butter
1/2 cup hot water
2 tablespoons vinegar
2 tablespoons soy sauce
1 1/2 tablespoons molasses
Ground cayenne pepper to taste

Directions

Heat oil in a large skillet or wok over medium-high heat. Saute broccoli, red bell pepper, mushrooms and tofu for 5 minutes.

In a small bowl combine peanut butter, hot water, vinegar, soy sauce, molasses and cayenne pepper. Pour over vegetables and tofu. Simmer for 3 to 5 minutes, or until vegetables are tender crisp.

Amount Per Serving: Calories: 439 Total Fat: 30.1g Cholesterol: 0mg
Sodium: 647mg Total Carbs: 22.6g Dietary Fiber: 7.2g Protein: 29.1g

<http://allrecipes.com/Recipe/Tofu-and-Veggies-in-Peanut-Sauce/Detail.aspx>

Apricot Glazed Chicken

Submitted by: M. Burton

"A quick and easy chicken dish. Note: you can substitute orange juice or marmalade for the apricot jam to make orange glazed chicken! Serve with rice if desired."

Servings Per Recipe: 5

Ingredients

6 skinless, boneless chicken breasts
1 (10.75 ounce) can low-sodium chicken broth
3/4 cup apricot preserves
1 tablespoon light soy sauce
1 tablespoon cornstarch
1 tablespoon water

Directions

Spray a large skillet with nonstick cooking spray. Brown chicken in heated skillet.

Add chicken broth, jam and soy sauce. Simmer for 20 minutes or until chicken is done (no longer pink in the center).

Remove chicken from skillet. Add 1 tablespoon cornstarch and 1 tablespoon water to sauce to thicken (equal amounts more of each if you like it thicker). Return chicken to skillet and turn to coat thoroughly with sauce.

Amount Per Serving: Calories: 301 Total Fat: 2.3g Cholesterol: 83mg
Sodium: 233mg Total Carbs: 35.4g Dietary Fiber: 0g Protein: 33.8g

<http://allrecipes.com/Recipe/Apricot-Glazed-Chicken/Detail.aspx>

RECIPES

Cucumber and Tomato Salad

Submitted by: Tigrrrrl

"A refreshing, light salad for any hot, humid summer day! The kidney beans and tofu make it a great main dish for vegetarians, as well. The basil may be substituted with fresh parsley or mint. Be sure to make this salad just before serving."

PREP TIME: 15 Min

READY IN: 15 Min

Servings Per Recipe: 4

Ingredients

1 tomato, chopped
1 cucumber, seeded and chopped
1/4 cup thinly sliced red onion
1/4 cup canned kidney beans, drained
1/4 cup diced firm tofu
2 tablespoons chopped fresh basil
1/4 cup balsamic vinaigrette salad dressing
Salt and pepper to taste

Directions

In a large bowl, combine the tomato, cucumber, red onion, kidney beans, tofu, and basil. Just before serving, toss with balsamic vinaigrette salad dressing, and season with salt and pepper.

Amount Per Serving: Calories: 98 Total Fat: 6.1g Cholesterol: 0mg
Sodium: 333mg Total Carbs: 8.4g Dietary Fiber: 2.4g Protein: 4.1g

<http://allrecipes.com/Recipe/Cucumber-and-Tomato-Salad/Detail.aspx>

Beef with Green Onion

Submitted by: Linda Cilek

"The best beef stir-fry dish I've ever tasted. It's easy, and the oyster sauce gives it such a wonderful flavor. Enjoy."

PREP TIME: 15 Min

COOK TIME: 15 Min

READY IN: 30 Min

Servings Per Recipe: 4

Ingredients

1 1/2 tablespoons dry sherry
3 tablespoons oyster sauce
1/2 teaspoon white sugar
2 teaspoons cornstarch
2 tablespoons peanut oil
1 pound flank steak, thinly sliced
6 green onions, cut into 1/2-inch pieces

Directions

In a small bowl, mix the sherry, oyster sauce, sugar, and cornstarch.

Heat the oil in a skillet, and cook the flank steak about 3 minutes. Stir in sherry sauce mixture. Add the green onions, and continue cooking 10 minutes, or until the flank steak is evenly brown and the green onions are tender.

Amount Per Serving: Calories: 211 Total Fat: 15g Cholesterol: 36mg
Sodium: 154mg Total Carbs: 4.6g Dietary Fiber: 0.6g Protein: 13.9g

<http://allrecipes.com/Recipe/Beef-with-Green-Onion/Detail.aspx>

RECIPES

Almost Eggless Egg Salad

Submitted by: Jill

"More than just a substitute for egg salad! The only egg is in the mayonnaise; use soy mayonnaise for a vegan variation. Serve on wheat toast with crisp lettuce and fresh tomato slices."

PREP TIME: 10 Min
READY IN: 4 Hrs 10 Min
Servings Per Recipe: 4

Ingredients

2 tablespoons mayonnaise
1 tablespoon sweet pickle relish
1 teaspoon distilled white vinegar
1 teaspoon prepared mustard
1 teaspoon white sugar
1/2 teaspoon ground turmeric
1/4 teaspoon dried dill weed
1 tablespoon dried parsley
1 pound firm tofu, sliced and well drained
1 tablespoon minced onion
2 tablespoons minced celery
Salt to taste
Ground black pepper to taste

Directions

In a small bowl, combine mayonnaise, sweet pickle relish, vinegar, mustard, sugar, turmeric, dill, and parsley. Mix well, and reserve.

Place drained tofu in large bowl, and crumble with a fork. Stir in onion and celery. Mix in reserved mixture. Season to taste with salt and pepper. Chill for several hours to allow flavors to blend.

Amount Per Serving: Calories: 228 Total Fat: 15.5g Cholesterol: 4mg
Sodium: 105mg Total Carbs: 8.2g Dietary Fiber: 3g Protein: 18.2g

<http://allrecipes.com/Recipe/Almost-Eggless-Egg-Salad/Detail.aspx>

Pasta with Arugula Pesto

Submitted by: Jessica

"The unique flavour of arugula makes this pesto peppery and robust."

PREP TIME: 25 Min
READY IN: 25 Min
Servings Per Recipe: 8

Ingredients

1/4 cup chopped walnuts
3 cloves garlic, minced
2 cups coarsely chopped arugula, stems included
1/4 cup coarsely chopped fresh basil
1/2 cup olive oil
1/3 cup grated Parmesan cheese
salt to taste
1 pinch cayenne pepper
1 (16 ounce) package dry pasta

Directions

Combine the walnuts, garlic, arugula, and cilantro or basil in a food processor or blender. Whirl them just until they are coarsely chopped. While the machine is running, add the olive oil in a thin stream. Transfer the pesto to a bowl. (At this point the pesto can be frozen. Thaw it before proceeding.)

Stir the Parmesan cheese, salt, and cayenne into the pesto

Bring a large pot of salted water to a boil. Add the pasta, and cook it, stirring occasionally, until it is just tender. Drain the pasta, return it to the empty pot, and toss it with the pesto, adding a tablespoon or two of water if necessary to distribute the pesto evenly.

Transfer the pasta to a serving bowl or to individual plates, garnish with additional Parmesan cheese and serve.

Amount Per Serving: Calories: 378 Total Fat: 19.8g Cholesterol: 70mg
Sodium: 94mg Total Carbs: 40.5g Dietary Fiber: 2g Protein: 10.9g

<http://allrecipes.com/Recipe/Pasta-with-Arugula-Pesto/Detail.aspx>

RECIPES

Italian Leafy Green Salad

Submitted by: Robyn Webb

"Grapeseed oil is the secret to this salad. If you cannot find it, use olive oil. Preparation time is 15 Minutes. This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association."

PREP TIME: 15 Min

READY IN: 15 Min

Servings Per Recipe: 6

Ingredients

2 cups romaine lettuce - torn, washed and dried
1 cup torn escarole
1 cup torn radicchio
1 cup torn red leaf lettuce
1/4 cup chopped green onions
1/2 red bell pepper, sliced into rings
1/2 green bell pepper, sliced in rings
12 cherry tomatoes
1/4 cup grapeseed oil
2 tablespoons chopped fresh basil
1/4 cup balsamic vinegar
2 tablespoons lemon juice
Salt and pepper to taste

Directions

In a large bowl, combine the romaine, escarole, radicchio, red-leaf, scallions, red pepper, green pepper and cherry tomatoes.

Whisk together the grapeseed oil, basil, vinegar, lemon juice and salt and pepper. Pour over salad, toss and serve immediately.

Amount Per Serving: Calories: 110 Total Fat: 9.4g Cholesterol: 0g Sodium: 13mg Total Carbs: 6.6g Dietary Fiber: 1.7g Protein: 1.3g

<http://allrecipes.com/Recipe/Italian-Leafy-Green-Salad/Detail.aspx>

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

Beef Noodle Soup

Submitted by: Chris Catley

"This delicious soup was a favorite of mine while attending college. My family has been enjoying it ever since! Very easy and quick to make. It includes stew meat, mixed vegetables and egg noodles in a beef broth base."

PREP TIME: 15 Min
COOK TIME: 35 Min
READY IN: 50 Min
Servings Per Recipe: 6

Ingredients

1 pound cubed beef stew meat
1 cup chopped onion
1 cup chopped celery
1/4 cup beef bouillon granules
1/4 teaspoon dried parsley
1 pinch ground black pepper
1 cup chopped carrots
5 3/4 cups water
2 1/2 cups frozen egg noodles

Directions

In a large saucepan over medium high heat, saute the stew meat, onion and celery for 5 minutes, or until meat is browned on all sides.

Stir in the bouillon, parsley, ground black pepper, carrots, water and egg noodles. Bring to a boil, reduce heat to low and simmer for 30 minutes.

Amount Per Serving: Calories: 377 Total Fat: 19.4g Cholesterol: 89mg
Sodium: 1040mg Total Carbs: 24.9g Dietary Fiber: 2.1g Protein: 25.6g

<http://allrecipes.com/Recipe/Beef-Noodle-Soup/Detail.aspx>

Jamie's Cranberry Spinach Salad

Submitted by: Jamie Hensley



"Everyone I have made this for RAVES about it! It's different and so easy to make!"

PREP TIME: 10 Min
COOK TIME: 10 Min
READY IN: 20 Min
Servings Per Recipe: 8

Ingredients

1 tablespoon butter
3/4 cup almonds, blanched and slivered
1 pound spinach, rinsed and torn into bite-size pieces
1 cup dried cranberries
2 tablespoons toasted sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
2 teaspoons minced onion
1/4 teaspoon paprika
1/4 cup white wine vinegar
1/4 cup cider vinegar
1/2 cup vegetable oil

Directions

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.

In a large bowl, combine the spinach with the toasted almonds and cranberries.

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving.

Amount Per Serving: Calories: 338 Total Fat: 23.4g Cholesterol: 4mg
Sodium: 62mg Total Carbs: 28.9g Dietary Fiber: 4.3g Protein: 4.9g

<http://allrecipes.com/Recipe/Jamies-Cranberry-Spinach-Salad/Detail.aspx>

RECIPES

Classic Greek Spinach

Submitted by: Vasiliki



"This is a classic and tasty Greek recipe for spinach. Easy and quick to cook, and it is certain to be consumed quick too! Serve with fresh lemon juice and the famous Greek feta cheese."

PREP TIME: 30 Min
COOK TIME: 40 Min
READY IN: 1 Hr 10 Min
Servings Per Recipe: 6

Ingredients

1 cup olive oil
2 onions, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 large tomatoes, coarsely chopped
3 cups water
1 clove garlic, minced
1 tablespoon tomato paste
1 cube beef bouillon
salt and pepper to taste
1/2 cup uncooked long-grain white rice

Directions

Heat olive oil in a medium saucepan over medium heat. Stir in onions, and cook until tender. Mix in spinach. Stir in tomatoes. Allow vegetables to simmer about 5 minutes

Pour 2 cups water into saucepan, and bring to a boil. Mix in garlic, tomato paste, bouillon cube, salt and pepper. Reduce heat, and cook at a low boil about 15 minutes, until water is reduced by half.

Stir rice and remaining water into the spinach mixture. Return to boil, reduce heat, and simmer covered 20 minutes, or until rice is tender and fluffy.

Amount Per Serving: Calories: 417 Total Fat: 36.5g Cholesterol: <1mg
Sodium: 211mg Total Carbs: 21g Dietary Fiber: 3.1g Protein: 3.7g

<http://allrecipes.com/Recipe/Classic-Greek-Spinach/Detail.aspx>

Amy's Healthy Fruity

Submitted by: Amy Simpson

"This is the type of smoothie that you can throw together quickly for a meal or snack."

PREP TIME: 10 Min
READY IN: 10 Min
Servings Per Recipe: 4

Ingredients

1 cup strawberries, hulled
1/3 cup frozen blueberries
2 bananas, peeled and cut into chunks
1/2 cup orange juice
1 1/2 cups plain yogurt
1 tablespoon soy milk powder

Directions

Combine strawberries, blueberries, bananas, orange juice, yogurt, and soy milk powder in a blender. Blend until smooth, then pour into glasses and serve.

Amount Per Serving: Calories: 156 Total Fat: 2.3g Cholesterol: 6mg
Sodium: 78mg Total Carbs: 29.6g Dietary Fiber: 2.7g Protein: 6.2g

<http://allrecipes.com/Recipe/Amys-Healthy-Fruity/Detail.aspx>

INGREDIENT SUBSTITUTION IDEAS

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