

VYTORIN[®]
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Week One

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- >> 7 Day Menu Plan

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MONDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2089.28 Kcal	676.59 Kcal	607.59 Kcal	779.64 Kcal	25.46 Kcal
Cal from Carbs	55%	56%	48%	59%	80%
Cal from Fat	30%	28%	31%	32%	12%
Cals from Protein	15%	16%	20%	9%	8%
Cals from Sat Fat	7%	8%	8%	6%	2%
Carbohydrates	299.48 g	98.1 g	76.41 g	119.51 g	5.47 g
Cholesterol	48.98 mg	14.7 mg	24.07 mg	10.21 mg	0 mg
Dietary Fiber	29.59 g	5.16 g	8.4 g	14.84 g	1.21 g
Fat	72.28 g	21.69 g	21.77 g	28.47 g	0.36 g
Protein	79.02 g	27.95 g	32.22 g	18.29 g	0.56 g
Sodium	1320.3 mg	589.41 mg	558.07 mg	149.37 mg	23.45 mg

MONDAY MENU

	Ingredient	Serving
Breakfast	English Muffin with Peanut Butter and Honey	1 English Muffin 1 tbsp Peanut Butter 2 tbsp Honey
	Strawberries and Yogurt	4 Strawberries 1 cup Yogurt
	Orange Juice	1 cup Orange Juice
Lunch	Almost Eggless Egg Salad* (See Recipe on pg 10)	1 Serving Salad
	Served on Pita with Lettuce	1 Large Pita 2 Leaf lettuce
	Apple	1 medium Apple
	2% Milk with Added Vitamin A & D	1 cup
Dinner	Moroccan Potato Casserole** (See Recipe on pg 10)	2 Serving Casserole
	Couscous with Butter	1 tsp Butter, Salted 1.5 cup Couscous, cooked
	Tea	1 cup Tea Herbal, brewed
Snack	Baby Carrots	0.5 cup Baby Carrots, raw

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

** Moroccan Potato Casserole: <http://allrecipes.com/Recipe/Moroccan-Potato-Casserole/Detail.aspx>

TUESDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2058.43 Kcal	513.52 Kcal	808.26 Kcal	596.56 Kcal	140.08 Kcal
Cal from Carbs	58%	87%	50%	36%	85%
Cal from Fat	31%	9%	40%	45%	5%
Cals from Protein	11%	4%	10%	19%	9%
Cals from Sat Fat	8%	4%	8%	13%	1%
Carbohydrates	309.12 g	116.67 g	106.74 g	53.51 g	32.2 g
Cholesterol	117.43 mg	10.5 mg	30.95 mg	75.98 mg	0 mg
Dietary Fiber	28.36 g	4.05 g	13.93 g	3.94 g	6.45 g
Fat	73.47 g	5.48 g	37.7 g	29.42 g	0.87 g
Protein	59.47 g	5.18 g	22.05 g	28.73 g	3.5 g
Sodium	1374.93 mg	210.25 mg	951.28 mg	212.76 mg	0.64 mg

TUESDAY MENU

	Ingredient	Serving
Breakfast	White Bread Toast with Butter and Honey	1 English Muffin 1 tbsp Peanut Butter 2 tbsp Honey
	Fruit Cocktail	4 Strawberries 1 cup Yogurt
	Orange Juice	1 cup Orange Juice
Lunch	Bagel with Cream Cheese, Sprouts and Tomatoes	1 (4 inch) Bagel 1 tbsp Cream Cheese 1 oz Bean Sprouts, fresh 1 slice Tomato 1 tbsp Mustard
	Mixed Green Salad with Blue Cheese dressing	1 cup Mixed Salad Green 0.5 oz Pecan Halves 2 tbsp Chunky Blue Cheese dressing 1 slice Tomato
	Steamed Broccoli	1 cup steamed Broccoli
	Banana	1 fruit
Dinner	Pepper Steak and Rice* (See Recipe on pg 11)	1 Serving
	Stir Fried Snow Peas and Mushrooms** (See Recipe on pg 11)	1 Serving
Snack	Orange, Raw	1 fruit
	Popcorn, air-popped	2 cup Popcorn

* Pepper Steak and Rice: <http://allrecipes.com/Recipe/Pepper-Steak-and-Rice/Detail.aspx>

** Stir Fried Snow Peas and Mushroom: <http://allrecipes.com/Recipe/Stir-Fried-Snow-Peas-and-Mushrooms/Detail.aspx>

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WEDNESDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1912.77 Kcal	567.91 Kcal	425.89 Kcal	664.62 Kcal	254.35 Kcal
Cal from Carbs	60%	74%	49%	53%	62%
Cal from Fat	25%	15%	37%	29%	16%
Cals from Protein	16%	10%	15%	18%	22%
Cals from Sat Fat	7%	6%	11%	6%	8%
Carbohydrates	299.76 g	113.82 g	53.95 g	90.74 g	41.25 g
Cholesterol	95.28 mg	20 mg	20 mg	40.58 mg	14.7 mg
Dietary Fiber	29.77 g	10.27 g	3.58 g	11.92 g	4 g
Fat	55.61 g	10.49 g	18.14 g	22.19 g	4.8 g
Protein	78.57 g	15.58 g	16.22 g	31.91 g	14.86 g
Sodium	1038.89 mg	237.78 mg	308.57 mg	321.04 mg	171.5 mg

WEDNESDAY MENU

	Ingredient	Serving
Breakfast	Muesli with Milk and Fruit	1 cup of Five Grain Muesli Cereal 1 cup Milk, 2% milkfat with added Vitamin A & D 0.5 medium Apple 1 medium Banana
Lunch	Deluxe peanut Butter Sandwich	2 slice Raisin Bread 1 tbsp Raspberry preserves 1 large Strawberry 2 tbsp Peanut Butter 0.5 oz Peanuts, dry roasted without added salt 1 tbsp Honey 0.5 medium Banana, raw
	2% Milk with Added Vitamin A & D	1 cup
Dinner	Mixed Green Salad with Italian Dressing	1 cup Mixed salad Greens 1 tbsp Italian Salad Dressing 1 slice Tomato 0.25 cup Croutons, plain
	Lime Chicken and Mushroom Pasta* (See Recipe on pg 12) Steamed Carrots	1 serving 1 cup Steamed Carrots
Snack	Yogurt with Kiwi	1 cup Yogurt 2 fruits

*Lime Chicken and Mushroom Pasta: <http://allrecipes.com/Recipe/Lime-Chicken-and-Mushroom-Pasta/Detail.aspx>

THURSDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1932.37 Kcal	677.91 Kcal	444.84 Kcal	375.04 Kcal	434.58 Kcal
Cal from Carbs	53%	77%	44%	39%	37%
Cal from Fat	32%	13%	44%	27%	52%
Cals from Protein	15%	10%	13%	34%	11%
Cals from Sat Fat	7%	5%	11%	7%	7%
Carbohydrates	271.26 g	139.82 g	50.69 g	37.37 g	43.38 g
Cholesterol	111.84 mg	20 mg	23.27 mg	68.57 mg	0 mg
Dietary Fiber	31.47 g	10.27 g	5.53 g	7.58 g	8.09 g
Fat	71.53 g	10.49 g	22.51 g	11.68 g	26.84 g
Protein	78.07 g	17.58 g	14.73 g	32.81 g	12.95 g
Sodium	1134.71 mg	237.78 mg	415.46 mg	280.93 mg	200.54 mg

THURSDAY MENU

	Ingredient	Serving
Breakfast	Muesli with Milk and Fruit	1 cup of Five Grain Muesli Cereal 1 cup 2% Milk with Vitamin A & D 0.5 medium Apple 1 medium Banana
	Orange Juice	1 cup
Lunch	Mixed Green Salad with Apples and Walnuts	1 cup Mixed Salad Greens 2 tbsp Two Cheese Italian Dressing-Seven Seas 0.25 medium Apple raw 0.5 oz Walnuts, raw
	Baked Potato with Butter, Sour Cream, and Chives	1 Potato, baked, flesh and skin 1 tsp Butter, Salted 1 tbsp Chives 1 tbsp Sour Cream
	1% Milk with Added Vitamin A & D	1 cup
Dinner	Mixed Green Salad with Fat Free Oil Free Italian Dressing	1 cup Mixed Salad Greens 1 tbsp Kraft Fat Free Oil Italian Dressing 1 slice Tomato, raw
	Pork Chop with Garlic Penne Pasta* and Steamed Broccoli (See Recipe on pg 12)	1 cup Broccoli, steamed 4 ounce boneless sirloin Pork chop, broiled, separable lean and fat 0.5 serving Garlic Penne Pasta
Snack	Peanut Butter and Apple	1 fruit 2 tbsp Natural Peanut Butter, unsalted
	Whole Grain Bread with Almond Butter	1 tbsp Almond butter, with salt 1 slice Whole Grain Bread

*Garlic Penne Pasta: <http://allrecipes.com/Recipe/Garlic-Penne-Pasta/Detail.aspx>

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FRIDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	1903.55 Kcal	502.24 Kcal	369.34 Kcal	605.19 Kcal	426.77 Kcal
Cal from Carbs	50%	58%	51%	47%	45%
Cal from Fat	33%	31%	39%	28%	37%
Cals from Protein	17%	11%	10%	25%	18%
Cals from Sat Fat	7%	6%	11%	5%	8%
Carbohydrates	247.05 g	75.59 g	50.21 g	70.76 g	50.49 g
Cholesterol	152.39 mg	0 mg	14.9 mg	122.78 mg	14.7 mg
Dietary Fiber	25.5 g	4 g	10.95 g	4.37 g	6.18 g
Fat	72.52 g	18.12 g	16.97 g	18.72 g	18.72 g
Protein	81.83 g	14.39 g	9.77 g	37.58 g	20.11 g
Sodium	1218.23 mg	419.67 g	280.98 mg	344.62 mg	172.96 mg

FRIDAY MENU

	Ingredient	Serving
Breakfast	English Muffin with Peanut Butter and Honey	1 Muffin 1 tbsp Honey 2 tbsp peanut Butter
	Orange Juice	1 cup
Lunch	Veggie Sandwich	2 slice Whole Grain Bread 1 slice Tomato, raw 1 slice Swiss Cheese 0.5 tbsp Mustard 0.5 tbsp Mayonnaise 1 leaf Looseleaf Lettuce, raw 3 slice Cucumber 0.5 Avocado raw 0.25 cup Alfafa Sprouts
	Apple raw	1 fruit
	Baby Carrots, raw	1 cup
Dinner	Mango Salsa Chicken* (See Recipe on pg 13)	1 serving
	Stir-fried Red Bell Peppers and White rice	0.5 cup Bell Pepper 0.75 cup White Rice, Long-Grain, cooked
Snack	Yogurt and Banana	1 cup Yogurt 1 banana
	Almonds	1 oz Almonds

*Mango Salsa Chicken: <http://allrecipes.com/Recipe/Mango-Salsa-Chicken/Detail.aspx>

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SATURDAY

NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
Calories	2051.9 Kcal	562.42 Kcal	622.25 Kcal	435.08 Kcal	432.16 Kcal
Cal from Carbs	54%	75%	36%	62%	44%
Cal from Fat	24%	13%	59%	25%	38%
Cals from Protein	12%	12%	6%	13%	18%
Cals from Sat Fat	6%	2%	7%	7%	8%
Carbohydrates	286.66 g	110.86 g	57.51 g	67.93 g	50.36 g
Cholesterol	23.17 mg	0 mg	0 mg	8.47 mg	14.7 mg
Dietary Fiber	33.57 g	12.93 g	7.18 g	7.28 g	6.18 g
Fat	82.14 g	8.82 g	42.01 g	11.98 g	19.34 g
Protein	61.39 g	17.48 g	9.2 g	14.37 g	20.34 g
Sodium	859.81 mg	62.75 mg	371.7 mg	252.4 mg	172.96 mg

SATURDAY MENU

	Ingredient	Serving
Breakfast	Oatmeal with Apples, Raisins, and Maple Syrup	1.5 cup Oatmeal, cooked without salt 1 tbsp Raisins 2 tbsp Maple Syrup 0.5 medium Apple
	Soy Milk	1 cup
	Honeydew Melon	2 wedge
Lunch	Apple, Beet and Avocado Salad* (See Recipe on pg 14)	1 serving
	Armenian Cracker Bread (Ak Mak)	6 pieces
Dinner	Mixed Green Salad with Fat Free Honey Dijon Mustard Vinaigrette	1 cup Mixed Salad Greens 1 tbsp Honey Dijon Vinaigrette, fat-free 1 slice Tomato, raw
	Linguini with Broccoli and Red Peppers** (See Recipe on pg 14)	1 serving
Snack	Yogurt and Banana	1 cup Yogurt 1 banana
	Almonds	1 oz Almonds

* Apple, Beet and Avocado Salad: <http://allrecipes.com/Recipe/Apple-Beet-and-Avocado-Salad/Detail.aspx>

** Linguini with Broccoli and Red Peppers: <http://allrecipes.com/Recipe/Linguini-with-Broccoli-and-Red-Peppers/Detail.aspx>

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 14)	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

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>

Moroccan Potato Casserole

Submitted by: Leah Perez

"This is a very colorful dish, and a very tasty one. A dressing made from fresh herbs and spices give this vegetable dish a Moroccan flavor. It is a great vegan recipe!"

PREP TIME: 40 Min

COOK TIME: 1 Hr 5 Min

READY IN: 1 Hr 45 Min

Servings Per Recipe: 6

Ingredients

6 cloves garlic
Salt to taste
2 teaspoons paprika
1/2 teaspoon ground cumin
1/4 teaspoon ground cayenne pepper
3/4 cup chopped fresh cilantro
3/4 cup chopped parsley
1 lemon, juiced
3 tablespoons red wine vinegar
3 tablespoons olive oil
1 1/2 pounds red potatoes, sliced 1/2 inch thick
1 large red bell pepper, cut into 1 inch pieces
1 yellow bell pepper, cut into 1 1/2 inch squares
1 large green bell pepper, cut into 1 1/2 inch pieces
4 stalks celery, cut into 2 inch pieces
1 pound tomatoes, each cut into 8 wedges
2 tablespoons olive oil

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine garlic, 1/2 teaspoon salt, paprika, cumin, and cayenne in a food processor bowl. Process until mixture forms a paste. Add herbs, and pulse a few times to blend. Add lemon juice, vinegar, and 2 to 3 tablespoons olive oil; blend. Season to taste with salt.

In a large bowl, combine potatoes, peppers, and celery. Season with salt, and toss with herb sauce. Transfer to a large shallow baking dish. Scatter tomatoes among the potato mixture. Drizzle 1 to 2 tablespoons oil over top, and cover with foil.

Bake for 35 minutes. Remove foil. Continue baking until vegetables are tender, 20 to 30 minutes. Serve warm.

Amount Per Serving: Calories: 240 Total Fat: 12.2g Cholesterol: 0mg Sodium: 48mg Total Carbs: 32.2g Dietary Fiber: 5.8g Protein: 4.7g

<http://allrecipes.com/Recipe/Moroccan-Potato-Casserole/Detail.aspx>

RECIPES

Pepper Steak and Rice

Submitted by: Helen Wright

"This is a recipe that all my children loved, and that my daughters still make."

PREP TIME: 15 Min
COOK TIME: 45 Min
READY IN: 1 Hr
Servings Per Recipe: 4

Ingredients

1 cup uncooked long-grain white rice
2 cups water
2 tablespoons olive oil
1 medium onion, sliced and separated into rings
1/2 green bell pepper, julienned
1 pound boneless sirloin steak, cut into thin strips
2 cloves garlic, peeled and chopped
1 teaspoon browning sauce
1 tablespoon ground paprika
Seasoning salt to taste
Ground black pepper to taste
1 1/2 cups water
2 tablespoons cornstarch
1/2 cup water

Directions

Place rice and 2 cups water in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.

Heat olive oil in a medium saucepan over medium heat, and saute onion and green bell pepper until tender.

Stir steak, garlic, and browning sauce into the onion and green bell pepper mixture. Season with paprika, seasoning salt, and black pepper. Cook and stir until steak is evenly browned. Mix in 1 1/2 cups water, and bring to a boil.

In a small bowl, dissolve cornstarch in 1/2 cup water. Stir into the boiling steak mixture until thickened. Serve over the cooked rice.

Amount Per Serving: Calories: 513 Total Fat: 24.4g Cholesterol: 76mg Sodium: 129mg Total Carbs: 45.7g Dietary Fiber: 1.9g Protein: 25.9g

<http://allrecipes.com/Recipe/Pepper-Steak-and-Rice/Detail.aspx>

Stir Fried Snow Peas and Mushrooms

Submitted by: Bonnie



"This is a simple side dish to prepare and serve with Asian dishes. We love it with grilled tuna."

PREP TIME: 15 Min
COOK TIME: 10 Min
READY IN: 25 Min
Servings Per Recipe: 4

Ingredients

1 tablespoon sesame seeds
1 tablespoon olive oil
1/2 pound snow peas
4 ounces fresh mushrooms, thinly sliced
2 tablespoons teriyaki sauce

Directions

In a medium skillet over medium heat, cook the sesame seeds about 5 minutes, stirring frequently, until lightly browned. Remove from heat, and set aside.

Heat oil in the skillet over medium high heat. Stir in snow peas and mushrooms, and cook 3 to 4 minutes, until tender.

Transfer snow peas and mushrooms to a medium bowl. Toss with sesame seeds and teriyaki sauce, and serve warm.

Amount Per Serving: Calories: 84 Total Fat: 5g Cholesterol: 0mg Sodium: 83mg Total Carbs: 7.8g Dietary Fiber: 2.1g Protein: 2.9g

<http://allrecipes.com/Recipe/Stir-Fried-Snow-Peas-and-Mushrooms/Detail.aspx>

RECIPES

Lime Chicken and Mushroom Pasta

Submitted by: Sherry Hammond

"Tangy lime and olive oil combine to make a light tasting pasta everyone will love. And so easy to make!"

PREP TIME: 25 Min
COOK TIME: 15 Min
READY IN: 40 Min
Servings Per Recipe: 6

Ingredients

4 tablespoons olive oil
2 limes, juiced
4 skinless, boneless chicken breast halves - cut into 1 inch cubes
1 pound fresh mushrooms, quartered
1 red bell pepper, thinly sliced
1 yellow bell pepper, thinly sliced
1 cup chopped fresh cilantro
1 (16 ounce) package linguini pasta

Directions

Cook pasta in a large pot of boiling salted water until al dente.

Heat a large, non-stick skillet over medium high heat. Add olive oil and chicken, and saute slightly. Add mushrooms and peppers; saute until peppers are soft but crisp. Stir in lime juice and cilantro.

Drain pasta, and transfer to a large serving bowl. Top with chicken mixture, and toss slightly. Garnish with lime slices.

Amount Per Serving: Calories: 468 Total Fat: 12.8g Cholesterol: 41mg Sodium: 45mg Total Carbs: 63.3g Dietary Fiber: 5g Protein: 28.2g

<http://allrecipes.com/Recipe/Lime-Chicken-and-Mushroom-Pasta/Detail.aspx>

Garlic Penne Pasta

Submitted by: Chantal Rogers



"This recipe is so easy to make, tastes great and is a big hit at dinner time. It's even a hit as leftovers! It uses simple ingredients that you always have on hand and you can replace the penne with any pasta you want."

PREP TIME: 5 Min
COOK TIME: 15 Min
READY IN: 20 Min
Servings Per Recipe: 8

Ingredients

1 (16 ounce) package penne pasta
1/4 cup olive oil, divided
3 cloves garlic, chopped
2 sun-dried tomatoes, chopped (optional)
1 tablespoon dried parsley
1 teaspoon crushed red pepper flakes
1/2 teaspoon black pepper
1/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain, and return to pot.

Heat 1 tablespoon olive oil in a skillet over medium heat. Saute garlic, sun-dried tomatoes and parsley for about 1 minute. Season with red pepper flakes and black pepper. Stir into cooked pasta, along with remaining olive oil. Top with Parmesan.

Amount Per Serving: Calories: 280 Total Fat: 9.1g Cholesterol: 2mg Sodium: 73mg Total Carbs: 41.9g Dietary Fiber: 2.2g Protein: 9g

<http://allrecipes.com/Recipe/Garlic-Penne-Pasta/Detail.aspx>

RECIPES

Mango Salsa Chicken

Submitted by: Emma Brown-Beresford

"This is an easy and refreshing chicken dinner, great in the summertime. Nice served with mashed potatoes and salad. The salsa is also yummy served with fish!"

Servings Per Recipe: 4

Ingredients

1 fresh, ripe mango
1/2 red onion, finely diced
1 bunch cilantro, finely chopped
1/2 green bell pepper, minced
1 fresh red chile pepper, seeded and chopped
4 skinless, boneless chicken breasts
1 egg
1/4 cup milk
1 cup dried bread crumbs
1/4 cup olive oil
1 sprig fresh cilantro, for garnish

Directions

TO MAKE SALSA: In a small bowl, combine the mango, onion, cilantro, green bell pepper and red chile pepper. Put aside until serving time.

Lightly pound the chicken breasts with a mallet to flatten. Beat the egg and milk together. Then coat them in the egg/milk mixture then the breadcrumbs. Chill for 1/2 hour.

Saute the chicken in olive oil until cooked through and juices run clear. Drain and serve with the mango salsa. Garnish with cilantro leaves.

Amount Per Serving: Calories: 433 Total Fat: 18.3g Cholesterol: 123mg Sodium: 342mg Total Carbs: 33g Dietary Fiber: 2.7g Protein: 33.8g

<http://allrecipes.com/Recipe/Mango-Salsa-Chicken/Detail.aspx>

Apple, Beet and Avocado Salad

Submitted by: Barrett

"Winter produce at its best and in holiday colors too. You can also toss the salad instead of arranging it if you prefer."

PREP TIME: 25 Min
COOK TIME: 1 Hr
READY IN: 1 Hr 25 Min
Servings Per Recipe: 4

Ingredients

3 medium beets
4 cups mixed salad greens
1 onion, sliced into thin rings
1 apple - peeled, cored and thinly sliced
1/2 avocado - peeled, pitted and sliced
1/2 cup toasted chopped walnuts
3/4 cup apple cider
2/3 cup cider vinegar
1/2 cup vegetable oil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon prepared mustard
1/4 teaspoon celery seed

Directions

Preheat oven to 400 degrees F (200 degrees C). Wash beets, and place in a baking dish with 1/4 cup water. Cover and bake for 1 hour or until tender. Remove from oven and set aside to cool.

Whisk together the apple cider, vinegar, oil, salt, pepper, mustard and celery seed.

Peel and slice the beets, combine with the vinaigrette and refrigerate at least half an hour.

Divide the greens among four salad plates. Drain beets, and reserve dressing. Decoratively arrange overlapping layers of beet, onion, apple, and avocado on the greens. Drizzle with reserved dressing. Sprinkle on the nuts, and serve at once.

Amount Per Serving: Calories: 476 Total Fat: 41.6g Cholesterol: 0mg Sodium: 370mg Total Carbs: 26.8g Dietary Fiber: 6.1g Protein: 5.1g

<http://allrecipes.com/Recipe/Apple-Beet-and-Avocado-Salad/Detail.aspx>

RECIPES

Linguini with Broccoli and Red Peppers

Submitted by: Chris Catley



"This is a wonderful side dish, but on many occasions we make this our whole meal, along with a salad and bread!"

PREP TIME: 5 Min
COOK TIME: 15 Min
READY IN: 20 Min
Servings Per Recipe: 6

Ingredients

1 pound linguini pasta
1 pound fresh broccoli, chopped
3 tablespoons extra virgin olive oil
1 tablespoon butter
3 cloves garlic, minced
1 red bell pepper, thinly sliced
1 pinch garlic salt
1/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Steam broccoli with 2 tablespoons water in microwave for 6-7 minutes.

In 10-inch skillet, heat olive oil and butter over low heat. Stir in garlic (more or less to suit your tastes) and red pepper slices; saute gently.

Drain broccoli and add to skillet. Sprinkle lightly with garlic salt and saute broccoli and peppers until soft.

Toss vegetable mixture with hot pasta. Sprinkle with Parmesan cheese.

Amount Per Serving: Calories: 395 Total Fat: 11.7g Cholesterol: 8mg
Sodium: 175mg Total Carbs: 59.5g Dietary Fiber: 5.9g Protein: 13.3g

<http://allrecipes.com/Recipe/Linguini-with-Broccoli-and-Red-Peppers/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

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>