

**VYTORIN**<sup>®</sup>  
*(ezetimibe/simvastatin) tablets*



# Week Six

- Breakfast
  - Lunch
  - Dinner
- >> 7 Day Menu Plan

# TABLE OF CONTENTS

- 3 Monday Menu Plan
- 4 Tuesday Menu Plan
- 5 Wednesday Menu Plan
- 6 Thursday Menu Plan
- 7 Friday Menu Plan
- 8 Saturday Menu Plan
- 9 Sunday Menu Plan
- 10 Recipes
- 19 Ingredient Substitution Ideas



# MONDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	1926.69 Kcal	569.34 Kcal	434.5 Kcal	543.53 Kcal	379.32 Kcal
Cal from Carbs	52%	71%	47%	41%	46%
Cal from Fat	32%	19%	42%	34%	38%
Cals from Protein	14%	10%	11%	21%	16%
Cals from Sat Fat	6%	10%	3%	4%	7%
Carbohydrates	265.92 g	107.14 g	54.6 g	58.46 g	45.71 g
Cholesterol	68.78 mg	27.78 mg	0 mg	41 mg	0 mg
Dietary Fiber	30.91 g	7.47 g	11.11 g	9.02 g	3.32 g
Fat	72.29 g	12.63 g	21.99 g	21.17 g	16.5 g
Protein	73.49 g	14.6 g	13.15 g	29.97 g	15.78 g
Sodium	1341.92 mg	426.49 mg	294.37 mg	605.75 mg	15.31 mg

## MONDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Dana's Tropical Fruit Smoothie*</b> (See Recipe on pg 10)	1 serving
	<b>Seven Grain Bread Toast with Butter</b>	1 slice Seven Grain Bread 1 tsp Butter, salted
	<b>Grapes</b>	1 cup seedless Grapes
<b>Lunch</b>	<b>Hummus and Baby Carrots</b>	0.25 cup Hummus 1 cup Baby Carrots
	<b>Almonds</b>	1 oz Almonds, raw
	<b>Grapes</b>	2 cups seedless Grapes
<b>Dinner</b>	<b>Fish Fillet Italiano**</b> (See Recipe on pg 10)	1 serving
	<b>Italian Leafy Green Salad with Cherry Tomatoes***</b> (See Recipe on pg 11)	1 serving 3 each Cherry Tomatoes
	<b>Angel Hair Pasta</b>	1 oz
	<b>Steamed Zucchini</b>	1 cup
	<b>Watermelon</b>	1 slice
	<b>Iced Tea</b>	1 cup Tea, brewed
<b>Snack</b>	<b>Pumpkin Seeds</b>	3 oz (85 seeds)

\* Dana's Tropical Fruit Smoothie: <http://allrecipes.com/Recipe/Danas-Tropical-Fruit-Smoothie/Detail.aspx>

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

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

The above recipes are the property of Allrecipes.com. Recipes are considered low calorie, low cholesterol, and low fat based on the American Heart Association Guidelines and are not associated with or endorsed by the sponsor of this page, Merck/Schering-Plough Pharmaceuticals.

**VYTORIN.**  
(ezetimibe/simvastatin) tablets

# TUESDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	2038.33 Kcal	387.94 Kcal	596.45 Kcal	723.77 Kcal	330.18 Kcal
Cal from Carbs	53%	84%	53%	27%	71%
Cal from Fat	27%	8%	21%	54%	6%
Cals from Protein	19%	8%	27%	17%	22%
Cals from Sat Fat	8%	0%	8%	16%	1%
Carbohydrates	279.33 g	86.08 g	78.86 g	50.36 g	64.03 g
Cholesterol	161.98 mg	0 mg	76.46 mg	80.51 mg	5.01 mg
Dietary Fiber	27.13 g	6.98 g	7.41 g	9.73 g	3 g
Fat	64.13 g	3.66 g	13.68 g	44.29 g	2.5 g
Protein	99.62 g	8.65 g	39.89 g	31.06 g	20.02 g
Sodium	1282.51 mg	5 mg	624.46 mg	477.91 mg	175.15 mg

## TUESDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Hot Ten-Grain Cereal topped with cubed pear- Bob's Red Mill</b>	1 serving 1 medium Pear
	<b>Orange Juice with Calcium</b>	1 cup
<b>Lunch</b>	<b>Roasted Chicken Breast Sandwich</b>	1 breast half, Chicken, roasted 1 (6 inch) Hoagie Roll 1 looseleaf Lettuce, raw 1 tbsp Mayonnaise, reduced calorie 1 slice Tomato, raw
	<b>Grapes</b>	1 cup seedless Grapes
	<b>Red Bell Pepper Slices</b>	1 cup Red Bell Pepper, raw
<b>Dinner</b>	<b>Beefs Portugese Style* (See Recipe on pg 11)</b>	1 serving
	<b>Emily's Famous Fried Potatoes** (See Recipe on pg 12)</b>	1 serving
	<b>Steamed Broccoli</b>	1 cup Broccoli
	<b>Iced Tea</b>	1 cup Tea, brewed
<b>Snack</b>	<b>Apple Cinnamon Energy Bar</b>	1 each
	<b>Fruit Yogurt</b>	1 (6 oz) Light Yogurt, any fruit flavor Yoplait

\* Beefs Portugese Style: <http://allrecipes.com/Recipe/Beefs-Portuguese-Style/Detail.aspx>

\*\* Emily's Famous Fried Potatoes: <http://allrecipes.com/Recipe/Emilys-Famous-Fried-Potatoes/Detail.aspx>

# WEDNESDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	1976.39 Kcal	522.95 Kcal	400.61 Kcal	495.23 Kcal	557.6 Kcal
Cal from Carbs	56%	75%	32%	49%	65%
Cal from Fat	32%	12%	49%	35%	34%
Cals from Protein	12%	13%	19%	16%	2%
Cals from Sat Fat	5%	2%	5%	9%	5%
Carbohydrates	294.17 g	103.15 g	34.96 g	63.23 g	92.84 g
Cholesterol	46.45 mg	4.9 mg	5.01 mg	36.54 mg	0 mg
Dietary Fiber	29.41 g	8.84 g	4.3 g	9.61 g	6.66 g
Fat	73.01 g	7.21 g	23.88 g	20.43 g	21.49 g
Protein	62.43 g	18.38 g	20.71 g	20.98 g	2.36 g
Sodium	1487.21 mg	137.21 mg	196.08 mg	1145.09 mg	8.84 mg

## WEDNESDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Muesli* with Milk topped with Dried Cranberries and Banana slices (See Recipe on pg 12)</b>	1 serving Muesli 1 cup Milk, non-fat with Vitamin A 1 tbsp dried Cranberries 1 medium Banana
	<b>Orange Juice</b>	1 cup
	<b>Hot Coffee</b>	1 cup
<b>Lunch</b>	<b>Fruit Yogurt</b>	1 (6 oz) container Light Yogurt, all fruit flavors- Yoplait
	<b>Rice Cakes with Peanut Butter</b>	1 each plain Rice Cake 1 tbsp Natural Peanut Butter, unsalted
	<b>Almonds</b>	1 oz Almonds, roasted with salt
<b>Dinner</b>	<b>Charlotte's Tortellini Salad** (See Recipe on pg 13)</b>	1 serving
	<b>Steamed Broccoli with Raspberry Vinaigrette</b>	1 cup Broccoli 3 tbsp Raspberry Vinaigrette
	<b>Steamed Zucchini</b>	1 cup Zucchini Squash, steamed
	<b>Tomato Slices</b>	4 slice Tomato slices
<b>Snack</b>	<b>Apple Juice</b>	1 cup
	<b>Raspberry Sorbet topped with chopped Macadamia Nuts</b>	1 cup Raspberry Sorbet-Haagen Dazs 1 oz Macadamia Nuts, raw

\* Muesli: <http://allrecipes.com/Recipe/Muesli/Detail.aspx>

\*\* Charlotte's Tortellini Salad: <http://allrecipes.com/Recipe/Charlottes-Tortellini-Salad/Detail.aspx>

The above recipes are the property of Allrecipes.com. Recipes are considered low calorie, low cholesterol, and low fat based on the American Heart Association Guidelines and are not associated with or endorsed by the sponsor of this page, Merck/Schering-Plough Pharmaceuticals.

**VYTORIN.**  
(ezetimibe/simvastatin) tablets

# THURSDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	<b>1993.74 Kcal</b>	586.14 Kcal	613.17 Kcal	585.83 Kcal	208.6 Kcal
Cal from Carbs	56%	44%	64%	45%	93%
Cal from Fat	30%	42%	26%	32%	4%
Cals from Protein	14%	14%	10%	24%	3%
Cals from Sat Fat	9%	3%	5%	21%	1%
Carbohydrates	291.15 g	67.9 g	103.94 g	66.01 g	53.3 g
Cholesterol	86.35 mg	4.93 mg	0 mg	81.42 mg	0 mg
Dietary Fiber	29.62 g	9.69 g	6.83 g	6.55 g	6.56 g
Fat	69.11 g	28.71 g	18.68 g	20.65 g	1.06 g
Protein	73.77 g	21.95 g	15.6 g	34.74 g	1.48 g
Sodium	1027.73 mg	163.45 mg	427.96 mg	432.2 mg	4.12 mg

## THURSDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Blueberry Granola Bar</b>	1 each
	<b>Strawberry Yogurt</b>	1 (8 oz) container Strawberry Yogurt-Danon
	<b>Almonds</b>	2 oz Almonds
	<b>Orange Juice</b>	1 cup
<b>Lunch</b>	<b>English Muffin with Peanut Butter and Honey</b>	1 muffin 1 tbsp Honey 2 tbsp Peanut Butter
	<b>Banana</b>	1 medium
	<b>Iced Tea</b>	1 cup brewed Tea
<b>Dinner</b>	<b>Chicken Papadoris*</b> (See Recipe on pg 13)	1 serving
	<b>Steamed Carrots</b>	1 cup
	<b>White Rice</b>	1 cup
	<b>Iced Tea</b>	1 cup brewed Tea
<b>Snack</b>	<b>Fruit Salad</b>	1 medium Apple 1 medium Peach 1 medium Banana

\*Chicken Papadoris: <http://allrecipes.com/Recipe/Chicken-Papadoris/Detail.aspx>

# FRIDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	1895.62 Kcal	280.82 Kcal	784.46 Kcal	657.23 Kcal	173.12 Kcal
Cal from Carbs	55%	83%	37%	58%	77%
Cal from Fat	32%	8%	48%	33%	0%
Cals from Protein	13%	9%	15%	9%	23%
Cals from Sat Fat	9%	1%	12%	13%	0%
Carbohydrates	264.28 g	60.31 g	73.65 g	93.22 g	37.1 g
Cholesterol	124.57 mg	0 mg	92.67 mg	28.19 mg	3.71 mg
Dietary Fiber	25.12 g	4.39 g	10.04 g	10.68 g	0 g
Fat	68.9 g	2.47 g	42.86 g	23.58 g	0 g
Protein	62.15 g	6.42 g	29.98 g	14.63 g	11.13 g
Sodium	1066.79 mg	7.18 g	276.28 mg	733.87 mg	49.46 mg

## FRIDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Oatmeal with Raisins and Maple Syrup</b>	1 cup Oatmeal, cooked without salt 2 tbsp Maple syrup 1 tbsp Raisins
<b>Lunch</b>	<b>Jamie's Cranberry Spinach Salad*</b> (See Recipe on pg 14) <b>Beef Noodle Soup**</b> (See Recipe on pg 14) <b>Apple</b>	1 serving 1 serving 1 medium
<b>Dinner</b>	<b>Zucchini wrapped in Tortillas***</b> (See Recipe on pg 15) <b>Cucumber Peanut Salad****</b> (See Recipe on pg 15) <b>Mango</b> <b>Iced Tea</b>	1 serving 1 serving 1 fruit 1 cup
<b>Snack</b>	<b>Cherry Vanilla Frozen Yogurt</b>	1 scoop- Cherry Vanilla Frozen Yogurt- Haagen Dazs

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

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

\*\*\* Zucchini wrapped in Tortillas: <http://allrecipes.com/Recipe/Zucchini-Wrapped-in-Tortillas/Detail.aspx>

\*\*\*\* Cucumber Peanut Salad: <http://allrecipes.com/Recipe/Cucumber-Peanut-Salad/Detail.aspx>

# SATURDAY

## NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
<b>Calories</b>	1985.66 Kcal	530.14 Kcal	434.5 Kcal	590.95 Kcal	430.06 Kcal
Cal from Carbs	52%	66%	47%	40%	57%
Cal from Fat	34%	17%	42%	44%	34%
Cals from Protein	13%	16%	11%	15%	9%
Cals from Sat Fat	6%	4%	3%	11%	5%
Carbohydrates	272.22 g	90.49 g	54.6 g	62.12 g	65 g
Cholesterol	67.75 mg	20.85 mg	0 mg	46.91 mg	0 mg
Dietary Fiber	30.43 g	6.89 g	11.11 g	8.74 g	3.7 g
Fat	79.71 g	10.4 g	21.99 g	30.1 g	17.22 g
Protein	69 g	22.06 g	13.15 g	23.78 g	10.02 g
Sodium	1525.1 mg	633.24 mg	294.37 mg	558.82 mg	38.68 mg

## SATURDAY MENU

	Ingredient	Serving
<b>Breakfast</b>	<b>Morning Glory Muffins*</b> (See Recipe on pg 16)	1 serving
	<b>Cottage Cheese topped with chopped Apple and sliced Almonds</b>	0.5 cup Cottage Cheese 1 tbsp Almonds 1 medium apple
	<b>Orange Juice</b>	1 cup
	<b>Hot Coffee</b>	1 cup
<b>Lunch</b>	<b>Hummus and Baby Carrots</b>	0.25 cup Hummus 1 cup Baby Carrots
	<b>Grapes</b>	2 cup
	<b>Almonds</b>	1 oz Almonds, raw
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Gourmet Chicken Pizza topped with Red Bell Pepper**</b> (See Recipe on pg 16)	1 serving 1 cup Bell Peppers
	<b>Dressed Lemon-Almond Green Beans</b>	1 cup Green Beans, boiled without salt 0.5 tbsp Olive Oil 1 tbsp Lemon Juice, fresh
	<b>Watermelon</b>	1 slice
	<b>Iced Tea</b>	1 cup
<b>Snack</b>	<b>Rice Cakes with Peanut Butter</b>	1 each Rice Cake, plain 1 tbsp Natural Peanut Butter, unsalted
	<b>Grapes</b>	1 cup
	<b>Apple Juice</b>	1 cup

\* Morning Glory Muffin: <http://allrecipes.com/Recipe/Apple-Beet-and-Avocado-Salad/Detail.aspx>

\*\* Gourmet Chicken Pizza: <http://allrecipes.com/Recipe/Gourmet-Chicken-Pizza/Detail.aspx>

The above recipes are the property of Allrecipes.com. Recipes are considered low calorie, low cholesterol, and low fat based on the American Heart Association Guidelines and are not associated with or endorsed by the sponsor of this page, Merck/Schering-Plough Pharmaceuticals.

**VYTORIN.**  
(ezetimibe/simvastatin) tablets



# SUNDAY

## NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
<b>Calories</b>	1994.71 Kcal	562.45 Kcal	528.15 Kcal	657.62 Kcal	246.49 Kcal
Cal from Carbs	60%	65%	66%	43%	76%
Cal from Fat	27%	21%	24%	42%	9%
Cals from Protein	13%	14%	10%	15%	15%
Cals from Sat Fat	8%	6%	6%	13%	4%
Carbohydrates	311.76 g	95.72 g	93.77 g	73.64 g	48.62 g
Cholesterol	81.79 mg	14.7 mg	0 mg	57.08 mg	10.01 mg
Dietary Fiber	31.36 g	6.08 g	14.13 g	10.17 g	0.99 g
Fat	62.98 g	13.89 g	14.86 g	31.82 g	2.41 g
Protein	69.02 g	20.73 g	13.98 g	24.79 g	9.53 g
Sodium	1546.12 mg	344.44 mg	587.01 mg	464.53 mg	150.13 mg

## SUNDAY MENU

	Ingredient	Serving
<b>Breakfast</b>	<b>Oaty Cereal Bars*</b> (See Recipe on pg 17)	1 serving
	<b>Honey Yogurt with Fresh Strawberries</b>	1 cup plain Yogurt 1 tbsp Honey 1 cup Strawberries
	<b>Orange Juice</b>	1 cup
	<b>Hot Coffee</b>	1 cup
<b>Lunch</b>	<b>Peanut Butter and Apple Sandwich**</b> (See Recipe on pg 17)	1 serving
	<b>Ranch Dip with Green Beans and Baby Carrots</b>	1 cup Baby Carrots, raw 1 cup Green Beans, raw 1 tbsp Ranch-Style Dip
	<b>Peach Drizzled in Honey served with Graham Crackers</b>	1 Graham cracker 1 medium Peach 1 tbsp Honey
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Bahama-Mama Pork Chops***</b> (See Recipe on pg 18)	1 serving
	<b>Caribbean Sweet Potato Salad****</b> (See Recipe on pg 18)	1 serving
	<b>Green Beans and Red Peppers</b>	1 cup Bell Peppers 1 cup Green Beans, boiled without salt
	<b>Dinner Roll</b>	1 roll
	<b>Iced Tea</b>	1 cup
<b>Snack</b>	<b>Plum</b>	1 fruit
	<b>Apple Cinnamon Yogurt</b>	1 (8 oz) Apple Cinnamon Yogurt- Dannon

\* Oaty Cereal Bars: <http://allrecipes.com/Recipe/Oaty-Cereal-Bars/Detail.aspx>

\*\* Peanut Butter and Apple Sandwich: <http://allrecipes.com/Recipe/Peanut-Butter-and-Apple-Sandwich/Detail.aspx>

\*\*\* Bahama-Mama Pork Chops: <http://allrecipes.com/Recipe/Bahama-Mama-Pork-Chops/Detail.aspx>

\*\*\*\* Caribbean Sweet Potato Land: <http://allrecipes.com/Recipe/Caribbean-Sweet-Potato-Salad/Detail.aspx>

The above recipes are the property of Allrecipes.com. Recipes are considered low calorie, low cholesterol, and low fat based on the American Heart Association Guidelines and are not associated with or endorsed by the sponsor of this page, Merck/Schering-Plough Pharmaceuticals.

**VYTORIN.**  
(ezetimibe/simvastatin) tablets

# RECIPES

## Dana's Tropical Fruit Smoothie

Submitted by: Dana



*"A favorite summertime breakfast of ours. Fruity and refreshing, and low fat!!"*

PREP TIME: 5 Min  
READY IN: 5 Min  
Servings Per Recipe: 2

### Ingredients

1 (15 ounce) can crushed pineapple with juice  
1 cup plain yogurt  
1 banana  
8 cubes ice  
1 cup orange juice

### Directions

Combine undrained can of pineapples, yogurt, banana, and ice cubes in a blender. Blend while adding orange juice until fruit is pureed and it is the desired consistency.

**Amount Per Serving:** Calories: 313 Total Fat: 2.6g Cholesterol: 7mg  
Sodium: 92mg Total Carbs: 68.3g Dietary Fiber: 3.3g Protein: 8.8g

<http://allrecipes.com/Recipe/Danas-Tropical-Fruit-Smoothie/Detail.aspx>

## Fish Fillets Italiano

Submitted by: Bonnie Martin



*"Cod and haddock fillets work well for this braised dish. An extra easy and quick way to fix a superb tasting fish dish! Serve over rice."*

PREP TIME: 10 Min  
COOK TIME: 15 Min  
READY IN: 25 Min  
Servings Per Recipe: 6

### Ingredients

2 tablespoons olive oil  
1 onion, thinly sliced  
2 cloves garlic, minced  
1 (14.5 ounce) can diced tomatoes  
1/2 cup black olives, pitted and sliced  
1 tablespoon chopped fresh parsley  
1/2 cup dry white wine  
1 pound cod fillets

### Directions

In a large frying pan, heat oil over medium heat. Saute onions and garlic in olive oil until softened.

Stir in tomatoes, olives, parsley, and wine. Simmer for 5 minutes.

Place fillets in sauce. Simmer for about 5 more minutes, or until fish turns white.

**Amount Per Serving:** Calories: 225 Total Fat: 9.4g Cholesterol: 41mg  
Sodium: 513mg Total Carbs: 7.7g Dietary Fiber: 2.1g Protein: 21.4g

<http://allrecipes.com/Recipe/Fish-Fillets-Italiano/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>

## Beefs Portuguese Style

Submitted by: Darlene Camara

*“This is a recipe that I got from my mother-in-law. She doesn’t measure, so it took me a while to get it close. The gravy is close to the one they use in Portuguese restaurants.”*

PREP TIME: 10 Min

COOK TIME: 20 Min

READY IN: 30 Min

Servings Per Recipe: 6

### Ingredients

3/4 cup red wine  
1/4 cup water  
10 cloves garlic, chopped  
1 tablespoon chile paste  
1/2 teaspoon white pepper  
1/2 teaspoon salt  
6 (4 ounce) beef tenderloin steaks  
1/3 cup vegetable oil

### Directions

In a medium bowl, combine red wine, water, garlic, chile paste, white pepper and salt. Add beef, and turn to coat evenly.

In a large heavy skillet over medium heat, fry 3 steaks for 2 minutes on each side; Set steaks aside, and drain liquids into the red wine mixture. Repeat with remaining beef.

Pour oil into skillet, and reduce heat to medium-low. Fry steaks for a second time, 2 minutes on each side. Drain oil, and return all steaks and marinade to the pan. Allow to boil for 2 minutes.

**Amount Per Serving:** Calories: 436 Total Fat: 38.6g Cholesterol: 81mg Sodium: 273mg Total Carbs: 3.7g Dietary Fiber: 0.2g Protein: 20.5g

<http://allrecipes.com/Recipe/Beefs-Portuguese-Style/Detail.aspx>

# RECIPES

## Emily's Famous Fried Potatoes

Submitted by: Emily B.

*"This is a very tasty potato recipe that is also great for using up leftover baked potatoes. The vinegar gives the spinach a sweet flavor. I like to crumble feta cheese over them too!"*

PREP TIME: 20 Min

COOK TIME: 20 Min

READY IN: 40 Min

Servings Per Recipe: 6

### Ingredients

6 medium red potatoes, diced  
2 tablespoons light olive oil  
1/2 red onion, chopped  
4 cloves garlic, minced  
1 tablespoon chopped fresh basil  
1 teaspoon chopped fresh rosemary  
1 teaspoon chopped fresh oregano  
1 bunch fresh spinach, rinsed and stems removed  
2 tablespoons red wine vinegar  
Salt and ground black pepper to taste

### Directions

Place potatoes in a large saucepan over medium heat, and cover with water. Bring to a boil, and cook until tender. Drain, and set aside.

Heat oil in a large, heavy skillet over medium heat. Sauté the onion and garlic with the basil, rosemary, and oregano until the onion is just tender. Throw in the potatoes, and fry until lightly browned. Cover with spinach, and sprinkle with vinegar. Cover, and cook on low until the spinach is tender.

Remove from heat, and stir the mixture together. Season with salt and pepper.

**Amount Per Serving:** Calories: 215 Total Fat: 5.2g Cholesterol: 0mg  
Sodium: 156mg Total Carbs: 37.8g Dietary Fiber: 4.9g Protein: 5.9g

<http://allrecipes.com/Recipe/Emilys-Famous-Fried-Potatoes/Detail.aspx>

## Muesli

Submitted by: jen

*"This is a nutritious and delicious breakfast cereal. Use any type of dried fruit you desire! You can also use almonds in place of walnuts if you like. Wonderful when served in bowls with milk and fresh berries or sliced fresh fruit."*

PREP TIME: 10 Min

READY IN: 10 Min

Servings Per Recipe: 16

### Ingredients

4 1/2 cups rolled oats  
1/2 cup toasted wheat germ  
1/2 cup wheat bran  
1/2 cup oat bran  
1 cup raisins  
1/2 cup chopped walnuts  
1/4 cup packed brown sugar  
1/4 cup raw sunflower seeds

### Directions

In a large mixing bowl combine oats, wheat germ, wheat bran, oat bran, dried fruit, nuts, sugar, and seeds. Mix well. Store muesli in an airtight container. It keeps for 2 months at room temperature.

**Amount Per Serving:** Calories: 190 Total Fat: 5.7g Cholesterol: 0mg  
Sodium: 4mg Total Carbs: 31.6g Dietary Fiber: 4.9g Protein: 6.8g

<http://allrecipes.com/Recipe/Muesli/Detail.aspx>

# RECIPES

## Charlotte's Tortellini Salad

Submitted by: Charlotte

*"This is a Greek style salad that is delicious! It is hearty enough to serve as the main course."*

PREP TIME: 5 Min

COOK TIME: 15 Min

READY IN: 20 Min

Servings Per Recipe: 8

### Ingredients

16 ounces cheese-filled tortellini  
1 green bell pepper, thinly sliced  
1 red bell pepper, julienned  
1 small red onion, julienned  
1/2 cup sliced black olives  
1/2 cup crumbled feta cheese  
1 boneless chicken breast half, cooked and sliced into thin strips  
1/4 cup olive oil  
2 teaspoons grated lemon zest, minced  
1/4 cup lemon juice  
2 tablespoons ground walnuts  
1 tablespoon honey

### Directions

Cook pasta in a large pot of boiling salted water until al dente. Drain and cool under cold water. Refrigerate until chilled.

Prepare the dressing in a small bowl by whisking together the olive oil, lemon zest, lemon juice, walnuts, and honey. Refrigerate until chilled.

In a salad bowl, combine pasta, peppers, red onion, olives, and chicken. Add lemon dressing and feta cheese, toss and serve.

**Amount Per Serving:** Calories: 356 Total Fat: 19.5g Cholesterol: 37mg Sodium: 489mg Total Carbs: 32.4g Dietary Fiber: 4g Protein: 15.4g

<http://allrecipes.com/Recipe/Charlottes-Tortellini-Salad/Detail.aspx>

## Chicken Papadoris

Submitted by: William Anatooskin



*"A delightful chicken recipe with a touch of curry. Serve Chicken Papadoris over cooked rice."*

PREP TIME: 20 Min

COOK TIME: 30 Min

READY IN: 50 Min

Servings Per Recipe: 8

### Ingredients

1/4 cup pine nuts  
1/4 cup butter  
2 pounds skinless, boneless chicken breast halves, cut into bite size pieces  
1 onion, chopped  
4 cloves garlic, minced  
2 tablespoons soy sauce  
1 (14 ounce) can unsweetened coconut milk  
1 1/2 teaspoons paprika  
1/4 teaspoon ground cumin  
1 teaspoon curry powder  
2 teaspoons cornstarch  
1/4 cup cold water

### Directions

Heat a skillet over medium-high heat. Add pine nuts, and cook stirring frequently, until evenly toasted. Remove from heat, and set aside.

Melt butter in a large skillet over medium heat. Stir in the chicken, and cook 5 to 10 minutes, until no longer pink and juices run clear.

Stir onion and garlic into the skillet, and cook until tender. Stir in the pine nuts, soy sauce, and coconut milk. Season with paprika, cumin, and curry powder.

In a small bowl, blend the cornstarch and water. Mix into the skillet. Stir constantly until a thick gravy has formed.

**Amount Per Serving:** Calories: 311 Total Fat: 19.9g Cholesterol: 81mg Sodium: 369mg Total Carbs: 5g Dietary Fiber: 1.2g Protein: 28.9g

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

# RECIPES

## 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>

## Beef Noodle Soup

Submitted by: Brenda

*"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>

# RECIPES

## Zucchini Wrapped in Tortillas

Submitted by: Rani

*"Here's what I do with the wonderful zucchini in summer. Don't be daunted by the list of ingredients. Its long because of the various added spices, which give the dish a wonderful flavor. The actual procedure is quite simple."*

PREP TIME: 20 Min

COOK TIME: 20 Min

READY IN: 40 Min

Servings Per Recipe: 4

### Ingredients

1 tablespoon vegetable oil  
1 teaspoon mustard seed (optional)  
1 teaspoon cumin seeds  
1 small red onion, thinly sliced  
1 tablespoon grated fresh ginger  
4 cups grated zucchini  
1/2 teaspoon chili powder  
1/4 teaspoon ground black pepper  
1/4 teaspoon ground cloves  
1/4 teaspoon ground cinnamon  
Salt to taste  
4 (10 inch) flour tortillas  
4 fresh chives  
1/2 cup sour cream (optional)

### Directions

In a medium size wok or saute pan, heat the oil over medium-high heat. Add mustard and cumin seeds. As they begin to pop, lower the heat and add the onion and ginger. Saute until onions are soft and light pink in color.

Add the shredded zucchini, increase the heat slightly. Stir frequently until the zucchini gets soft and well-cooked, approximately 5 to 10 minutes. Stir in the chili powder, pepper, clove, cinnamon and salt.

Warm the tortillas and place the tortillas on a flat surface. Place 1/4 of the zucchini filling in the center of each tortilla. Roll up each tortilla and tie it closed with a chive. You can serve the wrap with a dollop of sour cream on the side, it makes for a well rounded wrap!

**Amount Per Serving:** Calories: 358 Total Fat: 10.1g Cholesterol: 13mg Sodium: 368mg Total Carbs: 47.3g Dietary Fiber: 4.6g Protein: 9.1g

<http://allrecipes.com/Recipe/Zucchini-Wrapped-in-Tortillas/Detail.aspx>

## Cucumber Peanut Salad

Submitted by: Radhika Ghatage

*"Easy to make Indian salad."*

PREP TIME: 10 Min

COOK TIME: 5 Min

READY IN: 15 Min

Servings Per Recipe: 2

### Ingredients

1 large cucumbers - peeled, seeded, and diced  
Salt to taste  
1 tablespoon butter  
1/2 teaspoon ground cumin  
1 dried red chile pepper  
3 tablespoons coarsely chopped peanuts  
1 tablespoon lemon juice  
1 teaspoon white sugar  
1 teaspoon minced fresh cilantro

### Directions

Mix together salt and cucumber, and allow to drain in a colander for ten minutes to release water. Pat dry, and place in a medium size bowl.

Melt butter in a small saucepan, and stir in cumin and chili pepper.

Add peanuts, lemon juice, sugar, and melted butter to cucumber, and stir together. Garnish with cilantro.

**Amount Per Serving:** Calories: 162 Total Fat: 12.9g Cholesterol: 16mg Sodium: 354mg Total Carbs: 10g Dietary Fiber: 2.4g Protein: 4.4g

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

# RECIPES

## Morning Glory Muffin

Submitted by: Jack Dickson

*"This muffin has a little bit of everything - carrots, raisins, apple butter, wheat germ, nuts. A perfect start for your day!"*

PREP TIME: 15 Min

COOK TIME: 20 Min

READY IN: 35 Min

Servings Per Recipe: 18

### Ingredients

1 1/2 cups all-purpose flour  
1/2 cup whole wheat flour  
1 1/4 cups white sugar  
1 tablespoon ground cinnamon  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 cups grated carrots  
1 apple - peeled, cored, and chopped  
1 cup raisins  
1 egg  
2 egg whites  
1/2 cup apple butter  
1/4 cup vegetable oil  
1 tablespoon vanilla extract  
2 tablespoons chopped walnuts  
2 tablespoons toasted wheat germ

### Directions

Preheat oven to 375°F (190°C). Lightly oil 18 muffin cups, or coat with nonstick cooking spray.

In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla.

In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.

In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops.

Bake at 375°F (190°C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

**Amount Per Serving:** Calories: 195 Total Fat: 4.2g Cholesterol: 12mg Sodium: 170mg Total Carbs: 37.5g Dietary Fiber: 2.1g Protein: 3.1g

<http://allrecipes.com/Recipe/Morning-Glory-Muffins-1/Detail.aspx>

## Gourmet Chicken Pizza

Submitted by: Lessalee



*"Here is a chicken pizza recipe that you may love. We do. We used to purchase this already prepared for the oven, so now I have come up with my own recipe. A perfect piece of pizza!"*

PREP TIME: 15 Min

COOK TIME: 40 Min

READY IN: 55 Min

Servings Per Recipe: 8

### Ingredients

2 skinless, boneless chicken breast halves  
1 (10 ounce) can refrigerated pizza crust  
1/2 cup Ranch-style salad dressing  
1 cup shredded mozzarella cheese  
1 cup shredded Cheddar cheese  
1 cup chopped tomatoes  
1/4 cup chopped green onions

### Directions

Preheat oven to 425°F (220°C). Lightly grease a pizza pan or medium baking sheet.

Place chicken in a large skillet over medium-high heat. Cook until no longer pink, and juices run clear. Cool, then either shred or chop into small pieces.

Unroll dough, and press into the prepared pizza pan or baking sheet. Bake crust for 7 minutes in the preheated oven, or until it begins to turn golden brown. Remove from oven.

Spread ranch dressing over partially baked crust. Sprinkle on mozzarella cheese. Place tomatoes, green onion, and chicken on top of mozzarella cheese, then top with Cheddar cheese. Return to the oven for 20 to 25 minutes, until cheese is melted and bubbly.

**Amount Per Serving:** Calories: 162 Total Fat: 12.9g Cholesterol: 16mg Sodium: 354mg Total Carbs: 10g Dietary Fiber: 2.4g Protein: 4.4g

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



# RECIPES

## Oaty Cereal Bars

Submitted by: Tina



*"Delicious snack bars that your children will love!"*

PREP TIME: 10 Min  
COOK TIME: 5 Min  
READY IN: 1 Hr 15 Min  
Servings Per Recipe: 16

### Ingredients

1/2 cup white sugar  
1/2 cup honey  
1/2 cup peanut butter  
3 cups toasted oat cereal  
1 cup salted peanuts (optional)

### Directions

Grease a 9x13 inch pan. In a large saucepan over medium heat, stir together the sugar and honey. Bring to a boil, then remove from heat and stir in the peanut butter until well blended. Stir in the cereal and if desired, stir in the salted peanuts. Press into the prepared pan. Allow to cool until firm, then cut into bars.

**Amount Per Serving:** Calories: 178 Total Fat: 9g Cholesterol: 0mg  
Sodium: 166mg Total Carbs: 22.8g Dietary Fiber: 1.7g Protein: 4.8g

<http://allrecipes.com/Recipe/Oaty-Cereal-Bars/Detail.aspx>

## Peanut Butter and Apple Sandwich

Submitted by: SaidAndDunn

*"My kids love to spread peanut butter on their apples, so one day I thought I would take a favorite of theirs and just tweak it a little bit....viola, a peanut butter and apple sandwich. PB and J can get boring after a while and this provides a healthy alternative."*

PREP TIME: 15 Min  
COOK TIME: 40 Min  
READY IN: 55 Min  
Servings Per Recipe: 8

### Ingredients

2 slices whole wheat bread  
1 tablespoon peanut butter, or to taste  
1 small apple - peeled, cored and shredded

### Directions

Spread a thin layer of peanut butter onto one side of each slice of bread. Place shredded apple onto the peanut butter, and place the other peanut buttered side of bread on top. Serve immediately.

**Amount Per Serving:** Calories: 299 Total Fat: 11.1g Cholesterol: 0mg  
Sodium: 375mg Total Carbs: 45.5g Dietary Fiber: 7.7g Protein: 9.8g

<http://allrecipes.com/Recipe/Peanut-Butter-and-Apple-Sandwich/Detail.aspx>

# RECIPES

## Bahama-Mama Pork Chops

Submitted by: Christine Johnson



*"A tropical taste for your pork chops. Pineapple, raisins and spices perk these up nicely. Serve over cooked rice."*

PREP TIME: 20 Min  
COOK TIME: 15 Min  
READY IN: 35 Min  
Servings Per Recipe: 4

### Ingredients

1 (8 ounce) can pineapple chunks, reserve juice  
1 tablespoon cornstarch  
2/3 cup bottled chili sauce, such as Heinz  
1/3 cup raisins  
1 tablespoon brown sugar  
1/8 teaspoon ground cinnamon  
4 pork chops  
1 tablespoon vegetable oil

### Directions

In medium bowl, blend reserved pineapple juice with cornstarch; stir in pineapple, chili sauce, raisins, sugar and cinnamon and set aside.

In large skillet lightly brown chops in oil and drain. Pour pineapple mixture over chops. Cover and simmer 15 minutes or until pork is cooked throughout.

**Amount Per Serving:** Calories: 274 Total Fat: 9.9g Cholesterol: 37mg Sodium: 632mg Total Carbs: 32.3g Dietary Fiber: 1.3g Protein: 15.3g

<http://allrecipes.com/Recipe/Bahama-Mama-Pork-Chops/Detail.aspx>

## Caribbean Sweet Potato Salad

Submitted by: jessica

*"This is a 90's potato salad - a new and improved, redone, much better potato salad. Not only does it have a sweet potato, in addition to a Russet potato, but it also contains corn, cucumber, and peanuts! Corn oil will do if you don't have canola."*

PREP TIME: 30 Min  
COOK TIME: 30 Min  
READY IN: 1 Hr  
Servings Per Recipe: 5

### Ingredients

1 large russet potato, peeled and quartered  
1 large sweet potato, peeled and quartered  
1 cup corn  
1 teaspoon prepared Dijon-style mustard  
2 tablespoons fresh lime juice  
3 tablespoons chopped fresh cilantro  
1 clove garlic, minced  
3 tablespoons canola oil  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 cucumber, halved lengthwise and chopped  
1/2 red onion, thinly sliced  
1/4 cup finely chopped peanuts

### Directions

Place the Russet potato pieces into a large saucepan, and cover with salted water. Bring to a boil, turn the heat down, and simmer for 10 minutes. Add the sweet potato, and cook about 15 minutes more. Remove a piece of each potato, and cut it in half to see if it is cooked enough. Once the potatoes are tender, add corn kernels; cook another 30 seconds. Drain through a colander. Fill the saucepan with cold water, and drop vegetables into water. Cool for 5 minutes, and drain.

In a large bowl, whisk together mustard, lime juice, cilantro, and garlic. Slowly whisk in oil. Mix in salt and black pepper.

Cut cooled potatoes into 1 inch cubes, and add to dressing along with cucumber, and red onion. Toss well. Serve at room temperature or chilled. Toss the peanuts in just before serving.

**Amount Per Serving:** Calories: 258 Total Fat: 12.9g Cholesterol: 0mg Sodium: 492mg Total Carbs: 33.7g Dietary Fiber: 3.9g Protein: 5g

<http://allrecipes.com/Recipe/Caribbean-Sweet-Potato-Salad/Detail.aspx>

# INGREDIENT SUBSTITUTION IDEAS

Instead of	Try this
<p><b>DAIRY</b></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><b>MEAT</b></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><b>SNACKING AND HIGH-FAT DISHES</b></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><b>SALAD DRESSING</b></p> <p>Oils or mayonnaise</p>	<p>Fat-free, reduced-calorie, or vinaigrette dressings</p>
<p><b>BREADS</b></p> <p>White</p>	<p>Whole grain, wheat or rye</p>
<p><b>PASTA, RICE, POTATO</b></p> <p>Pasta (egg)            White rice            Potato</p>	<p>Wheat or rice noodles            Brown rice            Mashed cauliflower</p>
<p><b>BAKING NEEDS</b></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>