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# Week Three

- Breakfast
- Lunch
- Dinner

>> 7 Day Menu Plan

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# MONDAY

## NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
<b>Calories</b>	2055.92 Kcal	336.84 Kcal	500.18 Kcal	744.3 Kcal	474.53 Kcal
Cal from Carbs	54%	71%	58%	25%	75%
Cal from Fat	33%	21%	18%	56%	20%
Cals from Protein	16%	8%	24%	21%	5%
Cals from Sat Fat	8%	10%	5%	13%	2%
Carbohydrates	275.5 g	61.68 g	73.9 g	45.87 g	93.95 g
Cholesterol	156.1 mg	20.39 mg	32.18 mg	102.63 mg	0.9 mg
Dietary Fiber	32.11 g	4.39 g	9.91 g	9.22 g	8.59 g
Fat	75.29 g	7.98 g	9.96 g	46.42 g	10.93 g
Protein	81.84 g	6.96 g	30.22 g	38.6 g	6.05 g
Sodium	763.94 mg	15.14 mg	586.74 mg	100.65 mg	61.41 mg

## MONDAY MENU

	Ingredient	Serving
<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>Hot Coffee with Cream</b>	1 cup Coffee, brewed 1 tbsp Cream
<b>Lunch</b>	<b>Tuna Salad Sandwich</b>	2 medium slice Sourdough Bread 1 tbsp Mayonnaise 1 Looseleaf Lettuce 0.5 can Tuna, canned in water
	<b>Broccoli Florets</b>	1 cup Broccoli
	<b>Apple</b>	1 medium Apple
	<b>Chocolate Chip Cookie</b>	1 each
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Tomato and Cucumber Salad</b>	1 cup Mixed Salad Greens 4 slice Cucumber 2 slice Tomato Raw 1 tbsp Olive Oil 1 tbsp Lemon Juice, fresh
	<b>Broiled Beef Sirloin Steak served with Ratatouille* over Penne Pasta</b> (See Recipe on pg 10)	4 oz Beef, Top Sirloin, steak, broiled 1 serving Ratatouille 1 oz Penne Pasta
<b>Snack</b>	<b>Apple and Cranberry Juice</b>	1 medium Apple 1 cup Cranberry Juice Cocktail
	<b>Fabulous Fruit Salad**</b> (See Recipe on pg 10)	1 serving

\* Ratatouille: <http://allrecipes.com/Recipe/Summer-Vegetable-Ratatouille/Detail.aspx>

\*\* Fabulous Fruit Salad: <http://allrecipes.com/Recipe/Fabulous-Fruit-Salad/Detail.aspx>

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# TUESDAY

## NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
<b>Calories</b>	2061.62 Kcal	386.83 Kcal	495.24 Kcal	778.65 Kcal	400.9 Kcal
Cal from Carbs	57%	68%	64%	35%	81%
Cal from Fat	31%	22%	23%	53%	7%
Cals from Protein	12%	10%	12%	12%	12%
Cals from Sat Fat	7%	5%	11%	8%	4%
Carbohydrates	309.34 g	70.27 g	84.46 g	70.16 g	84.45 g
Cholesterol	111.58 mg	0 mg	29.74 mg	70.49 mg	11.35 mg
Dietary Fiber	29.32 g	6.41 g	8.99 g	7.67 g	6.25 g
Fat	74.35 g	10.01 g	13.5 g	47.74 g	3.1 g
Protein	64.54 g	10.51 g	16.23 g	25.37 g	12.43 g
Sodium	1268.69 mg	297.23 mg	580.83 mg	233.42 mg	157.21 mg

## TUESDAY MENU

	Ingredient	Serving
<b>Breakfast</b>	<b>Toasted Whole Wheat English Muffin with Peanut Butter and Raspberry Preserves</b>	1 Muffin 1 tbsp Peanut Butter 1 tbsp Raspberry preserves
	<b>Banana</b>	1 medium
	<b>Hot Coffee</b>	1 cup
<b>Lunch</b>	<b>Black Bean and Cheese Dip with fresh Vegetables and Tortilla Chip</b>	1 oz Tortilla dhips, unsalted 1 oz Cheddar Cheese 0.75 cup Baby Carrots 2.5 tbsp Black bean dip 0.5 medium Bell Pepper
	<b>Watermelon</b>	2 slice
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Italian Leafy Green Salad* (See Recipe on pg 11)</b>	1 serving
	<b>Pasta with Arugula Pesto sprinkled with Pine Nuts** (See Recipe on pg 11)</b>	1 serving 0.25 cup Pine nuts
	<b>Stir Fried Mushroom and Italian Bread</b>	1 cup mushroom 1 medium slice Italian Bread
	<b>Hot Coffee</b>	1 cup
<b>Snack</b>	<b>Grapefruit and Hot Coffee</b>	1 each Grapefruit 1 cup Coffee
	<b>Vanilla Yogurt and Cranberry Juice</b>	1.8 oz Yogurt 1 cup Cranberry Juice

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

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

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# WEDNESDAY

## NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
<b>Calories</b>	1838.77 Kcal	402.48 Kcal	422.88 Kcal	711.7 Kcal	301.71 Kcal
Cal from Carbs	50%	60%	59%	32%	68%
Cal from Fat	32%	23%	22%	47%	25%
Cals from Protein	17%	16%	20%	21%	7%
Cals from Sat Fat	6%	3%	5%	11%	4%
Carbohydrates	236.78 g	63.1 g	63.55 g	56.03 g	54.09 g
Cholesterol	97.41 mg	3.6 mg	3.95 mg	89.85 mg	0 mg
Dietary Fiber	28.01 g	5.26 g	13.75 g	6.63 g	2.37 g
Fat	67.02 g	10.82 g	10.49 g	36.73 g	8.98 g
Protein	80.9 g	16.98 g	21.13 g	37.45 g	5.35 g
Sodium	1486.09 mg	354.37 mg	365.02 mg	742.84 mg	23.86 mg

## WEDNESDAY MENU

	Ingredient	Serving
<b>Breakfast</b>	<b>Whole Grain Bread with Almond Butter</b>	2 slice Whole Grain bread 1 tbsp Almond Butter, with salt
	<b>Vanilla Yogurt</b>	1 (8 ounce) container
	<b>Grapefruit</b>	0.5 each
	<b>Herbal Tea</b>	1 cup
<b>Lunch</b>	<b>Italian Spinach Salad with Kidney Beans topped with Parmesan Cheese</b>	1 cup Kidney Beans, boiled without salt 1 cup Spinach, raw 2 slice Tomato, raw 1 medium slice Onion 3 slice cucumber 1 tbsp Parmesan Cheese, grated
	<b>Italian Bread</b>	1 medium slice
	<b>Peach</b>	1 medium Peach
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Pork in Olive Oil Marinade*</b> (See Recipe on pg 12)	1 serving
	<b>Brown Rice</b>	1 cup
	<b>Garlic Green Beans**</b> (See Recipe on pg 12)	1 serving
<b>Snack</b>	<b>Rice Cakes with Peanut Butter</b>	1 each Rice, Cake, Plain 1 tbsp Natural Peanut Butter, unsalted
	<b>Grapes and Apple Juice</b>	1 cup seedless Grapes 1 cup Apple juice

\* Pork in Olive Oil Marinade: <http://allrecipes.com/Recipe/Pork-in-Olive-Oil-Marinade/Detail.aspx>

\*\* Garlic Green Bean: <http://allrecipes.com/Recipe/Garlic-Green-Beans/Detail.aspx>

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# THURSDAY

## NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
<b>Calories</b>	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
<b>Breakfast</b>	<b>Muesli with Milk and Fruit</b>	1 cup of Five Grain Muesli Cereal 1 cup 2% Milk with Vitamin A & D 0.5 medium Apple 1 medium Banana
	<b>Orange Juice</b>	1 cup
<b>Lunch</b>	<b>Mixed Green Salad with Apples and Walnuts</b>	1 cup Mixed Salad Greens 2 tbsp Two Cheese Italian Dressing-Seven Seas 0.25 medium Apple raw 0.5 oz Walnuts, raw
	<b>Baked Potato with Butter, Sour Cream, and Chives</b>	1 Potato, baked, flesh and skin 1 tsp Butter, Salted 1 tbsp Chives 1 tbsp Sour Cream
	<b>1% Milk with Added Vitamin A &amp; D</b>	1 cup
<b>Dinner</b>	<b>Mixed Green Salad with Fat Free Oil Free Italian Dressing</b>	1 cup Mixed Salad Greens 1 tbsp Kraft Fat Free Oil Italian Dressing 1 slice Tomato, raw
	<b>Pork Chop with Garlic Penne Pasta* and Steamed Broccoli (See Recipe on pg 13)</b>	1 cup Broccoli, steamed 4 ounce boneless sirloin Pork chop, broiled, separable lean and fat 0.5 serving Garlic Penne Pasta
<b>Snack</b>	<b>Peanut Butter and Apple</b>	1 fruit 2 tbsp Natural Peanut Butter, unsalted
	<b>Whole Grain Bread with Almond Butter</b>	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
<b>Calories</b>	<b>1958.48 Kcal</b>	434.96 Kcal	440.93 Kcal	526.63 Kcal	555.96 Kcal
Cal from Carbs	54%	79%	42%	61%	38%
Cal from Fat	29%	10%	28%	28%	47%
Cals from Protein	16%	11%	31%	11%	15%
Cals from Sat Fat	6%	3%	9%	8%	5%
Carbohydrates	278.25 g	93.59 g	47.29 g	81.27 g	56.09 g
Cholesterol	114.36 mg	10 mg	82.05 mg	20.34 mg	1.97 mg
Dietary Fiber	33.44 g	11.15 g	8.29 g	4.82 g	9.18 g
Fat	66.67 g	5.18 g	13.92 g	16.2 g	31.38 g
Protein	84.44 g	12.96 g	34.67 g	14.71 g	22.1 g
Sodium	1516.68 mg	150.32 g	560.03 mg	675.85 mg	130.49 mg

## FRIDAY MENU

	Ingredient	Serving
<b>Breakfast</b>	<b>Bran Flakes Cereal with Milk topped with Strawberries and Banana</b>	1 Muffin 1 tbsp Honey 2 tbsp peanut Butter
	<b>Orange Juice</b>	1 cup
<b>Lunch</b>	<b>Grilled Chicken Caesar Salad</b>	1 cup Romaine Lettuce, chopped 1 tbsp Parmesan Cheese, grated 0.25 cup plain Croutons 1 tbsp Kraft Caesar Salad dressing 4 each of Cherry Tomato 1 grilled chicken breast half
	<b>Whole wheat Bread</b>	1 slice
	<b>Apple</b>	1 medium
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Mixed Green Salad with Fat Free Oil Free Italian Dressing</b>	1 cup Mixed Salad Greens 1 slice Tomato, raw 1 tbsp Kraft Fat Free Oil Free Italian Dressing
	<b>Brick-Oven Pizza (Brooklyn Style)* (See Recipe on pg 13)</b>	2 serving
	<b>Honeydew Melon</b>	1 wedge
	<b>Brownie with Nuts</b>	1 each
<b>Snack</b>	<b>Iced Tea</b>	1 cup
	<b>Peanut Butter and Apple</b>	1 medium Apple 2 tbsp Peanut Butter
	<b>Blueberry Yogurt with Almonds</b>	1 oz Almonds 1 (8 oz) container Yogurt

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

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# SATURDAY

## NUTRITION GOAL

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

## SATURDAY MENU

	Ingredient	Serving
<b>Breakfast</b>	<b>Whole Grain Toast with Strawberry Jam</b>	1 slice Whole Grain Bread 1 tbsp Strawberry Jam
	<b>Strawberries and Yogurt</b>	1 cup Strawberries 1 cup plain Yogurt, low fat
<b>Lunch</b>	<b>Almond Butter with Peach Preserves Sandwich</b>	2 slice Whole Wheat Bread 2 tbsp Peach Preserves 0.5 tbsp Almonds, sliced 1 tbsp Almond Butter, with salt
<b>Dinner</b>	<b>Grilled Mediterranean Vegetable Sandwich*</b> (See Recipe on pg 14) <b>Tossed Green Salad with Cherry Tomatoes and Cannellini Beans</b>	1 serving  1 cup Mixed Salad Greens 1 tbsp Balsamic Vinegar 4 each Cherry Tomato 0.75 cup Cannellini Beans
	<b>Hot Coffee with Cream</b>	1 cup Coffee 1 tbsp Cream
<b>Snack</b>	<b>Rice Cakes and Peanut Butter</b>	1 each Rice Cake, plain 1 tbsp Natural Peanut Butter, unsalted
	<b>Fruit Yogurt and topped with Almonds</b>	1 (6oz) container light Yogurt 1oz Almonds, oil roasted with salt

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



# SUNDAY

## NUTRITION GOAL

	Meal Plan	Breakfast	Lunch	Dinner	Snack
<b>Calories</b>	1964.9 Kcal	526.49 Kcal	434.5 Kcal	685.16 Kcal	318.75 Kcal
Cal from Carbs	55%	74%	47%	34%	81%
Cal from Fat	31%	18%	42%	44%	7%
Cals from Protein	14%	8%	11%	23%	12%
Cals from Sat Fat	5%	4%	3%	9%	3%
Carbohydrates	282.79 g	100.53 g	54.6 g	59.97 g	67.68 g
Cholesterol	144.48 mg	59.55 mg	0 mg	74.92 mg	10.01 mg
Dietary Fiber	27.61 g	2.92 g	11.11 g	9.75 g	3.83 g
Fat	69.79 g	10.68 g	21.99 g	34.54 g	2.57 g
Protein	74.04 g	10.47 g	13.15 g	40.2 g	10.22 g
Sodium	1018.93 mg	187.31 mg	294.37 mg	365.2 mg	171.33 mg

## SUNDAY MENU

	Ingredient	Serving
<b>Breakfast</b>	<b>Blueberry Pancakes with Maple Syrup*</b> (See Recipe on pg 14)	1 serving Blueberry Pancake 2 tbsp Maple syrup
	<b>Fresh Cantalope</b>	1 cup
	<b>Orange Juice with Calcium</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, seedless
	<b>Almonds</b>	1 oz Almonds, raw
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Citrus Salmon in Parchment**</b> (See Recipe on pg 15)	1 serving
	<b>Bow Tie Pasta with Parmesan Cheese and Fresh Parsley</b>	2 oz Bow Tie Pasta, dry 1 tbsp Olive Oil 2 tbsp Parmesan Cheese, grated 2 tbsp Parsley, fresh chopped
	<b>Steamed Broccoli</b>	1 cup
<b>Snack</b>	<b>Boysenberry Yogurt and a Banana</b>	1 medium Banana 1 (8 ounce) container Dannon Boysenberry Yogurt, fruit on the bottom

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

\*\* Citrus Salmon in Parchment: <http://allrecipes.com/Recipe/Citrus-Salmon-in-Parchment/Detail.aspx>

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# RECIPES

## Summer Vegetable Ratatouille

Submitted by: Rani

*"My favorite way to serve this ratatouille is with crepes. Very delicious. I also add a mixed green salad on the side, and some French bread with butter for a wonderful meal. It makes a large batch, but I found that it freezes really well for future use."*

Servings Per Recipe: 8

### Ingredients

2 onion, sliced into thin rings  
3 cloves garlic, minced  
1 medium eggplant, cubed  
2 zucchini, cubed  
2 medium yellow squash, cubed  
2 green bell peppers, seeded and cubed  
1 yellow bell pepper, diced  
1 chopped red bell pepper  
4 roma (plum) tomatoes, chopped  
1/2 cup olive oil  
1 bay leaf  
2 tablespoons chopped fresh parsley  
4 sprigs fresh thyme  
Salt and pepper to taste

### Directions

Heat 1 1/2 tablespoon of the oil in a large pot over medium-low heat. Add the onions and garlic and cook until soft.

In a large skillet, heat 1 1/2 tablespoon of olive oil and saute the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic.

Saute all the remaining vegetables one batch at a time, adding 1 1/2 tablespoon olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sauteed add them to the large pot as was done in step 2.

Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes.

Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.

Remove the bay leaf and adjust seasoning.

**Amount Per Serving:** Calories: 193    Total Fat: 14.1g    Cholesterol: 0mg  
Sodium: 10mg    Total Carbs: 16.6g    Dietary Fiber: 5.4g    Protein: 3.1g

<http://allrecipes.com/Recipe/Summer-Vegetable-Ratatouille/Detail.aspx>

## Fabulous Fruit Salad

Submitted by: Tracy Fall



*"An easy, quick, and holiday-worthy fruit salad that is easily doubled."*

PREP TIME: 20 Min

READY IN: 20 Min

Servings Per Recipe: 4

### Ingredients

1 red apple, cored and chopped  
1 Granny Smith apple, cored and chopped  
1 nectarine, pitted and sliced  
2 stalks celery, chopped  
1/2 cup dried cranberries  
1/2 cup chopped walnuts  
1 (8 ounce) container nonfat lemon yogurt

### Directions

In a large bowl, combine red apple, Granny Smith apple, nectarine, celery, dried cranberries, and walnuts. Mix in yogurt. Chill until ready to serve.

**Amount Per Serving:** Calories: 250    Total Fat: 10.2g    Cholesterol: <1mg  
Sodium: 56mg    Total Carbs: 36.7g    Dietary Fiber: 4.6g    Protein: 5.8g

<http://allrecipes.com/Recipe/Fabulous-Fruit-Salad/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: 0mg  
Sodium: 13mg Total Carbs: 6.6g Dietary Fiber: 1.7g Protein: 1.3g

<http://allrecipes.com/Recipe/Italian-Leafy-Green-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: 10.7g

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

# RECIPES

## Pork in Olive Oil Marinade

Submitted by: Marlies Monika



*"A light Mediterranean meal that is prepared in no time. Serve with French bread."*

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

### Ingredients

2 tablespoons olive oil  
1 1/2 pounds pork tenderloin, cut into bite-size pieces  
2 cloves garlic, minced  
4 sprigs fresh cilantro, chopped

3 tablespoons olive oil  
4 tablespoons red wine vinegar  
2 tablespoons port wine  
1 pinch salt  
1 pinch black pepper  
1 pinch cayenne pepper

### Directions

Heat 2 tablespoons olive oil in a large heavy skillet over high heat. Saute pork until evenly browned, and fully cooked. Transfer to a bowl, and sprinkle with cilantro and garlic; keep warm.

In a small bowl, combine 3 tablespoons olive oil, vinegar and port. Season with salt, black pepper, and cayenne. Whisk until consistency is creamy. Stir into cooked pork, and serve immediately.

**Amount Per Serving:** Calories: 337 Total Fat: 23g Cholesterol: 80mg  
Sodium: 154mg Total Carbs: 2g Dietary Fiber: 0.2g Protein: 28.2g

<http://allrecipes.com/Recipe/Pork-in-Olive-Oil-Marinade/Detail.aspx>

## Garlic Green Beans

Submitted by: Ericka Ettinger



*"Caramelized garlic and cheese! Is there anything better with green beans? You'd better make plenty for everyone!"*

PREP TIME: 10 Min  
COOK TIME: 15 Min  
READY IN: 25 Min  
Servings Per Recipe: 5

### Ingredients

1 tablespoon butter  
3 tablespoons olive oil  
1 medium head garlic - peeled and sliced  
2 (14.5 ounce) cans green beans, drained  
Salt and pepper to taste  
1/4 cup grated Parmesan cheese

### Directions

In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until lightly browned, stirring frequently. Stir in green beans, and season with salt and pepper. Cook until beans are tender, about 10 minutes. Remove from heat, and sprinkle with Parmesan cheese.

**Amount Per Serving:** Calories: 159 Total Fat: 12g Cholesterol: 10mg  
Sodium: 579mg Total Carbs: 9.3g Dietary Fiber: 2.9g Protein: 4.2g

<http://allrecipes.com/Recipe/Garlic-Green-Beans/Detail.aspx>

# RECIPES

## 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. Sauté 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>

## Brick-Oven Pizza (Brooklyn Style)

Submitted by: CDM68

*"This is a simple recipe for authentic brick-oven pizza made famous by several, well-known Brooklyn pizzerias. Best accompanied by ice-cold pilsner-style lager beer."*

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

### Ingredients

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

### Directions

Sprinkle yeast over warm water in a large bowl. Let stand for 5 minutes to proof. Stir in salt and cold water, then stir in the flour about 1 cup at a time. When the dough is together enough to remove from the bowl, knead on a floured surface until smooth, about 10 minutes. Divide into 2 pieces, and form each one into a tight ball. Coat the dough balls with olive oil, and refrigerate in a sealed container for at least 16 hours. Be sure to use a big enough container to allow the dough to rise. Remove the dough from the refrigerator 1 hour prior to using.

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

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

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

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

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# RECIPES

## Grilled Mediterranean Vegetable Sandwich

Submitted by: Chris M



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

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

### Ingredients

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

### Directions

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

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

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

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

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

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## Blueberry Pancakes

Submitted by: Sara

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

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

### Ingredients

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

### Directions

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

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

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

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

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

# RECIPES

## Citrus Salmon in Parchment

Submitted by: Lisa

*"My mom taught me this trick for baking fish while keeping the moisture and flavors in. It is nearly foolproof and adapts easily; substitute regular oranges or other citrus, herbs and oils to your taste. Parchment paper is available in most grocery stores."*

PREP TIME: 10 Min

COOK TIME: 15 Min

READY IN: 25 Min

Servings Per Recipe: 4

### Ingredients

4 (4 ounce) wild salmon fillets  
3 teaspoons olive oil  
4 (12 inch) squares of parchment paper  
1 blood orange, sliced into rounds  
1 lemon, sliced into rounds  
1 lime, sliced into rounds  
1 bunch fresh dill weed  
1/2 teaspoon lemon pepper

### Directions

Preheat the oven to 450° F (220° C).

Brush each piece of salmon on both sides with a light coating of olive oil. Fold each sheet of parchment in half and use scissors to round out the corners so that it is almost a circle. Open the sheets back up.

Place the salmon fillets skin side down onto the center of each piece of parchment. Sprinkle with lemon pepper, then place a sprig of dill onto each fillet. Cover with one slice of orange, one slice of lemon and one slice of lime per serving. You may add more to taste. Lay another sprig or two of dill over the citrus slices.

Fold each piece of parchment up and over the fillets. Holding both edges of the parchment together, roll the edge down making several folds as you go until the fish fillets are tightly sealed in their packets. Place packets on a baking sheet.

Bake for 12 to 15 minutes in the preheated oven, or until fish is able to be flaked with a fork. You may need to open one of the packets to check. To serve, place packets onto serving plates and use scissors to cut an X in the center, being careful not to cut the food.

**Amount Per Serving:** Calories: 273    Total Fat: 16.1g    Cholesterol: 67mg  
Sodium: 130mg    Total Carbs: 10.2g    Dietary Fiber: 2.9g    Protein: 23.7g

<http://allrecipes.com/Recipe/Citrus-Salmon-in-Parchment/Detail.aspx>



# INGREDIENT SUBSTITUTION IDEAS

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

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