

**VYTORIN**<sup>®</sup>  
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## Week Two

- 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
- 17 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>	<b>2079 Kcal</b>	562.42 Kcal	438.18 Kcal	646.24 Kcal	432.16 Kcal
Cal from Carbs	48%	75%	37%	36%	44%
Cal from Fat	33%	13%	43%	40%	38%
Cals from Protein	19%	12%	20%	24%	18%
Cals from Sat Fat	5%	2%	5%	7%	8%
Carbohydrates	262.34 g	110.86 g	43.02 g	58.1 g	50.36 g
Cholesterol	133.76 mg	0 mg	18.41 mg	100.65 mg	14.7 mg
Dietary Fiber	38.93 g	12.93 g	11.97 g	7.85 g	6.18 g
Fat	80.34 g	8.82 g	22.17 g	30.02 g	19.34 g
Protein	101.72 g	17.48 g	23.9 g	40.01 g	20.34 g
Sodium	1147.12 mg	62.75 mg	687.57 mg	223.84 mg	172.96 mg

## MONDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Oatmeal with Apples, Raisins and Maple Syrup</b>	1.5 cup Oatmeal 0.5 medium apple 2 tbsp Maple syrup 1 tbsp Raisins 1 cup Soy Milk
	<b>Honeydew Melon</b>	2 wedge
<b>Lunch</b>	<b>Open-Faced Turkey and Swiss Sandwich on Whole Grain Bread</b>	1 slice Whole Grain Bread 1 slice (3.5" square; 8 per 6 oz package) Turkey, breast meat 2 slice Tomato raw 1 oz Swiss cheese, reduced fat 1 tbsp Mustard 1 cup Alfalfa Sprouts
	<b>Bell Pepper slices</b>	1 medium
	<b>Fresh Strawberries sprinkled with chopped Hazelnuts</b>	1 oz Hazelnuts, dry roasted 1 cup Strawberries, sliced
<b>Dinner</b>	<b>Mango Salsa Salmon*</b> (See Recipe on pg 10)	1 serving
	<b>Sara's Special Red Potato Salad**</b> (See Recipe on pg 10)	1 serving
	<b>Cherry Tomatoes</b>	10 each
	<b>Hot Tea</b>	1 cup Tea Herbal, brewed
<b>Snack</b>	<b>Banana and Yogurt</b>	1 medium Banana 1 cup Yogurt
	<b>Almonds</b>	1oz Almonds

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

\*\* Sara's Special Red Potato Salad: <http://allrecipes.com/Recipe/Saras-Special-Red-Potato-Salad/Detail.aspx>

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# TUESDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	1815.49 Kcal	471.82 Kcal	524.33 Kcal	689.34 Kcal	130 Kcal
Cal from Carbs	63%	88%	62%	50%	40%
Cal from Fat	23%	6%	21%	35%	35%
Cals from Protein	14%	6%	17%	15%	25%
Cals from Sat Fat	7%	1%	5%	10%	21%
Carbohydrates	295.76 g	107.56 g	87.05 g	88.15 g	13 g
Cholesterol	67.17 mg	0.57 mg	4.18 mg	42.42 mg	20 mg
Dietary Fiber	32.32 g	4.63 g	11.71 g	15.98 g	0 g
Fat	48.31 g	3.11 g	12.87 g	27.34 g	5 g
Protein	65.55 g	7.61 g	23.81 g	26.13 g	8 g
Sodium	1428.49 mg	309.24 mg	680.51 mg	308.73 mg	130 mg

## TUESDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Toast with Jam</b>	1 slice White Bread 1 tbsp Strawberry jam
	<b>Banana</b>	1 medium
	<b>Orange Juice</b>	1 cup
<b>Lunch</b>	<b>Peanut Butter and Jelly Sandwich</b>	2 slice Whole wheat bread 1 tbsp Peanut butter 1 tbsp Grape Jelly
	<b>Broccoli Florets and Hummus*</b> (See Recipe on pg 11)	1 cup Broccoli 2 serving Hummus
	<b>Chocolate Milk</b>	1 cup
<b>Dinner</b>	<b>Mixed Green Salad with Italian Dressing</b>	1 cup Mixed Salad Greens 1 tbsp Italian Salad Dressing 1 slice Tomato raw 0.25 cup Croutons, plain
	<b>Lemon and Thyme Lamb Chops**</b> (See Recipe on pg 11)	1 serving
	<b>Baked Potato</b>	1 potato
	<b>Green Peas</b>	1 cup
<b>Snack</b>	<b>2% Milk with added Vitamin A &amp; D</b>	1 cup

\* Easy Hummus: <http://allrecipes.com/Recipe/Easy-Hummus/Detail.aspx>

\*\* Lemon and Thyme Lamb Chops: <http://allrecipes.com/Recipe/Lemon-and-Thyme-Lamb-Chops/Detail.aspx>

# WEDNESDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	1936.12 Kcal	567.91 Kcal	555.43 Kcal	714.84 Kcal	97.94 Kcal
Cal from Carbs	59%	74%	39%	56%	92%
Cal from Fat	29%	15%	49%	28%	5%
Cals from Protein	12%	10%	12%	16%	2%
Cals from Sat Fat	7%	6%	14%	4%	0%
Carbohydrates	299.17 g	113.82 g	57.51 g	102.75 g	25.08 g
Cholesterol	49.8 mg	20 mg	29.8 mg	0 mg	0 mg
Dietary Fiber	39.59 g	10.27 g	13.36 g	11.98 g	3.98 g
Fat	65.87 g	10.49 g	32.02 g	22.7 g	0.66 g
Protein	62.67 g	15.58 g	17.02 g	29.43 g	0.65 g
Sodium	1309.54 mg	237.78 mg	468.15 mg	603.61 mg	0 mg

## WEDNESDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Five Grain Muesli Cereal with Milk topped with chopped Apple and Banana slices</b>	1 cup Five Grain Muesli Cereal 0.5 medium Apple, raw 1 medium Banana, raw 1 cup Milk, 2% Milkfat with added Vitamin A & D
<b>Lunch</b>	<b>Veggie Sandwich</b>	2 slice Whole Wheat 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 0.24 cup Alfafa Cups
	<b>Apple</b>	1 medium
<b>Dinner</b>	<b>Tofu Keema*</b> (See Recipe on pg 12)	1 serving
	<b>Basmati Rice</b>	1.5 cup
	<b>Steamed Carrots</b>	1 cup Steamed Carrots
<b>Snack</b>	<b>Pear</b>	1 medium Pear, raw

\* Tofu Keema: <http://allrecipes.com/Recipe/Tofu-Keema/Detail.aspx>

# THURSDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	<b>1873.58 Kcal</b>	398.81 Kcal	542.78 Kcal	509.34 Kcal	422.65 Kcal
Cal from Carbs	46%	82%	24%	46%	41%
Cal from Fat	35%	9%	56%	28%	41%
Cals from Protein	19%	10%	19%	25%	19%
Cals from Sat Fat	7%	2%	11%	5%	10%
Carbohydrates	223.72 g	84.42 g	33.85 g	60.28 g	45.17 g
Cholesterol	137.85 mg	0 mg	57.83 mg	65.32 mg	14.7 mg
Dietary Fiber	28.27 g	8.24 g	4.26 g	9.93 g	5.83 g
Fat	75.3 g	3.89 g	34.81 g	16.41 g	20.2 g
Protein	90.27 g	9.83 g	26.57 g	33.07 g	20.8 g
Sodium	1344.11 mg	10.72 mg	1048.39 mg	111.58 mg	173.42 mg

## THURSDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Oatmeal with Apples, Raisins, and Maple Syrup</b>	1.5 cup Oatmeal, cooked without salt 1 tbsp Raisins 2 tbsp Maple syrup 0.5 medium Apple
	<b>Coffee</b>	1 cup
<b>Lunch</b>	<b>Gourmet Tuna Salad Sandwich*</b> (See Recipe on pg 12)	1 serving Gourmet Tuna Salad 1 innerleaf Romaine Lettuce 1 slice Seven Grain Bread 1 slice Tomato, raw
	<b>Grapes</b>	1 cup seedless grapes
	<b>Iced Tea</b>	1 cup
<b>Dinner</b>	<b>Italian Leafy Green Salad**</b> (See Recipe on pg 13)	1 serving
	<b>Broiled Pork Chop</b>	1 raw chop with refuse, 113g (4 ounce) boneless, separable lean only, broiled
	<b>Brown Rice</b>	1 cup
	<b>Steamed Broccoli</b>	1 cup
<b>Snack</b>	<b>Peanut Butter and Apple</b>	2 tbsp Natural Peanut butter, unsalted 1 medium Apple, raw
	<b>Yogurt</b>	1 cup

\* Gourmet Tuna Salad: <http://allrecipes.com/Recipe/Gourmet-Tuna-Salad/Detail.aspx>

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

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# FRIDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	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	35%	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	12.93 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 g	371.7 mg	252.4 mg	172.96 mg

## FRIDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Oatmeal with Apples, Raisins, and Maple Syrup</b>	1.5 cup Oatmeal, cooked without salt 2 tbsp Maply syrup 1 tbsp Raisins 0.5 medium Apple, raw
	<b>Honeydew Melon</b>	2 wedge
	<b>Soy Milk</b>	1 cup
<b>Lunch</b>	<b>Apple, Beet and Avocado Salad*</b> (See Recipe on pg 13)	1 serving
	<b>Ak Mak Crackers</b>	6 piece
<b>Dinner</b>	<b>Mixed Green Salad with Fat Free Honey Dijon Vinaigrette</b>	1 slice Tomato, raw 1 cup Mixed Salad Greens 1 tbsp Honey Dijon Vinaigrette, fat free
	<b>Linguini with Broccoli and Red Peppers**</b> (See Recipe on pg 14)	1 serving
<b>Snack</b>	<b>Banana and Yogurt</b>	1 cup Yogurt 1 medium Banana
	<b>Almonds</b>	1 oz Almonds

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

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

7

WEEK ONE

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# SATURDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	1820.06 Kcal	378.05 Kcal	505.96 Kcal	527.76 Kcal	408.3 Kcal
Cal from Carbs	56%	83%	54%	36%	57%
Cal from Fat	25%	11%	20%	35%	34%
Cals from Protein	19%	6%	26%	29%	9%
Cals from Sat Fat	5%	2%	5%	8%	5%
Carbohydrates	260.54 g	80.8 g	68.92 g	47.89 g	62.92 g
Cholesterol	126.93 mg	17.1 mg	34.99 mg	74.84 mg	0 mg
Dietary Fiber	25.29 g	4.81 g	6.25 g	5.39 g	8.83 g
Fat	52.57 g	4.77 g	11.1 g	20.3 g	16.4 g
Protein	87.95 g	6.09 g	33.56 g	38.37 g	9.94 g
Sodium	1392.36 mg	258.45 mg	233.62 mg	839.37 mg	6.92 mg

## SATURDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Blueberry Muffin</b>	1 muffin
	<b>Orange Juice</b>	1 cup
	<b>Banana</b>	1 medium banana
<b>Lunch</b>	<b>Macaroni and Tuna Fish Salad* served on Lettuce Leaves (See Recipe on pg 14)</b>	1.5 serving Macaroni and Tuna Fish Salad 5 Looseleaf Lettuce, raw
	<b>Broccoli Florets</b>	1 cup Broccoli
	<b>Skim Milk</b>	1 cup Milk, 1% Milkfat with added vitamin A & D
<b>Dinner</b>	<b>Caesar Salad</b>	1 cup, chopped Romaine Lettuce 1 tbsp Parmesan cheese 0.25 cup plain Croutons 1 tbsp Caesar Salad Dressing
	<b>Chicken Spaghetti IV** (See Recipe on pg 15)</b>	1 serving
<b>Snack</b>	<b>Peanut Butter and Apple</b>	1 medium Apple 2 tbsp Natural Peanut Butter, unsalted
	<b>Blueberry Fat Free Granola Bar</b>	1 each

\* Macaroni and Tuna Fish Salad: <http://allrecipes.com/Recipe/Macaroni-and-Tuna-Fish-Salad/Detail.aspx>

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



# SUNDAY

## NUTRITION GOAL

	<b>Meal Plan</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Calories</b>	1964.81 Kcal	342.09 Kcal	440.53 Kcal	744.64 Kcal	437.55 Kcal
Cal from Carbs	59%	78%	54%	68%	28%
Cal from Fat	30%	3%	38%	22%	60%
Cals from Protein	11%	19%	8%	9%	12%
Cals from Sat Fat	5%	1%	5%	7%	7%
Carbohydrates	302 g	69.19 g	62.93 g	136.48 g	33.39 g
Cholesterol	13.85 mg	4.9 mg	0 mg	8.95 mg	0 mg
Dietary Fiber	40.33 g	3.08 g	9.75 g	18.31 g	9.18 g
Fat	67.36 g	1.25 g	19.59 g	15.14 g	31.38 g
Protein	57.36 g	16.49 g	8.8 g	17.87 g	14.2 g
Sodium	1342.93 mg	192.3 mg	533.84 mg	614.59 mg	2.2 mg

## SUNDAY MENU

	<b>Ingredient</b>	<b>Serving</b>
<b>Breakfast</b>	<b>Banana and Yogurt</b>	1 cup Yogurt 1 medium Banana
	<b>Grapefruit Juice</b>	1 cup Grapefruit juice
<b>Lunch</b>	<b>Kerry's Beany Salad* served over Arugula</b> (See Recipe on pg 15)	1 serving Kerry's Beany Salad 1 cup Arugula
	<b>Grapes</b>	1 cup seedless Grapes
<b>Dinner</b>	<b>Caesar Salad</b>	1 cup Romaine Lettuce, chopped 1 tbsp Parmesan Cheese, grated 0.25 cup plain Croutons
	<b>Spicy Potato Soup**</b> (See Recipe on pg 16)	1 serving
	<b>Italian Bread</b>	2 medium slice
	<b>Baked Yam</b>	1 cup cooked Yam, cubes
<b>Snack</b>	<b>Peanut Butter and Apple</b>	1 medium Apple 2 tbsp Natural Peanut Butter, unsalted
	<b>Almonds</b>	1 oz

\* Kerry's Beany Salad: <http://allrecipes.com/Recipe/Kerrys-Beany-Salad/Detail.aspx>

\*\* Spicy Potato Soup: <http://allrecipes.com/Recipe/Spicy-Potato-Soup/Detail.aspx>

# RECIPES

## Mango Salsa Salmon

Submitted by: Kasia and Andrew



*"This is a delicious and colorful recipe! It's very easy to make and has a nice sweet flavor."*

PREP TIME: 15 Min  
COOK TIME: 15 Min  
READY IN: 30 Min  
Servings Per Recipe: 4

### Ingredients

4 (6 ounce) salmon steaks  
3 tablespoons olive oil  
1 large red onion, diced  
2 cloves garlic, peeled and minced  
2 tomatoes, diced  
1 sprig fresh cilantro, chopped  
2 mangos - peeled, seeded, and diced

### Directions

Preheat the oven broiler. Line a broiler pan with foil.

Broil salmon steaks on the prepared pan 12 minutes, or until easily flaked with a fork.

Heat olive oil in a medium saucepan over medium heat, and saute onion until tender. Stir in garlic, tomatoes, and cilantro. Cook until heated through, 1 to 2 minutes, and remove from heat. Mix in the mangos. Serve over the salmon steaks.

**Amount Per Serving:** Calories: 494 Total Fat: 28.9g Cholesterol: 99mg  
Sodium: 108mg Total Carbs: 24.2g Dietary Fiber: 3.3g Protein: 35g

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

## Sara's Special Red Potato Salad

Submitted by: Sara

*"Vanilla yogurt adds a different, healthy twist and tang to this light, delicious potato salad. It's great as a side dish or even an autumn picnic."*

PREP TIME: 15 Min  
COOK TIME: 15 Min  
READY IN: 30 Min  
Servings Per Recipe: 6

### Ingredients

4 cups peeled and diced red potatoes  
3/4 cup vanilla yogurt  
1/4 cup chopped green onions  
1/2 lemon, juiced  
1/2 cup chopped celery  
1/2 cup shredded carrots  
1/4 cup fresh bean sprouts  
1/8 cup minced red onion  
Salt and pepper to taste  
1 dash garlic salt

### Directions

Bring a large pot of lightly salted water to a boil. Add potatoes and cook for 15 minutes or until tender but firm. Drain the potatoes and transfer to a large bowl.

In a large mixing bowl, toss together the vanilla yogurt, green onions, lemon, celery, carrots, bean sprouts, red onion, salt, pepper and garlic salt. Pour the mixture over the potatoes. Mix gently, thoroughly coating but not mashing the potatoes. Refrigerate until serving.

**Amount Per Serving:** Calories: 140 Total Fat: 0.6g Cholesterol: 2mg  
Sodium: 93mg Total Carbs: 25.3g Dietary Fiber: 2.7g Protein: 3.5g

<http://allrecipes.com/Recipe/Saras-Special-Red-Potato-Salad/Detail.aspx>

# RECIPES

## Easy Hummus

Submitted by: Erin



*"I make this hummus all the time. It only takes a few minutes to prepare, and it's healthier without the oil. Increase or decrease the ingredients as desired, especially the jalapenos! Serve with pita chips or fresh veggie slices. Add more of the reserved bean liquid for a smoother dip."*

PREP TIME: 5 Min  
READY IN: 5 Min  
Servings Per Recipe: 16

### Ingredients

1 (15 ounce) can garbanzo beans, drained, liquid reserved  
2 ounces fresh jalapeno pepper, sliced  
1/2 teaspoon ground cumin  
2 tablespoons lemon juice  
3 cloves garlic, minced

### Directions

In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid. Blend until smooth.

**Amount Per Serving:** Calories: 34 Total Fat: 0.3g Cholesterol: 0mg  
Sodium: 80mg Total Carbs: 6.6g Dietary Fiber: 1.3g Protein: 1.4g

<http://allrecipes.com/Recipe/Easy-Hummus/Detail.aspx>

## Lemon and Thyme Lamb Chops

Submitted by: Diane



*"Drag that grill out of storage for spring grilling! Make extra marinade to use on grilled vegetables. Serve with a mint sauce and warmed flatbread."*

PREP TIME: 10 Min  
COOK TIME: 10 Min  
READY IN: 1 Hr 20 Min  
Servings Per Recipe: 4

### Ingredients

2 tablespoons and 2 teaspoons olive oil  
1 tablespoon and 1 teaspoon lemon juice  
1 teaspoon chopped fresh thyme  
salt and pepper to taste  
4 lamb chops

### Directions

Stir together olive oil, lemon juice, and thyme in a small bowl. Season with salt and pepper to taste. Place lamb chops in a shallow dish, and brush with the olive oil mixture. Marinate in the refrigerator for 1 hour.

Preheat grill for high heat.

Lightly oil grill grate. Place lamb chops on grill, and discard marinade. Cook for 10 minutes, turning once, or to desired doneness.

**Amount Per Serving:** Calories: 205 Total Fat: 17.6g Cholesterol: 42mg  
Sodium: 66mg Total Carbs: 0.5g Dietary Fiber: 0g Protein: 10.8g

<http://allrecipes.com/Recipe/Lemon-and-Thyme-Lamb-Chops/Detail.aspx>

# RECIPES

## Tofu Keema

Submitted by: Pat T



*"Indian mince tofu curry with green peas - can be eaten with naan or rice - family and guests love it!"*

PREP TIME: 15 Min  
COOK TIME: 25 Min  
READY IN: 40 Min  
Servings Per Recipe: 4

### Ingredients

1 (16 ounce) package firm tofu  
3 tablespoons vegetable oil  
1 teaspoon cumin seeds  
1 onion, chopped  
1 teaspoon minced fresh ginger root  
1 teaspoon minced garlic  
1 cup frozen peas, thawed  
2 teaspoons curry powder  
1 cup chopped fresh tomatoes  
Salt to taste  
1 fresh jalapeno pepper, chopped

### Directions

Place tofu in a colander, and cover with a plate. Weight down with a skillet or some other heavy object. Let drain for 30 minutes. Place in the freezer for 24 hours.

Remove tofu from freezer, and defrost. Mince, and set aside.

Heat oil in a large skillet over medium heat; add cumin seeds, and cook until the seeds begin to sputter. Cook onion, ginger, garlic in oil until browned. Stir in tofu, peas, and curry powder; cook, stirring frequently, for 5 minutes. Then stir in tomatoes and salt. Cover, and cook for 15 minutes. Stir in chopped pepper, and cook for 2 to 3 minutes.

**Amount Per Serving:** Calories: 340 Total Fat: 21.8g Cholesterol: 0mg  
Sodium: 547mg Total Carbs: 20.2g Dietary Fiber: 6.3g Protein: 21.4g

<http://allrecipes.com/Recipe/Tofu-Keema/Detail.aspx>

## Gourmet Tuna Salad

Submitted by: Patricia Jones

*"The combination of green olives, almonds and capers in addition to the usual ingredients in tuna salad makes this recipe exceptionally good."*

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

### Ingredients

1 (12 ounce) can albacore tuna in water, drained and flaked  
2 green onions, chopped  
1 stalk celery, diced  
1/4 cup pimento-stuffed green olives, chopped  
2 tablespoons capers, chopped  
1/4 cup blanched slivered almonds  
1 dash Worcestershire sauce  
1/2 cup mayonnaise  
1/4 cup sour cream

### Directions

In a mixing bowl, combine tuna, green onions, celery, green olives, capers and almonds.

In a small bowl, whisk together mayonnaise, sour cream and Worcestershire sauce.

Blend together dressing and tuna mixture. Serve on bed of lettuce or with croissant as a tuna salad sandwich.

**Amount Per Serving:** Calories: 406 Total Fat: 33.2g Cholesterol: 58mg  
Sodium: 909mg Total Carbs: 4.4g Dietary Fiber: 1.4g Protein: 22.9g

<http://allrecipes.com/Recipe/Gourmet-Tuna-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: 4

### 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>

## 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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## Macaroni and Tuna Fish Salad

Submitted by: Juice

*"In a rush and need something delicious and tummy filling? This recipe is great for working parents whose children are constantly scouring the refrigerator for food to munch on."*

PREP TIME: 5 Min  
COOK TIME: 10 Min  
READY IN: 20 Min  
Servings Per Recipe: 10

### Ingredients

1 (16 ounce) package macaroni  
2 (6 ounce) cans tuna, drained  
1/4 cup mayonnaise  
Salt and pepper to taste  
Garlic powder to taste  
1 pinch dried oregano  
1 onion, finely chopped

### Directions

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

Mix both cans of tuna into the cooled pasta. Add the mayonnaise. Use more or less to your taste. You want just enough to get the flavor into the salad, but not enough to see the white of the mayonnaise on the noodles. Stir in salt, pepper, garlic powder, oregano and onion.

**Amount Per Serving:** Calories: 241 Total Fat: 5.4g Cholesterol: 13mg  
Sodium: 50mg Total Carbs: 32.9g Dietary Fiber: 1.7g Protein: 14.1g

<http://allrecipes.com/Recipe/Macaroni-and-Tuna-Fish-Salad/Detail.aspx>



# RECIPES

## Chicken Spaghetti IV

Submitted by: Rena Jones



*“Chicken breast sauteed with mushroom, bell pepper and onion, then stirred into hot angel hair pasta and spaghetti sauce. A tasty, quick and simple recipe that I received from a friend. Serve with garlic bread, if desired.”*

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

### Ingredients

2 tablespoons olive oil  
1/4 cup sliced fresh mushrooms  
1/4 cup chopped green bell pepper  
1 small onion, chopped  
1 pound skinless, boneless chicken breast meat - cut into strips  
1 (8 ounce) package angel hair pasta  
1 cup spaghetti sauce

### Directions

Heat oil in a large skillet over medium high heat. Saute mushrooms, bell pepper and onion until soft; remove from skillet and set aside. Saute chicken for about 15 minutes, or until cooked through and juices run clear. Return mushroom mixture to skillet and stir all together.

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.

Return pasta to pot over medium heat and stir in spaghetti sauce; heat through, then stir in chicken mixture and heat through, stirring. Serve hot.

**Amount Per Serving:** Calories: 397 Total Fat: 11.4g Cholesterol: 66mg Sodium: 560mg Total Carbs: 38.6g Dietary Fiber: 3.5g Protein: 34g

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

## Kerry's Beany Salad

Submitted by: Jessica

*“Yummy, yummy, yummy salad with black beans, rice, corn and other good stuff. Its' a good idea to prepare the rice and barley ahead of time that way you can just throw the salad together.”*

PREP TIME: 15 Min  
COOK TIME: 1 Hr 5 Min  
READY IN: 1 Hr 20 Min  
Servings Per Recipe: 6

### Ingredients

1/2 cup pearl barley  
1/2 cup long-grain white rice  
1 cup canned black beans, drained  
1 cup canned kidney beans, drained  
1 cup whole corn kernels, cooked  
1/2 cup chopped green onions  
1 red bell pepper, chopped  
1/4 cup chopped fresh cilantro  
8 leaves lettuce  
1/4 cup red wine vinegar  
1 clove garlic, minced  
1 teaspoon chili powder  
1/2 teaspoon salt  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon ground black pepper  
1/2 cup olive oil

### Directions

In a large saucepan bring 2 cups of water to a boil. Stir in barley and reduce heat to medium-low, cover and simmer for 40 to 45 minutes or until tender. Let cool.

In a saucepan bring 1 1/2 cups water to a boil add the rice. Reduce heat to low and simmer, covered for about 20 minutes or until tender. Let cool.

In a large bowl, combine the cooled barley, rice, black beans, kidney beans, corn, onions, red bell pepper and cilantro. Mix well.

To make dressing: In a small bowl, whisk together vinegar, garlic, chili powder, salt, red pepper flakes and black pepper. Whisk in oil and pour over salad and toss well. Transfer to a lettuce-lined bowl to serve.

**Amount Per Serving:** Calories: 379 Total Fat: 19g Cholesterol: 0mg Sodium: 527mg Total Carbs: 48g Dietary Fiber: 8.6g Protein: 7.8g

<http://allrecipes.com/Recipe/kerrys-Beany-Salad/Detail.aspx>



# RECIPES

## Spicy Potato Soup I

Submitted by: Felicia Martinez

*"This savory soup will warm you on the coldest day, and can help you chase away head colds."*

PREP TIME: 5 Min

COOK TIME: 35 Min

READY IN: 50 Min

Servings Per Recipe: 6

### Ingredients

6 large potatoes, cubed  
2 red bell peppers, seeded and diced  
1 1/2 serrano chiles, finely chopped  
Salt to taste  
Ground black pepper to taste  
1 dash paprika  
2 tablespoons vegetable oil  
8 cups water

### Directions

In a saucepan, fry potatoes in oil until golden brown.

Stir in peppers, water, and seasonings. Cover, and simmer until potatoes are tender.

**Amount Per Serving:** Calories: 347 Total Fat: 4.6g Cholesterol: 0mg  
Sodium: 37mg Total Carbs: 69.7g Dietary Fiber: 10.1g Protein: 7.9g

<http://allrecipes.com/Recipe/Spicy-Potato-Soup-I/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>