

# Your Meal Plan



Tuesday - March 27

Breakfast	Midmeal #1	Lunch
<b>Flatbreads with roast beef and tomato</b> 3 flatbreads 2 oz. sliced, deli roast beef 3 tomato slices 1/2 cup cantaloupe	<b>Turkey crisp</b> 2 slices Melba toast (no salt) 2 oz. low sodium, cooked & sliced turkey breast 1 oz. vegetarian soy cheese 1/2 cup canned mandarin orange sections	<b>Italian Tuna and Bean Salad with Melba toast *</b> 2 slices Melba toast (no salt)
Midmeal #2	Dinner	Dessert
<b>Crunchy Salmon Salad *</b>	<b>Turkey Ragout with pasta *</b>	<b>Vanilla soy yogurt with blueberries</b> 6 oz. vanilla soy yogurt 1/2 scoop soy protein powder 1/4 cup fresh blueberries 1/4 oz. soy nuts

## Tuesday Recipes

### Turkey Ragout\*

#### Ingredients:

1/4 cup chopped onion  
 1/2 medium red bell pepper  
 3/4 cup zucchini squash  
 1 tbsp. fresh basil  
 1 clove garlic  
 4 1/2 oz. ground skinless turkey breast  
 1/4 tsp. dried oregano  
 1/2 cup tomato sauce, low sodium  
 1 oz. red wine

#### Directions:

Cook pasta according to recipe directions. Rinse and chop onions, pepper, zucchini and basil; mince garlic and set aside. Lightly coat a nonstick skillet with cooking spray and heat to medium high. Sauté vegetables and garlic for about 3 minutes; add ground turkey and continue cooking for about 8 to 10 minutes until no longer pink. Add herbs, tomato sauce and wine. Reduce heat to a simmer and cook for about 6 to 8 minutes, stirring occasionally. Serve over cooked pasta.

### Pasta\*

#### Ingredients:

1 oz. (dry, uncooked) pasta

#### Directions:

Choose pasta that you prefer, such as penne, spaghetti, or linguini. Bring water to a boil over high heat, using at least twice as much water as the amount of pasta. Add pasta and cook, stirring occasionally, until tender, but not soft, about 8 minutes. Drain pasta, and add to recipe or serve (do not rinse.)

### Italian Tuna and Bean Salad\*

#### Ingredients:

2 1/2 oz. water packed tuna  
 3 tbsp. canned white beans, rinsed and drained  
 3 cherry tomatoes  
 1 green onion  
 1/4 tsp. dried oregano  
 1 tbsp. dressing, Italian low fat

#### Directions:

Drain tuna and flake. Rinse and chop tomatoes and green onion. Combine all ingredients until well mixed. Serve.

### Crunchy Salmon Salad\*

#### Ingredients:

3 oz. canned salmon  
 1 fresh radish (medium)  
 1 tbsp. salad dressing, low fat or nonfat; low sodium

#### Directions:

Drain and flake salmon. Rinse and dice radish. Combine salmon, radish and dressing until thoroughly mixed. Serve with celery and flatbreads.

2 large celery stalks  
2 flatbreads

**Wednesday - March 28**

<b>Breakfast</b>	<b>Midmeal #1</b>	<b>Lunch</b>
<b>Fortified cereal with milk substitute and fruit</b> 1/2 cup fortified cereal 1/2 cup milk substitute 2 soy sausage links 1/2 cup fresh blueberries	<b>Pineapple Smoothie *</b>	<b>Three Bean Salad over Greens *</b>
<b>Midmeal #2</b>	<b>Dinner</b>	<b>Dessert</b>
<b>Turkey Salad *</b> 2/3 cup pineapple chunks	<b>Traditional Sloppy Joe *</b> 8 cherry tomatoes 1 tbsp. olive oil 1 tsp. balsamic vinegar 3/4 cup honeydew melon	<b>Vanilla Pudding with Blueberries *</b>

**Wednesday Recipes**

**Three Bean Salad over Greens\***

**Ingredients:**

1/4 cup canned soybeans, rinsed and drained  
 1/4 cup canned black beans, rinsed and drained  
 1/2 cup frozen green beans  
 1 oz. roasted red peppers, water packed  
 2 1/2 tbsp. salad dressing, low fat or nonfat; low sodium  
 2 tbsp. fresh parsley  
 2 cups lettuce, romaine or lettuce of choice

**Directions:**

Cook green beans in microwave oven, boil or steam for 4 to 5 minutes until crisp tender; drain and let cool. Finely chop red peppers and parsley. In a small salad bowl, combine all the beans with peppers, parsley and dressing; mix well. Rinse and dry lettuce. Spread lettuce on a plate, place bean mixture on top and serve.

**Traditional Sloppy Joe\***

**Ingredients:**

3 oz. of lean, ground round beef  
 1/4 small red onion  
 1/4 tsp. chili powder  
 1/2 tbsp. of barbecue sauce  
 1/2 tbsp. ketchup  
 1 whole wheat hamburger bun

**Directions:**

Coat a non stick skillet with cooking spray. Chop onions finely. Cook ground beef with onions and chili powder until browned, stirring occasionally. Stir in barbecue sauce and ketchup. Lower heat and simmer for about 6 to 7 minutes until mixture is thickened. Serve open faced on toasted bun.

**Turkey Salad\***

**Ingredients:**

1 cup mixed salad greens  
 3 oz. low sodium, cooked & sliced turkey breast  
 1 tbsp. salad dressing, low fat or nonfat; low sodium  
 2/3 tbsp. sliced almonds

**Directions:**

Rinse and dry salad greens. Cut turkey into strips. Place lettuce and turkey strips in salad bowl; toss with salad dressing and top with almonds. Serve.

**Vanilla Pudding with Blueberries\***

**Ingredients:**

1/2 cup soy milk  
 1/2 scoop soy protein powder  
 1 tbsp. vanilla fat free and sugar-free pudding instant packet  
 1/4 tsp. vanilla extract  
 1 packet of SPLENDA® sweetener  
 1/3 cup fresh blueberries  
 1 tbsp. sliced almonds

**Directions:**

Pour soy milk into blender and add soy protein powder. Blend on medium speed for about 15 seconds. Add pudding mix, vanilla extract and sweetener; blend at high speed until thick and creamy for about 45 seconds. Scrape down sides as needed. Spoon mixture in a dessert bowl and chill in refrigerator for at least 30 minutes. Top pudding with blueberries and almonds and serve.

**Pineapple Smoothie\***

**Ingredients:**

**Directions:**

1/2 scoop soy protein powder  
 1/4 cup pineapple juice, unsweetened  
 1 cup soy milk  
 1/3 cup pineapple chunks  
 2 packets of SPLENDA® sweetener  
 4 ice cubes

Place all ingredients, except ice cubes, in a blender and blend on medium speed for about 30 seconds. Add ice cubes and blend on high for about 30 more seconds until smoothie is completely blended. Pour into tall glass and serve. You may use artificial sweetener to suit your taste. Serve and enjoy.

### Thursday - March 29

Breakfast	Midmeal #1	Lunch
<b>Vanilla Cream of Wheat *</b>	<b>Mini Corned Beef Sandwich and fruit *</b> 1/3 cup canned mandarin orange sections	<b>Black Bean Chicken Salad *</b>
Midmeal #2	Dinner	Dessert
<b>Mandarin Chicken Salad *</b>	<b>Broiled Lemon Salmon with Couscous and asparagus salad *</b> 1 cup cooked asparagus 1/2 tbsp. salad dressing, low fat or nonfat; low sodium	<b>Two Berry Parfait *</b>

### Thursday Recipes

#### Black Bean Chicken Salad\*

##### Ingredients:

3 oz. grilled, boneless chicken breast  
 3 tbsp. canned black beans, rinsed and drained  
 1/4 medium red bell pepper  
 1/2 jalapeno pepper  
 2 tbsp. fresh cilantro (coriander)  
 3 tsp. fresh lime juice  
 1/3 tbsp. olive oil  
 1/4 tsp. cumin  
 2 cups lettuce, romaine or lettuce of choice

##### Directions:

Cut chicken into bite sized pieces. Rinse and chop bell pepper and cilantro; mince jalapeño. Whisk together lime juice, olive oil and cumin to make dressing. Combine chicken with peppers, cilantro and dressing; mix well. Serve chicken mixture on bed of lettuce.

#### Broiled Lemon Salmon\*

##### Ingredients:

4 oz. salmon filet  
 1/2 tsp. lemon pepper seasoning  
 1 tbsp. low fat or nonfat mayonnaise  
 1/2 tbsp. fresh lemon juice

##### Directions:

Preheat broiler. Rinse and pat dry salmon filet. Combine lemon pepper seasoning with mayonnaise and lemon juice. Coat salmon filet with mayonnaise mixture. Coat a broiler pan with cooking spray. Place salmon on pan and broil about 5 to 6 minutes per side until fish is no longer translucent and flakes easily.

#### Couscous\*

##### Ingredients:

2 tbsp. dry couscous  
 1/2 cup water

##### Directions:

Bring water to a boil over high heat; remove from heat, add couscous, stir and cover. Let stand for 5 minutes. Fluff with fork.

#### Vanilla Cream of Wheat\*

##### Ingredients:

1 package cream of wheat, instant cereal  
 1/2 scoop soy protein powder  
 1/4 tsp. vanilla extract  
 1/4 tsp. cinnamon  
 1 packet of SPLENDA® sweetener  
 1 1/2 tbsp. sliced almonds

##### Directions:

Add protein powder to cereal and cook with water per package instructions. Stir in vanilla, cinnamon and sweetener to taste. Top with almonds and serve.

#### Mandarin Chicken Salad\*

2 oz. cooked chicken strips  
1 cup mixed salad greens  
1/4 cup canned mandarin orange sections  
2 tbsp. raisins  
1 tbsp. mayonnaise, egg-free, low fat

**Directions:**

Cut chicken into bite size pieces; set aside. Rinse and pat dry mixed greens; chop and set in a shallow plate. Drain mandarin oranges. In a bowl combine chicken, mandarins, raisins and mayonnaise. Top greens with chicken salad and enjoy!

**Two Berry Parfait\***

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**Ingredients:**

1/2 scoop soy protein powder  
4 oz. vanilla soy yogurt  
1/4 cup fresh raspberries  
1/4 cup sliced fresh strawberries  
1 packet of SPLENDA® sweetener  
1/2 tbsp. sliced almonds

**Directions:**

Dissolve protein powder into yogurt. Rinse and slice raspberries; place in a small bowl and sprinkle with half a packet of sugar substitute; place strawberries in another small bowl and sprinkle with the other half of sugar substitute. In a parfait glass, layer raspberries, half the yogurt mixture, then the strawberries and finish with the other half of the yogurt mixture. Sprinkle sliced almonds on top of the yogurt and serve.

**Mini Corned Beef Sandwich\***

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**Ingredients:**

1 slice rye bread  
2 tsp. mustard, prepared  
3 oz. sliced, deli corned beef

**Directions:**

Toast bread and cut in half. Spread bread with mustard and top with corned beef on one half to make sandwich. Serve.

**Friday - March 30**

<b>Breakfast</b>	<b>Midmeal #1</b>	<b>Lunch</b>
<b>Strawberry Oatmeal and soy milk *</b> 1/2 cup soy milk	<b>Soy yogurt and fruit</b> 1/2 scoop plain (unsweetened) protein powder 8 oz. low fat, dairy-free yogurt (soy) 1/2 cup sliced fresh strawberries	<b>Oriental Turkey Salad *</b> 1 low sodium rice cake
<b>Midmeal #2</b>	<b>Dinner</b>	<b>Dessert</b>
<b>Mini Corned Beef Sandwich with carrots *</b> 5 baby carrots 1 tbsp. ranch low fat dressing	<b>Beef and Pepper Pocket with strawberries *</b> 3/4 cup sliced fresh strawberries	<b>Blueberry Parfait *</b>

**Friday Recipes****Oriental Turkey Salad\*****Ingredients:**

3 oz. boneless , skinless turkey breast  
 1/3 tbsp. teriyaki sauce  
 1 green onion  
 1 cup shredded green cabbage  
 2 tbsp. fresh shredded carrots  
 1 tsp. sesame oil  
 1 tbsp. rice vinegar  
 1/2 tsp. lite soy sauce  
 1/4 tsp. ground ginger  
 3 unsalted dry roasted peanuts

**Directions:**

Rinse and pat dry turkey. Cut into bite sized pieces and add teriyaki sauce; toss pieces to coat. Coat a nonstick skillet with cooking spray and heat to medium high. Sauté turkey for 4 or 5 minutes until cooked and no longer pink; remove from heat and let cool. Rinse and chop green onion. Combine cabbage, carrot and onion in a bowl. Whisk sesame oil with rice vinegar, soy sauce and ginger to make a dressing. Combine all ingredients and toss to coat. Crush peanuts and sprinkle on top of salad. Serve.

**Strawberry Oatmeal\*****Ingredients:**

1/3 cup old fashioned dry oatmeal  
 1/2 scoop soy protein powder  
 1 packet of SPLENDA® sweetener  
 1/3 cup sliced fresh strawberries

**Directions:**

Add protein powder to oatmeal and cook with water per package instructions. Stir in sweetener to taste. Note: Instead of water, you may use some of the soy milk in your meal to prepare oatmeal to desired consistency. Top with strawberries and serve.

**Beef and Pepper Pocket\*****Ingredients:**

4 oz. sliced, deli roast beef  
 1/2 bell pepper, green  
 1/2 small red onion  
 1 tsp. balsamic vinegar  
 1/4 tsp. dried oregano  
 1/4 tsp. garlic powder  
 1/3 tbsp. olive oil  
 1/2 whole-wheat, approximately 6 inches (2 oz) pita bread  
 1/2 oz. vegetarian dairy-free low fat or fat-free Mozzarella cheese

**Directions:**

Cut roast beef into strips and set aside. Rinse and thinly slice pepper and onion. Heat oil in a non stick skillet to medium high and sauté vegetables for about 3 to 4 minutes until onions are translucent; mix in balsamic vinegar, oregano and garlic powder. Add beef strips and sauté until heated thoroughly. Stuff mixture into pita pocket, top with vegetarian cheese and serve.

**Mini Corned Beef Sandwich\*****Ingredients:**

1 slice rye bread  
 2 tsp. mustard, prepared  
 3 oz. sliced, deli corned beef

**Directions:**

Toast bread and cut in half. Spread bread with mustard and top with corned beef on one half to make sandwich. Serve.

**Blueberry Parfait\*****Ingredients:****Directions:**

4 oz. low fat, dairy-free yogurt (soy)  
1/4 cup fresh blueberries  
1 oz. soy nuts

Rinse and dry blueberries. Combine blueberries, soy nuts and yogurt together. Serve and enjoy!

### Saturday - March 31

Breakfast	Midmeal #1	Lunch
<b>Hot Oat Bran Cereal with Blueberries and soy yogurt *</b> 4 oz. low fat, dairy-free yogurt (soy)	<b>Chicken sandwich</b> 2 slices whole wheat bread 3 oz. low sodium cooked and sliced chicken breast 1 tsp. mustard, prepared	<b>Sautéed Scallop Salad *</b>
Midmeal #2	Dinner	Dessert
<b>Roast Beef Salad *</b> 2/3 cup pineapple chunks	<b>Fast Food: Taco Bell</b> Beef Gordita Baja® (350 calories)	<b>Strawberry Vanilla Smoothie *</b>

### Saturday Recipes

#### Hot Oat Bran Cereal with Blueberries\*

##### Ingredients:

1/3 cup oat bran cereal  
1/2 scoop soy protein powder  
1/4 tsp. vanilla extract  
1/4 tsp. cinnamon  
1 packet of SPLENDA® sweetener  
3 tbsp. fresh blueberries

##### Directions:

Add protein powder to cereal and cook with water per package instructions. Stir in vanilla, cinnamon and sweetener to taste. Top with blueberries and serve.

#### Sautéed Scallop Salad\*

##### Ingredients:

3 oz. scallops  
1/4 tsp. garlic powder  
1/4 tsp. cumin  
1/3 tbsp. olive oil  
1 green onion  
4 cherry tomatoes  
2 tbsp. fresh shredded carrots  
2 cups lettuce, romaine or lettuce of choice  
1 tbsp. dressing, Italian low fat  
1/4 cup of croutons

##### Directions:

Rinse and pat dry scallops; coat with spices and set aside. Heat oil in a non stick skillet to medium high and sauté scallops 3 to 4 minutes until they are lightly golden, turning once; remove from skillet. Rinse and chop green onion and cut cherry tomatoes in half. Place rinse and dried greens on plate, top with scallops and rest of ingredients. Drizzle salad with dressing and serve.

#### Roast Beef Salad\*

##### Ingredients:

1 cup mixed salad greens  
3 oz. sliced, deli roast beef  
1 tbsp. salad dressing, low fat or nonfat; low sodium  
1/2 tbsp. sliced almonds

##### Directions:

Rinse and dry salad greens. Cut roast beef into strips. Place lettuce and beef strips in salad bowl; toss with salad dressing and top with almonds. Serve.

#### Strawberry Vanilla Smoothie\*

##### Ingredients:

1/2 scoop soy protein powder  
1 1/4 cups soy milk  
1/4 tsp. vanilla extract  
2/3 cup frozen strawberries  
2 packets of SPLENDA® sweetener  
3 ice cubes

##### Directions:

Place all ingredients, except ice cubes, in a blender; blend on medium speed for about 30 seconds. Add ice cubes and blend on high for about 30 more seconds until smoothie is completely blended. Pour into tall glass and serve. You may use artificial sweetener to suit your taste. Serve and enjoy!

**Sunday - April 1**

<b>Breakfast</b>	<b>Midmeal #1</b>	<b>Lunch</b>
<b>Midmeal #2</b>	<b>Dinner</b>	<b>Dessert</b>

**Sunday Recipes**

<b>No Recipes Available</b>
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**Monday - April 2**

<b>Breakfast</b>	<b>Midmeal #1</b>	<b>Lunch</b>
<b>Blackberry Shake *</b>	<b>Tropical Orange Banana Smoothie *</b>	<b>Grilled Fish and Corn Salad *</b>
<b>Midmeal #2</b>	<b>Dinner</b>	<b>Dessert</b>
<b>Roast beef sandwich</b> 2 slices whole wheat bread 2 1/2 oz. sliced, deli roast beef 1 tsp. mustard, prepared	<b>Southwestern Shrimp Wrap *</b>	<b>Triple Berry Smoothie *</b>

**Monday Recipes****Grilled Fish and Corn Salad\*****Ingredients:**

3 oz. baked or grilled sole or cod  
1/3 cup frozen corn  
5 cherry tomatoes  
2 tbsp. dressing, Italian low fat  
2 cups mixed salad greens

**Directions:**

Flake cooked fish into bite sized pieces. Cook corn in microwave 2 to 3 minutes per package directions and set aside to cool. Quarter tomatoes. Combine fish with corn, tomatoes and dressing and toss to mix well. Serve on bed of salad greens.

**Blackberry Shake\*****Ingredients:**

1 scoop soy protein powder  
3/4 cup soy milk  
2 tbsp. unsweetened orange juice  
1/2 cup water  
1/2 cup blackberries  
1/4 tsp. vanilla extract  
3 ice cubes  
2 packets of SLENDA® sweetener

**Directions:**

Place all ingredients, except ice cubes, in a blender and blend at medium speed for about 30 to 45 seconds. Add ice cubes and blend on high for about 30 more seconds until shake is completely blended. Pour into tall glass and serve. Note: You may use more or less of artificial sweetener to suit your taste.

**Southwestern Shrimp Wrap\*****Ingredients:**

1/2 tbsp. olive oil  
1 cup frozen mixed vegetables  
4 oz. frozen, pre-cooked medium-sized shrimp  
2 whole wheat (approximately 6 inch diameter) tortillas  
2 tbsp. low sodium salsa

**Directions:**

Heat oil in a non stick skillet on medium-high. Add veggies, stir-fry until tender, but still crisp. Defrost pre-cooked shrimp, if frozen, according to package directions. Add shrimp to skillet with vegetables and heat through. Remove from heat. Place tortilla on a plate; spread shrimp mixture over half the tortilla, top with salsa; fold over the edge with the filling and roll it up. Serve and enjoy!

**Triple Berry Smoothie\*****Ingredients:**

1/3 cup fresh raspberries  
1/3 cup fresh blueberries  
1/3 cup sliced fresh strawberries  
6 oz. low fat, dairy-free yogurt (soy)  
1 packet of SLENDA® sweetener  
1/2 scoop soy protein powder

**Directions:**

Wash and dry berries; cut strawberries in half and put them in a bowl with the rest of the fruits. Pour yogurt into blender, add Splenda® and protein powder; blend in medium speed for 15 seconds. Add fruits to the mixture and blend on high speed until smooth for about 1-2 minutes, stopping blender to scrape sides as needed. Pour mixture in a tall glass and enjoy!

**Tropical Orange Banana Smoothie\*****Ingredients:**

1/2 scoop soy protein powder  
3/4 cup soy milk  
1/2 cup orange juice, calcium fortified

**Directions:**

Place all ingredients, except ice cubes, in a blender and blend at medium speed for about 30 seconds. Add ice cubes and blend on high for about 30 more

1/2 medium banana  
1 packet of SPLENDA® sweetener  
3 ice cubes

seconds until shake is completely blended. Pour into tall glass and serve. You may use artificial sweetener to suit your taste. Serve and enjoy.