

Breakfast: Southwestern scrambled eggs and bacon

YIELD: Serves 2

Per portion:

GI: 52

GL: 4.4

Calories: 154; Carbohydrates: 18 g; Fiber: 2.5 g; Protein: 10.5 g; Fat: 7.59 g;
Saturated Fats: 1.7 g; Sodium: 223 mg

INGREDIENTS:

- 2 eggs
- 2 low-sodium thin bacon strips
- 2 Nature's Own "®" Sour Dough Light bread/toasted
- ¼ tsp. Mrs. Dash "®" Southwest Chipotle Seasoning
- ¼ cup of onion/ chopped
- ¼ green pepper/ chopped
- 2 tablespoons of fat-free sour cream
- 1 tablespoon 1% skim milk
- 2 Slices sour dough light bread

PREPARATION:

1. In a medium skillet, fry bacon until crisp, on medium heat. Place crisp bacon on a paper towel on a small plate. Cover with foil. Set aside.
2. Break eggs into a medium bowl, add milk. Beat with spoon until frothy. Add onion, green pepper, and sour cream. Mix well. Spray skillet with Canola "®" vegetable spray. Heat skillet on medium heat. Pour in egg and vegetable mixture. Scramble eggs until desired consistency. Remove eggs to warm platter. Sprinkle with southwest seasoning. Toast bread and serve with bacon, and eggs.

Bon appétit!

Mid-Morning Snack: small apple

YIELD: Serves 1

Per portion: 1

GI: 19

GL: 4

Calories: 77; Carbohydrates: 21 g; Fiber: 4 g; Protein: 0 g; Fat: 0 g; Saturated Fats: 0 g; Sodium: 1 mg

Bon appétit!

Lunch: Pixie Lee's Chicken

YIELD: Serves 2

Per portion:

GI: 43

GL: 6

Calories: 414; Carbohydrates: 30 g; Fiber: 2 g; Protein: 56.7 g; Fat: 9.9 g; Saturated Fats: 3 g; Sodium: 135 mg

INGREDIENTS:

- 2 boneless chicken breasts/4 oz. each
- ¾ tsp olive oil
- 1/8 cup low sodium soy sauce
- Juice of 1 lemon squeezed
- ¾ tsp chili powder
- ¾ tsp cumin seed
- 1 tsp. coriander
- 3 cloves of garlic/ chopped
- 1 tsp. honey
- 1/4 cup red wine
- 1.5 tablespoon chopped cilantro
- 2 tablespoons of no-fat sour cream
- 4 ounces “Fresh Express®” mixed salad greens
- 1 lime, sliced in wedges

PREPARATION:

1. Mix together, soy sauce, olive oil, lemon, honey, garlic and spices, in a medium bowl. Pour over chicken breasts in a baking pan. Refrigerate for 1 hour.
2. Preheat the broiler; pour the wine over the chicken breasts. Broil the chicken for 10 minutes. Baste every 3 minutes, to keep chicken moist.
3. Place chicken on plates, put 1 tablespoon each of sour cream on top of chicken breasts. Serve with leafy greens and lime slices.

Bon appétit!

Afternoon Snack: Cashew nuts, dry roasted without salt

YIELD: Serves 1

Per portion: 1 oz.

GI: 33

GL: 3

Calories: 161; Carbohydrates: 9 g; Fiber: 1 g; Protein: 4 g; Fat: 13 g; Saturated Fats: 3 g; Sodium: 4 mg

Dinner: Turkey breast club

YIELD: Serves 1

Per portion:

GI: 50

GL: 6

Calories: 432; Carbohydrates: 24 g; Fiber: 4 g; Protein: 39 g; Fat: 19 g;

Saturated Fats: 4 g; Sodium: 454 mg

INGREDIENTS:

- 3 oz. roasted turkey breast/sliced
- 1 slice oat bran bread/toasted or 1 Mission Brand Carb Balance® low carb tortilla
- 1 large slice tomato/ ½ inch thick
- 2 tbs. alfalfa sprouts
- 1 oz. mashed avocado/ seeded
- 1 slice low- sodium bacon
- 1 slice sweet onion
- 1 slice cheddar low-fat cheese/1 oz.
- ½ cooked cabbage
- 1 ham hock
- 1 cup water
- black pepper
- 1 tbs. fat free mayonnaise

PREPARATION:

1. In a small skillet, fry bacon slice until crisp. Cover with foil.
2. Bring water to a boil in a large saucepan, with ham hock and cabbage added. Add 1 tsp. pepper to season. Cook until tender on low heat with lid on, for 15 minutes.
3. Remove seeds and mash avocado in a small bowl.
4. Toast bread, cut in half, (or, if you are using a tortilla warm for 10 seconds in microwave. Coat with thin layer of mayonnaise, and add sliced turkey breast, cheese, bacon, alfalfa sprouts, tomato, and onion.
5. Serve sandwich with hot cabbage soup

Bon appétit!

Evening Snack: 1 cup fresh blackberries

YIELD: Serves

Per portion:

GI: 27

GL: 4

Calories: 62; Carbohydrates: 15 g; Fiber: 1 g; Protein: 2 g; Fat: 1 g; Saturated
Fats: 0 g; Sodium: 1 mg