

Breakfast: Sunrise Omelet

YIELD: Serves 1

Per portion:

GI: 0

GL: 0

Calories: 366; Carbohydrates: 15.1 g; Fiber: 3 g; Protein: 48.5 g; Fat: 12.3g; Saturated Fats: 4 g; Sodium: 898 mg

INGREDIENTS:

- ½ cup red Bell pepper, chopped
- Egg substitute, 1 cup (251 grams)
- ½ cup low fat cheddar cheese (98 grams), shredded
- ½ cup chopped onion

PREPARATION:

1. Place non-stick skillet over medium heat.
2. Spray with vegetable oil cooking spray.
3. Pour egg substitute into pan. Add salt and pepper to taste. Move spatula around the edges until all egg is set.
4. Turn eggs over like a pancake.
5. Add onion, Bell pepper, and cheese.
6. Cook for one minute and then fold omelet in pan.
7. Transfer to a plate.

Bon appetite!

Mid-Morning Snack: Yogurt with Fruit

YIELD: Serves 1

Per portion: Serving size = one container (6 oz.)

GI: 14

GL: 1.8

Calories: 100; Carbohydrates: 19 g; Fiber: 0 g; Protein: 5 g; Fat: 0g; Saturated Fats: 0 g; Sodium: 85 mg

INGREDIENTS:

- 1 container light yogurt
- ½ cup fresh or frozen blueberries

PREPARATION:

1. Add fresh or frozen fruit to yogurt. Mix well and eat.

Bon appetite!

Lunch: Tomato Soup with Grilled Cheese Sandwich

YIELD: Serves 1, serving size = 1 cup soup and 1 slice of bread with cheese

Per portion:

GI: Soup (38), pumpernickel bread (41)

GL: Soup (2.8), pumpernickel bread (4.9)

Calories: 187; Carbohydrates: 33g; Fiber: 3g; Protein: 9g; Fat: 3.3 g; Saturated Fats: 0g; Sodium: 1206mg

INGREDIENTS:

- 1 can tomato soup
- 1 slice course pumpernickel bread
- 1 slice fat free cheese
- Fat free butter spray

PREPARATION:

1. Place a non-stick skillet on medium heat.
2. Make your sandwich using the one slice of bread and fat free cheese.
3. Spray bottom of the bread with fat free butter spray.
4. Cook sandwich until golden brown. Use a spatula to fold sandwich in half. Mash both sides firmly together to close the sandwich.
5. Pour tomato soup in a one-quart saucepan. Heat on medium heat until it starts to bubble. Stir frequently.
6. Transfer soup to a bowl and the sandwich to a plate.

Side Dish: Carrots and Celery sticks

YIELD: Serves 1

Per portion:

GI: 16

GL: 1.3

Calories: 35; Carbohydrates: 8 g; Fiber: 3 g; Protein: 1 g; Fat: 0g; Saturated Fats: 0 g; Sodium: 91 mg

INGREDIENTS:

- 1 carrot, cut into bite size pieces
- 1 celery stalk, cut into bite size pieces

PREPARATION:

1. Cut carrot and celery into bite size pieces.

Bon appetite!

Afternoon Snack: Cucumbers and Ranch dressing

YIELD: Serves 1

Per portion:

GI: 0

GL: 0

Calories: 90; Carbohydrates: 5.8 g; Fiber: 1g; Protein: 0 g; Fat: 7g; Saturated Fats: 0 g; Sodium: 304 mg

INGREDIENTS:

- 1 cup cucumber slices, with peel
- ¼ cup low fat Ranch dressing (1/4 cup = 4 tbsp)

Dinner: Roasted Pork Tenderloin

YIELD: Serves 4

Per portion:

GI: 0

GL: 0

Calories: 123; Carbohydrates: 2 g; Fiber: 0 g; Protein: 19 g; Fat: 4g; Saturated Fats: 1g; Sodium: 665 mg

INGREDIENTS:

- 1 pork tenderloin, extra lean (16 ounces)
- Adobo seasoning (1 tbsp)
- ½ teaspoon garlic powder

PREPARATION:

1. Season pork tenderloin by rubbing with Adobo seasoning and garlic powder
2. Bake at 325 degrees for 20 minutes per pound. Tenderloin is ready when it reaches an internal temperature of at least 160 degrees.

Side Dish: Sautéed Vegetables

YIELD: Serves 4

Per portion:

GI: 0

GL: 0

Calories: 58; Carbohydrates: 13 g; Fiber: 3 g; Protein: 2 g; Fat: 0g; Saturated Fats: 0 g; Sodium: 11 mg

INGREDIENTS:

- 2 zucchini squash, cut into thick 4 inch strips
- 1 large onion, sliced
- 1 tbsp canola oil

PREPARATION:

1. Add one tablespoon canola oil to a non-stick skillet. Place skillet over medium high heat.
2. Add vegetables. Cook until heated through. Sprinkle with salt and pepper to taste.

Evening Snack: Apple with peanut butter

YIELD: Serves 1, 1 medium Braeburn or Red Delicious Apple and 1 TBS low salt Smooth Peanut Butter

Per portion:

GI: 28

GL: 4.1

Calories: 127; Carbohydrates: 22.6 g; Fiber: 4.1 g; Protein: 1.7 g; Fat: 3.2g; Saturated Fats: .7 g; Sodium: 1 mg

INGREDIENTS:

- 1 medium 5 oz apple
- 1 tbs smooth peanut butter

PREPARATION:

1. Core and slice one medium apple
2. Spread peanut butter on slices