

Breakfast: Scrambled Eggs and Cheese

YIELD: Serves 1

Per portion:

GI: 0

GL: 0

Calories: 214; Carbohydrates: 1.6g; Fiber: 0g; Protein: 19.3g; Fat: 14.4g; Saturated Fats: 7.5g; Sodium: 332mg

INGREDIENTS:

- One egg and one egg white
- 1 oz shredded cheddar cheese

PREPARATION:

1. Preheat non-stick pan over medium heat
2. Whisk one whole raw egg and one egg white
3. Add 1 oz shredded cheddar cheese like Kraft
4. Add to non-stick pan and scramble until completely cooked

Bon appétit!

Mid-Morning Snack: Ham and Cheese

YIELD: Serves 1

Per portion:

GI : 0

GL: 0

Calories: 97.3; Carbohydrates: 1g; Fiber: 0 g; Protein: 13.6 g; Fat: 4g; Saturated Fats: 1 g; Sodium: 673 mg

INGREDIENTS:

- 1 ounce piece of low fat block cheddar cheese, divided into 5 pieces
- 1 slice Canadian bacon, divided into 5 pieces

PREPARATION:

1. Top each piece of Canadian bacon with a piece of cheese.

Bon appétit!

Lunch: Taco Salad

YIELD: Serves 4

Per portion:

GI: 11.5

GL: 3

Calories: 225; Carbohydrates: 16g; Fiber: 1.7g; Protein: 26.7g; Fat: 6.2g; Saturated Fats: g; Sodium: 554mg

INGREDIENTS:

- ¾ lb. lean ground beef (95%)
- 1 tbsp chili powder
- ½ cup mild salsa, jarred
- 1 cup kidney beans, canned, drained
- 1 cup tomato, chopped
- ½ cup low fat cheddar cheese, shredded
- 1 head romaine lettuce, 4 outer leaves

PREPARATION:

1. Brown ground beef in a non-stick skillet. Drain.
2. Add chili powder and beans to skillet. Continue to cook until heated through.
3. Remove four large leaves from one head of Romaine lettuce. Wash thoroughly.
4. Divide meat and bean mixture into four equal servings and spoon onto a large Romaine lettuce leaf.
5. Top with chopped tomato, salsa, and shredded cheese.

Side Dish: Sour cream with bacon (for taco salad)

YIELD: Serves 4

Per portion:

GI: 0

GL: 0

Calories: 72; Carbohydrates: 0.1g; Fiber: 0g; Protein: 4.5g; Fat: 3.7g; Saturated Fats: 1.4g; Sodium: 105mg

INGREDIENTS:

- 8 tbsp Breakstone's Free fat free sour cream (serving size = 2 tbsp)
- 4 slices, pork bacon, low sodium, pan fried and drained

PREPARATION:

1. Cook bacon slices over medium heat in non-stick skillet until crisp. Drain on paper towel.
2. Spoon 2 tbsp sour cream in a small bowl or cup. Crumble one piece of bacon on top. Mix well.

Bon appétit!

Afternoon Snack: Peanut Butter and celery

YIELD: Serves 1, 1 tbsp peanut butter = ½ serving

Per portion:

GI: 0

GL: 0

Calories: 105; Carbohydrates: 9.5g; Fiber: 1.5g; Protein: 4g; Fat: 6g; Saturated Fats: 1.3 g; Sodium: 176mg

INGREDIENTS:

- 1 tbsp reduced-fat peanut butter
- One celery stalk

PREPARATION:

1. Cut celery into four pieces. Top with smooth peanut butter.

Dinner: Shrimp and Chicken Stir-fry

YIELD: Serves 4, 1 shrimp serving = 4 oz; 1 chicken serving = 4 oz chicken breast, cooked and cubed

Per portion:

GI: 16

GL: 1.3

Calories: 364; Carbohydrates: 21g; Fiber: 7g; Protein: 49.2g; Fat: 9.2g; Saturated Fats: 0.7g; Sodium: 554.5mg

INGREDIENTS:

- 1 pound medium shrimp, raw
- 1 carrot, julienned
- 4 tbsp hoisin sauce
- 4 cups frozen broccoli florets
- 1 lb skinless, boneless chicken breast, cubed
- 1 tbsp canola oil

PREPARATION:

1. Heat one tablespoon of oil in a wok or large skillet over medium heat.
2. Add cubed chicken. Cook until brown, stirring constantly. Remove chicken.
3. Add raw shrimp. Cook for four minutes, stirring occasionally.
4. Add chicken back into wok.
5. Add broccoli and carrots. Continue to cook until shrimp and chicken are done and vegetables are warmed through.
6. Add hoisin sauce to the wok. Mix well and serve.

Bon appétit!

Evening Snack: 1 Scoop Nestle or Breyers Vanilla Carb Smart Ice Cream

YIELD: Serves 1

Per portion:

GI: 7

GL: .2

Calories: 110; Carbohydrates: 10 g; Fiber: 3 g; Protein: 2 g; Fat: 8g; Saturated Fats: 5 g; Sodium: 30mg

Preparation:

- Scoop and enjoy