

Breakfast: Sausage and Egg Scramble

YIELD: Serves 1

Per portion:

GI: 0

GL: 0

Calories: 269; Carbohydrates: 5 g; Fiber: 1.6 g; Protein: 36 g; Fat: 17g; Saturated Fats: 6g; Sodium: 745 mg

INGREDIENTS:

- 2 eggs, scrambled
- 2 Morningstar Farms vegetarian breakfast patties (76 grams)
- ½ cup shredded cheddar cheese, low fat
- ½ cup green Bell pepper, diced

PREPARATION:

1. Heat cooking spray in a non-stick skillet.
2. Microwave breakfast patties according to package instructions.
3. Add the eggs. Scramble in pan until eggs are no longer runny.
4. Crumble breakfast patties and add to the pan. Add shredded cheese and peppers.
5. Transfer to plate when cheese begins to melt.

Bon appétit!

Mid-Morning Snack: Cottage Cheese and fresh fruit

YIELD: Serves 1

Per portion:

GI: strawberries (40)

GL: strawberries (1.3)

Calories: 120; Carbohydrates: 13g; Fiber: 2.3g; Protein: 14g; Fat: 1g; Saturated Fats: 0.7 g; Sodium: 461 mg

INGREDIENTS:

- ½ cup low fat cottage cheese (1% milk fat)
- ½ cup strawberries, frozen, unsweetened

PREPARATION:

1. Pour ½ cup cottage cheese into a bowl.
2. Top with thawed strawberries.

Bon appétit!

Lunch: Grilled Portobello Cap Sandwich

YIELD: Serves 4

Per portion:

GI: pumpernickel bread (41)

GL: pumpernickel bread (4.9)

Calories: 113; Carbohydrates: 22g; Fiber: 4.4g; Protein: 5g; Fat: 1g; Saturated Fats: 0.1g; Sodium: 368mg

INGREDIENTS:

- 4 tbsp Kraft fat-free Italian dressing
- 4 Portabella mushroom cap, cleaned
- 4 tomato slices (1/2 inch thick)
- 4 slices course pumpernickel bread (serving size = 30 grams)
- 4 romaine lettuce leaves, washed and dried

PREPARATION:

1. Marinate Portabella mushroom caps in 4 tbsp Italian dressing for at least 30 minutes.
2. Preheat oven broiler. Place mushroom caps on broiler pan and place in the oven.
3. Broil for five minutes a side.
4. Remove mushrooms and place each on slice of toasted pumpernickel bread. Top with a tomato slice and a leaf of romaine lettuce.
5. Cut sandwiches diagonally and place one side on top of the other. Serve.

Side Dish: Slaw

YIELD: Serves 4

Per portion:

GI: 0

GL: 0

Calories: 45; Carbohydrates: 6 g; Fiber: 1 g; Protein: 1 g; Fat: 2g; Saturated Fats: 0 g;
Sodium: 160 mg

INGREDIENTS:

- One bag shredded coleslaw mix
- ½ cup light salad dressing (Miracle Whip)

PREPARATION:

1. Toss the coleslaw mix with the light salad dressing.
2. Divide into 4 servings.

Bon appétit!

Afternoon Snack: Hummus and celery

YIELD: Serves 1, 1 serving = 30 grams (2 tbsp)

Per portion:

GI: 6

GL: 0.2

Calories: 56; Carbohydrates: 5g; Fiber: 2.4g; Protein: 3g; Fat: 3g; Saturated Fats: 0.4g; Sodium: 146mg

INGREDIENTS:

- 2 tbsp hummus, commercially prepared
- 10 4" pieces of celery, washed and dried

Dinner: Baked Tilapia marinated in Italian dressing

YIELD: Serves 1

Per portion:

GI: 0

GL: 0

Calories: 226; Carbohydrates: 2g; Fiber: 0.2g; Protein: 21g; Fat: 15g; Saturated Fats: 1g; Sodium: 357mg

INGREDIENTS:

- 4 tilapia fillets
- ½ cup fat free Italian dressing (approx. 2 tbsp per fillet)

PREPARATION:

1. Marinate four tilapia fillets in ½ cup fat free Italian dressing for 30 minutes. Discard excess marinade
2. Place tilapia fillets on cookie sheet covered with non-stick cooking spray.
3. Bake tilapia fillets at 375 degrees for ten to twelve minutes or until fish flakes if picked with a fork.

Side Dish: Baby Lima Beans

YIELD: Serves 4

Per portion: 1 serving = 150 grams

GI: 32

GL: 5.4

Calories: 158; Carbohydrates: 29 g; Fiber: 11g; Protein: 10g; Fat: 0.5g; Saturated Fats: 0.1g; Sodium: 44mg

INGREDIENTS:

- 1 bag frozen baby lima beans

PREPARATION:

1. Prepare lima beans according to package directions.

Bon appétit!

Evening Snack: Applesauce, canned, unsweetened, ½ cup

YIELD: Serves 1

Per portion:

GI: 0

GL: 0

Calories: 52; Carbohydrates: 13.7g; Fiber: 1.4g; Protein: 0g; Fat: 0g; Saturated Fats: 0g; Sodium: 2mg

INGREDIENTS:

- ½ cup applesauce unsweetened