**Harvard Diet**

**Glycemic Load Diet Integrated Program**

Congratulations on choosing the Glycemic load diet integrated program and taking the first step in changing your life forever for the better!

Of course it will take dedication, complete cooperation and hard work on both ends in order to achieve your ideal weight loss goals and feel like a new person again.

The first step is to say good bye to what is called high-G.I. foods for good. These high-G.I. foods are made up of carbohydrates that may taste scrumptious and delicious, but are quickly digested by our body to give us a short-term high. However, since these sugars are quickly absorbed, we are left tired and lethargic shortly afterwards. Also, because these high-G.I. foods are digested so quickly, you end up feeling hungry a lot more often, and you will consequently gain more weight. Low G.I. foods, such as fruits, vegetables, pasta, beans, whole grains-on the other hand, take much longer to digest and can provide our bodies with a steady supply of sugar, ergo a steady supply of energy. These low-G.I. foods also keep us feeling fuller for longer, so you eat less. Low-G.I. foods also are generally lower in calories than high-G.I. foods as well. (For more information on G.I. foods and the importance of low-G.I. foods, visit <http://www.mydietmds.com>)

The second step is to determine your BMI. BMI is a fairly reliable indicator of body fatness for most people. We will measure your BMI as well as other body measurements to track your weekly weight loss progress, determine the program and medications right for you, and further examine other possible techniques to further aid you in your weight loss and achieve your weight loss goals.

Desired Weight - \_\_\_\_\_\_\_

Week 1: BMI - \_\_\_\_\_\_ Weight - \_\_\_\_\_\_

Your next step is to go out and get the ingredients for week 1 of your diet. Recipes can be replaced, but only by other Low-G.I. foods (see attached list). Cheating will only hurt you! It may also be hard to find time in our hectic lives to find the time to cook each day, so it is recommended to make large amounts of Low-G.I. foods when you do have the time and freeze meal-sized portions for busy nights. With meals already at the ready, you can always have a healthy alternative that *is* *fast* food.

If no recipe is given for a particular meal, no recipe is required. Also, whatever you do not eat can most likely be refrigerated and eaten at a different time so don’t throw out and waste perfectly good food.

**Week 1: Grocery List**

**produce**

□ asparagus

□ bean sprouts

□ eggplant

□ kale

□ Leeks

□ Iceberg lettuce

□ romaine lettuce

□ Fresh mint

□ prune plums

□ sweet potatoes

□ fresh sage

□ baby spinach

□ fresh tarragon

□ fresh thyme

□ firm tofu

□ zucchini

**meat, poultry, and fish**

□ extra-lean ground beef

□ pork tenderloins

□ Canadian bacon

□ skinless, boneless  
chicken breasts

□ fish fillets, such as  
salmon or trout

**dairy and deli**

□ low-fat cheddar cheese

□ part-skim mozzarella cheese

**Pastas**

□ whole wheat lasagna

□ whole wheat rotini or penne

**Miscellaneous**

□Dried cranberries

□Raisins

□ kalamata olives

□ flax seeds

□ sesame seeds

□ mixed nuts

□ ground cardamom El curry powder

□ low-fat tomato pasta sauce

□ light tomato sauce with no added sugar

**Monday**

**Monday Breakfast: Homey Oatmeal with chopped apple**

This hot breakfast is guaranteed to keep you feeling satisfied all morning. Serve with chopped apples.

* *2 cups skim milk*
* *3/4 teaspoon ground cinnamon*
* *1/2 teaspoon salt*
* *11/2 cups old-fashioned rolled oats*
* *1/4 cup wheat germ*
* *1/4 cup chopped almonds*
* *3 tablespoons Splenda*

Place the milk, cinnamon, salt, and 11/2 cups of water in a large pot and bring to a boil. Stir in the oats and wheat germ and let return to a boil. Reduce the heat to low and cook, stirring, until thickened, about 8 minutes. Stir in the almonds and Splenda.

**Monday Snack 1: Cranberry Cinnamon Bran Muffin**

These muffins are very nutritious, with high fiber content, and have a great cinnamon flavor.

* *1 cup wheat bran*
* 1/2 *cup All-Bran Original or 100% bran cereal*
* *1/4 teaspoon salt*
* *1/2 cup boiling water*
* *1 cup skim milk*
* *1 cup dried cranberries*
* *1/3 cup Splenda*
* *1omega-3 egg*
* *1/4 cup canola oil*
* *11/4 cups whole wheat flour*
* *11/4 teaspoons baking soda*
* *1 teaspoon ground cinnamon*

1. Preheat the oven to 375°E Line a l2-cup muffin tin with paper or aluminum foil liners.
2. Combine the wheat bran, bran cereal, and salt in a heatproof bowl. Pour the boiling water on top and stir to combine. Stir in the milk and cranberries and set aside.
3. Whisk the Splenda, egg, and oil together in another bowl. Stir the egg mixture into the bran mixture.
4. Place the whole wheat flour, baking soda, and cinnamon in a large bowl and stir to mix. Pour the bran mixture over the flour mixture and stir until just combined. Divide the batter among the muffin cups.

**Monday Lunch: Basic G.I. Salad + Open faced lean deli ham sandwich with lettuce, tomato, red pepper and grainy mustard**

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Make Ahead**: Both the salad and the dressing can be prepared ahead and refrigerated separately, covered, for about 2 days.

For the sandwich, use whole grain bread, and put ham, lettuce, tomato, red pepper, and grainy mustard in.

**Monday Snack 2: Laughing Cow cheese with Crisp bread**

**Monday Dinner: Easy-Bake Lasagna and Caesar Salad**

**Lasagna**

Though cooking the G.1. way usually means starting from scratch, there are some handy convenience products that are green-light, such as pasta sauce! This lasagna is great for a crowd. Just add a tossed salad.

* *12 whole wheat lasagna noodles*
* *2 teaspoons canola oil*
* *1 onion, chopped*
* *1 red bell pepper, chopped*
* *8 ounces mushrooms, sliced*
* *1/4 teaspoon salt*
* *1/4 teaspoon freshly ground pepper*
* *1 package (11 ounces) baby spinach*
* 11/2 *cups diced firm tofu*
* *1 cup fat-free cottage cheese*
* *1/3 cup liquid egg*
* *1 jar (25 ounces) low-fat pasta sauce*
* *11/2 cups shredded part-skim mozzarella cheese*
* *2 tablespoons grated Parmesan cheese*
* Preheat the oven to 350°F

1. Bring a large pot of salted water to a boil. Cook the lasagna noodles until al dente, about 10 minutes. Drain and rinse the noodles under cold water. Lay the noodles flat on damp tea towels and set them aside.
2. Meanwhile, heat the oil in a large nonstick frying pan over medium-high heat. Add the onion, bell pepper, mushrooms, salt, and ground pepper and cook until the vegetables soften and the liquid evaporates, about 8 minutes. Add the spinach and cook, stirring, until wilted, about 2 minutes. Stir in the tofu.
3. Place the cottage cheese and liquid egg in a small bowl, stir them together, then set aside.
4. Ladle 1/2 cup of the pasta sauce in the bottom of a 13 by 9-inch glass baking dish. Arrange 3 lasagna noodles on top of the sauce. Spread one third of the spinach mixture over the top, then one third of the cottage cheese mixture. Spread another 1/2 cup of the pasta sauce over the cottage cheese. Sprinkle V3 cup of the mozzarella on top. Repeat the layers ending with noodles on top. Spread the remaining sauce and sprinkle the remaining mozzarella and the Parmesan cheese over the noodles.
5. Cover the baking dish with aluminum foil and bake the lasagna for 45 minutes. Uncover the baking dish and bake until the lasagna is bubbly and a knife inserted in the center is hot to the touch, about 15 minutes. Let the lasagna cool for about 10 minutes before cutting and serving.

**Serves 8**

**Caesar Salad**

We all need a Caesar salad in our recipe repertoire. No one will guess that tahini is the secret ingredient that makes this green-light version every bit as creamy as chef Caesar Cardini's original.

**For the salad**

* *3 slices whole-grain bread*
* *2 teaspoons extra-virgin olive oil*
* *Pinch of salt*
* *Pinch of freshly ground pepper*
* *1 large head romaine lettuce*

**For the dressing**

* *3 cloves garlic, minced*
* *3 anchovy fillets, finely minced*
* *2 tablespoons tahini*
* *1 teaspoon Dijon mustard*
* 1/2 *teaspoon Worcestershire sauce*
* *1/2 teaspoon salt*
* 1/2 *teaspoon freshly ground pepper*
* *3 tablespoons fresh lemon juice*
* 2 *tablespoons warm water*
* *11/2 tablespoons extra-virgin olive oil*

1. Preheat the oven to 350°E
2. Make the salad: Cut the bread into 1/2-inch pieces and place them in a bowl. Add the 2 teaspoons of olive oil, the pinch of salt, and the pinch of pepper and toss to coat well. Arrange the bread in a single: layer on a rimmed baking sheet. Bake the bread until golden and crisp, about 20 minutes. Let cool.
3. Rinse the lettuce, pat or spin it dry, and tear it into bite-size pieces. Place the lettuce in a large bowl.
4. Make the dressing: Place the garlic, anchovies, tahini, mustard, Worcestershire sauce, and the 1/2 teaspoon each of salt and pepper in a small bowl and stir them together. Whisk in the lemon juice, water, and the 11/2 tablespoons of olive oil.
5. Pour the dressing over the lettuce and toss to coat. Sprinkle the croutons over the salad.

**Monday Snack 3: Mixed berries tossed in lime juice with fat-free sour cream**

**Tuesday**

**Tuesday Breakfast: Mini Breakfast Puffs**

Ideal for rushed mornings, these muffin-sized puffs are packed with nutrition.

* *1 teaspoon canola oil*
* *1/4 cup diced onion*
* *1 red bell pepper, diced*
* *1 cup chopped broccoli*
* *11/2 teaspoons fresh thyme*
* *1/4 teaspoon salt*
* *1/4 teaspoon freshly ground pepper*
* *3/4 cup crumbled light feta cheese*
* *11/2 cups liquid egg*
* *1 cup skim milk*
* *1/4 cup wheat bran*
* *1/4 cup whole wheat flour*

1. Preheat the oven to 400°E Grease a 12-cup mil fin tin.
2. Heat the oil in a nonstick frying pan over me& ill I heat. Cook the onion and bell pepper until softened, about 5 minutes. Add the broccoli, thyme, salt, and ground pepper; cover, and let steam until the broccoli is crisp-tender and bright green, about 3 minutes. Divide the vegetable mixture among the muffin cups.
3. Sprinkle some of the feta cheese over the vegetable mixture in each muffin cup, dividing it evenly.
4. Place the liquid egg, milk, wheat bran, and whole wheat flour in a bowl and whisk them together. Spoon the egg mixture evenly over the vegetable mixture, dividing it equally among the muffin cups. Bake the puffs until golden, set, and puffed, about 20 minutes. Let cool slightly before serving.

**Tuesday Snack 1: Fruit Yogurt**

**Tuesday Lunch: G.I. Pasta Salad**

This pasta salad is perfect for taking to work for lunch. It will keep you going all afternoon.

* 1/2 *to 3/4 cup cooked whole wheat pasta, such as spirals, shells, or pasta of a similar size*
* *1 cup chopped vegetables, such as scallions Or red onion and cooked broccoli, asparagus, and/or bell peppers*
* *1/4 cup light tomato sauce or other low-fat or nonfat pasta sauce*
* *4 ounces cooked chicken or other lean meat,*

*such as lean ground turkey or lean chicken sausage, chopped*

1. Place the pasta, vegetables, tomato sauce, and chicken in a bowl and stir to mix well. Refrigerate the salad, covered, until ready to use, then heat in the microwave or serve chilled.

**Serves 1**

**Variation:** You can use the proportions here as *a* guide: Vary the vegetables, sauce, and source of protein to suit your taste and add variety to your pasta salads.

**Tuesday Snack 2: Hummus with carrot and celery sticks**

**Tuesday Dinner: G.I. Fish Fillet, asparagus, carrots, and new potatoes**

You can use virtually any fish in this simple recipe

* 4 *ounces fish fillet*
* *1 to 2 teaspoons fresh lemon juice*
* *Pinch of freshly ground pepper*
* *Carrots, asparagus, and potatoes*

1. Place the fish fillet on a microwave-safe dish and sprinkle the lemon juice and pepper over it. Cover the dish with microwave- safe plastic wrap, folding back one corner slightly to allow steam to escape...
2. Microwave the fish on high power until the fish is opaque and flakes easily when pierced with a fork, 4 to 5 minutes. Let stand for 2 minutes, and then serve.

**Serves 1**

**Tuesday Snack 3: 1 Orange and almonds**

**Wednesday**

**Wednesday Breakfast: (make night before) Homemade Muesli with skim milk and fruit yogurt**

This cereal makes a delicious and healthy start to the day. Be sure to prepare it the night before so that it's ready to enjoy in the morning. Combine one-third cup of the muesli with one-third cup of skim milk or water, cover it, and refrigerate overnight. Then, in the morning, combine the mixture with a container (6 ounces) of nonfat, sugar-free fruit yogurt and enjoy it cold, or pop it in the microwave for a hot breakfast.

* *2 cups old-fashioned rolled oats*
* *3/4 cup oat bran*
* *1/4 cup sliced almonds*
* *1/2 cup shelled unsalted sunflower seeds*
* *2 tablespoons wheat germ*
* *1/4 teaspoon ground cinnamon*

Combine the oats, oat bran, almonds, sunflower seeds, wheat germ, and cinnamon in a large resealable plastic bag. Using a rolling pin, crush the mixture into coarse crumbs. Shake the bag to mix the muesli well.

**Makes 3 cups**

**Wednesday Snack 1: Cranberry Cinnamon Bran Muffin**

These muffins are very nutritious, with a high fiber content, and have a great cinnamon flavor.

* *1 cup wheat bran*
* 1/2 *cup All-Bran Original or 100% bran cereal*
* *1/4 teaspoon salt*
* *1/2 cup boiling water*
* *1 cup skim milk*
* *1 cup dried cranberries*
* *1/3 cup Splenda*
* *1omega-3 egg*
* *1/4 cup canola oil*
* *11/4 cups whole wheat flour*
* *11/4 teaspoons baking soda*
* *1 teaspoon ground cinnamon*

1. Preheat the oven to 375°E Line a l2-cup muffin tin with paper or aluminum foil liners.
2. Combine the wheat bran, bran cereal, and salt in a heatproof bowl. Pour the boiling water on top and stir to combine. Stir in the milk and cranberries and set aside.
3. Whisk the Splenda, egg, and oil together in another bowl. Stir the egg mixture into the bran mixture.
4. Place the whole wheat flour, baking soda, and cinnamon in a large bowl and stir to mix. Pour the bran mixture over the flour mixture and stir until just combined. Divide the batter among the muffin cups.

**Wednesday Lunch: ½ whole wheat pita with canned light tuna, lettuce, tomato, and cucumber, and Basic G.I. Salad**

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Make Ahead**: Both the salad and the dressing can be prepared ahead and refrigerated separately, covered, for about 2 days.

**Wednesday Snack 2: Babybel Light cheese with crispbread**

**Wednesday Dinner: Chicken Curry and Raita Salad**

**Chicken Curry**

Vary the heat and taste of this classic dish by using different kinds or amounts of curry powder.

* *Vegetable oil cooking spray*

*(preferably canola or olive oil)*

* *1 medium-size onion, sliced*
* *1 to 2 tablespoons curry powder, or more, to taste*
* *1 cup sliced carrots*
* *1 cup chopped celery*
* *1/2 cup basmati rice*
* *1 medium-size apple, chopped*
* *1/4 cup raisins*
* *2 skinless, boneless half chicken breasts*

*(4 ounces each), cooked*

1. Spray a nonstick frying pan with cooking spray, and then place it over medium heat. Add the onion and curry powder, stir to coat the onion with the curry, and then cook for 1 minute.
2. Add the carrots and celery, stir to mix, then cook for 1 minute.
3. Add the rice, apple, raisins, and 1 cup of water and stir to mix. Cover the pan, reduce the heat, and let simmer until the liquid is absorbed.
4. Add the cooked chicken and cook until heated through, about 2 minutes.

**Raita Salad**

This recipe is based on the refreshing Indian condiment rano. lry serving it with Chicken Curry (see the recipe on page 247).

* *1 package (11 ounces) baby spinach*
* *1 medium-size English (seedless) cucumber, quartered lengthwise and sliced into 1/2-inch chunks*
* *2 tomatoes, chopped*
* *1/2 red onion, thinly sliced*
* *1 cup low-fat plain yogurt*
* *1/2 teaspoon ground cumin*
* *1/4 teaspoon salt*

1. Place the spinach, cucumber, tomatoes, and red onion in a large bowl and toss to mix
2. Place the yogurt, cumin, and salt in another bowl and stir them together. Add the yogurt mixture to the spinach mixture and toss to coat.

**Serves 4**

**Wednesday Snack 3: Apple Pie Cookie and glass of skim milk**

These cookies combine all the flavors of traditional apple pie and have a texture like a soft granola bar – a great snack.

* *1 cup old fashioned rolled oats*
* *3/4 cup whole wheat flour*
* *1 teaspoon ground cinnamon*
* 1/2 *teaspoon baking powder Pinch of ground nutmeg*
* *Pinch of salt*
* *3/4 cup unsweetened applesauce*
* *1/3 cup Splenda*
* *1/3 cup liquid egg*
* *2 teaspoons vanilla*
* *1 apple, cored and finely diced*

1. Preheat the oven to 275°F. Line a baking sheet with parchment paper.
2. Combine the oats, whole wheat flour, cinnamon, baking powder, nutmeg, and salt in a large bowl.
3. Whisk together the applesauce, Splenda, liquid egg, and vanilla in a separate bowl. Pour the applesauce mixture over the oat mixture and stir to combine. Add the apple and stir to distribute the pieces evenly. Drop the batter by heaping tablespoonfuls onto) the prepared baking sheet.
4. Bake the cookies until firm and lightly golden, about 25 minutes. Let cool completely.

**Makes about 18 cookies; 1 cookie is 1 serving**

**Make Ahead:** The cookies can In. stored in an Airtight for up to 3 days or frozen for up *to* 2 weeks.

**Thursday**

**Thursday Breakfast: Homey Oatmeal with blueberries**

Serve with blueberries

* *2 cups skim milk*
* *3/4 teaspoon ground cinnamon*
* *1/2 teaspoon salt*
* *11/2 cups old-fashioned rolled oats*
* *1/4 cup wheat germ*
* *1/4 cup chopped almonds*
* *3 tablespoons Splenda*

1. Place the milk, cinnamon, salt, and 11/2 cups of water in a large pot and bring to a boil. Stir in the oats and wheat germ and let return to a boil. Reduce the heat to low and cook, stirring, until thickened, about 8 minutes. Stir in the almonds and Splenda.

**Thursday Snack 1: Small apple and glass of skim milk**

**Thursday Lunch: Quick and Easy Chicken Noodle Soup and Basic G.I. Salad**

**Quick and Easy Chicken Noodle Soup**

* *2 teaspoons virgin olive oil*
* *2 carrots, chopped*
* *2 ribs celery, chopped*
* *3* cloves garlic, *chopped*
* *1 onion, chopped*
* *1 teaspoon chopped fresh thyme*
* 6 cups low-fat, *low-sodium chicken broth*
* *3 skinless, boneless half chicken breasts*
* (4 *ounces each), diced*
* *1 cup frozen peas*
* *1/4 cup small pasta, such as ditali or tubetti*
* *1/4 cup chopped fresh flat-leaf parsley 1/4 teaspoon salt*
* *1/4 teaspoon freshly ground pepper*

1. Heat the oil in a large soup pot over medium-high heat. Add the carrots, celery, garlic, onion, and thyme and cook until the vegetables are slightly softened, about 10 minutes.
2. Pour in the chicken broth and bring to a boil. Reduce the heat to a simmer and add the chicken, peas, and pasta. Let simmer until the chicken is no longer pink inside and the pasta is al dente, about 15 minutes. Stir in the parsley, salt, and pepper.

**Serves 6**

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Thursday Snack 2: Crunchy Chickpeas**

* *2 cans (151/2 ounces each) chickpeas*
* *(garbanzo beans), rinsed and drained*
* *2 tablespoons extra-virgin olive oil or canola oil 1/2 teaspoon salt*
* *Pinch of cayenne pepper*

1. Preheat the oven to 400°F
2. Place the chickpeas, olive oil, salt, and cayenne in a large bowl and toss to mix. Spread the chickpeas out in a single layer on a large rimmed baking sheet.
3. Bake the chickpeas until golden, about 45 minutes, shaking the baking sheet a couple of times. Let the chickpeas cool completely.

**Serves 6**

**Helpful Hint:** Add other spices or more salt to change the flavor of the chickpeas.

**Thursday Dinner: Vegetable Crumble and Tabbouleh Salad**

**Vegetable Crumble**

**For the crumble**

* *1 tablespoon extra-virgin olive oil*
* *1 cup sliced leeks (white and light green parts only)*
* *1 onion, chopped*
* *1 zucchini, cut into 1-inch pieces (about 1 cup)*
* *1 large carrot, cut into 1-inch pieces (about I cup)*
* *1 sweet potato, peeled and cut into 1-inch pieces (about 1 cup)*
* *4 ounces mushrooms, quartered*
* *1 rib celery, sliced into 1/2-inch pieces (about* 1/4 *cup)*
* *1/2 red bell pepper, cut into 1-inch pieces*
* *1 tablespoon chopped fresh thyme*
* 1/4 *cup whole wheat flour*
* *1 cup drained canned plum tomatoes, coarsely chopped*
* *1 cup low-fat, low-sodium vegetable broth*
* *1/2 cup skim milk*
* *I/4 cup chopped fresh flat-leaf parsley*
* 1/2 *teaspoon salt*
* 1/2 *teaspoon freshly ground pepper*

**For the topping**

* 1/4 *cup nonhydrogenated soft margarine*
* *1/4 cup whole wheat flour*
* 1/4 *cup wheat bran*
* 3/4 *cup shredded low-fat cheddar cheese*
* *1/2 cup chopped mixed nuts*
* *2 tablespoons sesame seeds*

1. Preheat the oven to 375°E
2. Make the rumble: 1 heat the olive oil in a large saucepan over medium-high heat. Add the leeks and onion and cook until solicited, about 5 minutes. Add tile zucchini, carrot, sweet potato, mushrooms, celery, bell pepper, and thyme. Cook, stirring often, for 10 minutes. Stir in the 1/4 cup of whole wheat flour and cook for I minute.
3. Stir in the tomatoes, vegetable broth, milk, parsley, salt, and ground pepper and bring to a boil. Reduce the heat, cover the pan, and let simmer until the vegetables are tender, about 15 minutes.
4. Meanwhile, make the topping: Combine the margarine, the 1/4 cup of whole wheat flour, and the wheat bran in a bowl. Then, using your fingers, rub them together until the mixture is crumbly. Stir in the cheddar cheese, nuts, and sesame seeds.
5. Spoon the vegetable mixture into a shallow 8-cup baking dish. Sprinkle the topping over the vegetable mixture, distributing it evenly.
6. Bake the crumble until the topping is crisp and golden and the vegetable mixture is bubbling, about 30 minutes.

Serves **4 to 6**

**Make Ahead:** To make the crumble in advance, add 2 tablespoons of whole wheat flour to the filling in Step 2. After Step 5, cover the crumble well with aluminum foil. It can be frozen for up to I month. Bake the crumble straight from the freezer, increasing the cooking time by 1 to 11/4 hours.

**Tabbouloh Salad**

You often see tabblouleh salad in the grocery store deli, but it's very simple to make at home. The chickpeas add more fiber.

* 3/4 cup bulgur
* *1/2 Teaspoon Grated lemon zest*
* *2 tablespoons fresh lemon juice*
* *2 tablespoons extra-virgin olive oil*
* *1 small clove garlic, minced*
* 1/2 *teaspoon salt*
* *1/2 teaspoon freshly ground pepper*
* *1/4 teaspoon ground cumin*
* *1 can (15 1/2 ounces) chickpeas (garbanzo beans), rinsed and drained*
* *3 plum tomatoes, diced*
* *1/4 cucumber, diced*
* *1 cup finely chopped fresh flat-leaf parsley*
* 1/2 *cup finely chopped fresh mint*
* *1 tablespoon chopped fresh chives*

1. Bring 11/2 cups of water to a boil in a saucepan. Add the bulgur. Cover the pan, reduce the heat to low, and cook until the water is absorbed, about 10 minutes. Using a fork, scrape the bulgur into a large bowl and let cool.
2. Place the lemon zest and juice, olive oil, garlic, salt, pepper, and cumin in a small bowl and whisk them together. Pour the dressing over the cooled bulgur. Add the chickpeas, tomatoes, cucumber, parsley, mint, and chives and stir until well combined.

**Make Ahead:** The tabbouleh salad can be refrigerated, covered, for up to 3 days.

**Thursday Snack 3: ½ nutrition bar**

**Friday**

**Friday Breakfast: All-Bran Bran Buds (or other high-fiber cereal) with skim milk, peach slices, and sliced almonds**

**Friday Snack 1: Fruit Yogurt**

**Friday Lunch: Mixed Bean Salad**

Packed with fiber, bean salad makes a quick and easy lunch.

* *I can (15 1/2 ounces) red kidney beans, rinsed and drained*
* *1 can (15 1/2 ounces) chickpeas (garbanzo beans), rinsed and drained*
* *1 cucumber, chopped*
* *2 tomatoes, chopped*
* *2 cups cooked whole wheat pasta, such as small shells, macaroni, or pasta of a similar size*
* *4 tablespoons chopped fresh flat-leaf parsley*
* *2 tablespoons red wine vinegar*
* *4 teaspoons extra-virgin olive oil*
* 1/2 *teaspoon Dijon mustard Generous pinch of salt*
* *Generous pinch of freshly ground pepper*
* *Generous pinch of finely chopped fresh herbs, such as thyme or oregano*

1. Place the kidney beans and chickpeas in a large bowl and add the cucumber, tomatoes, pasta, and parsley.
2. Place the vinegar, olive oil, mustard, salt, pepper, and herbs in a small bowl and whisk them together. Pour the dressing over the salad and toss to coat.

**Serves 4**

**Friday Snack 2: Laughing Cow Light cheese with crispbread**

**Friday Dinner: Fried Rice with Chicken**

Chinese fried rice is generally high in fat and low in protein and fiber. This low-G.I. version is loaded with chicken and colorful vegetables and won't leave you feeling hungry again soon after eating it.

* 3/4 *cup brown rice*
* *Pinch of salt*
* *11/2 cups low-fat, low-sodium chicken broth*
* *1 teaspoon Asian (dark) sesame oil*
* *2 skinless, boneless half chicken breasts (4 ounces each), chopped*
* *1 cup sliced mushrooms*
* *1 scallion, chopped*
* *2 carrots, diced*
* *1/2 cup sliced celery*
* *1 cup canned chickpeas (garbanzo beans), rinsed and drained*
* *1/4 cup light soy sauce*
* *2 cups bean sprouts*

1. Bring the rice, salt, and 11/4 cups of the chicken broth to a boil in a saucepan. Reduce the heat to low, cover the pan, and cook until the liquid is absorbed, about 25 minutes. Fluff the rice with a fork and set aside.
2. Heat the sesame oil in a large nonstick frying pan over medium-high heat. Add the chicken and mushrooms and cook until thy chicken is no longer pink inside, about 8 minutes. Add the scallion,carrots, celery, chickpeas, and cooked rice. Cook, stirring, for 2 minutes to combine.
3. Add the remaining 1/4 cup of chicken broth and the soy sauce andcook for 5 minutes. Add the bean sprouts and toss to combine.

**Serves** 4

**Variation:** Substitute vegetable broth for the chicken broth and 1/2 cup chopped extra-firm tofu for the chicken.

**Friday Snack 3: Mixed berries tossed in lime juice with fat-free sour cream**

**Saturday**

**Saturday Breakfast: Western Omelet**

**Western Omelet**

* *1 teaspoon canola oil*
* *1 cup chopped red and green bell pepper*
* *1 small onion, chopped*
* *1/2 cup liquid egg*
* *2 slices Canadian bacon, lean deli ham, or turkey breast, chopped*
* *Pinch of red pepper flakes or cayenne pepper*

1. Heat the oil in a small nonstick frying pan over meditim-high heat. Add the red and green bell pepper and onion and cook tint il tender, about 5 minutes. Transfer the vegetables to a plate and cover to keep warm.
2. Place the liquid egg, Canadian bacon, and red pepper flakes in a bowl and, using a fork, stir them together. Pour the egg mixture into the frying pan and cook until almost set, about 5 minutes, lifting the edges to allow the uncooked egg to run underneath.
3. Sprinkle the cooked vegetables over half of the omelet. Using a spatula, fold over the other half and cook for 1 minute.

**Serves 1**

**Saturday Snack 1: ½ nutrition bar**

**Saturday Lunch: Greek Salad**

This Mediterranean salad is one of our favorites and can easily be doubled or tripled for a larger group.

* *2 cups torn or coarsely chopped iceberg lettuce* 1/2 *cucumber, chopped*
* *2 tomatoes, chopped*
* *6 kalamata olives*
* 1/2 *red onion, sliced*
* *1/4 cup crumbled light feta cheese*
* *1 tablespoon red wine vinegar*
* *2 teaspoons extra-virgin olive oil*
* *1 teaspoon fresh lemon juice*
* *3/4 teaspoon dried oregano*
* *Pinch of salt*
* *Pinch of freshly ground pepper*

1. Place the lettuce, cucumber, tomatoes, olives, red onion, and feta in a bowl and toss them together.
2. Place the vinegar, olive oil, lemon juice, oregano, salt, .tnd pepper in a small bowl and whisk them together. Pour the dressing over the lettuce mixture and toss to coat.

**Serves 2**

**Saturday Snack 2: Hummus with carrot and celery sticks**

**Saturday Dinner: Beef and Eggplant Chili and Basic G.I. Salad**

**The addition of eggplant gives this chili a delicious twist. Sprinkle low-fat Monterey Jack cheese on top for extra zip.**

* 12 ounce extra-lean ground beef
* *1 tablespoon canola oil*
* *2 onions, chopped*
* *4 cloves siyrlic, minced*
* *2 tablespoons chili powder*
* *1 tablespoon dried oregano*
* *1 tablespoon ground cumin*
* *2 green bell peppers, chopped*
* *2 cups diced eggplant*
* *1 can (28 ounces) diced tomatoes*
* *1/2 cup tomato paste*
* *1 can (151/2 ounces) red kidney beans, rinsed and drained*

1. Brown the beef in a large saucepan over medium-high heat, then transfer it to a plate.
2. In the same saucepan, heat the oil over medium heat. Add the onions, garlic, chili powder, oregano, and cumin and cook, stirring, until the onion is softened, about 5 minutes.
3. Add the green peppers and eggplant and cook until the eggplant is lightly golden, about 10 minutes.
4. Add the tomatoes, tomato paste, and browned beef and bring to a boil. Reduce the heat and add the kidney beans. Let the chili simmer until the eggplant is very tender, about 1 hour.

**Serves 4**

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Saturday Snack 3: Apple Pie Cookie and glass of skim milk**

These cookies combine all the flavors of traditional apple pie and have a texture like a soft granola bar – a great snack.

* *1 cup old fashioned rolled oats*
* *3/4 cup whole wheat flour*
* *1 teaspoon ground cinnamon*
* 1/2 *teaspoon baking powder*
* *Pinch of ground nutmeg*
* *Pinch of salt*
* *3/4 cup unsweetened applesauce*
* *1/3 cup Splenda*
* *1/3 cup liquid egg*
* *2 teaspoons vanilla*
* *1 apple, cored and finely diced*

1. Preheat the oven to 275°F. Line a baking sheet with parchment paper.
2. Combine the oats, whole wheat flour, cinnamon, baking powder, nutmeg, and salt in a large bowl.
3. Whisk together the applesauce, Splenda, liquid egg, and vanilla in a separate bowl. Pour the applesauce mixture over the oat mixture and stir to combine. Add the apple and stir to distribute the pieces evenly. Drop the batter by heaping tablespoonfuls onto) the prepared baking sheet.
4. Bake the cookies until firm and lightly golden, about 25 minutes. Let cool completely.

**Makes about 18 cookies; 1 cookie is 1 serving**

**Make Ahead:** The cookies can In. stored in an Airtight for up to 3 days or frozen for up *to* 2 weeks.

**Sunday**

**Sunday Breakfast: Oatmeal Buttermilk Pancakes with strawberries**

Make pancake breakfasts a weekend tradition. Serve them with strawberries.

* ¾ cup *old-fashioned rolled*
* *2 cups buttermilk*
* *I cup whole wheat flour*
* *1/4 cup ground flaxseed*
* *I tablespoon Splenda*
* *I teaspoon ground cinnamon*
* *1 teaspoon baking soda*
* *1 teaspoon baking powder*
* *1/4 teaspoon salt*
* 1/2 *cup liquid egg*
* *2 tablespoons canola oil*
* *1 teaspoon vanilla*

1. Place the oats and the buttermilk in a bowl and let soak for 20 minutes.
2. Combine the whole wheat flour, flaxseed, Splenda, cinnamon, baking soda, baking powder, and salt in a bowl.
3. Place the liquid egg, oil, and vanilla in another bowl and whisk them together. Stir in the soaked oats and buttermilk. Pour the oat mixture over the flour mixture and stir until just mixed.
4. Heat a nonstick griddle or large nonstick frying pan over medium heat. Ladle about '/4 cup of batter onto the griddle for each pancake. Cook until bubbles appear on the top, about 2 minutes.
5. Flip the pancakes and cook them until golden, about 2 minutes longer. Transfer the pancakes to a plate and cover to keep warm. Repeat with the remaining batter.

**Sunday Snack 1: Orange and almonds**

**Sunday Lunch: Tuscan White Bean Soup and Basic G.I. Salad**

**Tuscan White Bean Soup**

* *1 table spoon extra-virgin olive oil*
* *1 onion, chopped*
* *4 cloves garlic, minced*
* *1 carrot, chopped*
* *1 rib celery, chopped*
* *4 fresh sage leaves, or 1/2 teaspoon dried sage*
* *6 cups low-fat, low-sodium vegetable or chicken broth*
* *2 cans (151/2 ounces each) cannellini orwhite kidney beans, rinsed and drained*
* *4 cups shredded kale Pinch of salt*
* *Pinch of freshly ground pepper*

1. Heat the oil in a large soup pot over medium heat. Add the onion, garlic, carrot, celery, and sage and cook until softened, about 5 minutes.
2. Add the broth, beans, kale, salt, and pepper, and cook, stirring occasionally, until the kale is tender, about 20 minutes.

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Sunday Snack 2: Babybel Light cheese with crispbread**

**Sunday Dinner: Pork Medallions Dijon, green beans, carrots, and new potatoes**

**Pork Medallions Dijon**

* *2 pork tenderloins (about 12 ounces each)*
* *5 tablespoons whole wheat flour*
* *3/4 teaspoon salt*
* *3/4 teaspoon freshly ground pepper*
* *2 tablespoons extra-virgin olive oil*
* *2 onions, thinly sliced*
* *1 clove garlic, minced*
* *1/4 cup Dijon mustard*
* *11/4 cups skim milk*
* ***1/2*** *cup thy white wine*
* *1 tablespoon chopped fresh tarragon*

1. Slice the pork tenderloins crosswise into *3/4*inch-thick medallions and place these between 2 pieces of waxed paper. Using a meat mallet or rolling pin, pound the medallions to about a 1/4-inch thickness.
2. Combine 3 tablespoons of the whole wheat flour and ½ teaspoon each of the salt and pepper on a dinner plate or in a shallow bowl, then dredge the pork in it.
3. Heat 1 tablespoon of the olive oil in a large nonstick frying pan over medium-high heat. Cook the pork mild golden brown on both sides, 5 to 7 minutes. Transfer the pork to a plate and cover to keep warm.
4. In same frying pan, heat the remaining 1 tablespoon of olive oil over medium heat. Add the onions and garlic and cook, stirring often, until softened, about 5 minutes. Reduce the heat to medium-low and continue cooking, stirring occasionally, until golden, about 10 minutes longer.
5. Add the remaining 2 tablespoons of whole wheat flour and stir to coat the onion. Add the mustard and cook for *2* minutes. Stir in the milk, wine, and the remaining 1/4 teaspoon each of salt and pepper. Cook, stirring constantly, until thickened. (If the mustard mixture is too thick, stir in 1 tablespoon of warm water.) Stir in the tarragon. Return the pork to the pan and cook until heated through, about 1 minute.

**Serves 6**

**Sunday Snack 3: Piece of Plum Crumble**

Crumbles are ideal green-light desserts and can be made with a wide array of fruit. Try using 1½ pounds of pears instead of the plums, cutting back slightly on the amount of Splenda.

**For the filling**

* 1 1/2 pounds *prune plums (such as damson or Italian plums), cut in half and pitted*
* *1 tablespoon Splenda*
* *1 tablespoon cornstarch*
* *1/2 teaspoon ground ginger*
* *1/2 teaspoon ground cinnamon*

**For the topping**

* *3/4 cup old-fashioned rolled oats*
* 1/2 *cup whole wheat flour*
* *1/2 cup Splenda*
* *1/4 cup chopped almonds or pecans*
* *1/4 cup nonhydrogenated soft margarine*
* *1 teaspoon grated orange zest*
* 1/2 *teaspoon ground cinnamon*
* 1/4 *teaspoon ground cardamom*

1. Preheat the oven to 350°F.
2. Prepare the filling: Place the plums, 1 tablespoon of Splenda, and the cornstarch, ginger, and cinnamon in a bowl and toss to mix. Arrange the plums evenly in a deep 9-inch pie plate.
3. Make the topping: Combine the oats, whole wheat flour, 1/2 cup of Splenda, and the almonds, margarine, orange zest, cinnamon, and cardamom in a bowl. Using your fingers, rub the ingredients together until a crumbly dough forms. Sprinkle the topping evenly over the fruit mixture.

4. Bake the crumble until the topping is golden and the fruit mixture is bubbling, 35 to 40 minutes.

**Serves 6**

**Make Ahead**: The crumble can be refrigerated, covered, for up to 2 days.

Week 2

Week 2: BMI - \_\_\_\_\_\_ Weight - \_\_\_\_\_\_

**Week 2: Grocery List**

**Produce**

□ Asparagus

□ Fresh basil

□ Fresh cilantro

□ Fresh ginger

□ Grapes

□ Raspberries

□ Snow peas

□ Romaine lettuce

□ Baby spinach

□ Firm tofu

□ Large beefsteak

□ Tomatoes

□ Yellow summer squash

**Meat, poultry, and fish**

□ Extra-lean ground beef

□ Canadian bacon

□ Skinless, boneless  
chicken breasts

□ canned crab

□ Halibut fillets

□ Tuna steaks, 1/2 inch thick

**Dairy and deli**

□ part-skim mozzarella cheese

□ low-fat, low-sugar buttermilk salad dressing

□ Lean deli ham

□ Lean deli turkey

**Pastas**

□ Whole wheat capellini or spaghettini

□ Whole wheat fettuccine or linguine

**Miscellaneous**

□ Active dry yeast

□ dried tarragon

□ sun-dried tomatoes

□ Raisins

□ Flax seeds

□ Sesame seeds

□ Pecans

□ Walnuts

□ Wasabi powder

□ mirin or sweet sherry

□ low-fat tomato pasta

Sauce

□ Tomato juice

□ Vegetable cocktail juice

**Monday**

**Monday Breakfast: Homey Oatmeal with chopped apple**

* *2 cups skim milk*
* *3/4 teaspoon ground cinnamon*
* *1/2 teaspoon salt*
* *11/2 cups old-fashioned rolled oats*
* *1/4 cup wheat germ*
* *1/4 cup chopped almonds*
* *3 tablespoons Splenda*

Place the milk, cinnamon, salt, and 11/2 cups of water in a large pot and bring to a boil. Stir in the oats and wheat germ and let return to a boil. Reduce the heat to low and cook, stirring, until thickened, about 8 minutes. Stir in the almonds and Splenda.

**Monday Snack 1: Carrot Muffin**

These healthful muffins are a delightful source of fiber.

* *1 cup whole wheat flour*
* *1/2 cup wheat bran*
* *1/2 cup ground flaxseed*
* *1/4 cup Splenda*
* *2 teaspoons baking powder*
* *1/2 teaspoon baking soda*
* *2 teaspoons ground cinnamon*
* *1 teaspoon ground ginger*
* *1/4 teaspoon salt*
* *1 cup buttermilk*
* *1/2 cup liquid egg*
* *1/4 cup canola oil*
* *1 teaspoon vanilla*
* *11/2 cups finely grated carrots*
* *1/2 cup raisins, softened in hot water for 10 minutes and drained*
* *1/3 cup chopped pecans*

1. Preheat the oven to 375oF. Line a 12-cup muffin tin with paper or aluminum foil liners.

2. Combine the whole wheat flour, wheat bran, flaxseed, Splenda, baking powder, baking soda, cinnamon, ginger, and salt in a bowl.

1. Whisk the buttermilk, liquid egg, oil, and vanilla together in a large bowl. Stir in the carrots, raisins, and pecans. Add the flour mixture and stir until just combined. Divide the batter among the muffin cups.
2. Bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes.

**Makes 12 muffins**

**Make Ahead:** The carrot muffins can he kept at room temperature for about 2 days or frozen for up to 1 month. (Wrap each muffin individually in plastic wrap and heavy-duty aluminum foil before freezing to help prevent freezer burn. Then, place the muffins in a resealable plastic bag or an airtight container.)

**Monday Lunch: Basic G.I. Salad + Open faced lean deli ham sandwich with lettuce, tomato, red pepper and grainy mustard**

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Make Ahead**: Both the salad and the dressing can be prepared ahead and refrigerated separately, covered, for about 2 days.

For the sandwich, use whole grain bread, and put ham, lettuce, tomato, red pepper, and grainy mustard in.

**Monday Snack 2: Laughing Cow Light cheese with crispbread**

**Monday Dinner: Fettuccine Primavera and Caesar Salad**

**Fettuccine Primavera**

Primavera means springtime in Italian, and you can use your favorite spring vegetables, such as asparagus or fiddleheads, in this pasta. Fortunately, you can get peppers, tomatoes, and peas year- round, so you can make this dish any time.

* *1/4 cup extra-virgin olive oil*
* *2 cups cubed firm tofu3 cloves garlic, minced*
* *1/4 teaspoon red pepper flakes*
* 1/2 *cup vegetable cocktail juice, such as V8*
* *2 cups chopped fresh asparagus, or 2 cups fresh or thawed frozen peas*
* *1 red bell pepper, thinly sliced*
* *1 carrot, thinly sliced*
* *1 yellow zucchini, thinly sliced*
* *6 ounces whole wheat fettuccine or linguine*
* *2 plum tomatoes, chopped*
* *1/4 cup chopped fresh flat-leaf parsley*
* *2 tablespoons grated Parmesan cheese*

1. Heat 2 tablespoons of the olive oil in a nonstick frying pan over medium-high heat. Brown the tofu on all sides for about 2 minutes. Transfer the tofu to a plate. Reserve the olive oil.
2. Heat the remaining 2 tablespoons of olive oil with the reserved olive oil in a large shallow saucepan over medium heat. Add the garlic and red pepper flakes and cook for I minute. Add the vegetable cocktail juice and bring to boil. Reduce the heat and let. Simmer for 1 minute. Add the asparagus, bell pepper, carrot, and zucchini and cook, stirring, until the vegetables are crisp-tender, about 10 minutes.

3. Meanwhile, bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente, about 8 minutes. Drain the fettuccine and return it to the pot. Add the vegetables and tuft' and toss to coat. Stir in the tomatoes, parsley, and Parmesan cheese.

**Serves 4**

**Caesar Salad**

We all need a Caesar salad in our recipe repertoire. No one will guess that tahini is the secret ingredient that makes this green-light version every bit as creamy as chef Caesar Cardini's original.

**For the salad**

* *3 slices whole-grain bread*
* *2 teaspoons extra-virgin olive oil*
* *Pinch of salt*
* *Pinch of freshly ground pepper*
* *1 large head romaine lettuce*

**For the dressing**

* *3 cloves garlic, minced*
* *3 anchovy fillets, finely minced*
* *2 tablespoons tahini*
* *1 teaspoon Dijon mustard*
* *1/2 teaspoon Worcestershire sauce*
* *1/2 teaspoon salt*
* *1/2 teaspoon freshly ground pepper*
* *3 tablespoons fresh lemon juice*
* *2 tablespoons warm water*
* *11/2 tablespoons extra-virgin olive oil*

1. Preheat the oven to 350°E
2. Make the salad: Cut the bread into 1/2-inch pieces and place them in a bowl. Add the 2 teaspoons of olive oil, the pinch of salt, and the pinch of pepper and toss to coat well. Arrange the bread in a single: layer on a rimmed baking sheet. Bake the bread until golden and crisp, about 20 minutes. Let cool.
3. Rinse the lettuce, pat or spin it dry, and tear it into bite-size pieces. Place the lettuce in a large bowl.
4. Make the dressing: Place the garlic, anchovies, tahini, mustard, Worcestershire sauce, and the 1/2 teaspoon each of salt and pepper in a small bowl and stir them together. Whisk in the lemon juice, water, and the 11/2 tablespoons of olive oil.
5. Pour the dressing over the lettuce and toss to coat. Sprinkle the croutons over the salad.

**Serves 4**

**Monday Snack 3: Mixed berries tossed in lime juice with fat-free sour cream**

**Tuesday**

**Tuesday Breakfast: Mini Breakfast Puffs**

* *1 teaspoon canola oil*
* *1/4 cup diced onion*
* *1 red bell pepper, diced*
* *1 cup chopped broccoli*
* *11/2 teaspoons fresh thyme*
* *1/4 teaspoon salt*
* *1/4 teaspoon freshly ground pepper*
* *3/4 cup crumbled light feta cheese*
* *11/2 cups liquid egg*
* *1 cup skim milk*
* *1/4 cup wheat bran*
* *1/4 cup whole wheat flour*

1. Preheat the oven to 400°E Grease a 12-cup mil fin tin.
2. Heat the oil in a nonstick frying pan over me& ill I heat. Cook the onion and bell pepper until softened, about 5 minutes. Add the broccoli, thyme, salt, and ground pepper; cover, and let steam until the broccoli is crisp-tender and bright green, about 3 minutes. Divide the vegetable mixture among the muffin cups.
3. Sprinkle some of the feta cheese over the vegetable mixture in each muffin cup, dividing it evenly.
4. Place the liquid egg, milk, wheat bran, and whole wheat flour in a bowl and whisk them together. Spoon the egg mixture evenly over the vegetable mixture, dividing it equally among the muffin cups. Bake the puffs until golden, set, and puffed, about 20 minutes. Let cool slightly before serving.

**Tuesday Snack 1: Fruit Yogurt**

**Tuesday Lunch: Waldorf Chicken and Rice Salad**

Easy to make, and who doesn't love a Waldorf salad, especially a green-light version?

* 3/4 *cup cooked basmati or brown rice*
* *1 medium-size apple, chopped*
* *1 or 2 ribs celery, chopped*
* *1/4 cup walnuts*
* *4 ounces cooked chicken breast, chopped*
* *1 tablespoon store-bought light buttermilk dressing*

Place the rice, apple, celery, walnuts, and chicken in large bowl. Pour the buttermilk dressing on top and stir to mix.

**Serves I**

**Tuesday Snack 2: Hummus with carrot and celery sticks**

**Tuesday Dinner: Ginger-Wasabi Halibut, Cold Noodle Salad with Cucumber and Sesame snow peas and carrots**

**Ginger-Wasabi Halibut**

This fish can also be cooked on the grill. Serve it with Cold Noodle Salad with Cucumber and Sesame (see the recipe on page 223) for a refreshing meal.

* *2 tablespoons Dijon mustard*
* *2 teaspoons wasabi powder*
* *3 tablespoons mirin or* sweet *sherry*
* *2 tablespoons minced peeled fresh ginger*
* *2 tablespoons chopped fresh cilantro*
* *1 pound halibut, cut into 4 pieces*

1. Preheat the oven to 350°F.
2. Place the mustard and wasabi powder in a bowl and stir them together. Stir in the mirin, ginger, and cilantro. Place the halibut in the marinade and turn to coat. Let stand at room temperature for 20 minutes.
3. Place the halibut on a baking sheet and bake until firm to the touch, 8 to 10 minutes.

**Serves 4**

**Cold Noodle Salad with Cucumber and Sesame**

These refreshing noodlespair well with Ginger-Wasabi Halibut (see the recipe.

* 6 ou*nces thin pasta, such as vermicelli, Capellini, or spaghettini*
* *1 tablespoon rice vinegar*
* *4 teaspoons Splenda*
* *2 teaspoons soy sauce*
* 1/2 *English (seedless) cucumber, quartered lengthwise and thinly sliced*
* *2 teaspoons toasted sesame seeds (see Note)*

1. Bring a large pot of salted water to a boil. Cook the pasta until al dente, about 4 minutes. Drain the pasta and rinse it under cold water, then place it in a large bowl.
2. Place the vinegar, Splenda, and soy sauce in a small bowl and stir them together. Pour the dressing over the cooked pasta and stir in the cucumber and sesame seeds; toss to coat well.

**Serves 6**

**Note:** To toast the sesame seeds on the stove top, heat them in a frying pan over medium heat until brown and fragrant, 3 to 4 minutes, stirring them occasionally. To toast them in the oven, preheat the oven to 325°F. Spread the sesame seeds out on a rimmed baking sheet and bake them until brown and fragrant, 12 to 15 minutes. Let the sesame seeds cool before using them.

**Tuesday Snack 3: Orange and almonds**

**Wednesday**

**Wednesday Breakfast: Homemade Muesli with skim milk and fruit yogurt**

This cereal makes a delicious and healthy start to the day. Be sure to prepare it the night before so that it's ready to enjoy in the morning. Combine one-third cup of the muesli with one-third cup of skim milk or water, cover it, and refrigerate overnight. Then, in the morning, combine the mixture with a container (6 ounces) of nonfat, sugar-free fruit yogurt and enjoy it cold, or pop it in the microwave for a hot breakfast.

* *2 cups old-fashioned rolled oats*
* *3/4 cup oat bran*
* *1/4 cup sliced almonds*
* *1/2 cup shelled unsalted sunflower seeds*
* *2 tablespoons wheat germ*
* *1/4 teaspoon ground cinnamon*

Combine the oats, oat bran, almonds, sunflower seeds, wheat germ, and cinnamon in a large resealable plastic bag. Using a rolling pin, crush the mixture into coarse crumbs. Shake the bag to mix the muesli well.

**Makes 3 cups**

**Wednesday Snack 1: Carrot Muffin**

* *1 cup whole wheat flour*
* *1/2 cup wheat bran*
* *1/2 cup ground flaxseed*
* *1/4 cup Splenda*
* *2 teaspoons baking powder*
* *1/2 teaspoon baking soda*
* *2 teaspoons ground cinnamon*
* *1 teaspoon ground ginger*
* *1/4 teaspoon salt*
* *1 cup buttermilk*
* *1/2 cup liquid egg*
* *1/4 cup canola oil*
* *1 teaspoon vanilla*
* *11/2 cups finely grated carrots*
* *1/2 cup raisins, softened in hot water for 10 minutes and drained*
* *1/3 cup chopped pecans*

1. Preheat the oven to 375oF. Line a 12-cup muffin tin with paper or aluminum foil liners.
2. Combine the whole wheat flour, wheat bran, flaxseed, Splenda, baking powder, baking soda, cinnamon, ginger, and salt in a bowl.
3. Whisk the buttermilk, liquid egg, oil, and vanilla together in a large bowl. Stir in the carrots, raisins, and pecans. Add the flour mixture and stir until just combined. Divide the batter among the muffin cups.
4. Bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes.

**Makes 12 muffins**

**Wednesday Lunch: Cottage cheese with apple and grapes, and Basic G.I. Salad**

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Make Ahead**: Both the salad and the dressing can be prepared ahead and refrigerated separately, covered, for about 2 days.

**Wednesday Snack: Babybel Light cheese with crispbread**

**Wednesday Dinner: Chicken Tarragon with Mushrooms, broccoli, and basmati rice**

* *2 teaspoons canola oil*
* *2 skinless, boneless half chicken breasts (4 ounces each)*
* *Freshly ground pepper*
* *1 teaspoon nonhydrogenated soft margarine*
* *1 small onion, chopped*
* *8 ounces mushrooms, sliced*
* *3 tablespoons vermouth or white wine*
* *1 tablespoon chopped fresh tarragon*
* *1/2 cup low-fat, low-sodium chicken broth or water*

1. Heat the oil in a nonstick frying pan over medium-high heat. Sprinkle the chicken with pepper and cook until no longer pink inside, about 6 minutes per side. Transfer the chicken to a plate and cover to keep warm.
2. Add the margarine, onion, and mushrooms to the frying pan and cook, stirring constantly, until the onion is soft, about 5 minutes. Add the vermouth and tarragon and let simmer for 1 minute. Add the chicken broth and let simmer until reduced by half, about 2 minutes. Season with pepper. Serve the sauce over the chicken.

**Serves 2**

**Wednesday Snack 3: Pecan Brownie and glass of skim milk**

Brownies, you say? That’s right. These are packed with fiber and are absolutely scrumptious, so get baking! And, no, you most definitely can’t taste the beans.

* *1 can (151/2 ounces) white beans, red kidney beans,* or *black beans, rinsed tend drained*

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* 1/2 *cup skim milk*
* *1/3 cup liquid egg*
* *1/4 cup nonhydrogenated soft margarine, melted*
* *1 tablespoon vanilla*
* *3/4 cup Splenda*
* 1/2 *cup whole wheat flour*
* 1/2 *cup unsweetened cocoa powder*
* *1 teaspoon baking powder*
* *Pinch of salt*
* 1/2 *cup chopped toasted pecans*

1. Preheat the oven to 350°F Line an 8-inch square baking pan with parchment paper.
2. Place the beans in a food processor and run the machine until a coarse puree forms. Add the milk, liquid egg, melted margarine, and vanilla and puree until smooth, scraping down the side of the bowl a few times. Set the bean mixture aside.
3. Combine the Splenda, whole wheat flour, cocoa powder, baking powder, and salt in a large bowl. Pour the beau mixture over the flour mixture and stir to combine. Scrape the bailer into the prepared pan, smoothing the top. Sprinkle the pecans oil nip.

**Thursday**

**Thursday Breakfast: Homey Oatmeal with blueberries**

Serve with blueberries

* *2 cups skim milk*
* *3/4 teaspoon ground cinnamon*
* *1/2 teaspoon salt*
* *11/2 cups old-fashioned rolled oats*
* *1/4 cup wheat germ*
* *1/4 cup chopped almonds*
* *3 tablespoons Splenda*

1. Place the milk, cinnamon, salt, and 11/2 cups of water in a large pot and bring to a boil. Stir in the oats and wheat germ and let return to a boil. Reduce the heat to low and cook, stirring, until thickened, about 8 minutes. Stir in the almonds and Splenda.

**Thursday Snack 1: Small apple and glass of skim milk**

**Thursday Lunch: Minestrone and Basic G.I. Salad**

**Minestrone**

This soup is one of my favorites because it contains both pasta and spinach. Serve it with a sprinkling of grated Parmesan cheese for extra flavor and with a few more red pepper flakes to get your blood pumping.

* *2 teaspoons canola oil*
* *3 slices Canadian bacon, chopped*
* *1 onion, chopped*
* *4 cloves garlic, minced*
* *2 carrots, chopped*
* *1 rib celery, chopped*
* *1 tablespoon dried oregano*
* 1/2 *teaspoon red pepper flakes*
* ***1/4*** *teaspoon salt*
* *1/4 teaspoon freshly ground pepper*
* *1 can (28 ounces) plum tomatoes*
* *6 cups low-fat, low-sodium chicken broth*
* *1 package (11 ounces) baby spinach*
* *1 can (151/2 ounces) red kidney beans, rinsed and drained*
* *I can (151/2 ounces) chickpeas (garbanzo beans), rinsed and drained*
* *3/4 cup ditali or tubetti pasta*
* *1/3cup chopped fresh flat-leaf parsley*
* *2 tablespoons chopped fresh basil (optional)*

1. Heat the oil in a large soup pot over medium-high heat and cook the Canadian bacon for 2 minutes. Reduce the heat to medium and add the onion, garlic, carrots, celery, oregano, red pepper flakes, salt, and ground pepper. Cook until the vegetables are softened and lightly browned, about 10 minutes.

2. Add the tomatoes and, using a potato masher, crush them in the pot. Pour in the chicken broth, and then bring to a boil. Reduce the heat to a simmer and add the spinach, kidney beans, chickpeas, and pasta. Let simmer until the pasta is tender, about *20* minutes. Stir in the parsley and basil, if using.

**Serves 6**

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Thursday Snack 2: Crunchy Chickpeas**

* *2 cans (151/2 ounces each) chickpeas*
* *(garbanzo beans), rinsed and drained*
* *2 tablespoons extra-virgin olive oil or canola oil 1/2 teaspoon salt*
* *Pinch of cayenne pepper*

1. Preheat the oven to 400°F
2. Place the chickpeas, olive oil, salt, and cayenne in a large bowl and toss to mix. Spread the chickpeas out in a single layer on a large rimmed baking sheet.
3. Bake the chickpeas until golden, about 45 minutes, shaking the baking sheet a couple of times. Let the chickpeas cool completely.

**Serves 6**

**Helpful Hint:** Add other spices or more salt to change the flavor of the chickpeas.

**Thursday Dinner: Meat Loaf, green beans, carrots, and new potatoes**

Serve this meat loaf with new potatoes, green beans, and a salad for dinner.

* *11/2 pounds extra-lean, ground beef*
* *1 cup tomato juice*
* *1/2 cup old-fashioned rolled oats*
* *1 omega-3 egg, lightly beaten*
* 1/2 *cup chopped onion*
* *1 tablespoon Worcestershire sauce*
* *1/2 teaspoon salt (optional)*
* *1/4 teaspoon freshly ground pepper*

1. Preheat the oven to 350°F.
2. Combine the beef, tomato juice, oats, egg, onion, Worcestershire sauce, salt, if using, and pepper in large bowl. Mix gently but thoroughly.
3. Press the meat loaf mixture into an 8 by 4-inch loaf pan. Bake until an instant-read meat thermometer inserted into the center registers 160°F, about 1 hour. Let the meat loaf stand for 5 minutes before draining off any juices and slicing it.

**Serves 6**

**Thursday Snack 3: ½ Nutrition Bar**

**Friday**

**Friday Breakfast: All-Bran Bran Buds (or other high fiber cereal) with skim milk, peach slices, and sliced almonds**

**Friday Snack 1: Fruit Yogurt**

**Friday Lunch: ½ whole wheat pita with deli turkey, lettuce, tomato and cucumber with Basic G.I. Salad**

Make Sandwich by putting turkey, lettuce, tomato, and cucumber into pita.

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Friday Snack 2: Laughing Cow Light cheese with crispbread**

**Friday Dinner: Bean and Onion Pizza**

**Bean and Onion Pizza**

Here's a restaurant favorite for your G.I. lifestyle.

**For the pizza dough**

* 3/4 *cup warm water*
* *21/4 teaspoons active dry yeast*
* *11/4 cups whole wheat flour, plus up to 1/4 cup more, if needed*
* *1/2 cup wheat bran*
* *Pinch of salt*

**For the topping**

* *1 teaspoon canola oil*
* *2 onions, thinly sliced*
* *2 cloves garlic, minced*
* 3/4 *teaspoon finely chopped fresh thyme*
* *Pinch of salt*
* *Pinch of freshly ground pepper*
* *1/4 cup sun-dried tomatoes*
* 1/2 *cup boiling water*
* *1 cup canned red kidney beans, rinsed and drained*
* *3/4 cup low-fat pasta sauce*
* *2 tablespoons chopped fresh basil*
* *3/4 cup crumbled light feta cheese*

1. Make the pizza dough: Pour the water into a large bowl and sprinkle the yeast on top. Let stand until frothy, about 10 minutes. Add 11/4 cups of the whole wheat flour and the wheat bran and salt and stir until a ragged dough forms. Let it stand, covered, for 30 minutes. Place the dough on a floured surface and knead, adding more of the remaining flour as necessary, just until it forms a soft, slightly sticky dough. Place the dough in a greased bowl, cover it and let rest until doubled in bulk, about 1 hour.

1. Make the topping.: Heat the oil in a nonstick frying pan over medium high heat. Add the onions and garlic and cook, stirring, until the onions start to turn golden, about 3 minutes. Reduce the heat to medium and add the thyme, salt, and pepper. Continue cooking, stirring occasionally, until the onions are soft and golden brown, about 15 minutes. Set the onions aside.
2. Soak the sun-dried tomatoes in the boiling water for 5 minutes. Drain the tomatoes and discard the liquid. Chop the tomatoes and set aside.
3. Place the beans in a large mixing bowl and, using a potato masher, mash them. Stir in the pasta sauce, sun-dried tomatoes, and basil.
4. Preheat the oven to 425°F.
5. Punch down the dough and roll it out on a floured surface to fit a 12- or 14-inch round pizza pan. Place the dough on the pan, stretching as necessary to fit.
6. Spread the pasta sauce mixture over the pizza dough. Top it with the cooked onion mixture and sprinkle the feta over it.
7. Bake the pizza until golden and crisp, about 20 minutes.

**Serves 4**

**Friday Snack 3: Mixed berries tossed in lime juice with fat-free sour cream**

**Saturday**

**Saturday Breakfast: Italian Omelet**

Omelets are easy to make, and you can vary them by adding any number of fresh vegetables, a little cheese, and/or some meat.

* *1 teaspoon canola oil*
* *1/2 cup sliced mushrooms*
* *1/2 cup liquid egg*
* 1/2 *cup tomato puree*
* *1 tablespoon chopped fresh basil or oregano s*
* *1 ounce part-skim mozzarella cheese, shredded*
* *Pinch of freshly ground pepper*

1. Heat the oil in a small nonstick frying pan over medium-high heat. Add the mushrooms and cook until tender, about 5 minutes. Transfer the mushrooms to a plate and cover to keep warm.
2. Place the liquid *egg,* tomato puree, basil, mozzarella cheese, and pepper in a bowl and, using a fork, stir them together. Pour the egg mixture into the frying pan and cook until almost set, about 5 minutes, lifting the edges to allow the uncooked egg to run underneath.
3. Sprinkle the cooked mushrooms over half of the omelet. Using a spatula, fold over the other half and cook for 1 minute.

**Serves 1**

**Saturday Snack 1: ½ Nutrition bar**

**Saturday Lunch: Crab Salad in Tomato Shells**

Big beefsteak tomatoes are ideal here; their size accommodates the filling, and their pulp and seeds are easy to scoop out.

2 *cups canned crab*

*4 large beefsteak tomatoes ¼ cup fat-free mayonnaise*

*2 tablespoons low-fat sour cream*

*½ teaspoon grated lemon 1 tablespoon fresh lemon juice*

2 *teaspoons chopped fresh tarragon Pinch of salt*

*Pinch of freshly ground pepper*

*I cup coarsely chopped canned chickpeas (garbanzo beans), rinsed and drained* 1/2 *red bell pepper, diced*

*1/4 cup finely diced celery*

*¼ cup chopped fresh flat-leaf parsley*

*2 tablespoons chopped fresh chives*

*2 tablespoons shredded carrot*

1. Place the crab in a fine-mesh sieve and press out any liquid. If necessary, remove and discard any cartilage; set the crab aside.
2. Cut off the top quarter of the tomatoes. Using a small spoon, scoop out and discard the seeds and pulp. Place the tomatoes cut side down on a plate lined with paper towels.
3. Place the mayonnaise, sour cream, lemon zest and juice, tarragon, salt, and ground pepper in a large bowl and stir them together. Add the chickpeas, bell pepper, celery, parsley, chives, and carrot. Add the crab and stir to combine. Divide the crab mixture among the tomatoes, spooning it into the center.

**Serves 4**

**Saturday Snack 2: Hummus with carrot and celery sticks**

**Saturday Dinner: Grilled Tuna with Chimichurri Sauce, asparagus, and new potatoes**

Traditionaly served with Argentinean barbecued beef *(carne asado), chimichurri* is alsodelicious with grilled tuna**.** This recipe makes extra sauce, which can be served with poultry or meat, or stirred into hot rice.

**For the chimichurri sauce**

* 4 cloves *garlic, minced*
* *1/2 red onion, finely chopped*
* ***1/2*** *red bell pepper; finely chopped*
* *¼ cup chopped fresh cilantro*
* *1/4 cup chopped fresh flat-leaf parsley*
* *1 tablespoon chopped fresh oregano*
* 1/2 *cup low-fat, low-sodium vegetable broth*
* *2 tablespoons extra-virgin olive oil*
* *2 tablespoons sherry or red wine vinegar*
* *Pinch of salt*
* *Pinch of freshly ground pepper*

**For the tuna**

* *4 tuna steaks, about 1/2-inch thick (4 ounces each)*
* 1/2 *teaspoon salt*
* **1/2** *teaspoon freshly ground pepper*

1. Preheat an oiled grill to medium-high.
2. Make the *chimichurri* sauce: Combine the garlic, red onion, bell pepper, cilantro, parsley, and oregano in a bowl. Stir in the vegetable broth, olive oil, sherry, and a pinch each of salt and ground pepper.

**Saturday Snack 3: Pecan Brownie and glass of skim milk**

* *1 can (151/2 ounces) white beans, red kidney beans,* or *black beans, rinsed tend drained*

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* 1/2 *cup skim milk*
* *1/3 cup liquid egg*
* *1/4 cup nonhydrogenated soft margarine, melted*
* *1 tablespoon vanilla*
* *3/4 cup Splenda*
* 1/2 *cup whole wheat flour*
* 1/2 *cup unsweetened cocoa powder*
* *1 teaspoon baking powder*
* *Pinch of salt*
* 1/2 *cup chopped toasted pecans*

1. Preheat the oven to 350°F Line an 8-inch square baking pan with parchment paper.
2. Place the beans in a food processor and run the machine until a coarse puree forms. Add the milk, liquid egg, melted margarine, and vanilla and puree until smooth, scraping down the side of the bowl a few times. Set the bean mixture aside.
3. Combine the Splenda, whole wheat flour, cocoa powder, baking powder, and salt in a large bowl. Pour the beau mixture over the flour mixture and stir to combine. Scrape the bailer into the prepared pan, smoothing the top. Sprinkle the pecans oil nip.

**Sunday**

**Sunday Breakfast: Cinnamon French toast with Canadian bacon**

Serve this family favorite with slices of lean ham or Canadian bacon and extra strawberries for a complete breakfast.

* 3/4 *cup liquid egg*
* *1/2 cup skim milk*
* *1 tablespoon Splenda*
* *1 teaspoon vanilla*
* *1/2 teaspoon ground cinnamon*
* *Pinch of salt*
* *4 slices stone-ground whole wheat bread*
* *1 teaspoon canola oil*
* *2 cups sliced strawberries*
* 1/2 *cup nonfat sugar-free fruit-flavored yogurt*

1. Whisk the liquid egg, milk, Splenda, vanilla, cinnamon, and salt together in a shallow dish. Dip each slice of bread into the egg mixture, making sure to coat both sides.
2. Meanwhile, brush the oil on a nonstick griddle or large nonstick frying pan and heat over medium-high heat. Cook the French toast, turning once, until golden brown on both sides, about 4 minutes. Serve it with the strawberries and yogurt.

**Serves 2**

**Sunday Snack 1: Orange and almonds**

**Sunday Lunch: Ham and Lentil Soup and Basic G.I. Salad**

**Ham and Lentil Soup**

Canned lentils make this soup quick and easy to prepare, so keep some on hand. If you want to make the soup even more green- light, use dried lentils instead (see the instructions in the Variation below).

* *1 tablespoon canola oil*
* *1 onion, chopped*
* 1/2 *cup diced celery*
* *2 cloves garlic, minced*
* *6 cups low-fat, low-sodium chicken broth*
* *2 cans (15 ounces each) lentils, drained and rinsed*
* *6 ounces black forest ham, diced*
* *1 red bell pepper, diced*
* *2 tomatoes, seeded and diced*
* *2 tablespoons chopped fresh flat-leaf parsley*

Heat the oil in a large soup pot over medium heat. Add the onion, celery, and garlic and cook until softened, about 5 minutes. Add the chicken broth, lentils, ham, and bell pepper and bring to a boil. Reduce the heat and add the tomatoes. Cover and let simmer for 20 minutes. Stir in the parsley.

**Serves 4**

**Variation:** Use 1 cup of dried green or brown lentils. Add the lentils with the chicken broth, cover the pot, and continue withthe recipe, letting the soup simmer until the lentils are tender, about 30 minutes.

**For the salad**

* 1 1/2 *cups torn or coarsely chopped greens: arugula, baby spinach, or watercress; Boston, iceberg, leaf or romaine lettuce; or mesclun*
* *1 small carrot, grated*
* *½ red, .yellow, or green bell pepper, diced*
* *1* plum *tomato, cut into wedges*
* *1/2**cup sliced cucumber*
* 1/4 *cup chopped red onion (optional)*
* *4 ounces of (****options*** *– canned tuna, cooked salmon, tofu, kidney beans, chickpeas, or cooked chicken)*

**For the Basic G.I. Vinaigrette**

* *1 tablespoon, vinegar, such as balsamic, Cider, red wine, rice, or white wine vinegar, or 1 tablespoon lemon juice*
* *1 teaspoon extra-virgin olive oil or canola oil*
* *1/2 teaspoon Dijon mustard*
* *1 clove garlic (optional), peeled and crushed Pinch of salt*
* *Pinch of freshly ground pepper*
* *Pinch of finely* *chopped fresh herb of choice, such as basil, marjoram, mint, oregano, or thyme*

1. Make the salad: Place the lettuce, carrot, bell pepper, tomato, cucumber, onion, and meat, if using, in a large bowl and toss them together.
2. Make the Basic G.I. Vinaigrette: Place the vinegar, oil, mustard, garlic, if using, salt, ground pepper, and herb in a small bowl and whisk them together.
3. Pour the vinaigrette over the greens and toss to coat.

**Sunday Snack 2: Babybel Light cheese with crispbread**

**Sunday Dinner: Orange Chicken with Almonds, green beans, and basmati rice**

Fans of sweet-and-sour dishes will surely enjoy this orange- flavored chicken. The almonds add calcium to the dish. Serve the chicken over basmati rice.

*2 oranges*

*1 tablespoon canola oil*

*2 skinless, boneless half chicken breasts (4 ounces each), diced*

*2 teaspoons minced peeled fresh ginger*

*1/4 teaspoon salt*

*1/4 teaspoon freshly ground pepper*

*2 scallions, chopped*

*1 red bell pepper, chopped*

*1 green bell pepper, chopped*

*Pinch of red pepper flakes*

*1/4 cup low-fat, low-sodium chicken broth*

*3 tablespoons soy sauce*

*2 teaspoons cornstarch*

1/2 *cup sliced almonds, toasted*

*Steamed basmati rice, for serving*

1. Using a rasp or grater, remove I teaspoon of zest from one of the oranges and set aside. Cut away the remaining orange peel and pith and discard them. Coarsely chop the orange flesh. Cut the other orange in half and squeeze out its juice; set the juice aside, discarding the orange rind.

2. Heat 1 ½ teaspoons of the oil in a large nonstick frying pan or wok over medium high heat. Add the chicken, ginger, and a pinch each of the salt and ground pepper and cook until the chicken is no longer pink inside, about 6 minutes per side. Transfer the chicken to a plate. Add the remaining 1 1/2 teaspoons of oil to the frying pan and cook the scallions, red and green peppers, and red pepper flakes, stirring constantly, until crisp-tender, about 6 minutes.

3. Place the chicken broth, soy sauce, reserved orange zest and juice, cornstarch, and the remaining salt and pepper in a small bowl and whisk them together. Add the chicken broth mixture and the cooked chicken and chopped orange to the frying pan with the vegetable mixture and cook, stirring, until the sauce is thickened and has coated the chicken and vegetables, about 5 minutes. Sprinkle the chicken with the almonds and serve with the rice.

Serves **2**

**Sunday Snack 3: Slice of Apple Raspberry Coffee Cake**

A piece of this fruit-laden coffee cake makes a delectable light dessert. It can be refrigerated for up to three days.

**For the batter**

* *1 cup whole wheat flour*
* *1/2 cup wheat bran*
* **1/2** *cup Splenda brown sugar*
* *11/2 teaspoons baking powder*
* 1/2 *teaspoon baking soda*
* *1/4 teaspoon ground cinnamon*
* *1/4 teaspoon ground nutmeg*
* *Pinch of salt*
* 1/2 *cup buttermilk*
* *1/4 cup nonhydrogenated soft margarine, melted and cooled*
* *1/4 cup liquid egg*
* *2 teaspoons vanilla*
* *1 cup fresh raspberries*
* *1 apple, cored and diced*

**For the topping**

* 1/3 *cup old-fashioned rolled oats*
* *1/4 cup Splenda brown sugar*
* *2 tablespoons chopped pecans*
* *1 tablespoon nonhydrogenated soft margarine*

1. Preheat the oven to 350°F Line an 8-inch square baking pan with parchment paper.
2. Make the batter: Place the whole wheat flour, wheat bran, *1/2* cup of Splenda brown sugar, the baking powder, baking soda, cinnamon, nutmeg, and salt in a large bowl and stir to combine. Set the dry ingredients aside.
3. Whisk the buttermilk, inched margarine, liquid egg, and vanilla together in another bowl. Pour the buttermilk mixture over the flour mixture and stir until moistened. Spread two thirds of the batter in the prepared baking pall.
4. Place the raspberries and apple in a bowl and toss them together. Sprinkle the fruit mixture over the batter in the baking pan. Dollop the fruit with the remaining batter, then smooth the batter gently with a wet spatula.
5. Make the topping: Combine the oats, the 1/4 cup of Splenda brown sugar, and the pecans and margarine in a bowl. Sprinkle the topping over the coffee cake, pressing it gently into the batter.
6. Bakethe coffee cake until a toothpick inserted in the center comes out clean, about 30 minutes.

**Makes nine 2-inch-square pieces; 1 piece is 1 serving**