

# TLS® Rapid Results 14-Day Meal Plan for Men: Days 1-7

|           | Monday                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                             | Saturday                                                                                                                                                                                                                                                                                                                                                                       | Sunday                                                                                                                                                                                                                                                                                                                                |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast | <b>Omelet:</b><br>6-8 egg whites<br>Non-fat cooking spray as needed<br>1 cup spinach<br>1 medium tomato<br>1 cup asparagus<br>2 tbsp reduced fat cheddar cheese<br>½ medium orange                                                        | 1 cup low-fat cottage cheese<br>½ cup berries<br>1 cup herbal tea<br><i>Optional:</i><br>½ packet stevia<br>1 squirt lemon juice                                                                     | <b>Spinach egg scramble:</b><br>6 egg whites<br>Non-fat cooking spray as needed<br>1 cup spinach leaves<br>½ roma tomato (diced)<br>2 tbsp low-fat feta cheese<br>1 tbsp fresh basil (chopped)<br>2 slices turkey bacon                                                             | ½ grapefruit<br>6-8 oz plain fat-free<br>Greek yogurt<br>15 raw unsalted almonds<br>1 cup herbal tea<br><i>Optional:</i><br>½ packet stevia<br>1 squirt lemon juice                                                                                                                                                                                                                                                                    | <b>Vegetable Frittata:</b><br><b>Sauté together:</b><br>1 tbsp extra virgin olive oil<br>½ cup broccoli (chunked)<br>½ bell pepper (cubed)<br>¼ cup onions (chopped)<br>½ cup mushrooms (sliced)<br>¼ cup carrots (shredded)<br>½ medium tomato (diced)<br><b>Whip and pour over sautéed vegetables: 3 egg whites, 1 whole egg, 2 tsp fat-free milk. Cook in frying pan over low heat. Top with 1 tbsp low-fat cheddar cheese.</b> | 6-8 oz plain, non-fat<br>Greek yogurt<br>¼ cup berries<br>¼ cup bran                                                                                                                                                                                                                                                                                                           | <b>Mushroom omelet:</b><br>6-8 egg whites<br>1 cup mushrooms (sliced)<br>3-4 tbsp green onion (chopped)<br>2 oz low-fat cheddar cheese                                                                                                                                                                                                |
| Snack     | 1-2 cups of herbal tea<br><i>Optional:</i><br>½ packet stevia squirt lemon<br>10 unsalted cashews<br>1 cup low-fat cottage cheese                                                                                                         | 2 hard boiled egg<br>1 cup carrot sticks                                                                                                                                                             | 1 ExtendBar<br>½ cup almond, rice or<br>low-fat milk                                                                                                                                                                                                                                | <b>Hummus deviled eggs:</b><br>2 eggs hard boiled<br>(cut in half and discard yolks)<br>1/4 cup hummus<br><b>Fill egg halves and refrigerate</b><br><b>Top with:</b><br>1 tsp slivered almonds                                                                                                                                                                                                                                         | ½ cup cottage cheese<br>¼ cup pineapple (diced)<br>1 tbsp raisins<br>15 raw unsalted almonds                                                                                                                                                                                                                                                                                                                                       | 1 cup celery sticks<br>1 cup carrot sticks<br>2 tbsp unsweetened<br>peanut butter                                                                                                                                                                                                                                                                                              | <b>Stuffed tomatoes:</b><br>1 medium tomato<br>(cut in half and scoop insides)<br><b>Mix together and stuff into tomato halves:</b><br>¼ cup low-fat cottage cheese<br>½ medium cucumber (shredded)<br>1 tsp almond slivers<br><b>Sprinkle with:</b><br>½ tsp paprika<br>½ tsp dried dill                                             |
| Lunch     | <b>Mixed green salad</b><br>1½ cup mixed greens<br>½ medium tomato<br>2 medium carrots (diced)<br>½ small cucumber (sliced)<br>6 oz boneless, skinless<br>chicken breast (baked)<br>1 tbsp low-fat shredded parmesan<br>1 tsp vinaigrette | <b>Hummus and veggie lettuce wraps:</b><br>½ cup plain hummus<br>½ cup tomatoes (chopped)<br>¼ cup green onion (chopped)<br>½ small cucumber (sliced)<br>2 tbsp of parsley<br>4 large lettuce leaves | <b>Portobello chicken pizza:</b><br>1 large portobello mushroom<br>cap (upside down for crust)<br><b>Top with:</b><br>½ cup tomato sauce<br>½ tbsp onion (diced)<br>2 tbsp of low-fat mozzarella<br>cheese<br>4 oz chicken breast (cooked)<br><b>Bake: 350°F for 10-15 minutes.</b> | <b>Turkey burger:</b><br><b>Mix together &amp; pan fry in patty:</b><br>6-8 oz ground turkey burger<br>2 tsp green onions (minced)<br>2 tsp parsley<br>½ tsp mustard<br>1 dash of low-salt soy sauce<br>black pepper to taste<br><b>Top with:</b><br>1 slice (1 oz) low-fat<br>cheddar cheese<br><b>Side:</b><br>½ cup black beans<br><b>Stew together:</b><br>1 cup okra (sliced)<br>½ cup tomatoes (diced)<br>½ cup onions (chopped) | 6-8 oz chicken breast<br>(baked or grilled)<br>2 cups mixed greens<br>¼ cup black olives<br>½ cup artichoke hearts<br>1 medium tomato (diced)<br>½ medium cucumber (sliced)<br>1 tbsp low-fat feta cheese                                                                                                                                                                                                                          | <b>Turkey and broccoli rolls:</b><br>6-8 oz sliced turkey (wrap)<br><b>Top with mixture of:</b><br>3 tbsp plain non-fat yogurt<br>3 tbsp sour cream<br>2 tsp mustard<br>¼ cup fresh basil leaves<br>1½ cup of broccoli spears<br>(cook and roll in turkey)<br><b>Side:</b><br>1 cup fresh green beans<br>2 celery stalk (sliced)<br>1 tbsp sunflower seeds<br>1 tbsp olive oil | <b>Shrimp and bacon salad:</b><br><b>Cook in sauce pan for 4 minutes:</b><br>5 oz of shrimp<br>2 oz Canadian bacon<br>1 tsp olive oil<br><b>Combine and top with:</b><br>3 cups romaine lettuce (shredded)<br>½ cup mandarin oranges<br>½ cup red onion (chopped)<br>½ cup kidney beans<br>½ cup chickpeas<br>1 tbsp low-fat dressing |

## TLS® Rapid Results 14-Day Meal Plan for Men: Days 1-7 (Cont.)

|        | Monday                                                                                                                                                  | Tuesday                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                                          | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Sunday                                                                                                                                                                                                                                |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Snack  | 1½ cups celery sticks<br>2 tbsp unsweetened peanut butter or almond butter                                                                              | ½ medium banana<br>15 raw unsalted almonds                                                                                                                                                                                     | ½ cup plain hummus<br>1 cup mixed greens<br>1 cup of mixed vegetables (carrots, celery, broccoli) for dipping                                                                                                                                                                                                           | <b>Veggie/tofu lettuce wraps:</b><br>4-6 oz firm tofu (small cubes or slices)<br>½ small avocado (sliced)<br>½ medium zucchini (sliced length-wise)<br>½ medium yellow squash (sliced length-wise)<br>½ medium tomato (sliced)<br>2 large lettuce leaves | TLS Protein Shake (chocolate)<br><b>Mix with:</b><br>1 cup almond, rice or fat-free milk                                                                                                                                                                                                                                                        | 1 bag Extend Crisps<br>½ cup almond, rice or low-fat milk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Blend together:</b><br>3 oz firm tofu<br>2 tbsp dry onion soup mix<br>½ tsp olive oil<br><b>Eat with:</b><br>2 cups cucumbers (sliced)<br>¾ cups zucchini (sliced)                                                                 |
| Dinner | 6-8 oz salmon (grilled)<br>2 cups spinach (sautéed)<br>Non-fat cooking spray as needed<br>½ cup yellow squash (chunked)<br>½ cup unsweetened applesauce | <b>Sauté together:</b><br>6-8 oz lean beef<br>¾ cup onion (minced)<br>¾ bell pepper (cubed)<br>¾ cup portabella mushroom (sliced)<br>Non-fat cooking spray as needed<br><b>Place over:</b><br>1½ cup spaghetti squash (cooked) | <b>Tuna and romaine salad:</b><br>6 oz of water packed tuna (drained)<br>2 cups romaine hearts<br>½ small red onion (diced)<br>¼ cup olives<br>1 oz low-fat feta cheese<br><b>Mix together the following:</b><br>1 tbsp extra virgin olive oil<br>1 tbsp lemon juice<br>1 tsp fresh oregano<br>pinch of salt and pepper | 6-8 oz boneless, skinless chicken breast (baked)<br>1 cup green beans<br>1 medium sweet potato (baked)<br>1 tsp cinnamon                                                                                                                                 | <b>Grilled salmon with spaghetti squash:</b><br>6-8 oz salmon<br><b>Coat with 2 tsp low-salt soy sauce and bake or broil.</b><br><b>Side dish:</b><br>1 cup spaghetti squash<br>½ cup tomato sauce<br><b>Side salad:</b><br>2 cups mixed greens<br>1 medium tomato (sliced)<br>1 small cucumber (sliced)<br>¼ cup olives<br>15 unsalted cashews | <b>Caribbean jerked pork:</b><br>6-8 oz pork tenderloin (sliced ½" thick)<br>1 tsp of Caribbean jerk seasoning<br>1 tsp of olive oil<br><b>Cover pork with jerk seasoning and cook in skillet until no longer pink.</b><br><b>Sauce: Mix together, heat and pour over pork:</b><br>1 tsp mustard<br>½ cup pineapple juice<br>½ tsp corn starch<br><b>Sides:</b><br>1 cup Brussels sprouts<br>2 cups mock mashed potatoes<br><b>Whip together:</b><br>4 cups cauliflower florets (cooked)<br>½ tbsp fat-free milk<br>½ tbsp fat-free sour cream | <b>Beef stir-fry:</b><br><b>Sauté together:</b><br>6-8 oz sirloin steak strips<br>1½ tbsp low-salt soy sauce<br>1 tsp garlic (minced)<br>¼ cup onion (sliced)<br>1 tsp sesame oil<br>1 tsp ginger (minced)<br>1½ cup broccoli florets |

# TLS® Rapid Results 14-Day Meal Plan for Men: Days 8-14

|           | Monday                                                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Saturday                                                                                                                                                                                                                                                                                                                                                                                                            | Sunday                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast | 6-8 oz plain, fat-free Greek yogurt<br>1tbsp chopped almonds<br>1 cup berries<br><i>Optional:</i><br>½ packet stevia<br>1 squirt lemon juice                                                                                                                                                                                                               | <b>Bacon &amp; egg breakfast cup:</b><br>4 slices turkey bacon<br>(wrap around sides and bottom of 2 muffin tin cups)<br><b>Mix together and add to muffin cups:</b><br>6 egg whites<br>¾ cup spinach<br><b>Bake at 350°F for 20-30 minutes.</b><br><b>Top with:</b><br>2 oz low-fat cheddar cheese | <b>Artichoke omelet:</b><br><i>Slightly sauté together:</i><br>¾ cup artichoke hearts (halved)<br>½ cup bell pepper (diced)<br>½ cup olives (sliced)<br>1½ tsp fresh oregano<br>1½ tsp fresh basil (chopped)<br>2 tsp fresh garlic (minced)<br>Non-fat cooking spray as needed<br><b>Cook and then cover with vegetables:</b><br>4-6 egg whites<br><b>Sprinkle over omelet:</b><br>1 tbsp low-fat parmesan cheese                                                                                    | <i>Combine in blender:</i><br>4 oz low fat cottage cheese<br>4 oz low fat Greek yogurt<br>1 cup strawberries<br>1 tsp olive oil<br><b>Blend until smooth and creamy</b>                                                                                                                                                                           | <b>Bacon &amp; sweet potato hash browns:</b><br>3 slices turkey bacon (cooked until crisp)<br>¼ cup onions (diced)<br>(cooked in same skillet until tender)<br><b>Add:</b><br>1 medium sweet potato (peeled and grated)<br>½ tbsp garlic (minced)<br><b>Sauté total mixture for 10-15 minutes.</b><br><b>Serve with:</b><br>2 eggs (sunny side up)                                                                                                                                                                                                                                                        | <b>Eggs florentine:</b><br><i>In baking pan, combine:</i><br>2 oz lean ham<br>1 cup spinach (cooked)<br>6 oz egg whites (pour into middle of spinach uncooked)<br>dash of nutmeg<br>salt and pepper to taste<br><b>Bake at 450°F until eggs are set.</b><br><b>Sprinkle over egg/spinach:</b><br>2 tablespoon low-fat mozzarella cheese<br>2 tbsp red bell pepper (chopped)<br><b>Bake until cheese has melted.</b> | <b>Zucchini hash:</b><br><b>Cook together:</b><br>1 oz extra virgin olive oil<br>5 oz turkey sausage<br>1 medium zucchini (cubed)<br>½ onion (slivered)<br>1 cup mushrooms<br>1 medium clove of garlic (minced)<br>1 medium tomato (chunked)<br>1 tbsp fresh basil<br><b>Top with:</b><br>3 oz egg whites (scrambled or fried)<br>½ cup low-fat feta cheese                                      |
| Snack     | 2 medium zucchini (sliced in half)<br>2 tbsp pimiento (diced)<br>2 tbsp chopped olives<br>1½ tbsp olive oil<br>4 oz low-fat mozzarella cheese<br><b>Brush each half of zucchini with olive oil. Broil for 5 minutes (until tender).</b><br><b>Combine cheese, and olives. Spread on each zucchini half lengthwise. Broil again until cheese is melted.</b> | 1 cup cottage cheese<br>¼ cup pineapple (diced)<br>1 tbsp raisins<br>15 raw unsalted almonds                                                                                                                                                                                                        | 1 large carrot (½" slices)<br>4 oz firm tofu (chunked)<br>½ small onion (½" slices)<br>1 small zucchini (¾" lengthwise cuts)<br>1 small yellow squash (¾" lengthwise cuts)<br>1 tsp dried oregano<br>½ tsp dried basil<br>1 garlic clove (minced)<br>2 tbsp low-fat parmesan cheese<br>1-2 tbsp extra virgin olive oil<br>salt and pepper to taste<br><b>Mix ingredients together. Place on baking sheet, cover with foil. Roast at 400°F for 30 mins. Remove foil, roast for additional 15 min.</b> | 1 ExtendBar<br>½ cup almond, rice or low-fat milk                                                                                                                                                                                                                                                                                                 | 1½ cups celery sticks<br>3 tbsp unsweetened peanut butter or almond butter                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Guacamole &amp; chips:</b><br><i>Combine in blender:</i><br>1 medium avocado (ripe)<br>¾ cup chunky salsa<br>4 oz firm tofu<br><b>chips:</b><br>1 medium cucumber (cut for dipping)                                                                                                                                                                                                                              | <b>Hummus deviled eggs:</b><br>2 eggs hard boiled (cut in half and discard yolks)<br>¼ cup hummus<br><b>Fill egg halves and refrigerate</b><br><b>Top with:</b><br>1 tsp almonds, slivered                                                                                                                                                                                                       |
| Lunch     | 6-8 oz chicken (grilled)<br>1½ cups romaine lettuce<br>¾ cup halved cherry tomatoes<br>1 small cucumber<br>¼ cup diced red onion (diced)<br>1 medium carrots (diced)<br>1 tbsp low-fat shredded parmesan<br>1 tsp vinaigrette                                                                                                                              | <b>Lettuce Wrap:</b><br>6-8 oz sliced turkey<br>5 pieces of lettuce (2 cups)<br>½ cup tomato (sliced)<br>2 tbsp avocado<br>½ med zucchini (sliced)<br>½ cup alfalfa sprouts<br>salt and pepper to taste                                                                                             | 6-8 oz shrimp (boiled)<br><b>Cocktail sauce, mix together:</b><br>2 tbsp tomato paste<br>enough water to form sauce<br>1 tbsp horseradish<br>1 tbsp lemon juice<br>celery salt to taste<br>1 dash Tabasco sauce<br><b>Side salad:</b><br>1½ cup broccoli<br>1½ cup cherry tomatoes<br>2 oz low-fat mozzarella balls<br>1 tbsp extra virgin olive oil                                                                                                                                                 | <b>Cajun "fish" fillet(s):</b><br>6-8 oz flounder fillet(s)<br>1 tsp Cajun spice<br>1 tbsp paprika<br>1 small wedge of lemon<br><b>Dust flounder with mixture of Cajun spice and paprika. Broil 5-6 min. until spices are browned and fish is firm and flakes. Garnish with lemon wedge.</b><br><b>Sides:</b><br>1 cup asparagus<br>1 cup carrots | <b>Stuffed mushrooms:</b><br>8-10 large mushrooms<br>6-8 oz chicken breast (diced and cooked)<br>1 cup spinach (cooked)<br>1 tbsp extra virgin olive oil<br>1 tsp garlic (minced)<br>2 tbsp low-fat parmesan cheese<br>½ cup tomato sauce<br>1 tsp Italian seasoning<br>1 tsp basil<br><b>Remove stems of mushrooms and sauté with chicken, spinach, olive oil, and garlic; set aside. Lightly sauté mushroom caps in ½ tbsp olive oil being careful not to lose mushroom shape. Stuff mushroom caps with spinach mixture. Sprinkle on cheese. Mix together remaining ingredients and heat for sauce.</b> | <b>Chef salad:</b><br>2 oz lean turkey breast<br>2 oz lean ham<br>2 oz chicken breast<br>2 cups mixed greens<br>1 roma tomato (diced)<br>½ cup artichoke hearts (halved)<br>½ cup olives (sliced)<br>1 tbsp low-fat salad dressing<br>2 tbsp raisins                                                                                                                                                                | <b>Spiced egg salad wraps:</b><br>6 oz egg whites (microwave)<br><b>Mix with cooled eggs:</b><br>1 tbsp fat-free mayonnaise<br>1 tbsp fat-free yogurt<br>⅞ tsp curry powder<br>½ cup grapes (halved)<br>⅞ cup celery (chopped)<br>¼ cup onion (chopped)<br>15 unsalted almonds (chopped)<br><b>Wrap:</b><br>2 large lettuce leaves<br><b>Side:</b><br>1 cup celery sticks<br>1 cup carrot sticks |

## TLS® Rapid Results 14-Day Meal Plan for Men: Days 8-14 (Cont.)

|        | Monday                                                                                                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                            | Saturday                                                                                                                                                                                                                                                                                                                 | Sunday                                                                                                 |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Snack  | <b>Combine in blender:</b><br>TLS Protein Shake (Vanilla)<br>1 tsp decaf coffee grounds<br>1 cup almond, rice or fat-free milk<br>ice                                                                                                                                                                                                                                                                                 | 2 hard boiled egg<br>15 unsalted almonds                                                                                                                                                                                                                                  | 1 medium apple<br>1 low-fat mozzarella cheese stick                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 1½ cup broccoli florets<br>1½ cup cauliflower florets<br>4 oz of slivered almonds<br><b>Mix together with:</b><br><i>2-3 tbsp extra virgin olive oil, pinch of basil, pinch of oregano, pinch of garlic</i>                                                                                                                                                                                                                                                                                                                                                                                | 1 medium orange<br>15 walnuts                                                                                                                                                                                                     | 1 cup celery sticks<br>1 cup carrot sticks<br>2 tbsp unsweetened peanut butter                                                                                                                                                                                                                                           | 1 ExtendBar<br>½ cup almond, rice or low-fat milk                                                      |
| Dinner | <b>Mushroom and spinach quiche:</b><br><b>Mix:</b><br>6 oz egg whites<br>1½ cups spinach (cooked)<br>½ cup mushrooms (diced)<br>⅓ cup onions (optional)<br>1 teaspoon olive oil<br><b>Bake at 350°F for 35-40 minutes. Sprinkle on top: 1 tbsp low-fat cheddar cheese</b><br><b>Side salad:</b><br>1 cup mixed greens<br>1 medium tomato (sliced)<br>1 small cucumber (sliced)<br>¼ cup olives<br>15 unsalted cashews | <b>Chicken and vegetable stir-fry:</b><br>6-8 oz boneless, skinless chicken breast<br>1½ cup broccoli<br>¼ cup green onion<br>1 cup carrots (sliced)<br>1½ cup yellow squash (sliced)<br>¾ cup snow peas<br>½ cup water chestnuts<br>2 tbsp soy sauce<br>2 tbsp olive oil | <b>Nutty cordon bleu:</b><br>6 oz firm boneless, skinless chicken breast (flatten to 1 in thickness with meat mallet)<br>1 tsp spicy mustard (spread on one side of chicken)<br><b>Lay on mustard:</b><br>2 oz lean ham<br>1 slice reduced-fat swiss cheese<br><b>Roll chicken to enclose mustard/ham/cheese.</b><br><b>Combine:</b><br>1 oz powdered almonds<br>½ tsp Italian seasoning<br>½ tsp dried parsley<br><b>Roll chicken in nuts and bake at 350°F (25 mins uncovered, then 15 mins covered with foil).</b><br><b>Sides:</b><br>1½ cup asparagus<br>1 cup carrots | <b>Beef vegetable soup:</b><br>5 oz ground beef<br>½ cup onion (chopped)<br>⅝ cup tomato (chopped)<br>¼ cup tomato puree<br>½ cup black beans (canned)<br>2 oz fat-free mozzarella cheese<br>1½ cup green pepper (chopped)<br>¾ cup V8 juice<br>1 tsp olive oil<br><b>Optional spices:</b> Onion powder, chili powder, cilantro, red pepper, all spice, basil, nutmeg, sage, soy sauce, parsley<br><b>In crock pot add browned beef, V8, all vegetables, black beans, and 2 cups of water (adding desired spices). Thoroughly cook, stirring occasionally. Top with mozzarella cheese.</b> | <b>Shrimp kabobs (makes 2-3):</b><br>6-8 oz shrimp<br>1 bell pepper (cut in large chunks)<br>½ onion (chunked)<br>½ cup mushrooms<br>½ cup grape tomatoes<br><b>Sides:</b><br>1 medium zucchini (sliced)<br>¼ cup water chestnuts | 6-8 oz tuna steaks (seared)<br><b>Brush tuna with ½ tbsp olive oil before searing.</b><br><b>Stir-fry together as side:</b><br>1 cup fresh green beans (halved)<br>½ cup red bell pepper (sliced)<br>½ medium zucchini (sliced)<br>¼ cup onion (diced)<br>½ tsp olive oil<br>2 tsp garlic (minced)<br>1 tbsp lemon juice | 6-8 oz halibut (poached)<br>2 cups kale (sautéed-crisp)<br>1 tbsp olive oil<br>1 cup carrots (steamed) |