



Hello! Thanks for choosing to do this program. Because you have, you're also choosing to get a jump start on your fitness goals. This program is NOT a starvation diet. I'm totally against those. It's actually a decent amount of calories manipulated in a crafty way to help your body burn maximum fat and to retain muscle tone during the 21 days. I think you'll actually enjoy it.

Fun fact:

Did you know that when you gain 1 lb of muscle that muscle consumes approximately 50 calories a day just when you're inactive? That's right, just 1 lb of muscle just sitting on your body is burning calories. So just say I was a magician right, and I magically added 10 lbs of muscle to your body and at the same time I took 10 lbs of fat off. How many calories would you be burning a day then? Let me do a little math for ya:

10 lbs of muscle X 50 calories = **500 Calories a day.**
Now multiply times 7 (days in a week) = **3500 calories a week!**

Then imagine that you burn around 600 calories with our Fat Loss Formula at each training session and you train 3 times a week. That's **600 X 3 = 1800 calories a week**

Then you eat from our meal plan that is packed with high nutritional value, vitamins and minerals and leaves you full and satisfied with less calories than you are used to on a weekly basis, say **2500 calories less in a week.** Now let's add that up.

Formula Components:	Calories
✓ Extra muscle on your body burns weekly	3500
✓ Working out 3 times a week burns	1800
✓ Satisfying meal plan	2500
FAT LOSS FORMULA	7800 calories burned in a week OR 2.2 lbs of fat

Now there are 3500 calories in a lb of fat so with the calculation that I just showed you in one week you burned 2.2 lbs of fat. Now that's what I am talking about!

Wouldn't it feel good to be able to indulge in the Holiday feasts knowing that you are going lose weight?

Before we get into the Meal Plan, there are a few things to note:

1. You should always consume 1 serving of the items in the recipes unless explicitly told to "eat" more.
2. Remember, "optional" items may increase the caloric content of the meal in question.

Now with that said, enjoy this Meal Plan and enjoy your life!

P.S. It's important to know that we are NOT nutritionist so please consults consult a nutritionist, RD, doctor if you have any allergies or medical issues before doing the meal plan. Also, this is not for you if:
- You are trying to gain weight, OR
- If you have any medical issues that could be made worse due to deviation from regular diet

The EarthFIT Team



WEEK 1

MONDAY

Breakfast			Calories
Soy milk	plain, low-fat (Westsoy)	1 cup	90
Mini wheats cereal	frosted, bite-sized	24 pcs	200
Total Calories at Breakfast			290
Snack			Calories
Apple	small	1 whole	55
Lunch			Calories
Avocado Sandwich	1/2 avocado, 1 leaf lettuce, 2 olives, 2 slices tomato, 3 slices cucumber, black pepper 1 slice onion, ketchup, mustard, 2 slices whole grain bread		288
Snack			Calories
Banana	small		72
Dinner			Calories
Vegetable Soup (this recipe is for 2 servings. Consume 1 serving)	1 carrot, 1/2 onion, 1 cup green beans, 1/2 cup peas, 1/2 cup broccoli, 1/2 cup rice, salt. Boil for half an hour		250
Bread	whole grain	1 slice	65
Total Calories at Dinner			315
Total Calories Today			1020

TUESDAY

Breakfast			Calories
Bread, Banana Sandwich	1 slice bread, 1 tbsp almond butter, 3 slices banana, 10 raisins, cinnamon		204
Milk	Low-fat (2%)	1 cup	123
Total Calories at Breakfast			327
Snack			Calories
Carrots and Celery Sticks	10 strips celery	18 baby carrots	68
Lunch			Calories
Smoked Salmon Sandwich	Whole grain bread (2 slices), 1 slice of smoked salmon 3 oz, 2 tbsp low-fat cream cheese, 2 pinches chopped chives, 1/4 sliced cucumber, 1/2 sliced red pepper		324
Snack			Calories
Yogurt	fruit flavored, fat-free, no sugar		60
Dinner			Calories
Black Bean Burger <i>Prep time: About 10 minutes</i> <i>Cooking time: 10 minutes</i> <i>Yield: 4 servings</i>	15 to 16-oz can black beans, rinsed & drained, 1/2 cup chopped red onion 1/4 cup fresh cilantro, 1/4 cup dry, whole-wheat bread crumbs, 2 tbsp chunky salsa/ green chili sauce, 1 tsp ground cumin, 1/2 tsp hot sauce, salt & pepper, canola oil/ non-stick cooking spray, 4 whole-wheat hamburger buns		199
Directions: (1) In a large bowl, mash the beans. (2) Stir in the onion, cilantro, breadcrumbs, salsa, cumin, and hot pepper sauce. (3) Add salt & pepper. (4) Moisten your hands with water. Shape the bean mixture into four 3-inch burgers. (5) Oil or spray a large, nonstick skillet and place over medium heat. When skillet is hot, add the burgers and cook until lightly browned on the bottom, about 5 minutes. Turn and cook for 5 minutes longer, or until heated through. (6) Serve on whole-wheat hamburger buns.			
Total Calories Today			978



WEDNESDAY			
Breakfast			Calories
Quaker Oatmeal	Old fashioned, with water	1/2 cup	150
Blueberries	50 berries, fresh or frozen	1 serving	39
Total Calories at Breakfast			189
Snack			Calories
Banana	small		72
Lunch			Calories
Cucumber-Tomato Salad	1 cucumber, 1 tomato, 7 walnuts, 1 small onion, no salt		277
Snack			Calories
Apple	small	1 whole	55
Dinner			Calories
Tomato Soup	canned, boiled	1 cup	150
Pasta	whole wheat, cooked	1 cup	181
Mushrooms	grilled, cooked in pasta sauce or baked	10 medium-sized	39
Spaghetti Sauce	Thick & Zesty mix	2 tbsp	50
Total Calories at Dinner			420
Total Calories Today			1013

THURSDAY			
Breakfast			Calories
Yogurt	plain, low-fat, all natural	1/2 cup	85
Apple	small, chopped	1/2 apple	27
Blueberries	50 berries, fresh or frozen	1 serving	39
Cheerios	multi-grain	1 cup	110
Total Calories at Breakfast			261
Snack			Calories
Yogurt	fruit flavored, fat-free, no sugar		60
Lunch			Calories
Turkey Breast Sandwich	whole grain bread (2 slices), 1 slice fat-free, oven roasted turkey breast, 1 leaf lettuce, 1 tbsp sour cream, 3 slices tomato, 3 slices cucumber		182
Snack			Calories
Pistachios	24 kernels	1/2 serving	80
Dinner			Calories
Chicken & Mashed Potatoes	chicken drumstick without skin, roasted	1 drumstick	194
	mashed potatoes	1/2 cup	217
	asparagus	8 spears	26
Total Calories at Dinner			437
Total Calories Today			1020



FRIDAY			
Breakfast			Calories
Peanut Butter	Organic, all-natural	1.1 oz (2 tbsp)	210
Soy milk	plain, non-fat (Westsoy)	1 cup	70
Bread	whole grain	2 slices	130
Total Calories at Breakfast			410
Snack			Calories
Peach	small	1 whole	31
Lunch			Calories
Guacamole Sandwich	2 tbsp guacamole, 2 slices whole grain bread		180
Snack			Calories
Orange	small	1 whole	45
Dinner			Calories
Rice & Beans	long-grain rice, cooked, no salt	1/2 cup	102
	Bush's kidney beans, canned	1 cup	209
	asparagus, boiled, no salt	8 spears	26
Total Calories at Dinner			337
Total Calories Today			1003

SATURDAY			
Breakfast			Calories
Scrambled Egg & Toast	1 egg, 1 tbsp non-fat milk, no added fat		80
Bread	whole wheat, toasted	1 slice	65
Milk	2% milk	1 cup	123
Total Calories at Breakfast			268
Snack			Calories
Cheddar snack	snack stick, mild cheddar	1 stick	80
Lunch			Calories
Orzo Salad	1/4 cup uncooked orzo pasta, 1 (6 oz.) can marinated artichoke hearts, 1 tomato, seeded, chopped; 1 cucumber, seeded, chopped; 1 red onion, chopped; 2 tsp crumbled feta, 1 (2 ounce) can black olives, drained, 2 tsp chopped fresh parsley, 1/2 tsp lemon juice, 1/8 tsp dried oregano, 1/8 tsp lemon pepper		349
<p><i>Prep: About 10 mins + 1hr to chill</i> <i>Cooking time: About 10 minutes</i> <i>Yield: 4 servings</i></p> <p>Directions: (1) Bring a large pot of lightly salted water to a boil. (2) Add pasta; cook for 8 to 10 minutes or until al dente; drain. (3) Drain artichoke hearts, reserving liquid. (4) In large bowl combine pasta, artichoke hearts, tomato, cucumber, onion, feta, olives, parsley, lemon juice, oregano and lemon pepper. (5) Toss and chill for 1 hour in refrigerator. Just before serving, drizzle reserved artichoke marinade over salad.</p>			
Snack			Calories
Yogurt	fruit flavored, fat-free, no sugar		60
Dinner			Calories
Tilapia and Broccoli	tilapia fillet, cooked	1 fillet	145
	broccoli, boiled, no salt	1.3 oz	13
Bread	whole grain	1 slice	65
Total Calories at Dinner			223
Total Calories Today			980

SUNDAY		
Breakfast		Calories
Barley Breakfast	(1) cook 1 cup barley the night before. (2) in the morning, add 25 raisins, 1 small apple chopped, 1tsp cinnamon	193
Milk	Low-fat (2%) 10 oz.	154
Total Calories at Breakfast		347
Snack		Calories
Carrots and Celery Sticks	5 strips celery 10 baby carrots	51
Lunch		Calories
Chicken Breast Sandwich	whole grain bread (2 slices), 3 slices oven roasted chicken breast, 3 slices tomato 3 slices cucumber, 1 leaf lettuce	201
Snack		Calories
Fruit salad	1 cup	73
Dinner		Calories
Tofu Salad	1 tbsp olive oil, 1/4 cup cornstarch, 16-oz pkg extra firm tofu, drained & cut into cubes 1/2 medium onion, sliced, 2 cloves garlic, finely chopped, 1 tbsp minced fresh ginger 2 cups broccoli florets, 1 carrot, peeled & sliced, 1 green bell pepper, seeded and cut into strips, 1 small head bok choy, chopped, 1 cup sliced fresh mushrooms, 1 cup chopped, canned bamboo shoots, drained; 1/2 tsp crushed red pepper, 1/2 cup water, 1/4 rice wine vinegar, 2tbsp honey, 2 tbsp soy sauce	235
<p><i>Prep time: About 20 minutes</i></p> <p><i>Cooking time: 15 minutes</i></p> <p><i>Yield: 4 servings</i></p> <p>Directions: (1) In a large skillet or wok, heat oil over medium-high heat. (2) In a small bowl, toss tofu cubes in cornstarch to coat. Add tofu to the skillet or wok, and sauté until golden brown, about 2 to 3 minutes, stirring only occasionally. (3) Stir in onion, garlic, and ginger, and sauté for 1 minute. (4) Stir in broccoli, carrot, and bell pepper, and sauté for 2 minutes. (5) Stir in bok choy mushrooms, bamboo shoots, and crushed red pepper. Heat through, about 5 minutes, stirring continuously. Remove from heat. (6) In a small saucepan, combine water, rice wine vinegar, honey, and soy sauce, and bring to a simmer, stirring constantly. (7) Pour over tofu mixture, toss, and serve.</p>		
Total Calories Today		907



WEEK 2

MONDAY

Breakfast			Calories
Bread and Honey	whole grain bread	2 slices	130
Honey	pure organic	2 tbsp	120
Soy milk	plain, low-fat (Westsoy)	1 cup	70
Total Calories at Breakfast			320
Snack			Calories
Banana	small	1 whole	72
Lunch			Calories
Avocado Salad	avocado	1 whole	321
(no dressing)	1/2 head lettuce, 3 tbsp spring onion, 1 small tomato		74
Total Calories at Lunch			395
Snack			Calories
Blueberries	50 berries, fresh or frozen	1 serving	39
Almonds	dry roasted, no salt	10 kernels	50
Dinner			Calories
Tomato Soup	canned, boiled	1 cup	150
Boiled Vegetables (no salt)	1/2 cup broccoli, 1 cup cauliflower, 1 cup green beans		86
Walnuts		10 nuts	274
Total Calories at Dinner			510
Total Calories Today			1386

TUESDAY

Breakfast			Calories
Egg	large, whole, hard-boiled	1 egg	77
Tomato & Cucumber	3 slices tomato, 3 slices cucumber	3 slices	12
Bread	whole grain	1 slice	65
Fresh lemonade	1 fresh squeezed lemon and 1 tsp brown sugar		22
Total Calories at Breakfast			176
Snack			Calories
Yogurt & blueberries	add 25 blueberries to 1/2 cup plain, low fat yogurt		82
Lunch			Calories
Grilled Chicken Caesar Salad	1/2 head lettuce, 1 tbsp parmesan, 1/2 cup cubed day-old bread, 2 tbsp reduced fat dressing, chicken breast		260
Dark chocolate	70% cocoa, organic	6 pieces	110
Total Calories at Lunch			370
Snack			Calories
Carrots and Celery Sticks	5 strips celery	20 baby carrots	72
Dinner			Calories
Shrimp & Pasta (makes 4 servings) Prep time: About 20 minutes Cooking time: 10 minutes	1/4 cup olive oil, 1/2 cup chopped onion, 4 oz large uncooked shrimp, peeled, deveined, 2 large garlic cloves, chopped; 1/4 tsp red pepper flakes, zest & juice of 1/2 lemon 1 cup pasta, freshly cooked, coarse salt & freshly ground black pepper		660
Directions: (1) Heat oil in large skillet over med heat till melted. (2) Add onion, sauté for 3 mins. (3) Add shrimp; toss to coat (4) Add garlic, red pepper flakes, lemon zest, & lemon juice. Cook till no longer translucent, 5-7 mins. (5) Spoon shrimp over pasta; toss to combine. Serve.			
Total Calories Today			1360



WEDNESDAY

Breakfast		Calories
Fruit Smoothie	1 banana, 10 strawberries, 1 kiwi, 1 tsp ground, organic flax seeds	155
Snack		Calories
Soy milk	non-fat (Westsoy) 1 cup	70
Macadamia nuts	7 raw kernels	142
Lunch		Calories
Avocado Sandwich (recipe for 1 sandwich. Have 2 sandwiches)	1/2 avocado, 1 leaf lettuce, 2 olives, 2 slices tomato, 3 slices cucumber, pepper 1 slice onion , ketchup, mustard, 2 slices bread	576
Snack		Calories
Pear	1 whole	81
Dinner		Calories
Vegetable Soup (this recipe is for 2 servings. Consume 1 serving)	1 carrot, 1/2 onion, 1 cup green beans, ½ cup peas, 1/2 cup broccoli, 1/2 cup rice, salt. Boil for half an hour	250
Bread	whole grain 2 slices	130
Total Calories at Dinner		380
Total Calories Today		1404

THURSDAY

Breakfast		Calories
Muesli	1 cup	289
Yogurt	plain, non-fat 1/2 cup	63
Total Calories at Breakfast		352
Snack		Calories
Cheddar snack	snack stick, mild cheddar 1 stick	80
Lunch		Calories
Scrambled Tofu	4 oz tofu, 1/2 small onion, 1/2 small pepper, 1 tsp soy sauce, 1 tbsp olive oil. Cook together	323
Bread	whole grain 2 slices	130
Milk	Low-fat (2%) 1 cup	107
Total Calories at Lunch		560
Snack		Calories
Corn	sweet 1/2 cup	66
Dinner		Calories
Spinach Burger <i>Prep time: About 5 minutes</i> <i>Cooking time: 15 minutes</i> <i>Yields: 4 servings</i>	1/2 box frozen chopped spinach or 5 oz. fresh, steamed chopped spinach, 1/2 chopped onion, 1 tsp garlic (seasonings as desired), 2 eggs, breadcrumbs. Onion roll, ketchup, tomato	422
Directions: (1) Drain spinach well. (2) Add mixed eggs, breadcrumbs, and chopped onion, seasonings. (3) Add enough breadcrumbs to hold together well. Mix all together and form into patties. (4) Cook on preheated pan on low heat to medium heat until well done on both sides. Serve on onion roll with slice of tomato and ketchup.		
Total Calories Today		1480



FRIDAY			
Breakfast			Calories
Soy milk	non-fat (Westsoy)	1 cup	70
Mini wheats cereal	frosted, bite-sized	24 pcs	200
Total Calories at Breakfast			270
Snack			Calories
Apple	small	1 whole	55
Peach	small	1 whole	31
Lunch			Calories
Salad with Walnuts	1 med. cucumber, 1 med. tomato, 1 med. onion, 2 cups day-old bread, 10 walnuts		517
Snack			Calories
Blueberries	50 berries, fresh or frozen	1 serving	39
Strawberries		10 small	22
Dinner			Calories
Veggie Dogs Sandwich	2 links, jumbo, veggie, smart dogs (Lightlife), 2 slices whole grain bread		290
	1 tbsp ketchup, 1 tsp mustard		15
Total Calories at Dinner			305
Total Calories Today			1239

SATURDAY			
Breakfast			Calories
Egg White Sandwich	3 egg whites, 1 tbsp fat-free sour cream, 1 leaf lettuce, 3 slices tomato, 3 slices cucumber		70
Bread	whole grain, toasted	1 slice	130
Milk	2% milk	1 cup	123
Total Calories at Breakfast			323
Snack			Calories
Yogurt	plain, non-fat	1 cup	137
Apple	combine sliced apple with yogurt	1 whole	55
Lunch			Calories
Chicken breast Sandwich	Whole grain bread (2 slices), 1 grilled chicken breast fillet, 3 slices tomato, 3 slices onion, 3 slices cucumber, 1 tbsp sour cream		266
Snack			Calories
Carrots and Celery Sticks	5 strips celery	15 baby carrots	54
Fruit Salad		1 cup	73
Dinner			Calories
Spinach Pizza I	2 cups whole-wheat flour, 1 tbsp active dry yeast, 1/2 tsp salt, 1 tbsp olive oil, divided		516
Prep: About 20 mins	1 cup warm water (about 120 degrees), 1/2 tsp sugar, 3 oz. can tomato paste, 4 oz. can tomato sauce,		
Cooking time: 15-20 minutes	1/2 clove garlic, minced, 1/2 tsp salt, 1/4 tsp sugar, 1/4 tsp dried oregano, 1/8 tsp dried majoram,		
Yield: 8 servings	1/8 tsp dried basil, 1/8 tsp black pepper, 1/8 tsp cayenne, 1/4 med. onion thinly sliced, 1/4 green pepper, sliced, 1/4 red pepper, thinly sliced, 1/2 large tomato, sliced & seeded, 1/2 cup any sliced mushrooms, 1/2 cup chopped sundried tomatoes, 5 oz. pkg frozen spinach, thawed spinach, thawed and drained, 1/2 cup chopped green olives, 1/2 cup chopped broccoli, 8 oz shredded, part-skim (low-fat) mozzarella cheese.		



Directions: (1) Preheat oven to 425 degrees Fahrenheit. (2) Pour flour into a mixing bowl. Stir in yeast and salt. Add water, oil, and sugar, and mix well. (3) Cover the bowl with a damp cloth and place it in a warm area for 30 to 40 minutes to rise. (4) While the crust is rising, combine tomato paste, tomato sauce, garlic, remaining tablespoon of olive oil, salt, sugar, oregano, marjoram, basil, black pepper, and cayenne pepper in a mixing bowl; stir to mix thoroughly. (5) Punch down the dough. Remove it from the bowl. With a rolling pin, roll out until it's about 12 to 13 inches in diameter. Transfer the dough onto 2 greased, 14-inch pizza pans, and press out the edges. (6) Divide the sauce mixture between the two crusts, ladling it out and spreading it to within 1/2 inch of the edges. (7) Spread the veggie toppings evenly over the crusts. Sprinkle cheese over the top. (8) Bake on the bottom rack of the oven for 15 to 20 minutes, or until crust is golden brown.

Total Calories Today **1424**

SUNDAY

Breakfast		Calories
Pancakes	2 pancakes; cook without butter (use olive oil or non-stick spray)	147
Honey	pure organic 1 tbsp	60
Milk	Low-fat (2%) 1 cup	123
Total Calories at Breakfast		330

Snack		Calories
Fruit salad	1 cup	73

Lunch		Calories
Black Soybean (eat 2 servings) Prep time: About 20 minutes Cooking time: 10-15 minutes Yield: 4 servings	Nonstick cooking spray, 4 low-carb or whole-grain tortillas, 3/4 cup (3 ounces) shredded reduced-fat Monterey Jack or cheddar cheese, 1/2 cup black soybeans, rinsed and drained (fresh soybeans are preferable, but you may use canned), 2 green onions, chopped, 1/4 cup chopped fresh cilantro, 1 clove garlic, minced, 1/2 tsp ground cumin, 1/2 cup chunky salsa, chopped fresh cilantro, for garnish (optional)	390

Directions: (1) Preheat oven to 425 degrees Fahrenheit. (2) Place two tortillas on a large, nonstick baking sheet. (If you use a regular baking sheet, spray with nonstick cooking spray first.) Sprinkle half the cheese on the two tortillas. (3) In a small bowl, combine soybeans green onions, cilantro, garlic, and cumin. Mix lightly, and spoon this bean mixture evenly over the cheese on the tortillas. (4) Sprinkle the remaining cheese on top of the beans, top with the remaining tortillas, press down on the top of each tortilla slightly, and spray each top tortilla with cooking spray. (5) Bake for 10 to 12 minutes, or until the tortillas are lightly browned and the cheese is melted. (6) Remove from oven and cool slightly. Cut tortillas into quarters. Serve salsa on the side for dipping. Top with fresh cilantro if desired.

Salsa	2 tbsp	8
Total Calories at Lunch		398

Snack		Calories
Yogurt	fruit flavored, fat-free, no sugar	60
Walnuts	7 nuts	183

Dinner		Calories
Tuna Pasta Salad Prep time: About 10 minutes Cooking time: 10 minutes Yield: 1 serving	1/3 cup seashell pasta, 3/8 bunch green onions, chopped, 2 tbsp and 2 tsp iceberg lettuce, rinsed and chopped, 3/8 (6 oz) can tuna, drained, 3/8 (15 oz) can peas, drained, 2 tbsp plus 2 tsp shredded Cheddar cheese NOTE: This recipe's ingredients were scaled to yield a new amount. The directions below still refer to the original recipe yield of 6 servings.	372

Directions: (1) In a medium pot with boiling salted water cook till al dente. Drain. (2) In large bowl place sliced green onions and chopped lettuce. Add drained and cooked pasta, drained tuna, sweet peas, grated Cheddar, and mix well. (3) Stir in salad dressing to your liking of creaminess and serve.

Total Calories Today **1416**



WEEK 3

MONDAY

Breakfast			Calories
Bread	whole grain	2 slices	130
Peanut Butter	organic, creamy	2 tbsp	210
Soy milk	plain, low-fat (Westsoy)	1/2 cup	35
Total Calories at Breakfast			375
Snack			Calories
Mango		1 whole	134
Lunch			Calories
Guacamole Sandwich	2 tbsp guacamole, 2 slices whole grain bread		180
Snack			Calories
Watermelon	diced	1 cup	45
Dinner			Calories
Pasta	whole wheat	1 cup	182
Mushrooms	sliced and grilled	1 cup	42
Spaghetti Sauce	thick and zesty spaghetti sauce mix	2 tbsp	50
Total Calories at Dinner			274
Total Calories Today			1008

TUESDAY

Breakfast			Calories
Yogurt Parfait	1 cup plain non-fat yogurt, 1/4 cup honey (optional), 1/2 cup granola or whole-grain cereal, 1 cup fresh cherries, strawberries, blueberries (or these fruits can be frozen, thawed, and drained) and/or banana slices		233
<i>Prep time: About 5-10 minutes</i>			
<i>Yield: 2 servings</i>			
Directions: (1) Mix yogurt and honey in a small mixing bowl. (2) Spoon half of the fruit or berries into the bottom of each parfait glass. (3) Add half of the yogurt to each glass. (4) Top with half of the granola or cereal.			
Snack			Calories
Fruit Salad		1 cup	73
Lunch			Calories
Bean Salad	1 red onion, peeled and chopped, 1 red bell pepper, chopped, 2 15-ounce cans cut green beans, drained; 15-ounce can soybeans, rinsed and drained, 1 cup red kidney beans, rinsed and drained, 1 sprig parsley, chopped, 1/2 fresh lemon, squeezed, 3 tbsp olive oil, 1/2 cup balsamic vinegar		271
<i>Prep time: About 15 minutes</i>			
<i>Refrigeration time: At least 3hrs</i>			
<i>Yield: 4 servings</i>			
Directions: (1) Toss beans, onion, pepper, and parsley in a large bowl, mixing well. (2) In a small bowl, whisk together lemon juice, vinegar, and olive oil. Pour over bean mixture, and toss to combine. (3) Cover and refrigerate for a minimum of 3 hours prior to serving.			
Snack			Calories
Yogurt	fruit flavored, fat-free, no sugar		60
Dinner			Calories
Salmon Fillet (eat 1 fillet)	4 salmon fillets (4 oz each), 3tbsp olive oil, salt & pepper, 1 white onion, finely chopped, 2 tbsp chopped fresh dill, 1 tsp fresh lemon juice		257
<i>Prep time: About 20 minutes</i>			
<i>Cooking time: 10 minutes</i>			
Directions: (1)Preheat oven to 425 degrees. (2) Rinse the salmon fillets under water and pat dry. Brush salmon fillets with 1 tbsp of			



tablespoon of olive oil, and sprinkle with salt and pepper. Place fillets in baking dish. Bake for about 15 to 20 minutes, or until salmon is firm and flakes easily with a fork or knife. (3) Remove the salmon from the oven and cover to keep warm. (4) Heat a sauté pan to medium high, and add the remaining olive oil, onion, and fresh dill. (5) Cook until the onions are soft and translucent. Stir in fresh lemon juice (6) Spoon sautéed sauce over salmon and serve.

Bread	whole grain	1 slice	65
Broccoli	boiled, no salt	1/2 cup	27
Cauliflower	boiled, no salt	1/2 cup	14
Total Calories at Dinner			363

Total Calories Today	1000
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WEDNESDAY

Breakfast			Calories
Quaker Oatmeal	Old fashioned, with water	1/2 cup	150
Strawberries		5 small	11
Soy milk	non-fat (Westsoy)	1/2 cup	70
Total Calories at Breakfast			231

Snack			Calories
Kiwi		1 whole	46

Lunch			Calories
Avocado Salad (no dressing)	avocado	1/2 avocado	160
	1/2 head lettuce, 3 tbsp spring onion, 1 medium tomato, 6 walnuts		244
Total Calories at Lunch			404

Snack			Calories
Apricot		1 whole	17

Dinner			Calories
Veggie Dogs Sandwich	2 links, jumbo, veggie, smart dogs (Lightlife), 2 slices whole grain bread		290
	1 tbsp ketchup, 1 tsp mustard		15
Total Calories at Dinner			305

Total Calories Today	1003
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THURSDAY

Breakfast			Calories
Sweet Pizza (eat 2 servings) Prep time: About 5 minutes Cooking time: 15 minutes Yields: 4 servings	2 whole-wheat English muffins, 1/3 cup plain nonfat yogurt, 1 tbsp honey, 3/4 cup fresh strawberries, sliced (frozen strawberries may be too soft and mushy), 2 tbsp strawberry all-fruit spread		250

Directions: (1) Split and toast English muffins. (2) In a small bowl, mix together the yogurt and honey. (3) Spoon 1/4 of the yogurt and honey mixture onto each English muffin half. Place a layer of strawberry slices on each half. (4) Warm fruit spread in the microwave in 5-second bursts (up to 15 seconds), until it's similar in consistency to syrup. (5) Drizzle the warm fruit spread over the muffins and serve.

Snack			Calories
Celery Sticks		5 strips celery	2



Lunch		Calories
Turkey Breast Sandwich	whole grain bread (2 slices), 2 slices fat-free, oven roasted turkey breast, 1 leaf lettuce, 1 tbsp sour cream, 3 slices tomato, 3 slices cucumber	205
Snack		Calories
Corn	sweet 1/2 cup	66
Dinner		Calories
Chicken and Broccoli <i>Prep time: About 15 minutes</i> <i>Cook Time: About 20-25 minutes</i> <i>Yields: 6 servings</i>	12 oz. dry penne or rigatoni pasta, 3 tbsp olive oil, divided, 1 lb skinless, boneless chicken breast cut into bite-sized pieces, 1 red bell pepper, cut into bite-sized pieces, 4 cups broccoli florets, 1 tbsp minced garlic, 1 cup chopped tomatoes, 3/4 cup basil pesto, 1/3 cup freshly grated Parmesan, salt and pepper to taste	544
<p>Directions: (1) Cook the pasta in a large pot of water for 8 to 10 minutes until tender but firm. (2) While pasta cooks, heat 2 tbsp olive oil in a large, nonstick skillet over medium heat. Add chicken and red pepper, and cook for 5 to 10 mins, or until chicken is cooked through. (3) Remove from heat and transfer the chicken and pepper mixture to a large serving bowl. (4) Fill medium saucepan with water and bring to boil over medium-high heat. Blanch broccoli florets for 3 mins, then drain. (5) Pour remaining tbsp olive oil in the skillet used for the chicken and peppers. (6) Add garlic, tomatoes, and pesto, and sauté for 2 mins (7) Add the pasta, broccoli, pesto mixture, and Parmesan to the chicken peppers. (8) Toss to combine and add salt and pepper to taste.</p>		
Total Calories Today		1067

FRIDAY		
Breakfast		Calories
Healthy Cereal <i>Prep time: About 8 hours</i> <i>Day of Prep: About 2 minutes</i> <i>Yields: 2 servings</i>	3 tbsp golden flax seeds, 3 tbsp brown flax seeds, 6 sun-dried kalamata figs, 1/4 cup sun-dried raisins, 1/4 tsp cinnamon	662
<p>Directions: (1) Soak figs overnight. Soak raisins from 15 mins. to overnight (save the liquid from the soaking). (2) Chop the figs into small pieces after soaking. In a coffee bean grinder or Vitamix, grind the dry flax seeds into meal. (3) Mix the flax meal and the liquid from the figs and raisins in a bowl (add liquid slowly, mixing with a fork each time you put more in so that the flax meal can fluff up because it tends to clump). After the desired consistency is reached, add raisins, fig pieces and cinnamon, and then mix again.</p>		
Snack		Calories
Blackberries	1/2 cup	30
Lunch		Calories
Avocado Sandwich	1/2 avocado, 1 leaf lettuce, 2 olives, 2 slices tomato, 3 slices cucumber, pepper 1 slice onion, ketchup, mustard, 2 slices bread	288
Snack		Calories
Grapes	10 grapes	33
Dinner		Calories
Broccoli	boiled, no salt 1/2 cup	27
Cauliflower	boiled no salt 1/2 cup	14
Peas	green, boiled, no salt 1/2 cup	62
Honey Sandwich	2 slices whole grain bread	130
	1 tbsp honey pure organic	60
Total Calories at Dinner		293
Total Calories Today		1306



SATURDAY

Breakfast		Calories
Blueberry Muffin (eat 1 serving) Prep time: About 10 minutes Day of Prep: About 25 minutes Yields: 8 servings	3/4 cup whole-wheat flour, 3/4 cup old-fashioned rolled oats, 1/4 cup firmly packed dark brown sugar, 1 1/2 tsp baking powder, 1 tsp salt, 1/2 cup plain nonfat yogurt, 1/4 cup low-fat or non-fat milk, 2 tbsp canola oil, 1 large egg, beaten lightly, 3/4 cup fresh or frozen blueberries	152
Directions: (1) Preheat oven to 400 degrees (2) In a bowl, stir together the flour, oats, brown sugar, baking powder, and salt. (3) In second bowl, combine the yogurt, milk, oil, and egg. Stir the yogurt mixture into the flour mixture until just combined. (4) Fold in blueberries. (5) Divide the batter among 8 paper-lined cupcake tins and bake on the middle rack of oven for 25 minutes.		
Milk	2% milk 1/2 cup	61
Total Calories at Breakfast		213
Snack		Calories
Yogurt	plain, non-fat 1/2 cup	63
Lunch		Calories
Smoked Salmon Sandwich	Whole grain bread (2 slices), 1 slice of smoked salmon 3 oz, 2 tbsp low-fat cream cheese, 2 pinches chopped chives, 1/4 sliced cucumber, 1/2 sliced red pepper	324
Snack		Calories
Peach	1 whole	31
Dinner		Calories
Spicy Turkey Prep time: About 15 minutes Cook Time: About 40-55 minutes Yields: 8 servings	1 1/2 tsp olive oil, 1 medium onion chopped, 1lb lean ground turkey, 2 tbsp chili powder, 1 tbsp chopped fresh cilantro, 1/2 tsp paprika, 1/2 tsp dried oregano, 1/2 tsp ground cayenne pepper, 1/2 tsp salt, 1/2 tsp ground black pepper, 16 oz can kidney beans, rinsed and drained, 1 cup water, 1 cup beer, 28 oz can crushed tomatoes, 4 oz can green chiles, undrained; 1 tbsp minced garlic	158
Directions: (1) Heat oil in large soup pot over med heat. Add onion and cook for about 3-4 mins. (2) Add the turkey to the onions, then add in chili powder, cilantro, paprika, oregano, cayenne pepper, salt, and black pepper. Cook till meat is evenly browned, about 5 mins. (3) In a small bowl, mash approximately half of the beans. (4) Add water and beer to the pot, & stir in the the tomatoes, mashed & whole kidney beans, green chiles, and garlic. Stir until combined. (5) Reduce heat to low, cover, simmer 30-45 mins before serving. Stir occasionally.		
Pasta	1 cup	182
Total Calories at Dinner		340
Total Calories Today		971

SUNDAY

Breakfast		Calories
Scrambled Egg & Toast	1 egg, 1 tbsp non-fat milk, no added fat	80
Bread	whole grain, toasted 1 slice	65
Milk	2% milk 1 cup	123
Total Calories at Breakfast		268
Snack		Calories
Blueberries	50 berries, fresh or frozen 1 serving	39
Lunch		Calories
Chicken Breast Sandwich	Whole grain bread (2 slices), 3 slices oven roasted chicken breast, 3 slices tomato 3 slices cucumber, 1 leaf lettuce	201



Snack			Calories
Peach		1 whole	31
Dinner			Calories
Chicken & Mashed Potatoes	chicken drumstick without skin, roasted	1 drumstick	194
	mashed potatoes	1/2 cup	217
	asparagus	8 spears	26
Total Calories at Dinner			437
Total Calories Today			976