

## MONDAY

### Recipe Info for Avocado-Tomato Sandwich with Berries

#### Ingredients

- 2 pieces bread, whole wheat
- 1/4 cup avocado, fresh, cubed
- 2 ounces cheddar cheese, low-fat
- 3 pieces thinly sliced tomato
- 1/2 cup sliced strawberries, fresh
- 6 fluid ounces milk, fat-free

#### Preparation

- Toast bread, if desired.
- Slice or mash avocado and place over slices of bread. Top with cheese and tomato.
- Serve sandwich with strawberries.
- Enjoy breakfast with 3/4 cup of milk.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### Recipe Info for Soy Nuts and Raisins



#### Ingredients

- 1 1/2 tablespoons soy beans, dry roasted, unsalted
- 2 teaspoons raisins

#### Preparation

- Enjoy a mixture of soy nuts and raisins.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Shakeology

### Ingredients

- 1 serving Shakeology?, Favorite Flavor

### Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).

Adjust calories accordingly for the day with what items you have added.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Turkey Lettuce Wrap

### Ingredients

- 1 lettuce leaf
- 1/4 tomato, medium
- 1 teaspoon mayonnaise, low-fat
- 2 ounces turkey breast, oven roasted, fat-free, low-sodium
- 6 baby carrots

### Preparation

- Wash lettuce leaf and pat dry with a paper towel; set aside.
- Wash tomato and either chop finely or slice thinly.
- Spread mayonnaise evenly onto one side of turkey slice.
- Place lettuce leaf and tomato over turkey, and roll up from one end.
- Secure roll with a toothpick, if desired.
- Enjoy with carrots.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Shrimp Stir-Fry



### **Shrimp Stir-Fry**

**Prep Time:** 10 minutes

**Total Time:** 25 minutes

**Cook Time:** 15 minutes

### **Ingredients**

- 2 tablespoons vegetable broth, low sodium
- 1 teaspoon soy sauce, reduced sodium
- 1 tablespoon white-rice vinegar
- 1/8 teaspoon sugar
- 2 1/2 teaspoons sesame oil
- 1/2 teaspoon ginger, fresh, chopped
- 1 teaspoon garlic, chopped
- 1/4 cup onions, chopped
- 8 broccoli florets, fresh
- 1/4 cup bell pepper, red, chopped
- 1/4 cup carrot, grated
- 6 ounces (US or Canada) shrimp, uncooked

### **Preparation**

- In a small bowl, mix together broth, soy sauce, vinegar and sugar. Set aside.
- Heat oil in medium skillet over medium-high heat. Add ginger and garlic. Sauté for 1-2 minutes. Add onion to skillet, and cook for 2 minutes, stirring occasionally. Add remaining vegetables along with the stir fry mixture, and continue to cook, stirring frequently, until vegetables are crisp-tender. Add shrimp and cook until they turn pink.

**Brown Rice****Prep Time:** 5 minutes or less**Total Time:** 50 minutes**Cook Time:** 45 minutes**Ingredients**

- 1/2 cup brown rice, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

**Preparation**

- Prepare rice per package directions.
- Drizzle with sesame oil and top with onions.

**Tropical Pineapple****Prep Time:** 5 minutes or less**Total Time:** 5 minutes or less**Cook Time:** 0 minutes**Ingredients**

- 1 cup pineapple chunks, canned in water
- 2 teaspoons coconut, dried, shredded, sweetened

**Preparation**

- Sprinkle pineapple with coconut and enjoy for dessert.

**TUESDAY****Recipe Info for Denver Omelet****Ingredients**

- 3 tablespoons onion, chopped
- 3 tablespoons bell pepper, red, chopped
- 3 tablespoons bell pepper, green, chopped
- 2 ounces ham, lean, reduced sodium
- 2 eggs, large
- 2 egg whites, uncooked

- 1/8 teaspoon black pepper
- 1/2 cup raspberries
- 8 fluid ounces orange juice

### **Preparation**

- Lightly coat skillet with non-stick cooking spray and heat over medium high heat.
- Sauté onion, bell peppers and ham until onion becomes transparent.
- Meanwhile, beat eggs and egg whites with a pinch of black pepper.
- Reduce heat to medium and slowly stir the eggs into skillet.
- Lightly brown on each side.
- Transfer to plate and serve with a bowl of raspberries.
- Enjoy with a glass (1 cup) of orange juice.

**Prep Time:** 5 minutes or less

**Total Time:** 15 minutes

### **Recipe Info for Pumpkin Seeds**

#### **Ingredients**

- 2 1/2 teaspoons pumpkin seeds, dry roasted
- 4 fluid ounces orange juice

#### **Preparation**

- Enjoy pumpkin seeds and a small glass of orange juice for this quick, crunchy snack.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Shakeology**

#### **Ingredients**

- 1 serving Shakeology?, Favorite Flavor

#### **Preparation**

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).

Adjust calories according to what you have used in your shake.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Ham Wrapped Dates**

## Ingredients

- 1 1/2 ounces ham, low sodium, thinly sliced
- 2 dates, whole
- 8 fluid ounces water

## Preparation

- Slice ham into 2 strips.
- Wrap ham strips around dates and enjoy with a glass of water.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Creamy Chicken Dijon



## Creamy Chicken Dijon

**Prep Time:** 5 minutes or less

**Total Time:** 35 minutes

**Cook Time:** 30 minutes

## Ingredients

- 2 teaspoons dijon mustard
- 1 3/4 tablespoons mayonnaise, low-fat
- 2 tablespoons sour cream, fat-free
- 1 teaspoon lemon juice
- 6 ounces chicken breast, boneless/skinless, raw

## Preparation

- Preheat oven to 375°F.
- In a small bowl, combine mustard, mayonnaise, sour cream and lemon juice; mix

well.

- Brush 1/2 of the mustard sauce on chicken and place in a shallow baking pan coated with non-stick cooking spray.
- Bake chicken for 25 to 30 minutes, or until chicken is no longer pink inside. Spoon remaining mustard sauce over chicken.

### **Green Bean Almondine**

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Cook Time:** 0 minutes

### **Ingredients**

- 1 cup snap green beans, fresh
- 1/4 teaspoon extra virgin olive oil
- 1/2 teaspoon almonds, slivered

### **Preparation**

- Steam green beans in your microwave or stovetop until crisp tender; drain. While still warm, toss with olive oil and almonds.

### **Brown Rice**

**Prep Time:** 5 minutes or less

**Total Time:** 50 minutes

**Cook Time:** 45 minutes

### **Ingredients**

- 1/2 cup brown rice, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

### **Preparation**

- Prepare rice per package directions.
- Drizzle with sesame oil and top with onions.

### **Jello and Apple**

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

**Cook Time:** 0 minutes

### **Ingredients**

- 1 JELL-O Gelatin sugar free, snack cup, favorite flavor

- 1 apple, medium

### **Preparation**

- Enjoy your favorite flavor gelatin snack cup with an apple

## **WEDNESDAY**

### **Recipe Info for Bacon-Egg Sandwich**

#### **Ingredients**

- 1 English muffin, whole wheat
- 2 teaspoons margarine, canola-based, trans-fat free
- 1/2 cup liquid-egg substitute
- 1 ounce Canadian bacon
- 1/2 cup blueberries

#### **Preparation**

- Cut English muffin in half and spread both halves evenly with margarine.
- Cook egg substitute over medium-high heat in skillet lightly coated with cooking spray.
- Heat Canadian bacon briefly on both sides in a small skillet.
- Remove egg from heat and place on bottom half of the English muffin. Top with Canadian bacon and other half of muffin.
- Enjoy breakfast with blueberries on the side, and a cup of coffee or tea.

**Prep Time:** 5 minutes or less

**Total Time:** 10 minutes

### **Recipe Info for Hard Boiled Egg**

#### **Ingredients**

- 1 egg, large, hard-boiled
- 1/2 banana, small

#### **Preparation**

- Enjoy a hard boiled egg and half a banana for this quick snack.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less



## Recipe Info for Shakeology



### Ingredients

- 1 serving Shakeology?, Favorite Flavor

### Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- Adjust calories for the day according to what you use in your shake.
- **Prep Time:** 5 minutes or less  
**Total Time:** 5 minutes or less

## Recipe Info for Nachos

### Ingredients

- 1 pita, wheat, small, 4" diameter
- 1/8 teaspoon extra virgin olive oil
- 3 tablespoons cheddar cheese, low-fat, low-sodium
- 1/8 teaspoon oregano, dried
- 1 piece jalapeño
- 8 fluid ounces water

### Preparation

- Slice open pita and brush very lightly with olive oil. Cut into triangular wedges.
- Sprinkle cheese evenly over pita wedges.
- Season with a pinch of oregano.
- Heat under broiler until cheese is melted.
- Add a slice of jalapeno, if desired.
- Enjoy with a glass of water.

**Prep Time:** 5 minutes or less

**Total Time:** 10 minutes

## Recipe Info for Sweet Pepper Pork



### Sweet Pepper Pork

**Prep Time:** 10 minutes

**Total Time:** 25 minutes

**Cook Time:** 15 minutes

### Ingredients

- 6 ounces pork sirloin chops, raw, boneless
- 1 1/2 teaspoons extra virgin olive oil
- 1/4 onion, yellow
- 1/2 bell pepper, green, medium
- 4 mushrooms, medium, fresh
- 1/2 teaspoon garlic, chopped
- 1/4 teaspoon ground cumin

### Preparation

- Place boneless pork between two pieces of plastic wrap. Using a wooden mallet, pound to 1/8-inch thickness. Remove plastic wrap.
- Heat oil over medium-high heat, cook the pork slice for 2 to 4 minutes, or until meat is browned and juices run clear, turning over once. Remove from skillet and keep warm.
- Cut onion and green pepper into thin strips and slice mushrooms.
- Add onion, bell pepper, mushrooms, garlic and cumin to skillet and cook approximately 4 minutes or until vegetables are crisp tender. Serve vegetable mixture with pork slice.

### Broccoli

**Prep Time:** 5 minutes or less

**Total Time:** 10 minutes

**Cook Time:** 5 minutes or less

## **Ingredients**

- 4 broccoli spears, raw
- 1/2 teaspoon spread, buttery, low-fat

## **Preparation**

- Steam broccoli on stove or in microwave until crisp tender.
- Top with melted spread.

## **Brown Rice**

**Prep Time:** 5 minutes or less

**Total Time:** 50 minutes

**Cook Time:** 45 minutes

## **Ingredients**

- 1/2 cup brown rice, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

## **Preparation**

- Prepare rice per package directions.
- Drizzle with sesame oil and top with onions.

## **Quick Blueberry Crisp**

**Prep Time:** 5 minutes or less

**Total Time:** 6 minutes

**Cook Time:** 1 minute or less

## **Ingredients**

- 1/4 teaspoon unsalted butter
- 1 graham cracker 2-1/2" square
- 1/2 teaspoon brown sugar, packed
- 1/3 cup blueberries
- 1 tablespoon fat-free whipped topping, frozen

## **Preparation**

- Melt butter.
- Crush graham crackers; combine crumbs with butter and brown sugar. Set aside.
- Place blueberries in a small microwave safe bowl. Top with crumb mixture.

Microwave on HIGH for 30 seconds or until heated and bubbly. Top with whipped topping.

## Recipe Info for Shakeology®

### Ingredients

- 1 serving Shakeology, Favorite Flavor

### Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- Adjust calories for the day to what you add in your shake.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Chicken Salad

### Ingredients

- 2 1/2 tablespoons chicken, cooked
- 1 teaspoon mayonnaise, low-fat
- 1/8 teaspoon dill weed, dried
- 1 piece whole wheat bread, thin sliced
- 8 fluid ounces water

### Preparation

- Shred cooked chicken breast.
- Mix chicken with mayonnaise and a dash of dill weed.
- Serve with (or on) whole wheat bread.
- Enjoy with a glass of water.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Lettuce, Tomato & Beef Wrap



## Ingredients

- lettuce leaf
- 1/4 tomato, medium
- 2 tablespoons sour cream, reduced fat
- 1 teaspoon horseradish sauce
- 1 low carb whole wheat tortilla, 6"
- 3 1/2 ounces roast beef, lean, deli-style
- 1/4 teaspoon oregano, dried
- 4 fluid ounces orange juice

## Preparation

- Wash and chop lettuce and tomato.
- Mix sour cream and horseradish; spread over tortilla.
- Top prepared tortilla with chopped lettuce and tomato. Top with beef and oregano.
- Fold two opposite sides of tortilla in towards the center, and roll up from one of the remaining ends.
- Enjoy wrap with a small glass of orange juice.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Soy Nuts and Raisins

### Ingredients



- 1 1/2 tablespoons soy beans, dry roasted, unsalted
- 2 teaspoons raisins

### Preparation

- Enjoy a mixture of soy nuts and raisins.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Herb Roasted Chicken and Vegetables



### Herb Roasted Chicken and Vegetables

**Prep Time:** 15 minutes

**Total Time:** 55 minutes

**Cook Time:** 40 minutes

### Ingredients

- 6 ounces chicken breast, boneless/skinless, raw
- 1/3 eggplant
- 1/4 cup onions, chopped
- 1 teaspoon garlic, chopped
- 2 1/2 teaspoons extra virgin olive oil
- 1/2 tomato, medium
- 1/8 teaspoon basil, dried
- 1/8 teaspoon oregano, dried
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

### Preparation

- Preheat oven to 450°F.
- Rinse chicken breast, remove any visible fat, and pat dry with a paper towel. Place in the middle of a baking pan lightly coated with non-stick cooking spray.
- Wash and peel the eggplant with a vegetable peeler and cut into 1-inch pieces . Place the eggplant, onion and garlic in a large bowl.
- Drizzle with olive oil and stir lightly to combine. Spread the vegetables around the chicken.
- Chop the tomato coarsely; place on top of the vegetables.

- Sprinkle chicken with basil, oregano, salt and pepper to taste. Roast in the oven for 10 minutes. Turn the chicken and gently stir the vegetable mixture. Return to oven and roast for an additional 10 to 15 minutes, or until chicken is no longer pink inside and the vegetables are tender.

### **Garlic Roast Potatoes**

**Prep Time:** 15 minutes

**Total Time:** 1 hour

**Cook Time:** 45 minutes

### **Ingredients**

- 3/4 cup potatoes, diced
- 1/3 cup onions, chopped
- 1 teaspoon garlic, chopped
- 1 teaspoon extra virgin olive oil

### **Preparation**

- Preheat oven to 400°. Coat a baking sheet with cooking spray.
- Toss potatoes, onions and garlic and olive oil. Season as desired with salt and pepper. Place on baking sheet in single layer.
- Bake potatoes for approximately 30-45 minutes or until potatoes are golden and tender.

### **Honeydew & Grapes**

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

**Cook Time:** 0 minutes

### **Ingredients**

- 3/4 cup honeydew melon balls
- 1/3 cup fresh grapes (any color)

### **Preparation**

Enjoy honeydew melon and grapes for dessert

## Recipe Info for Shakeology®

### Ingredients

- 1 serving Shakeology, Favorite Flavor

### Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- Adjust your calories for the day by what you put into your shake.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

## Recipe Info for Beef Jerky

### Ingredients

- 3/4 ounce beef jerky, teriyaki, California style
- 2 crackers, whole wheat
- 8 fluid ounces water

### Preparation

- Enjoy beef jerky, crackers and a glass of water for this simple snack.

**Prep Time:** 2 minutes or less

**Total Time:** 2 minutes or less

## Recipe Info for Pork Tenderloin Sandwich



### Ingredients

- 2 slices bread, whole wheat
- 1 tablespoon mayonnaise, low-fat



- 2 ounces lean pork tenderloin, roasted
- 1 tablespoon green onion, chopped
- 1/2 tomato, medium
- 5 baby carrots

### **Preparation**

- Spread each slice of bread with mayonnaise.
- Slice pork thinly and arrange on one of the prepared slices.
- Sprinkle with chopped onion. Top with tomato slices (and a leaf of lettuce if you like) and remaining slice of bread.
- Serve sandwich with carrots and a calorie free beverage.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Pumpkin Seeds**

#### **Ingredients**

- 2 1/2 teaspoons pumpkin seeds, dry roasted
- 4 fluid ounces orange juice

#### **Preparation**

- Enjoy pumpkin seeds and a small glass of orange juice for this quick, crunchy snack.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Basil Chicken**

#### **Basil Chicken**

**Prep Time:** 10 minutes

**Total Time:** 35 minutes

**Cook Time:** 25 minutes

#### **Ingredients**

- 2 tablespoons basil, fresh, chopped
- 1 fluid ounce chicken broth, fat-free, low-sodium
- 1 1/2 teaspoons garlic, chopped
- 2 teaspoons extra virgin olive oil
- 1/8 teaspoon thyme, ground
- 1/8 teaspoon black pepper

- 1/8 teaspoon salt
- 6 1/2 ounces chicken breast, boneless/skinless, raw

### **Preparation**

- Preheat oven to 425°F.
- Spray a shallow baking dish with non-stick cooking spray.
- In a food processor or blender, combine the basil leaves, broth, garlic, olive oil, thyme, pepper and salt, and process until pureed.
- Place the chicken in the baking dish and rub both sides with 1/2 of the basil mixture; set aside.
- Bake for 20 to 25 minutes, or until chicken is no longer pink inside.

### **Three Bean Salad**

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Cook Time:** 0 minutes

### **Ingredients**

- 1/4 cup green beans, cooked
- 1/4 cup yellow beans, cooked
- 2 tablespoons kidney beans, canned, reduced sodium
- 2 tablespoons vinegar, cider
- 1/8 teaspoon black pepper

### **Preparation**

- Toss beans with vinegar and fresh cracked pepper. Refrigerate until ready to serve.

### **Quick & Easy Couscous**

**Prep Time:** 5 minutes or less

**Total Time:** 10 minutes

**Cook Time:** 5 minutes or less

### **Ingredients**

- 2/3 cup couscous, cooked
- 3/4 teaspoon extra virgin olive oil
- 1/2 teaspoon parsley, fresh, chopped

### **Preparation**

- Prepare couscous per package directions, Portion out 2/3 cup.
- Drizzle with olive oil and parsley.

## **Blueberries**

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

**Cook Time:** 0 minutes

## **Ingredients**

- 1 cup blueberries
- 2 tablespoons fat-free whipped topping, frozen

## **Preparation**

- Top blueberries with whipped topping and enjoy for dessert.

## **FRIDAY**

### **Recipe Info for French Toast and Sausage**



## **Ingredients**

- 1/4 cup liquid-egg substitute
- 1/4 teaspoon cinnamon, ground
- 2 pieces bread, whole wheat
- 1/4 cup blueberries
- 2 teaspoons powdered sugar
- 2 pieces turkey breakfast sausage
- 4 fluid ounces milk, fat-free

## **Preparation**

- Mix egg substitute and cinnamon in a bowl; soak bread until liquid is absorbed.
- Heat nonstick skillet lightly coated with cooking spray over medium high heat. Place egg-soaked bread into hot skillet; cook both sides until lightly browned.

- Top with blueberries and powdered sugar.
- Meanwhile, prepare turkey sausage according to package instructions, and serve on the side.
- Enjoy a small glass of milk with breakfast.

**Prep Time:** 5 minutes or less

**Total Time:** 10 minutes

### Recipe Info for Nachos

#### Ingredients

- 1 pita, wheat, small, 4" diameter
- 1/8 teaspoon extra virgin olive oil
- 3 tablespoons cheddar cheese, low-fat, low-sodium
- 1/8 teaspoon oregano, dried
- 1 piece jalapeño
- 8 fluid ounces water

#### Preparation

- Slice open pita and brush very lightly with olive oil. Cut into triangular wedges.
- Sprinkle cheese evenly over pita wedges.
- Season with a pinch of oregano.
- Heat under broiler until cheese is melted.
- Add a slice of jalapeno, if desired.
- Enjoy with a glass of water.

**Prep Time:** 5 minutes or less

**Total Time:** 10 minutes

### Recipe Info for Shakeology

#### Ingredients

- 1 serving Shakeology?, Favorite Flavor

#### Preparation

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- To determine how many calories you have remaining for the day, click the "Details" button on your Team Beachbody Meal Planner. Then select a recipe from [this list](#) that falls within your available calorie count.
- You can also click the "Substitute Meal" icon to see Shakeology recipes that fit your plan.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Crunchy Ham, Cheese and Veggie Stacks**

#### **Ingredients**

- 1 teaspoon mayonnaise, low-fat
- 1 piece rye crispbread cracker, low-sodium
- 1/3 carrot
- 1/4 cucumber
- 1/2 ounce ham, lean, reduced sodium
- 1 piece cheese, Swiss, low-fat

#### **Preparation**

- Spread mayo on crispbread.
- Arrange sliced carrot and cucumber on crispbread; top with ham and cheese.
- Sprinkle with sodium-free spices and herbs of choice such as freshly ground black pepper.
- Enjoy with a calorie free beverage.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Creamy Chicken Dijon**

Creamy Chicken Dijon

**Prep Time:** 5 minutes or less

**Total Time:** 35 minutes

**Cook Time:** 30 minutes

#### **Ingredients**

- 2 teaspoons dijon mustard
- 1 3/4 tablespoons mayonnaise, low-fat
- 2 tablespoons sour cream, fat-free
- 1 teaspoon lemon juice
- 6 ounces chicken breast, boneless/skinless, raw

#### **Preparation**

- Preheat oven to 375°F.
- In a small bowl, combine mustard, mayonnaise, sour cream and lemon juice; mix well.
- Brush 1/2 of the mustard sauce on chicken and place in a shallow baking pan coated

with non-stick cooking spray.

- Bake chicken for 25 to 30 minutes, or until chicken is no longer pink inside. Spoon remaining mustard sauce over chicken.

### **Green Bean Almondine**

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Cook Time:** 0 minutes

### **Ingredients**

- 1 cup snap green beans, fresh
- 1/4 teaspoon extra virgin olive oil
- 1/2 teaspoon almonds, slivered

### **Preparation**

- Steam green beans in your microwave or stovetop until crisp tender; drain. While still warm, toss with olive oil and almonds.

### **Brown Rice**

**Prep Time:** 5 minutes or less

**Total Time:** 50 minutes

**Cook Time:** 45 minutes

### **Ingredients**

- 1/2 cup brown rice, cooked
- 3/4 teaspoon sesame oil
- 1 teaspoon onion, green, chopped

### **Preparation**

- Prepare rice per package directions.
- Drizzle with sesame oil and top with onions.

### **Jello and Apple**

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

**Cook Time:** 0 minutes

### **Ingredients**

- 1 JELL-O Gelatin sugar free, snack cup, favorite flavor
- 1 apple, medium

## Preparation

- Enjoy your favorite flavor gelatin snack cup with an apple.

## SATURDAY

### Recipe Info for Mushroom, Spinach and Onion Frittata

#### Ingredients

- 2/3 cup liquid-egg substitute
- 1/8 teaspoon black pepper
- 2 tablespoons cheddar cheese, low-fat
- 1 teaspoon canola oil
- 1/2 cup spinach, fresh, chopped
- 1/2 cup mushrooms, sliced
- 2 tablespoons green onion, chopped
- 1 slice bread, whole wheat
- 3/4 cup fresh grapes (any color)

#### Preparation

- Whisk together egg substitute and pepper in a medium bowl with a fork or wire whisk until well mixed. Stir in cheese; set aside.
- Heat oil in a small, ovenproof skillet over medium heat.
- Saut? spinach, mushrooms and onion in oil, stirring occasionally, until tender. Pour egg mixture over mushroom mixture.
- Cover and cook over medium-low heat for 3 to 5 minutes or until eggs are set and light brown on bottom.
- Set oven to broil. Broil frittata with top 4 to 6 inches from heat for about 2-3 minutes or until golden brown.
- Serve with whole wheat toast and grapes.
- Enjoy breakfast with a cup of coffee or tea, or other calorie free beverage

**Prep Time:** 5 minutes or less

**Total Time:** 15 minutes

### Recipe Info for Ham Wrapped Dates

#### Ingredients

- 1 1/2 ounces ham, low sodium, thinly sliced
- 2 dates, whole
- 8 fluid ounces water

#### Preparation

- Slice ham into 2 strips.

- Wrap ham strips around dates and enjoy with a glass of water.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Shakeology**

#### **Ingredients**

- 1 serving Shakeology?, Favorite Flavor

#### **Preparation**

- Mix 1 serving of Shakeology with one of our [delicious recipes](#).
- Adjust the calories for the day if you have added additional items in.

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

### **Recipe Info for Roast Beef and Cheddar on Crackers**

#### **Ingredients**

- 1/2 ounce deli-style roast beef, low-fat, low-sodium
- 1/2 ounce low-fat sharp cheddar cheese
- 3 crackers, whole wheat, reduced fat
- 8 fluid ounces water

#### **Preparation**

- Equally divide roast beef and cheddar cheese on whole wheat, low fat crackers.
- Enjoy with a glass of water.

**Prep Time:** 4 minutes or less

**Total Time:** 4 minutes or less

### **Recipe Info for Glazed Chicken**

Glazed Chicken

**Prep Time:** 5 minutes or less

**Total Time:** 35 minutes

**Cook Time:** 30 minutes

#### **Ingredients**

- 6 1/2 ounces chicken breast, boneless/skinless, raw
- 1 1/4 teaspoons extra virgin olive oil
- 2 teaspoons brown sugar, packed



- 2 tablespoons orange juice
- 1 teaspoon dijon mustard
- 1 teaspoon parsley, fresh, chopped
- 1/8 teaspoon black pepper

### **Preparation**

- Preheat oven to 375°F.
- Place chicken in shallow baking dish, coated with olive oil.
- For glaze, in a small bowl whisk together with a fork the sugar, juice, mustard, parsley and a dash of pepper.
- Brush the glaze over the chicken. Bake chicken, uncovered, covered in preheated oven, for 20-30 minutes, or until chicken is no longer pink.

### **Grilled Eggplant**

**Prep Time:** 5 minutes or less

**Total Time:** 25 minutes

**Cook Time:** 20 minutes

### **Ingredients**

- 1/4 eggplant
- 1/2 teaspoon extra virgin olive oil

### **Preparation**

- Heat grill.
- Slice eggplant about 1/2-inch thick.
- Brush both sides of the eggplant slices with the oil. Season with salt and pepper.
- Place eggplant slices on the hot preheated grill. Grill about 15 to 20 min., turning once.

### **Biscuit**

**Prep Time:** 5 minutes or less

**Total Time:** 20 minutes

**Cook Time:** 15 minutes

### **Ingredients**

- 2 biscuits, buttermilk, lower fat, 2 1/4"
- 3/4 teaspoon margarine, canola-based, trans-fat free

### **Preparation**

- Prepare biscuit per package directions; top with margarine.

### **Raspberries**

**Prep Time:** 5 minutes or less

**Total Time:** 5 minutes or less

**Cook Time:** 0 minutes

### **Ingredients**

- 1 1/2 cups raspberries

### **Preparation**

- Enjoy a large bowl of raspberries for dessert.