

Planet Beach[®]

a contempo spa[™]

40-30-30 Meal Plan - 2100 calories

Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Mexican Omelette	480	399	33	37	14
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
5 almonds	ALMOND, RAW	6	35	1	1	3
1 cup	STRAWBERRY, RAW	166	53	1	13	0
1 oz	TURKEY BREAST	28	29	5	1	0
lunch						
1.00 servings	Beef Chop Suey	836	467	37	48	17
1 can	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 serving	Stuffed Pork Chops with Vegetables	1168	680	57	71	21
1 can	COLA, DIET, CARBONATED	355	0	0	0	0
pm snack						
1/2 cup	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
3/4 cups	PINEAPPLE, ALL VARIETIES, RAW	116	56	1	15	0
1 serving (nlea)	ICED TEA MIX, SUGAR FREE	1	3	0	0	0
.25 oz	WALNUT, ENGLISH, DRIED, RAW	7	46	1	1	5
DAILY TOTALS		3675*	2047	171	200	67

PCF: 33-38-29

EXCHANGES: 2.7 Starch, 13.8 Very Lean Meat, 4.92 Lean Meat, 0.98 Med Fat Meat, 16.98 Vegetable, 1.81 Fruit, 5.14 Fats
0.22 Other Carbs

Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Breakfast Spinach Pie	901	498	43	50	18
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
8 fl oz	WATER, MUNICIPAL	237	0	0	0	0
1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	28	48	7	1	2
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
5 pieces	OLIVE, BLACK, PITTED	23	42	0	2	4
2 slices	CHICKEN BREAST, FAT FREE, ROASTED	26	22	5	0	0
lunch						
1.25 servings	Rich Cucumber Soup	1536	681	50	69	28
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 servings	Beef and Bean Stew	625	428	38	43	13
1 can	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
pm snack						
2 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	56	97	14	1	4
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
5 large	OLIVE, SMALL-EXTRA LARGE	22	25	0	1	2
DAILY TOTALS		4114*	2162	180	209	76

PCF: 32-37-31

EXCHANGES: 1.18 Starch, 9.7 Very Lean Meat, 5.1 Lean Meat, 3.4 Med Fat Meat, 24.96 Vegetable, 2.04 Fruit, 4.61 Fats, 0.2 Other Carbs

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Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
3/4 serving	Breakfast Spinach Pie	676	373	33	38	13
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 oz	TURKEY BREAST	28	29	5	1	0
1 cup	STRAWBERRY, RAW	166	53	1	13	0
5 almonds	ALMOND, RAW	6	35	1	1	3
lunch						
3/4 serving	Beef Stir Fry	469	335	27	35	11
1 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	30	0	0	0	0
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 serving	Mediterranean Chicken	905	420	33	46	13
8 fl oz	WATER, BOTTLED	237	0	0	0	0
1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	28	48	7	1	2
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
5 pieces	OLIVE, BLACK, PITTED	23	42	0	2	4
2 slices	CHICKEN BREAST, FAT FREE, ROASTED	26	22	5	0	0
pm snack						
8 fl oz	WATER, MUNICIPAL	237	0	0	0	0
1 tbsp	DIP, GUACAMOLE	16	40	1	1	4
1 fruit	NECTARINE, RAW	136	60	1	14	0
5 slices	HAM LUNCH MEAT, NONFAT	80	58	12	2	1
DAILY TOTALS		3237*	1775	147	178	58

PCFA: 32-39-29-1

EXCHANGES: 0.48 Starch, 11.44 Very Lean Meat, 0.88 Lean Meat, 1.58 Med Fat Meat, 19.87 Vegetable, 2.89 Fruit, 5.9 Fats
0.09 Other Carbs

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Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Vegetarian Breakfast	620	389	31	39	13
12 fl oz	CLUB SODA, CARBONATED	355	0	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 oz	TURKEY BREAST	28	29	5	1	0
1 cup	STRAWBERRY, RAW	166	53	1	13	0
5 almonds	ALMOND, RAW	6	35	1	1	3
lunch						
1 serving	Chicken Salad	594	379	31	40	12
8 fl oz	WATER, MUNICIPAL	237	0	0	0	0
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 serving	Salmon with Dill Sauce	583	472	37	46	16
pm snack						
1/2 cup	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
1/4 oz	WALNUT, ENGLISH, DRIED, RAW	7	46	1	1	5
8 fl oz	CITRUS DRINK MIX, BLEND	237	4	0	0	0
1 large	PEACH, RAW	147	57	1	14	0
DAILY TOTALS		3136*	1744	143	168	57

PCF: 33-38-29

EXCHANGES: 1.28 Starch, 9.59 Very Lean Meat, 4.72 Lean Meat, 0.98 Med Fat Meat, 9.96 Vegetable, 3.99 Fruit, 0.76 Skim Milk, 4.64 Fats
0.19 Other Carbs

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Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Breakfast Spinach Pie	901	498	43	50	18
8 fl oz	COFFEE, BREWED, PREPARED	237	2	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
8 fl oz	WATER, MUNICIPAL	237	0	0	0	0
1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	28	48	7	1	2
3 almonds	ALMOND, RAW	4	21	1	1	2
13 medium	STRAWBERRY, RAW	156	50	1	12	0
lunch						
1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	28	48	7	1	2
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
5 pieces	OLIVE, BLACK, PITTED	23	42	0	2	4
2 slices	CHICKEN BREAST, FAT FREE, ROASTED	26	22	5	0	0
1 serving	Curried Chicken	618	368	33	34	13
1 can	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
8 fl oz	WATER, BOTTLED	237	0	0	0	0
2.00 servings	Saute'd Shrimp	1062	590	43	61	22
pm snack						
1 large	PEACH, RAW	147	57	1	14	0
8 fl oz	CITRUS DRINK MIX, BLEND	237	4	0	0	0
1/4 oz	WALNUT, ENGLISH, DRIED, RAW	7	46	1	1	5
1/2 cup	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
DAILY TOTALS		4589*	2137	178	205	76

PCF: 32-37-31

EXCHANGES: 0.42 Starch, 11.62 Very Lean Meat, 1.92 Lean Meat, 2.11 Med Fat Meat, 23.86 Vegetable, 2.76 Fruit, 0.86 Skim Milk
7.84 Fats, 0.14 Other Carbs

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Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Vegetarian Breakfast	620	389	31	39	13
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1/2 cup	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
3/4 cups	PINEAPPLE, ALL VARIETIES, RAW	116	56	1	15	0
1/4 oz	WALNUT, ENGLISH, DRIED, RAW	7	46	1	1	5
1 serving (nlea)	ICED TEA MIX, SUGAR FREE	1	3	0	0	0
lunch						
8 fl oz	WATER, MUNICIPAL	237	0	0	0	0
1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	28	48	7	1	2
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
5 pieces	OLIVE, BLACK, PITTED	23	42	0	2	4
2 slices	CHICKEN BREAST, FAT FREE, ROASTED	26	22	5	0	0
1 serving	Mexican Burgers	632	453	32	45	17
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1.50 servings	Spicy Vegetarian Tofu Primavera	1561	534	41	55	18
1 can	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
pm snack						
3 slices	CHICKEN BREAST, BAKED	66	65	13	2	0
1/2 cup	GRAPE, EUROPEAN-TYPE, RAW	77	53	1	14	0
10 almonds	ALMOND, RAW	12	69	3	2	6
8 fl oz	SEVEN UP, CHERRY, DIET	240	0	0	0	0
DAILY TOTALS		4288*	2121	170	205	73

PCF: 32-38-30

EXCHANGES: 2.32 Starch, 13.58 Very Lean Meat, 2.42 Lean Meat, 2.6 Med Fat Meat, 17.85 Vegetable, 2.83 Fruit, 6.63 Fats
0.12 Other Carbs

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Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1.00 servings	Mexican Omelette	480	399	33	37	14
8 fl oz	WATER, MUNICIPAL	237	0	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1/2 cup	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
3/4 cups	PINEAPPLE, ALL VARIETIES, RAW	116	56	1	15	0
1/4 oz	WALNUT, ENGLISH, DRIED, RAW	7	46	1	1	5
lunch						
1.50 servings	Beef Chop Suey	1255	701	56	72	26
1 can	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 serving	Indonesian Chicken	757	476	40	47	16
8 fl oz	SEVEN UP, CHERRY, DIET	240	0	0	0	0
pm snack						
1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	28	48	7	1	2
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
5 pieces	OLIVE, BLACK, PITTED	23	42	0	2	4
3 slices	CHICKEN BREAST, FAT FREE, ROASTED	39	33	7	1	0
DAILY TOTALS		3824*	2142	179	203	73

PCF: 33-37-30

EXCHANGES: 1.5 Starch, 11.58 Very Lean Meat, 5.38 Lean Meat, 0.98 Med Fat Meat, 19.97 Vegetable, 1.95 Fruit, 1.12 Skim Milk
6.07 Fats, 0.16 Other Carbs

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DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
3838*	2018	167	195	68

PCFA: 32-38-30-0

EXCHANGES: 1.41 Starch, 11.61 Very Lean Meat, 3.62 Lean Meat, 1.8 Med Fat Meat, 19.06 Vegetable, 2.61 Fruit, 0.39 Skim Milk
5.83 Fats, 0.16 Other Carbs

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.

40-30-30 Meal Plan - 2100 calories - Recipe Listing

Mexican Burgers Serves 2

INGREDIENTS

8 oz SALSA
1 cup KIDNEY BEAN, CANNED
2 cups GREEN PEPPER, SWEET, RAW (BELL)
1 cup TOMATO PUREE, CANNED W/SALT
1 tsp OLIVE OIL
1 tsp CHILI POWDER
4 oz GROUND BEEF, RAW, 85% LEAN
4 oz TURKEY, GROUND, RAW

EXCHANGES: 1.01 Starch, 0.69 Very Lean Meat, 1.54 Lean Meat, 1.62 Med Fat Meat
4.9 Vegetable, 0.44 Fats, 0.03 Other Carbs

DIRECTIONS

In a medium bowl mix together the ground beef, turkey and salsa. Form 2 oblong patties. Place under broiler. Cook until browned. While patties are cooking add oil to non stick skillet cook kidney beans and peppers until hot, then add chili powder, hot sauce, and tomato puree. Simmer for 5 minutes stirring constantly. Place each patti on a plate and top with vegetable mixture. Serve

Mediterranean Chicken Serves 2

INGREDIENTS

8 oz CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
5 cups TOMATO, RED, RIPE, RAW
5 cups EGGPLANT, BOILED W/SALT
3 tsp OLIVE OIL
14 large OLIVE, SMALL-EXTRA LARGE
8 cloves GARLIC, RAW
1 tsp BASIL, DRIED, GROUND
4 tbs WATER, MUNICIPAL

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2 tbsp WINE, RED TABLE

EXCHANGES: 3.56 Very Lean Meat, 7.8 Vegetable, 2.02 Fats, 0.02 Other Carbs

DIRECTIONS

In non stick saute pan, add oil and flattened chicken. Cook chicken until lightly browned, then add tomato, basil, diced garlic, oregano, sliced olives, water and red wine. Simmer covered for 10 minutes or until almost all of the liquid is evaporated. While the chicken cooking, cut eggplant in 1/8 in thick slices and place in boiling salted water for 10 minutes or until tender. On 2 dinner plates place a bed of cooked eggplant, then place the chicken tomato mixture on top of egg plant. Serve immediatly.

Beef Stir Fry

Serves 2

INGREDIENTS

1 cup ONION, RAW
4 tsp OLIVE OIL
1 tbsp SOY SAUCE (SHOYU)
1/2 tsp PEPPER, RED OR CAYENNE
4 cloves GARLIC, RAW
1/2 cup KIDNEY BEAN, CANNED
6 oz BEEF ROUND, EYE OF, ROASTED, SLF (CUBE STEAK)
2 cups SNAP BEAN, RAW (GREEN BEAN)
2 cups RED PEPPER, SWEET, RAW
1 cup TOMATO PUREE, CANNED W/SALT
1 tbsp STIR FRY SAUCE, ALL PURPOSE, RTS

EXCHANGES: 0.55 Starch, 4.59 Very Lean Meat, 6.2 Vegetable, 1.76 Fats, 0.01 Other Carbs

DIRECTIONS

In non stick saute pan place 2/3 tsp of oil and beef. Cook beef until browned and done. While beef is cooking in another pan place 2 tsp oil, kidney beans, green beans, onion, bell pepper, sauces, and garlic. Cook until entire mixture is hot, then add tomato puree, beef broth, and cooked beef. cook for 5 minutes. Place equal amount on plate and serve.

Stuffed Pork Chops with Vegetables

Serves 2

INGREDIENTS

6 oz PORK CENTER LOIN, BRAISED, SLO
1 1/2 cup MUSHROOM, RAW
1 cup CHICKPEAS, CANNED (GARBANZO)
1 cup ONION, RAW
2 cups CELERY, RAW
2 cups BROCCOLI, RAW
3/4 head CAULIFLOWER, RAW
2 cups RED PEPPER, SWEET, RAW
4 tsp CORNSTARCH
3 tsp OLIVE OIL
1 dash PEPPER, BLACK, GROUND
1 tsp MARJORAM, DRIED
3 cups BROTH, CHICKEN, CONDENSED

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1 tsp BASIL, DRIED, GROUND
 1 tsp CINNAMON, GROUND
 1 tsp CHILI POWDER
 1 tsp NUTMEG, GROUND

EXCHANGES: 1.55 Starch, 6.1 Very Lean Meat, 1.92 Lean Meat, 6.37 Vegetable, 1.38 Fats
 0.14 Other Carbs

DIRECTIONS

In a saute pan add 1 tsp oil, mushrooms, diced chickpeas, black pepper, marjoram, and onion. Cook until mixture is translucent (about 10 minutes). When the vegetables are cooked set aside to cool. Cut a pocket in each 4 oz pork chop and fill with cooled vegetable mix. Secure pockets with toothpicks so nothing falls out. If there is any vegetables left place them on the bottom of the baking dish and place the chops on top. Cover the baking dish and bake in preheated 375 degree oven for 20-25 minutes. While the pork chops are cooking combine chicken broth, celery, broccoli, cauliflower, bell pepper, basil, cinnamon, chili powder and nutmeg. Bring to a boil and cook until tender. Mix cornstarch with a little water and add to the vegetables. Reduce heat and simmer for 5 minutes or until sauce forms. Place pork chops on plate and vegetables on the side. Serve

Mexican Omelette Serves 2

INGREDIENTS

10 large EGG WHITE, CHICKEN, RAW
 2 large EGG, CHICKEN, RAW
 2 small ONION, RAW
 1/2 cup CHICKPEAS, CANNED (GARBANZO)
 1/2 cup KIDNEY BEAN, CANNED
 1/2 cup GREEN PEPPER, SWEET, RAW (BELL)
 1/2 cup MUSHROOM, RAW
 3 tsp OLIVE OIL
 1 dash PEPPER, BLACK, GROUND
 1 tsp HOT PEPPER SAUCE, RTS
 1 tsp TURMERIC, GROUND
 1 tsp CHILI POWDER
 3 cloves GARLIC, RAW

EXCHANGES: 1.16 Starch, 3.4 Very Lean Meat, 0.98 Med Fat Meat, 2.08 Vegetable, 1.32 Fats
 0.07 Other Carbs

DIRECTIONS

In medium non stick skillet saute' pan cook onion, garlic, chickpeas, kidney beans, red and green peppers and mushrooms in 1 tsp olive oil until tender. In mixing bowl, whip all eggs and seasoning. In second saute' pan heat 1 tsp of the olive oil, add 1/2 egg mixture and cook until omelet is formed. Fill with 1/2 of the vegetable mixture, fold over and serve. repeat for 2nd omelet.

Beef Chop Suey Serves 2

INGREDIENTS

7 oz BEEF EYE OF ROUND, RAW, SLF
 3 cups DANISH CABBAGE, COMMON, RAW, FRESHLY HARVESTED
 2.5 cups CELERY, RAW

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3 cups MUSHROOM, RAW
1.5 cups SOYBEAN, SPROUTED, RAW
2 cups WATER CHESTNUT, CHINESE, CANNED
1.5 cups ONION, RAW
2 tsp OLIVE OIL
2 tbsp VINEGAR, APPLE CIDER
1 tbsp SOY SAUCE, LOW SALT (SHOYU)
1/2 cup BROTH, BEEF, RTS

EXCHANGES: 0.78 Very Lean Meat, 3 Lean Meat, 8.53 Vegetable, 0.88 Fats

DIRECTIONS

In non stick pan, place 1 tsp olive oil and beef. Cook until beef is done. In another pan while beef is cooking add 2 tsp olive oil, cabbage, celery, mushrooms, sprouts, water chestnuts, vinegar and onion. Cook until entire mixture is hot, then add soy sauce, beef stock and cooked beef. Cook for 5-10 minutes to blend flavors. Place equal amounts on two plates and serve hot

Beef and Bean Stew

Serves 2

INGREDIENTS

1 1/2 cup ONION, RAW
3 tsp OLIVE OIL
1/2 tsp PEPPER, RED OR CAYENNE
1 cup KIDNEY BEAN, CANNED
6 oz BEEF ROUND, EYE OF, ROASTED, SLF (CUBE STEAK)
1/2 cup TOMATO PUREE, CANNED W/SALT
1 cup SALSA, RTS
1 cup BROTH, BEEF, RTS
1 tsp CHILI POWDER
1 tsp BASIL, DRIED, GROUND
1/2 tsp CURRY POWDER
1 tsp OREGANO, DRIED, GROUND

EXCHANGES: 1.03 Starch, 4.93 Very Lean Meat, 4.11 Vegetable, 1.32 Fats, 0.1 Other Carbs

DIRECTIONS

In sauce pan cook beans and onion in 2 tsp of oil until tender, then add tomato puree, sauce beef broth, spices and salsa. Continue to cook vegetable mixture under medium heat until hot. While the vegetables are cooking, in non stick pan add remaining oil and stir fry beef until cooked. Add beef to vegetables and simmer for 5 minutes. Place equal amounts on 2 plates and serve.

(always drain and rinse canned beans before using)

Breakfast Spinach Pie

Serves 2

INGREDIENTS

2 large EGG, CHICKEN, RAW
2 small ONION, RAW
2 tsp OLIVE OIL
1 dash PEPPER, BLACK, GROUND

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1 tsp TURMERIC, GROUND
 1 tbsp PARSLEY, RAW
 1 clove GARLIC, RAW
 2 oz MOZZARELLA CHEESE, PART SKIM
 1 1/2 cup SHALLOT, RAW
 2 lbs SPINACH, RAW
 1 tsp NUTMEG, GROUND
 6 large EGG WHITE, CHICKEN, RAW
 2 cups MUSHROOM, RAW

EXCHANGES: 0.09 Starch, 1.47 Very Lean Meat, 2.11 Med Fat Meat, 9.63 Vegetable
 0.94 Fats, 0.08 Other Carbs

DIRECTIONS

In medium non stick skillet saute' pan cook all vegetables and spices except turmeric in 1 tsp olive oil until tender. In mixing bowl, whip all eggs and turmeric. In second saute' pan heat 1 tsp olive oil, add 1/2 egg mixture and cook until omelet is formed. Repeat until 2 omelettes are made. Place 1 omelette on plate and fill with 1/2 of the vegetable mixture. Repeat for 2nd omelette. Sprinkle with cheese and serve hot.

Rich Cucumber Soup

Serves 2

INGREDIENTS

3 oz MOZZARELLA CHEESE, PART SKIM
 1 cup TOMATO PUREE, CANNED W/SALT
 5 cups CUCUMBER, PEELED, RAW
 4 cups GREEN PEPPER, SWEET, RAW (BELL)
 2 cups ONION, RAW
 1 clove GARLIC, RAW
 1 tsp CELERY SEED
 2 tsp HOT PEPPER SAUCE, RTS
 1 tsp DILL WEED, DRIED
 8 fl oz WATER, MUNICIPAL
 2 large EGG, CHICKEN, HARD-BOILED
 3/4 cups TOFU, FIRM, RAW

EXCHANGES: 0.04 Starch, 2.12 Very Lean Meat, 1.97 Lean Meat, 1.03 Med Fat Meat
 8.66 Vegetable, 1.39 Fats, 0.01 Other Carbs

DIRECTIONS

Dice and combine all ingredients except egg and cheese in large sauce pan and bring to boil. Cover and simmer on medium high heat for 20-25 minutes stirring constantly. Divide into 2 soup bowls and garnish with cheese and egg. Serve

Chicken Salad

Serves 2

INGREDIENTS

6 oz CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
 2 cups CELERY, RAW
 1/2 cup CHICKPEAS, CANNED (GARBANZO)

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1/2 cup KIDNEY BEAN, CANNED
1 cup SALSA, RTS
6 cups LETTUCE, COS OR ROMAINE, RAW
4 tsp OLIVE OIL
1 tsp CHILI POWDER
2 cloves GARLIC, RAW

EXCHANGES: 1.1 Starch, 3.62 Very Lean Meat, 3.28 Vegetable, 1.76 Fats, 0.03 Other Carbs

DIRECTIONS

In non stick saute pan add oil, diced chicken, celery, chili powder and garlic. Cook until chicken is browned, then add chickpeas, kidney beans, and salsa. Simmer for 10 minutes; until heated through and beans have softened. While the chicken and vegetables are cooking arrange a bed of lettuce on both plates. Remove saute pan from stove and let stand for 5 minutes to cool. Spoon chicken and vegetables over lettuce. Serve.

Vegetarian Breakfast

Serves 2

INGREDIENTS

10 large EGG WHITE, CHICKEN, RAW
2 large EGG, CHICKEN, RAW
2 small ONION, RAW
3 cups MUSHROOM, RAW
3 tsp OLIVE OIL
1 dash PEPPER, BLACK, GROUND
1 tsp TURMERIC, GROUND
1 tsp CHILI POWDER
2 cups LEEK, RAW
2 cups CARROT, RAW
1 tbsp PARSLEY, RAW
1 clove GARLIC, RAW

EXCHANGES: 0.05 Starch, 2.45 Very Lean Meat, 0.98 Med Fat Meat, 6.67 Vegetable
1.32 Fats, 0.07 Other Carbs

DIRECTIONS

Chop all vegetables to desired consistency. In medium non stick skillet saute pan cook all vegetables and spices except turmeric in 1 tsp olive oil until tender. In mixing bowl, whip all eggs and turmeric. In second saute pan heat 1 tsp olive oil, add 1/4 egg mixture and cook until omelet is formed. Repeat until 4 omelettes are made. Place 1 omelette on plate and fill with 1/2 of the vegetable mixture, Place one omelette on top to form sandwich. Repeat for 2nd sandwich. Serve Hot

Salmon with Dill Sauce

Serves 2

INGREDIENTS

10 oz SALMON, ATLANTIC, FARMED, RAW
1 cup YOGURT, SKIM MILK, PLAIN
1/2 tsp SUGAR, GRANULATED
2 tsp CORNSTARCH
2 cups PINEAPPLE, ALL VARIETIES, RAW

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2 cups CANTALOUPE, RAW
1 tsp DILL WEED, DRIED

EXCHANGES: 0.13 Starch, 4.72 Lean Meat, 2.15 Fruit, 0.76 Skim Milk, 0.08 Other Carbs

DIRECTIONS

Coat the bottom of a baking dish with cooking spray, then place two pieces of salmon in the bottom of the baking dish. Sprinkle salmon with 1 tsp of dill, then tightly seal the baking dish and bake in a preheated oven at 375 degrees for 25-30 minutes. While salmon is baking, in sauce pan combine yogurt, sugar, 2 tsp dill and a splash of white wine to make a dill sauce. Heat sauce through but do not boil. In mixing bowl combine pineapple and melon to make fruit salad. Place fruit equally on 2 dinner plates. Place salmon on the side and top with sauce. Serve

Curried Chicken
Serves 2

INGREDIENTS

5 oz CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
2 cups RED PEPPER, SWEET, RAW
5 cups MUSHROOM, RAW
4 tsp CORNSTARCH
4 tsp OLIVE OIL
1/4 cup BROTH, CHICKEN, CONDENSED
2 cups SNAP BEAN, RAW (GREEN BEAN)
1 cup YOGURT, LOWFAT
2 tsp CURRY POWDER

EXCHANGES: 0.33 Starch, 2.23 Very Lean Meat, 0.16 Lean Meat, 3.87 Vegetable, 1.76 Fats
0.86 Skim Milk, 0.06 Other Carbs

DIRECTIONS

In non stick saute pan, place 2/3 tsp oil and diced chicken. Cook chicken until browned and done, then add wine, chicken broth, yogurt, curry powder, and cornstarch, stirring constantly. Heat until thick sauce forms, then simmer for 5 minutes. While chicken is cooking, in another saute pan place 2 2 tsp oil, mushrooms, bell pepper, and snow peas. Cook until mixture is tender. Place an equal amount of vegetable on 2 plates then top with equal amounts of chicken mixture. Serve.

Saute'ed Shrimp
Serves 2

INGREDIENTS

22 large SHRIMP, RAW
2 cups RED PEPPER, SWEET, RAW
1 cup SNAP BEAN, FROZEN (GREEN BEAN)
2 cups ONION, SPRING OR SCALLIONS, RAW
1 cup TOMATO PUREE, CANNED W/SALT
4 tsp OLIVE OIL
4 tsp GINGER ROOT, RAW
4 tbsp WATER, MUNICIPAL
4 tbsp VINEGAR, APPLE CIDER
1 tsp HOT PEPPER SAUCE, RTS

EXCHANGES: 2.34 Very Lean Meat, 5.08 Vegetable, 1.76 Fats

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DIRECTIONS

In sauce pan place bell pepper, snow peas, and sprouts in enough water to steam. Cook until vegetables are tender. While the vegetable are cooking, in non stick skillet add oil, shrimp and scallions. Heat shrimp until cooked, then add tomato puree, ginger root, water and hot sauce. On 2 dinner plates arrange a bed of steamed vegetables, place shrimp on top. Serve

Spicy Vegetarian Tofu Primavera Serves 2

INGREDIENTS

24 oz TOFU, SILKEN, FIRM
1/2 cup CARROT, RAW
1 cup ONION, RAW
1 cup GREEN PEPPER, SWEET, RAW (BELL)
2 cups DANISH CABBAGE, COMMON, RAW, FRESHLY HARVESTED
2 cups TOMATO, RED, RIPE, RAW
4 tsp CORNSTARCH
1 tsp OLIVE OIL
8 fl oz WATER, MUNICIPAL
12 fl oz WATER, MUNICIPAL
1 tbsp SOY SAUCE (SHOYU)
1/2 tsp PEPPER, RED OR CAYENNE
2 cloves GARLIC, RAW

EXCHANGES: 0.84 Starch, 3.37 Very Lean Meat, 4.06 Vegetable, 1.56 Fats, 0.01 Other Carbs

DIRECTIONS

In non stick saute pan, cook vegetables in oil until almost tender, then add 1/2 cup water and cover to steam saute. In sauce pan, add 1 1/2 cups cold water, soy sauce, garlic, cornstarch, and all other spices to form a sauce. (mix cornstarch with a little water to dissolve it before adding to saucepan). Heat sauce to a light simmer; stirring constantly. Add diced tofu and sauce to vegetables, stir and simmer for 2-3 minutes. Divide into 2 plates and serve at once.

Indonesian Chicken Serves 2

INGREDIENTS

8 oz CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
1 cup ONION, RAW
1/2 cup JALAPENO, RAW
5 cups CABBAGE, RAW
2 cups RED PEPPER, SWEET, RAW
2 cups MILK, COW'S, 1% BF, VIT-A
4 tsp CORNSTARCH
5 tsp OLIVE OIL
6 cloves GARLIC, RAW
2 tsp GINGER ROOT, RAW
1 tsp TURMERIC, GROUND
1 tsp CORIANDER LEAF, DRIED (CILANTRO, CHINESE PARSLEY)
1 tsp CURRY POWDER

EXCHANGES: 0.34 Starch, 3.57 Very Lean Meat, 4.9 Vegetable, 1.12 Skim Milk, 2.2 Fats
0.08 Other Carbs

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DIRECTIONS

In non stick saute pan combine onion, jalapeno pepper, spices, milk and chicken. Poach (lightly simmer) until chicken is done. Mix cornstarch with a little water to dissolve the add to pan an cook for 3-5 minutes. In seperate pan cook cabbage and red peppers in oil until tender. Divide cabbage between 2 plates and top with chicken. Serve immediately

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