

# Planet Beach<sup>®</sup>

## a contempo spa<sup>™</sup>

High Protein Body Building (30-40-30) - 2000 calories

### Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 servings	Veggie Scramble	558	407	39	18	20
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
lunch						
2 servings	Salmon Pasta Salad	456	640	43	97	9
snack						
1 oz	PUMPKIN & SQUASH SEED, DRIED	28	153	7	5	13
dinner						
1 1/2 servings	Chicken, Kale, and Chickpea Stew	621	445	37	60	8
pm snack						
1 serving	Spinach Salad	162	75	3	10	3
2 oz	CHICKEN BREAST, BONELESS, ROASTED, MEAT O	57	94	18	0	2
1 tbsp	SESAME SEED, DRIED	8	50	2	1	5
<b>DAILY TOTALS</b>		<b>1933*</b>	<b>2062</b>	<b>169</b>	<b>201</b>	<b>65</b>

PCF: 33-39-28

EXCHANGES: 5.38 Starch, 16.12 Very Lean Meat, 0.38 Lean Meat, 1.96 Med Fat Meat, 10.06 Vegetable, 0.23 Skim Milk, 6.51 Fats  
1.9 Other Carbs

### Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Breakfast Parfait	365	387	15	76	4
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
lunch						
2 cups	SPINACH, RAW	60	14	2	2	0
2 slices	TOMATO, RED, RIPE, RAW	54	11	0	3	0
3 medium	CARROT, BABY, RAW	30	11	0	2	0
3 tbsp	MOZZARELLA CHEESE, PART SKIM, SHREDDED	21	64	6	1	4
6 oz	TURKEY, GROUND	150	240	35	0	12
1 tbsp	OLIVE OIL	14	119	0	0	14
snack						
2 servings	Tomato-Basil Pita Pizza	161	262	15	42	5
dinner						
1 servings	Grilled Salmon	114	161	23	0	7
1 servings	Whole Wheat Couscous with Lentils and Zucchini	211	318	12	54	8
pm snack						
1 servings	Marinated Broccoli	133	105	4	8	8
3 oz	TUNA, CANNED IN WATER	85	99	22	0	1
<b>DAILY TOTALS</b>		<b>1439*</b>	<b>1989</b>	<b>152</b>	<b>199</b>	<b>68</b>

PCF: 30-39-30

EXCHANGES: 7.93 Starch, 10.74 Very Lean Meat, 2.92 Lean Meat, 1.14 Med Fat Meat, 4.35 Vegetable, 0.44 Fruit, 1.22 Skim Milk  
5.43 Fats, 0.73 Other Carbs

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High Protein Body Building (30-40-30) - 2000 calories

Page 2

High Protein Body Building (30-40-30) - 2000 calories

Week 1

### Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 slice	WHOLE WHEAT BREAD, TOASTED, CP	25	69	3	13	1
1 servings	Egg and Cottage Cheese Souffle	311*	256	38	8	7
2 tsp	ALMOND BUTTER, NO SALT	11	68	2	2	6
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
lunch						
1 servings	Tuna Salad Sandwich	188	280	26	33	6
1 serving	Spinach Salad	162	75	3	10	3
snack						
1 container	YOGURT, PLAIN, NONFAT	227	100	9	15	0
1/2 medium	BANANA, RAW	59	53	1	13	0
1 tbsp	FLAX SEED	76	59	2	4	4
dinner						
1 servings	Roasted Vegetable Medley	311	129	4	20	5
1/4 cup	COUSCOUS, WHOLE WHEAT, DRY	55	210	8	45	1
4 oz	BEEF ROUND, EYE OF, ROASTED, SLF (CUBE STE	118	198	34	0	6
pm snack						
1 serving	Green Bean Salad	184	175	3	12	14
3 oz	SALMON, SOCKEYE, CANNED	85	141	20	0	6
<b>DAILY TOTALS</b>		<b>1854*</b>	<b>2009</b>	<b>173</b>	<b>186</b>	<b>64</b>

PCF: 34-37-29

EXCHANGES: 5.24 Starch, 15.06 Very Lean Meat, 2.57 Lean Meat, 7.38 Vegetable, 0.88 Fruit, 1.11 Skim Milk, 7.06 Fats, 0.54 Other Carbs

### Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
3 medium wedge	CANTALOUPE, RAW	207	70	2	17	0
2 servings	Blueberry Yogurt Flaxjacks	493	497	39	54	16
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
lunch						
1 servings	Turkey Sandwich with Greens and Tomato	168	271	24	34	5
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
snack						
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
2 tbsp	WALNUT, ENGLISH, DRIED, RAW	15	98	2	2	10
dinner						
1 servings	Pasta with Chicken Teriyaki	251	387	28	43	10
pm snack						
1 serving	Red Cabbage Chicken Salad	168	313	25	7	21
<b>DAILY TOTALS</b>		<b>1667*</b>	<b>2029</b>	<b>155</b>	<b>199</b>	<b>70</b>

PCF: 30-39-31

EXCHANGES: 5.65 Starch, 11.05 Very Lean Meat, 0.49 Med Fat Meat, 2.46 Vegetable, 3.23 Fruit, 1.08 Skim Milk, 9.26 Fats  
0.41 Other Carbs

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High Protein Body Building (30-40-30) - 2000 calories

Page 3

High Protein Body Building (30-40-30) - 2000 calories

Week 1

### Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Veggie Scramble	279	203	19	9	10
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
lunch						
1 serving	Tuna and White Beans with Bitter Greens	504	304	34	40	2
1 serving	Quick Greek Salad	312	254	6	13	21
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
snack						
1 serving	Spinach, Cucumber, and Tomato Salad	223	120	10	9	6
1 oz	PUMPKIN & SQUASH SEED, DRIED	28	153	7	5	13
dinner						
1 servings	Turkey Stew and Rice	598	419	40	56	3
pm snack						
1 serving	Tossed Salad with Cheese	263	119	12	14	2
2 oz	CHICKEN BREAST, BONELESS, ROASTED, MEAT O	57	94	18	0	2
<b>DAILY TOTALS</b>		<b>2517*</b>	<b>1977</b>	<b>168</b>	<b>186</b>	<b>64</b>

PCF: 34-37-29

EXCHANGES: 4.11 Starch, 14.84 Very Lean Meat, 0.89 Lean Meat, 0.98 Med Fat Meat, 0.75 High Fat Meat, 10.69 Vegetable, 1.95 Fruit  
0.12 Skim Milk, 6.88 Fats, 0.19 Other Carbs

### Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 servings	Breakfast Burrito with Egg, Beans, and Cheese	190	278	19	21	16
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
8 oz	YOGURT, PLAIN, LOWFAT	227	150	12	18	4
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
lunch						
2 servings	Chicken and Veggie Tortillas	309	356	38	38	4
2 medium wedge	CANTALOUPE, RAW	138	47	1	11	0
snack						
1 servings	Toast with Fruit and Cheese	92	121	6	21	2
1 oz	PUMPKIN & SQUASH SEED, DRIED	28	153	7	5	13
dinner						
1 1/2 servings	Beef Stew	950	559	45	77	9
pm snack						
1 serving	Cauliflower and Broccoli Salad	229	116	4	11	7
3 oz	SALMON, SOCKEYE, CANNED	85	141	20	0	6
<b>DAILY TOTALS</b>		<b>2363*</b>	<b>2161</b>	<b>173</b>	<b>222</b>	<b>67</b>

PCF: 32-41-28

EXCHANGES: 6.86 Starch, 12.41 Very Lean Meat, 3.01 Lean Meat, 2.42 Med Fat Meat, 7.1 Vegetable, 1.93 Fruit, 1.67 Skim Milk, 4.54 Fats  
0.51 Other Carbs

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High Protein Body Building (30-40-30) - 2000 calories

Page 4

High Protein Body Building (30-40-30) - 2000 calories  
Week 1

### Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 servings	Breakfast Fruit Salad	771	450	24	66	11
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1/2 cup	STRAWBERRY, RAW	76	24	1	6	0
2 tbsp	WALNUT, ENGLISH, DRIED, RAW	15	98	2	2	10
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
lunch						
1 serving	Lentil Casserole	303	280	21	47	2
1 serving	Green Bean Salad	184	175	3	12	14
snack						
1 oz	CHEDDAR CHEESE, MILD, REDUCED FAT	28	90	7	1	6
0.4 oz	CRACKERS, WHOLE WHEAT	11	46	2	8	1
dinner						
1 1/2 servings	Hearty Broccoli Soup	668	358	37	33	9
pm snack						
1 serving	Chicken Chef Salad	403	335	50	9	10
<b>DAILY TOTALS</b>		<b>2502*</b>	<b>2054</b>	<b>166</b>	<b>195</b>	<b>68</b>

PCF: 32-38-30

EXCHANGES: 3.58 Starch, 11.56 Very Lean Meat, 0.45 Lean Meat, 1.2 Med Fat Meat, 0.57 High Fat Meat, 8.59 Vegetable, 2.59 Fruit  
2.79 Skim Milk, 8.07 Fats, 0.13 Other Carbs

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High Protein Body Building (30-40-30) - 2000 calories

Page 5

High Protein Body Building (30-40-30) - 2000 calories  
Week 1

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### DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
2039*	2040	165	198	67

PCF: 32-39-29

EXCHANGES: 5.54 Starch, 13.11 Very Lean Meat, 1.46 Lean Meat, 1.17 Med Fat Meat, 0.19 High Fat Meat, 7.23 Vegetable, 1.57 Fruit  
1.17 Skim Milk, 6.82 Fats, 0.63 Other Carbs

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

### High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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#### Veggie Scramble

By: Health through Nutrition

Serves 1

#### INGREDIENTS

3 large EGG WHITE, CHICKEN, RAW  
1 large EGG, CHICKEN, RAW  
1 tsp OLIVE OIL  
1/4 cup GREEN PEPPER, SWEET, RAW (BELL)  
1/4 cup ONION, RAW  
1/4 cup MUSHROOM, RAW  
2 tbsp MILK, COW'S, NONFAT, VIT-A (SKIM)

EXCHANGES: 1.47 Very Lean Meat, 0.98 Med Fat Meat, 1.13 Vegetable, 0.12 Skim Milk  
0.88 Fats

#### DIRECTIONS

Beat together whole egg, egg whites, and milk. Mix in chopped vegetables. Heat oil in a non-stick skillet over med-high heat. Add egg mixture and cook until eggs are done, stirring constantly as they cook.

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#### Salmon Pasta Salad

By: Health through Nutrition

Serves 5

#### INGREDIENTS

1 1/2 medium GREEN PEPPER, SWEET, RAW (BELL)  
1 cup CELERY, RAW  
3/4 cup ONION, RAW  
11 oz SALMON, ALASKAN PINK, CANNED  
8 oz SHELLS PASTA, WHOLE WHEAT  
3/4 cups SALAD DRESSING, HONEY DIJON, NONFAT

EXCHANGES: 1.9 Starch, 2.51 Very Lean Meat, 0.8 Vegetable, 0.9 Other Carbs

## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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### DIRECTIONS

Cook pasta according to package directions. Combine pasta, salmon, peppers, celery and onion in a bowl. Pour dressing over salad, toss and serve.

### Toast with Fruit and Cheese

By: Health through Nutrition

Serves 2

### INGREDIENTS

1 small APPLE W/SKIN, RAW  
1/4 cup CHEESE, CHEDDAR OR COLBY, LOWFAT, SHREDDED  
2 slices WHOLE WHEAT BREAD, TOASTED, CP

EXCHANGES: 0.86 Starch, 0.45 Lean Meat, 0.46 Fruit

### DIRECTIONS

Core and slice apple and place slices on toast. Cover with cheese. Heat in microwave until cheese melts.

### Chicken, Kale, and Chickpea Stew

By: Health through Nutrition

Serves 8

### INGREDIENTS

1 large ONION, RAW  
1 medium GREEN PEPPER, SWEET, RAW (BELL)  
2 cloves GARLIC, RAW  
1 tbsp OLIVE OIL, EXTRA VIRGIN  
3/4 lbs KALE, RAW  
1 lb CHICKEN BREAST, BONELESS, RAW, MEAT ONLY  
28 oz TOMATO, CANNED, FS  
3 1/2 cups CHICKPEAS, CANNED (GARBANZO)  
1 can TOMATO PASTE, CANNED, NO SALT  
1 tbsp CHILI POWDER  
1/2 tsp CUMIN, GROUND  
1/2 tsp OREGANO, DRIED, GROUND  
4 grams RED PEPPER, CRUSHED, DEHYDRATED  
1/2 tsp THYME, DRIED  
14.5 oz BROTH, CHICKEN, CONDENSED  
1/2 tsp SUGAR, GRANULATED

EXCHANGES: 1.05 Starch, 2.83 Very Lean Meat, 0.26 Lean Meat, 2.93 Vegetable, 0.33 Fats  
0.07 Other Carbs

### DIRECTIONS

Chop onion, pepper, and garlic. Cut chicken into 1-inch pieces. Saute first 3 ingredients (mince the garlic) in oil in a Dutch oven until tender. Stir in kale and remaining ingredients. Bring to a boil; reduce heat, and simmer, stirring often, 30 minutes.

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High Protein Body Building (30-40-30) - 2000 calories

Page 7

### High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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#### Breakfast Parfait

By: Health through Nutrition

Serves 2

#### INGREDIENTS

8 oz YOGURT, STRAWBERRY, LOWFAT  
8 oz YOGURT, PLAIN, NONFAT  
1 cup GRANOLA W/O RAISINS, LOWFAT, RTE  
1 cup STRAWBERRY, RAW

EXCHANGES: 2.61 Starch, 0.44 Fruit, 1.22 Skim Milk, 0.69 Other Carbs

#### DIRECTIONS

Mix together the 2 yogurts. Layer ingredients in two 16-ounce glasses by adding 1/2 cup yogurt mixture, 1/4 cup granola, 1/4 cup berries. Repeat layering, reserving a dollop of yogurt for the top.

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#### Grilled Salmon

By: Health through Nutrition

Serves 4

#### INGREDIENTS

1 lb SALMON, ATLANTIC, WILD, RAW  
1/2 tsp DILL WEED, DRIED

EXCHANGES: 2.92 Lean Meat, 0 Other Carbs

#### DIRECTIONS

Place salmon fillet on a piece of aluminum foil. Sprinkle with dill. Fold aluminum foil to make a packet containing the salmon. Place on a hot grill and grill for about 15 minutes or until fish is done.

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#### Whole Wheat Couscous with Lentils and Zucchini

By: Health through Nutrition

Serves 2

#### INGREDIENTS

1/2 cup COUSCOUS, WHOLE WHEAT, DRY  
1 tbsp OLIVE OIL  
2 cups ZUCCHINI W/SKIN, RAW  
1/4 cup LENTIL, BOILED, NO ADDED SALT

EXCHANGES: 3 Starch, 0.79 Vegetable, 1.32 Fats

#### DIRECTIONS

Cook couscous according package directions. (1/2 cup dry couscous yields 1 1/2 cups cooked). Add lentils and zucchini to couscous with olive oil. Mix well.

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## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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### Tuna Salad Sandwich

Comment: Good source of protein and lowfat

By: Health through Nutrition

Serves 2

#### INGREDIENTS

1 can TUNA, WHITE, CANNED IN WATER  
3 tbsp SALAD DRESSING, MAYO-TYPE, NONFAT  
2 medium leaf BUTTERHEAD LETTUCE, RAW  
1 tbsp PICKLE RELISH, SWEET  
4 slices WHOLE WHEAT BREAD, CP

EXCHANGES: 1.72 Starch, 3.15 Very Lean Meat, 0.08 Vegetable, 0.12 Fats, 0.41 Other Carbs

#### DIRECTIONS

Combine tuna, mayo and relish in a small bowl. Season with salt and pepper to taste. Mix thoroughly, stirring in 1-1/4 tsp. of the relish juice for added tartness, if desired. Divide mixture between half the bread slices. Top with lettuce leaf and remaining slice of bread.

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### Spinach Salad

By: Health through Nutrition

Serves 1

#### INGREDIENTS

3 cups SPINACH, RAW  
1/2 cup ONION, RAW  
1 tbsp SALAD DRESSING, ITALIAN

EXCHANGES: 1.81 Vegetable, 0.67 Fats

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### Roasted Vegetable Medley

By: Health through Nutrition

Serves 6

#### INGREDIENTS

1 medium head CAULIFLOWER, RAW  
1 stalk BROCCOLI, RAW  
2 medium RED PEPPER, SWEET, RAW  
2 medium GREEN PEPPER, SWEET, RAW (BELL)  
3 medium CARROT, RAW  
2 medium ONION, RAW  
1 medium ZUCCHINI W/SKIN, RAW  
2 tbsp OLIVE OIL  
2 tbsp BALSAMIC VINEGAR  
3 cloves GARLIC, RAW

EXCHANGES: 3.44 Vegetable, 0.88 Fats, 0.04 Other Carbs



## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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### DIRECTIONS

Peel carrots. Cut all vegetables into large pieces. Toss with oil, vinegar, and minced garlic. Roast in a 400 degree oven about 40-50 minutes. Turn vegetables several times while roasting.

This recipe is only a guide. Add any vegetables you like. Minimize calories and extra carbohydrates by avoiding starchy vegetables like potatoes.

### Turkey Sandwich with Greens and Tomato

By: Health through Nutrition

Serves 1

### INGREDIENTS

2 slice (large) MIXED GRAIN BREAD  
2 oz TURKEY BREAST, ROASTED  
1 medium slice TOMATO, RED, RIPE, RAW  
1 tbsp MAYONNAISE, REDUCED FAT  
1/2 cup SPINACH, BABY

EXCHANGES: 2 Starch, 2.19 Very Lean Meat, 0.37 Vegetable, 0.2 Fats, 0.27 Other Carbs

### DIRECTIONS

### Pasta with Chicken Teriyaki

By: Health through Nutrition

Serves 4

### INGREDIENTS

1 cup GREEN PEPPER, SWEET, RAW (BELL)  
1 cup RED PEPPER, SWEET, RAW  
1/2 cup ONION, RAW  
1/2 lb CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY  
1/8 cup SESAME OIL  
1 oz TERIYAKI SAUCE, RTS  
1 tomato TOMATO, RED, RIPE, RAW  
1/2 lb SPIRAL PASTA, WHOLE WHEAT, DRY  
1/8 tsp THYME, DRIED  
1/4 cup PARSLEY, RAW

EXCHANGES: 2.41 Starch, 2.67 Very Lean Meat, 1.24 Vegetable, 1.39 Fats, 0.12 Other Carbs

### DIRECTIONS

In a microwave-safe bowl, stir together sliced peppers and onion; microwave at high 2 to 3 minutes, or until tender-crisp. Rinse with cold water to cool. Cook pasta according to package directions, then drain well. In a large bowl, toss cooled pasta, vegetables and remaining ingredients except tomato. Season with salt and pepper to taste, if desired. Cover and refrigerate 1 hour and serve at room temperature, or refrigerate overnight. Toss, garnish with tomato and additional parsley and thyme leaves, if desired.

To increase nutrient value: Use whole wheat pasta instead of white. Add any vegetable of your choice, especially leafy greens! Replace half of the sesame oil with flax seed oil.

## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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### Spinach, Cucumber, and Tomato Salad

By: Health through Nutrition

Serves 1

#### INGREDIENTS

2 cups SPINACH, RAW  
1/4 cup CUCUMBER, PEELED, RAW  
1/2 cup TOMATO, RED, RIPE, RAW  
1/4 cup CHEESE, CHEDDAR OR COLBY, LOWFAT, SHREDDED  
1 tbsp SALAD DRESSING, ITALIAN, LIGHT

EXCHANGES: 0.89 Lean Meat, 1.46 Vegetable, 0.69 Fats, 0.07 Other Carbs

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### Blueberry Yogurt Flaxjacks

By: Health through Nutrition

Serves 4

#### INGREDIENTS

1 tbsp SAFFLOWER OIL  
12 oz YOGURT, PLAIN, NONFAT  
3 tbsp FLAX SEED  
2/3 cups SOY FLOUR  
1/2 cup SPELT FLOUR  
1 tsp BAKING SODA  
1/8 tsp SALT, IODIZED  
1/4 cup BLUEBERRY, RAW  
1 large EGG, CHICKEN, RAW  
3/4 cups WATER, MUNICIPAL

EXCHANGES: 0.61 Starch, 0.24 Med Fat Meat, 0.09 Fruit, 0.54 Skim Milk, 1.04 Fats

#### DIRECTIONS

Beat egg, oil, water, and yogurt in a small bowl. Mix dry ingredients in a separate, large bowl. Add egg mixture to dry ingredients, and stir in blueberries (if fresh are not available, use thawed, frozen ones). Lightly grease a skillet and heat. Cook on low temperature to avoid browning the pancakes too quickly. Using 1/3 cup batter for each pancake, pour batter into heated skillet. Flip flaxjacks when batter bubbles.

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### Breakfast Burrito with Egg, Beans, and Cheese

By: Health through Nutrition

Serves 1

#### INGREDIENTS

1/8 cup BLACK BEAN  
1 oz MONTEREY JACK CHEESE, REDUCED FAT  
1 large EGG, CHICKEN, SCRAMBLED  
2 tbsp SALSA, BRAVA  
1 serving FLOUR TORTILLA, WHOLE WHEAT, LOWFAT

EXCHANGES: 1 Starch, 0.13 Very Lean Meat, 2.42 Med Fat Meat, 0.48 Other Carbs

## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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### DIRECTIONS

Spread the center of the tortilla with beans (mashed, if desired). Top with salsa and cheese. Spoon the lightly scrambled egg on the top of everything. Roll up the burrito like an egg roll, tucking in the ends. Heat in the microwave to just melt cheese, about 20 seconds.

### Chicken and Veggie Tortillas

By: Health through Nutrition

Serves 4

### INGREDIENTS

4 servings FLOUR TORTILLA, WHOLE WHEAT, LOWFAT  
1/2 cup BLACK BEAN  
1 medium RED PEPPER, SWEET, RAW  
1 cup SPINACH, BABY  
1 cup CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY  
1/2 cup CHEDDAR CHEESE, LOWFAT

EXCHANGES: 1 Starch, 2.49 Very Lean Meat, 0.41 Vegetable

### DIRECTIONS

Rinse, drain, and mash black beans. Divide ingredients between the 4 tortillas. Fold tortillas in half and broil about 5 minutes. You can also fold these as a wrap, eliminate the broiling, and transport them for an on-the-run meal.

### Beef Stew

By: Health through Nutrition

Serves 4

### INGREDIENTS

3 medium POTATO, FLESH & SKIN, RAW  
3 medium stalk CELERY, RAW  
1 can TOMATO SOUP, CONDENSED  
5 medium CARROT, RAW  
1 clove GARLIC, RAW  
1/2 tsp OREGANO, DRIED  
1 lb BEEF ROUND, TIP, RAW, SLO  
1/2 cup RED PEPPER, SWEET, RAW  
1/2 cup ONION, RAW  
3/4 cups GREEN BEAN, CUT, FROZEN  
1/2 tsp PEPPER, BLACK, GROUND  
2 cups WATER, MUNICIPAL

EXCHANGES: 1.97 Starch, 4.21 Very Lean Meat, 2.75 Vegetable, 0.38 Fats, 0.02 Other Carbs

### DIRECTIONS

Peel and slice carrots and add to crock pot. Peel and cut potatoes into small pieces and add to crock pot. Chop celery into small pieces and add to crock pot. Add tomato soup and water to cover the vegetables. Add diced red pepper and onion to the crock pot. Cut beef into small pieces and add to above ingredients. Add 1 clove of minced garlic, oregano, and pepper. Turn crock pot on high for 1 to 3 hours, then turn to low and continue cooking 6 to 10 hours. During the last hour, add frozen green beans. You can also use fresh green beans cut into bite-sized pieces and added with the red pepper and onion. If you would like to thicken your stew, dissolve 1 tablespoon of corn starch in 1 tablespoon of water and stir into stew. Turn crock pot back to high until it reaches a good boil for 5 minutes.

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High Protein Body Building (30-40-30) - 2000 calories

Page 12

### High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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#### Breakfast Fruit Salad

By: Health through Nutrition

Serves 1

#### INGREDIENTS

1/2 cup STRAWBERRY, RAW  
8 oz YOGURT, PLAIN, NONFAT  
1 tsp SUNFLOWER SEED, DRIED  
1/2 cup BLUEBERRY, RAW  
1/4 oz ALMONDS, SLICED

EXCHANGES: 0.31 Very Lean Meat, 1.09 Fruit, 1.11 Skim Milk, 1.08 Fats

#### DIRECTIONS

Mix all ingredients together. Sweeten with stevia, if needed.

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#### Lentil Casserole

By: Health through Nutrition

Serves 4

#### INGREDIENTS

1/2 lb LENTIL, RAW  
1 cup WATER, MUNICIPAL  
14.5 oz TOMATO, CRUSHED  
1/2 cup ONION, RAW  
1 cloves GARLIC, RAW  
1 tsp PARSLEY, DRIED  
1/2 cup CARROT, RAW  
1/2 cup GREEN PEPPER, SWEET, RAW (BELL)  
1/4 cup CELERY, RAW  
1/2 cup MUSHROOM, RAW  
1/2 cup CHEESE, CHEDDAR OR COLBY, LOWFAT, SHREDDED

EXCHANGES: 2.27 Starch, 0.57 Very Lean Meat, 0.45 Lean Meat, 2.23 Vegetable  
0 Other Carbs

#### DIRECTIONS

Rinse lentils, and put in a shallow 2-quart baking dish. Add water and remaining ingredients except cheese. Cover and bake at 375 degrees for 1 1/2 to 2 hours. Remove cover, sprinkle cheese on top of casserole and heat until melted.

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#### Hearty Broccoli Soup

By: Health through Nutrition

Serves 6

#### INGREDIENTS

2 cups CARROT, RAW  
2 cups CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY  
2 pkgs BROCCOLI, CHOPPED, FROZEN  
1/2 cup ONION, RAW  
1 tsp SALT, IODIZED

## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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1/2 cup WHEAT FLOUR, WHITE, ALL PURPOSE  
2 cups MILK, COW'S, 1% BF, VIT-A  
1/2 cup CHEDDAR CHEESE, SHREDDED  
14.5 oz BROTH, CHICKEN, NONFAT, RTS  
2 cups WATER, MUNICIPAL  
1/4 tsp PEPPER, BLACK, GROUND

EXCHANGES: 0.47 Starch, 2.28 Very Lean Meat, 0.38 High Fat Meat, 1.87 Vegetable  
0.38 Skim Milk, 0.02 Other Carbs

### DIRECTIONS

Combine carrots, water, chicken broth, onion, and salt in a 4-quart saucepan or dutch oven. Bring to a boil over medium heat; reduce heat, cover and simmer about 10 minutes. Bring to a full rolling boil. In a small bowl, combine flour and some of the soup liquid. Stir to form a smooth paste. Add flour mixture by spoonfuls to soup, stirring constantly (the entire amount of flour may not be needed. The flour is used only for thickening purposes). Stir until soup is thickened, several minutes. Add broccoli (fresh can be used instead of frozen) and reduce heat to medium. when soup is at a simmer, add chicken (or substitute turkey) and milk. Simmer, stirring constantly, about 10 minutes. Add pepper to taste. Remove from heat and stir in cheese.

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### Quick Greek Salad

By: Health through Nutrition

Serves 1

### INGREDIENTS

1/2 medium whole TOMATO, RED, RIPE, RAW  
1/2 medium GREEN PEPPER, SWEET, RAW (BELL)  
1/2 medium CUCUMBER, PEELED, RAW  
1 medium slice ONION, RAW  
1 clove GARLIC, RAW  
5 sprigs DILL WEED, FRESH  
1/4 cup PARSLEY, RAW  
1 tbsp OLIVE OIL, EXTRA VIRGIN  
1 tbsp VINEGAR, RED WINE  
1 oz FETA CHEESE

EXCHANGES: 0.08 Starch, 0.75 High Fat Meat, 2.1 Vegetable, 2.67 Fats, 0.01 Other Carbs

### DIRECTIONS

Cut and toss together the tomato, pepper, cucumber, and sliced onion (separate into rings). Add minced garlic and other chopped herbs. Drizzle with oil and vinegar. Top with crumbled feta cheese.

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### Tuna and White Beans with Bitter Greens

By: Health through Nutrition

Serves 4

### INGREDIENTS

2 cups ARUGULA, RAW  
1 head ENDIVE, RAW  
2 cups RADICCHIO, RAW  
1 cup ONION, RED, FRESH  
1/4 cup CAPERS

## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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12 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED  
2 oz LEMON JUICE, RAW  
1/2 cup PARSLEY, RAW  
2 tsp PEPPER, BLACK, GROUND  
3 cups CANNELLINI BEAN

EXCHANGES: 1.5 Starch, 3.85 Very Lean Meat, 1.7 Vegetable, 0.06 Fruit, 0.04 Other Carbs

### DIRECTIONS

Fill the sink with cold water while you remove any withered or yellowed leaves from the greens. Cut the arugula crosswise into 3/4-inch wide strips, discarding the stems. Cut the endive crosswise into 3/4-inch wide strips, discarding the bottom 1 inch. Cut off and discard the bottom 1/2 inch from the radicchio. Halve the remainder lengthwise, and with flat side down, cut each half lengthwise into 1/2-inch wide strips. Wash the salad greens briefly but vigorously in the sink to remove grit. Spin dry in a salad spinner. Remove any excess moisture with paper towels. While the greens dry, open the cans of beans into a colander. Rinse and let drain. Thinly slice onion. Chop the parsley leaves. Put the beans, onion, parsley and capers in a large mixing bowl along with the salad greens. Open the cans of tuna into the colander over a small bowl to catch the drained liquid. Flake the tuna and add to the mixing bowl. Add the lemon juice to the drained tuna liquid along with the olive oil, and salt and pepper to taste. Mix well and pour over the ingredients in the salad bowl. Toss well and serve.

Note: For even quicker preparation, use a bag of prewashed and precut salad greens instead of the greens listed here.

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### Egg and Cottage Cheese Souffle

By: Health through Nutrition  
Serves 1

### INGREDIENTS

2 large EGG WHITE, CHICKEN, RAW  
1/2 tsp CREAM OF TARTAR  
1 cup COTTAGE CHEESE, 1% FAT  
1 large EGG YOLK, CHICKEN, RAW  
1/8 tsp STEVIA HERBAL SWEETENER

EXCHANGES: 6.03 Very Lean Meat, 0.92 Fats, 0.06 Other Carbs

### DIRECTIONS

Preheat oven to 300 degrees. Lightly grease a 9-inch round cake pan. Beat the egg whites until frothy with an electric mixer. Add the cream of tartar and beat just until stiff peaks form. Combine the cottage cheese, egg yolk, and stevia, mixing well. Fold gently into the egg whites, being careful not to mix too thoroughly. Pour the souffle mixture into the cake pan and bake 25 to 30 minutes. Turn the broiler up and brown the souffle for 2 to 3 minutes, watching carefully so as not to burn it.

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### Tomato-Basil Pita Pizza

By: Health through Nutrition  
Serves 2

### INGREDIENTS

1 large pita PITA BREAD, WHOLE WHEAT  
1/10 tsp GARLIC POWDER  
1/10 tsp BASIL, DRIED  
3 tbsp ONION, RAW  
2 tbsp MUSHROOM, RAW

### High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

3 tbsp MOZZARELLA CHEESE SHREDS, LOWFAT  
 1 tbsp PARMESAN CHEESE, GRATED  
 2 tbsp PASTA SAUCE, GARDEN

EXCHANGES: 1.14 Starch, 0.54 Very Lean Meat, 0.14 Med Fat Meat, 0.29 Vegetable  
 0.06 Fats, 0 Other Carbs

#### DIRECTIONS

Split 1 whole-wheat pita (6.5 inch) horizontally into 2 rounds. Place each, smooth side down, on 2 paper towels. Microwave on High for 1 to 1 1/2 minutes or until slightly crisped. Mix sauce with a dash of garlic powder and dried basil. Spread half of sauce on each pita. Sprinkle each half with chopped onion, mushrooms, and cheeses. Microwave, uncovered, on High for 1 to 2 minutes, or until cheese melts. This may also be used as an appetizer by cutting into 12 wedges.

Note: Any chopped vegetable can be put on these pizzas- also try peppers, broccoli or anything else you like- The more veggies the better!

#### Turkey Stew and Rice

By: Health through Nutrition  
 Serves 4

#### INGREDIENTS

3 medium CARROT, RAW  
 16 oz GREEN BEAN, CUT, FROZEN  
 2 cups LEEK, RAW  
 1 tsp CURRY POWDER  
 1/4 tsp SALT, IODIZED  
 1/8 tsp BLACK PEPPER, GROUND  
 2 tomatos TOMATO, RED, RIPE, RAW  
 3 cups TURKEY LIGHT MEAT, ROASTED  
 1 cup BROWN RICE, LONG GRAIN, RAW  
 1 tbsp PARSLEY, RAW  
 3 cups BROTH, CHICKEN, NONFAT, RTS

EXCHANGES: 2.53 Starch, 4.42 Very Lean Meat, 2.36 Vegetable, 0.07 Other Carbs

#### DIRECTIONS

Combine the carrots, green beans, leeks, parsley, broth, curry powder, salt and pepper in a large saucepan. Cover and simmer about 15 minutes, or until the carrots are almost tender. Add the tomatoes and cubed, cooked turkey (cooked chicken may also be used). Cook another 5 minutes to allow flavors to blend.

Meanwhile, cook the rice according to directions. Spoon rice into large individual soup bowls; cover with the turkey stew.

#### Chicken Chef Salad

Serves 1

#### INGREDIENTS

4 cherrys TOMATO, RED, RIPE, RAW  
 1/8 cup CARROT, RAW  
 1/8 cup CUCUMBER W/PEEL, RAW  
 6 oz CHICKEN BREAST, BAKED  
 2 cups LETTUCE, COS OR ROMAINE, RAW



## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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1/2 tbsp OLIVE OIL  
1/2 tbsp BALSAMIC VINEGAR

EXCHANGES: 6.62 Very Lean Meat, 1.5 Vegetable, 1.32 Fats, 0.07 Other Carbs

### DIRECTIONS

Mix first 5 ingredients together. Toss with oil and vinegar. Great idea for leftover chicken breast. Serves one.

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Marinated Broccoli  
By: Health through Nutrition  
Serves 2

### INGREDIENTS

1/2 lb BROCCOLI, RAW  
1/2 oz VINEGAR, RICE  
1 tbsp SESAME OIL  
1 tsp SOY SAUCE (SHOYU)  
1 tsp MUSTARD, PREPARED, YELLOW

EXCHANGES: 0.04 Starch, 1.54 Vegetable, 1.33 Fats, 0.03 Other Carbs

### DIRECTIONS

Wash and trim broccoli and cut into spears. Place in steaming rack over boiling water. Cover and steam until crisp-tender, about 5 minutes. Combine vinegar and remaining ingredients. Pour over broccoli, tossing to coat. Cover and chill.

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Green Bean Salad  
By: Health through Nutrition  
Serves 4

### INGREDIENTS

1 lb SNAP BEAN, RAW (GREEN BEAN)  
1 medium RED PEPPER, SWEET, RAW  
1/2 cup ONION, RAW  
2 tsp MUSTARD, PREPARED, YELLOW  
1 tbsp VINEGAR, RED WINE  
1/4 tsp CUMIN SEED  
1/4 tsp SALT, TABLE  
1/8 tsp PEPPER, BLACK, GROUND  
1/4 cup OLIVE OIL

EXCHANGES: 0.03 Starch, 2.05 Vegetable, 2.65 Fats, 0.03 Other Carbs

### DIRECTIONS

Wash, trim, and cook string beans until crisp-tender. Drain well and put in bowl. Add chopped red pepper and chopped onion. For a delicious alternative, place red pepper under the broiler and cook on all sides until the entire skin is well charred. When cool enough to handle, split it in half. Remove and discard seeds. Pull off the charred skin, cut the pepper into strips, and add to beans. Mix mustard, vinegar, cumin, salt, and pepper in a small bowl. Gradually whisk in olive oil. Add the dressing to the bean mixture and toss.

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## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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### Red Cabbage Chicken Salad

By: Health through Nutrition

Serves 6

#### INGREDIENTS

1/2 lb RED CABBAGE, RAW  
3 cups CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY  
1/2 cup ONION, SPRING OR SCALLIONS, RAW  
2 cups BROCCOLI FLOWER CLUSTERS, RAW  
1/2 cup ALMOND, RAW  
1/4 tsp PEPPER, BLACK, GROUND  
6 servings Raspberry Vinaigrette Dressing

EXCHANGES: 0.02 Starch, 3.54 Very Lean Meat, 0.85 Vegetable, 3.66 Fats, 0.01 Other Carbs

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### Tossed Salad with Cheese

By: Health through Nutrition

Serves 1

#### INGREDIENTS

1 1/2 cup LETTUCE, COS OR ROMAINE, RAW  
1/4 cup RED PEPPER, SWEET, RAW  
2 tbsp SALAD DRESSING, ITALIAN, NONFAT  
1 1/2 cup SPINACH, RAW  
1/2 cup MUSHROOM, RAW  
1/4 cup ONION, RAW  
1/4 cup CHEDDAR CHEESE, LOWFAT

EXCHANGES: 1.43 Very Lean Meat, 1.93 Vegetable

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### Cauliflower and Broccoli Salad

By: Health through Nutrition

Serves 4

#### INGREDIENTS

1 head CAULIFLOWER, RAW  
3 cups BROCCOLI FLOWER CLUSTERS, RAW  
2 cups TOMATO, RED, RIPE, RAW  
2 tbsp OLIVE OIL  
2 cloves GARLIC, RAW  
2 tbsp VINEGAR, RED WINE  
3 tbsp PARSLEY, RAW  
1/4 tsp SALT, TABLE  
1/8 tsp PEPPER, BLACK, GROUND

EXCHANGES: 0.04 Starch, 2.15 Vegetable, 1.32 Fats, 0 Other Carbs

#### DIRECTIONS

Boil the cauliflower and broccoli for about 3-5 minutes. Rinse in cold water, drain, and put them in a serving bowl. (As a faster alternative, frozen vegetables may be used. Cook according to package directions). Put chopped tomatoes, oil, minced garlic,

## High Protein Body Building (30-40-30) - 2000 calories - Recipe Listing

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vinegar, chopped parsley, salt, and pepper into a food processor and blend. Pour sauce over vegetables and mix. Serve at room temperature.

### Raspberry Vinaigrette Dressing

By: Health through Nutrition

Serves 15

#### INGREDIENTS

1 tsp SALT, TABLE  
1 cup OLIVE OIL  
1/4 cup VINEGAR, RASPBERRY WINE  
1 tsp GARLIC, RAW  
1 tbsp MUSTARD, PREPARED, YELLOW

EXCHANGES: 0.02 Starch, 0.01 Vegetable, 2.83 Fats, 0.01 Other Carbs

#### DIRECTIONS

Make vinaigrette by combining vinegar, minced garlic, mustard, and salt. Slowly whisk in the oil.

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