## Sunday

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td>2 slices BACON, CANADIAN-STYLE, GRILLED</td>
<td>47</td>
<td>87</td>
<td>11</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>8 fl oz TOMATO JUICE, NO SALT</td>
<td>243</td>
<td>41</td>
<td>2</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 serving Scrambled Eggs with Mushrooms</td>
<td>91</td>
<td>81</td>
<td>8</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>1 pack Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td>2 oz MOZZARELLA CHEESE, PART SKIM</td>
<td>56</td>
<td>169</td>
<td>15</td>
<td>2</td>
<td>11</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td>1 serving Cucumber Salad</td>
<td>164</td>
<td>47</td>
<td>1</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td>2 scoop Indule Instant Meal Shake - Chocolate, Vanilla, O</td>
<td>43</td>
<td>180</td>
<td>20</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td>1 serving Fish with Tomatoes</td>
<td>271</td>
<td>170</td>
<td>18</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>1 serving Bean Salad with Vidalia Onions</td>
<td>208</td>
<td>265</td>
<td>15</td>
<td>43</td>
<td>4</td>
</tr>
<tr>
<td><strong>pm snack</strong></td>
<td>1 serving Lemon Ricotta Mousse</td>
<td>130</td>
<td>187</td>
<td>14</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td><strong>DAILY TOTALS</strong></td>
<td></td>
<td>1253*</td>
<td>1245</td>
<td>104</td>
<td>92</td>
<td>48</td>
</tr>
</tbody>
</table>

PCFA: 34-30-35-1

EXCHANGES: 2.74 Starch, 3.19 Very Lean Meat, 1.58 Lean Meat, 4.54 Med Fat Meat, 5.01 Vegetable, 0.01 Fruit, 2.99 Fats 1.01 Other Carbs

## Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td>4 slices TOMATO, RED, RIPE, RAW</td>
<td>108</td>
<td>19</td>
<td>1</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>8 oz COTTAGE CHEESE, 1% FAT</td>
<td>226</td>
<td>163</td>
<td>28</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 pack Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td>1/3 cup PECAN, DRIED, RAW</td>
<td>33</td>
<td>228</td>
<td>3</td>
<td>5</td>
<td>24</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td>1 tbsp SALAD DRESSING, FRENCH, DIET</td>
<td>16</td>
<td>38</td>
<td>0</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 cup ICEBERG LETTUCE, RAW, SHREDDED</td>
<td>72</td>
<td>10</td>
<td>1</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2 servings Roasted Vegetables</td>
<td>604</td>
<td>317</td>
<td>9</td>
<td>30</td>
<td>21</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td>1 scoop Indule Instant Meal Shake - Chocolate, Vanilla, O</td>
<td>22</td>
<td>90</td>
<td>10</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td>4 oz MIXED VEGETABLES, BOILED, NO SALT</td>
<td>113</td>
<td>74</td>
<td>3</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 serving Cajun Catfish</td>
<td>116</td>
<td>170</td>
<td>18</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td><strong>pm snack</strong></td>
<td>1 serving Lemon Ricotta Mousse</td>
<td>130</td>
<td>187</td>
<td>14</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td><strong>DAILY TOTALS</strong></td>
<td></td>
<td>1440*</td>
<td>1315</td>
<td>87</td>
<td>81</td>
<td>73</td>
</tr>
</tbody>
</table>

PCFA: 26-24-49-1

EXCHANGES: 0.01 Starch, 5.09 Very Lean Meat, 2.77 Lean Meat, 2.28 Med Fat Meat, 9.65 Vegetable, 0.01 Fruit, 9.42 Fats 1.27 Other Carbs
# Tuesday

**Low Carb Weight Loss - 1200 calories**

**Week 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 serving</td>
<td>Western Omelet</td>
<td>67</td>
<td>67</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td>2 cubic-inches</td>
<td>CHEDDAR CHEESE</td>
<td>34</td>
<td>137</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>1 cup</td>
<td>MIXED VEGETABLES, BOILED, NO SALT</td>
<td>182</td>
<td>118</td>
<td>5</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>1 serving</td>
<td>Lemon Chicken Salad</td>
<td>198</td>
<td>325</td>
<td>22</td>
<td>8</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 scoop</td>
<td>Indulge Instant Meal Shake - Chocolate, Vanilla, O</td>
<td>22</td>
<td>90</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td>1/2 cup</td>
<td>CAULIFLOWER, FROZEN</td>
<td>66</td>
<td>16</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>1 serving</td>
<td>Spicy Flank Steak</td>
<td>244</td>
<td>462</td>
<td>48</td>
<td>2</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td>1 serving</td>
<td>Cocoa Smoothie</td>
<td>119</td>
<td>94</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td><strong>pm snack</strong></td>
<td>1 serving</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DAILY TOTALS**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>932*</td>
<td>111</td>
<td>51</td>
<td>74</td>
</tr>
</tbody>
</table>

**PCF**: 34-16-50  
**EXCHANGES**: 0.42 Starch, 1.61 Very Lean Meat, 9.92 Lean Meat, 0.29 Med Fat Meat, 1.38 High Fat Meat, 6.14 Vegetable, 0.13 Fruit 5.24 Fats, 0.33 Other Carbs

---

# Wednesday

**Low Carb Weight Loss - 1200 calories**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 fl oz</td>
<td>TOMATO JUICE, NO SALT</td>
<td>243</td>
<td>41</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>1 serving</td>
<td>Scrambled Eggs with Mushrooms</td>
<td>91</td>
<td>81</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td>2 oz</td>
<td>COTTAGE CHEESE, 1% FAT</td>
<td>57</td>
<td>41</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 serving</td>
<td>Beets with Onion and Dill</td>
<td>97</td>
<td>117</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td>1 scoop</td>
<td>Indulge Instant Meal Shake - Chocolate, Vanilla, O</td>
<td>22</td>
<td>90</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td>1 serving</td>
<td>Roasted Cod with Tomato Relish</td>
<td>627</td>
<td>393</td>
<td>63</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>1 serving</td>
<td>Broccoli Vinaigrette</td>
<td>414</td>
<td>160</td>
<td>12</td>
<td>27</td>
</tr>
<tr>
<td><strong>pm snack</strong></td>
<td>1 serving</td>
<td>Lemon Ricotta Mousse</td>
<td>130</td>
<td>187</td>
<td>14</td>
<td>8</td>
</tr>
</tbody>
</table>

**DAILY TOTALS**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1681*</td>
<td>117</td>
<td>82</td>
<td>38</td>
</tr>
</tbody>
</table>

**PCF**: 41-28-30-1  
**EXCHANGES**: 10.11 Very Lean Meat, 2.28 Med Fat Meat, 11.39 Vegetable, 0.03 Fruit, 3.74 Fats, 1.22 Other Carbs

12/14/2009, 6:22 PM
### Thursday

**Low Carb Weight Loss - 1200 calories**

**Week 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Serving</th>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 fl oz</td>
<td>TOMATO JUICE, NO SALT</td>
<td>182</td>
<td>31</td>
<td>1</td>
<td>8</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>3 slices</td>
<td>BACON, CANADIAN-STYLE, GRILLED</td>
<td>71</td>
<td>130</td>
<td>17</td>
<td>1</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Cocoa Smoothie</td>
<td>119</td>
<td>94</td>
<td>9</td>
<td>7</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>2 oz</td>
<td>PISTACHIO NUT, DRIED, RAW</td>
<td>57</td>
<td>316</td>
<td>12</td>
<td>16</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>ZUCCHINI W/SKIN, BOILED, NO SALT</td>
<td>180</td>
<td>29</td>
<td>1</td>
<td>7</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Garden Omelet</td>
<td>219</td>
<td>105</td>
<td>13</td>
<td>6</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 scoop</td>
<td>Indulge Instant Meal Shake - Chocolate, Vanilla, O</td>
<td>22</td>
<td>90</td>
<td>10</td>
<td>5</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>TURNIP GREENS, BOILED, NO SALT</td>
<td>144</td>
<td>29</td>
<td>2</td>
<td>6</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Steak Kabobs</td>
<td>389</td>
<td>410</td>
<td>30</td>
<td>35</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td><strong>pm snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 oz</td>
<td>COTTAGE CHEESE, 1% FAT</td>
<td>85</td>
<td>61</td>
<td>11</td>
<td>2</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

**DAILY TOTALS**

<table>
<thead>
<tr>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1467*</td>
<td>1313</td>
<td>106</td>
<td>92</td>
<td>60</td>
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</tbody>
</table>

PCF: 32-28-41

EXCHANGES: 1.54 Starch, 6 Very Lean Meat, 5.64 Lean Meat, 6.61 Vegetable, 8.2 Fats, 0.11 Other Carbs

---

### Friday

**Low Carb Weight Loss - 1200 calories**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Serving</th>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 large</td>
<td>EGG, CHICKEN, HARD-BOILED</td>
<td>100</td>
<td>155</td>
<td>13</td>
<td>1</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>PECAN, DRIED, RAW</td>
<td>33</td>
<td>228</td>
<td>3</td>
<td>5</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Lemon Chicken Salad</td>
<td>198</td>
<td>325</td>
<td>22</td>
<td>8</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 scoop</td>
<td>Indulge Instant Meal Shake - Chocolate, Vanilla, O</td>
<td>22</td>
<td>90</td>
<td>10</td>
<td>5</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups</td>
<td>ASPARAGUS, BOILED</td>
<td>360</td>
<td>79</td>
<td>9</td>
<td>15</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Chile Lime Shrimp</td>
<td>90</td>
<td>157</td>
<td>16</td>
<td>1</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td><strong>pm snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Coffee Smoothie</td>
<td>144</td>
<td>66</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**DAILY TOTALS**

<table>
<thead>
<tr>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>947*</td>
<td>1118</td>
<td>78</td>
<td>38</td>
<td>75</td>
</tr>
</tbody>
</table>

PCF: 27-13-59

EXCHANGES: 0.19 Starch, 3.71 Very Lean Meat, 2.72 Lean Meat, 2.35 Med Fat Meat, 3.49 Vegetable, 0.15 Fruit, 9.71 Fats 0.28 Other Carbs
### Saturday

<table>
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<tr>
<th>Time</th>
<th>Meal Description</th>
<th>Grams (g)</th>
<th>Calories (kcal)</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
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<tr>
<td>Breakfast</td>
<td>2 servings Salsa Eggs</td>
<td>201</td>
<td>164</td>
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<td></td>
<td>1 pack Enrich Total Spa Nutrition - Daily Supplement Pack</td>
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<td>18</td>
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<td>am snack 4 stalks CELERY, RAW</td>
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<td></td>
<td>2 tbsp PEANUT BUTTER, SMOOTH, NO SALT</td>
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<td>Lunch</td>
<td>1 serving Tofu Salad</td>
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<td>1 serving Lime dressing</td>
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<td>Snack</td>
<td>2 scoops Indulge Instant Meal Shake - Chocolate, Vanilla, O</td>
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<td>Dinner</td>
<td>1 serving Grilled Lamb Chops with Shallots and Red Wine</td>
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<td>281</td>
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<tr>
<td>pm snack</td>
<td>1 serving Vanilla Ricotta Mousse</td>
<td>84</td>
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<td>DAILY TOTALS</td>
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<td><strong>1202</strong></td>
<td><strong>90</strong></td>
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PCFA: 30-16-52-2

EXCHANGES: 0.23 Starch, 8.4 Very Lean Meat, 0.8 Lean Meat, 1.51 Med Fat Meat, 2.02 Vegetable, 0.07 Fruit, 9.79 Fats, 0.9 Other Carbs
Low Carb Weight Loss - 1200 calories

Week 1

DAILY AVERAGES (7 days)

<table>
<thead>
<tr>
<th></th>
<th>GRAMS</th>
<th>CALORIES</th>
<th>PROTEIN(g)</th>
<th>CARBS(g)</th>
<th>FAT(g)</th>
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<td>1225*</td>
<td>1236</td>
<td>99</td>
<td>69</td>
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PCFA: 32-22-45-1
EXCHANGES: 0.73 Starch, 5.44 Very Lean Meat, 3.35 Lean Meat, 1.89 Med Fat Meat, 0.2 High Fat Meat, 6.33 Vegetable, 0.05 Fruit
7.01 Fats, 0.73 Other Carbs

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

Low Carb Weight Loss - 1200 calories - Recipe Listing

Scrambled Eggs with Mushrooms
Serves 1

INGREDIENTS
2 large EGG WHITE, CHICKEN, RAW
2 small MUSHROOM, RAW
1 tsp OLIVE OIL
1/4 tsp PEPPER, BLACK, GROUND
1/4 tsp OREGANO, DRIED, GROUND

EXCHANGES: 0.98 Very Lean Meat, 0.18 Vegetable, 0.88 Fats, 0.03 Other Carbs

DIRECTIONS

Cocoa Smoothie
Serves 1

INGREDIENTS
4 oz TOFU, SILKEN, FIRM
1 tbsp COCOA, UNSWEETENED, EUROPEAN, POWDER
1 pkt SUGAR SUBSTITUTE, SPLENDA

EXCHANGES: 0.18 Starch, 1.12 Very Lean Meat, 0.38 Fats, 0.07 Other Carbs

DIRECTIONS
Add all ingredients in a blender. Blend until smooth

Spicy Flank Steak
Serves 12

INGREDIENTS
6 lbs BEEF FLANK, RAW, SLF

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Low Carb Weight Loss - 1200 calories - Recipe Listing

8 cloves GARLIC, RAW
2 peppers JALAPENO, RAW
1/2 cup OLIVE OIL
2/3 cups ROSEMARY LEAF, FRESH
2/3 cups THYME, FRESH
1 tbsp SAGE, GROUND

EXCHANGES: 0.05 Starch, 6.8 Lean Meat, 0.15 Vegetable, 1.78 Fats, 0.05 Other Carbs

DIRECTIONS
Remove seeds from jalapenos and chop them. In a food processor or a blender chop herbs and garlic. Add jalapenos and olive oil. Slice steak and spread herb mixture. Let stand in refrigerator for 2-3 hours. Place steak on a grill pan or a grill. Cook steak according to preferences. Slice steak on an angle.

Roasted Cod with Tomato Relish
Serves 4

INGREDIENTS
3 lbs ATLANTIC COD, RAW
2 lbs TOMATO, RED, RIPE, ITALIAN, RAW
1 tbsp OLIVE OIL
1 large ONION, RAW
2 tbsp SUGAR, BROWN
1/4 cup VINEGAR, APPLE CIDER
1/4 tsp PEPPER, BLACK, GROUND

EXCHANGES: 7.96 Very Lean Meat, 2.53 Vegetable, 0.66 Fats, 0.29 Other Carbs

DIRECTIONS
Dice the onion. Preheat oven to 450 degrees. Cut tomatoes in quarters and boil them. Reserve the liquid. Heat the olive oil in a saucepan and add the onion with 2 tsp of water. Cook for 10 minutes until tender. Stir in tomatoes, vinegar, brown sugar. Heat to boiling. Continue cooking until relish thickens. Place fish in a baking dish and sprinkle with pepper. Roast for about 15 minutes or until fish flakes with a fork. Serve tomato relish over fish.

Beets with Onion and Dill
Serves 12

INGREDIENTS
2 lbs BEET, RAW
1 large ONION, RAW
1/2 cup OLIVE OIL
5 sprigs DILL WEDD, FRESH

EXCHANGES: 1.51 Vegetable, 1.76 Fats, 0 Other Carbs

DIRECTIONS
Slice onion thinly. Bring a large saucepan of water to a boil. Add beets, cover a simmer 40-45 minutes or until tender. Rinse beets. When beets cool down remove skins. Slice beets add all other ingredients and toss.
Broccoli Vinaigrette
Serves 6

INGREDIENTS
4 bunchs  BROCCOLI, RAW
1 tbsp  OLIVE OIL
2 tbsp  LEMON JUICE, RAW
2 tsp  MUSTARD, PREPARED, YELLOW

EXCHANGES:  5.51 Vegetable, 0.02 Fruit, 0.44 Fats, 0.02 Other Carbs

DIRECTIONS
Place broccoli in a baking dish with a little water and bake in oven at 350 degrees until tender. Mix olive oil and lemon juice with dijon mustard. Pour dressing over broccoli and serve.

Steak Kabobs
Serves 2

INGREDIENTS
6 oz  BEEF TOP SIRLOIN, BROILED, SLF (SIRLOIN STRIP)
1 cup  MUSHROOM, RAW
1 tbsp  OLIVE OIL, EXTRA VIRGIN
1 cup  BROWN RICE, MEDIUM GRAIN, COOKED
1 large  GREEN PEPPER, SWEET, RAW (BELL)
1 medium  ONION, RAW
1 oz  SALAD DRESSING, ITALIAN, DIET

EXCHANGES:  1.36 Starch, 3.27 Lean Meat, 2 Vegetable, 1.52 Fats, 0.04 Other Carbs

DIRECTIONS
Cube sirloin and marinade in 2 tablespoons of light Italian dressing for 1 hour in refrigerator or overnight. Grill the sirloin on your barbecue grill by searing the cubes with a wooden stick and alternating mushrooms, onion, and pepper with the sirloin. Serve the cooked meat and vegetables over 1/2 cup of rice. Serves 2.

Garden Omelet
Serves 1

INGREDIENTS
3 large  EGG WHITE, CHICKEN, RAW
2 tsp  OLIVE OIL
1/4 cup  ONION, SPRING OR SCALLIONS, RAW
2 small  MUSHROOM, RAW
3 spears  ASPARAGUS, RAW

EXCHANGES:  1.47 Very Lean Meat, 1.07 Vegetable, 0.59 Fats

DIRECTIONS
Chop onions, mushrooms and asparagus. Saute in olive oil until tender. Add egg whites to pan and continue to cook on low heat until egg is well cooked.
Chile Lime Shrimp
Serves 12

INGREDIENTS
1/2 cup OLIVE OIL
2 cloves GARLIC, RAW
1/4 cup LIME JUICE, RAW
2 lbs SHRIMP, COOKED
1/4 tsp CHILI POWDER

EXCHANGES: 2.14 Very Lean Meat, 0.04 Vegetable, 0.02 Fruit, 1.76 Fats, 0 Other Carbs

DIRECTIONS

Coffee Smoothie
Serves 1

INGREDIENTS
4 oz TOFU, SILKEN, SOFT
1 fl oz COFFEE, BREWED, DECAFFEINATED, PREPARED
1 pkt SUGAR SUBSTITUTE, SPLENDA

EXCHANGES: 1.13 Very Lean Meat, 0.57 Fats, 0.07 Other Carbs

DIRECTIONS
combine tofu, non nutritive sweetner, and coffee. blend well

Cucumber Salad
Serves 2

INGREDIENTS
2 small CUCUMBER, PEELED, RAW
2 tsp OLIVE OIL
2 tsp SALAD DRESSING, ITALIAN, NO ADDED SALT

EXCHANGES: 0.76 Vegetable, 0.57 Fats, 0.03 Other Carbs

DIRECTIONS
Slice cucumber in round slices. Toss with olive oil and dressing.

Vanilla Ricotta Mousse
Serves 3

INGREDIENTS
1 cup RICOTTA CHEESE, PART SKIM
1 tsp VANILLA EXTRACT
Low Carb Weight Loss - 1200 calories

Low Carb Weight Loss - 1200 calories - Recipe Listing

Tofu Salad
Serves 1

INGREDIENTS
4 oz  TOFU, SILKEN, FIRM
2 cups  LETTUCE, COS OR ROMAINE, RAW

EXCHANGES:  0.18 Starch, 1.12 Very Lean Meat, 0.64 Vegetable, 0.38 Fats

DIRECTIONS
Mix ricotta cheese with vanilla a sweetener. Blend until smooth

Lime dressing
Serves 4

INGREDIENTS
1/4 cup  LIME JUICE, RAW
1/4 cup  OLIVE OIL
2 tbsp  HONEY, STRAINED OR EXTRACTED
1 clove  GARLIC, RAW

EXCHANGES:  0.04 Vegetable, 0.07 Fruit, 2.64 Fats, 0.53 Other Carbs

DIRECTIONS
Peel garlic and mince. Mix all dressing ingredients

Grilled Lamb Chops with Shallots and Red Wine
Serves 2

INGREDIENTS
4 chops  LAMB LOIN, RAW, SLO
1 tbsp  VEGETABLE OIL
1/8 cup  SHALLOT, RAW
2 fl oz  WINE, ROSE TABLE
1 tsp  ROSEMARY, DRIED
1 tsp  THYME, DRIED, GROUND
1 tsp  PEPPER, BLACK, GROUND

EXCHANGES:  0.05 Starch, 5.32 Very Lean Meat, 0.29 Vegetable, 1.8 Fats, 0.08 Other Carbs

DIRECTIONS
Nick edges of chops in several places to prevent curling. Place in a flat baking dish. In a small bowl wisk together all the other ingredients. You can add rosemary thyme and pepper to flavor the chops. Pour over chops; cover. Refrigerate at least 4 hours, turning once. Remove chops and discard marinade. Let lamb come to room temperature before grilling. Grill 3 to 5 minutes per side, turning once. Remove from heat. Cover and keep warm 5 minutes before serving.
Salsa Eggs
Serves 1

INGREDIENTS
2 large  EGG WHITE, CHICKEN, RAW
1 tsp  OLIVE OIL
2 tbsp  SALSA SUPREMA, MILD

EXCHANGES:  0.98 Very Lean Meat, 0.32 Vegetable, 0.88 Fats

DIRECTIONS
Scramble eggs in pan with olive oil. Serve with salsa on top

Fish with Tomatoes
Serves 3

INGREDIENTS
9 oz  FLATFISH, FLOUNDER & SOLE SPECIES, COOKED
30 cherrys  TOMATO, RED, RIPE, RAW
10 cloves  GARLIC, RAW
1 tbsp  OLIVE OIL
5 leaves  BASIL, FRESH
1 tsp  OREGANO, DRIED, GROUND

EXCHANGES:  2.21 Very Lean Meat, 2.01 Vegetable, 0.88 Fats, 0.02 Other Carbs

DIRECTIONS
Wash tomatoes and place in baking dish with whole cloves of garlic. Add basil and oregano and olive oil. Roast in oven at 350 degrees until soft. Place fish pieces on top of tomatoes and continue roasting until fish is cooked.

Lemon Ricotta Mousse
Serves 1

INGREDIENTS
1/2 cup  RICOTTA CHEESE, PART SKIM
1/4 tsp  LEMON PEEL, RAW
1 tsp  VANILLA EXTRACT
1 pkt  SUGAR SUBSTITUTE, SPLENDA

EXCHANGES:  2.28 Med Fat Meat, 0.01 Fruit, 0.88 Other Carbs

DIRECTIONS
Grate the lemon peel. Mix all ingredients. Chill in refrigerator.

Bean Salad with Vidalia Onions
Serves 8
INGREDIENTS
2 tbsp OLIVE OIL
1 tsp SUGAR, GRANULATED
1 tsp MUSTARD, PREPARED, YELLOW
15 oz KIDNEY BEAN, RED, BOILED, NO ADDED SALT (ROYAL RED)
15 oz PINTO BEAN, BOILED, NO ADDED SALT
15 oz PINK BEAN, BOILED, NO ADDED SALT
2 large stalk CELERY, RAW
1 large ONION, RAW
1/4 tsp PEPPER, BLACK, GROUND
1/3 cup VINEGAR, APPLE CIDER

EXCHANGES: 2.74 Starch, 0.4 Vegetable, 0.66 Fats, 0.04 Other Carbs

DIRECTIONS
You will need vidalia onions finely chopped.
Mix vinegar, oil, sugar, mustard, pepper until well blended. Add beans and remaining ingredients. Toss well.

Cajun Catfish
Serves 1

INGREDIENTS
4 oz CHANNEL CATFISH, FARMED, RAW
1 tsp OLIVE OIL
1/8 tsp PEPPER, RED OR CAYENNE
1/8 tsp PAPRIKA
1/4 tsp ONION POWDER

EXCHANGES: 0.01 Starch, 2.77 Lean Meat, 0.12 Vegetable, 0.29 Fats, 0.04 Other Carbs

DIRECTIONS
Combine all spices. Rub on fish. Let stand for 5 minutes. Heat olive oil in a non stick pan. Fry fish on both sides until fish flakes with a fork.

Roasted Vegetables
Serves 4

INGREDIENTS
1 large ZUCCHINI, BABY, RAW
1 medium SUMMER SQUASH, RAW
1 large GREEN PEPPER, SWEET, RAW (BELL)
1 large pepper YELLOW PEPPER, SWEET, RAW
1 lb ASPARAGUS, RAW
1 large ONION, RAW
3 tbsp OLIVE OIL
1 tsp PEPPER, BLACK, GROUND

EXCHANGES: 2.71 Vegetable, 1.99 Fats, 0.02 Other Carbs

DIRECTIONS
Preheat the oven to 450 degrees. Cut all vegetables into bite-size pieces. Place all vegetables in a large roasting pan and toss with olive oil and black pepper. Roast for 30 minutes until the vegetables are lightly brown and tender.
Low Carb Weight Loss - 1200 calories

Low Carb Weight Loss - 1200 calories - Recipe Listing

Western Omelet
Serves 1

INGREDIENTS
1 slices  BACON, CANADIAN-STYLE, GRILLED
2 large  EGG WHITE, CHICKEN, RAW
1/4 cup  ONION, RAW
1 tsp  OLIVE OIL

EXCHANGES:   0.98 Very Lean Meat, 0.79 Lean Meat, 0.67 Vegetable, 0.88 Fats

DIRECTIONS
Coat non stick skillet with olive oil. Chop onion and bacon. Mix with eggs and fry in skillet until done.

Lemon Chicken Salad
Serves 1

INGREDIENTS
1 breast  CHICKEN BREAST, BONELESS, RAW, MEAT/SKIN
1 tbsp  OLIVE OIL
1 fl oz  LEMON JUICE, RAW
1 cup  BUTTERHEAD LETTUCE, RAW (BOSTON, BIBB)
1 tbsp  PARMESAN CHEESE, GRATED
1 tsp  PEPPER, BLACK, GROUND
1 tbsp  TARRAGON, DRIED, GROUND

EXCHANGES:   0.19 Starch, 2.72 Lean Meat, 0.29 Med Fat Meat, 0.29 Vegetable, 0.13 Fruit
              2.65 Fats, 0.21 Other Carbs

DIRECTIONS
Trim all excess fat from chicken. Marinate chicken breast in olive oil and lemon. Add some black pepper and tarragon. Grill chicken until done. Slice chicken and place on a bed of lettuce. Add cheese

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