

Planet Beach[®]

a contempo spa[™]

Low Carb Weight Loss - 2000 calories

Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
4 slices	BACON, CANADIAN-STYLE, GRILLED	94	174	23	1	8
8 fl oz	TOMATO JUICE, NO SALT	243	41	2	10	0
2 servings	Scrambled Eggs with Mushrooms	183	162	16	4	9
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
2 oz	MOZZARELLA CHEESE, PART SKIM	56	169	15	2	11
lunch						
2 servings	Cucumber Salad	329	93	2	8	6
1 serving	Broiled Chicken	193	224	34	14	3
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 serving	Fish with Tomatoes	271	170	18	12	6
2 servings	Bean Salad with Vidalia Onions	417	530	30	87	8
pm snack						
1 serving	Lemon Ricotta Mousse	130	187	14	8	10

DAILY TOTALS 1957* 1949 173 156 67

PCFA: 36-32-31-1

EXCHANGES: 5.48 Starch, 8.63 Very Lean Meat, 3.16 Lean Meat, 4.54 Med Fat Meat, 6.35 Vegetable, 0.94 Fruit, 5.29 Fats
1.17 Other Carbs

Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
4 slices	TOMATO, RED, RIPE, RAW	108	19	1	4	0
8 oz	COTTAGE CHEESE, 1% FAT	226	163	28	6	2
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1/2 cup	PECAN, DRIED, RAW	50	342	5	7	36
lunch						
1 tbsp	SALAD DRESSING, FRENCH, DIET	16	38	0	5	2
2 cups	ICEBERG LETTUCE, RAW, SHREDDED	144	20	1	4	0
2 servings	Roasted Vegetables	604	317	9	30	21
1 serving	Shrimp and White Bean Salad	291	406	36	38	13
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
4 oz	MIXED VEGETABLES, BOILED, NO SALT	113	74	3	15	0
1 serving	Beef Tenderloin	130	345	20	1	27
pm snack						
1 serving	Lemon Ricotta Mousse	130	187	14	8	10

DAILY TOTALS 1855* 2110 138 128 117

PCFA: 26-24-49-1

EXCHANGES: 2.14 Starch, 8.75 Very Lean Meat, 2.28 Med Fat Meat, 3.27 High Fat Meat, 11.08 Vegetable, 0.01 Fruit, 13.79 Fats
1.27 Other Carbs

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Week 1

Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
unassigned						
2 cups	BROCCOLI, RAW	176	60	5	12	1
breakfast						
2 servings	Western Omelet	268	269	27	10	13
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
lunch						
2 cups	MIXED VEGETABLES, BOILED, NO SALT	364	237	10	48	1
2 servings	Lemon Chicken Salad	396	650	44	16	47
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 cup	CAULIFLOWER, FROZEN	132	32	3	6	0
1 serving	Spicy Flank Steak	244	462	48	2	28
pm snack						
1 serving	Cocoa Smoothie	119	94	9	7	4
DAILY TOTALS		1776*	2138	175	110	110

PCF: 33-21-46

EXCHANGES: 0.61 Starch, 3.08 Very Lean Meat, 13.82 Lean Meat, 0.58 Med Fat Meat, 1.38 High Fat Meat, 15.21 Vegetable, 0.26 Fruit
9.21 Fats, 0.54 Other Carbs

Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 servings	Scrambled Eggs with Mushrooms	183	162	16	4	9
8 fl oz	TOMATO JUICE, NO SALT	243	41	2	10	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
1 serving	Almond ricotta mousse	125	175	14	7	10
lunch						
1 servings	Beets with Onion and Dill	97	117	1	8	9
2 servings	Tofu and cabbage Salad with peanut dressing	812	481	28	36	30
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 servings	Roasted Cod with Tomato Relish	627	393	63	19	6
2 servings	Broccoli Vinaigrette	829	320	23	55	8
pm snack						
1 serving	Lemon Ricotta Mousse	130	187	14	8	10
DAILY TOTALS		3201*	2157	195	160	89

PCFA: 35-29-36-0

EXCHANGES: 12.25 Very Lean Meat, 2.87 Lean Meat, 4.56 Med Fat Meat, 21.06 Vegetable, 0.08 Fruit, 0.19 Skim Milk, 9.61 Fats
1.34 Other Carbs

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Week 1

Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
4 slices	BACON, CANADIAN-STYLE, GRILLED	94	174	23	1	8
8 fl oz	TOMATO JUICE, NO SALT	243	41	2	10	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 serving	Cocoa Smoothie	119	94	9	7	4
3 oz	PISTACHIO NUT, DRIED, RAW	85	474	18	24	38
lunch						
1 cup	ZUCCHINI W/SKIN, BOILED, NO SALT	180	29	1	7	0
2 servings	Garden Omelet	438	210	27	12	7
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
3 cups	TURNIP GREENS, BOILED, NO SALT	432	86	5	19	1
1 serving	Steak Kabobs	389	410	30	35	17
2 servings	Zucchini and Tomatoes	569	129	6	28	2
pm snack						
6 oz	COTTAGE CHEESE, 1% FAT	170	122	21	5	2
DAILY TOTALS		2762*	1967	161	157	83

PCF: 32-31-37

EXCHANGES: 1.54 Starch, 10.05 Very Lean Meat, 6.43 Lean Meat, 15.27 Vegetable, 11.79 Fats, 0.11 Other Carbs

Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
3 large	EGG, CHICKEN, HARD-BOILED	150	233	19	2	16
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1/2 cup	PECAN, DRIED, RAW	50	342	5	7	36
lunch						
2 servings	Lemon Chicken Salad	396	650	44	16	47
2 servings	Cucumber Salad	329	93	2	8	6
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
2 cups	ASPARAGUS, BOILED	360	79	9	15	1
2 servings	Chile Lime Shrimp	181	313	32	1	20
pm snack						
2 servings	Coffee Smoothie	288	133	11	9	6
DAILY TOTALS		1796*	2040	141	67	136

PCF: 27-13-60

EXCHANGES: 0.38 Starch, 7.2 Very Lean Meat, 5.44 Lean Meat, 3.67 Med Fat Meat, 5.33 Vegetable, 0.3 Fruit, 18.19 Fats
0.63 Other Carbs

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Week 1

Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 servings	Salsa Eggs	201	164	15	4	9
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
3 tbsps	PEANUT BUTTER, SMOOTH, NO SALT	48	282	12	9	24
4 stalks	CELERY, RAW	68	10	0	2	0
1 serving	Almond ricotta mousse	125	175	14	7	10
lunch						
1 servings	Tofu Salad	207	86	9	6	3
2 servings	Lime dressing	80	312	0	20	27
1 serving	Poached Salmon	189	202	24	8	8
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
2 servings	Grilled Lamb Chops with Shallots and Red Wine	358	561	55	7	30
pm snack						
1 serving	Vanilla Ricotta Mousse	84	119	9	5	6
DAILY TOTALS		1403*	2110	160	79	123

PCFA: 30-15-53-2

EXCHANGES: 0.28 Starch, 13.72 Very Lean Meat, 4.12 Lean Meat, 3.79 Med Fat Meat, 2.87 Vegetable, 0.16 Fruit, 0.14 Skim Milk
15.83 Fats, 1.58 Other Carbs

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Week 1

DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
2107*	2067	163	122	104

PCFA: 31-23-45-1

EXCHANGES: 1.49 Starch, 9.1 Very Lean Meat, 5.12 Lean Meat, 2.77 Med Fat Meat, 0.66 High Fat Meat, 11.03 Vegetable, 0.25 Fruit
0.05 Skim Milk, 11.96 Fats, 0.95 Other Carbs

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

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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

Mix eggs together. Chop mushrooms. Stir in with eggs, pepper, and oregano. Coat a nonstick skillet with olive oil. Cook eggs.

Cocoa Smoothie
Serves 1

INGREDIENTS

4 oz TOFU, SILKEN, FIRM
1 tbspc 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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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 WEED, 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.

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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 dgrees 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

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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

devein and peel shrimp. Boil until pink. Chop garlic. Combine oil, lime juice garlic and chile powder. place shrimp in a plastic tightly sealing bag and add marinade. Set aside for 30 minutes. Serve shrimp on skewers.

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

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1 pkt SUGAR SUBSTITUTE, SPLENDA

EXCHANGES: 1.51 Med Fat Meat, 0.29 Other Carbs

DIRECTIONS

Mix ricotta cheese with vanilla a sweetener. Blend until smooth

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

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 whisk 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.

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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.

Broiled Chicken Serves 2

INGREDIENTS

4 tbsp ORANGE JUICE, UNSWEETENED
2 tbsp SALAD DRESSING, ITALIAN, DIET
4 breasts CHICKEN BREAST, BONELESS, RAW, MEAT ONLY

EXCHANGES: 4.46 Very Lean Meat, 0.94 Fruit, 0.19 Fats, 0.04 Other Carbs

DIRECTIONS

Arrange the chicken on a broiler pan. Combine the other ingredients and mix well. Brush half the mixture over the chicken and broil for 6 minutes, or until lightly browned; turn and brush the other side with the remaining mixture. Broil for 6 minutes more or until the chicken is tender.

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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.

Zucchini and Tomatoes

Serves 4

INGREDIENTS

1 tsp OLIVE OIL
1/2 cup ONION, RAW
14 1/2 oz TOMATO, RED, RIPE, WEDGES
2 large ZUCCHINI W/SKIN, RAW

EXCHANGES: 2.44 Vegetable, 0.07 Fats

DIRECTIONS

Chop onions. Slice zucchinis. Chop tomatoes. Saute onions and zucchini in olive oil. Add tomatoes and remaining ingredients. Bring to a boil and reduce heat. Simmer until zucchini is tender and liquid is absorbed.

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.

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Poached Salmon

Serves 4

INGREDIENTS

16 oz SALMON, ATLANTIC, WILD, RAW
1/8 cup LEMON JUICE, RAW
1/2 carrot CARROT, RAW
1/2 medium ONION, RAW
1/4 medium CUCUMBER, PEELED, RAW
1/4 small ONION, RAW
4 oz SOUR CREAM, NONFAT
1/2 tsp PEPPER, BLACK, GROUND
1/2 tsp BAY LEAF, CRUMBLED

EXCHANGES: 2.92 Lean Meat, 0.52 Vegetable, 0.03 Fruit, 0.14 Skim Milk, 0.01 Other Carbs

DIRECTIONS

Arrange the salmon steaks in a large skillet. Pour the lemon juice over the salmon. Fill the skillet with 1 inch of water. Add sliced carrot and thinly sliced onion. Add black pepper and bay leaf to taste. Bring to a boil, then reduce heat and cover. Simmer gently for 20 minutes, or until fish flakes easily with fork. Remove fish to warm platter, and serve with carrots on side as garnish. Mix peeled, chopped cucumber, 1/2 chopped onion and sour cream together and serve as a sauce.

Beef Tenderloin

Serves 4

INGREDIENTS

1 lb BEEF TENDERLOIN, RAW, SLF (FILET MIGNON)
1 tsp OLIVE OIL
1/4 cup WINE, RED TABLE
1 tsp PEPPER, BLACK, GROUND
2 tsp PAPRIKA

EXCHANGES: 0.04 Starch, 3.27 High Fat Meat, 0.31 Fats, 0.04 Other Carbs

DIRECTIONS

Cut tenderloin into 4 steaks 3/4 inch thick. Combine the spices and rub steak with spice mixture. Let stand for 5 minutes. Heat oil in a non stick pan over medium heat until hot. Add steaks and cook for 4 minutes on each side to desired degree of doneness. Remove steak from pan. Add wine and water to skillet and reduce liquid to 1/4 cup. Spoon wine mixture over steaks.

Shrimp and White Bean Salad

Serves 4

INGREDIENTS

1 lb SHRIMP, RAW
1 cup WHITE BEAN, RAW
2 cloves GARLIC, RAW
1 large CARROT, BABY, RAW
3 tbsp OLIVE OIL
1 cup CELERY, RAW

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1 medium ONION, RAW
5 cups LETTUCE, COS OR ROMAINE, RAW

EXCHANGES: 2.1 Starch, 3.44 Very Lean Meat, 1.15 Vegetable, 1.99 Fats

DIRECTIONS

Soak beans in water overnight and drain thoroughly. Peel and chop garlic. Cut carrot in half. Dice celery. Devein and peel shrimp. Chop onion. Combine beans, carrot garlic and 2 cups of water in saucepan over medium heat and bring to a boil. Simmer until beans are tender. Strain and reserve beans. Heat 2 tbsp of oil in pan over medium heat. Add shrimp and saute for about 3 minutes. Transfer shrimp to a mixing bowl. Add celery, onion, beans and 1 tbsp of oil. Toss well. Divide lettuce among 4 plates and arrange 1 cup of shrimp mixture.

Tofu and cabbage Salad with peanut dressing

Comment: This is a recipe within a recipe

Serves 4

INGREDIENTS

1 tbsp SESAME OIL
1 block TOFU, FIRM, NIGAN
2 1/2 cups CABBAGE, RAW
3 cucumbers CUCUMBER W/PEEL, RAW
2/3 cups ONION, SPRING OR SCALLIONS, RAW
4 servings Peanut Dressing

EXCHANGES: 1.43 Lean Meat, 1.99 Vegetable, 0.02 Fruit, 0.1 Skim Milk, 2.27 Fats

DIRECTIONS

Cut up tofu in cubes. Stir fry lightly in sesame oil. Shred cabbage and chop onions and cucumbers. Add all ingredients and then drizzle with dressing

Almond ricotta mousse

Serves 1

INGREDIENTS

1/2 cup RICOTTA CHEESE, PART SKIM
1 pkt SUGAR SUBSTITUTE, SPLENDA

EXCHANGES: 2.28 Med Fat Meat, 0.07 Other Carbs

DIRECTIONS

You will also need 1/4 tsp of almond extract and a non nutritive sweetener. Blend all ingredients until smooth and chill.

Roasted Vegetables

Serves 4

INGREDIENTS

1 large ZUCCHINI, BABY, RAW
1 medium SUMMER SQUASH, RAW

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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.

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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Low Carb Weight Loss - 2000 calories

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Low Carb Weight Loss - 2000 calories - Recipe Listing

Peanut Dressing

Serves 4

INGREDIENTS

1/4 cup YOGURT, SKIM MILK, PLAIN
1/4 cup PEANUT BUTTER, SMOOTH, NO SALT
1 tbsp LIME JUICE, RAW

EXCHANGES: 0.4 Lean Meat, 0.02 Fruit, 0.1 Skim Milk, 1.61 Fats

DIRECTIONS

Mix ingredients with 3 tbsp of water. puree in blender or food processor for a smooth texture.

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