

Planet Beach[®]

a contempo spa[™]

Balanced Weight Loss Meal Plan - 2000 calories

Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT (SKIM)	245	86	8	12	0
8 oz	OATMEAL, FORTIFIED, INSTANT	227	125	5	22	2
1 medium	BANANA, RAW	118	105	1	27	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	Chicken Sandwich	173	227	18	27	6
6 oz	CARROT, BABY, RAW	170	60	1	14	0
1 cup	BEET GREENS, BOILED, NO SALT	144	39	4	8	0
1 cup	MILK, COW'S, NONFAT (SKIM)	245	86	8	12	0
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
2 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	31	62	0	7	4
snack						
50 raisins	RAISIN, SEEDLESS	26	78	1	21	0
1 oz	ALMOND, RAW	28	164	6	6	14
dinner						
1.00 servings	Jambalaya	223	301	27	41	2
1 cup	BROCCOLI, CHOPPED, FROZEN	156	41	4	7	0
1 tsp	MARGARINE, CORN	5	34	0	0	4
1/2 cup	LETTUCE, COS OR ROMAINE, RAW	24	4	0	1	0
1 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	15	31	0	3	2
2 slices	WHEAT BREAD	50	130	5	24	2
pm snack						
4.1 oz	YOGURT, FRUIT, LOWFAT	116	118	5	22	1
1/2 cup	STRAWBERRY, RAW	76	24	1	6	0
DAILY TOTALS		2162*	1920	115	270	45

PCF: 24-55-21

EXCHANGES: 5.76 Starch, 6.38 Very Lean Meat, 7.69 Vegetable, 3.45 Fruit, 2.74 Skim Milk, 5.68 Fats, 2.32 Other Carbs

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Week 1

Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	227	93	9	13	1
1 medium	BANANA, RAW	118	105	1	27	0
1 1/2 cup	ALL-BRAN, RTE	90	234	12	67	4
20 berries	BLUEBERRY, RAW	27	16	0	4	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	Cheese and Fruit Submarine sandwich	144	215	16	13	11
2 tbsp	SALAD DRESSING, FRENCH, DIET	33	76	0	10	4
1 cup	CANTALOUPE, RAW	160	54	1	13	0
1 cup	ICEBERG LETTUCE, RAW, SHREDDED	72	10	1	2	0
snack						
4.1 oz	YOGURT, FRUIT, LOWFAT	116	118	5	22	1
2 tbsp	PEANUT, DRY ROASTED, NO SALT	18	107	4	4	9
dinner						
3 oz	CHANNEL CATFISH, BREADED & FRIED	85	195	15	7	11
4 oz	MIXED VEGETABLES, BOILED, NO SALT	113	74	3	15	0
1/2 cup	KALE, BOILED, NO SALT	65	20	2	3	0
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1/2 cup	LETTUCE, COS OR ROMAINE, RAW	24	4	0	1	0
1 tbsp	SALAD DRESSING, ITALIAN, DIET	15	11	0	1	1
2 slices	WHEAT BREAD	50	130	5	24	2
1 tsp	MARGARINE, CORN	5	34	0	0	4
pm snack						
1 nlea serving	PUDDING, CHOCOLATE, RTE, FAT FREE	113	102	3	23	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 piece	ANGEL FOOD CAKE, CP	28	72	2	16	0
DAILY TOTALS		2035*	2033	117	297	56

PCF: 22-55-23

EXCHANGES: 2.23 Starch, 1.7 Very Lean Meat, 0.55 Lean Meat, 2.59 Med Fat Meat, 0.88 High Fat Meat, 4.38 Vegetable, 3.09 Fruit
3.57 Skim Milk, 3.62 Fats, 4.63 Other Carbs

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Week 1

Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Ham and Eggs	142	199	14	28	3
2 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	152	93	2	23	1
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
lunch						
1 cup	MIXED VEGETABLES, BOILED, NO SALT	182	118	5	24	0
1 serving	Tuna on Pita Bread	66	83	10	8	1
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
2 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	31	62	0	7	4
3 oz	PRETZELS, HARD, PLAIN	85	324	8	67	3
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1/2 cup	BROCCOLI, RAW	44	15	1	3	0
2 tbsp	SALSA, CHUNKY CHILI DIP, CANNED	30	9	0	2	0
dinner						
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
2 oz	SALAD DRESSING, FRENCH, DIET	57	132	0	17	8
1 serving	Sloppy Joes	98	106	15	10	1
1 cup	CAULIFLOWER, FROZEN	132	32	3	6	0
4 oz	ICEBERG LETTUCE, RAW	113	16	1	3	0
1 1/2 cup	POTATO, MASHED, HP	315	261	6	55	2
1 tsp	MARGARINE, CORN	5	34	0	0	4
pm snack						
1 wedge	CANTALOUPE, RAW	102	35	1	8	0
1 oz	ALMOND, DRY ROASTED, NO SALT	28	169	6	5	15
4.1 oz	YOGURT, FRUIT, LOWFAT	116	118	5	22	1
DAILY TOTALS		2394*	2169	105	339	48

PCF: 19-61-20

EXCHANGES: 9.64 Starch, 5.52 Very Lean Meat, 8.35 Vegetable, 3.34 Fruit, 2.57 Skim Milk, 6.19 Fats, 2.98 Other Carbs

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Week 1

Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	ENGLISH MUFFIN, PLAIN	57	132	5	26	1
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	16	95	4	3	8
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
lunch						
1 serving	Turkey Sandwich	174	313	32	31	7
3 oz	PRETZELS, HARD, PLAIN	85	324	8	67	3
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
2 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	31	62	0	7	4
snack						
4 oz	CARROT, BABY, RAW	113	40	1	9	0
dinner						
1 cup	SPINACH, BOILED, NO SALT	180	41	5	7	0
1 serving	Fettucine Alfredo	269	311	23	47	2
1 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	15	31	0	3	2
1/2 cup	LETTUCE, COS OR ROMAINE, RAW	24	4	0	1	0
2 oz	PARMESAN CHEESE, GRATED	57	244	22	2	16
pm snack						
1 serving	Baked Banana	180	133	2	33	1
DAILY TOTALS		1514*	1929	121	255	48

PCFA: 25-53-22-0

EXCHANGES: 10.19 Starch, 5.03 Very Lean Meat, 0.4 Lean Meat, 3.26 Med Fat Meat, 4.98 Vegetable, 2.21 Fruit, 1.14 Skim Milk, 3.63 Fats
0.68 Other Carbs

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Week 1

Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	BLACKBERRY, RAW	216	93	3	21	1
1 1/2 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	368	125	12	18	0
1 1/2 cup	RAISIN BRAN CEREAL, RTE	92	292	8	70	2
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	Spinach Pasta with Olive Oil	45	187	9	22	7
1 cup	ZUCCHINI W/SKIN, BOILED, NO SALT	180	29	1	7	0
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
2 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	31	62	0	7	4
2 small slice	ITALIAN BREAD	20	54	2	10	1
1 1/2 oz	PARMESAN CHEESE, GRATED	43	183	16	2	12
snack						
1 oz	MIXED FRUIT, DRIED	28	69	1	18	0
2 tbsp	ALMOND, DRY ROASTED, NO SALT	17	103	4	3	9
dinner						
1 cup	TURNIP GREENS, BOILED, NO SALT	144	29	2	6	0
1 serving	Steak Kabobs	389	410	30	35	17
1/2 cup	LETTUCE, COS OR ROMAINE, RAW	24	4	0	1	0
1 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	15	31	0	3	2
pm snack						
1 cup	STRAWBERRY, RAW	166	53	1	13	0
4.1 oz	YOGURT, FRUIT, LOWFAT	116	118	5	22	1
DAILY TOTALS		1983*	2049	115	269	63

PCF: 22-51-27

EXCHANGES: 7.02 Starch, 0.55 Very Lean Meat, 3.27 Lean Meat, 3.26 Med Fat Meat, 4.78 Vegetable, 3.59 Fruit, 2.04 Skim Milk, 5 Fats
1.74 Other Carbs

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Week 1

Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	CANTALOUPE, RAW	240	82	2	20	0
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
1 1/2 cup	RAISIN BRAN CEREAL, RTE	92	292	8	70	2
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
lunch						
1 serving	Ham sandwich	175	295	17	36	10
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
1 tbsp	SALAD DRESSING, 1000 ISLAND W/SALT	16	59	0	2	6
2 oz	PRETZELS, HARD, PLAIN	57	216	5	45	2
snack						
4 oz	CARROT, BABY, RAW	113	40	1	9	0
4 oz	YOGURT, FRUIT, LOWFAT	113	115	5	22	1
dinner						
1 cup	ASPARAGUS, BOILED	180	40	4	7	0
1 serving	Beef Roast au Jus	145	198	25	2	9
1/2 cup	LETTUCE, COS OR ROMAINE, RAW	24	4	0	1	0
1 tbsp	SALAD DRESSING, 1000 ISLAND W/SALT	16	59	0	2	6
2 small slice	ITALIAN BREAD	20	54	2	10	1
pm snack						
1 bar	GRANOLA BAR, CHOCOLATE CHIP, SOFT	28	130	2	18	7
1 medium	BANANA, RAW	118	105	1	27	0
8 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
DAILY TOTALS		1895*	1987	101	301	50

PCF: 20-59-22

EXCHANGES: 9.07 Starch, 1.87 Very Lean Meat, 3.42 Lean Meat, 3.79 Vegetable, 3.12 Fruit, 2.73 Skim Milk, 4.62 Fats, 2.78 Other Carbs

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Week 1

Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	368	125	12	18	0
1 medium	BANANA, RAW	118	105	1	27	0
1 cup	HONEYDEW MELON, RAW	170	61	1	15	0
1 1/2 cup	SPECIAL K, RTE	47	176	10	33	1
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	Enchilada Vegetable Wrap	280	516	21	49	27
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
2 tbsp	SALAD DRESSING, FRENCH, LESS FAT	33	75	0	10	4
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
2 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	32	190	8	6	16
dinner						
1 serving	Orange Roughy	145	176	22	17	1
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
1 tbsp	SALAD DRESSING, FRENCH, LESS FAT	16	38	0	5	2
1 potato	SWEET POTATO, RAW	130	112	2	26	0
2 tsp	MARGARINE, CORN	9	68	0	0	8
pm snack						
2 cups	WATERMELON, RAW	304	91	2	23	0
DAILY TOTALS		1926*	2018	102	262	66

PCF: 20-51-29

EXCHANGES: 7.47 Starch, 2.58 Very Lean Meat, 0.81 Lean Meat, 2.08 High Fat Meat, 1.67 Vegetable, 5.49 Fruit, 1.4 Skim Milk, 6.75 Fats
1.4 Other Carbs

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Week 1

DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
1987*	2015	111	285	54

PCFA: 21-55-23-0

EXCHANGES: 7.34 Starch, 3.37 Very Lean Meat, 1.21 Lean Meat, 1.3 Med Fat Meat, 0.42 High Fat Meat, 5.09 Vegetable, 3.47 Fruit
2.31 Skim Milk, 5.07 Fats, 2.36 Other Carbs

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

Balanced Weight Loss Meal Plan - 2000 calories - Recipe Listing

Chicken Sandwich

Comment: Low fat.

Serves 4

INGREDIENTS

6 oz CHICKEN BREAST, BONELESS, STEWED, MEAT ONLY
 1/8 cup PICKLE RELISH, SWEET
 1/8 cup CELERY, RAW
 4 oz WATER CHESTNUT, CHINESE, RAW (MATAI)
 4 oz YOGURT, SKIM MILK, PLAIN
 2 small-pita PITA BREAD, WHOLE WHEAT
 2 large EGG WHITE, CHICKEN, RAW
 1/4 oz ONION, RAW
 1/2 cup SALAD DRESSING, 1000 ISLAND, DIET

EXCHANGES: 0.47 Starch, 2.08 Very Lean Meat, 1.15 Vegetable, 0.18 Skim Milk, 0.78 Fats
0.62 Other Carbs

DIRECTIONS

- 1) Boil the chicken until done. Chop into cubes.
 - 2) Cook the egg whites until done. Chop into small pieces.
 - 3) Drain the water from the water chestnuts. Chop the onion, celery, and water chestnuts. Combine all the ingredients (except for the pita pocket bread) in a medium bowl.
 - 4) Chill this chicken mixture for about 30 minutes.
 - 5) Microwave the pitas until they are warm, then cut the pita breads in half. Stuff the chicken mixture into each of the pitas.
- Serve.

Jambalaya

Comment: seafood

Serves 4

INGREDIENTS

1 lb SHRIMP, RAW
 1 clove GARLIC, RAW

Balanced Weight Loss Meal Plan - 2000 calories - Recipe Listing

16 oz TOMATO, RED, RIPE, STEWED
1/2 cup WATER, MUNICIPAL
1 cup WHITE RICE, LONG GRAIN, RAW
1/4 cup GREEN PEPPER, SWEET, RAW (BELL)
1/2 cup ONION, RAW

EXCHANGES: 2.11 Starch, 3.44 Very Lean Meat, 0.5 Vegetable

DIRECTIONS

In preheated sauce pan, cook onion, pepper and garlic over medium heat until tender. Stir in undrained tomatoes, water, er, shrimp and uncooked rice. bring to a boil; reduce heat. Cover and simmer over medium low heat for 15 minutes. Stir frequently. This is also a wonderful dish if chicken is substituted. Serve over rice. Serves 4.

Cheese and Fruit Submarine sandwich
Serves 6

INGREDIENTS

1 cup PEACH, RAW
1 cup CUCUMBER, PEELED, RAW
1 oz ALMOND, RAW
5 oz MONTEREY CHEESE
12 oz CREAM CHEESE, NONFAT
3 medium slice ITALIAN BREAD
1 tbsp SALAD DRESSING, 1000 ISLAND, DIET

EXCHANGES: 0.34 Starch, 1.7 Very Lean Meat, 0.88 High Fat Meat, 0.09 Vegetable, 0.56 Fats
0.17 Fruit, 0.04 Other Carbs

DIRECTIONS

Combine 1/4C cream cheese, and salad dressing. Stir Well. Chop peaches and cucumbers and add to mixture. Toast almonds and stir them into mixture.

Slice the bread in half. Remove the center of each half.

Spread the remaining cream cheese over the cut sides of the bread. Spoon peach mixture in bottom half of bread. Place cheese slices over peach mixture and top with the remaining bread half. Cut loaf into 6 slices

Sloppy Joes
Serves 8

INGREDIENTS

3/4 cup CATSUP/KETCHUP, LOW SALT
1/2 cup CELERY, RAW
1 lb TURKEY BREAST, RAW
1/4 cup ONION, RAW
1 serving ENGLISH MUFFIN, PLAIN

EXCHANGES: 0.21 Starch, 1.8 Very Lean Meat, 0.12 Vegetable, 0.4 Other Carbs

DIRECTIONS

- 1) Simmer all of these ingredients for about an hour. Meat should be well cooked
- 2) Serve open faced over half an English Muffin.

Note: Use a crock pot if you want it to cook while you're at work.

Balanced Weight Loss Meal Plan - 2000 calories - Recipe Listing

Ham and Eggs

Serves 4

INGREDIENTS

1 cup EGG SUBSTITUTE, LIQUID
1/4 cup ONION, RAW
1 1/2 slices HAM LUNCH MEAT, 5% FAT
4 servings ENGLISH MUFFIN, PLAIN
.33 grams CANOLA OIL SPRAY
1/4 cup MUSHROOM, RAW

EXCHANGES: 1.65 Starch, 1.75 Very Lean Meat, 0.21 Vegetable, 0.01 Fats

DIRECTIONS

- 1) Chop up the ham, fresh mushrooms, and onion. Saute these items in a nonstick saucepan coated with vegetable oil spray.
- 2) Mix with a carton of egg substitute (like Egg Beaters).
- 3) Scramble eggs.
- 4) Toast the muffins. Place scrambled eggs on top of each English Muffin half.

Tuna on Pita Bread

Serves 6

INGREDIENTS

1 can TUNA, CANNED IN WATER
2 eggwhite (large) EGG WHITE, CHICKEN, RAW
3 pitas PITA BREAD, WHOLE WHEAT
1 large stalk CELERY, RAW
2 tbsp ONION, RAW
1 tsp SALAD DRESSING, MAYO-TYPE, NO SALT

EXCHANGES: 0.47 Starch, 1.07 Very Lean Meat, 0.1 Vegetable, 0.12 Fats

DIRECTIONS

- 1) Combine all ingredients except for the pita pocket bread.
- 2) Cut the pita bread into halves.
- 3) Stuff pitas with the tuna mixture and serve.

Turkey Sandwich

Serves 1

INGREDIENTS

2 slice (large) MIXED GRAIN BREAD
3 oz TURKEY BREAST, ROASTED
1 medium slice TOMATO, RED, RIPE, RAW
1 tsp SALAD DRESSING, MAYO-TYPE, NO SALT

EXCHANGES: 2 Starch, 3.28 Very Lean Meat, 0.17 Vegetable, 0.73 Fats

DIRECTIONS

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Fettucine Alfredo

Serves 4

INGREDIENTS

1/4 lb MUSHROOM, RAW
3 clove GARLIC, RAW
1 cup ONION, RAW
3/8 cup WATER, MUNICIPAL
1 tbsp WHOLE WHEAT FLOUR
1 1/2 cup COTTAGE CHEESE, 1% FAT
1/8 cup PARSLEY, RAW
1/8 cup WINE, WHITE TABLE
3/8 cup MILK, COW'S, NONFAT, EVAPORATED (SKIM)
1/2 lb FETTUCCINI PASTA, WHOLE WHEAT, DRY

EXCHANGES: 2.49 Starch, 1.75 Very Lean Meat, 1.08 Vegetable, 0.21 Skim Milk, 0.11 Fats

DIRECTIONS

- 1) Slice the mushrooms and mince the garlic. Chop the onion and parsley.
- 2) Cook and drain the fettucine.
- 3) Saute mushrooms and garlic in the white wine in a large frying pan until moisture is absorbed. Set aside.
- 4) In a small saucepan, bring the water, flour, and cottage cheese to a boil and cook for 5 minutes, stirring frequently.
- 5) Stir sauce into sauteed mushroom mixture along with cottage cheese and heat just until cottage cheese melts. Avoid permitting the sauce to boil.
- 6) Toss the pasta and sauce together add parsley and heat for 5 minutes.

Baked Banana

Comment: Dessert or Brunch

Serves 1

INGREDIENTS

1/4 cup ORANGE JUICE, RAW
1 medium BANANA, RAW

EXCHANGES: 2.21 Fruit

DIRECTIONS

Sprinkle 1 peeled banana sliced in half length wise, with and orange juice: bake at 375 degrees for 20 minutes.

Spinach Pasta with Olive Oil

Serves 4

INGREDIENTS

2 tsp OLIVE OIL, NO SALT
2 oz PARMESAN CHEESE, GRATED
4 oz SPAGHETTI PASTA, SPINACH, DRY

EXCHANGES: 1.32 Starch, 0.81 Med Fat Meat, 0.44 Fats

DIRECTIONS

- 1) Cook the pasta.
- 2) Place the pasta in a medium serving bowl, sprinkly the oil on the pasta, distribute evenly.

Balanced Weight Loss Meal Plan - 2000 calories - Recipe Listing

3) Serve with one teaspoon of Parmesan cheese over each serving.

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.

Ham sandwich Serves 1

INGREDIENTS

2 slice (large) MIXED GRAIN BREAD
1 slice TOMATO, RED, RIPE, RAW
3 slices HAM LUNCH MEAT, LOWFAT
1 oz SALAD DRESSING, MAYO-TYPE, LIGHT

EXCHANGES: 2 Starch, 1.87 Very Lean Meat, 0.14 Vegetable, 1.09 Fats, 0.27 Other Carbs

Beef Roast au Jus Serves 16

INGREDIENTS

4 lbs BEEF EYE OF ROUND, RAW, SLF
8 fl oz WATER, MUNICIPAL
2 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE
6 fl oz MILK, COW'S, NONFAT, VIT-A (SKIM)
1/4 cup YOGURT, LOWFAT
1 tsp MUSTARD, PREPARED, YELLOW

EXCHANGES: 0.04 Starch, 3.42 Lean Meat, 0.07 Skim Milk, 0 Other Carbs

DIRECTIONS

Trim fat from roast. Coat Dutch oven with cooking spray. Place over medium heat. Add roast and cook until brown on both sides. Add water and simmer for 2 1/2 hours or until tender. Transfer to serving platter and keep warm.

Balanced Weight Loss Meal Plan - 2000 calories - Recipe Listing

Skim fat from pan juices. Reseve 1/4C of pan juice. Add this back to Dutch oven.
Add flour to pan juices. Stir until smooth. Add milk and stir until thickened over medium heat. Combine yogurt and mustard and add to milk mixture.
Cut roast into 1/4 inch thick slices. Spoon gravy over slices.

Enchilada Vegetable Wrap

Serves 1

INGREDIENTS

1 tortilla TORTILLA, FLOUR, RTC
1 medium whole TOMATO, RED, RIPE, RAW
2 oz MONTEREY CHEESE
2 tbsp SALAD DRESSING, 1000 ISLAND, DIET

EXCHANGES: 2.8 Starch, 2.08 High Fat Meat, 1.03 Vegetable, 0.78 Fats, 0.45 Other Carbs

DIRECTIONS

Fill 1 whole wheat enchilada wrapper with 3 oz. low fat Monterey Jack cheese mixed with lettuce and tomato and 1 tablespoon 1000 island dressing. Serves one.

Orange Roughy

Serves 4

INGREDIENTS

1/4 cup WHEAT FLOUR, WHITE, ALL PURPOSE
1 eggwhite (large) EGG WHITE, CHICKEN, RAW
1/4 cup BREAD CRUMBS, PLAIN
1/4 cup CORNMEAL, WHITE, ENRICHED, DEGERMED
1 lb ORANGE ROUGHY, RAW

EXCHANGES: 1.07 Starch, 2.58 Very Lean Meat

DIRECTIONS

- 1) Beat the egg white until frothy.
- 2) Combine the bread crumbs and cornmeal.
- 3) Dip the fish fillets into the flour to coat one side of the fillet. Shake off any excess flour mixture, then...
- 5) Dip the covered side of the fillet into the egg white, then
- 6) Coat the covered side of the fillet with the bread crumb mixture.
- 7) Spray a shallow baking pan with vegetable oil cooking spray. Lay the prepared fillets side-by-side, coated sides up. Tuck in any thin edges.
- 8) Bake at 450 degrees for 6 to 12 minutes. (Fish is ready when it flakes easily with a fork.)