

# Planet Beach®

## a contempo spa™

Low Carb Weight Loss - 1600 calories

### Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 slices	BACON, CANADIAN-STYLE, GRILLED	47	87	11	1	4
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						
2 oz	MOZZARELLA CHEESE, PART SKIM	56	169	15	2	11
lunch						
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						
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
<b>DAILY TOTALS</b>		<b>1718*</b>	<b>1638</b>	<b>128</b>	<b>141</b>	<b>60</b>

PCFA: 31-35-33-1

EXCHANGES: 5.48 Starch, 4.17 Very Lean Meat, 1.58 Lean Meat, 4.54 Med Fat Meat, 6.35 Vegetable, 0.01 Fruit, 5.1 Fats  
1.12 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
snack						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
dinner						
4 oz	MIXED VEGETABLES, BOILED, NO SALT	113	74	3	15	0
2 servings	Cajun Catfish	232	340	36	2	20
pm snack						
1 serving	Lemon Ricotta Mousse	130	187	14	8	10
<b>DAILY TOTALS</b>		<b>1644*</b>	<b>1608</b>	<b>107</b>	<b>86</b>	<b>96</b>

PCFA: 26-21-52-1

EXCHANGES: 0.02 Starch, 5.31 Very Lean Meat, 5.55 Lean Meat, 2.28 Med Fat Meat, 10.16 Vegetable, 0.01 Fruit, 12.08 Fats  
1.31 Other Carbs

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### Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Western Omelet	134	134	13	5	7
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
1 1/2 servings	Lemon Chicken Salad	297	487	33	12	35
snack						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
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
<b>DAILY TOTALS</b>		<b>1346*</b>	<b>1691</b>	<b>136</b>	<b>84</b>	<b>89</b>

PCF: 32-20-48

EXCHANGES: 0.51 Starch, 2.1 Very Lean Meat, 11.67 Lean Meat, 0.43 Med Fat Meat, 1.38 High Fat Meat, 12 Vegetable, 0.2 Fruit  
7.01 Fats, 0.43 Other Carbs

### Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	TOMATO JUICE, NO SALT	243	41	2	10	0
1 serving	Scrambled Eggs with Mushrooms	91	81	8	2	5
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
lunch						
1 servings	Beets with Onion and Dill	97	117	1	8	9
snack						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
dinner						
2 servings	Roasted Cod with Tomato Relish	1255	785	126	38	13
2 servings	Broccoli Vinaigrette	829	320	23	55	8
pm snack						
1 serving	Lemon Ricotta Mousse	130	187	14	8	10
<b>DAILY TOTALS</b>		<b>2779*</b>	<b>1722</b>	<b>198</b>	<b>129</b>	<b>49</b>

PCFA: 45-29-25-1

EXCHANGES: 19.24 Very Lean Meat, 2.28 Med Fat Meat, 19.44 Vegetable, 0.05 Fruit, 4.85 Fats, 1.53 Other Carbs

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### Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	TOMATO JUICE, NO SALT	243	41	2	10	0
4 slices	BACON, CANADIAN-STYLE, GRILLED	94	174	23	1	8
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						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
dinner						
3 cups	TURNIP GREENS, BOILED, NO SALT	432	86	5	19	1
1 serving	Steak Kabobs	389	410	30	35	17
pm snack						
6 oz	COTTAGE CHEESE, 1% FAT	170	122	21	5	2
<b>DAILY TOTALS</b>		<b>2171*</b>	<b>1748</b>	<b>145</b>	<b>124</b>	<b>80</b>

PCF: 32-28-40

EXCHANGES: 1.54 Starch, 10.05 Very Lean Meat, 6.43 Lean Meat, 10.39 Vegetable, 11.65 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
snack						
1 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	22	90	10	5	2
dinner						
2 cups	ASPARAGUS, BOILED	360	79	9	15	1
1 serving	Chile Lime Shrimp	90	157	16	1	10
pm snack						
1 serving	Coffee Smoothie	144	66	5	4	3
<b>DAILY TOTALS</b>		<b>1211*</b>	<b>1634</b>	<b>108</b>	<b>49</b>	<b>116</b>

PCF: 26-12-62

EXCHANGES: 0.38 Starch, 3.93 Very Lean Meat, 5.44 Lean Meat, 3.67 Med Fat Meat, 3.78 Vegetable, 0.28 Fruit, 14.73 Fats  
0.49 Other Carbs

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### 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 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	48	282	12	9	24
4 stalks	CELERY, RAW	68	10	0	2	0
lunch						
2 servings	Tofu Salad	415	173	18	12	7
2 servings	Lime dressing	80	312	0	20	27
snack						
2 scoop	Indulge Instant Meal Shake - Chocolate, Vanilla, O	43	180	20	10	3
dinner						
1 serving	Grilled Lamb Chops with Shallots and Red Wine	179	281	28	4	15
pm snack						
1 serving	Vanilla Ricotta Mousse	84	119	9	5	6
<b>DAILY TOTALS</b>		<b>1118*</b>	<b>1538</b>	<b>103</b>	<b>66</b>	<b>94</b>

PCFA: 27-17-55-1

EXCHANGES: 0.4 Starch, 9.52 Very Lean Meat, 1.2 Lean Meat, 1.51 Med Fat Meat, 2.7 Vegetable, 0.13 Fruit, 14.4 Fats, 1.43 Other Carbs

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Week 1

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### DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
1712*	1654	132	97	83

PCFA: 32-23-45-0

EXCHANGES: 1.19 Starch, 7.76 Very Lean Meat, 4.55 Lean Meat, 2.1 Med Fat Meat, 0.2 High Fat Meat, 9.26 Vegetable, 0.09 Fruit  
9.97 Fats, 0.92 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.

### Low Carb Weight Loss - 1600 calories - Recipe Listing

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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.

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#### 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

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#### Spicy Flank Steak Serves 12

##### INGREDIENTS

6 lbs BEEF FLANK, RAW, SLF

## Low Carb Weight Loss - 1600 calories - Recipe Listing

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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.

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### 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

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### 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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## Low Carb Weight Loss - 1600 calories - Recipe Listing

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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 dgreees until tender. mix olive oil and lemon juice with dijon mustard. Pour dressing over broccoli and serve.

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### 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.

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### 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.

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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

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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.

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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

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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

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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

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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

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#### 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.

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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.

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#### Bean Salad with Vidalia Onions Serves 8

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### 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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### 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.

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### 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.

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### 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.

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### 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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