



### BREAKFAST RECIPES:

- Bacon and Egg Sandwich
- Waffle with Fresh Raspberries and Lemon-Maple Syrup
- Blueberry and Toasted-Almond Muesli
- Cottage Cheese with Melon and Mint
- Toast with Walnut-Pear Spread
- Banana-Honey Smoothie
- Santa Fe Egg Scramble
- Toast with Peanut Butter and Apple
- Yogurt with Nectarine and Blackberries
- Waffles with Walnuts and Warm Peaches

### Shopping List:

#### Meat, poultry and fish

- 2 slices turkey bacon

#### Fruits and vegetables

- ½ cup no-sugar-added fruit cocktail
- ¾ cup raspberries
- Juice of ½ lemon
- ½ cup blueberries
- ½ cup chopped cantaloupe
- ½ cup chopped honeydew melon
- ½ finely chopped medium pear
- 1 small banana
- 2 Tbsp. diced, canned green chilies
- ½ grapefruit or ½ orange
- 1 small apple
- 1 small nectarine
- ½ cup blackberries
- 1 small peach

#### Dairy

- 4 eggs
- 3 cups skim or soy milk
- 1½ cup low-fat cottage cheese
- 2 Tbsp. shredded Cheddar
- 1 6-oz. container plain low-fat yogurt

#### Other

- 1 whole-grain English muffin
- 2 tsp. maple syrup
- 1 whole-grain waffle
- ½ cup rolled oats
- 2 Tbsp. sliced almonds
- 2 Tbsp. chopped fresh mint
- 1 Tbsp. chopped walnuts
- 1 slice whole-grain toast
- 1 6-inch whole-grain Clip tortilla
- 1 slice whole-grain bread
- 1 Tbsp. natural peanut butter
- 1 Tbsp. chopped almonds
- 2 4-in. frozen low-fat whole-grain waffles
- 2 Tbsp. chopped walnuts

You will also need these items from your pantry and freezer:  
Cooking spray, honey, ice and olive oil.

# allyou

## LUNCH RECIPES:

Caesar Chicken Wrap  
Garden Hummus Pita  
Balsamic Tuna Salad Sandwich  
BLT Salad  
Turkey, Mozzarella and Basil Wrap  
California Barbeque Burger  
Turkey-Cheddar Club with Pear  
Bean and Cheese Burritos  
Greek Feta Salad  
Ranch Chicken Pita



## Shopping List:

### Meat, poultry and fish

- 2½ oz. sliced, skinless chicken breast
- 3 oz. drained, water-packed tuna
- 2 slices turkey bacon
- 3 oz. sliced fat-free turkey
- 6 thin slices fat-free turkey
- 3 oz. precooked grilled chicken strips or chopped rotisserie chicken

### Fruits and vegetables

- ½ cup shredded romaine lettuce
- 1½ cup sliced tomato
- 1 small apple
- ¾ cup shredded carrot
- ½ cup chopped cucumber
- ½ cup baby spinach
- ¼ cup chopped celery
- 1 small orange
- 2½ cups romaine lettuce
- 1 medium peach
- ¼ thinly sliced avocado
- 4 oz. pineapple cup, packed in juice
- 4 cups romaine lettuce
- 1 small pear
- 6 pitted black olives, sliced
- ½ cup chopped cucumber
- Juice of ½ lemon
- 1 cup baby spinach
- ½ cup shredded carrot
- 1 medium plum

### Dairy

- 1 oz. part-skim mozzarella
- 1 slice Cheddar cheese
- ¼ cup shredded cheddar
- 3 Tbsp. crumbled feta cheese

### Other

- 1 10-inch whole-grain tortilla
- 1 Tbsp. light Caesar salad dressing (one with less than 50 calories per Tbsp.)
- 6 Tbsp. hummus
- 1 whole-grain pita
- 5 Tbsp. balsamic vinaigrette
- 4 slices whole-grain bread
- ¼ cup fresh basil
- 2 6-inch whole-grain tortillas
- 1 vegetarian burger
- 1 whole-grain bun
- 1 Tbsp. barbecue sauce
- 2 slices whole-grain bread
- ½ cup canned fat-free refried beans
- 2 6-inch whole-grain tortillas
- 4 Tbsp. salsa
- ½ cup canned garbanzo beans, rinsed and drained
- 2 Tbsp. light ranch dressing
- 1 whole-grain pita

You'll also need these items from your pantry and/or fridge:  
Mustard and olive oil

# allyou

## DINNER RECIPES:

Spinach and Ricotta Frittata with Italian Salad  
Black Bean and Zucchini Quesadillas  
Parmesan Pasta with Asparagus and White Beans  
Shrimp Fried Brown Rice with Veggies  
Cilantro-Lime Chicken Fajitas  
Lemon-Basil Penne with Squash  
Maple-Dijon Salmon with Broccoli and Couscous  
Chicken with Garlic Potatoes and Green Beans  
Grilled Steak and Blue Cheese Salad  
Chicken-Pesto Sandwich with Tomato Salad



## Shopping List:

### Meat, poultry and fish

- 3 oz. precooked shrimp
- 3 oz. precooked chicken strips
- 1 4 oz. salmon fillet
- 2 3-oz. chicken breasts
- 4 oz. sirloin steak

### Fruits and vegetables

- 1½ cups baby spinach
- 2 cups romaine lettuce
- 1 cup finely chopped zucchini
- 4 cloves garlic
- 8 spears asparagus
- 2 cups frozen stir-fry vegetables
- ½ cup sliced onions
- 1 cup sliced bell peppers
- Juice of 1 lime
- ½ cup chopped zucchini
- ½ cup chopped yellow squash
- Juice of 1 ½ lemon
- 1 cup broccoli florets
- 2 cloves garlic
- 1 cup cubed potatoes
- ½ cup sliced onion
- 1½ cup fresh green beans
- 2 cups chopped tomatoes
- ½ cup chopped cucumber
- 3 cups romaine lettuce

### Dairy

- 4 eggs
- 1/3 cup part-skim ricotta
- ¼ cup shredded Cheddar

- 4 Tbsp. grated Parmesan
- 1 Tbsp. Parmesan cheese
- 6 Tbsp. crumbled blue cheese

### Other

- 2 ½ Tbsp. pine nuts
- 2 Tbsp. light Italian dressing
- ½ cup canned black beans, rinsed and drained
- 2 tsp. cumin
- 4 6-inch whole-wheat or whole-grain tortillas
- 2 Tbsp. salsa
- 2 oz. whole-wheat pasta (any shape)
- ¼ cup canned white beans, rinsed and drained
- 1 cup brown rice
- ½ Tbsp. sesame oil
- ½ tsp. low-sodium soy sauce
- 1 Tbsp. grated ginger
- 3 Tbsp. chopped fresh cilantro
- 2 oz. (2/3 cup) dry whole-wheat penne
- ½ cup canned white beans, rinsed and drained
- 2 Tbsp. chopped fresh basil
- 1 Tbsp. maple syrup
- 2 tsp. Dijon mustard
- ¼ cup dry whole-wheat couscous
- 2 Tbsp. balsamic vinaigrette
- 2 tsp. pesto
- 1 whole-grain roll
- 1½ Tbsp. pine nuts
- 2 Tbsp. light Italian dressing

You'll also need these items from your pantry and/or fridge:  
Cooking spray, olive oil, pepper and salt