

LUNCH

LENTIL SOUP

Lentils cooked with vegetables into a hearty soup

Ingredients:

- 1 ½ tsp. olive oil
- ¼ cup chopped onion
- 1 chopped garlic clove
- 2 Tbsp. chopped carrot
- 2 Tbsp. chopped celery
- ¼ cup sliced mushrooms
- ¼ cup chopped spinach
- ½ cup lentils (rinsed)
- ¼ cup chopped tomatoes
- 2 cups mushroom broth
- Pinch of dried thyme
- ½ bay leaf

Preparation:

Heat oil in a saucepan over medium-low heat. Sauté onions until soft, about 3 minutes. Stir in garlic, carrots, and celery and cook for 10 minutes. Add the remaining ingredients and bring to a boil. Lower the heat to medium-low and let cook for an hour. Season with pepper to taste. Serve and enjoy!

DINNER

PASTA PRIMAVERA

Whole wheat pasta tossed with zucchini, peppers, onions, shrimp and tomatoes

Ingredients:

- 1 tsp. olive oil
- ½ cup red onion, thinly sliced
- 1 chopped garlic clove
- 1 cup zucchini or yellow squash, cut into half-moons
- ½ cup red pepper, cut into strips
- 1 cup cooked whole wheat penne
- 4 oz. shrimp
- 4 cherry tomatoes cut in half
- 1 Tbsp. fresh chopped basil or 1½ tsp. dried basil

Preparation:

Heat oil in sauté pan over medium heat and add onions. Cook until softened, about 3-4 minutes, and then add garlic, zucchini and peppers. Cook vegetables for another 4-5 minutes. Add shrimp and cherry tomatoes and cook, stirring continuously, until shrimp is pink, about 3-4 minutes. Add pasta and stir just until heated through. Top with basil and season with pepper to taste.

MIX-N-MATCH SNACK MENU

1 SNACK EQUIVALENT

- Nonfat plain Greek yogurt (soy, goat, sheep's or cow's)
- 1 Tbsp. natural peanut or other nut butter with 2 stalks celery
- 2 Tbsp. nuts (any variety)
- 1 oz. cheese (goat, feta, cottage and soy are good choices)
- 1 oz. smoked salmon, 1 Tbsp. low fat cream cheese, 2-4 whole wheat crackers
- Hardboiled egg
- 1 ½ cups fruit cut into pieces
- ½ cup shelled edamame
- 3 cups air popped popcorn
- 1 corn tortilla (cut into triangles and bake until crispy) 2 Tbsp. guacamole
- 3 Tbsp. hummus with fresh raw vegetables (carrots, celery, peppers, broccoli)
- 1 cup low fat or fat free cow, almond or soy milk
- 1 medium pear or apple
- 1 cup blueberries
- ½ small apple with 2 tsp. peanut or other nut butter

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- ½ cup low fat cottage cheese
- ¼ cup dried apricots, prunes, mango, etc.
- Pita Pizza: ½ small whole wheat pita, ½ oz. shredded low fat mozzarella cheese, 2 Tbsp. tomato sauce baked in oven
- ½ baked sweet potato with ¼ cup unsweetened applesauce
- 1 cup plain Cheerios
- 2 smoked salmon and cucumber rollups (thinly sliced cucumber, cut lengthwise and rolled with 1 oz. thinly sliced smoked salmon and ½ tsp. low fat cream cheese)

