

FOODS LOW ON THE GLYCEMIC INDEX

Some foods produce a lower glycemic response than others—meaning that they result in a lower insulin surge—and are considered smart choices for day-by-day eating, especially for those seeking stable blood sugars and lower insulin levels. I consider those foods with a glycemic index ranking under 55 to be the better choices.

BETTER CHOICE GRAINS

Oats
Barley
Buckwheat
Uncle Sam's Cereal
Kellogg's Bran Buds with psyllium
Bulgur
Long grain brown or basmati rice
Tortilla
Whole wheat or artichoke pasta
100 percent stoneground whole wheat bread
Whole grain pumpernickel bread
Whole wheat sourdough bread

BETTER CHOICE LEGUMES

Chick peas
Kidney beans
Lentils
Navy beans
Soybeans (*the best!*)
Peanuts

BETTER CHOICE VEGETABLES

Carrots
Corn
Green peas
Lima beans
Sweet potatoes
Yams

BETTER CHOICE FRUITS

Apples
Apricots, dried
Small banana
Cherries
Grapefruit
Grapes
Kiwis
Mangos
Oranges
Peaches
Pears
Plums
Tomatoes

		Exercising Only	Exercising & Eating Well
To Lose	You Need to Use	Time to Goal Weight	Time to Goal Weight
5 pounds	17,500 calories	6 weeks	4 weeks
10 pounds	35,000 calories	12 weeks	8 weeks
20 pounds	70,000 calories	24 weeks	16 weeks

25 WAYS TO BURN 250 CALORIES

Activity	Minutes to burn 250 calories
Cleaning the House	68
Cooking	93
Dancing	58
Doing Laundry	64
Gardening	56
Golfing	50
Hiking	52
Ironing	132
In-Line Skating	36
Jumping Rope	26
Making Love	36
Mowing the Lawn	38
Playing Frisbee	43
Playing the Piano	104
Playing Racquetball	24
Playing Tag with Kids	29
Playing Tennis	39
Playing Volleyball	83
Scrubbing Floors	39
Shopping	81
Surfing the Net	148
Swimming	27
Vacuuming	66
Walking the Dog	54
Walking Fast	44

Ask yourself more important questions than just what weight you are striving for and how quickly you can get there. Ask yourself where you would like to be in the areas of:

Health:

Energy:

Mood:

Appearance:

Muscle Tone:

Weight:

Clothing Size:

Fitness Level:

Emotional Well-being:

Spirituality:

THE SMART WEIGH GROCERY LIST

GRAINS AND BREADS

☐ Barley

Brown rice:

☐ Instant

☐ Long-grain

☐ Basmati

☐ Wild rice

☐ Buck wheat

☐ Bulgur

☐ Cornmeal

☐ Couscous

Tortillas, flour:

☐ Mission

☐ Buena Vida fat-free

☐ whole-wheat bagels

☐ 100% whole-wheat bread ("*whole*" is the first word of the ingredients)

☐ whole-wheat English muffins

☐ whole-wheat hamburger buns

Whole-wheat or artichoke pasta:

☐ Angel hair

☐ Elbows

☐ Flat

☐ Lasagna

☐ Orzo

☐ Penne

☐ Spaghetti

☐ Rotini (spirals)

☐ whole-wheat pastry flour

☐ whole-wheat pita bread

CEREALS

(whole grain and less than 5 grams of added sugar excluding dried fruit)

☐ All Bran With Extra Fiber

☐ Cheerios

☐ Familia Muesli

☐ Bran Buds with psyllium

☐ Grape-Nuts

☐ Grits

☐ Kashi GoLEAN Crunch!

☐ Kellogg's Just Right

☐ Kellogg's Low-Fat Granola

☐ Kellogg's Nutri-Grain Almond Raisin

☐ Kellogg's Raisin Mini-Wheats

☐ Kellogg's Special K

☐ Nabisco Shredded Wheat

☐ Ralston Muesli

☐ Post Bran Flakes

☐ Shredded Wheat 'N Bran

☐ Wheatena

Oats:

☐ Old-fashioned

☐ Quick-cooking

Unprocessed bran:

☐ Oat

☐ Wheat

☐ Rice

CRACKERS

Crispbread:

☐ Kavi

☐ Wasa

☐ Crispy cakes

☐ Health Valley graham crackers

☐ Harvest Crisps 5-Grain *(not all whole grain, but good for variety)*

☐ Ryvita Wholegrain crispbread

☐ Ry Krisp

DAIRY

☐ Butter

☐ Light butter

Cheese *(low-fat—fewer than 5 grams of fat per ounce)*

Cheddar:

☐ Kraft Fat-Free

☐ Kraft Natural Reduced Fat

☐ Cottage cheese *(1% or nonfat)*

Cream cheese:

☐ Philadelphia Light (tub)

☐ Philadelphia Free

☐ Farmer's

☐ Jarlsberg Lite

Mozzarella:

☐ Nonfat

☐ Part-skim

☐ String cheese

Soy Cheese:

☐ Veggie Slices

Nonrefrigerated:

☐ Laughing Cow Light

☐ Parmesan

Ricotta:

☐ Nonfat

☐ Skim milk

☐ Sun-Ni Armenian

String

☐ Egg substitute

☐ Eggs

☐ Egg whites

☐ Milk (skim or 1%)

☐ Reduced fat sour cream

☐ Nonfat plain yogurt

☐ Stonyfield Farm yogurt

CANNED GOODS

Chicken broth:

☐ Swanson's

☐ Natural Goodness

☐ Evaporated skim milk

☐ Hearts of Palm

Soups:

☐ Healthy Choice

☐ Pritikin

☐ Progresso:

☐ Hearty Black Bean

☐ Lentil

☐ 99% Fat-Free Chicken Noodle

Tomatoes:

☐ Paste

☐ Sauce

☐ Stewed

☐ Whole

☐ Fresh Cut

CONDIMENTS

☐ Honey

Hot pepper sauce:

☐ Pickapeppa sauce

☐ Shriracha Chili Sauce

☐ Jamaican Hell Fire

☐ Tabasco

Mayonnaise:

☐ Light

☐ Miracle Whip Light

Mustard:

☐ Dijon

☐ Spicy hot

☐ Pepperoncini peppers

Salad dressing:

☐ Bernstein's Reduced Calorie

☐ Good Seasons

☐ Kraft Free

☐ Jardine's fat-free Garlic

☐ Vinaigrette

☐ Pritikin

☐ Soy sauce (low sodium)

☐ Salsa or picante sauce

SPICES AND HERBS

☐ Allspice

☐ Basil

☐ Black pepper

☐ Cayenne

☐ Celery seed

☐ Chili powder

☐ Cinnamon

☐ Creole seasoning

☐ Curry

☐ Dill weed

☐ Five spice

☐ Garlic powder

☐ Ginger

☐ Mrs. Dash Original Blend

☐ Mrs. Dash Garlic and Herb Seasoning

☐ Mustard

☐ Nutmeg

☐ Oregano

☐ Onion powder

☐ Paprika

☐ Parsley

☐ Pepper, cracked

☐ Rosemary

☐ Saffron

☐ Salt

☐ Thyme

Fresh herbs:

☐ Basil

☐ Chives

☐ Cilantro

☐ Ginger

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THE SMART WEIGH GROCERY LIST—CONTINUED

- ☐ Parsley
- ☐ Rosemary
- ☐ Thyme
- ☐ Vanilla extract
- ☐ Lea & Perrins Worcestershire for Chicken

Vinegars:

- ☐ Balsamic
- ☐ Cider
- ☐ Red wine
- ☐ Rice wine
- ☐ Tarragon
- ☐ White wine

FRUITS

Fresh fruits:

- ☐ Apples
- ☐ Apricots
- ☐ Bananas
- ☐ Berries
- ☐ Cherries
- ☐ Dates (*unsweetened, pitted*)
- ☐ Grapefruit
- ☐ Grapes
- ☐ Kiwi
- ☐ Lemons
- ☐ Limes
- ☐ Mango
- ☐ Melon
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches

- ☐ Pears
- ☐ Pineapple
- ☐ Plantains
- ☐ Plums

Dried fruits:

- ☐ Apricots
- ☐ Peaches
- ☐ Pineapple
- ☐ Raisins (*dark and golden*)
- ☐ Mixed

VEGETABLES

- ☐ Asparagus
- ☐ Beets
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Green beans
- ☐ Greens
- ☐ Hot peppers
- ☐ Kale
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions
- ☐ Peas
- ☐ Red Potatoes

- ☐ Radicchio
- ☐ Romaine lettuce
- ☐ Salad greens
- ☐ Shallots
- ☐ Simply Potatoes hash browns
- ☐ Spinach
- ☐ Squash (*yellow, crookneck*)
- ☐ Sugar snap peas (*frozen*)
- ☐ Sun-dried tomatoes
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Whole potatoes
- ☐ Zucchini

BEANS AND MEATS

Beans and peas:

- ☐ Black
- ☐ Chickpeas/
garbanzo beans
- ☐ Cannellini
- ☐ Kidney
- ☐ Lentils
- ☐ Navy
- ☐ Pinto
- ☐ Split peas
- ☐ Garden Burger

Beef (lean):

- ☐ Deli-sliced
- ☐ Ground round
- ☐ London broil
- ☐ Round steak

Fish and seafood:

- ☐ Clams
- ☐ Cod
- ☐ Grouper
- ☐ Mussels
- ☐ Salmon
- ☐ Scallops
- ☐ Shrimp
- ☐ Snapper
- ☐ Swordfish
- ☐ Tuna

Lamb:

- ☐ Leg
- ☐ Loin chops

Pork:

- ☐ Canadian bacon
- ☐ Center cut chops
- ☐ Tenderloin

Chicken:

- ☐ Boneless breasts
- ☐ Legs/thighs
- ☐ Whole fryer

Turkey:

- ☐ Bacon
- ☐ Breast
- ☐ Ground, extra lean
- ☐ Deli-sliced
- ☐ Whole

Veal:

- ☐ Chops
- ☐ Cutlets
- ☐ Ground

Water-packed cans:

- ☐ Chicken

- ☐ Salmon
- ☐ Tuna
- ☐ Charlie's Lunch Kit

Soy:

- ☐ Tofu
- ☐ Silk (*milk*)
- ☐ Boca Burgers
- ☐ Tempeh

MISCELLANEOUS

All-fruit spreads and pourable fruit:

- ☐ Knudsen
- ☐ Polaner
- ☐ Smucker's Simply Fruit
- ☐ Welch's Totally Fruit

- ☐ Baking powder
- ☐ Baking soda

Bean dips:

- ☐ Jardine's
- ☐ Guiltless Gourmet
- ☐ Bread crumbs

Cooking oils:

- ☐ Canola
- ☐ Olive
- ☐ Nonstick cooking spray

- ☐ Cornstarch

Fruit Juices (*unsweetened*)

- ☐ Apple
- ☐ Cranberry-apple
- ☐ White grape
- ☐ Orange

Nuts/seeds

(dry-roasted, unsalted):

- ☐ Flaxseed
- ☐ Peanuts
- ☐ Sunflower kernels
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Walnuts

Pasta sauce:

- ☐ Pritikin
- ☐ Classico Tomato and Basil
- ☐ Ragú Chunky Gardenstyle

- ☐ Peanut butter
(natural)

Popcorn:

- ☐ Orville Redenbacher's Natural
- ☐ Light or Smart Pop microwave popcorn
- ☐ Plain kernels

Tortilla chips:

- ☐ Baked Tostitos
- ☐ Guiltless Gourmet
- ☐ Water (*spring or sparkling*)

Wine:

- ☐ Nonalcoholic
- ☐ Red
- ☐ White

My Quickest Breakfasts

Don't resort to the food industry's versions of "instant" breakfasts, like toaster fruit pies, granola bars (just candy with oats), and artificially flavored and colored powdered drink mixes. Instead of going for breakfast in the fast lane—and getting much more fat, calories, and sodium than you've bargained for—grab and go with your own quick and easy breakfast:

POWER BREAKFAST SHAKE

- ½ cup frozen fruit
- 1 cup skim milk
- 1 coddled egg white, or ¼ cup egg substitute
- 2 teaspoons honey
- 1 teaspoon vanilla
- 1 tablespoon wheat germ

Blend together until smooth and frothy. You can put all these together in the blender container and place the whole thing in your fridge before bed. In the morning pull it out and place it on the blender apparatus and zap: you've got a drinkable "instant" breakfast that's loaded with whole food nutrients.

Gives 1 complex carbohydrate (wheat germ), 2 ounces protein (milk and egg whites), and 1 simple carbohydrate (fruit).

Serves 1

Per serving: 37 grams carbohydrate; 17 grams protein; 0 grams fat; 0 calories from fat, 2 milligrams cholesterol, 88 milligrams sodium, 216 calories.

SCRAMBLED EGG BURRITO

- 1 10-inch whole wheat flour tortilla
- 1 egg, lightly beaten, or $\frac{1}{4}$ cup egg substitute
- 2 tablespoons (1 ounces) 2-percent milk cheddar or soy cheese, grated
- $\frac{1}{4}$ teaspoon creole seasoning (or salt and pepper to taste)
- 2 tablespoons salsa
- $\frac{1}{4}$ cantaloupe, sliced

Heat a nonstick pan or griddle over medium-high heat. Add the tortilla to heat and soften, turning it over after 15 seconds. After another 15 seconds, remove the tortilla from the pan and wrap it in foil to keep warm. Spray the pan with nonstick spray, continuing to heat. Beat together the eggs, grated cheese, and creole seasoning. Add to the pan and scramble. Place the egg mixture on the tortilla and spoon on the salsa. Wrap it up burrito-style. Serve with the sliced cantaloupe. Gives 1 complex carbohydrate (tortilla), 2 ounces protein (eggs and cheese), and 1 simple carbohydrate (cantaloupe).

Serves 1

Per serving: 32 grams carbohydrate; 13 grams protein; 5 grams fat; 20 percent calories from fat (with egg substitute), 8 milligrams cholesterol, 613 milligrams sodium, 223 calories.

HOT OATCAKES WITH BERRIES

- 4 egg whites
- 1 cup nonfat ricotta cheese
- 2 tablespoons canola oil
- 1 teaspoon vanilla
- $\frac{2}{3}$ cup old-fashioned oats, uncooked
- $\frac{1}{4}$ teaspoons salt
- nonstick cooking spray
- 4 tablespoons all fruit jam or pourable all-fruit syrup
- 2 cups mixed berries

Measure the egg whites, ricotta cheese, oil, vanilla, oats, and salt into a blender or food processor and blend for 5 to 6 minutes. Spoon 2 tablespoons batter into a hot skillet sprayed with nonstick spray. Turn the pancakes when bubbles appear on the surface; cook for 1 more minute.

For one serving, spread 3 pancakes with all fruit jam or fruit syrup. Top with mixed berries. Freeze any leftovers in individual freezer bags. When ready to use,

toast the pancakes to thaw and heat. Each serving gives 1½ complex carbohydrate (oats), 2 ounces protein (ricotta and eggwhites), and 1 simple carbohydrate (fruit and fruit jam)

Makes 12 3-inch pancakes

Per serving: 35 grams carbohydrate; 12 grams protein; 7 grams fat; 26 percent calories from fat, 3 milligrams cholesterol, 97.5 milligrams sodium, 251 calories.

SOUTHWESTERN FRUIT TOAST

- 2 egg whites, lightly beaten
- 2 tablespoons skim milk
- 1 teaspoons vanilla
- 1 10-inch whole wheat flour tortilla
- nonstick cooking spray
- 2 tablespoons Grape-Nuts or low-fat granola
- ½ cup mixed berries
- 1 tablespoon all-fruit pourable syrup

Beat together the egg whites, milk, and vanilla. Dip the tortilla into the mixture, letting it absorb the liquid for a minute or so. Coat a nonstick skillet with nonstick spray and heat. Gently lift the tortilla with a spatula, place it in the skillet and cook until it is golden brown on each side. Sprinkle one half of the tortilla with cereal and berries. Fold the tortilla over omelette style and slide it onto a plate. Drizzle it with all-fruit syrup. Gives 2 complex carbohydrates (tortilla and cereal), 2 ounces protein (milk and egg whites), and 1 simple carbohydrate (fruit and fruit syrup)

Serves 1

Per serving: 44 grams carbohydrate; 13.5 grams protein; 2 grams fat; 7 percent calories from fat, 8 milligrams cholesterol, 266 milligrams sodium, 249 calories.

ORANGE VANILLA FRENCH TOAST

- 4 egg whites, lightly beaten
- ½ teaspoon ground cinnamon
- ½ cup skim milk
- 4 slices whole wheat bread
- 2 tablespoons frozen, unsweetened orange juice concentrate, undiluted
- 4 tablespoons all-fruit jam or pourable syrup
- 1 teaspoons vanilla
- nonstick cooking spray

Beat together the egg whites, milk, orange juice concentrate, vanilla, and cinnamon. Add the bread slices one at a time, letting the bread absorb the liquid; this may take a few minutes. Coat a skillet with nonstick cooking spray and heat. Gently lift each bread slice with a spatula and place it in the skillet; cook on each side until golden brown. Serve each slice of toast topped with 1 tablespoon all-fruit jam or all-fruit pourable syrup. Freeze the leftovers in individual freezer bags. When ready to use a slice, toast it to thaw and heat. Each serving gives 1 complex carbohydrate (bread), 1 ounce protein (egg whites and milk), and 1 simple carbohydrate (juice and all-fruit jam).

Serves 4

Per serving: 28 grams carbohydrate; 8 grams protein; 1.5 grams fat; 11 percent calories from fat; 2 milligrams cholesterol; 250 milligrams sodium; 152 calories

BAKED BREAKFAST APPLE

1 small Golden Delicious apple, cored

1 tablespoon raisins

2 tablespoons old-fashioned oats

2 tablespoons apple juice

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{2}$ cup nonfat ricotta cheese

Place the apple in a microwavable bowl. Mix together oats, cinnamon, and raisins. Fill the cavity of the cored apple with the mixture. Pour the apple juice over the apple, and cover it with plastic wrap. Microwave on high for 1 minute. Turn the dish around halfway and microwave for 1 minute more. Spoon the ricotta cheese onto a plate, and top it with the apple and the heated juice mixture. Gives 1 complex carbohydrate (oats), 2 ounces protein (ricotta), and 1 simple carbohydrate (apple, juice, and raisins).

Serves 1

Per serving: 30 grams carbohydrate; 14 grams protein; 1 grams fat; 6 percent calories from fat; 23 milligrams cholesterol; 100 milligrams sodium; 183 calories

BREAKFAST SUNDAE SUPREME

$\frac{1}{2}$ banana, quartered lengthwise

$\frac{1}{4}$ cup crushed unsweetened pineapple

$\frac{1}{2}$ cup nonfat ricotta cheese

2 tablespoons Grape-Nuts or low-fat granola

$\frac{1}{4}$ cup strawberries, sliced

1 teaspoon honey or all-fruit pourable syrup

Place the banana quarters star-fashion on a small plate. Scoop ricotta cheese onto the center points. Surround with the other fruit; then sprinkle with cereal. Drizzle with honey or all-fruit syrup. Gives 1 complex carbohydrate (cereal), 2 ounces protein (ricotta), and 2 simple carbohydrates (fruit).

Serves 1

Per serving: 42 grams carbohydrate; 15 grams protein; 1 gram fat; 4 percent calories from fat; 5 milligrams cholesterol; 111 milligrams sodium; 224 calories

HOT APPLE CINNAMON OATMEAL

$\frac{2}{3}$ cup old-fashioned oats

1 teaspoon vanilla

$1\frac{1}{2}$ cups skim milk

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{2}$ cup apple or white grape juice, unsweetened

$\frac{1}{2}$ teaspoon pumpkin pie spice

2 tablespoons raisins, dark or golden

In a small pot, bring the oats, milk, and juice to a boil. Cook for 5 minutes, stirring occasionally. Add raisins, vanilla, cinnamon, and pumpkin pie spice. Remove from heat, cover the pot and let the oats sit for 2 to 3 minutes to thicken. Combine all ingredients and cook for 5 to 6 minutes on high. Gives 1 complex carbohydrate (oats), 1 ounce protein (milk), and 1 simple carbohydrate (juice and raisins).

Serves 2

Per Serving: 29 grams carbohydrate; 11 grams protein; 1 gram fat; 5 percent calories from fat; 3 milligrams cholesterol; 97 milligrams sodium; 169 calories

My Quickest Lunches

1. **Cheese Quesadillas:** Fat-free whole-wheat tortilla sprinkled with two ounces of shredded part-skim cheddar cheese and drizzled with salsa, then folded and browned in a nonstick skillet until cheese melts. Serve with apple slices.

2. **Baked Spaghetti:** Cooked whole-wheat angel hair pasta in a sheet pan, topped with one jar of Classico Tomato Basil Sauce, sprinkled with one pound of shredded mozzarella cheese, and baked for eight to ten minutes on 375 degrees. One 3 x 5 portion (index card size) is approximately one serving. Serve with "salad in a bag" with low-fat vinaigrette.

3. Vegetable Tortilla Pizza:

Large whole wheat flour tortilla brushed with Classico Tomato Basil Sauce, topped with chopped veggies of choice, and sprinkled with grated mozzarella. Bake until lightly browned and crisp (about 5 minutes) at 450 degrees. Serve with baby carrots to munch on.

4. Grilled Chicken Sandwich:

Grilled marinated chicken breast (from your freezer) on whole-grain bun with lettuce, tomato, salsa, or Dijon mustard. Serve with fresh fruit.

5. Turkey and White Bean Soup: Smoked turkey breast (pre-cooked) made into soup with chicken stock and cannellini beans. Serve with raw veggies and fruit.

6. Quick Taco Salad: Canned black beans, rinsed, then spiced with creole seasoning and sprinkled with shredded part-skim cheddar cheese. Heat and serve over mixed greens and crumbled baked Tostitos with salsa. Serve with sliced oranges.

7. Even Quicker Greek Salad: Mixed greens (from a bag), topped with crumbled feta cheese and shredded Boar's Head turkey or ham, and drizzled with low-fat vinaigrette. Serve with toasted petite whole wheat pita and a piece of fruit.

8. Cheese-Baked Potatoes: Microwave potatoes for four minutes each, then cut open and top with cooked broccoli florets and Laughing Cow Lite Wedges (two per potato) or two ounces of another part-skim cheese. Microwave again until cheese melts. Top with nonfat sour cream or salsa. Serve with salad and low-fat vinaigrette.

SMART WEIGH EATING TIPS

- **Plan ahead.** An empty fridge after a stressful day begs for pizza. Don't leave meals to chance.
- **Stock frozen veggies.** With pasta or stir-fry sauces, they are quick and healthy meals.
- **Don't give in to peer pressure.** If the cookies, chips, or ice cream you buy for the rest of the family is sabotaging your efforts, stop buying them.
- **Enlist professional help.** Registered dietitians, certified personal trainers, and psychologists can help you deal with problems hindering your efforts. If you feel like you can't do it on your own, seek help.

Deliciously Simple Dinners

Pasta Shrimp Pomodoro with Fresh Broccoli Salad

shrimp (protein) • pasta (complex carbohydrate) • broccoli (simple carbohydrate)

PASTA SHRIMP POMODORO

- 1 ½ pounds shrimp, peeled and deveined
- ¼ cup white wine Worcestershire sauce
- 8 ounces dry angel hair pasta
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 small red onion, chopped
- 1 each yellow, orange, and red bell peppers, cut into strips
- 1 teaspoon Mrs. Dash seasoning
- 1 teaspoon creole seasoning
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 can (32 ounces) whole tomatoes
- 2 tablespoons grated Parmesan cheese

Marinate shrimp in Worcestershire sauce for at least 15 minutes.

In a large saucepan, cook pasta in salted water until done. Drain.

Spray a nonstick skillet with cooking spray. Lightly sauté half of the garlic and half of the onions. Add shrimp and sear on one side for 1 minute; then turn and sear on other side.

Spray another skillet with cooking spray and add olive oil; heat. Add remaining garlic and onions, sauté. Then add peppers, seasonings and herbs. Allow peppers to soften, then add tomatoes, breaking up tomatoes with spatula while heating. Allow to simmer and reduce for about 4 to 5 minutes. Add shrimp, stirring all together. Sprinkle with Parmesan cheese. Serve over cooked pasta.

Serves 4

FRESH BROCCOLI SALAD

- 2 bunches fresh broccoli, trimmed and cut into small pieces
- 1 cup chopped fresh parsley
- 2 to 3 green onions, sliced
- ½ cup nonfat cottage cheese (or ricotta)

- ¼ cup light mayonnaise**
- ½ cup skim milk**
- 2 cloves garlic, minced**
- 1 teaspoon Mrs. Dash seasoning**
- ½ teaspoon creole seasoning**
- ¾ teaspoon dill weed**

Blanch broccoli for 5 minutes in boiling water. Immerse quickly in ice water to chill; drain. Toss with parsley and green onions.

Make dressing by blending cottage cheese, mayonnaise, milk, garlic, and seasonings in blender until smooth. Stir in dill. Toss with vegetables and chill well.

Serves 8

Herb-Crusted Orange Roughy with Herb-Roasted Potatoes

fish (protein) • potatoes, bread crumbs (complex carbohydrate) • broccoli (simple carbohydrate)

HERB-CRUSTED ORANGE ROUGHY

- 4 orange roughy fillets (5 ounces each)**
- ¼ cup white wine Worcestershire sauce**
- 1 teaspoon creole seasoning**
- ½ cup dried bread crumbs (purchased)**
- 2 tablespoons chopped fresh herbs (cilantro, basil, rosemary, thyme)**
- ¼ cup Dijon mustard**
- 2 cups broccoli florets, steamed until crisp tender**
- ½ cup Tomato Basil Sauce (recipe follows)**
- 1 tablespoon parsley, chopped**

Marinate orange roughy in Worcestershire sauce for at least 15 minutes, or up to 1 hour.

Preheat oven to 375 degrees.

Season fish with seasoning and roll in bread crumbs. Spread mustard on top of fish and roll in bread crumbs once more.

Spray a nonstick skillet with cooking spray; heat. Sear fish in hot skillet on both sides, then transfer to oven and roast until done and browned.

Serve on bed of tomato basil sauce with steamed broccoli. Sprinkle with chopped parsley.

Serves 4

TOMATO BASIL SAUCE

- 1 tablespoon olive oil**
- 2 white onions, diced medium**
- 2 teaspoons minced garlic**
- ½ cup minced shallots**
- 1 tablespoon chopped fresh thyme**
- 1 teaspoon chopped fresh rosemary**
- 1 tablespoon chopped fresh oregano**
- 2 tablespoons chopped fresh basil**
- 5 tomatoes, skinned, seeded, and diced***
- 1 can (32 ounces) whole tomatoes**
- 1 tablespoon creole seasoning**
- 1 tablespoon Mrs. Dash Garlic and Herb seasoning**

Sauté onions, garlic, shallots, and herbs in olive oil until onions are transparent, about 3 to 4 minutes. Add fresh and canned tomatoes. Cook for 5 minutes at full heat. Lower heat and continue cooking until sauce has reduced by one-third.

Add seasonings. Cook for about 1½ hours, stirring occasionally. Leave chunky; do not grind or blend.

This sauce may be made in large quantities and frozen (after cooling) in zip-top bags for later use. Microwave or place in refrigerator to thaw.

*Tomatoes are easily skinned by immersing them in boiling water for 10 seconds. Remove with slotted spoon. Skins will “slip off.”

Makes 14 ½-cup servings

HERB-ROASTED POTATOES

- 2 pounds (about 5 large) red-skinned potatoes, scrubbed and quartered**
- 2 cloves garlic, minced**
- 2 teaspoons olive oil**
- ½ teaspoon creole seasoning**
- 1 teaspoon Mrs. Dash seasoning**
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon dried)**

Preheat oven to 450 degrees.

Spray a shallow roasting pan with cooking spray. Add potatoes, garlic, olive oil, seasonings, and rosemary, and spread in an even layer. Bake until the potatoes begin to brown, 20 to 30 minutes, turning them once midway through roasting.

Serves 4

Seared Pork Tenderloin with Cinnamon Sweet Potatoes and Fresh Asparagus

pork (protein) • sweet potatoes (complex carbohydrate) • asparagus (simple carbohydrate)

SEARED PORK TENDERLOIN

- 1½ pounds pork tenderloin, trimmed of all visible fat**
- ½ cup white wine Worcestershire sauce**
- ½ teaspoon creole seasoning**
- 2 tablespoon chopped fresh herbs (cilantro, basil, rosemary, thyme)**
- 1 teaspoon Mrs. Dash seasoning**
- 2 garlic cloves, minced**
- 1 large red onion, sliced thin**

Preheat oven to 400 degrees.

Marinate pork tenderloin in Worcester-shire sauce, seasonings, herbs, and garlic for at least 1 hour.

Sear pork on both sides in hot ovenproof skillet, then top with sliced onions. Place whole skillet in oven for 15 minutes or until internal temperature reaches 150 to 170 degrees. May pour on additional marinade while roasting.

Serves 4

CINNAMON SWEET POTATOES

- 4 sweet potatoes**
- cinnamon**

Preheat oven to 400 degrees.

Wash and scrub sweet potatoes. Place in oven for 35 minutes. (You may add the skillet of pork tenderloins to the oven after 20 minutes.)

Cut open sweet potatoes and push ends together to “mash” toward center and fluff. Sprinkle with cinnamon.

Serves 4

FRESH ASPARAGUS

- 1 pound fresh asparagus, trimmed**
- ¼ cup chicken stock (fat-free/low salt)**
- 1 teaspoon Mrs. Dash seasoning**
- ½ teaspoon creole seasoning**

Microwave asparagus in chicken stock and seasonings for about 7 to 8 minutes or until crisp tender.

Serves 4

Chicken Laurent with Brown Rice Pilaf

chicken (protein) • rice (complex carbohydrate) • asparagus, red onion (simple carbohydrate)

CHICKEN LAURENT

4 boneless, skinless chicken breast halves (1 pound)

$\frac{1}{4}$ cup white wine Worcestershire sauce

2 teaspoons olive oil

2 cloves garlic, minced

2 teaspoons shallots, minced

1 teaspoon Mrs. Dash seasoning

$\frac{1}{2}$ teaspoon creole seasoning

1 pound asparagus, trimmed

1 red onion, sliced thin

$\frac{1}{3}$ cup white wine*

$\frac{2}{3}$ cup chicken stock (fat-free/low salt)

2 teaspoons cornstarch

***or substitute dealcoholized wine or more chicken stock**

Preheat oven to 375 degrees.

Marinate chicken breasts in Worcester-shire sauce for at least 15 minutes.

Place asparagus spears with $\frac{1}{4}$ cup water in a glass baking dish; cover with vented plastic wrap. Microwave on high to blanch for 3 to 4 minutes.

Spray nonstick ovenproof skillet with cooking spray. Add olive oil and heat. Add garlic and shallots to pan; lightly sauté. Add marinated chicken breasts and brown on both sides, sprinkling with seasonings. Lay asparagus and red onion slices on top of chicken.

Stir together wine and chicken stock in a small stock pot; add cornstarch mixed with 1 tablespoon cold water. Stir over moderate heat until thickened. Pour over chicken and vegetables.

Bake in oven for 30 minutes.

Serves 4

BROWN RICE PILAF

- 1 teaspoon olive oil
- ½ red onion, diced
- 2 cloves garlic, minced
- 1¾ cups chicken stock (fat-free/low salt)
- ½ teaspoon creole seasoning
- 1 tablespoon chopped fresh herbs (cilantro, basil, rosemary, thyme)
- 2 cups instant brown rice

Spray a medium saucepan with cooking spray; add olive oil and heat. Add diced onion and garlic, and lightly sauté about 1 to 2 minutes; then add chicken stock, seasoning and herbs.

Let mixture come to a boil, then stir in brown rice. Let boil for 1 minute, turn down heat to low and cover. Let simmer for 5 minutes, uncover skillet, and fluff rice with fork. Cover again. Let sit for another 5 minutes.

Serves 6

Chicken Paella with Spicy Tomato and Cucumber Salad

chicken (protein) • rice, peas (complex carbohydrate) • tomato, cucumbers (simple carbohydrate)

CHICKEN PAELLA

- 1 pound boneless, skinless chicken breast, trimmed of fat and cut into chunks
- ¼ cup white wine Worcestershire sauce
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 cup arborio (or medium grain) rice
- 2 cups chicken stock (fat-free/low salt)
- ¼ teaspoon crushed saffron threads (or ⅓ teaspoon powdered)
- ½ teaspoon creole seasoning
- 1 teaspoon Mrs. Dash seasoning
- 1 cup frozen peas, thawed
- ⅓ cup jarred, roasted red peppers, drained and cut into strips

Marinate chicken breasts in Worcestershire sauce for up to 1 hour.

Spray a large nonstick skillet with cooking spray. Add olive oil and heat over

medium-high heat. Add garlic and onions and sauté 30 seconds, then add marinated chicken chunks. Sauté until slightly browned on the outside and opaque inside, 3 to 4 minutes. Remove chicken from skillet and set aside.

To skillet, add rice and stir to coat well. Stir in chicken stock, saffron, and seasonings. Cover and cook over low heat for 20 minutes. Gently stir in cooked chicken, green peas, and roasted red peppers. Cover again and cook, stirring occasionally, until rice is tender, about 5 minutes more. Serve immediately.

Serves 4

SPICY TOMATO AND CUCUMBER SALAD

2 large tomatoes, cut into wedges

1 cup diced cucumber

$\frac{1}{2}$ cup finely chopped red onion

1 clove garlic, minced

2 tablespoons chopped fresh cilantro

2 tablespoons red wine vinegar

2 teaspoons chopped fresh hot green chili pepper
(or $\frac{1}{4}$ teaspoon crushed red pepper)

1 teaspoon honey

$\frac{1}{2}$ teaspoon creole seasoning

In a medium-sized bowl, mix together all ingredients. Cover and refrigerate about 2 hours or until chilled.

Serves 6

Poached Salmon Over Black Beans and Corn with Apple Walnut Salad

salmon, black beans (protein) • corn, black beans (complex carbohydrate) • vegetables, fruit (simple carbohydrate)

POACHED SALMON

4 salmon fillets (4 ounces each)

POACHING STOCK

1 cup white wine*

2 cups chicken stock (fat free/low salt)

1 whole shallot, quartered

2 cloves garlic, minced

2 sprigs fresh thyme

2 bay leaves
¼ teaspoon cracked black pepper
½ teaspoon creole seasoning
1 pound asparagus, trimmed of tough stalks
2 cups Black Bean and Corn Salsa (recipe follows)
2 cups fresh spinach leaves, washed and stemmed
1 tablespoon chopped chives
1 lemon, sliced
***or substitute nonalcoholic wine or more chicken stock**

In a large nonstick skillet, bring poaching stock to boil. Add salmon and asparagus spears; simmer 5 to 7 minutes until done.

Spoon Black Bean and Corn Salsa onto plate. Add fresh spinach leaves and place poached salmon and asparagus spears on top of the leaves.

Sprinkle with chopped chives and garnish with twisted lemon slice.

Serves 4

BLACK BEAN AND CORN SALSA

2 cups black beans, drained and rinsed
1 cup frozen corn kernels, thawed
2 plum tomatoes, diced
½ red onion, minced
1 serrano pepper, minced
1 tablespoon chopped fresh cilantro
1 tablespoon olive oil
4 cloves garlic, minced
juice of 2 limes
1 tablespoon balsamic vinegar
1 teaspoon cumin
2 teaspoons hot pepper sauce
1 teaspoon creole seasoning

In a large bowl, combine all ingredients and mix well. Allow to marinate at least one hour before serving.

Makes 10 ⅓-cup servings

APPLE WALNUT SALAD

2 Granny Smith apples, cored and sliced thin
2 tablespoons chopped walnuts

2 tablespoons chicken stock

(fat free/low salt)

1 tablespoon white wine vinegar

2 teaspoons walnut oil (or olive oil)

1 tablespoon finely chopped shallots

1 teaspoon Dijon mustard

¼ teaspoon salt

¼ teaspoon cracked black pepper

8 cups washed, dried, and torn mixed greens

(red leaf, romaine, frisee, radicchio, arugula, or bibb)

In a small, dry skillet over low heat, stir walnuts until lightly toasted, about 3 minutes. Transfer to a plate to cool.

In a large salad bowl, whisk together chicken stock, vinegar, oil, shallots, mustard, salt, and pepper. Add greens and apples and toss thoroughly. Sprinkle with the toasted walnuts.

Serves 4

Red Lentil Chili with Southwest Cornbread and Crunchy Jicama and Melon Salad

lentils, cheese (protein) • lentils, cornbread (complex carbohydrate) • vegetables, salad (simple carbohydrate)

RED LENTIL CHILI

½ pound carrots

1 small zucchini

1 small yellow squash

½ large eggplant

½ large red onion

¾ tablespoon olive oil

12-ounce bag red or brown lentils, rinsed

2 cups chicken stock (fat free/low salt)

1 teaspoon Mrs. Dash seasoning

1 teaspoon creole seasoning

2 bay leaves

½ tablespoon oregano

½ teaspoon cumin

1 teaspoon chili powder

¾ teaspoon cayenne

- ¾ teaspoon nutmeg**
- 2 cloves garlic, minced**
- 1 jalapeño pepper, chopped**
- 2 cans (32 ounces each) plum tomatoes**

In food processor, finely chop carrots, zucchini, squash, eggplant, and onion. Spray nonstick skillet with cooking spray. Add olive oil. Heat over medium high heat. Add chopped vegetables. Sauté for 5 minutes. Add lentils, chicken stock, seasonings, herbs, spices, garlic, jalapeño peppers and tomatoes. Simmer for 2 hours.

Serves 10 (1½ cups each)

SOUTHWEST CORNBREAD

- 2 tablespoons canola oil**
- ½ cup finely chopped onion**
- 1 egg, lightly beaten**
- 1 tablespoon honey**
- 1 cup skim milk**
- 1 cup whole wheat pastry flour**
- 1 cup yellow cornmeal**
- 1 tablespoon baking powder**
- 1½ teaspoon salt**
- 1 cup fresh or frozen corn**
- ½ cup shredded part-skim cheddar cheese**

Preheat oven to 375 degrees.

Heat oil in a small skillet. Add onion and sauté for 5 to 8 minutes or until onion is soft.

Beat together egg, honey, and milk; set aside.

In a separate bowl, combine flour, cornmeal, baking powder, and salt. Add to liquid mixture. Add corn, shredded cheese and onions along with all excess oil. Mix well. Spread into an 8-inch square pan coated with cooking spray.

Bake for 25 to 35 minutes or until brown and firm on top. Cut into 16 pieces.

Serves 16

CRUNCHY JICAMA AND MELON SALAD

- 1 medium jicama, julienned**
- 1 medium cantaloupe, cut into ½ inch cubes**
- 3 tablespoons lime juice**

- 3 tablespoons chopped fresh mint (or 1 tablespoon dried)
- 1 teaspoon grated lime peel
- 2 teaspoons honey
- $\frac{1}{4}$ teaspoon salt

In a medium-sized bowl, mix together all ingredients. Cover and refrigerate 2 hours or until chilled.

Serves 4

Risotto with Spring Vegetables and Mixed Greens with Citrus Vinaigrette

*cheeses (protein) • rice (complex carbohydrate) * salad (simple carbohydrate)*

RISOTTO WITH SPRING VEGETABLES

- 5½ to 6½ cups chicken stock (fat free/low salt)
- 16 baby carrots, shaved and cut in half
- 8 medium stalks asparagus, trimmed and cut into 2-inch pieces
- 1 cup sugar snap peas (thawed if frozen)
- 1 red bell pepper, cut into strips
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 red onion, diced
- 1 cup arborio or medium grain rice, uncooked
- $\frac{1}{2}$ cup white wine*
- $\frac{1}{2}$ teaspoon creole seasoning
- 1½ tablespoons chopped fresh basil
- $\frac{1}{2}$ cup grated Parmesan cheese
- 2 tablespoons chopped fresh herbs (cilantro, basil, rosemary, thyme)
- *or substitute dealcoholized wine or more chicken stock

In a medium-sized stockpot, bring chicken stock to boil over medium heat. Add carrots and cook 3 to 5 minutes until almost tender. Add asparagus and snap peas, and cook 1 minute longer. Remove vegetables with slotted spoon and place in bowl to cool. Reduce heat and keep stock simmering.

Spray a nonstick skillet with cooking spray. Add olive oil; heat. Add garlic and onions, and sauté until translucent, about 3 minutes. Add rice and stir to coat grains. Add wine and cook until most of liquid has been absorbed, about 2 to 3 minutes. Add $\frac{1}{2}$ cup simmering chicken stock and cook another 2 to 3 minutes.

Continue adding stock, $\frac{1}{2}$ cup at a time, until rice begins to soften, about 15 minutes.

Stir in the seasoning and basil, adding more stock to keep mixture creamy. Stir in reserved vegetables and cheese. Sprinkle with herbs.

Serves 4

MIXED GREENS WITH CITRUS VINAIGRETTE

12 cups washed, dried, and torn mixed greens

(red leaf, romaine, frisee, radicchio, arugula, or bibb)

$\frac{1}{2}$ cup Citrus Vinaigrette (recipe follows)

4 green onions, leaves curled

2 tablespoons chopped fresh herbs (cilantro, basil, rosemary, thyme)

2 plum tomatoes, diced

Just before serving, toss lettuce leaves with Citrus Vinaigrette. Top with curly-leaved onion and sprinkle lightly with herbs and diced tomatoes.

Serves 4

CITRUS VINAIGRETTE

2 tablespoons olive oil

$\frac{2}{3}$ cup rice wine vinegar

$\frac{1}{3}$ cup orange juice

1 tablespoon Dijon mustard

1 teaspoon honey

2 teaspoons minced garlic

1 tablespoon minced shallots

$\frac{1}{2}$ teaspoon creole seasoning

2 tablespoons chopped fresh cilantro

Mix all ingredients together. Refrigerate.

Serves 12

SMART SUBSTITUTIONS

Instead of...

Choose...

Snickers bar
(280 calories, 14 grams fat,
6 grams protein)

Crisp apple, mozzarella string cheese
(115 calories, 4 grams fat, 7 grams protein)

1.74 ounces bag
peanut M & M's
(250 calories, 13 grams fat,
5 grams protein)

2 whole-wheat Wasa crisp breads with
8 ounces Stonyfield Farm nonfat yogurt
(270 calories, 1 gram fat, 12 grams protein)

60 Ruffles potato chips
(560 calories, 35 grams fat,
7 grams protein)

24 Baked Lays potato crisps,
1 ounce part-skim cheddar cheese
(300 calories, 6 grams fat, 11 grams protein)

16 ounces Coca-Cola Classic,
6 Ritz crackers
(299 calories, 5 grams fat,
2 grams protein)

Bottle of water; turkey sandwich
with 1 slice bread, $\frac{1}{4}$ -pound turkey,
lettuce, tomato, mustard
(214 calories, 5 grams fat, 24 grams protein)

4 cups microwave popcorn,
1 bottle Snapple Iced Tea
(240 calories, 7 grams fat,)
3 grams protein

4 cups light microwave popcorn,
tall Starbucks Frappuccino
(248 calories, 4 grams fat,
6 grams protein)

1 jelly doughnut
(220 calories, 9 grams fat,
4 grams protein)

$\frac{1}{2}$ whole-grain bagel with 2 tbsp light
cream cheese, 1 teaspoons all fruit jam
(141 calories, 4 grams fat, 8 grams protein)

Wendy's medium Frosty
(440 calories, 11 grams fat,
11 grams protein)

$\frac{1}{2}$ cup vanilla yogurt and fresh berries
sprinkled with $\frac{1}{4}$ cup low-fat granola
(205 calories, 1 gram fat, 6 grams protein)

WEEKLY FOOD DIARY

Your Name: _____ Week Beginning: _____

MONDAY

Breakfast	Lunch	Dinner	Comments/Exercise
Protein:	Protein:	Protein:	
Complex carb:	Complex carb:	Complex carb:	
Simple carb:	Simple carb:	Simple carb:	
Added fat:	Added fat:	Added fat:	
Snack*:	Snack*:	Snack*:	

□□□□□□□□

CHECK YOUR WATER AS YOU DRINK

TUESDAY

Breakfast	Lunch	Dinner	Comments/Exercise
Protein:	Protein:	Protein:	
Complex carb:	Complex carb:	Complex carb:	
Simple carb:	Simple carb:	Simple carb:	
Added fat:	Added fat:	Added fat:	
Snack*:	Snack*:	Snack*:	

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CHECK YOUR WATER AS YOU DRINK

*Remember to have a carbohydrate and a protein as a power snack.

WEEKLY FOOD DIARY

Your Name: _____ Week Beginning: _____

WEDNESDAY

Breakfast	Lunch	Dinner	Comments/Exercise
Protein:	Protein:	Protein:	
Complex carb:	Complex carb:	Complex carb:	
Simple carb:	Simple carb:	Simple carb:	
Added fat:	Added fat:	Added fat:	
Snack*:	Snack*:	Snack*:	

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CHECK YOUR WATER AS YOU DRINK

THURSDAY

Breakfast	Lunch	Dinner	Comments/Exercise
Protein:	Protein:	Protein:	
Complex carb:	Complex carb:	Complex carb:	
Simple carb:	Simple carb:	Simple carb:	
Added fat:	Added fat:	Added fat:	
Snack*:	Snack*:	Snack*:	

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CHECK YOUR WATER AS YOU DRINK

*Remember to have a carbohydrate and a protein as a power snack.

WEEKLY FOOD DIARY

Your Name: _____ Week Beginning: _____

FRIDAY

Breakfast	Lunch	Dinner	Comments/Exercise
Protein:	Protein:	Protein:	
Complex carb:	Complex carb:	Complex carb:	
Simple carb:	Simple carb:	Simple carb:	
Added fat:	Added fat:	Added fat:	
Snack*:	Snack*:	Snack*:	

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CHECK YOUR WATER AS YOU DRINK

SATURDAY

Breakfast	Lunch	Dinner	Comments/Exercise
Protein:	Protein:	Protein:	
Complex carb:	Complex carb:	Complex carb:	
Simple carb:	Simple carb:	Simple carb:	
Added fat:	Added fat:	Added fat:	
Snack*:	Snack*:	Snack*:	

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CHECK YOUR WATER AS YOU DRINK

*Remember to have a carbohydrate and a protein as a power snack.

WEEKLY FOOD DIARY

Your Name: _____ **Week Beginning:** _____

SUNDAY

Breakfast	Lunch	Dinner	Comments/Exercise
Protein:	Protein:	Protein:	
Complex carb:	Complex carb:	Complex carb:	
Simple carb:	Simple carb:	Simple carb:	
Added fat:	Added fat:	Added fat:	
Snack*:	Snack*:	Snack*:	

CHECK YOUR WATER AS YOU DRINK

***Remember to have a carbohydrate and a protein as a power snack.**

Weekly Comments:[illegible]