

From the authors of the #1 *New York Times*
bestseller, *YOU: The Owner's Manual*

YOU



ON A

DIET

The Owner's Manual for Waist Management

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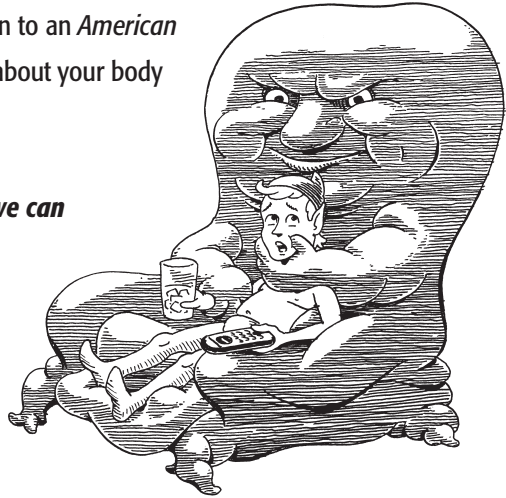
The Fat Facts Test

What Do You Really Know about Fat, Diets, and Other Weight-loss Solutions?

To help you determine your level of dietary knowledge, take this Fat Facts Test. In less time than it takes to listen to an *American Idol* off-key clunker, you may just learn more about your body and belly than you've ever known before.

1. What is the first historical event that we can point to as contributing to the rise in excess pounds?

- a. The development of agriculture.
- b. The development of whipped cream in coffee.
- c. The development of more office jobs.
- d. The development of fast food.



2. What is the reason most diets fail?

- a. They're designed so that they're impossible to stick to long-term.
- b. They're so complicated that you need a math degree to follow them.
- c. There are only so many carrot sticks and celery stalks a person can take.
- d. Mozzarella sticks. Mmm!

3. Which of the following strategies is most recommended for people trying to lose weight?

- a. Weighing yourself once a week.
- b. Eating two to three small meals a day.
- c. Eating nuts every day.
- d. Ex-Lax smoothies for everyone!

4. What's the most important number for determining whether an increased waist size is putting you at risk for health problems?

- a. Bra size.
- b. Blood pressure.
- c. Cholesterol.
- d. Heart rate.

5. What is ghrelin?

- a. The name of a *Harry Potter* character.
- b. A hormone that makes you want to eat more.
- c. The name of fat cells in your belly.
- d. The chemical in your brain that makes you feel good.

6. What is leptin?

- a. The name of the dude on the Lucky Charms cereal box.
- b. The muscle-building protein that helps burn fat.
- c. The nutrient in fruit that works in conjunction with fiber.
- d. A chemical from fat that tells your brain you are full.



7. Which spice has been shown to be helpful for controlling weight?

- a. Cinnamon.
- b. Thyme.
- c. Oregano.

8. Complete this sentence with the most accurate response. Fructose _____.

- a. Is responsible for decreasing the number of calories in many foods.
- b. Tricks your mind so you stay hungry longer.
- c. Is responsible for increasing the amount of bad-for-you trans fat in foods.
- d. Sure makes my Trix taste darn good.

9. What does your body most want to do in periods of extreme stress?

- a. Stay away from food.
- b. Gorge on food.
- c. Seek crunchy foods.
- d. Crumple up into a pile of jelly and retreat to a warm bath.

10. Which choice is most recommended to cut your appetite?

- a. Whole-grain foods.
- b. Whole aisles of fruit.
- c. Whole lot of a diet soda.
- d. Whole boxes of Girl Scout cookies.

11. Of the following choices, which is least dangerous to a long-term waist management strategy?

- a. A 1,000-calorie-a-day diet.
- b. Higher than usual colonics to remove all fat.
- c. Training for a marathon.
- d. Playing video games.

12. Which organ is most responsible for metabolism?

- a. Heart.
- b. Stomach.
- c. Liver.
- d. Kidneys.

13. Which condition is responsible for weight gain in about 10 to 20 percent of younger women?

- a. Vulvodynia.
- b. Hyperthyroidism.
- c. Polycystic Ovary Syndrome (PCOS).
- d. I've had six kids, so cut me a break, would ya?

14. Calorie for calorie, what fills you up for the longest amount of time?

- a. Fat.
- b. Fiber.
- c. Fructose.
- d. French fries.

15. At least how much must you walk daily for optimum waist control?

- a. Thirty minutes.
- b. Two hours.
- c. Any time you can spare.
- d. Any, as long as it's not traveling to and from the fridge.

16. What is the main purpose of liposuction?

- a. To help people lose weight.
- b. To target problem body parts.
- c. To keep some Hollywood docs in business.
- d. To ensure another season of successful reality TV.

17. What is your omentum?

- a. A badly misspelled word.
- b. The part of your brain that's stimulated to store fat.
- c. A chemical that controls hunger.
- d. A fat-storing tissue.



18. Health-wise, what is the optimal waist size for a woman?

- a. As little as possible.
- b. 32½ inches.
- c. Under 35 inches.
- d. Whatever slides into that little black dress, honey.

19. Which part of your body that plays a role in weight gain works most like your brain?

- a. Your stomach.
- b. Your heart.
- c. Your small intestine.
- d. Your unmentionables.

20. What is CCK?

- a. The former Soviet Union.
- b. A hormone that regulates insulin levels by changing your blood sugar level.
- c. Colonic Creations by Katherine.
- d. Cholecystokinin, a chemical that tells your brain to stop eating the waffle.

21. Of the following items, what contributes most to weight gain?

- a. Periods of low levels of willpower.
- b. Short periods of high-intensity stress.
- c. Long periods of low-intensity stress.
- d. Periods of high-intensity dessert trays.

22. What is a duodenal switch?

- a. An effective surgical technique for losing weight.
- b. An intestinal transplant.
- c. The hot new band from Seattle.
- d. A program for cleansing your colon of toxins.

23. Which of the following can be an effective medical option for weight loss?

- a. Aspirin.
- b. Beta-blockers.
- c. Statins.
- d. Antidepressants.

24. Which activity is most helpful for waist control?

- a. Crunches.
- b. Cardiovascular training like running.
- c. Resistance training like weight lifting.
- d. Naked salsa dancing every other Tuesday.



25. What's the worst side effect of losing weight?

- a. Increased risk of chocolate withdrawal.
- b. Increased risk of muscular and joint aches.
- c. Increased risk of yo-yo dieting.
- d. Increased risk of astronomical tailor bill.

Answers

1. a. The development of agriculture meant that we could now have foods we wanted, not needed. And that's what provided the foundation for indulgence.
2. a. Most diets don't reprogram you to think and eat automatically, so that eventually you'll go *off* the diet just as surely as you went *on* it.
3. c. Eating a handful of nuts has been shown to help you stay full, while skipping meals can be detrimental because your body will go into a fat-storing, starvation mode when it doesn't have enough calories.
4. b. Of these risks, blood pressure is the greatest indicator of health risks associated with being overweight.
5. b. Ghrelin makes you want to eat more.

6. d. Leptin keeps you full.
7. a. Cinnamon increases insulin sensitivity, which helps enhance the satiety center in your brain (and also reduces blood sugar levels as well as cholesterol levels).
8. b. Fructose, as in high-fructose corn syrup, doesn't appear to turn off your hunger chemicals, so you do not feel full; thus you eat more.
9. a. Extreme stress (as in the case of a car accident, or even exercise) turns off your hunger. Chronic stress (like a looming deadline or family problems) can make you crave feel-good carbohydrates.
10. a. Whole-grain foods are loaded with filling fiber.
11. d. Playing video games works because it keeps your hands busy, so you can't eat. (Training for a marathon is actually destructive to your body because of the risk to your joints, and for most people, 1,000 calories is a dangerously low daily caloric intake. Do we really need to explain colonics?)
12. c. Your liver is responsible for most metabolic functions.
13. c. PCOS is responsible for weight gain in at least 10 percent of women under age fifty. It's now clinically called androgen excess; androgen refers to the male hormone.
14. b. Fiber fills you. A cup of oatmeal in the morning has been shown to prevent you from afternoon gorging.
15. a. Walk at least thirty minutes—at once or in intervals—every day.
16. b. Liposuction should be used to sculpt problem areas, not to remove a lot of fat.
17. d. Located next to your stomach, your omentum is fat that can cause damage to surrounding organs.
18. b. While 32½ inches is ideal, 37 inches is when women start seeing an increased risk of weight-related disorders.
19. c. Your small intestine—with 100 million neurons—has anatomy similar to your brain.
20. d. CCK is a chemical that directly and indirectly sends a message to your brain from your guts that you're full.
21. c. Chronic stress makes your body store more fat.
22. a. A duodenal switch is one of several surgical options for people with morbid obesity.
23. d. Bupropion, an antidepressant, has been shown to help control cravings and lead to about a 7 percent weight loss. Other antidepressants, such as tricyclic antidepressants

or selective serotonin reuptake inhibitors (SSRIs), can often be associated with weight gain.

24. c. Adding a little muscle through resistance training helps your body burn more fat throughout the day.
25. c. Yo-yo dieting not only has physiological effects, because you end up gaining more weight after you've lost it, but it also has psychological effects.

Scoring

You get one point for each correct answer.

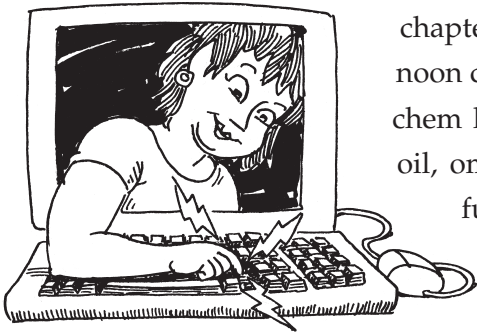
20 and above: Congratulations, doc. You're an anatomical expert.

11–19: You're average, but then again, the average person is overweight, so maybe this isn't so good. Maybe you'd better read on.

10 and below: Don't worry, you're about to enroll in the ultimate course in the biology, history, and anatomy of fat—which is the best way to change your body.

The YOU Diet Meals: YOUR Choices

Think of this rebooting program as the training wheels in waist management. It will help you find your eating balance. The plan is all about using body chemistry, not willpower, to succeed. For example, lots of fiber and lots of protein are



included in the morning. (In case you skipped from the first chapter to this one, fiber in the morning helps control afternoon cravings. Extra protein decreases appetite.) More body-chem help comes from all the good fats—nuts, olives, olive oil, omega 3-rich fish oils—which help keep your sense of fullness and healthy HDL cholesterol up and your lousy LDL cholesterol down. We've limited simple sugars because they set off sharp swings in blood sugar levels that put you into a cycle of craving high-calorie

foods. Plus all of these food-moves fight the destructive inflammatory effects that make you hungry, your arteries unhealthy, and your waist larger, not smaller.

At a glance, you'll see lots of raw veggies and whole wheat toast. In fact, the same-old-same-old routine actually is the point. Studies show that people who eat the same meal for at least one meal a day lose more weight than those have more variety. And if you're like our patients, you won't be hungry on this plan. Having a lot of food choices is what makes us live life like we're in a never-ending speed-eating contest. But decrease your food choices, and you'll automatically decrease your appetite and waist size. Pick the one meal you rush through most and automate it. For most people, it's lunch. So find a healthy lunch you like—salad with grilled chicken and olive oil, turkey on whole-grain bread—and have it for lunch every day. Every day. Yes, every day.

Below, we've listed your options for every food moment of the day (except dinner, which you'll find outlined specifically in the daily schedule). You can choose any of the options listed, but ideally choose just one or two to eat on most days. We've found that the most successful people are those who pick just one—and stick with it.

YOUR Breakfast Choices

For Cereal Lovers	For Egg Lovers	For Bread Lovers	For Breakfast Haters
<p>Cooked oat cereal with 4 ounces of skim milk, or soy milk fortified with vitamin D and calcium, and 1 fistful of your favorite fruit</p> <p>OR</p> <p>1 cup Kashi high-fiber or cold-oat cereal (like Cheerios) with 1 fistful of your favorite fruit, with 4 ounces of skim milk, or soy milk fortified with vitamin D and calcium</p>	<p>Egg-white omelet (3 egg whites and 1 whole egg), plus cut-up mixed veggies (premade, see below)</p> <p>OR</p> <p>2 scrambled, poached, or hard-boiled eggs with 2 pieces of lean turkey sausage or tofu sausage</p>	<p>1 slice toasted whole wheat bread with 1 teaspoon peanut butter, or 1 teaspoon apple or walnut butter or avocado spread</p>	<p>Magical Breakfast Blaster (see recipe, page 263)</p> <p>OR</p> <p>Pineapple-Banana Protein Blaster (see recipe, page 262)</p>

YOUR Lunch Choices

Meal-Size Salad	Soup and Salad	Healthy Burger	Fast Food
<p>Chopped salad: 6 chopped walnuts, chopped veggies (your choice), and chopped mixed greens tossed with 4 ounces of salmon, turkey, or chicken breast; with balsamic vinegar (2 parts) and olive oil (1 part) dressing</p> <p>OR</p> <p>One of the YOU Salads (recipes follow)</p>	<p>1 cup of one of the many hearty YOU Soups plus any of the YOU Salads (recipes for both follow) or a non-Caesar salad using olive or canola oil, or balsamic vinegar and olive oil dressing</p>	<p>Veggie burger or Boca Spicy Chik'n Patty on a toasted whole wheat English muffin with 1 tablespoon of fructose-free olive oil-based marinara sauce, sliced tomato, romaine lettuce or spinach leaves, plus slices of red onion</p>	<p>See best options for fast-food meals on page 256.</p>

YOUR Evening Snack Choices

(But Don't Eat after 8:30 p.m.)

Simon's Popcorn (see recipe)

OR

Any snack option

OR

Whole wheat pita toasts and Tomato-Avocado Salsamole (see recipe)

YOUR Drink Choices

Plain or sparkling water (with fruit slice if desired), skim milk, coffee, hot or iced tea (decaffeinated is best if you have problems sleeping), diet soda (but only 1 to 2 a day)

For breakfast, you may include an 8-ounce glass of fruit or vegetable juice, such as tomato juice or 100 percent grapefruit juice or orange juice with pulp, fortified with calcium and vitamin D

For dinner, you can include one glass of alcohol, which we prefer you to drink toward the end of the meal so it does not hinder your satiety center's ability to slow your voracious appetite. If you're a nondrinker, it's OK to swap for a teetotaler's cocktail made with low-sugar grape juice, sparkling water, and lime

The Fourteen-Day YOU Diet

During these two weeks, we'll give you the meal guidelines, the tools, the strategies, the tricks, the plan, and the help you need to change your diet into a live-it. By the end of the fourteen days, you'll have developed eating patterns and behavioral habits that will help you on your way to changing your body from the inside out. Here we outline the seven-day plan and strategies for making smart decisions about food and eating. In week two, you'll repeat the first week, making appropriate food substitutions where you wish.

Day One: Saturday

- 1. Walk:** Thirty minutes. Walking—whether you do it by yourself, with a friend, with your dog (only actual walking time counts, not time spent waiting for the dog to sniff), or around the living room table—gives you your first dose of physical success. Walk every day for 30 minutes, and you'll establish the behavioral and motivational foundation for the YOU Diet.
- 2. Stretch:** Do three to five minutes of stretching after your walk. See page 000. While stretching keeps your muscles limber and flexible to help prevent injury, it also has a meditative element to it, helping you refocus and cope with cravings, as we explain on page 000. “No pain, no gain” does not apply here.
- 3. Dump Your Fridge:** To make room for all the new, good food you're about to buy, it's time to rid your kitchen of the nutritional felons. The appeals are up; it's execution time. Read the label of everything in your kitchen cupboards, your refrigerator, your secret boxes, and everywhere else you stash food. If something has any of the following in one of the first five ingredients, throw it out:



- ❖ Simple sugar. This includes brown sugar, dextrose, corn sweetener, fructose (as in high-fructose corn syrup), glucose, corn syrup, honey, invert sugar, maltose, lactose, malt syrup, molasses, raw sugar, and sucrose. Keep a little table sugar handy, and honey, and maple sugar, because you'll use some for recipes. (See our box on other sweeteners on page 000.)
- ❖ Saturated fat. This includes most four-legged animal fat, milk fat, butter or lard, and tropical oils, such as palm and coconut.
- ❖ Trans fat. This includes partially hydrogenated fats, vegetable oil blends that are hydrogenated, and many margarines and cooking blends. (If you must, use *sterol* spreads such as Promise and Benecol.)

❖ Enriched flours and all flours other than 100 percent whole grain or 100 percent whole wheat. This includes enriched white flour, semolina, durum wheat, and any of the acronyms for flour that is not whole wheat—they should not be in your kitchen.

- 4. Go Food Shopping:** Your current kitchen is most likely like a prison—it's filled with a lot of bad dudes. We want to turn your kitchen into a nutritional honor society, so that it's filled with good-for-your-waist foods that make it easy (and automatic!) to eat right. The first week, you'll have a larger-than-normal shopping list because you'll stock up on essentials as well as ingredients you'll need for this week's recipes. For a specific shopping list that works with our suggested seven-day schedule, see page 250.
- 5. Make Your Weekly Staples:** Your choice of vegetables or soup. See above.

Eat!

Follow guidelines for breakfast, lunch, and snacks. For dinner, have . . .

Asian Salmon with Brown Rice Pilaf

Day Two: Sunday

- 1. Walk:** Thirty minutes.
- 2. Stretch:** Do five minutes of stretching.
- 3. Partner Up:** If you try to undertake this alone, there's a much higher risk that you'll end up lips-first in a bowl of creamed corn. Find your YOU partner—be it a spouse, a friend, a coworker—someone you can talk to about your goals, your meals, your new plan. Make a plan to talk (or email) five minutes every day—to tell him or her that you walked that day and to tell about your day's meals. If you prefer a cyber friend, log on to www.realage.com and match up with a partner there.

Better yet, try to find a partner or partners who are in this *with* you. Share this book; share the knowledge you've learned; embark on a "work smart, not hard" journey together. It's one thing to lose three, four, or five inches yourself, but quite another when you can help contribute to America's collective loss in waistband size. After all, what's better than experiencing the satisfaction of helping yourself achieve your goal? Helping others do the same.

Eat!

Follow guidelines for breakfast, lunch, and snacks. For dinner, have . . .

Spicy Chili or Stuffed Whole Wheat Pizza

Day Three: Monday

1. **Walk:** Thirty minutes.
2. **Do the YOU Workout:** Follow the twenty-minute no-weights YOU Workout, which includes both strength and stretching exercises, on page 212. Strength training helps you add muscle, which will help speed your metabolism and burn fat. Also start tightening your abs when you walk, which will help improve your posture and make your clothes fit better. Walk at a pace that raises your heart rate, or include twenty minutes of another cardiovascular exercise.
3. **Write It Down (or Type It In):** Generally, we're into guilt trips as much as we're into bourbon as a topical anesthetic, but we also think there's a fine line between guilt and motivation. One of the ways you can help reprogram yourself is by writing down (or recording, for you technophiles) everything that you eat. In a way, it holds you accountable; you won't want to eat bad foods, because you won't want the visual reminder that you ate them. For these two weeks only—just to establish your new routine—write down *everything* you eat. Yep, even the three M&M's you just swiped. (For the technically savvy, some handheld devices have programs that allow you to scan the bar codes of the foods you eat. You enter the the quantity you eat, and the program will keep track of your calories—see www.realage.com or www.mychoicescount.com.)
4. **Go Shopping:** With three days of walking under your soon-to-be-loose belt, it's time you made another trip to the store. This time, make it the sports store—for a good pair of running shoes. Use them for walking only. Running shoes are lightweight, and they provide lots of heel cushioning (because they're made for people who pound the ground with more force). Your best bet: Go to a running specialty store, where the staff can not only measure your feet but analyze your stride and determine what kind of walker you are. (Note: Go shopping in the late afternoon when your feet are more likely to be swollen, to ensure the best fit.) If you like, you can also add these to your list:
 - ❖ Socks with extra padding on the bottom. (Avoid cotton; you need socks that wick moisture away from your feet.)
 - ❖ A yoga mat, so you don't slip and slide while enjoying the deep poses (and dumbbells or resistance bands if you're already advanced to use those; see page 000).

Eat!

Follow guidelines for breakfast, lunch, and snacks. For dinner, have . . .

Mediterranean Chicken with Tomato, Olives, and Herbed White Beans

Day Four: Tuesday

1. **Walk:** Thirty minutes.
2. **Stretch:** Do five minutes of stretching.
3. **Make Any Needed YOU-turn:** It's not uncommon at this point for you to have already dabbled in the neighbor's cake, picked at the kids' Cheez Doodles, or snuck a few bites of a butter-covered pretzel from the mall. And that's OK. Just get yourself back together.

At the next available moment, make an authorized YOU-turn.

The next time you find yourself dancing with the Devil Dog, try these coping strategies:

❖ **The Lip Lick.** Breathe in, lick your lips, swallow, and breathe out slowly, saying "ohm." Let the cool air flow across your lips. The soothing move—which takes all of about three seconds—helps you to reset, calm down, and refocus.



❖ **The Waist Hang.** Stand up straight, bend over at your waist, and let your lower back relax. Reach for the floor, grab your elbows, or hold the back of your knees. The important thing is to let all of the tension you have stored in your back and hips unwind. Relax your neck completely. If you feel tight, don't straighten your knees.

Eat!

Follow guidelines for breakfast, lunch, and snacks. For dinner, have . . .

Royal Pasta Primavera Provençale

Day Five: Wednesday

1. **Walk:** Thirty minutes.
2. **Do the YOU Workout:** Follow the twenty-minute no-weights YOU Workout, which includes both strength and stretching exercises, on page 212.
3. **Call Your Doctor:** Remember, waist management is a team game, and your doctor is one of your MVPs. So schedule an appointment for 30 days from now (or sooner if you have a great relationship). You can use him or her to help you in many different ways:
 - ❖ Update your vitals such as blood pressure, waist size, and heart rate. If you need a baseline for such numbers as HDL and LDL cholesterol (HDL is more important for women), now's a good time to schedule a physical, get a few blood tests, and talk to your doctor about your new plan.
 - ❖ Having a physical will also prove helpful when you reach a plateau—when your waist and weight loss will seem to have stalled. (Your doctor may then be able to prescribe medication that can help you get over a hump; see appendix A.)

Eat!

Follow guidelines for breakfast, lunch, and snacks. For dinner, have . . .

Apricot Chicken and Green Beans with Almond Slivers

Day Six: Thursday

1. **Walk:** Thirty minutes.
2. **Stretch:** Do five minutes of stretching.
3. **Do a Little Bragging:** If you go public with your success, it makes turning back more difficult. Tell a friend or a coworker about the progress you've made and the changes you've noticed.

Eat!

Follow guidelines for breakfast, lunch, and snacks. For dinner, have . . .

Turkey Tortilla Wraps with Red Baked Potato

Day Seven: Friday

1. **Walk:** Thirty minutes.
2. **Do the YOU Workout:** Follow the twenty-minute no-weights YOU Workout, which includes both strength and stretching exercises, on page 212.
3. **Restock Your Kitchen:** Check your pantry for ingredients you've run out of and make a shopping list for next week's recipes.
4. **Grade Yourself:** Whether it's with work or a first date, it's always nice to have some way to know how you're progressing. Now is the time to take your waist measurement and weigh yourself, just to see what changes you've made. In your first week, you may see up to a one-inch waist reduction and a two- to four-pound weight reduction. You might even be able to drop one clothing size.

Eat!

Follow guidelines for breakfast, lunch, and snacks. For dinner, have . . .

Broiled Trout, Orata, or Branzini with Rosemary and Lemon

Day Eight to Forever: Your Reprogrammed Body

There you have it. We've given you all the tools, actions, and adjustments you need to take your body back to its factory settings, with a healthy waist and a healthy weight. Now just repeat the steps for the second week, making meal substitutions as you like (see additional recipes starting on page 292).

Work smart, not hard. Week one puts you in motion and allows your body to adjust. Week two gives you seven days to practice the plan, feel what it's like to eat well, and figure out what to do if you don't. Research shows that it takes two weeks of repetitive action to make the action become automated, so now you can take the plan and tweak it. Or repeat it. Or try new dinner recipes that you can find on our website, www.realage.com/youdocs. Make adjustments based on our nutritional guidelines as well as your tastes. This isn't the end of your waist-management plan, it's just the beginning.

Somewhere between the second and third week of the program, data shows that the behavior changes that are crucial for sustained waist loss will become ingrained in you. About the same time, your newly detoxified body will become more sensitive to poor-quality foods. Instead, as you adopt the *YOU: On a Diet* habits, you will crave the foods similar to the ones we list. Your liver will enjoy not having to manage toxic elements and will pass along the love to the rest of the body by reducing inflammation. All the data we have on folks who lost a lot of weight and kept it off points to using a steady, resilient program. You can make mistakes but still bounce back if you keep moving and keep making calm YOU-turns without a lot of emotional baggage. The types of foods we advocate will always come to your rescue even if you make a few wrong turns, anyway.

When you reach a plateau—which you will—you will have three choices: drop another few calories from your daily intake, increase your physical activity, or see a physician about extra help if appropriate. But remember that the purpose of losing weight is to gain health, so when you reach your playing weight and your body is loving the feeling, just stay the course.

Sample Eating Schedule

Above, we've given you all the tools you need to reprogram your kitchen, your body, and the biochemicals that will keep you from going hungry and that will keep you from storing fat. Below, we put it all into action by giving you a sample week showing how the YOU Diet works. Want a plan that requires absolutely no thought at all? Then follow this schedule and the shopping list.

Note: Because we all have higher or lower caloric needs (depending on genes, metabolic rates, activity levels, and other factors), we do not dictate serving sizes here. Your goal is to eat the amount that makes you satisfied—that's a level three or four on our satiety scale (see page 000), not feeling more bloated than a puffer fish. For some people, portions may be a little more than a traditional serving size. For others, they may be a little less.

Sunday

Breakfast: Egg-white omelet; juice and coffee or tea

Morning Snack: Revved-up Veggies with dip

Lunch: Healthy Burger with the works

Afternoon Snack: Yogurt with fruit

Dinner: Asian Salmon with Brown Rice Pilaf

Dessert: 1 ounce dark chocolate with orange slices

Drinks: Water, coffee, tea, etc., as you wish (see proposed broader list)

Monday

Breakfast: Magical Breakfast Blaster

Morning Snack: ½ ounce raw nuts

Lunch: Chopped salad of walnuts, veggies, greens, and salmon/turkey/chicken

Afternoon Snack: Yogurt with fruit

Dinner: Stuffed Whole Wheat Pizza

Evening Snack: Simon's Popcorn

Drinks: Water, coffee, tea, etc., as you wish

Tuesday

Breakfast: Cheerios with skim milk; juice and coffee or tea

Morning Snack: Apple

Lunch: Cup of Garden Harvest Soup; Cranberries, Walnuts, and Crumbled Cheese over Greens

Afternoon Snack: Yogurt with fruit

Dinner: Mediterranean Chicken with Tomato, Olives, and Herbed White Beans

Dessert: Cinnamon Apple Sauté à la Mode

Drinks: Water, coffee, tea, etc., as you wish

Wednesday

Breakfast: Magical Breakfast Blaster

Morning Snack: 1 ounce raw nuts

Lunch: Chopped salad of walnuts, veggies, greens, and salmon/turkey/chicken

Afternoon Snack: Yogurt and fruit

Dinner: Royal Pasta Primavera Provençale

Evening Snack: Tomato-Avocado Salsamole and pita toasts

Drinks: Water, coffee, tea, etc., as you wish

Thursday

Breakfast: Cheerios with skim milk; juice and coffee or tea

Morning Snack: Plum

Lunch: Cup of Garden Harvest Soup: Cranberries, Walnuts, and Crumbled Cheese over Greens

Afternoon Snack: Revved-up Veggies in ½ whole wheat pita

Dinner: Apricot Chicken and Green Beans with Almond Slivers

Dessert: 1 ounce dark chocolate with a sliced orange

Drinks: Water, coffee, tea, etc., as you wish

Friday

Breakfast: Magical Breakfast Blaster

Morning Snack: 1 ounce raw nuts

Lunch: Chopped salad of walnuts, veggies, greens, and salmon/turkey/chicken

Afternoon Snack: Yogurt with fruit

Dinner: Turkey Tortilla Wraps with Red Baked Potato

Evening Snack: Simon's Popcorn

Drinks: Water, coffee, tea, etc., as you wish

Saturday

Breakfast: Cheerios with skim milk; juice and coffee or tea

Morning Snack: Yogurt with fruit

Lunch: Cup of Garden Harvest Soup; Cranberries, Walnuts, and Crumbled Cheese over Greens

Afternoon Snack: Revved-up Veggies with dip

Dinner: Broiled Trout, Orata, or Branzini with Rosemary and Lemon; Rock Asparagus

Dessert: Cinnamon Apple Sauté à la Mode

Drinks: Water, coffee, tea, etc., as you wish

Your Shopping List

The first week, you'll be buying more stuff than all other weeks, as you're gathering the building blocks for your new fridge and pantry (including spices, oils, and other long-term ingredients). We believe in working from the inside of the store out so that heat and bacteria have less time to grow on your produce before you get it home. This list includes both your staples and your ingredients for the recipes on our seven-day sample schedule. You can make your make weekly or biweekly shopping lists for any of the recipes and snack choices and for any number of people (one to twenty-four) at www.realage.com/shoppinglist.

Shopping List Basics

Serves two for one week:

- ❖ The shopping list has been subdivided into categories to make shopping easier (grains, refrigerated items, protein, dried fruits and nuts, fresh veggies, and so forth).

- ❖ A general condiment list has been included below for seasonings, spices, oils, and so on, needed to complete the recipes. You may already have many of these items in your pantry.
- ❖ Tomato or cranberry juice can be substituted for any or all of the orange juice.

Inside Aisles: Grains

- 1 box cold oat cereal (Cheerios)
- 1 package 100 percent whole wheat or 100 percent whole-grain English muffins (try to find without sugar, honey, or high-fructose corn syrup added)
- One 12-inch or 10-ounce prepared thin 100 percent whole-grain pizza crust
- 1 box short-grain brown rice
- 1 box 100 percent whole wheat rigatoni or linguine pasta
- 1 box steel-cut oatmeal
- 1 bag small 100 percent whole wheat pitas
- 1 bag 100 percent whole wheat tortillas

Inside Aisles: Canned/Jarred Items

- 2 quarts (8 cups) low-salt vegetable or chicken stock or broth
- 1 can (15 or 16 ounces) white beans
- 2 cans (14½ ounces each) stewed tomatoes
- 1 can whole, crushed, or diced tomatoes
- 16 ounces tomato sauce (with olive or canola oil and less than 4 grams of sugar per ½ cup)
- 1 jar kalamata olives, halved
- 1 jar olive relish or tapenade
- 1 can sun-dried tomato bits or finely chopped sun-dried tomatoes (not in oil)
- 2 cans unsweetened peaches or tangerines
- 1 small can jalapeño peppers
- 1 jar popping corn (enough to make 8 cups)
- 1 jar unsweetened apple juice or cider (preferably organic)
- 1 jar apple butter (keep in fridge)
- 1 jar all-natural peanut butter (no trans fat, no added sugar or fructose)

Inside Aisles: Dried Fruits and Nuts

- 1 bag raw walnuts (at least 8 ounces)
- 1 bag raw hazelnuts (at least 4 ounces)
- 1 bag raw almonds (at least 4 ounces)

- 1 bag slivered almonds (at least ¼ cup)
- 1 bag dried cranberries (at least ¾ cup)
- 1 bag dried apricots
- 1 package chopped pistachios (enough for 1½ tablespoons)

Staple Condiments/Spices: Buy these or make sure you have them in your pantry. Refill as needed.

- Olive oil
- Canola oil
- Salt
- Pepper
- Fresh garlic
- Low-sodium soy sauce
- Balsamic vinegar
- Wine vinegar
- Maple syrup (look for a brand that doesn't have high-fructose corn syrup listed in the first four ingredients)
- Marinara sauce or other red tomato sauce
- Dijon mustard
- Hot red pepper sauce
- Pam spray-on canola oil
- Nutmeg
- Cinnamon
- Your favorite coffee or tea
- Dark chocolate bar with at least 70 percent cocoa, or 1 small bag mini semisweet all-cocoa chocolate chips (not milk chocolate and without milk fat)

Refrigerated Items:

- 1 half gallon skim milk or low-fat soy milk fortified with calcium and vitamin D
- 1 quart 100 percent orange or grapefruit juice with pulp, fortified with calcium, magnesium, and vitamin D
- 1½ cups (6 ounces) crumbled farmer cheese
- 6 eggs
- 1 bag finely shredded part-skim mozzarella cheese (enough for 2 ounces)
- eight 4-ounce containers of probiotic low-fat yogurt

Chicken/Turkey/Fish:

- 2 bone-in chicken thighs without skin
- 2 skinless, boneless chicken breast halves (about 4 ounces each)
- 12 ounces sliced cooked salmon (or white turkey or chicken from deli)
- 8 ounces skinless salmon fillets (or skinless chicken or turkey breasts)
- 1 whole fish (trout, orata, or branzini, about 4 ounces per serving)

Frozen Food:

- 1 box Boca Spicy Chik'n Patties
- 1 bag frozen unsweetened blueberries
- 1 bag frozen unsweetened raspberries
- 1 small container nonfat or low-fat vanilla frozen yogurt

Health Food Aisle or Health Food Store:

- Soy protein (like Nature's Plus Spiru-Tein)
- Psyllium
- Flaxseed

Other:

- 1 bottle white wine

Produce Area (shop last):

- Wild Card: If you especially like particular fruits or vegetables, buy them in whatever quantities you want and eat them as substitutions or additions to your recipes (especially in season).
- three 10-ounce bags of salad mix (classic romaine or other mixed-green salad)
- 10 cups mixed mesclun or spring greens
- 1 pound cut-up stir-fry veggies (asparagus, broccoli, cauliflower, mushrooms, multicolored bell peppers, red and white onions, zucchini)
- Sliced carrots, apples, broccoli and/or celery in a package
- 2 pounds other veggies (your choice) to sauté, dip, mix into omelets, chop into salads
- 5 small apples (Jonagold or Ambrosia)
- 2 small plums
- 3 tomatoes
- 1 bunch of carrots

Ready-made Meals

Sometimes it's easier to reach into the freezer than it is to pull out the pots, even when you do have drag-race-worthy recipes. That's OK. Plenty of ready-made choices are available for you to sub for one of your lunches or dinners, if that's easiest for you. You should still follow guidelines we've outlined (look at labels to avoid high levels of biochemical-busting ingredients, like more than 4 grams per serving of sugar or saturated fat and any trans fat). These are some of the ones we favor.

Soups:

Check sodium to make sure it's less than 400 milligrams per serving, and avoid soups with noodles, since they may be cooked in saturated or trans fats.

Dried: Healthy Valley and Fantastic Always Natural

Canned: Eden Organic, Health Valley, Amy's Organic Soups, Muir Glen Organic, Wolfgang Puck

Snacks:

Low-calorie cheese: Horizon Organic part-skim mozzarella sticks and veggie singles

Meals:

Check to make sure a meal is low in trans and saturated fats.

Lean Cuisine, Healthy Choice, Amy's Kitchen

The YOU Diet Recipes

YOU Drinks

Pineapple-Banana Protein Blaster

2 servings ❖ 207 calories per serving

1 large ripe banana

½ cup low-fat (1 percent) soy milk

1 can (4 ounces) crushed pineapple in juice, undrained

½ cup “pineapple-passion” sorbet, such as Select brand
(a Safeway brand)

1 tablespoon soy protein powder (8 grams protein)

Peel banana; break into chunks. Combine all ingredients in blender.
Cover; blend until fairly smooth.



What's in it for you?

Total fat	2 g
Saturated fat	0.8 g
Healthy fats	1.1 g
Fiber	2.1 g
Carbohydrates	38 g
Sugar	17 g
Protein	11 g
Sodium	31 mg
Calcium	39 mg
Magnesium	40 mg
Selenium	1 mcg
Potassium	428 mg

Magical Breakfast Blaster

2 servings ❖ 136 calories per serving

- ½ large ripe banana (or other fruits of your choice)
- 1 scoop (⅓ cup) Soy Protein (like Nature's Plus Spiru-Tein: naturesplus.com)
- ½ tablespoon flaxseed oil
- ¼ cup frozen blueberries
- ½ tablespoon apple juice concentrate or honey
- 1 teaspoon psyllium seed husks
- 8 ounces water

Peel banana; break into chunks. Combine all ingredients in a blender. Optional: Add a few cubes of ice, as well as powdered vitamins. Cover; blend until fairly smooth.



What's in it for you?

Total fat	2.6 g
Saturated fat	0.3 g
Healthy fats	2.4 g
Fiber	6.3 g
Carbohydrates	16.8 g
Sugar	11.1 g
Protein	8.5 g
Sodium	2.8 mg
Calcium	18.5 mg
Magnesium	33.1 mg
Selenium	1.8 mcg
Potassium	19.5 mg

YOU Soups

Garden Harvest Soup

10 servings (about 1 cup each) ❖ 176 calories per serving

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 4 garlic cloves, thinly sliced
- 1 red bell pepper, chopped
- 2 quarts (8 cups) low-salt vegetable or chicken stock or broth
- 1 can (28 ounces) whole, crushed, or diced tomatoes, undrained
- 2 cups water
- 1 small head cabbage, thinly sliced
- ½ teaspoon hot red pepper sauce (optional)
- Salt and freshly ground black pepper (optional)
- Optional garnishes: chopped fresh parsley, chopped fresh cilantro

Heat a large saucepan over medium-high heat. Add oil, then onion; cook 5 minutes, stirring occasionally. Stir in carrot, garlic, and bell pepper; cook until tender. Add stock, tomatoes, water, and cabbage; simmer uncovered 20 minutes. Season to taste with hot sauce and salt and pepper if desired. Garnish with parsley or cilantro if desired.

What's in it for you?

Total fat	4 g
Saturated fat	0.8 g
Healthy fats	2.85 g
Fiber	3.6 g
Carbohydrates	15.9 g
Sugar	4.6 g
Protein	7.1 g
Sodium	374 mg
Calcium	73 mg
Magnesium	35 mg
Selenium	5.6 mcg
Potassium	631 mg

Lisa's Great Gazpacho

4 servings (about 1 cup each) ❖ 120 calories per serving

- 1 can (28 ounces) crushed or diced tomatoes, undrained
- 1 cup tomato juice
- 1 cup *each*: diced (¼ inch) red or orange bell pepper, unpeeled cucumber
- ¼ cup finely chopped red onion
- 2 green onions, finely chopped
- 1 bunch cilantro leaves, chopped
- 3 tablespoons red wine vinegar or apple cider vinegar
- 3 tablespoons extra-virgin olive oil
- 2 dashes (or to taste) hot red pepper sauce
- 2 garlic cloves, minced
- Salt and freshly ground black pepper (optional)
- Optional garnishes: chopped fresh parsley, diced avocado

Place all ingredients except salt, pepper, and garnishes in large bowl and combine. Coarsely puree about half the mixture in a blender or food processor and return it to the bowl; stir well. Season to taste with salt and pepper if desired. Refrigerate for at least 2 hours and up to 8 hours before serving. Garnish as desired.

What's in it for you?

Total fat	12.1 g
Saturated fat	1.8 g
Healthy fats	10.2 g
Fiber	4.6 g
Carbohydrates	19.2 g
Sugar	5.2 g
Protein	4.4 g
Sodium	207 mg
Calcium	74 mg
Magnesium	53 mg
Selenium	0.7 mcg
Potassium	780 mg

Spicy Vegetable Lentil Soup

10 servings (about 1 cup each) ❖ 94 calories per serving

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 red bell pepper, chopped
- 5 garlic cloves, sliced
- 2 quarts (8 cups) water
- 1 cup dried lentils
- 1 can (28 ounces) crushed tomatoes, undrained
- 2 bay leaves
- 2 tablespoons balsamic vinegar
- Salt and freshly ground black pepper (optional)

Heat oil in a large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Stir in carrot, bell pepper, and garlic; cook 3 minutes. Stir in remaining ingredients except salt and pepper; bring to a boil over high heat. Reduce heat; simmer uncovered 18 to 20 minutes, or until lentils and vegetables are tender. Season to taste with salt and pepper if desired. Remove bay leaves before serving.

What's in it for you?

Total fat	1.6 g
Saturated fat	0.2 g
Healthy fats	1.4 g
Fiber	2.8 g
Carbohydrates	8 g
Sugar	1.6 g
Protein	1.9 g
Sodium	82 mg
Calcium	26 mg
Magnesium	16 mg
Selenium	0.6 mcg
Potassium	228 mg

Two-Onion Delight

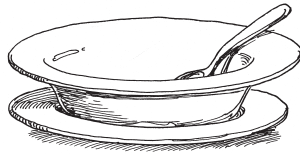
8 servings (about 1 cup each) ❖ 129 calories per serving

- 1 tablespoon olive oil
- 2 onions, sliced
- 2 shallots, sliced
- 1 leek (white and light-green part only), sliced
- 2 quarts (8 cups) low-salt chicken stock or broth
- Salt and freshly ground black pepper (optional)
- ½ cup (4 ounces) grated low-fat Swiss cheese
- 1 bunch chives, finely chopped

Heat oil in a large saucepan over medium-high heat. Add onions; cook 5 minutes, stirring occasionally. Stir in shallots and leek; continue cooking until golden brown, about 5 minutes. Add stock; simmer uncovered 15 minutes. Season to taste with salt and pepper if desired. Ladle into shallow bowls; garnish with cheese and chives.

What's in it for you?

Total fat	5 g
Saturated fat	1.2 g
Healthy fats	3.4 g
Fiber	0.3 g
Carbohydrates	12.3 g
Sugar	5.7 g
Protein	8.5 g
Sodium	385 mg
Calcium	84 mg
Magnesium	16 mg
Selenium	6.4 mcg
Potassium	321 mg



Curried Split Pea Soup

8 servings (about 1 cup each) ❖ 155 calories per serving

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 4 garlic cloves, sliced
- 1 quart (4 cups) low-salt vegetable stock or broth
- 1 quart (4 cups) water
- 1 cup dried yellow split peas
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- ½ bunch parsley, chopped

Heat oil in a large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Add carrot and garlic; cook until softened, about 5 minutes. Add remaining ingredients except parsley; bring to a boil. Reduce heat; simmer uncovered 30 minutes, or until peas are tender. Ladle into shallow bowls; garnish with parsley.

What's in it for you?

Total fat	3.6 g
Saturated fat	0.7 g
Healthy fats	2.7 g
Fiber	6.8 g
Carbohydrates	22 g
Sugar	5.1 g
Protein	9.5 g
Sodium	183 mg
Calcium	30.8 mg
Magnesium	38 mg
Selenium	3.4 mcg
Potassium	432 mg

Quick Black Bean Soup

8 servings (about 1¼ cups each) ❖ 445 calories per serving

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 garlic cloves, sliced
- 1 carrot, chopped
- 2 stalks celery, chopped
- 2 quarts (8 cups) low-salt vegetable stock or broth
- 2 cans (15 or 16 ounces each) black beans, rinsed and drained
- 1 teaspoon ground coriander
- ¼ teaspoon cayenne pepper
- 1 tablespoon balsamic vinegar
- 1 bunch cilantro leaves, chopped

Heat oil in a large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Add garlic, carrot, and celery; cook until soft, about 5 minutes. Add stock, beans, coriander, and cayenne pepper; simmer uncovered 10 minutes. Stir in vinegar. Transfer to blender or food processor; process to desired consistency. Reheat if necessary. Ladle into shallow bowls; garnish with cilantro.

What's in it for you?

Total fat	6 g
Saturated fat	1.4 g
Healthy fats	2.8 g
Fiber	15.3 g
Carbohydrates	71.8 g
Sugar	7.4 g
Protein	27.4 g
Sodium	360 mg
Calcium	139 mg
Magnesium	180 mg
Selenium	1 mcg
Potassium	1,771 mg



Minted Fresh Pea Soup

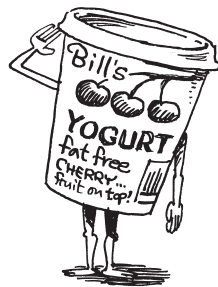
8 servings (about 1 cup each) ❖ 157 calories per serving

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 2 garlic cloves, minced
- 2 cups frozen or fresh peas
- 2 quarts (8 cups) low-salt vegetable stock or broth
- 1 cup low-fat plain yogurt
- Salt and freshly ground black pepper (optional)
- 1 small bunch mint leaves, chopped

Heat oil in a large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Add carrot and garlic; cook until soft, about 5 minutes. Add peas and stock; simmer uncovered 20 minutes. Transfer in batches to blender or food processor and add yogurt; puree until smooth. Season to taste with salt and pepper if desired. Reheat if needed; ladle into shallow bowls; garnish with mint.

What's in it for you?

Total fat	4.8 g
Saturated fat	1.1 g
Healthy fats	3.5 g
Fiber	2.3 g
Carbohydrates	18.2 g
Sugar	9.5 g
Protein	10 g
Sodium	376 mg
Calcium	84 mg
Magnesium	30.3 mg
Selenium	7.3 mcg
Potassium	466 mg



YOU Salads

Japanese Ginger Salad with Pumpkin Seeds and Sprouts

8 servings ❖ 230 calories per serving

Dressing Ingredients

½ cup olive oil

½ cup rice vinegar

1 small sweet onion, quartered

1 large carrot, chopped

1 tablespoon orange juice

1 tablespoon grated fresh ginger

¼ teaspoon soy sauce

Salt and freshly ground black pepper (optional)

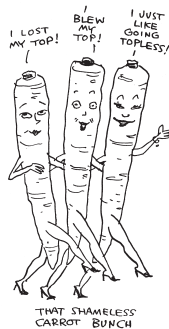
Salad Ingredients

2 large heads romaine lettuce, torn

½ cup fresh bean sprouts

¼ cup pumpkin seeds

Combine all dressing ingredients except salt and pepper in blender or food processor; puree until smooth. Season to taste with salt and pepper if desired. Toss lettuce with dressing; top with sprouts and seeds.



What's in it for you?

Total fat	22 g
Saturated fat	TK g
Cholesterol	TK mg
Healthy fats	12.1 g
Fiber	6 g
Carbohydrates	16.8 g
Sugar	4 g
Protein	6.4 g
Sodium	53 mg
Calcium	79 mg
Magnesium	74 mg
Selenium	2 mcg
Potassium	499 mg

Spinach-Walnut-Citrus Salad

2 servings ❖ 246 calories per serving

Dressing Ingredients

- 1 tablespoon olive oil
- 1 tablespoon white wine vinegar
- 1 teaspoon honey
- Dash of cayenne pepper
- Salt and freshly ground black pepper (optional)

Salad Ingredients

- 1 large bunch spinach, washed and trimmed
- ¼ cup walnut halves, raw or pan-roasted (beware of smoke-detector sounds if you do this like Dr. Mike and answer the phone when it rings only to forget what is in pan roasting)
- ½ orange, cut into segments
- ½ grapefruit, cut into segments
- 2 green onions, chopped

Combine oil, vinegar, honey, and cayenne pepper; mix well. Season to taste with salt and pepper if desired. Toss spinach with dressing and walnuts. Arrange orange and grapefruit sections on top and garnish with green onions.

What's in it for you?

Total fat	17 g
Saturated fat	1.9 g
Healthy fats	14.4 g
Fiber	6.8 g
Carbohydrates	21 g
Sugar	7.6 g
Protein	8 g
Sodium	138 mg
Calcium	218 mg
Magnesium	169 mg
Selenium	3.6 mcg
Potassium	1,203 mg

Cranberries, Walnuts, and Crumbled Cheese Over Greens

2 servings ❖ 304 calories per serving

Dressing Ingredients

1 tablespoon olive oil

1 tablespoon balsamic vinegar

½ teaspoon Dijon mustard

1 garlic clove, minced

¼ teaspoon soy sauce

Salt and freshly ground black pepper (optional)

Salad Ingredients

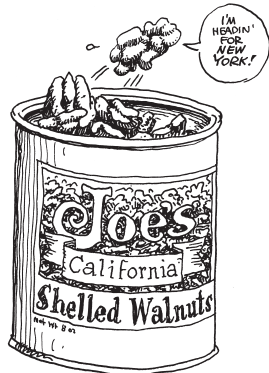
3 cups packed mixed mesclun or spring greens

¼ cup dried cranberries

¼ cup walnut halves, raw or pan-roasted

½ cup (2 ounces) crumbled farmer cheese

Combine oil, vinegar, mustard, garlic, and soy sauce; mix well. Season to taste with salt and pepper if desired. Toss greens with dressing, cranberries, and walnuts. Arrange on serving plates; top with cheese.



What's in it for you?

Total fat	22.7 g
Saturated fat	6 g
Healthy fats	15.6 g
Fiber	4.7 g
Carbohydrates	19.6 g
Sugar	11.9 g
Protein	10 g
Sodium	183 mg
Calcium	146 mg
Magnesium	57 mg
Selenium	3 mcg
Potassium	391 mg

Arugula, Watermelon, and Feta Salad

2 servings ❖ 190 calories per serving

Dressing Ingredients

1 tablespoon olive oil

1 tablespoon balsamic vinegar

1 small shallot, minced

Salt and freshly ground black pepper (optional)

Salad Ingredients

1 large bunch of arugula (3 cups packed), washed and dried

1 cup cubed seedless watermelon

½ cup (2 ounces) crumbled low-fat feta cheese

Combine oil, vinegar, and shallot; mix well. Season to taste with salt and pepper if desired; let stand 5 minutes. Arrange arugula on two serving plates. Arrange watermelon and cheese on top of arugula; drizzle with dressing.



What's in it for you?

Total fat	13.3 g
Saturated fat	5.3 g
Healthy fats	7.3 g
Fiber	1.1 g
Carbohydrates	13 g
Sugar	6.9 g
Protein	6.4 g
Sodium	334 mg
Calcium	235 mg
Magnesium	41.8 mg
Selenium	5 mcg
Potassium	377 mg

Greek Feta Salad with Peppers and Olives

2 servings ❖ 305 calories per serving

Dressing Ingredients

- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- ½ teaspoon dried oregano
- 1 garlic clove, minced
- ½ teaspoon honey
- Salt and freshly ground black pepper (optional)

Salad Ingredients

- 1 head romaine lettuce, torn
- 1 tomato, quartered
- 4 pepperoncini peppers
- 1 small cucumber, sliced
- ½ cup (2 ounces) crumbled low-fat feta cheese
- Several sprigs fresh dill, chopped
- ½ green bell pepper, sliced into rings
- 8 calamata olives

Combine all dressing ingredients except salt and pepper; mix well. Season to taste with salt and pepper if desired; let stand 5 minutes. Combine all salad ingredients in large bowl; toss with dressing.

What's in it for you?

Total fat	16 g
Saturated fat	5.7 g
Healthy fats	9.6 g
Fiber	10.9 g
Carbohydrates	35.8 g
Sugar	17.9 g
Protein	12 g
Sodium	510 mg
Calcium	324 mg
Magnesium	108 mg
Selenium	619 mcg
Potassium	1,593 mg

Turkish Shepherd Salad

2 servings ❖ 153 calories per serving

- 1 small cucumber
- 1 tomato
- 1 small sweet onion
- 1 teaspoon olive oil
- 1 tablespoon red wine vinegar
- Salt and freshly ground black pepper (optional)
- ½ cup (2 ounces) crumbled low-fat feta cheese

Coarsely chop cucumber, tomato, and onion; transfer to a bowl. Add oil and vinegar; toss well. Season to taste with salt and pepper if desired. Transfer to serving plates; top with cheese.

What's in it for you?

Total fat	8.6 g
Saturated fat	4.6 g
Healthy fats	3.6 g
Fiber	2.2 g
Carbohydrates	14.7 g
Sugar	9 g
Protein	6.1 g
Sodium	329 mg
Calcium	186 mg
Magnesium	39 mg
Selenium	5.1 mcg
Potassium	479 mg

Orient Express Salad with Chopped Peanuts

2 servings ❖ 200 calories per serving

Dressing Ingredients

- 1 tablespoon olive oil
- 2 tablespoons orange juice
- 1 tablespoon rice wine vinegar
- 1 teaspoon grated fresh gingerroot
- 1 teaspoon soy sauce
- ½ teaspoon toasted sesame oil
- Salt and freshly ground black pepper (optional)

Salad Ingredients

- 2 small heads Boston lettuce, torn
- 1 small cucumber, sliced
- 1 small bunch cilantro, coarsely chopped
- 1 carrot, shredded
- 2 tablespoons chopped peanuts
- 2 green onions, chopped

Combine all dressing ingredients except salt and pepper; mix well. Season to taste with salt and pepper if desired. Toss lettuce, cucumber, cilantro, and carrot with the dressing. Transfer to serving plates; top with peanuts and green onions.

What's in it for you?

Total fat	13.1 g
Saturated fat	1.8 g
Healthy fats	10.6 g
Fiber	5.1 g
Carbohydrates	17.7 g
Sugar	7.9 g
Protein	7.1 g
Sodium	458 mg
Calcium	121 mg
Magnesium	72 mg
Selenium	2.3 mcg
Potassium	936 mg

Mediterranean Cauliflower Salad

4 servings ❖ 94 calories per serving

- 1 head cauliflower, blanched for 5 minutes
- 1 small can anchovies, drained, chopped (optional)
- 1 tablespoon drained capers
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1 garlic clove, pressed or minced
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried

Drain cauliflower and break into small pieces. Combine cauliflower, anchovies if desired, and capers in a medium bowl. Combine remaining ingredients; toss with cauliflower mixture.

What's in it for you?

Total fat	4.6 g
Saturated fat	0.7 g
Healthy fats	3.7 g
Fiber	3.8 g
Carbohydrates	8.8 g
Sugar	3.7 g
Protein	6.2 g
Sodium	519 mg
Calcium	63 mg
Magnesium	31 mg
Selenium	8.7 mcg
Potassium	514 mg

Sweet Beet and Gogonzola Salad

4 servings ❖ 106 calories per serving

- 6 medium beets, trimmed
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 1 garlic clove, pressed or minced
- ½ teaspoon soy sauce
- ½ bunch of chives, finely chopped
- 2 tablespoons crumbled gorgonzola cheese

In large saucepan, simmer beets in water to cover until tender but still firm, about 30 minutes. Drain, cool, and remove skin. Meanwhile, combine oil, vinegar, honey, garlic, and soy sauce in a medium bowl. Cut beets into 1-inch cubes; add to bowl. Toss with dressing and chives. Transfer to serving plates; top with cheese.

What's in it for you?

Total fat	4.8 g
Saturated fat	1.3 g
Healthy fats	3.3 g
Fiber	3.5 g
Carbohydrates	13.7 g
Sugar	9.8 g
Protein	3.1 g
Sodium	239 mg
Calcium	45 mg
Magnesium	31 mg
Selenium	1.6 mcg
Potassium	424 mg

Hearts of Palm Salad with Tomato and Mushrooms

2 servings ❖ 132 calories per serving

- 1 can (16 ounces) hearts of palm, drained
- 1 tomato, chopped
- 1 shallot, chopped
- 6 button mushrooms, sliced
- 1 small bunch parsley, chopped
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- Salt and freshly ground black pepper (optional)

Slice hearts of palm in half lengthwise; arrange on a serving platter. Combine remaining ingredients except salt and pepper; mix well. Season to taste with salt and pepper if desired. Spoon mixture over hearts of palm.

What's in it for you?

Total fat	8 g
Saturated fat	1.2 g
Healthy fats	6.2 g
Fiber	5 g
Carbohydrates	12.2 g
Sugar	2.6 g
Protein	6.2 g
Sodium	632 mg
Calcium	102 mg
Magnesium	72 mg
Selenium	6 mcg
Potassium	632 mg

Carrot, Raisin, and Yogurt Slaw

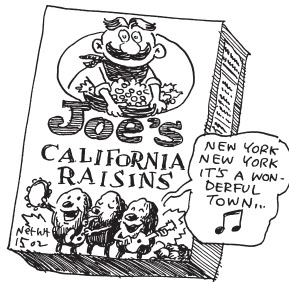
2 servings ❖ 193 calories per serving

- 4 carrots, shredded
- 1 small bunch cilantro, chopped
- 1 cup low-fat Greek-style yogurt
- ¼ cup golden raisins
- 1 garlic clove, minced
- 1 teaspoon lemon juice
- Dash of Worcestershire sauce
- Salt and freshly ground black pepper (optional)

Combine all ingredients except salt and pepper in a bowl; mix well.
Season to taste with salt and pepper if desired.

What's in it for you?

Total fat	4.5 g
Saturated fat	2.7 g
Healthy fats	1.4 g
Fiber	5.1 g
Carbohydrates	35 g
Sugar	23 g
Protein	6.5 g
Sodium	166 mg
Calcium	2.5 mg
Magnesium	41 mg
Selenium	3.3 mcg
Potassium	850 mg



Sesame Cucumber Salad

2 servings ❖ 187 calories per serving

- 1 tablespoon rice wine vinegar
- 1 teaspoon olive oil
- ½ teaspoon toasted sesame oil
- ½ teaspoon soy sauce
- Dash cayenne pepper
- 2 cucumbers, cut into ¼-inch-thick slices
- ½ bunch chives, minced
- 1 teaspoon sesame seeds

Combine vinegar, olive oil, sesame oil, soy sauce, and cayenne pepper in a medium bowl; mix well. Add cucumbers, chives, and sesame seeds; mix well.

What's in it for you?

Total fat	6.8 g
Saturated fat	1 g
Healthy fats	5.3 g
Fiber	3.2 g
Carbohydrates	29 g
Sugar	8.2 g
Protein	6.2 g
Sodium	180 mg
Calcium	90 mg
Magnesium	85 mg
Selenium	18.1 mcg
Potassium	750 mg

YOU Dinners

Asian Salmon with Brown Rice Pilaf

4 servings ❖ 674 calories per serving

Brown Rice

- 1 tablespoon olive oil
- ½ onion, chopped
- ½ red bell pepper, chopped
- 2 cups water
- 1 cup uncooked short-grain brown rice
- ¼ cup finely chopped parsley
- Salt and freshly ground black pepper (optional)

Salmon Ingredients

- 4 skinless salmon fillets (about 4 ounces each)
- 1 tablespoon olive oil
- 1 garlic clove, pressed or minced
- 1 tablespoon grated fresh gingerroot
- 1 teaspoon soy sauce
- 1 teaspoon maple syrup
- 2 green onions, chopped

To make the rice, heat oil in a medium saucepan. Add onion and bell pepper; cook 3 minutes. Add water and rice; bring to a boil. Reduce heat; cover and simmer 50 minutes, or until rice is tender and liquid is absorbed. Fluff with a fork; stir in parsley. Season with salt and pepper if desired. Meanwhile, place salmon in a pie plate or shallow dish. Combine remaining salmon ingredients; mix well. Pour marinade over salmon; let stand 15 to 20 minutes. Heat a ridged grill pan over medium heat until hot. Add salmon, discarding marinade; cook 3 to 4 minutes per side, or until salmon is opaque and firm to the touch. Serve with brown rice.

What's in it for you?

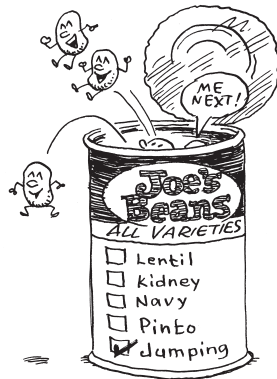
Total fat	20.5 g
Saturated fat	3.4 g
Healthy fats	15 g
Fiber	2.6 g
Carbohydrates	45.9 g
Sugar	4.9 g
Protein	71 g
Sodium	411 mg
Calcium	81 mg
Magnesium	165 mg
Selenium	145 mcg
Potassium	1,421 mg

Spicy Chili

4 servings ❖ 390 calories per serving

- 1 tablespoon olive oil
- ½ pound ground turkey or ground meat substitute
(such as Boca Crumbles)
- ½ onion, chopped
- 2 garlic cloves, minced
- 1 can (28 ounces) crushed tomatoes, undrained
- 1 can (16 ounces) kidney beans, drained
- ½ teaspoon chili powder
- Pinch of cayenne pepper
- 1 teaspoon maple syrup
- 1 teaspoon wine vinegar
- ½ teaspoon ground coriander
- ½ teaspoon turmeric
- Brown Rice Pilaf (recipe on page 283)

Heat oil in a large saucepan. Add turkey, onion, and garlic; cook 5 minutes, stirring frequently. Add remaining ingredients; simmer uncovered 25 minutes. Serve over Brown Rice Pilaf.



What's in it for you?

Total fat	8.9 g
Saturated fat	1.9 g
Healthy fats	6.2 g
Fiber	10.7 g
Carbohydrates	31.5 g
Sugar	2.2 g
Protein	18.8 g
Sodium	646 mg
Calcium	86 mg
Magnesium	73 mg
Selenium	13.3 mcg
Potassium	838 mg

TRUST CRUST

To bake your own whole wheat pizza crust, the recipe will require 25 to 70 extra minutes from start to finish, including time for yeast to do its thing. In a small bowl, combine about 1 tablespoon of dry yeast and $\frac{1}{8}$ teaspoon of sugar with $1\frac{1}{2}$ cups of warm water. Let that sit for 10 minutes. In a separate large bowl, combine $1\frac{1}{2}$ cups whole wheat flour and $1\frac{1}{2}$ cups all-purpose (enriched) flour. (After you've tried this on your family several times, you can gradually increase in $\frac{1}{2}$ -cup lots the ratio of whole wheat to all-purpose flour to $2\frac{1}{2}$ cups whole wheat to $\frac{1}{2}$ cup all-purpose.) Add 1 teaspoon ground kosher salt to this. Mix well. Then add the yeast mixture and mix by hand thoroughly. Add 1 tablespoon olive oil. Knead for about 2 minutes until dough is smooth. Cover bowl and let rise in warm area until dough has doubled in size (20 to 60 minutes). Punch down dough with your fist and knead for 1 to 2 minutes. Divide into 4 equal portions (extra portions can be stored in your refrigerator). Roll into balls and preheat oven to 450°F. Lightly coat a baking sheet with olive oil. With a rolling pin, roll one of dough balls on rolling board or on baking sheet (add flour if dough sticks to pin too much) and flatten into 10- to 12-inch pizza crust circle. Poke with a fork 4 to 6 times. Bake for 5 minutes. Remove from oven, then add ingredients.

Stuffed Whole Wheat Pizza

4 servings (2 slices per serving);

for the first two weeks, you can have up to half of the pizza,
but most will not need that much to be filled ❖ 322 calories per serving

Cooking oil spray

1 pound fresh stir-fry vegetables such as asparagus, broccoli,
cauliflower, mushrooms, multicolored bell peppers, red and white
onions, and zucchini, cut up

2 garlic cloves, minced

Salt and freshly ground black pepper (optional)

1 cup pizza sauce or tomato sauce

2 tablespoons olive relish or tapenade

2 tablespoons sun-dried-tomato bits

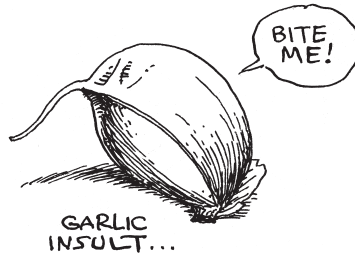
One 12-inch or 10-ounce prepared thin whole wheat pizza crust

$\frac{1}{2}$ cup (2 ounces) finely shredded part-skim mozzarella cheese

Heat oven to 425°F. Heat a large nonstick skillet over medium-high heat until hot; coat with cooking spray. Add vegetables and garlic; stir-fry (really sauté) 2 to 5 minutes, or until vegetables are crisp-tender. Season to taste with salt and pepper if desired. Combine pizza sauce, olive relish, and sun-dried-tomato bits. Spread over pizza crust; top with cooked vegetables and cheese. Bake pizza directly on oven rack 10 to 15 minutes, or until crust is golden brown and cheese is melted. Cut pizza into 8 wedges.

What's in it for you?

Total fat	11.5 g
Saturated fat	3.5 g
Healthy fats	7.9 g
Fiber	5.7 g
Carbohydrates	44.2 g
Sugar	3.5 g
Protein	12.2 g
Sodium	682 mg
Calcium	151 mg
Magnesium	44 mg
Selenium	2.9 mcg
Potassium	481 mg



Mediterranean Chicken with Tomatoes, Olives, and Herbed White Beans

2 servings ❖ 567 calories per serving

Chicken Ingredients

- 2 bone-in chicken thighs without skin
- 1 tomato, chopped
- ½ onion, chopped
- 8 pitted kalamata olives, halved
- 1 tablespoon olive oil
- 1 teaspoon wine vinegar or balsamic vinegar
- 1 small bunch fresh basil, chopped

Bean Ingredients

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 can (15 or 16 ounces) white beans, rinsed and drained
- 1 tomato, chopped
- ¼ cup chopped fresh mixed herbs
- 1 teaspoon red wine vinegar or balsamic vinegar
- Salt and freshly ground black pepper (optional)

To make the chicken, heat oven to 375°F. Place each chicken thigh on a large square of aluminum foil. Combine remaining chicken ingredients; spoon over chicken. Fold foil up and over chicken, sealing edges and forming a packet. Bake 25 minutes, or until chicken is cooked through. Meanwhile, to prepare the beans, heat oil in a medium saucepan over medium heat. Add garlic; cook 2 minutes. Add remaining bean ingredients; cook 5 minutes, or until heated through. Carefully open chicken packets and transfer mixture to two serving plates; serve beans alongside chicken.

What's in it for you?

Total fat	19.2 g
Saturated fat	3.1 g
Healthy fats	15 g
Fiber	15.2 g
Carbohydrates	67.4 g
Sugar	5.1 g
Protein	34.4 g
Sodium	313 mg
Calcium	243 mg
Magnesium	171 mg
Selenium	14.3 mcg
Potassium	1,715 mg

Royal Pasta Primavera Provençale

2 servings ❖ 451 calories per serving

- 6 ounces whole wheat rigatoni or linguine pasta
- 1 small dried ancho or pasilla chili pepper
- 1 cup (4 ounces) diced (½-inch cubes) unpeeled eggplant
- 1 teaspoon olive oil
- 1 small yellow onion, coarsely chopped
- 1 yellow or orange bell pepper, coarsely chopped
- 3 garlic cloves, sliced
- 2 cans (14 ½ ounces each) stewed tomatoes, undrained, coarsely chopped
- 1 cup packed mesclun or mixed spring salad greens
- 1 teaspoon chopped fresh thyme or lemon thyme
- Salt and freshly ground black pepper (optional)

Cook pasta according to package directions, omitting salt and fat. Meanwhile, heat a large, deep skillet over medium heat until hot. Add the chili pepper; cook, turning occasionally until fragrant and toasted, about 2 minutes. When the chili pepper is cool enough to handle, discard its stem and set the seeds aside for a garnish. Chop the chili pepper. Add eggplant to hot skillet; cook until browned, about 4 minutes, stirring frequently. Add oil, then chopped onion, bell pepper, and garlic; cook 3 minutes, stirring occasionally. Add tomatoes and chopped chili pepper. Reduce heat; simmer uncovered 10 minutes, or until vegetables are tender and sauce thickens. Remove from heat; stir in salad greens and thyme. Season to taste with salt and pepper if desired. Drain pasta; transfer to two serving plates and top with sauce.

What's in it for you?

Total fat	4.3 g
Saturated fat	0.6 g
Healthy fats	2.9 g
Fiber	6.3 g
Carbohydrates	95.2 g
Sugar	15.4 g
Protein	17.6 g
Sodium	533 mg
Calcium	179 mg
Magnesium	183 mg
Selenium	65.5 mcg
Potassium	1,163 mg

Apricot Chicken and Green Beans with Almond Slivers

2 servings ❖ 430 calories per serving

Chicken Ingredients

- 2 skinless, boneless chicken breast halves (about 4 ounces each)
(or substitute pork)
- 4 dried apricots, chopped
- 2 tablespoons white wine
- 2 shallots, chopped
- 1 tablespoon olive oil
- 1/8 teaspoon ground cinnamon

Green Bean Ingredients

- 1 cup thin green beans
- 3 shallots, thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon wine vinegar
- 1 teaspoon maple syrup
- 1/4 cup slivered almonds
- Salt and freshly ground black pepper (optional)



To make the chicken, heat oven to 375°F. Place chicken in a glass baking dish. Sauté remaining chicken ingredients together until tender; transfer to blender or food processor and puree. Spoon over chicken and bake until chicken is cooked through, 15 to 20 minutes. Meanwhile, to prepare the beans, steam or blanch beans until tender but still firm and bright green. Sauté shallots in olive oil, vinegar, and maple syrup until translucent. Add almonds and brown slightly; toss with beans. Season to taste with salt and pepper if desired. Serve alongside chicken.

What's in it for you?

Total fat	22 g
Saturated fat	2.8 g
Healthy fats	18.1 g
Fiber	4.6 g
Carbohydrates	25 g
Sugar	3.5 g
Protein	32.7 g
Sodium	89 mg
Calcium	95 mg
Magnesium	100 mg
Selenium	22.4 mcg
Potassium	813 mg

Turkey Tortilla Wraps with Red Baked Potato

2 servings ❖ 497 calories per serving

Red Potato Ingredients

1 large russet baking potato, washed, pierced with tip of knife

2 tablespoons marinara sauce or other red tomato sauce

Turkey Wrap Ingredients

Two 6-inch whole wheat flour tortillas

4 slices deli roast turkey breast

4 romaine lettuce leaves

4 slices tomato

2 thin slices red or yellow onion

Mustard or hot peppers (optional)

To make the red potato, cook in microwave on high power 8 to 9 minutes or until fork-tender. Slice lengthwise in half; spoon 1 tablespoon sauce over each half. Meanwhile, to prepare the turkey wraps, layer all turkey wrap ingredients on tortillas; roll up.

What's in it for you?

Total fat	14.5 g
Saturated fat	4.5 g
Healthy fats	6 g
Fiber	7 g
Carbohydrates	64 g
Sugar	6.5 g
Protein	28.5 g
Sodium	1,654 mg
Calcium	180 mg
Magnesium	71 mg
Selenium	11.3 mcg
Potassium	1,596 mg

Broiled Trout, Orata, or Branzini with Rosemary and Lemon

2 servings ❖ 182 calories per serving

8 ounces whole fish (trout, orata, or branzini)

Salt and freshly ground black pepper (optional)

2 garlic cloves, sliced

4 sprigs of fresh rosemary

1 lemon, sliced

Preheat broiler. Open fish like a book; season to taste with salt and pepper if desired. Arrange garlic, rosemary, and lemon slices on one side of each fish; close other side and transfer fish to greased rack of broiler pan. Broil 5 to 6 inches from heat source 5 minutes. Turn fish over; continue to broil 4 to 5 minutes, or until fish is opaque throughout.

What's in it for you?

Total fat	7.3 g
Saturated fat	1 g
Healthy fat	4.9 g
Fiber	2.7 g
Carbohydrates	10.3 g
Sugar	4.9 g
Protein	15.8 g
Sodium	126 mg
Calcium	76 mg
Magnesium	43 mg
Selenium	10.7 mcg
Potassium	688 mg

Chicken Kabobs with Tabbouleh

2 servings ❖ 397 calories per serving

Chicken Ingredients

- 2 skinless, boneless chicken breast halves (about 4 ounces each),
cut into 1-inch cubes
- 1 teaspoon dried oregano
- ½ teaspoon dried sage
- 1 red chili pepper, crushed (optional)
- 1 onion, quartered
- 1 tomato, quartered
- 1 bell pepper, seeded, stemmed, quartered
- 4 button mushrooms

Tabbouleh Ingredients

- ¾ cup bulgur wheat
- 1½ cups boiling water
- 1 tomato, chopped
- 1 bunch green onions, chopped
- 1 large bunch parsley, finely chopped
- 1 small bunch fresh mint leaves, finely chopped
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- Salt and freshly ground black pepper (optional)

To make the chicken, prepare grill. Toss chicken with oregano, sage, and, if desired, chili pepper. Alternately thread chicken, onion, tomato, bell pepper, and mushrooms onto metal skewers. Cook on covered grill 3 to 4 minutes per side, or until chicken is cooked through and vegetables are tender. Meanwhile, to prepare the tabbouleh, place bulgur wheat in medium bowl; add boiling water and mix well. Let stand until all water is

absorbed, about 30 minutes. (Pour off any excess water.) Add remaining ingredients except salt and pepper; mix well. Season with salt and pepper if desired. Serve tabbouleh with grilled chicken and vegetables.

What's in it for you?

Total fat	9.4 g
Saturated fat	1.5 g
Healthy fats	7.1 g
Fiber	5.6 g
Carbohydrates	72.1 g
Sugar	12.1 g
Protein	14.2 g
Sodium	22.4 mg
Calcium	93 mg
Magnesium	148 mg
Selenium	68 mcg
Potassium	1,121 mg



Lemon Caper Chicken with Sweet Potato Puree

2 servings ❖ 273 calories per serving

Chicken Ingredients

2 skinless, boneless chicken thighs (about 4 ounces each)

Juice of 1 lemon

1 tablespoon olive oil

2 shallots, minced

1 tablespoon capers, drained

1 teaspoon Dijon mustard

Sweet Potato Ingredients

2 sweet potatoes, microwaved or baked

2 tablespoons orange juice

¼ cup golden raisins

½ teaspoon ground cinnamon

Salt and freshly ground black pepper (optional)

To make the chicken, preheat broiler. Place chicken in a shallow roasting pan. Combine remaining chicken ingredients and pour over chicken. Broil 6 inches from heat source 12 to 15 minutes, or until chicken is cooked through. To prepare the potatoes, scoop hot sweet potato pulp into bowl. Add remaining sweet potato ingredients except salt and pepper; mix well. Season to taste with salt and pepper if desired. Serve with chicken.

What's in it for you?

Total fat	10.9 g
Saturated fat	2 g
Healthy fats	7.9 g
Fiber	1.4 g
Carbohydrates	20.6 g
Sugar	12.7 g
Protein	24.7 g
Sodium	336 mg
Calcium	39.5 mg
Magnesium	41 mg
Selenium	16.5 mcg
Potassium	494 mg

Hot Wild Salmon

2 servings ❖ 384 calories per serving

2 wild salmon fillets with skin (about 4 ounces each) or salmon steaks (preferably line-caught)

2 tablespoons finely chopped fresh ginger

1 tablespoon wasabi paste

¼ teaspoon turmeric

Rock Asparagus (recipe on page 299)

Prepare grill or preheat broiler. Brush skinless side of salmon with combined ginger, wasabi paste, and turmeric. Grill or broil 4 to 6 inches from heat source 10 to 12 minutes without turning, or until salmon is opaque in center. Serve with Rock Asparagus.

What's in it for you?

Total fat	14.5 g
Saturated fat	2.3 g
Healthy fats	10.6 g
Fiber	0.4 g
Carbohydrates	2.7 g
Sugar	0.2 g
Protein	45.2 g
Sodium	11 mg
Calcium	31 mg
Magnesium	73 mg
Selenium	82.5 mcg
Potassium	1,176 mcg

Grilled Peanut Shrimp with Sesame Snow Peas

2 servings ❖ 163 calories per serving

Peanut Sauce Ingredients

- 1 tablespoon natural peanut butter
- 1 tablespoon canned light coconut milk
- 1 teaspoon fresh lime juice
- Pinch of cayenne pepper
- 1 teaspoon honey
- ¼ teaspoon soy sauce
- ¼ cup water
- 1 garlic clove, peeled
- 10 medium uncooked shrimp, peeled and deveined

Snow Pea Ingredients

- 1 cup fresh snow peas
- 1 garlic clove, minced
- 1 teaspoon sesame seeds
- 1 teaspoon olive oil
- ½ teaspoon toasted sesame oil

Prepare grill. Place all ingredients for peanut sauce except shrimp in blender or food processor; puree. Pour mixture over shrimp; let stand 15 minutes. Thread shrimp onto skewers; discard any excess marinade not clinging to shrimp. Grill 2 to 3 minutes per side, or until shrimp are opaque. Meanwhile, blanch snow peas in boiling water 2 minutes; drain and rinse with cold water. Cook garlic and sesame seeds in olive and sesame oils 2 minutes. Add drained snow peas; heat through, tossing well. Serve with shrimp.

What's in it for you?

Total fat	10.5 g
Saturated fat	2.9 g
Healthy fats	7 g
Fiber	1.9 g
Carbohydrates	8.8 g
Sugar	5.1 g
Protein	9.5 g
Sodium	128 mg
Calcium	51.5 mg
Magnesium	40.6 mg
Selenium	13.1 mcg
Potassium	220 mg

Vegetable Tofu Stir-fry

2 servings ❖ 602 calories per serving

- 1 tablespoon olive oil
- ½ teaspoon toasted sesame oil
- ¼ teaspoon crushed red pepper flakes
- ½ onion, sliced
- 2 garlic cloves, sliced
- 1 cup broccoli florets
- ½ red bell pepper, sliced
- 6 large button mushrooms, halved
- 1 teaspoon soy sauce
- 4 small 2-ounce blocks baked tofu, cubed
- 2 green onions, chopped
- 1 small bunch cilantro, chopped
- 1 teaspoon sesame seeds

In wok or large skillet, heat olive and sesame oils and pepper flakes over medium-high heat. Add onion and garlic; stir-fry 2 minutes. Add broccoli, bell pepper, mushrooms, and soy sauce; stir-fry until vegetables are crisp-tender, 2 to 3 minutes. Add tofu, green onions, cilantro, and sesame seeds; stir-fry until heated through.

What's in it for you?

Total fat	23 g
Saturated fat	3.3 g
Monounsaturated fat	16.9 g
Healthy fats	TK g
Fiber	11.1 g
Carbohydrates	43 g
Sugar	16.4 g
Protein	62.2 g
Sodium	873 mg
Calcium	400 mg
Magnesium	273 mg
Selenium	13.5 mcg
Potassium	2,403 mg

Tofu or Turkey Dogs with Sauerkraut

2 Servings ❖ 298 calories per serving

4 tofu (meatless) or turkey hot dogs

1 cup sauerkraut

Whole wheat buns (optional)

2 tablespoons favorite mustard, such as spicy brown
or coarse-grained

Simmer hot dogs in water with sauerkraut until heated through, about 5 minutes. Drain; serve with mustard (with or without buns).

What's in it for you?

Total fat	26 g
Saturated fat	9 g
Healthy fats	15.4 g
Fiber	0.7 g
Carbohydrates	3.8 g
Sugar	2.1 g
Protein	11.2 g
Sodium	1,219 mg
Calcium	158 mg
Magnesium	27 mg
Selenium	1.9 mcg
Potassium	160 mg

YOU Sides

Rock Asparagus

4 servings ❖ 38 calories per serving

1 pound asparagus spears, rinsed, dried, and trimmed

1 teaspoon extra-virgin olive oil

Kosher salt, to taste (optional)

¼ teaspoon *each*: dried thyme, oregano, basil, and black pepper

Optional garnish: diced tomato

Heat oven to 350°F. Toss the asparagus in a 13 x 9-inch baking dish or a shallow 3-quart casserole pan with the olive oil, kosher salt if desired, thyme, oregano, basil, and black pepper. Arrange asparagus in a single layer in the dish. Bake uncovered 12 to 13 minutes for thin asparagus or 15 to 18 minutes for thick asparagus, or until crisp-tender. Garnish with tomato if desired.

What's in it for you?

Total fat	1.5 g
Saturated fat	0.2 g
Healthy fats	1.1 g
Fiber	1.4 g
Carbohydrates	5 g
Sugar	1.8 g
Protein	2.9 g
Sodium	5 mg
Calcium	27 mg
Magnesium	22 mg
Selenium	4 mcg
Potassium	352 mg

Tomato-Avocado Salsamole

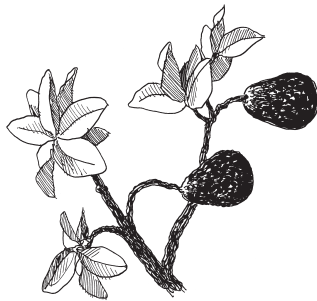
2 servings ❖ 90 calories per serving

- ¼ cup finely chopped red onion
- 1 teaspoon minced jalapeño, or more to taste
- 1 tablespoon lime juice
- 1 tablespoon cider vinegar
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- 1 ripe avocado (preferably Hass), peeled, pitted, and coarsely mashed
- 1 medium tomato, chopped
- ¼ chopped cilantro

Combine onion, jalapeño, lime juice, vinegar, garlic, and salt in bowl. Add avocado, tomato, and cilantro; stir well. Serve immediately or, to store, reserve avocado pit, add to mixture to prevent browning, cover tightly with plastic wrap, and refrigerate. Serve with lightly toasted whole wheat pita cut into triangles.

What's in it for you?

Total fat	8 g
Saturated fat	2.1 g
Healthy fats	5.3 g
Fiber	3.1 g
Carbohydrates	8 g
Sugar	2 g
Protein	2 g
Sodium	25 mg
Calcium	20 mg
Magnesium	54 mg
Selenium	0 mcg
Potassium	805 mg



YOU Desserts

Cinnamon Baked Apples with Tangerines and Cranberries

4 servings ❖ 146 calories per serving

2 large baking apples, such as McIntosh or Rome Beauty
(or substitute pears)

1 $\frac{1}{4}$ cups unsweetened apple juice, preferably unfiltered organic

1 $\frac{1}{2}$ cup (**2** ounces) dried cranberries (or substitute cherries)

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

1 $\frac{1}{4}$ teaspoon ground cloves

2 seedless clementines or tangerines, peeled, separated into segments

Heat oven to 400°F. Cut apples in half lengthwise; cut out and discard cores, seeds, and stems. Place $\frac{1}{4}$ cup of the apple juice in an 8-inch baking dish or casserole pan. Place apples cut side down on juice. Bake 15 to 18 minutes or until apples are tender. Meanwhile, simmer remaining 1 cup apple juice in a small saucepan over medium-high heat 5 minutes. Add cranberries, cinnamon, and cloves; reduce heat and simmer uncovered 10 minutes, or until cranberries are plumped, stirring occasionally. Remove from heat; stir in clementine sections. Arrange apple halves cut side up on serving dishes. Pour any remaining liquid from dish into cranberry mixture; spoon over apples.

What's in it for you?

Total fat	0.6 g
Saturated fat	0.1 g
Healthy fats	0.3 g
Fiber	4.1 g
Carbohydrates	37.7 g
Sugar	30.4 g
Protein	0.7 g
Sodium	15 mg
Calcium	30 mg
Magnesium	13 mg
Zinc	0.1 mg
Selenium	0.2 mg
Potassium	281 mg

Cinnamon Apple Sauté à la Mode

2 servings ❖ 220 calories per serving

2 small apples, such as Jonagold or Ambrosia

1 tablespoon apple butter

1 tablespoon unsweetened apple juice or cider, preferably organic

½ teaspoon ground cinnamon

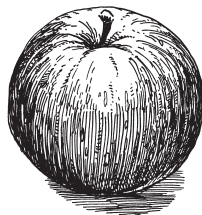
6 walnut halves, toasted, coarsely chopped

½ cup nonfat or low-fat vanilla frozen yogurt

Cut apples into quarters; discard stems, cores, and seeds. Cut apple quarters into thin slices. Heat a large nonstick skillet over medium-high heat until hot. Add apples; cook until apples begin to brown, about 4 minutes, tossing occasionally. Stir in apple butter, apple juice, and cinnamon; continue to cook 5 to 8 minutes, or until apples are tender and sauce thickens, tossing frequently. Transfer to serving plates; top with nuts. Serve with frozen yogurt.

What's in it for you?

Total fat	8.4 g
Saturated fat	0.8 g
Healthy fats	7.0 g
Fiber	6.7 g
Carbohydrates	38 g
Sugar	27.6 g
Protein	3.6 g
Sodium	23 mg
Calcium	83 mg
Magnesium	35 mg
Selenium	2 mcg
Potassium	346 mg



PROOF AGAINST M.D.S

Roasted Pear with Raspberry Coulis, Chocolate, and Pistachios

2 servings ❖ 184 calories per serving

1 large red pear

½ cup white wine (high-quality)

6 ounces frozen unsweetened raspberries, thawed, or

1 cup fresh raspberries

1 tablespoon mini semisweet chocolate chips

1½ tablespoons coarsely chopped pistachios, toasted

Heat oven to 400°F. Cut pear in half; remove core with a melon baller or metal measuring teaspoon. Arrange pear halves, cut side down, in a shallow baking dish. Pour wine over pears. Bake 18 to 20 minutes, or until pears are tender when pierced with the tip of a sharp knife. Meanwhile, puree raspberries in food processor; strain and discard seeds. Transfer roasted pears to serving plates, cut side up; sprinkle chocolate chips over the pears (the heat of the pears will melt the chips). Combine pureed raspberries and liquid remaining in baking dish in a small saucepan. Cook over high heat until sauce is slightly thickened. Spoon sauce over and around pears; sprinkle with pistachios. Serve warm or at room temperature.

What's in it for you?

Total fat	5.2 g
Saturated fat	1.4 g
Healthy fats	3.3 g
Fiber	4.9 g
Carbohydrates	31.8 g
Sugar	24 g
Protein	2.7 g
Sodium	7 mg
Calcium	45 mg
Magnesium	32 mg
Selenium	2 mcg
Potassium	344 mg

Sliced Peaches with Raspberries, Blueberries, and Chocolate Chips

2 servings ❖ 46 calories per serving

2 small ripe peaches, sliced

½ teaspoon ground cinnamon

Pinch of nutmeg

¼ cup (1 ounce) fresh raspberries

¼ cup (1 ounce) fresh blueberries

1½ tablespoons mini semisweet chocolate chips

Combine sliced peaches with cinnamon and nutmeg; transfer to two serving plates. Top peaches with raspberries, blueberries, and chocolate chips.

What's in it for you?

Total fat	0.8 g
Saturated fat	0.1 g
Healthy fats	0.7 g
Fiber	0.4 g
Carbohydrates	5 g
Sugar	0 g
Protein	1 g
Sodium	0 mg
Calcium	1 mg
Magnesium	0 mg
Selenium	1 mcg
Potassium	0 mg