

# Eat What You Love Quick & Easy - Menus

	1200 Calories	1600 Calories	2000 Calories
<b>Breakfast</b>	<b>5-Ingredient Banana-Oat Pancakes for One</b> (p. 70) 2 Tablespoons Sugar-free Syrup	<b>5-Ingredient Banana-Oat Pancakes for One</b> (p. 70) 2 Tablespoons Sugar-free Syrup ½ cup strawberries or raspberries	<b>5-Ingredient Banana-Oat Pancakes for One</b> (p. 70) 2 Tablespoons Sugar-free Syrup 1 cup strawberries or raspberries
<b>Snack</b>	12 almonds	12 almonds 1 large boiled egg	12 almonds 1 large boiled egg
<b>Lunch</b>	<b>Teriyaki Salmon and Spinach Salad</b> (p.156, can substitute chicken) Iced Tea	<b>Teriyaki Salmon and Spinach Salad</b> (p.156, can substitute chicken) 1 cup 1% milk	<b>Teriyaki Salmon and Spinach Salad</b> (8 ounces salmon) Wheat Roll w/2 tsp. marg Iced Tea
<b>Snack</b>	1 stick reduced fat string cheese	1 stick reduced fat string cheese 1 medium apple	1 stick reduced fat string cheese 1 medium apple
<b>Dinner</b>	<b>Chicken Enchilada Tacos (p.130)</b> shredded lettuce & diced tomato 1 cup steamed broccoli ½ cup instant brown rice	<b>Chicken Enchilada Tacos (p.130)</b> shredded lettuce & diced tomato 1 cup steamed broccoli 2/3 cup instant brown rice	<b>Chicken Enchilada Tacos (p.130)</b> shredded lettuce & diced tomato 1 cup steamed broccoli 3/4 cup instant brown rice
<b>Snack</b>	sugar-free diet chocolate pudding cup OR <b>2-Minute Chocolate “Cup” Cake for One</b> (+60 cal, 2 gms fat, 4 gms carb, 2 SP)	<b>2-Minute Chocolate “Cup” Cake for One</b> (p. 281)	<b>2-Minute Chocolate “Cup” Cake for One</b> (p. 281)
	Calories: 1170 Fat: 38 grams (Sat Fat 11 g) Carbohydrate: 138 gms Fiber: 22 gms Protein: 75 gms Sodium: 2140 mg SP = 26	Calories: 1575 Fat: 48 (Sat Fat 14 gms) Carbohydrate: 188 gms Fiber: 28 gms Protein: 96 gms Sodium: 2230 mg	Calories: 1910 Fat: 63 (Sat Fat 17g): Carbohydrates: 221 gms Fiber: 36 gms Protein: 120 gms Sodium: 2400 mg

# Eat What You Love Quick & Easy - Menus

	<b>1200 Calories</b>	<b>1600 Calories</b>	<b>2000 Calories</b>
<b>Breakfast</b>	<b>Make-Ahead Bacon Cheddar Burrito</b> (p. 59) ½ cup 1% milk	<b>Make-Ahead Bacon Cheddar Burrito</b> (p. 59) 1 cup 1% milk	<b>Make-Ahead Bacon Cheddar Burrito</b> (p. 59) 1 cup 1% milk medium orange
<b>Snack</b>	1/2 cup fresh or frozen berries	1/2 cup fresh or frozen berries	1 cup fresh or frozen berries
<b>Lunch</b>	<b>Cheesy Cauliflower Soup</b> (p. 104) <b>Harvest Chicken Salad Sandwich</b> (p. 124) 1 handful carrot sticks	<b>Cheesy Cauliflower Soup</b> (p. 104) <b>Harvest Chicken Salad Sandwich</b> (p. 124) 1 handful carrot sticks	<b>Cheesy Cauliflower Soup</b> (p. 104) <b>Harvest Chicken Salad Sandwich</b> (p. 124) 1 handful carrot sticks
<b>Snack</b>	1 cup raw broccoli/celery/pea pods 2 Tbsp. low-fat Ranch dressing	1 cup raw broccoli/celery/pea pods 2 Tbsp. low-fat Ranch dressing	2 cups raw broccoli/celery/pea pods 4 Tbsp. low-fat Ranch dressing
<b>Dinner</b>	<b>Penne Pasta with Sausage and Kale</b> (p.163) 2 cups mixed greens with Tomato Balsamic Vinaigrette (p. 140)	<b>Penne Pasta with Sausage and Kale</b> (p.163) 2 cups mixed greens with Tomato Balsamic Vinaigrette (p. 140) wheat roll with 2 tsp. marg.	<b>Penne Pasta with Sausage and Kale</b> (p.163, 1 ½ servings) 2 cups mixed greens with Tomato Balsamic Vinaigrette (p. 140) wheat roll with 2 tsp. marg
<b>Snack</b>	1 cup 80-calorie Greek Yogurt ½ small banana	1 cup 80-calorie Greek Yogurt 1 small banana 2 tablespoons chopped nuts	1 cup 80-calorie Greek Yogurt 1 medium banana 2 tablespoons chopped nuts
	Calories: 1175 Fat: 38 (Sat. Fat 38 g): Carbohydrates: 137 gms Fiber: 32 gms Protein: 85 gms Sodium: 2140 mg SP: 28	Calories: 1570 Fat 52 (Sat Fat 12 g) Carbohydrates: 184 gms Fiber: 37 gms Protein: 105 gms Sodium: 2450 mg	Calories: 1950 Fat: 56 (Sat Fat 13 g) Carbohydrates: 221 Fiber: 42 gms Protein: 117 gms Sodium: 2625 mg

# Eat What You Love Quick & Easy Menus

	<b>1200 Calories</b>	<b>1600 Calories</b>	<b>2000 Calories</b>
<b>Breakfast</b>	<b>Cinnamon Chai Oatmeal</b> (p. 63) 1/2 cup low-fat milk	<b>Cinnamon Chai Oatmeal</b> (p. 63) 1/2 cup low-fat milk 1 soft or hard boiled egg	<b>Cinnamon Chai Oatmeal</b> (p. 63) 1/2 cup low-fat milk 1 soft or hard boiled egg
<b>Snack</b>	1/2 cup low fat cottage cheese 1 Tbsp. reduced sugar jam 2 Tbsp. sliced almonds	3/4 cup low fat cottage cheese 1/2 cup peach slices 2 Tbsp. sliced almonds	1/2 cup plain Greek yogurt 1 Tbsp. reduced sugar jam 2 Tbsp. sliced almonds
<b>Lunch</b>	<b>Tuna 'n Egg Salad Sandwich</b> (p. 122) 2 cups mixed greens w/ 1 cup snap peas 2 Tbsp. reduced fat dressing	<b>Tuna 'n Egg Salad Sandwich</b> (p. 122) 2 cups mixed greens w/1 cup snap peas 2 Tbsp. reduced fat dressing	<b>Loaded Philly Cheesesteak</b> (p. 122) 2 cups mixed greens w/1 cup snap peas 2 Tbsp. reduced fat dressing
<b>Snack</b>	1 medium orange	1 medium orange 8 walnut halves	1 medium orange 8 walnut halves
<b>Dinner</b>	<b>Teriyaki Fried Chicken</b> (p. 213) <b>Pan Roasted Broccolini</b> (p. 194) 1/2 cup instant brown rice	<b>Teriyaki Fried Chicken</b> (p. 213) <b>Pan Roasted Broccolini</b> (p. 194) 3/4 cup instant brown rice	<b>Teriyaki Fried Chicken</b> (p. 213) <b>Pan Roasted Broccolini</b> (p. 194) 3/4 cup instant brown rice 2 cups spinach salad mix w/ 2 Tbsp. low-fat Oriental dressing
<b>Snack</b>	No-sugar added hot chocolate	2-Minute Pumpkin Pie (p.273) 2 Tbsp. light whipped topping	2-Minute Pumpkin Pie (p.273) 2 Tbsp. light whipped topping 2 graham cracker squares
	Calories: 1200 Fat: 31 gms (Sat Fat 7 g) Carbohydrates: 143 Fiber: 24 gms Protein: 85 gms Sodium: 2010 mg SP 29	Calories: 1560 Fat: 48 gms (Sat Fat 10g ) Carbohydrates: 182 gms Fiber: 29 gms Protein: 107 gms Sodium: 2390 mg	Calories: 1960 Fat: 56 gms (Sat Fat 15g) Carbohydrates: 2530 gms Fiber: 27 gms Protein: 125 gms Sodium: 2480 mg

## Eat What You Love Quick & Easy - Menus

	<b>1200 Calories</b>	<b>1600 Calories</b>	<b>2000 Calories</b>
<b>Breakfast</b>	<b>5-Minute Breakfast Pizzas</b> (p.62) ½ cup light orange juice	<b>5-Minute Breakfast Pizzas</b> (p.62) 1 cup light orange juice	<b>5-Minute Breakfast Pizzas</b> (p.62) 1 cup light orange juice
<b>Snack</b>	½ cup blueberries	¾ cup blueberries	½ cup blueberries blended with 1/2 cup low fat milk, 1/4 cup plain Greek yogurt ,1 tablespoon honey and ice
<b>Lunch</b>	<b>Good &amp; Easy Turkey Chili</b> (p.115) 2 Tbsp. grated low fat cheddar cheese 1 ½ cups spinach with grated carrot 2 Tbsp. <b>Buttermilk dressing</b> (p. 309)	<b>Good &amp; Easy Turkey Chili</b> (p.115) (1 ½ cups) 3 Tbsp. plain low fat Greek yogurt 2 Tbsp. grated low fat cheddar cheese 1 ½ cups spinach with grated carrot 2 Tbsp. <b>Buttermilk dressing</b> (p. 309)	<b>Good &amp; Easy Turkey Chili</b> (p.115) (1 ½ cups) 3 Tbsp plain low fat Greek yogurt 2 Tbsp. grated low fat cheddar cheese 8 saltines (or wheat crackers) 1 ½ cups spinach with grated carrot 2 Tbsp. <b>Buttermilk dressing</b> (p. 309)
<b>Snack</b>	1 stick reduced fat string cheese	1 medium apple 1 stick reduced fat string cheese	1 medium apple 1 stick reduced fat string cheese 2-ounces reduced sodium sliced turkey
<b>Dinner</b>	<b>15-Minute Upside-Down Shepherd's Pie</b> (p. 232) 1 ½ cups green salad 2 Tbsp. low-fat Italian dressing ½ cup low fat milk	<b>15-Minute Upside-Down Shepherd's Pie</b> (p. 232) 1 ½ cups green salad 2 Tbsp. low-fat Italian dressing 1 cup low fat milk	<b>15-Minute Upside-Down Shepherd's Pie</b> (p. 232) 1 ½ cups green salad 2 Tbsp. low-fat Italian dressing 1 cup low fat milk
<b>Snack</b>	<b>2-Minute Pumpkin Pie</b> (p.273) 2 Tbsp. light whipped topping	¾ cup light vanilla ice cream ¼ cup blueberries 2 Tbsp. chopped nuts	¾ cup light vanilla ice cream ½ cup blueberries
	Calories: 1170 Fat 40 gms (Sat Fat 14 g) Carbohydrates: 126 gms Fiber: 22 gms Protein: 82 gms Sodium: 1850 mg SP: 31	Calories: 1520 Fat 54 gms (Sat Fat 19g) Carbohydrates: 184 gms Fiber: 31 gms Protein: 103 gms Sodium: 2240 mg	Calories: 1945 Fat 58 (Sat Fat 21 g): Carbohydrates: 220 gms Fiber: 33 gms Protein: 123 gms Sodium: 2510 mg

## Eat What You Love Quick & Easy Menus

	<b>1200 Calories</b>	<b>1600 Calories</b>	<b>2000 Calories</b>
<b>Breakfast</b>	<b>Oatmeal Cookie Breakfast Smoothie</b> (p.44)	<b>Oatmeal Cookie Breakfast Smoothie</b> (p.44) 12 almonds	<b>Oatmeal Cookie Breakfast Smoothie</b> (p.44) 12 almonds
<b>Snack</b>	1 medium orange 12 almonds	1 medium orange 1 large boiled egg	1 medium orange 1 large boiled egg
<b>Lunch</b>	<b>Chicken BLT Salad with Ranch Dressing</b> (p.153) 3/4 cup 1% milk	<b>Chicken BLT Salad with Ranch Dressing</b> (p.153) wheat roll	<b>Chicken BLT Salad with Ranch Dressing</b> (p.153) wheat roll
<b>Snack</b>	1 small banana	1 small banana 1 Tbsp. nut butter (almond or peanut)	Medium banana 1 ½ Tbsp. nut butter (peanut or almond)
<b>Dinner</b>	<b>Tilapia Piccata</b> (p. 248) <b>Easiest Ever Glazed Carrots</b> (p. 83) <b>One-Pot Spaghetti and Spinach</b> (p. 195)	<b>Tilapia Piccata</b> (p. 248) <b>Easiest Ever Glazed Carrots</b> (p. 83) <b>One-Pot Spaghetti and Spinach</b> (p.195)	<b>Tilapia Piccata</b> (p. 248) (7-ounce precooked weight of fish) <b>Easiest Ever Glazed Carrots</b> (p. 83) <b>One-Pot Spaghetti and Spinach</b> (p. 195) (1 ½ cups)
<b>Snack</b>	Sugar-free pudding cup or fudge bar	80 to 100 calorie Greek yogurt cup	2-Minute Chocolate “Cup” Cake 1 cup 1% milk
	Calories: 1170 Fat: 36 gms (Sat Fat 10 g) Carbohydrates: 138 gms Fiber: 21 gms Protein: 80 gms Sodium:1380 mg SP: 27	Calories: 1550 Fat 50 gms (Sat Fat 14 g) Carbohydrates: 175 gms Fiber: 24 gms Protein: 108 gms Sodium: 1580 mg	Calories: 1910 Fat 62 gms (Sat Fat 19 g) Carbohydrates: 216 gms Fiber: 29 gms Protein:125 gms Sodium: 2010 mg

## Eat What You Love Everyday! - Menus

	<b>1200 Calories</b>	<b>1600 Calories</b>	<b>2000 Calories</b>
<b>Breakfast</b>	<b>Cheesy Spinach Breakfast Bake</b> (p. 66) 1 slice light wheat toast w/1 tsp marg 1 cup low fat milk	<b>Cheesy Spinach Breakfast Bake</b> (p. 66, 1/4 of bake) 1 slice regular whole wheat toast (2 tsp. margarine) 1 cup low fat milk	<b>Cheesy Spinach Breakfast Bake</b> (p. 66, 1/4 of bake) 2 slices regular whole wheat toast (4 tsp. margarine) 1 cup low fat milk
<b>Snack</b>	1 medium tangerine	2 medium tangerines	2 medium tangerines
<b>Lunch</b>	Greek Flatbread Pizza (p.179) Iced tea	<b>Greek Flatbread Pizza</b> (p. 179) topped with ½ cup shredded chicken breast Iced tea	<b>Greek Flatbread Pizza</b> (p. 179) topped with ½ cup shredded chicken breast 1 cup grapes Iced tea
<b>Snack</b>	2 cups raw veggies with 2 Tbsp DIY Ranch Dressing	2 cups raw veggies with 2 Tbsp DIY Ranch Dressing	2 cups raw veggies with 3 Tbsp DIY Ranch Dressing
<b>Dinner</b>	<b>Quickie Chicken &amp; Shrimp Gumbo</b> (p. 110) ½ cup instant brown rice 1 ½ cups green lettuce salad w/ cucumber, tomatoes, peppers and onions 2 Tbsp. low-fat dressing	<b>Quickie Chicken &amp; Shrimp Gumbo</b> (p. 110, 2 cup serving) ¾ cup instant brown rice 1 ½ cups green lettuce salad w/ cucumber, tomatoes, peppers and onions 2 Tbsp. low-fat dressing	<b>Quickie Chicken &amp; Shrimp Gumbo</b> (p. 110, 2 cup serving) 1 cup instant brown rice 1 ½ cups green lettuce salad w/ cucumber, tomatoes, peppers and onions 2 Tbsp. oil and vinegar dressing
<b>Snack</b>	1 small apple 2 teaspoons peanut butter	1 small apple 2 teaspoons peanut butter 1 slice low fat cheese (1-ounce)	1 small apple 1 Tbsp. peanut butter
	Calories: 1160 Fat 35 gms (Sat fat 12 g) Carbohydrates: 140 Fiber: 32 gms Protein: 86 gms Sodium: 2190 mg SP: 26	Calories: 1560 Fat 44 gms (Sat Fat 17 g) Carbohydrates: 176 gms Fiber: 40 gms Protein: 122 gms Sodium: 2660 mg	Calories: 1935 Fat 62 (Sat Fat 20 g): Carbohydrates: 218 gms Fiber: 44 gms Protein: 128 gms Sodium: 2850 mg

## Eat What You Love Everyday! - Menus

	<b>1200 Calories</b>	<b>1600 Calories</b>	<b>2000 Calories</b>
<b>Breakfast</b>	<b>Easy Breakfast “Souffle” for Two (p. 65)</b>	<b>Easy Breakfast “Souffle” for Two (p. 65)</b> 2-ounces reduced sodium ham	<b>Easy Breakfast “Souffle” for Two (p. 65)</b> 2-ounces reduced sodium ham 8-ounces light orange juice
<b>Snack</b>	1/2 cup raspberries or sliced strawberries	1 cup raspberries or strawberries	1 cup raspberries or strawberries 100 calorie Greek Yogurt
<b>Lunch</b>	<b>BLT Chicken Pizza (p. 178)</b> 1 cup broccoli florets with 2 Tbsp. low fat Ranch dressing	<b>BLT Chicken Pizza (p. 178)</b> 1 cup broccoli florets with 2 Tbsp. low fat Ranch dressing	<b>BLT Chicken Pizza (p. 178)</b> 1 cup broccoli florets with 2 Tbsp. low fat Ranch dressing
<b>Snack</b>	½ cup unsweetened applesauce with cinnamon or 1 small apple 10 almonds	Medium banana	Medium banana 12 almonds (1/2 ounce)
<b>Dinner</b>	<b>Pan Seared Filet Mignon with Rosemary Red Wine Sauce (p. 235)</b> <b>Last Minute Roasted Red Potatoes (p.192)</b> 1 cup steamed green beans	<b>Pan Seared Filet Mignon with Rosemary Red Wine Sauce (p. 235, 6-ounce filet)</b> <b>Last Minute Roasted Red Potatoes (p.192)</b> 1 cup steamed green beans Dinner roll with 2 teaspoons butter	<b>Pan Seared Filet Mignon with Rosemary Red Wine Sauce (p. 235, 7-ounce filet)</b> <b>Last Minute Roasted Red Potatoes (p.192)</b> 1 Dinner roll with 2 teaspoons butter 1 1/2 cups steamed green beans 1 glass red or white wine
<b>Snack</b>	<b>Blueberry Cheesecake Pie Cup (p. 289)</b>	<b>Blueberry Cheesecake Pie Cup (p. 289)</b>	<b>Blueberry Cheesecake Pie Cup (p. 289)</b>
	Calories: 1275 Fat:42 gms (Sat Fat 13 g) Carbohydrates: 128 gms Fiber: 20 gms Protein: 80 gms Sodium: 1560 mg SP: 32	Calories: 1545 Fat: 46 gms (Sat Fat 16 g) Carbohydrates: 170 gms Fiber: 24 gms Protein: 105 gms Sodium: 2370 mg	Calories: 1945 Fat: 56 (Sat Fat 17): Carbohydrates: 210 gms Fiber: 26 gms Protein: 128 gms Sodium: 2490 mg