

Eat What You Love Everyday! - Menus

	1200 Calories	1600 Calories	2000 Calories
Breakfast	Perfect Puffy 150-Calorie Cheese Omelet (p. 66) 1 slice light wheat toast 1 tsp. marg. (like Smart Balance) or butter 1 cup light orange juice	Perfect Puffy 150-Calorie Cheese Omelet (p. 66) 2 slices light wheat toast 2 tsp. marg. (like Smart Balance) or butter 1 cup light orange juice	Perfect Puffy 150-Calorie Cheese Omelet (p. 66) 2 slices light wheat toast 2 tsp. marg. (like Smart Balance) or butter 1 cup light orange juice
Snack	1 small banana	1 small banana 1 ounce (or 23) almonds	1 small banana 1 ounce (or 23) almonds
Lunch	1 Mexican Pizza (p. 193) 1 ½ cups mixed salad greens with shredded carrot and cucumber slices 2 Tbsp. low-fat dressing (~ 50 calories)	1 Mexican Pizza (p. 193) 1 ½ cups mixed salad greens with shredded carrot and cucumber slices 2 Tbsp. low-fat dressing (~ 50 calories)	1 Mexican Pizza (p. 193) 1 ½ cups mixed salad greens with shredded carrot and cucumber slices 2 Tbsp. low-fat dressing (~ 50 calories) 1 medium orange
Snack	¾ cup berries (or 1 small piece of fruit)	¾ cup berries (or 1 small piece of fruit)	¾ cup berries (or 1 small piece of fruit)
Dinner	Parmesan Crusted Chicken (p.244) 1 cup cooked broccoli ½ cup cooked pasta with 1 tsp. olive oil	Parmesan Crusted Chicken (p.244) 1 cup cooked broccoli ½ cup cooked pasta with ¼ cup Light Luscious Alfredo (p.191)	Parmesan Crusted Chicken (p.244) 1 cup cooked broccoli ½ cup cooked pasta with ¼ cup Light Luscious Alfredo (p.191) 1 small wheat roll with 1 tsp. margarine or butter
Snack/ Dessert	Luscious Coconut Cupcake (p. 293) or Boston Cream Pie Cupcake (p. 292)	Luscious Coconut Cupcake (p. 293) or Boston Cream Pie Cupcake (p. 292)	Luscious Coconut Cupcake (p. 293) or Boston Cream Pie Cupcake (p. 292) 1 cup low-fat milk
	Calories:1205 Fat (Sat. fat): 37 g (13 g) Carbohydrates: 128 g Fiber:27 g Protein:86 g Sodium: 1950 mg	Calories: 1580 Fat (Sat. fat): 56 g (15 g) Carbohydrates: 170 g Fiber:34 g Protein:101 g Sodium: 2150mg	Calories:1980 Fat (Sat. fat): 66 g (18 g) Carbohydrates:224 g Fiber:39 g Protein:125 g Sodium:2550mg

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Breakfast	Apple Pie Oatmeal (p. 59) ½ cup low-fat milk	Apple Pie Oatmeal (p. 59) 1 cup low-fat milk 2 Tbsp. chopped walnuts	Apple Pie Oatmeal (p. 59) 1 cup low-fat milk 2 Tbsp. chopped walnuts
Snack	1 boiled egg	1 boiled egg ½ medium apple	1 boiled egg 1 medium apple
Lunch	Choice of Curried Chicken Salad Sandwich (pp. 137-139) 1 ½ cups raw vegetables (carrot, celery, or broccoli) 2 Tbsp. light Ranch dressing	Choice of Curried Chicken Salad Sandwich (pp. 137-139) 1 ½ cups raw vegetables (carrot, celery, or broccoli) 2 Tbsp. light Ranch dressing	Choice of Curried Chicken Salad Sandwich (pp. 137-139) 1 ½ cups raw vegetables (carrot, celery, or broccoli) 2 Tbsp. light Ranch dressing 1 cup low-fat milk
Snack	1 stick low-fat string cheese	1 stick low-fat string cheese 10 reduced fat crackers (like Wheat Thins)	1 stick low-fat string cheese 10 reduced fat crackers (like Wheat Thins)
Dinner	James's Orange Beef (p. 268) ½ cup cooked instant brown rice ½ cup cooked peas	James's Orange Beef (p. 268) ¾ cup cooked instant brown rice ½ cup cooked peas	James's Orange Beef (p. 268) 1 cup cooked instant brown rice ¾ cup cooked peas
Snack/ Dessert	1 medium orange OR 1 Mango Orange Frozen Fruit Pop (p. 327)	1 medium orange OR 1 Mango Orange Frozen Fruit Pop (p. 327)	1 medium orange OR 1 Mango Orange Frozen Fruit Pop ½ cup low-fat cottage cheese
	Calories: 1170 Fat (Sat. fat): 34 g (10 g) Carbohydrates: 137 g Fiber: 23 g Protein: 80 g Sodium: 1415mg	Calories: 1560 Fat (Sat. fat): 51 g (14 g) Carbohydrates: 172 g Fiber: 27 g Protein: 101 g Sodium: 1620mg	Calories: 1955 Fat (Sat. fat): 59 g (19 g) Carbohydrates: 228 g Fiber: 33 g Protein: 128 g Sodium: 2170 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	Luscious Lemon Slim Smoothie (p. 45) Bananarama Breakfast Bar (p. 89)	Luscious Lemon Slim Smoothie (p. 45) Bananarama Breakfast Bar (p. 89)	Luscious Lemon Slim Smoothie (p. 45) 2 Bananarama Breakfast Bars (p. 89)
Snack	1 medium apple	1 medium apple 1 Tbsp. peanut butter	1 medium apple 1 Tbsp. peanut butter
Lunch	Seafood Louie Salad (p. 171) (can make with albacore tuna)	Seafood Louie Salad (p. 171) (can make with albacore tuna)	Seafood Louie Salad (p. 171) (can make with albacore tuna) 1 cup low-fat milk
Snack	1 cup low-fat milk 1 Tbsp. lite chocolate syrup	1 cup low-fat milk 1 Tbsp. lite chocolate syrup	2/3 cup non-fat or low-fat Greek yogurt ½ cup blueberries 2 Tbsp. sliced almonds
Dinner	Creamy Weeknight Spaghetti (p. 182) Italian "House" Salad with Cheesy Italian Dressing (p. 154) ½ cup sautéed zucchini	Creamy Weeknight Spaghetti (p. 182) Italian "House" Salad with Cheesy Italian Dressing (p. 154) 2 Tbsp. Parmesan cheese ½ cup sautéed zucchini 1 small wheat roll with 1 tsp. margarine (like Smart Balance) or butter	Creamy Weeknight Spaghetti (p. 182) Italian "House" Salad with Cheesy Italian Dressing (p. 154) 2 Tbsp. Parmesan cheese ½ cup sautéed zucchini 1 small wheat roll with 1 tsp. margarine (like Smart Balance) or butter
Snack/ Dessert	Sugar-free pudding cup OR ½ cup berries	Sugar-free pudding cup topped with ½ cup sliced strawberries	Sugar-free pudding cup topped with ½ cup sliced strawberries
	Calories: 1210 Fat (Sat. fat): 36 g (9 g) Carbohydrates: 143 g Fiber: 23 g Protein: 84 g Sodium: 1960 mg	Calories: 1580 Fat (Sat. fat): 56 g (16 g) Carbohydrates: 170 g Fiber: 25 g Protein: 101 g Sodium: 2410 mg	Calories: 1925 Fat (Sat. fat): 67 g (17 g) Carbohydrates: 207 g Fiber: 28 g Protein: 121 g Sodium: 2650 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	Breakfast-Style Egg Salad Sandwich (p. 62) 1 cup cubed melon OR ½ cup sliced canned peaches (rinsed of any syrup)	Breakfast-Style Egg Salad Sandwich (p. 62) 1 cup cubed melon OR ½ cup sliced canned peaches (rinsed of any syrup) 1 cup low-fat milk	Breakfast-Style Egg Salad Sandwich (p. 62) (close sandwich with another bread slice) 1 cup cubed melon OR ½ cup sliced canned peaches (rinsed of any syrup) 1 cup low-fat milk
Snack	12 almonds (OR 100 calorie pack)	12 almonds (OR 100 calorie pack) 1 medium banana	1 ounce (23) almonds (OR other nuts) 1 medium banana
Lunch	Quickie Kale and Calico Bean Soup (p. 129) (1 ½ cups) 2 tsp. grated Parmesan Crunchy Cucumbers with Fresh Dilled Ranch Dressing (p. 159) (1 cup serving)	Quickie Kale and Calico Bean Soup (p. 129) (1 ½ cups) 2 tsp. grated Parmesan Crunchy Cucumbers with Fresh Dilled Ranch Dressing (p. 159) (1 cup serving)	Quickie Kale and Calico Bean Soup (p. 129) (2 cups) 1 Tbsp. grated Parmesan Crunchy Cucumbers with Fresh Dilled Ranch Dressing (p. 159) (1 cup serving)
Snack	1 medium orange	1 medium orange 1 ounce low-fat cheese	1 medium orange 1 ounce low-fat cheese
Dinner	Speedy Spinach Artichoke Dip Chicken (p. 247) ½ medium (10 ounce) potato* 1 ½ cups spinach plus sliced mushrooms and red onion with 2 Tbsp. low-fat dressing *Microwave 9 min. while prepping chicken	Speedy Spinach Artichoke Dip Chicken (p. 247) ½ medium (10 ounce) potato* 1 ½ cups spinach plus sliced mushrooms and red onion with 2 Tbsp. low-fat dressing *Microwave 9 min. while prepping chicken	Speedy Spinach Artichoke Dip Chicken (p. 247) 1 medium (10 ounce) potato* with 2 Tbsp. Greek yogurt or light sour cream 1 ½ cups spinach plus sliced mushrooms and red onion 2 Tbsp. low-fat dressing *Microwave 9 min. while prepping chicken
Snack	100 calorie (or less) light or Greek yogurt	2 Peanut Butter Oatmeal Chocolate Chip Cookies (p. 310)	2 Peanut Butter Oatmeal Chocolate Chip Cookies (p. 310) 1 cup low-fat milk
	Calories: 1160 Fat (Sat. fat): 35 g (8 g) Carbohydrates: 133 g Fiber: 27 g Protein: 80 g Sodium: 1850 mg	Calories: 1605 Fat (Sat. fat): 55 g (14 g) Carbohydrates: 181 g Fiber: 32 g Protein: 96 g Sodium: 2180 mg	Calories: 1985 Fat (Sat. fat): 67 g (17 g) Carbohydrates: 228 g Fiber: 37 g Protein: 118 g Sodium: 2460 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	Apple Dapple Yogurt Parfait (p. 76)	Apple Dapple Yogurt Parfait (p. 76) ½ cup light juice	Apple Dapple Yogurt Parfait (p. 76) 1 cup light juice
Snack	1 slice light wheat toast with 2 tsp. peanut butter	1 slice light wheat toast with 1 Tbsp. peanut butter	1 slice regular wheat toast with 1 Tbsp. peanut butter and 1 Tbsp. low-sugar jam
Lunch	Southern-Style Grilled Cheese (p. 143) 1 cup Quickie Kale and Calico Bean Soup (p. 129)	Southern-Style Grilled Cheese (p. 143) 1 cup Quickie Kale and Calico Bean Soup (p. 129) 1 cup low-fat milk	Southern-Style Grilled Cheese (p. 143) 1 cup Quickie Kale and Calico Bean Soup (p. 129) 1 cup low-fat milk
Snack	1 cup celery and carrot sticks with 2 Tbsp. low-fat Ranch dressing	1 cup celery and carrot sticks with 2 Tbsp. low-fat Ranch dressing ½ cup cottage cheese	¾ cup cottage cheese 3 Tbsp. chopped nuts ½ cup sliced peaches
Dinner	15-Minute Garlicky Baked Shrimp (p. 278) OR Tuscan Tilapia (p. 281) ½ cup cooked instant brown rice 1 cup cooked green beans	15-Minute Garlicky Baked Shrimp (p. 278) OR Tuscan Tilapia (p. 281) ¾ cup cooked instant brown rice 1 cup cooked green beans	15-Minute Garlicky Baked Shrimp (p. 278) OR Tuscan Tilapia (p. 281) 1 cup cooked instant brown rice 1 1/2 cups cooked green beans 1 Tbsp. margarine or butter
Snack	65-Calorie Peppermint Mocha (p. 54) OR Hot Chocolate	65-Calorie Peppermint Mocha (p. 54) OR Hot Chocolate ½ cup raspberries	65-Calorie Peppermint Mocha (p. 54) OR Hot Chocolate ¾ cup raspberries
	Calories: 1195 Fat (Sat. fat): 36 g (11 g) Carbohydrates: 144 g Fiber: 25 g Protein: 74 g Sodium: 1520 mg	Calories: 1540 Fat (Sat. fat): 44 g (15 g) Carbohydrates: 188 g Fiber: 30 g Protein: 97 g Sodium: 2110 mg	Calories: 1930 Fat (Sat. fat): 62 g (18 g) Carbohydrates: 231 g Fiber: 35 g Protein: 112 g Sodium: 2320 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	14-Karat Carrot Cake Pancakes (p. 73) Coffee or Tea	14-Karat Carrot Cake Pancakes (p. 73) Coffee or Tea 2 Tbsp. walnuts 2 Tbsp. light whipped topping	14-Karat Carrot Cake Pancakes (p. 73) Coffee or Tea 2 Tbsp. walnuts 2 Tbsp. light whipped topping 1 cup light orange juice
Snack	½ grapefruit OR 1 medium tangerine	½ grapefruit OR 1 medium tangerine	½ grapefruit OR 1 medium tangerine
Lunch	Barbecued Chicken Chopped Salad (p. 168) Diet Iced Tea	Barbecued Chicken Chopped Salad (p. 168) Diet Iced Tea	Barbecued Chicken Chopped Salad (p. 168) Diet Iced Tea 1 slice bread with 2 tsp. margarine or butter OR 1 small wheat roll
Snack	1 stick low-fat string cheese	1 stick low-fat string cheese 1 small apple	2 sticks low-fat string cheese OR 1 slice low-fat cheddar cheese 1 medium apple
Dinner	Bodacious “50-50” Bacon ‘n Beef Burger (p. 149) 1 ½ cups chopped iceberg salad (cucumber, tomato, pepper, onion, and carrots) 2 Tbsp. low-fat dressing (~50 calories)	Bodacious “50-50” Bacon ‘n Beef Burger (p. 149) Extra Crispy Oven-Baked Steak Fries (p. 232) 1 ½ cups chopped iceberg salad (cucumber, tomato, pepper, onion, and carrots) 2 Tbsp. low-fat dressing (~50 calories)	Bodacious “50-50” Bacon ‘n Beef Burger (p. 149) Extra Crispy Oven-Baked Steak Fries (p. 232) 1 ½ cups chopped iceberg salad (cucumber, tomato, pepper, onion, and carrots) 2 Tbsp. low-fat dressing (~50 calories)
Snack	½ cup unsweetened applesauce sprinkled with cinnamon	2 graham cracker squares ½ cup low-fat milk	3 graham cracker squares 1 cup low-fat milk
	Calories: 1245 Fat (Sat. fat): 35 g (12 g) Carbohydrates: 139 g Fiber: 23 g Protein: 92 g Sodium: 1810 mg	Calories: 1605 Fat (Sat. fat): 47 g (14 g) Carbohydrates: 185 g Fiber: 27 g Protein: 110 g Sodium: 2240 mg	Calories: 2010 Fat (Sat. fat): 65 g (16 g) Carbohydrates: 232 g Fiber: 30 g Protein: 126 g Sodium: 2510 mg

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	1200 Calories	1600 Calories	2000 Calories
Breakfast	Savory Southern-Style Biscuits, Eggs, and Gravy (p. 68) 1 cup mixed fruit (berries, melon, apple)	Savory Southern-Style Biscuits, Eggs, and Gravy (p. 68) 1 cup mixed fruit (berries, melon, apple)	Savory Southern-Style Biscuits, Eggs, and Gravy (p. 68) 1 cup mixed fruit (berries, melon, apple) 1 cup light orange juice
Snack	100 calorie (or less) light or Greek yogurt	100 calorie (or less) light or Greek yogurt	100 calorie (or less) light or Greek yogurt topped with 2 Tbsp. chopped nuts
Lunch	Turkey Avocado 'wich on Wheat (p. 136) ½ cup cooked green beans	Turkey Avocado 'wich on Wheat (p. 136) 1 cup cooked green beans	Turkey Avocado 'wich on Wheat (p. 136) 1 cup cooked green beans 1 slice reduced fat cheese (1 ½ oz.)
Snack	½ cup low-fat milk with 2 tsp. light chocolate syrup	1 cup low-fat milk with 1 Tbsp. light chocolate syrup	1 cup low-fat milk with 1 Tbsp. light chocolate syrup, + ½ cup light ice cream, + ½ cup ice, blended
Dinner	Better than Shake 'n Bake Pork Chops (p. 272) ½ medium (10 ounce) sweet potato Wilted spinach with 1 tsp. olive oil and 1 tsp. grated Parmesan	Better than Shake 'n Bake Pork Chops (p. 272) ½ medium (10 ounce) sweet potato with 2 tsp. margarine or butter Wilted spinach with 1 tsp. olive oil and 1 tsp. grated Parmesan 1 small wheat roll OR Savory biscuit	Better than Shake 'n Bake Pork Chops (p. 272) 1 medium (10 ounce) sweet potato with 1 Tbsp. margarine or butter Wilted spinach with 1 tsp. olive oil and 1 tsp. grated Parmesan 1 small wheat roll OR Savory biscuit
Snack	½ cup frozen banana slices (Really want the pie? Omit snacks, add pie here, and enjoy!)	No-Bake Banana Caramel Cream Cheese Pie (p. 288)	No-Bake Banana Caramel Cream Cheese Pie (p. 288)
	Calories: 1210 Fat (Sat. fat): 38 g (9 g) Carbohydrates: 137 g Fiber: 20 g Protein: 85 g Sodium: 1910 mg	Calories: 1580 Fat (Sat. fat): 54 g (15 g) Carbohydrates: 178 g Fiber: 23 g Protein: 95 g Sodium: 2250 mg	Calories: 2010 Fat (Sat. fat): 66 g (20 g) Carbohydrates: 235 g Fiber: 25 g Protein: 118 g Sodium: 2610 mg

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