

Meals for the week of Thursday October 2 to Wednesday October 8

PRINT THESE MEALS

Recipe: Genisoy protein bar with melba toast and cheese (Breakfast)

Thursday October 2

Caloric information >> Approx. Calories : **600**; 43.9% Carbohydrates (64.5g) | 28.6% Protein (42g) | 27.5% Fat (18g)

Ingredients	Instructions
-1 bar(s) Genisoy chocolate mint soy protein bar -3 1/2 oz Nu Tofu cheddar cheese alternative -7 toast(s) Wheat melba toast	Enjoy a Genisoy bar on the go. Have with Melba toast and cheese. Don't forget to take your TrueBasics with breakfast today!

Recipe: Granola delight (Morning Snack)

Caloric information >> Approx. Calories : **400**; 44.0% Carbohydrates (44.54g) | 27.6% Protein (27.98g) | 28.4% Fat (12.78g)

Ingredients	Instructions
-8 oz Lowfat plain yogurt -2/3 cup Lowfat granola with raisins -1 tbsp Flax seed -15 gm TrueStrength Protein Powder -1 tbsp Sliced raw almonds	Combine all ingredients in a bowl and enjoy.

Recipe: Black bean patty (Lunch)

Caloric information >> Approx. Calories : **500**; 43.2% Carbohydrates (55.71g) | 27.2% Protein (35.1g) | 29.6% Fat (16.92g)

Ingredients	Instructions
-1/2 tsp Olive oil -1/2 medium Raw spring onion or scallions -1/2 clove(s) Garlic -1/4 cup Medium grain cooked brown rice -1/4 tsp Ground cumin -2 tbsp Bread crumbs -1 serving(s) Tossed side salad with olive oil and balsamic vinegar -1 serving(s) Pam cooking oil spray -1/4 medium Raw sweet red pepper -1/2 cup Canned black beans -1/8 tsp Tabasco hot pepper sauce -1 large Egg whites (large) -3 oz Lowfat cheddar or Colby cheese	Lightly coat a skillet with oil and heat over medium-high heat. Add chopped scallions, chopped red pepper and garlic. Reduce heat to medium-low and saute until soft, approximately 5 minutes. Remove vegetables from the heat and place in a bowl. Mix in beans and rice. Place mixture in a food processor and blend until coarsely chopped. Do not over-process. Transfer to a bowl and season with hot pepper sauce, cumin, salt and pepper to taste. Add egg white and mix gently. Add breadcrumbs. Form mixture into a patty. Cover and refrigerate for at least 30 minutes to allow patty to hold its shape. Saute patty in a skillet coated with cooking oil spray over medium-high heat. Saute for approximately 4 minutes per side. Top with cheese and serve with a side salad (2 cups lettuce, 1/2 cup sliced cucumber, 2 slices tomato, 1 teaspoon olive oil and 1 tablespoon balsamic vinegar). Adapted from www.aicr.org.

Recipe: Verry berry smoothie (water-based) (Afternoon Snack)

Caloric information >> Approx. Calories : **400**; 39.5% Carbohydrates (40.22g) | 30.2% Protein (30.82g) | 30.3% Fat (13.73g)

Ingredients	Instructions
-30 gm TrueStrength Protein Powder -1/2 cup Sliced strawberries -1/2 cup Raspberries -1 tsp Flaxseed oil -1 tbsp Chopped dried walnut -8 fl oz Filtered water -1/2 cup Blueberries -1/4 cup Raw blackberries -4 oz Lowfat plain yogurt	Place all ingredients in a blender and blend until smooth. Enjoy with a side of yogurt mixed with nuts.

Recipe: Egg drop chicken and rice soup (Dinner)

Caloric information >> Approx. Calories : **600**; 39.7% Carbohydrates (52.02g) | 28.9% Protein (37.85g) | 31.4% Fat (18.28g)

Ingredients	Instructions

Ingredients		Instructions
-2 tsp Extra-virgin olive oil	-2 tbsp Chopped onion	In a pot add oil and saute onion and garlic for a few seconds until soft. Add pepper, diced chicken, broth, rice, basil, oregano, mustard, vinegar, salt and pepper. Bring to a boil, reduce heat and simmer for 10 minutes or until rice is cooked. Add water if soup is too thick. Crack egg into a bowl and whisk. Add a small amount of the soup to the egg and mix thoroughly. Add the egg mixture to the soup and mix. Sprinkle with chives and serve with crispbread. Adapted from:www.foodtv.ca
-1/2 tsp Minced garlic	-3 tbsp Chopped raw sweet red pepper	
-3 oz Roasted skinless chicken breast	-2 cup Chicken broth	
-1/4 cup Dry long grain brown rice	-2 tsp Fresh basil	
-1/2 tsp Dijon mustard	-1/2 tsp Progresso balsamic vinegar	
-1 dash(es) Ground black pepper	-1 dash(es) Table salt	
-1 large Omega-3 egg	-1/2 tsp Dried chives	
-1 slice(s) Wasa whole wheat crispbread		

Recipe: Awesome applesauce pancake breakfast (Breakfast)

Friday October 3

Ingredients		Instructions
Caloric information > > Approx. Calories : 600 ; 46.9% Carbohydrates (72.27g) 25.3% Protein (39.02g) 27.8% Fat (19g)		
-2 serving(s) Pam cooking oil spray	-1/2 cup Whole wheat pancake mix	Combine pancake mix, protein powder and cinnamon in a large bowl. Make a well in the center of pancake mix. Add egg, applesauce, lemon juice and milk. Stir mixture until smooth. Heat a nonstick pan over medium-high heat and coat with nonfat cooking oil spray. Pour batter in the pan and brown on both sides. Coat another nonstick pan with nonfat cooking oil spray. Cook slices of turkey bacon in the second pan following package instructions. Serve turkey bacon on a plate with pancakes.
-20 gm TrueStrength Protein Powder	-1/2 tsp Ground cinnamon	
-1 large Omega-3 egg	-2 tbsp Applesauce	
-2 tbsp 1% milk	-1/2 tsp Lemon juice	
-1 tbsp Maple syrup	-4 slice(s) Turkey bacon	
		Don't forget to take your TrueBasics with breakfast today!

Recipe: Banana apple smoothie delight (water-based) (Morning Snack)

Ingredients		Instructions
Caloric information > > Approx. Calories : 400 ; 40.7% Carbohydrates (39.5g) 29.3% Protein (28.39g) 30.0% Fat (12.96g)		
-30 gm TrueStrength Protein Powder	-6 fl oz Filtered water	Place all ingredients in a blender and blend until smooth. Enjoy with yogurt.
-4 fl oz Apple juice	-1/2 small Banana (small)	
-2 tsp Flaxseed oil	-4 oz Lowfat plain yogurt	

Recipe: Pineapple Cottage Delight (Lunch)

Ingredients		Instructions
Caloric information > > Approx. Calories : 500 ; 38.9% Carbohydrates (47.65g) 32.4% Protein (39.66g) 28.7% Fat (15.68g)		
-4 fl oz Nonfat plain yogurt	-1 cup Cottage cheese (1% fat)	Mix yogurt and cottage cheese. Place in a bowl and top with fresh pineapple and nuts.
-1 1/2 cup Pineapple, diced	-3 tbsp Chopped dried walnut	

Recipe: Date almond protein shake (Afternoon Snack)

Ingredients		Instructions
Caloric information > > Approx. Calories : 400 ; 40.4% Carbohydrates (37.08g) 30.4% Protein (27.91g) 29.2% Fat (11.89g)		
-25 gm TrueStrength Protein Powder	-8 fl oz Soy Dream vanilla soymilk	Soak dates in hot water for 5 minutes. Place soymilk, water, protein powder and dates in a blender. Blend ingredients at a low speed as you add almond butter. Increase to a higher setting and blend for approximately 2 minutes.
-2 fl oz Filtered water	-2 date(s) Dry dates	
-2 tsp Blanched, toasted almond butter		

Recipe: Kamut tomato beef pasta (Dinner)

Caloric information >> Approx. Calories : 600 ; 42.4% Carbohydrates (66.42g) 28.3% Protein (44.28g) 29.3% Fat (20.42g)		
Ingredients		Instructions
-2 oz Eden Foods organic kamut spaghetti	-5 oz Raw extra lean ground beef	Boil water and prepare pasta following package instructions. For sauce: Place a saucepan over medium-high heat and add ground beef. Stir and cook for about 8 minutes or until no longer pink. Drain off excess fat. Add chopped onion and garlic and stir occasionally for a few minutes or until softened. Add chopped red pepper, tomatoes, tomato paste, and spices. Bring to a boil. Reduce heat and simmer for about 15 minutes or until thickened and reduced by 1/4. Add to pasta and toss. Serve with a side salad (2 cups lettuce, 1/2 cup sliced cucumber, 2 tomato slices, 1 tbsp. balsamic vinegar, 1 tsp olive oil).
-1/4 cup Chopped onion	-1/2 tsp Minced garlic	
-1/4 cup Chopped raw sweet red pepper	-1 cup Canned chopped tomatoes	
-1 tbsp Tomato paste	-1/4 tsp Dried oregano	
-1 dash(es) Table salt	-1 dash(es) Ground black pepper	
-1/2 tbsp Grated parmesan cheese	-1 serving(s) Tossed side salad with olive oil and balsamic vinegar	

Recipe: Quick and easy scrambled eggs (Breakfast)

Saturday October 4

Caloric information >> Approx. Calories : 600 ; 42.3% Carbohydrates (60.05g) 28.4% Protein (40.4g) 29.3% Fat (18.5g)		
Ingredients		Instructions
-3 large Omega-3 egg	-3 tbsp Skim milk	In a microwavable dish, beat together eggs and milk with salt and pepper to taste until well blended. Cover and cook on high power for 1 to 1 1/2 minutes, until eggs are thickened and no visible liquid remains. Place cooked eggs on toasted English muffin with sliced tomato. Enjoy with a glass of orange juice.
-1 muffin(s) Whole wheat English muffin	-2 oz Lowfat cheddar or Colby cheese	
-3 slice(s) Red tomato sliced	-8 fl oz Orange juice	
		Don't forget to take your TrueBasics with breakfast today!

Recipe: Tropical fruit smoothie (Morning Snack)

Caloric information >> Approx. Calories : 400 ; 40.2% Carbohydrates (41.17g) 28.8% Protein (29.47g) 31.0% Fat (14.12g)		
Ingredients		Instructions
-30 gm TrueStrength Protein Powder	-1 cup WestSoy original soymilk	Place all ingredients in a blender. Add 3 ice cubes (optional) and mix thoroughly.
-1/4 fruit(s) Mango	-1/3 small Banana (small)	
-4 medium Strawberries (medium)	-1 1/2 tsp Flaxseed oil	

Recipe: Beef taco supreme (Lunch)

Caloric information >> Approx. Calories : 500 ; 41.0% Carbohydrates (51.26g) 26.7% Protein (33.32g) 32.3% Fat (17.93g)		
Ingredients		Instructions
-4 1/2 oz Raw extra lean ground beef	-1/2 cup Chopped onion	Cook ground beef, onions and peppers in a skillet over medium heat. Drain off liquid. Mix in garlic powder, mustard, ketchup and brown sugar. Blend well. Reduce heat and simmer for 30 minutes. Season with salt and pepper to taste. Place in taco shell, top with salsa and shredded cheese. Enjoy.
-1/4 cup Chopped raw sweet red pepper	-1/4 cup Chopped raw green pepper	
-1/8 tsp Garlic powder	-1 tsp French's yellow mustard	
-2 tbsp All natural ketchup	-1/2 tsp Brown sugar	
-3 medium Baked taco shell	-1/2 cup Shredded iceberg lettuce	
-1/4 cup Old El Paso mild homestyle salsa	-3/4 oz Nu Tofu nonfat cheddar cheese alternative	

Recipe: Peas and cheese please (Afternoon Snack)

Caloric information >> Approx. Calories : 400 ; 45.8% Carbohydrates (46.25g) 28.5% Protein (28.75g) 25.7% Fat (11.5g)		

Ingredients		Instructions
-1/2 cup Canned chickpeas	-1 1/2 tsp Olive oil	Drain chickpeas and toss with oil, lemon juice, salt, pepper and garlic. Enjoy with a piece of cheese on the side and a glass of soymilk.
-1 tsp Lemon juice	-1 dash(es) Table salt	
-1 dash(es) Ground black pepper	-1 tsp Chopped garlic	
-2 1/2 oz Nu Tofu nonfat cheddar cheese alternative	-6 fl oz Soy Dream original enriched soymilk	

Recipe: Steak and steamed vegetables with mushroom sauce (Dinner)

Caloric information >> Approx. Calories : **600**; 42.1% Carbohydrates (63.43g) | 31.1% Protein (46.86g) | 26.8% Fat (18g)

Ingredients		Instructions
-1 1/2 tsp Extra-virgin olive oil	-4 oz Braised extra-lean beef round	Heat oil in a nonstick pan over medium-high heat. Add sliced beef and garlic. Saute until cooked. Pour in mushroom sauce (prepared by following package instructions). Simmer for a few minutes. Steam vegetables for approximately 5 minutes or until crisp yet tender. Serve beef and vegetables with baked sweet potato.
-1 tsp Minced garlic	-1 pkt(s) Mushroom sauce mix	
-1 1/2 cup Broccoli florets	-1 1/2 cup Frozen cauliflower florets	
-8 medium spear(s) Raw asparagus	-1 medium Baked sweet potato with skin (medium)	

Recipe: Apricot power oatmeal (Breakfast)

Sunday October 5

Caloric information >> Approx. Calories : **600**; 43.9% Carbohydrates (64.22g) | 26.7% Protein (39.02g) | 29.4% Fat (19.12g)

Ingredients		Instructions
-3/4 cup Oatmeal cereal	-10 fl oz Filtered water	Prepare slow-cooking oatmeal following package instructions. Mix protein powder into a small amount of soymilk or water. Mix into prepared oatmeal. Add apricot, cinnamon and nuts. Enjoy with a glass of soymilk.
-1 1/2 scoop(s) TrueStrength Protein Powder	-3 tbsp Dried apricot	
-1/8 tsp Ground cinnamon	-3 tbsp Chopped almonds	
-8 fl oz Soy Dream original enriched soymilk		

Don't forget to take your TrueBasics with breakfast today!

Recipe: Melba toast with avocado and cheese (Morning Snack)

Caloric information >> Approx. Calories : **400**; 46.9% Carbohydrates (44.2g) | 28.7% Protein (27.07g) | 24.4% Fat (10.23g)

Ingredients		Instructions
-7 piece(s) Plain melba toast	-1/3 avocado(s) Avocado	Cut cheese and avocado into thin slices and place on top of crackers.
-2 1/2 oz Nonfat processed cheddar cheese slice		

Recipe: Lower Sodium Egg Salad (Lunch)

Caloric information >> Approx. Calories : **500**; 38.6% Carbohydrates (46.2g) | 31.3% Protein (37.5g) | 30.1% Fat (16g)

Ingredients		Instructions
-2 large Hard-boiled egg	-6 large Egg whites (large)	Chop omega 3 hard-boiled eggs and mix with hard boiled egg whites. In a large bowl, mix eggs with mayonnaise. Place on top of salad (2 cups lettuce, 1/2 cup sliced cucumber, 2 tomato slices, balsamic vinegar). Enjoy with fruit on the side.
-1 tbsp Light mayonnaise	-1 serving(s) Tossed side salad with balsamic vinegar	
-1 large pear(s) Pear (large)		

Recipe: Soy nuts and fruit (Afternoon Snack)

Caloric information >> Approx. Calories : **400**; 44.1% Carbohydrates (46.5g) | 26.1% Protein (27.5g) | 29.8% Fat (14g)

Ingredients		Instructions
-2 serving(s) Barbecue soy nuts	-1 medium Apple (medium)	Spread peanut butter on sliced apple and enjoy with soy nuts.

-1 tbsp Skippy reduced fat creamy peanut butter

Recipe: Tropical salsa beef skewers (Dinner)

Caloric information >> Approx. Calories : **600**; 42.1% Carbohydrates (62.5g) | 28.4% Protein (42.25g) | 29.5% Fat (19.5g)

Ingredients	Instructions
-6 1/2 oz Raw beef flank, fat removed -2 tsp Lime juice -1 1/2 tsp Ginger root -1/2 small Raw sweet red pepper (small) -1/2 cup Pineapple wedges -1/4 cup Organic mild or medium salsa -2 tsp Brown sugar -1/2 small Sweet green pepper (small) -1/4 small Onion (small) -1 medium Baked sweet potato with skin (medium)	Slice meat diagonally into thin slices. In a bowl, mix salsa, lime juice, sugar and minced ginger. Toss meat into salsa mixture, cover and let marinate in refrigerator overnight. Thread meat onto skewers with chopped peppers, onions and pineapple. Grill for a few minutes per side. Serve with sweet baked potato.

Recipe: Papaya pineapple orange smoothie (water-based) (Breakfast)

Monday October 6

Caloric information >> Approx. Calories : **600**; 43.3% Carbohydrates (61.83g) | 27.5% Protein (39.28g) | 29.2% Fat (18.53g)

Ingredients	Instructions
-30 gm TrueStrength Protein Powder -4 fl oz Orange juice -1/2 cup Crushed pineapple, in juice -1 pita(s) Whole wheat small pita bread -6 fl oz Filtered water -1 cup Cubed papaya -1 1/2 tbsp Chopped dried walnut -1 1/2 oz Reduced fat sharp cheddar cheese	Combine fruit, orange juice, protein powder, water and chopped walnuts in a blender and blend thoroughly. Enjoy with pita and cheese. <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> Don't forget to take your TrueBasics with breakfast today! </div>

Recipe: Hummus and veggie delight (Morning Snack)

Caloric information >> Approx. Calories : **400**; 38.3% Carbohydrates (37.44g) | 30.2% Protein (29.56g) | 31.5% Fat (13.66g)

Ingredients	Instructions
-10 medium Baby carrots (medium) -1 cup Sliced raw sweet red pepper -3 oz Lowfat cheddar or Colby cheese -6 almond(s) Raw almonds -1 cup Sliced raw green pepper -1 cup Peeled and sliced cucumber -4 tbsp Hummus	Slice vegetables and cheese. Enjoy with hummus dip and a few almonds on the side.

Recipe: Turkey chili (Lunch)

Caloric information >> Approx. Calories : **500**; 40.1% Carbohydrates (49.48g) | 30.3% Protein (37.46g) | 29.6% Fat (16.26g)

Ingredients	Instructions
-1 1/2 tsp Extra-virgin olive oil -1/3 cup Chopped onion -1 tsp Chili powder -1 tsp Ground black pepper -4 piece(s) Plain melba toast -4 1/2 oz Lean ground turkey -1/3 cup Canned red kidney beans -1/2 tsp Garlic powder -1 cup Canned stewed tomatoes	Heat oil in a large nonstick pan over medium-high heat. Add ground turkey and saute for 5 minutes or until lightly browned. Stir often. Add onions, kidney beans, chili powder, garlic powder, pepper and stewed tomatoes. Simmer for approximately 20 minutes. Place in a bowl and serve with melba toast.

Recipe: Cheesy tuna crunch (Afternoon Snack)

Caloric information >> Approx. Calories : **400**; 45.2% Carbohydrates (47.5g) | 32.3% Protein (34g) | 22.5% Fat (10.5g)

Ingredients	Instructions
-3 oz Canned light -1 1/2 tsp Mayonnaise	In a bowl, mix tuna with light mayonnaise. Serve with crispbread and top with cheese. Enjoy

tuna, in water		with an apple.
-1 1/2 oz Lowfat cheddar or Colby cheese	-4 slice(s) Wasa original rye crispbread	
-1 small Apple (small)		

Recipe: Lean Cuisine chicken and vegetables entree (Dinner)

Caloric information >> Approx. Calories : 600 ; 39.7% Carbohydrates (59.09g) 32.2% Protein (47.91g) 28.1% Fat (18.67g)		
Ingredients	Instructions	
-1 serving(s) Lean Cuisine chicken and vegetables entrée	Heat entree following package instructions. Add extra chicken to entree. Enjoy with yogurt mixed with fruit and almonds.	
-6 oz Lowfat plain yogurt	-3 oz Grilled chicken breast	
-15 almond(s) Raw almonds	-1/2 cup Raspberries	

Recipe: Endless Repair (Breakfast)

Tuesday October 7

Caloric information >> Approx. Calories : 600 ; 30.2% Carbohydrates (45.5g) 41.7% Protein (62.75g) 28.1% Fat (18.75g)		
Ingredients	Instructions	
-3 scoop(s) TrueStrength Protein Powder	Place all ingredients into blender with crushed ice. Turn to high setting and blend until smooth.	
-1 cup Whole strawberries	Don't forget to take your TrueBasics with breakfast today!	
-1 1/2 tsp Flaxseed oil	-10 fl oz WestSoy original soymilk	
	-1/2 large Peeled kiwifruit (large)	
	-3 cube(s) Ice cubes	

Recipe: Mango power sorbet (Morning Snack)

Caloric information >> Approx. Calories : 400 ; 43.7% Carbohydrates (42.08g) 27.6% Protein (26.54g) 28.7% Fat (12.27g)		
Ingredients	Instructions	
-3/4 fruit(s) Mango	Place all ingredients into a blender and blend until smooth. Pour the mixture into a shallow dish and place in the freezer. When the sorbet begins to freeze around the edges stir well. Continue to stir every 2 hours until it is frozen solid, cover and let it freeze over night. Before serving let it slightly thaw and puree it briefly in the blender, scoop into serving dishes and serve. Adapted from: www.2fatchicks.com	
-2 tsp Maple syrup	-1/4 cup Cubed cantaloupe	
-2 tsp Lime juice	-1 tbsp Water	
-35 gm TrueStrength Protein Powder	-2 tsp Flaxseed oil	

Recipe: Fruity cottage crunch (Lunch)

Caloric information >> Approx. Calories : 500 ; 38.9% Carbohydrates (50g) 33.4% Protein (42.87g) 27.7% Fat (15.82g)		
Ingredients	Instructions	
-1 1/4 cup Cottage cheese (1% fat)	In a bowl, mix diced fruit, cottage cheese and nuts.	
-1 1/4 cup Diced honeydew melon	-1 1/4 cup Cubed cantaloupe	
	-3 tbsp Chopped almonds	

Recipe: Apple delicious smoothie (water-based) (Afternoon Snack)

Caloric information >> Approx. Calories : 400 ; 44.9% Carbohydrates (45.25g) 27.2% Protein (27.39g) 27.9% Fat (12.52g)		
Ingredients	Instructions	
-30 gm TrueStrength Protein Powder	Place all ingredients in a blender and blend until smooth.	
-6 fl oz Filtered water	-3 fl oz Apple juice	
-1 small Banana (small)	-3 oz Lowfat plain yogurt	
	-2 tsp Flaxseed oil	

Recipe: Quick n' easy fillet almandine (Dinner)

Caloric information >> Approx. Calories : 600 ; 42.1% Carbohydrates (61.19g) 27.3% Protein (39.77g) 30.6% Fat (19.8g)		
---	--	--

Ingredients		Instructions
-6 oz Bluefish	-1 1/2 tsp Extra-virgin olive oil	Heat oil over medium heat. Add fish and cook for 3 minutes per side, or until fish is fully cooked (fish should be able to flake with a fork). Plate fish, sprinkle with almonds and lemon juice. Serve with steamed asparagus and sweet potato (if desired you can mash sweet potatoes). Enjoy with fruit for dessert.
-2 tbsp Sliced raw almonds	-1 tbsp Lemon juice	
-5 spear(s) Asparagus spears	-1 medium Boiled sweet potato	
-1 cup Grapes		

Recipe: Berry banana cottage crunch (Breakfast)

Wednesday October 8

Caloric information >> Approx. Calories : 600 ; 42.0% Carbohydrates (63.38g) 29.5% Protein (44.5g) 28.5% Fat (19.08g)		
Ingredients		Instructions
-1 cup Cottage cheese, 2% fat	-4 oz Lowfat plain yogurt	Mix cottage cheese and yogurt together. Spoon cottage cheese mixture into a bowl. Top with sliced fruit, granola and nuts. <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">Don't forget to take your TrueBasics with breakfast today!</div>
-1 small Banana (small)	-1 cup Strawberry halves	
-2 tbsp Granola cereal	-2 tbsp Chopped almonds	

Recipe: Strawberry yogurt Zone bar (Morning Snack)

Caloric information >> Approx. Calories : 400 ; 45.7% Carbohydrates (43.44g) 22.5% Protein (21.44g) 31.8% Fat (13.43g)		
Ingredients		Instructions
-1 bar(s) Zone Perfect strawberry yogurt bar	-6 oz Yoplait light yogurt, all flavors	Enjoy a Zone Perfect bar and a yogurt mixed with nuts.
-1 1/2 tbsp Chopped almonds		

Recipe: Fiesta taco burger (Lunch)

Caloric information >> Approx. Calories : 500 ; 39.2% Carbohydrates (48.1g) 26.9% Protein (33.1g) 33.9% Fat (18.5g)		
Ingredients		Instructions
-1/4 tsp Extra-virgin olive oil	-3 oz Raw lean ground beef	Combine ground beef and half the salsa in a small bowl. Form mixture into a patty. Heat 1/4 teaspoon oil in a medium nonstick pan and saute patty until cooked through. Heat remaining oil in a second nonstick pan. Place beans, garlic, remaining salsa, onion, Worcestershire sauce and water in the second pan. Cook until heated through. Layer lettuce on a plate and top with patty. Add bean mixture and shredded cheese.
-1/3 cup Medium salsa picante	-3/4 cup Boiled black beans	
-1/2 tsp Minced garlic	-1/2 cup Chopped onion	
-1/3 tsp Lea & Perrins Worcestershire sauce (gluten free)	-1 tbsp Lemon-lime flavored sparkling water	
-3 cup Romaine lettuce	-1 oz Shredded lowfat cheddar or Colby cheese	

Recipe: Pineapple pita pizza (Afternoon Snack)

Caloric information >> Approx. Calories : 400 ; 44.3% Carbohydrates (48.43g) 26.2% Protein (28.69g) 29.5% Fat (14.36g)		
Ingredients		Instructions
-1 large pita(s) Whole wheat pita bread	-1 1/2 tsp Extra-virgin olive oil	Place pita on aluminum foil. Cover pita with tomato sauce, olive oil and top with cheese, pineapple and peppers. Bake for approximately 8 to 10 minutes at 450 F or until cheese bubbles.
-1/4 cup Progresso pizza/pasta sauce	-2/3 cup Healthy Choice lowfat mozzarella cheese	
-2 tbsp Pineapple wedges	-1/4 cup Chopped raw green pepper	

Recipe: That's not a Wrap (Dinner)

Caloric information >> Approx. Calories : 600 ; 41.7% Carbohydrates (64.7g) 35.7% Protein (55.4g) 22.6% Fat (15.5g)		
Ingredients		Instructions

-1/4 pizza(s) Spelt and kamut pizza crust	-4 slice(s) Roasted turkey breast sliced
-1 tbs Dijon mustard	-2 leaf(s) Looseleaf lettuce
-4 slice(s) Red tomato sliced	-1 scoop(s) Chocolate soy protein shake
-1 cup WestSoy unsweetened vanilla soymilk	-1 serving(s) Yves The Good Shreds mozzarella soy cheese

If the pizza crust is thick enough, cut it open such that it is the same size but there are now two pieces. Spread mustard on the inside of the pizza crust and sandwich the fillings between the bread. Wrap in a paper-towel to take away. In a shaker cup mix the soy milk with the protein powder, and take along with you to wash the sandwich down with.