

# The Choose Life Now

**300 – 400 – 500**

**Eating Plan**



*A lifestyle of health is not about a diet . . . it's about changing  
the way you think about food and the care of your body.*

*By Susan Gregory*

## Introduction

The *Choose Life Now 300-400-500 Eating Plan* is an easy way of planning, preparing and eating foods that you enjoy and still staying within healthy calorie levels. Print the Meal Planning Worksheet at the end of this eBook. Then plan your menus from these recipes staying within 300 calories for breakfast, 400 calories for lunch and 500 calories for dinner. If you want to eat more than 1200 calories each day, you can add other foods or snacks to your daily eating plan. You can also find other recipes that work within the calorie boundaries.

### The Choose Life Now Healthstyle!

Do you know that there are simple habits you can adopt that will greatly impact your health! I talk about them a lot to our Choose Life Now members . . . so much that they can recite them! I call them a **healthstyle**. Here are those you want to practice while you're eating:

1. Take small bites
2. Chew the food until it's the consistency of applesauce
3. Swallow and completely empty your mouth
4. THEN take another bite
5. Eat slowly and enjoy your meal
6. Also, stay well-hydrated with water

Now, does that seem just too simple for words? Well, the next time you eat, notice your style of eating.

### Your Easy Step-by-Step Plan

*Invest a little time one day a week and plan your menus and your shopping list.*

1. Make a copy of the ***Choose Life Now Weekly Meal Planning Sheet*** located at the end of this eBook. Print out a few pages to keep on hand.
2. Review the foods you have on hand, first checking your perishables and then cupboard and pantry items.
3. Review your schedule for the week to make allowances for time away from home, meals out or other engagements that will impact the meals you will prepare during the week.
4. Consider foods that may be on sale by checking the weekly shopper and coupons you may have on hand.
5. Choose recipes from the collection here or those you like. Keep in mind the calorie count to stay within the boundaries of 300 calorie breakfasts, 400 calorie lunches and 500 calorie dinners. Adjust these meals according to the caloric intake that's right for you and your family members.
6. Fill in the ***Choose Life Now Weekly Meal Planning Sheet*** and make your grocery list at the same time. Try to plan times when you can cook once and eat twice or prepare lunch meals while cooking breakfast or dinner.

7. Print the recipe sheets you will use for the week and place them in a folder or notebook for easy access during the week.
8. Now work your plan . . . go to the grocery store for your weekly shopping trip; post your **Choose Life Now Weekly Meal Planning Sheet** in the kitchen where you can access it easily. Each morning review the recipes you will use so you can plan for thawing time and preparation.
9. Use the time you prepare the meals to listen to teaching CDs, visit with family members, memorize Scripture, pray, listen to music or whatever you like to make the time enjoyable and pleasant.
10. At the end of the week review how your meal plan worked for you and your family and make adjustments. Give thanks for the order in your life, for the improving health of you and your family, and for the money you've saved by planning meals. Then repeat the process!

### Equipment

*Equipping your kitchen with a few tools and devices will help you create healthier meals in less time. Here are a few you may want to use:*

Non-stick cookware	Use less oil when cooking foods.
Oil mister	You can purchase a non-aerosol mister and fill it with whatever oil you prefer.
Vegetable choppers	There are many choppers on the market, but the easier it is to prepare vegetables, the more you are likely to eat.

### In the Pantry

We've all been there: hunger strikes, there isn't any quick food to grab and so we go for candy, cookies, chips or whatever quick food can satisfy the craving. A key to your success is having healthy foods that you like available for snacks and for meal preparation. Here are some you'll want to keep on hand:

Apples	Eggs	Rice cakes
Bell peppers	Canned black beans	Veggie burgers
Carrots	Canned marinara sauce	Whole grain pasta
Celery	Canned tuna or salmon	Frozen berries
Oranges	Peanut butter	Frozen chicken breasts
Yams	Raw almonds and walnuts	Frozen corn kernels

# Breakfast Recipes

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## Black Bean Potato Hash with Eggs 220

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*This is a protein-packed recipe sure to keep you satisfied for the morning. Consider adding cilantro, salsa, sour cream or other toppings.*

### Ingredients:

- 3 cups frozen plain hash browns, thawed
- ¾ cup canned black beans, rinsed
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon chili powder
- ½ teaspoon kosher salt
- ½ cup finely chopped onion
- 1 small jalapeno, seeds discarded, finely chopped
- 1 egg, beaten
- Cooking spray
- 4 fried eggs

### Instructions:

1. In a bowl with a hand mixer or in a food processor, combine the potatoes, beans, cumin, oregano, chili powder, salt, onion, jalapeno and egg. Pulse or mix until well blended but still chunky.
2. Spray a griddle with cooking spray; spoon the mixture onto hot griddle in four equal portions, flattening with fork into patties; cook the patties until heated through.
3. Fry eggs on same griddle (you may need to add more cooking spray); when eggs are done, transfer patty to individual plates, top with fried egg.
4. You can add other various toppings . . . keeping in mind this will add calories.

**Servings: 4**

**Calories per serving: 220**

## Blueberry French Toast 235

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*Great breakfast treat yet very healthy! Feel free to substitute other fruit such as raspberries, peaches or strawberries!*

### Ingredients:

- 8 slices whole wheat bread
- 8 large egg whites
- 1 cup nonfat milk
- 1 teaspoon cinnamon
- 2 cups fresh or frozen blueberries
- Agave nectar or stevia to taste

### Instructions:

1. Heat blueberries in saucepan over medium heat. You may need to add a bit of water. Mash the berries with a fork to release the juice from the berries and cook until juice begins to thicken. Sweeten to taste with agave nectar or stevia.
2. Meanwhile, blend the egg whites, milk and cinnamon until smooth. Pour into shallow dish so bread slices can be coated.
3. Heat a non-stick griddle over medium-high heat. Spray with cooking spray if desired.
4. Coat each slice of bread in the egg mixture and then transfer to hot griddle. Grill each side until cooked through.
5. Cut each bread slice diagonally and serve on four halves on individual dining plates; pour hot syrup over French toast and enjoy!

**Servings: 4**

**Calories per serving: 235**

## Blueberry Oatmeal Breakfast Smoothie 262

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*I like this breakfast smoothie recipe because it includes “stick to the ribs” oatmeal, our high-protein, high-fiber friend. So many smoothies are fruit only and while tasty, they don’t always leave our appetite satisfied all the way to lunch. But adding oatmeal to the blend meets our goal for hearty and healthy breakfast recipes. This recipe is for two servings.*

### Ingredients:

- 1/2 cup uncooked rolled oats
- 1 cup yogurt
- 1 cup fresh or frozen blueberries
- 1 cup unsweetened soy milk
- Stevia powder to taste

### Instructions:

1. Mix the oats and the yogurt the night before and leave in the fridge for the morning. \*
2. Add all the ingredients to your blender or food processor and puree until smooth.

- \* If you don’t soften the oatmeal the night before, you can process the oats into course flour and then add the other ingredients and puree until smooth.

**Servings: 2**

**Calories per serving: 262**

## Crustless Broccoli-Cheddar Quiche 265

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*This recipe uses ingredients you have on hand, goes together quickly and can be baking while you're enjoying your morning quiet time. Consider doubling this recipe, wrap with plastic and store in the refrigerator to serve later in the week. This is also a good recipe to make the night before and reheat for morning!*

### Ingredients:

- 6 large eggs
- Butter or cooking spray
- ½ cup half-and-half
- 1 10 ounce package frozen broccoli florets
- ⅛ teaspoon ground nutmeg
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- ¾ cup shredded cheddar cheese

### Instructions:

1. Preheat oven to 350 degrees.
2. Butter or spray a 9-inch pie plate and set aside.
3. Cook broccoli in boiling water for just one minute; drain well.
4. In a large bowl, whisk together the eggs, half-and-half, nutmeg and salt and pepper. Stir in broccoli and cheese.
5. Pour mixture into prepared pie plate; bake until golden brown, 35 – 40 minutes.

**Servings: 4**

**Calories per serving: 265**



## Egg and Veggie Breakfast Pita Pockets 240

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*Everybody can build their own meal with this fun pita breakfast. Use this recipe as your canvas and then paint it with the flavors suited especially for the diner. Feel free to add herbs and spices, but keep in mind that adding cheese, meat, sour cream and the like will also add calories.*

### Ingredients:

- 2 whole wheat pitas, cut in half crosswise and opened
- 2 tablespoons unsalted butter
- 3 cups mixed fresh vegetables (peppers, onions, broccoli, carrots, black beans, diced tomatoes, etc.)
- Cooking spray
- 4 large eggs
- Salt and freshly ground pepper to taste

### Instructions:

1. Gather your veggies, wash and cut into small pieces.
2. Melt butter in large skillet over medium heat; add veggies and sauté until softened; season to taste.
3. Meanwhile, spray another large skillet with cooking spray and heat over medium heat; crack eggs into heated pan and cook in desired way; season with salt and pepper.
4. When eggs are cooked, transfer to opened pita bread slices; divide the veggies into 4 equal portions and spoon them into the four pockets of the pitas.
5. Serve with extra toppings if desired (this will add a few more calories).

**Servings: 4**

**Calories per serving: 240**

## Hot Muesli with Banana 250

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*This is my “go to breakfast.” I use Bob’s Red Mill Old Country Styled Muesli because it’s packed with nutrition and flavor. This is a quick hot breakfast that is ready in just 5 minute! The sweetness from the banana means no additional sweetener is needed!*

### Ingredients:

- 1 cup Bob’s Red Mill Old Country Styled Muesli
- 1 cup water
- 4 bananas
- 1 cup unsweetened soy milk

### Instructions:

1. Place muesli and water in non-stick saucepan; cover and heat over medium heat for just five minutes.
2. Meanwhile, slice each banana into individual bowls; heat milk in microwave for about 45 seconds.
3. When muesli is cooked, divide into each bowl; pour ¼ cup milk over each serving of the hot cereal and enjoy!

**Servings: 4**

**Calories per serving: 250**

## Low-cal Breakfast Bars 244

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*Two of these homemade bars of goodness are a quick and easy way to start the day. This recipe makes 24 bars (two bars for a breakfast meal). Store them in an airtight container and they're ready when you need a fast breakfast. Add fresh fruit to your meal and you've got a great 300 calorie breakfast.*

### Ingredients:

- 2 cups old fashioned oats, uncooked
- 1 cup whole wheat flour
- $\frac{3}{4}$  cup light brown sugar, packed
- $\frac{1}{2}$  cup toasted wheat germ
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  teaspoon ground cinnamon
- $\frac{1}{2}$  cup vegetable oil
- $\frac{1}{2}$  cup honey
- 2 teaspoon vanilla extract
- 1 egg
- Cooking spray

### Instructions:

1. Preheat oven to 350 degrees; coat a baking dish with cooking spray then line it with foil; lightly coat the foil with cooking spray.
2. In a large bowl, stir oats, flour, brown sugar, wheat germ, salt and cinnamon until combined; add vegetable oil and remaining ingredients and stir until blended.
3. With wet hand, pat oat mixture into pan until evenly distributed.
4. Bake in preheated 30 to 35 minutes, until golden brown around the edges. Cool completely in pan on wire rack.
5. When cool, transfer with foil to cutting board. Cut lengthwise into four strips, and then cut each strip crosswise into six pieces (makes 24 bars).

**Servings: 4**

**Calories per serving: 122 (per bar); 2 bars per breakfast serving 244**

## Oatmeal Pancakes 210

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*Pancakes are a welcome breakfast meal and these are packed with flavor, nutrition, fiber and protein. Skip the syrup and instead use sweet fruit for the topping!*

### Ingredients:

½ cup all-purpose flour  
½ cup quick cooking oats  
1 tablespoon white sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
¾ cup buttermilk  
1 teaspoon vanilla extract  
2 tablespoons vegetable oil  
1 egg  
Cooking spray

### Instructions:

1. Measure all ingredients (except cooking spray) into a food processor or blender. Process until the batter is smooth.
2. Heat large skillet or griddle over medium-high heat and coat lightly with cooking spray. Pour batter to form pancakes.
3. Serve hot with unsweetened applesauce, heated and mashed berries or sliced bananas.

**Servings: 4**

**Calories per serving: 207 (not including fruit topping)**

## Omelet Veggie Wraps 220

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*A great way to get a high protein breakfast along with servings of vegetables! The flavors are all up to you! Be creative with fresh and dried herbs, spices and veggie selection.*

### Ingredients:

8 large eggs

8 teaspoons various herbs and seasonings

Salt and freshly ground pepper

Cooking spray

4 cups mixed vegetables, chopped and sautéed in small amount of olive oil

### Instructions:

1. Prepare your favorite fresh or frozen vegetables by chopping and then sautéing in olive oil; set aside, but keep warm; meanwhile, you will make the crepe-like omelets.
2. Beat each egg separately and add 1 teaspoon of spice and herb mixture; pour into small omelet pan that has been sprayed with cooking spray and heated over medium heat.
3. Cook the individual omelets being careful that they don't stick to the pan; Transfer to plate while you prepare the others.
4. When all the vegetables and the omelets are prepared, make two wraps for each serving.
5. Lay each of the omelets on individual plates; spoon veggies onto omelet and roll up; repeat for second omelet and for each serving.
6. Can also be served with sour cream, salsa, avocado slices or other topping (additional calories).

**Servings: 4**

**Calories per serving: 220**

## Tortilla Española 277

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*This omelet-like egg dish is a standard in Spain and very filling. This is also great as leftovers to be eaten the next day. You can also exchange green olives for salsa.*

### Ingredients:

- 3 tablespoons olive oil
- 3 medium potatoes, peeled and thinly sliced crosswise
- 1 onion, finely chopped
- 3 large eggs
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 8 green olives, sliced

### Instructions:

1. Heat the oil in a large skillet over medium heat; spread the sliced potato in layers as evenly as possible; fry for 2-3 minutes until the potatoes begin to soften.
2. Spread the finely chopped onion over the potatoes and allow to cook for 3-4 minutes; press the onions into the potato, which should now be fairly softened.
3. Meanwhile, whisk together in a bowl the eggs, salt and pepper; when the onions and potatoes are ready, pour the whisked eggs over the potatoes, poking the potatoes to form “passageways” for the egg to seep under the mashed mixture.
4. Allow to cook for several minutes, shaking pan to make sure the eggs don’t stick; when the eggs begin to set slide the tortilla onto a large plate (potato side down); then place the pan atop the plate and flip so that the eggs side of the tortilla is now cooking in the pan; continue to shake pan to prevent sticking.
5. Do not overcook. When the eggs are set and ready (about 1 minute after they return to the skillet), slide the tortilla onto a serving plate, top with sliced olives and cut into quarters to serve.

**Servings: 4**

**Calories per serving: 277**

## Lunch Recipes

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## Black Bean Burger Panini Sandwiches 280

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*Enjoy a Panini without all those pesky calories from fat and carbs! This is a great alternative and it's packed with flavor and goodness!*

### Ingredients:

1/2 cup boiling water

2 pieces sun-dried tomatoes (not oil-packed)

1 MorningStar Farms Spicy Black Bean Veggie Burgers

1 tablespoon reduced-fat mayonnaise

1 tablespoon cocktail sauce

1/2 teaspoon prepared horseradish

1 1/2-inch-thick slice firm-textured, whole wheat or sourdough bread (about 1 1/2 oz.)

1 tablespoon banana pepper rings, drained

1 tablespoon chopped red onion

Nonstick cooking spray

### Instructions:

1. Heat a non-stick skillet over medium heat; spray with cooking spray and place the MorningStar Farms Spicy Black Bean Burger in pan, cooking for 6-7 minutes, turning frequently.
2. Preheat electric sandwich press or contact grill.
3. In small bowl pour water over tomatoes and allow standing for 5 minutes; drain well and then finely chop; set aside.
4. In another small bowl stir together tomatoes, mayonnaise, cocktail sauce and horseradish.
5. Spread the sauce on one side of bread; cut each slice diagonally in half.
6. Top one half with burger, pepper rings, onion. Place remaining bread piece on top with spread side down; coat outside of sandwich with nonstick cooking spray.
7. Place sandwich in press or grill; cover and cook for 3 to 6 minutes or until bread is toasted, serve.

**Servings: 1**

**Calories per serving: 280**



## Chicken Salad on Whole Wheat Hoagie Roll 398

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*This is filling recipe and still within the calorie limits! You can pair this sandwich with a salad of greens and a spritz of dressing and have all you need for a satisfying lunch.*

### Ingredients:

- 1 whole wheat Hoagie rolls
- ¾ cup shredded chicken breast
- 1 tablespoon reduced fat mayonnaise
- 1 tablespoon reduced fat sour cream
- ¾ teaspoon chopped tarragon
- ¼ cup chopped celery
- 2 teaspoons chopped almonds

### Instructions:

1. Combine in a medium bowl the chicken, mayonnaise, sour cream, tarragon, celery and almonds to make your chicken salad.
2. Load the Hoagie roll with the chicken salad, spreading evenly from end to end.
3. Cut roll and serve.

**Servings: 1**

**Calories per serving: 398**

## Hearty Greek Salad 351

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*This salad is very easy to make! Its fresh taste is packed with flavor, plus the garbanzo beans and pita bread add just enough protein and fiber to keep you satisfied!*

### Ingredients:

- 4 cups torn lettuce
- 2 cups chopped cucumbers
- 2 cups grape tomatoes
- 1 can garbanzo beans, rinsed and drained
- 8 pitted Kalamata olives cut in half lengthwise
- ½ cup chopped red onion
- 4 tablespoons feta cheese
- 2 teaspoons chili powder
- ¼ cup olive oil
- ½ cup white wine vinegar
- 2 whole wheat pita breads, cut in half crosswise

### Instructions:

1. Place the lettuce, cucumbers, tomatoes, garbanzo beans, olive, red onion and feta cheese into a large salad bowl.
2. In a small bowl, whisk the chili powder olive oil and vinegar to form the dressing.
3. Pour dressing over salad and toss; spoon portions of the salad into pita pockets and serve.

**Servings: 4**

**Calories per serving: 351**

## Grilled Turkey and Cheese Sandwich 307

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*There's something about grilled cheese sandwiches that hits the spot! Add turkey and sliced tomato and you have a lovely lunch for you and your family. Serve your "hot off the grill" sandwich with a salad or piece of fresh fruit.*

### Ingredients:

- 8 slices whole grain bread
- 4 slices cheddar cheese
- 8 ounces sliced turkey (2 ounces per sandwich)
- 1 tomato, sliced
- Cooking spray

### Instructions:

1. Construct your sandwich with the bread, cheese, turkey and tomato.
2. Coat a griddle or skillet with cooking spray and grill sandwiches about 3 minutes on each side or until bread turns a golden brown.
3. Cut and serve.

**Servings: 4**

**Calories per serving: 307**

## Homemade Black Bean Veggie Burgers 210

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*This recipe is a great alternative for store-bought veggie burgers. They're easy to prepare, fast to cook, healthy to eat and a treat for your taste buds.*

### Ingredients:

- 1 can black beans, drained
- 3 cloves garlic
- 1 quarter of an onion
- 1 half of a green bell pepper
- 1 large egg
- 1/4 cup bread crumbs
- 1 tablespoon cumin
- 1 tablespoon chili powder
- Cooking spray

### Instructions:

1. Preheat oven to 380 degrees.
2. Coat a baking sheet with cooking spray and set aside.
3. Place the drained beans in a large bowl and mash with fork.
4. Place the garlic, onion, and bell pepper in a food processor and puree into a paste; add the paste to the mashed beans and mix well.
5. Add the egg, bread crumbs, and spices to the mixture and mix until well blended; if the mixture is too wet, add more bread crumbs.
6. Wet your hands with water and form the bean mixture into patties; place each patty on a prepared baking sheet.
7. Bake burgers in preheated oven for 10 minutes and serve as desired.

**Servings: 6**

**Calories per serving: 210 each burger**

## Hummus Pita Sandwich 390

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*I consider pita bread one of the go-to items for health and weight loss. We get the qualities of bread without all the calories. This recipe is for homemade hummus (so easy to prepare) and can be fixed ahead for later use. This is also a great option for brown-bag-lunches.*

### Ingredients:

- 1 clove garlic
- 1 (19 ounce) can garbanzo beans, drained with half the liquid reserved
- 4 tablespoons lemon juice
- 4 teaspoons olive oil
- 1 teaspoon salt
- Freshly ground black pepper to taste
- 2 whole-wheat pita, cut in half crosswise and opened

### Instructions:

1. Using a food processor or blender, combine the garlic, garbanzo beans, lemon juice and olive oil until mixture is smooth; adjust consistency by adding reserved garbanzo bean liquid in small amounts.
2. Add the salt and pepper; adjust seasoning to your taste.
3. Transfer hummus to bowl; divide into four portions and place each in pita pockets; serve.

**Servings: 4**

**Calories per serving: 390**

## Italian Veggie Burger on Whole Wheat Bun 296

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*These yummy burgers are a great way to introduce veggie burgers to your eating plan. The flavors of the pizza sauce and the mozzarella cheese along with the tomato and basil are a great experience for your taste buds!*

### Ingredients:

4 Fiber for Life Whole Grain Hamburger Buns (just 85 calories each)

4 Morningstar Farms Tomato and Basil Pizza Veggie Burgers

¼ cup pizza sauce

4 slices mozzarella cheese (1 ounce each)

4 slices fresh tomato

Fresh basil

### Instructions:

1. Place thawed burgers in a non-stick skillet and cook over medium heat for 6 - 7 minutes, turning burgers frequently.
2. Brush with pizza sauce and then add mozzarella cheese; heat in microwave just until cheese begins to melt (about 30 seconds).
3. Place burger on bun, add tomato and basil; serve.

**Servings: 4**

**Calories per serving: 296**

## Lunch Burritos on Whole Wheat Tortillas 377

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You get a lot of bang for your calorie buck when you add salsa and lettuce to a recipe. These easy to assemble and nutritious burritos are great for home or to pack the ingredients for work or school. Spice up the recipe with hot sauce or chili powder if that suits your taste!

### Ingredients:

- 1 15.5 ounce can low-fat refried black beans
- 1 cup salsa
- $\frac{3}{4}$  cup guacamole
- 4 cups shredded lettuce, Romaine is a good choice
- 8 small whole wheat tortillas (i.e. Mission Foods 80 calories per tortilla)

### Instructions:

1. Combine the refried beans and the salsa; heat in the microwave for 1-2 minutes.
2. Spread the mixture on  $\frac{1}{2}$  of a tortilla and then add the guacamole and the shredded lettuce; roll up the tortilla and serve.

**Servings: 4**

**Calories per serving: 377**

## Peanut Butter and Fruit Spread Sandwich 398

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*While we may not want to have P & J Sandwiches every day, they are a great lunch-time offering that's easy to make and a good packer. You'll want to use a good quality whole-grain bread, peanut butter that only has peanuts and a bit of salt for the ingredients, and fruit spread that is either void or very light on sweeteners.*

### Ingredients:

2 slices whole-grain bread

2 tablespoons 100% peanut butter (either smooth or crunchy)

2 tablespoons fruit spread

### Instructions:

1. Spread one slice of bread with peanut butter; spread the other slice with fruit spread; atop one slice with the other peanut butter to fruit spread.
2. Cut in half and serve.

**Servings: 1**

**Calories per serving: 398**



## Turkey and Cheese Hoagie Sandwich 399

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*If you want a great sandwich this one will fit the bill! Remember, adding extra veggies or even peppers won't add too many calories. This is a filling and flavorful sandwich that packs well and stays fresh!*

### Ingredients:

- 1 6" whole wheat Hoagie roll
- 2 ounces sliced turkey
- 1 ounce provolone cheese
- 1/2 cup shredded lettuce
- 1 slice tomato
- 1 slice onion
- 1 sliced pickle
- 1 teaspoon mustard

### Instructions:

1. Construct your sandwich in the usual manner, using the above ingredients for each serving.
2. Cut in half and enjoy!

**Servings: 1**

**Calories per serving: 399**

## Salad Recipes

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## Bok Choy and Apple Salad 90

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*Bok choy is kind of sweet tasting as is the apple in this recipe. The combination offers a nice salad for your lunch or dinner meal.*

### Ingredients:

- 6 cups chopped bok choy
- 1 large sweet apple (i.e. Fuji apples), cored and julienned
- 1 large carrot, peeled and julienned
- ½ cup finely sliced red onion
- 3 tablespoons reduced-fat mayonnaise
- 2 tablespoons white wine vinegar or white balsamic vinegar
- 2 teaspoons agave nectar
- ½ teaspoon celery salt
- ¼ teaspoon salt

### Instructions:

1. In a large serving bowl, gently mix the bok choy, apple, carrot and onion.
2. In a small bowl whisk together the mayonnaise, vinegar, agave nectar, celery salt and salt.
3. Pour the dressing over the bok choy mixture and toss; adjust seasoning and serve.

**Servings: 4**

**Calories per serving: 90**

## Broccoli and More Salad 268

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*This is a tasty salad with so much goodness! Serve with a bowl of soup, a few chips or a serving of grilled fish or chicken for a great meal.*

### Ingredients:

- 3 cups chopped fresh broccoli florets
- 1 cup raisins
- 2 strips lean Canadian bacon, cooked and diced
- 1/2 cup chopped red onion
- 1/4 cup low calorie mayonnaise
- 1/2 cup plain nonfat yogurt
- 1/4 cup sugar
- 1/2 teaspoon vinegar

### Instructions:

1. Place the broccoli, raisins, bacon and onion in a large serving bowl; toss gently.
2. In a small bowl whisk together the mayonnaise, yogurt, sugar and vinegar to make a dressing.
3. Pour the dressing over the broccoli mixture and gently toss to coat all the ingredients; serve.

**Servings: 4**

**Calories per serving: 268**

## Cucumber Tomato Salad with Herb Vinegar 16

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*This is a great recipe to add to any meal! The flavors are full and the calorie count so low that it's a great addition to other menu items. The vinegar dressing recipe is included here, but you can also use any herb-flavored vinegar and still remain in the low-cal zone!*

### Ingredients:

- 2 medium tomatoes, seeded and cut in bite-sized pieces
- 1 large cucumber, peeled and sliced
- 4 green onions, chopped
- ½ cup apple cider vinegar
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup water
- Stevia to taste

### Instructions:

1. Place the tomatoes, cucumber and onions in a large bowl.
2. In a small bowl, whisk together the vinegar, salt, pepper and water. Sweeten to your liking with stevia and adjust seasonings.
3. Pour dressing over salad ingredients and toss; refrigerate salad for 3-4 hours or overnight so flavors can develop. Serve cold.

**Servings: 8**

**Calories per serving: 16**

## Fennel and Orange Salad 105

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*This tasty salad is colorful and bright in flavors. A great side dish with chicken or pork. Add a green vegetable and you have a lovely and flavor-packed meal!*

### Ingredients:

- 1 large fennel bulb, trimmed and thinly sliced
- 3 medium oranges, peeled and sliced crosswise
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons sweetened dried cranberries
- fennel fronds for garnish

### Instructions:

1. In a large bowl, whisk together the olive oil, vinegar, salt and pepper; add fennel and orange slices and then toss until the slices are well coated.
2. Transfer the salad to a shallow serving dish and top with dried cranberries. Garnish with fennel fronds and serve.

**Servings: 4**

**Calories per serving: 105**

## Gingered Chicken and Fruit Salad 290

---

*A lovely salad to pair with chicken, pork or stir-fry. You can toast the pecans for more flavor by spreading them on a baking sheet and baking for 6-10 minutes in a 350 degree oven.*

### Ingredients:

- ½ teaspoon lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons canola oil
- 1 tablespoon water
- 2 teaspoons honey
- ½ teaspoon ground ginger
- 6 cups fresh baby spinach leaves
- 2 cups cubed cooked chicken breast
- 1 ripe mango, seed removed, peeled and cubed
- 1 cup seedless red grapes, cut in half lengthwise
- 2 green onions, sliced
- 2 tablespoons coarsely chopped pecans

### Instructions:

1. Whisk together in small bowl the lime zest, lime juice, canola oil, honey, and ginger. Set aside.
2. Divide spinach among four plates and top each serving with chicken, mango, grapes, onion and pecans.
3. Re-whisk the dressing and drizzle over salads.

**Servings: 4**

**Calories per serving: 290**

## Greek Chicken Salad 200

---

*This yummy salad is a quick fix for lunch or double the portions for dinner. Eat with ½ piece of whole wheat pita bread for a tasty meal. Use 1 tablespoon of your favorite Greek Salad Dressing (about 30 calories per serving).*

### Ingredients:

- 6 cups fresh spinach
- 6 ounce cooked chicken breast, cut into bite-size pieces
- 1/2 cup diced cucumber
- 1/3 cup grape tomatoes, cut in half
- 1/3 cup pitted Kalamata olives, sliced
- 1/4 cup thinly sliced red onion
- 1/4 cup crumbled feta cheese
- Greek vinaigrette
- Salt and freshly ground pepper

### Instructions:

1. Divide spinach evenly on four dinner plates.
2. Sprinkle the remaining ingredients over each bed of spinach and then drizzle each salad with 1 tablespoon prepared Greek Salad Dressing. Salt and pepper to taste.

**Servings: 4**

**Calories per serving: 200**



## Low-cal Taco Salad 282

---

*This is a colorful and tasty salad to eat as an entrée or alongside grilled chicken or fish.*

### Ingredients:

- 4 cups shredded romaine lettuce
- 1 large tomato, chopped
- 1 avocado, pitted, peeled, and diced
- 2 green onions, white and part of the green, chopped
- 2/3 cup canned red kidney beans, rinsed and drained
- 5 ounces sharp cheddar 2% milk reduced fat, shredded
- 1/4 cup sliced black olives
- 1/3 cup prepared salsa
- 1/3 cup fat-free sour cream
- Hot sauce to taste (optional)
- 2 ounces reduced-fat tortilla chips, broken slightly (or use regular tortilla chips)

### Instructions:

1. In a large serving bowl gently toss the lettuce, tomato, avocado, green onions, kidney beans, cheese and black olives.
2. In a small bowl, stir the salsa, sour cream and hot sauce (if desired) until well blended; pour this dressing over the salad and toss lightly; garnish with the broken tortilla chips and serve.

**Servings: 4**

**Calories per serving: 282**

## Lima Bean, Corn and Summer Squash Salad 58

---

*I admit, this salad takes a little extra time to create – but oh is it worth it! The recipe makes 10 servings (about ¾ cup each) and so it's great for gatherings in your home, potluck meals or church get-togethers. I also like keeping it around and then enjoying it for several days during lunches and dinners.*

### Ingredients:

2 cups frozen baby lima beans, thawed	1 small zucchini, diced
4 tablespoons canola oil (divided – see recipe instructions)	1 small stalk celery, diced
2 cups frozen corn kernels, thawed	½ cup chopped fresh basil leaves
1 medium sweet onion, finely diced	2 tablespoons apple cider vinegar
1 clove garlic, minced	1 teaspoon Dijon mustard
1 small yellow summer squash, diced	1 teaspoon salt
	freshly ground black pepper to taste

### Instructions:

1. Cook the lima beans according to package directions; rinse with cold water until cooled; drain well and transfer to a large salad bowl.
2. While the beans cook, heat 1 tablespoon of the canola oil over medium heat in a large skillet; add the onion and sauté for about 3 minutes; add garlic and sauté about 1 more minute; then add the corn, yellow squash and zucchini and cook for about 4 minutes.
3. Add the cooked vegetables to the lima beans and gently mix; allow the mixture to cool then place in the refrigerator for at least one hour to chill.
4. When the mixture is cool, gently stir in the tomato, celery and basil; in a small bowl whisk together the vinegar, mustard and salt; steam in the remaining oil while whisking.
5. Drizzle the dressing over the salad and gently toss until all pieces glisten; season to taste with pepper; serve cold or at room temperature.

**Servings: 10**

**Calories per serving: 58**

## Spinach, Orange and Strawberry Salad 96

---

*Fresh flavors burst from this salad which is a great side for many entrees. You'll love the vibrant colors!*

### Ingredients:

- 4 cups fresh spinach
- 1 cup orange segments, cut into bite-sized pieces
- 1 cup fresh sliced or halved strawberries
- 2 tablespoons roasted sunflower seeds
- 4 tablespoons reduced-calorie Italian dressing or lite raspberry vinaigrette

### Instructions:

1. In a large serving bowl combine the spinach, orange segments and strawberries.
2. Sprinkle with sunflower seeds and then toss with dressing; serve.

Tip: you can substitute the orange for a peeled peach or nectarine if you desire.

**Servings: 4**

**Calories per serving: 96**

## Tuna and Veggie Pasta Salad 345

---

*This is a nice recipe to double and then serve for a couple days. The salad is colorful and has nice textures and pleasant flavors.*

### Ingredients:

- 1 5-ounce can water-packed tuna, drained
- 4 cups cooked pasta shells
- 1 cup diced carrots
- 1 cup diced zucchini
- 1 tomato, seeded and diced
- 4 tablespoons low-calorie mayonnaise

### Instructions:

1. Combine all the ingredients in a bowl and gently blend.
2. Divide into four portions and serve with a small orange or apple (fruit not counted in calories here).

**Servings: 4**

**Calories per serving: 345**

## Tuna Salad 173

---

*Take this salad to work for lunch and serve it along with a piece of fresh fruit or a few crackers. The recipe is quick to prepare and very versatile.*

### Ingredients:

- 1 5-ounce can tuna packed in water, drained
- 2 cups finely chopped cabbage
- ¼ cup minced chives
- 1 tablespoon mayonnaise
- 3 tablespoons yogurt
- Salt and freshly ground black pepper to taste

### Instructions:

1. Place all ingredients in a medium bowl and then mix until well blended.
2. Use this salad in whatever way meets the need. Consider serving as a lunch salad with a bowl of soup; serve on toast or in a pita pocket for a sandwich; or eat just the way it is as a great salad.

**Servings: 2**

**Calories per serving: 173**

## Turkey Cobb Salad 325

---

*Packed with flavor, color and protein, this is a hearty salad that will meet your lunchtime needs! You may want to serve this salad for dinner along with soup and sliced fruit. You can also consider substituting vegetables that are season in your area.*

### Ingredients:

- 9 cups shredded romaine lettuce (or 4 1/2 cups shredded iceberg mixed with 4 1/2 cups shredded romaine lettuce)
- 2 1/2 cups shredded (skinless) roasted chicken breast (about 12 ounces)
- 3 hard-boiled egg whites, chopped
- 3 medium tomatoes, seeded and chopped
- 6 tablespoons blue cheese, crumbled
- 4 slices turkey bacon, cooked until crisp and then crumbled
- 1 avocado, pitted, peeled, and diced
- 1/3 cup chopped green onions (the white and part of the green)
- 3/4 cup light ranch-style salad dressing

### Instructions:

1. This is a layered salad which you can create on individual serving plates or in a large bowl with straight sides.
2. Add the ingredients in the order listed making layers; drizzle with dressing and serve.

**Servings: 4**

**Calories per serving: 325**

## Main Dishes

Recipe	Calories	Page
Baked Pork Chops	160	40
Chicken Crust Pizza	285	41
Chicken Pepper Sauté	230	42
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Daniel Fast Vegetarian Chili	320	44
Tomato, Black Bean and Corn Pizza	316	45
Salmon with Bean and Celery Root Hash	399	46
Vegetable Stir-fry with Brown Rice	357	47
Fish, Poultry, Beef and More	various	48

## Baked Pork Chops 160

---

*If you eat pork this is an easy recipe for “the other white meat.” Serve with a couple side dishes and a salad and you’ll have a lovely meal for you and your family.*

### Ingredients:

4 6 ounce pork loin or rib chops, about 3/4-inch thick

Salt and coarsely ground black pepper to taste

1/4 cup packed brown sugar

1/4 cup ketchup\*

4 onion slices, about 1/4-inch thick

4 lemon slices, about 1/4-inch thick

\* Chili sauce or your favorite barbecue sauce may be substituted.

### Instructions:

1. Preheat oven to 350 degrees; season both sides of pork chops with salt and pepper before placing in baking dish.
2. Mix brown sugar with ketchup in small bowl then spread over the pork chops; place one slice of onion and one slice of lemon on each pork chop.
3. Cover baking dish with foil and place in oven to bake for 20 minutes.
4. Remove foil and spoon sauce from baking dish over pork chops; continue to bake uncovered for 30 minutes or until well done; serve hot.

**Servings: 4**

**Calories per serving: 160**



## Chicken Crust Pizza 285

---

*This is a fun and healthy option for pizza . . . and oh so full of flavor! Serve with a large green salad and light dressing and you have a wonderful meal!*

### Ingredients:

- 4 (4-ounce) raw boneless, skinless lean chicken breast cutlet, pounded to 1/2-inch thickness
- 1 teaspoon garlic powder, plus more for seasoning tomatoes
- 1 teaspoon onion powder, plus more for seasoning tomatoes
- Salt and freshly ground black pepper
- 1 cup diced green bell pepper
- 1 cup sliced mushrooms
- 1/3 cup diced onion
- 1 cup shredded mozzarella cheese
- 1 cup canned crushed tomatoes
- 16 slices turkey pepperoni, chopped
- ¼ cup grated Parmesan cheese
- Crushed red pepper, for serving, optional
- Fresh oregano leaves, for serving, optional

### Instructions:

1. After pounding each chicken breast, season with garlic powder, onion powder, salt, and black pepper.
2. Heat large skillet or stove-top griddle over medium heat; spray with cooking spray; place chicken breasts on pan and cook about 3 minutes on each side.
3. Meanwhile, heat another large skillet sprayed with cooking spray over medium heat. Sauté bell pepper, mushrooms, and onion until softened, about 4 - 6 minutes
4. Place crushed tomatoes in a small bowl and season to taste with garlic powder, onion powder, salt, and black pepper. Evenly spoon seasoned tomatoes onto chicken in skillet then sprinkle mozzarella cheese.
5. Top each chicken pizza with sautéed vegetables and turkey pepperoni slices. Continue to cook until cheese softens, 1 - 2 minutes.
6. Serve each Chicken Crust Pizza with a sprinkle of parmesan cheese along with optional crushed red pepper and oregano.

**Servings:** 4

**Calories per serving:** 285

## Chicken Pepper Sauté 230

---

*Steeped with flavor, colorful and packed with nutrition. This is a great meal add to your favorites. Serve with a green salad and vinaigrette and you're set!*

### Ingredients:

- 1 pound skinless, boneless chicken breasts, cut into bite-sized pieces
- 1 lemon, zest and juice (see recipe instructions)
- 1 tablespoon olive oil
- 1 small onion, sliced
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- Water (various amounts, see recipe instructions)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ pound fresh snap peas, string removed and then cut in half crosswise
- ⅓ cup chopped fresh dill

### Instructions:

1. Place the chicken pieces in a medium bowl; add the juice and zest (about 1 teaspoon) of lemon; stir to coat each piece of the chicken and allow marinating until called for in instructions below.
2. Heat the oil in a large skillet over medium-high heat; add onions, peppers and about 2 tablespoons of water; cook just until the vegetables begin to soften.
3. Add the peas and stir-fry for 2-3 minutes; add salt and pepper to taste.
4. Add chicken and cook for 3 or 4 more minutes until all food is cooked; add dill; stir and serve.

**Servings: 4**

**Calories per serving: 230**

## Chicken with Pears 285

---

*Yummy main dish that combines savory and sweet flavors. I like to serve this with a serving of brown rice and a green salad.*

### Ingredients:

4 4 ounce boneless and skinless chicken breasts halves

Salt and freshly-ground black pepper

1 tablespoon extra-virgin olive oil

1 green onion, thinly sliced

2 medium pears, peeled, cored, and sliced

1 cup chicken or vegetable broth

1/4 cup balsamic vinegar

2 tablespoons sugar

2 teaspoons cornstarch

1/4 cup dried tart cherries

### Instructions:

1. Place each chicken breast between 2 sheets of parchment paper or plastic wrap and pound out to 1/4-inch thick. Sprinkle both sides with salt and pepper.
2. Heat olive oil in large frying pan over medium-high heat. Add the chicken and sauté until golden brown, about 3-4 minutes on each side.
3. Remove chicken from pan and place on platter; cover to keep warm.
4. In the same pan, sauté green onions over medium-high heat until soft, about 2 minutes.
5. Reduce heat to medium and gently stir in the sliced pears; continue to cook 3-4 minutes stirring occasionally until pears are well-heated and golden brown.
6. In a small bowl, whisk together the chicken broth, balsamic vinegar, sugar and corn starch; add the cherries and then pour over the pear mixture. Increase heat to medium-high and simmer for 6-8 minutes, stirring frequently until the sauce thickens.
7. Return the chicken and any juices to the pan and return the mixture to a simmer. Reduce the heat and simmer for 10 minutes until chicken is cooked through.
8. Adjust seasoning and then serve.

**Servings: 4**

**Calories per serving: 285**

## Daniel Fast Vegetarian Chili 320

---

*This recipe has been a standby for my family since my children were young. When I started teaching about the Daniel Fast, I shared it with readers and it soon became one of the favored Daniel Fast recipes. It's so easy and I often change it up depending on what I have on hand. This is also a great recipe to double and freeze portions for later use.*

### Ingredients:

- 2 tablespoons vegetable oil
- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons chili powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 15 ounce cans tomatoes
- 2 15 ounce cans pinto beans, including liquid
- 2 15 ounce cans black beans, including liquid
- 1 4 ounce can mild green chilies
- 1 4 ounce can tomato paste

### Instructions:

1. Heat the vegetable oil in a large pot over medium heat; add green peppers and onion and cook for until onion becomes translucent.
2. Okay, there's the hard part 😊 – add all the other ingredients and stir gently to combine.
3. Heat over medium heat for about 20 minutes and your chili is ready to serve!

**Servings: 8**

**Calories per serving: 320**

## Tomato, Black Bean and Corn Pizza 316

---

*Festive and tasty meatless entrée and fun to prepare and eat! Add a large green salad with low-cal dressing and you have a satisfying and healthy meal.*

### Ingredients:

- 1 plum tomato, diced
- 1 cup canned black beans, rinsed
- 1 cup fresh or frozen corn kernels (thaw first if you use frozen)
- 2 tablespoons cornmeal
- 1 pound prepared whole-wheat pizza dough
- 1/3 cup pizza sauce
- 1 cup shredded mozzarella

### Instructions:

1. Preheat oven to 400 degrees
2. Combine tomato, beans and corn in a medium bowl.
3. Sprinkle cornmeal into a 12" round onto a large baking sheet.
4. Stretch the pizza dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough.
5. Spread the pizza dough with pizza sauce and then sprinkle the bean mixture evenly over the entire surface; sprinkle with the cheese in the same way.
6. Bake pizza in preheated oven for about 20-25 or until crust is golden brown; cut into servings and serve.

**Servings: 6**

**Calories per serving: 316**

## Salmon with Bean and Celery Root Hash 399

---

*Salmon is packed with vitamins and nutrition. The hash is a nice compliment and full of flavor. Add a salad or steamed vegetables and you have a great dinner for you and your family!*

### Ingredients:

¾ cup soybeans

3 tablespoons water

½ pound celery root, peeled and cut into chunks

1 medium potato, peeled and cut into 1" chunks

Water to cook celery root and potato

4 4 ounce salmon filets

3 tablespoons butter, divided (see recipe use)

3 tablespoons finely chopped chives and 3 tablespoons finely chopped dill

1 tablespoon white wine vinegar

Salt and freshly ground black pepper to taste

### Instructions:

1. Place the soybeans and 3 tablespoons water in a food processor and blend until smooth paste and set aside.
2. Place celery root and potato chunks into medium saucepan; cover with cold water; add 1 teaspoon salt; bring to boil over medium high heat; reduce heat and simmer for about 15 minutes or until tender.
3. Meanwhile, prepare salmon by rinsing and then patting dry with paper toweling; season salmon with salt and pepper; melt 1 tablespoon butter in skillet over medium heat; place the salmon filets in skillet and fry about 4-6 minutes on each side to a golden brown and the salmon is cooked through.
4. When celery root and potatoes are tender, drain the water from the pan and add 1 tablespoon butter to celery root and potato; mash the celery root, potato and butter together using masher; season with salt and pepper; reheat if necessary.
5. Divide hash into four equal portions and place on warmed dinner plates; place salmon on hash.
6. Meanwhile, add the last 1 tablespoon of butter to the skillet along with the dill; scrap any fried bits from the pan and then spoon melted dill butter over each serving of salmon.

**Servings: 4**

**Calories per serving: 399**

## Vegetable Stir-fry with Brown Rice 357

---

*This vegan recipe is an excellent choice for your meatless dinner meals. Not only are you saving calories, but stir-fry are packed with flavors and nutrition.*

### Ingredients:

- 2 carrots, peeled and sliced
- 4 stalks celery, sliced
- 1 bunch broccoli, cut into bite-sized pieces
- 1 onion, sliced
- 1 red bell pepper, cut into strips
- 1 head bok choy, chopped
- 1 head Napa cabbage, chopped
- 2 tablespoons vegetable oil
- 6 cups hot cooked brown rice

### Instructions:

1. Prepare all the vegetables for the stir fry.
2. Heat the vegetable oil over medium high heat in a wok or skillet; add the carrots, celery, broccoli and onion and stir fry for 3 minutes.
3. Add pepper and bok choy and stir fry for 1 minutes before adding the cabbage.
4. While vegetables are cooking, divide brown rice into equal portions on dinner plates.
5. When all the vegetables are cooked (still want a little crunch), spoon over the rice portions and serve.

**Servings: 6**

**Calories per serving: 357**

## Fish, Poultry, Beef and More

---

*“Super-size me” has changed the size of meat portions for most people. But we can change that as we change our minds about food, nutrition and caring for our bodies. Below are portions of common foods and their calorie count. Counts below are for servings trimmed of excess fat and skin removed from poultry.*

<b>Food</b>	<b>Portion</b>	<b>Calories</b>
Ground Beef (85% lean meat)	4 oz.	290
Roast Beef	4 oz.	207
Top Sirloin Beef Steak, broiled	4 oz.	240
Roast Chicken, white meat	4 oz.	184
Roast Chicken, dark meat	4 oz.	200
Roast Turkey	4 oz.	190
Turkey, ground	4 oz.	260
Roast Duck	4 oz.	238
Pork Loin	4 oz.	136
Pork Chop, with bone	4 oz.	160
Cod	6 oz.	140
Salmon	6 oz.	240
White Tuna, in water	¼ cup	60



## Side Dish Recipes

<b>Recipe</b>	<b>Calories</b>	<b>Page</b>
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## Baked Curried Cauliflower 81

---

*This is so yummy that there are times when I eat only this recipe along with some brown rice! The sweetness in the cauliflower along with the spiciness of the curry is so tasty. The recipe is actually intended to be a great side dish. Enjoy!*

### Ingredients:

- 1 head cauliflower
- 2 tablespoons olive oil
- 1 tablespoon curry
- ½ teaspoon kosher salt

### Instructions:

1. Preheat oven to 425 degrees.
2. Rinse, core and break cauliflower into bite-sized florets.
3. In a large bowl, whisk together the olive oil, curry and salt; add the cauliflower and stir to coat each floret.
4. Pour the cauliflower and any remaining oil onto a baking sheet or baking dish spreading out the florets in a single layer.
5. Bake in preheated oven, turning cauliflower occasionally, until it's tender and begins to turn golden – about 30-35 minutes.

**Servings: 4**

**Calories per serving: 81**

## Gingered Carrots 68

---

*Just a few minutes of prep time and you have a great side dish for you and your family. The carrots are so colorful, plus the cilantro adds a nice kick of flavor and color!*

### Ingredients:

- 2 garlic cloves, minced
- 1 pound baby carrots with tops, peeled and tops trimmed to about ½"
- 1 tablespoon butter
- 1 teaspoon minced peeled fresh ginger
- 1 tablespoon chopped fresh cilantro
- 1/2 teaspoon grated lime zest
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt

### Instructions:

1. Steam the carrots until tender, about 10 minutes.
2. Melt the butter in a skillet over medium heat; add the garlic and ginger and allow to sauté in the butter for about 1 minute; remove pan from heat.
3. Add to the pan the carrots, cilantro, lime zest and lime juice and toss to coat the carrots; serve.

**Servings: 4**

**Calories per serving: 38**

## Green Bean and Bell Pepper Bundles 52

---

*I smile every time I make these little gems! They are colorful bundles of nutrition and are two full servings of vegetables! So easy to parboil the beans, cut the bell pepper into strips, then use a zucchini to make little rings to create the bundles! So cute to look at!*

### Ingredients:

1 pound fresh green beans, trimmed

1 large red bell pepper, cored and cut into strips lengthwise (about the same thickness as the beans)

1 zucchini (about 1 ½" in diameter), trimmed

Salt and freshly ground pepper

Cooking spray

Olive oil spray

### Instructions:

1. Preheat your oven to 350 degrees.
2. Bring a pan of salted water to a boil; add the green beans and cook until crisp-tender, about 8-10 minutes.
3. Cut the zucchini crosswise into ½" slices; hollow out the center to form rings (like a napkin ring).
4. String the green beans and bell pepper strips through the ring to form the bundles.
5. Place the bundles in a baking dish that has been coated with cooking spray; spray the bundles with olive oil; cover with foil and bake for 15-20 minutes or until the zucchini is crisp-tender; serve.

**Servings: 4**

**Calories per serving: 52**

## Roasted Plum Tomatoes 65

---

*A quick side dish packed with flavor and nutrition. Easy to prepare along with your other offerings for a dinner meal.*

### Ingredients:

1 ½ pounds plum tomatoes

1 tablespoon olive oil

¼ teaspoon dried thyme

½ teaspoon kosher salt

¼ teaspoon freshly ground pepper

### Instructions:

1. Preheat oven to 425 degrees.
2. Core the tomatoes and then cut in half lengthwise. Arrange the tomatoes cut-side up on a baking sheet.
3. In a small bowl, combine the olive oil, thyme, salt and pepper.
4. Spoon or drizzle the oil mixture over the tomatoes; bake for about 30 minutes or until tender.

**Servings: 4**

**Calories per serving: 65**

## Roasted Sweet Potato Fries 211

---

*You may never go back to the fast food variety of fries after making this lovely baked version! Use this as an occasional treat for your “starch” side dish. Great with a large spinach salad and cup of soup!*

### Ingredients:

- 1 ½ pound scrubbed sweet potatoes
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon olive oil

### Instructions:

1. Preheat oven to 425 degrees.
2. Cut each sweet potato into long spears and then place in large bowl.
3. Toss the potatoes with cumin, salt, pepper and olive oil.
4. Place the potatoes, cut side down, on a large baking sheet; bake for 15 minutes and then turn each spear; bake for an additional 15 minutes or until tender and golden brown.
5. Serve when slightly cool.

**Servings: 4**

**Calories per serving: 211**

## Seasoned Green Beans with Potatoes 76

---

*This colorful side dish is easy to make and has 8 servings so you can make it for one meal and serve it again within the next couple days.*

### Ingredients:

- 1 1/2 tablespoons olive oil
- 1 garlic clove, minced
- 1 1/2 cups diced red potato, leave the skin on
- 1/2 cup chopped celery
- 1/2 teaspoon salt
- 1 1/4 pounds green beans, trimmed
- 1/4 cup water
- 1/3 cup roughly chopped fresh cilantro
- 3/4 pound plum tomatoes, seeded and coarsely chopped
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground red pepper

### Instructions:

1. Heat olive oil in a large skillet over medium-high heat; add the minced garlic and sauté briefly, stirring constantly.
2. Add the potato, celery, salt, and beans and sauté for just 1 minute.
3. Add 1/4 cup water; cover and cook 5 minutes or until beans are crisp-tender.
4. Add the cilantro and tomatoes, cover and reduce heat; cook 4 minutes or until tomatoes begin to soften, stirring occasionally.
5. Season with the black and red peppers; serve.

**Servings: 8**

**Calories per serving: 76**

## Starch Side Dishes – Rice, Potatoes and Whole Grains

---

*Pair a side dish with a main dish and salad for a complete meal – or make a meal of several sides! Be creative while designing a nutritious meal.*

<b>Serving = 1 cup portions:</b>	<b>Calories</b>	<b>Serving – 1 cup portions:</b>	<b>Calories</b>
Black beans .....	241	Potato, 7 ounce, baked.....	220
Corn .....	178	Potato, mashed with whole milk .....	174
Garbanzo beans .....	269	Quinoa .....	222
Kidney beans.....	225	Rice, brown.....	218
Lentils.....	231	Rice, white .....	194
Lima beans .....	217	Yam (cubed).....	158
Peas.....	134		

**Tip:** *While these foods are higher in calories, they are rich in protein and fiber. The good news is that as we develop our lifestyle of health and change some of our recipes, we can stretch these starch dishes with vegetables and have the best from both food groups!*



## Sweet and Buttery Broccoli 98

---

*Broccoli is one of the best vegetables we can consume. I enjoy it steamed and then served with a small amount of butter. But this is a sweetened recipe that you and your family might enjoy, especially those who are real keen on the super green food.*

### Ingredients:

- 5 cups fresh broccoli florets
- 2 tablespoons butter, melted
- 1/2 teaspoon minced garlic
- 4 teaspoons soy sauce
- 2 teaspoons brown sugar

### Instructions:

1. Steam broccoli until tender-crisp.
2. Heat butter in skillet over medium heat; add garlic and sauté for about 1 minute, stirring constantly.
3. Add soy sauce and brown sugar; cook until sugar dissolves; add broccoli florets and stir to coat each one with the soy-sugar mixture; serve.

**Servings: 4**

**Calories per serving: 98**

## Sweet Peas with Mint 73

---

*Peas can be a canvas for lots of flavor ideas and mint is a pleasant and refreshing addition. Consider substituting other herbs that you enjoy including thyme, oregano or tarragon.*

### Ingredients:

- 1 pound sugar snap peas, trimmed
- 2 cloves garlic, halved
- 1 tablespoon canola oil
- 2 cups fresh or frozen sweet peas (thawed)
- 1/4 cup fresh mint leaves, chopped
- 1/2 teaspoon sugar
- 1/2 teaspoon salt

### Instructions:

1. Heat a large saucepan of water to boiling and then add the snap peas; blanch for 2 to 3 minutes or until tender-crisp; drain and rinse under running cold water to stop cooking.
2. Heat oil in large skillet over medium-low heat; add garlic and sauté until golden brown; remove and discard the garlic.
3. Add the sugar snap peas and sweet peas; cook until tender, 3 to 5 minutes; remove from heat and toss with the mint, sugar, and salt; serve.

**Servings: 8**

**Calories per serving: 73**

## The A-List - Vegetables

---

*The truth for most of us is that if we had filled ourselves with fresh vegetables instead of deep fried chips and sugary desserts . . . we would be healthy and our weight would be appropriate! The great news is that we can begin this practice now by creating menu items that satisfy our taste buds and our body's need for vitamins, minerals and nutrients!*

### Yeah for Vegetables!

<b>Serving = ½ cup portions:</b>	<b>Calories</b>	<b>Serving = ½ cup portions:</b>	<b>Calories</b>
6 Spears Asparagus (cooked)	22	Kale (cooked)	18
Green beans	20	Onion (raw)	22
Bell Peppers (raw)	13	Rutabaga	33
Broccoli (cooked)	22	Spinach (cooked)	21
Butternut Squash (cooked)	41	1 Small Whole Tomato (raw)	26
Carrots (cooked)	35	Turnip (cooked)	17
Cauliflower (cooked)	15	Zucchini (cooked)	14
Jicama (raw)	23		
<b>Serving = 1 cup portions:</b>	<b>Calories</b>		
Bok Choy (raw)	9		
Cabbage (raw)	18		
Cucumber (raw)	16		
Kale (raw)	33		
Romaine Lettuce (raw)	8		
Spinach (raw)	7		

*Use your wisdom about what you add to raw and cooked vegetables when you prepare them for meals. Be sure to consider the calorie and fat content in sauces, oils, butter and other ingredients you may add. For example a tablespoon of butter adds 102 calories; a strip of bacon adds 34 calories; ¼ cup of shredded cheddar cheese adds 114 calories.*

## The Other A-List – Fresh Fruit

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*Health experts tell us we need*

### Fresh Fruit

Serving = as noted	Calories	Serving = as noted	Calories
Apple, 1 medium with skin .....	81	Orange, 1 medium .....	59
Apricots, 3 medium.....	51	Peach, 1 medium .....	40
Banana, 1 medium .....	114	Pear, 1 medium.....	98
Blueberries, 1 cup .....	82	Plum, 1 medium .....	36
Grapefruit, ½ medium.....	37	Raspberries, 1 cup .....	61
Nectarine, 1 medium .....	40	Strawberries, 1 cup.....	45
Melon, 1 cup .....	57	Watermelon, 1 cup .....	50

## About Susan Gregory and Choose Life Now



**Susan Gregory**, the founder of Choose Life Now, is an author, Bible teacher and Christian life coach. Perhaps she is best known for her teachings about the Daniel Fast, a method of extended spiritual fasting in which some foods are restricted.

Susan's passion is to help men and women live an extraordinary life as they adopt a kingdom of God way of living.

*Choose Life Now* was initiated while Susan sought ways to meet the needs of men and women around the world who wrote to her about their positive experiences with the Daniel Fast and their desire to continue on a track toward healthy living. Through study, prayer and a lot of hard work, *Choose Life Now* launched in the summer of 2010.

The membership program has become a community of men and women who want their lives grounded in Christ and the Word of God. As members they learn about their faith along with many lessons about caring for their bodies.

The program is based on the precept that, "A three-cord strand is not quickly broken." Ecclesiastes 4:12

The first cord in the strand is God. The second cord is made of biblical teachings and proven tools for good health. The third cord is the individual. They all three of these cords are intertwined and work together then success, confidence, stability and health are the results.

Hundreds of men and women have changed their lives for the better through *Choose Life Now*. There is not another program like it and the results make it clear that *Choose Life Now* is a success and here to stay!

Visit [Choose-Life-Now.com](http://Choose-Life-Now.com) to learn more about this very popular membership program.

# Your Choose Life Now Weekly Meal Planning Sheet

**Monday** Date: \_\_\_\_\_

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Breakfast

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Lunch

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Dinner

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Side

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Side

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Side

---

**Saturday** Date: \_\_\_\_\_

---

Breakfast

---

Lunch

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Dinner

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Side

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Side

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Side

---

**Tuesday** Date: \_\_\_\_\_

---

Breakfast

---

Lunch

---

Dinner

---

Side

---

Side

---

Side

---

**Sunday** Date: \_\_\_\_\_

---

Breakfast

---

Lunch

---

Dinner

---

Side

---

Side

---

Side

---

**Wednesday** Date: \_\_\_\_\_

---

Breakfast

---

Lunch

---

Dinner

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Side

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Side

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Side

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**Shopping List**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>

**Thursday** Date: \_\_\_\_\_

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Breakfast

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Lunch

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Dinner

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Side

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Side

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Side

---

**Friday** Date: \_\_\_\_\_

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Breakfast

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Lunch

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Dinner

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Side

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Side

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Side

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**Notes/Reminders:**

**Tip:** You can note the calorie count for each dish so you can keep track of your 300-400-500 meal plans.

