



# **FIVE-DAY FRESH START MEAL PLAN**

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1	<b>Green Egg Scramble</b> Whole wheat English muffin (1 whole) 1 tsp butter 1 Tbsp fruit spread <span>300 cal</span>	1 oz Sliced Turkey Thinly sliced red and green peppers and arugula on 1 slice whole wheat bread Milk (8 oz) or Pear (1) <span>300 cal</span>	3 oz Oven baked Tilapia with <b>Tzatziki</b> Roast acorn squash (½ small) Brown rice (⅔ cup) Green beans, steamed <span>450 cal</span>	1 cup veggies spears (carrots, celery) with ¼ cup <b>tzatziki</b> Fruit yogurt, 6oz light style <span>150 cal</span>
DAY 2	Smoked Salmon (2oz) with thinly sliced red onion and 1 Tbsp low fat cream cheese with whole grain toast (1 slices) ½ grapefruit <span>300 cal</span>	Cottage cheese (½ cup) Blueberries (¾ cup) Granola (¼ cup) 2 slices multigrain crispbread crackers <span>300 cal</span>	<b>Cauliflower Fried Rice</b> with stir-fried chicken tenders Chopped cabbage salad with ½ cup mandarin oranges 1 Tbsp Asian ginger salad dressing SF Chocolate Pudding (4oz) <span>450 cal</span>	2 deviled eggs halves Fruit n' Nut Mix (1 Tbsp dried fruit with 1 Tbsp chopped nuts) <span>150 cal</span>
DAY 3	<b>Fruit n Nut Yogurt Breakfast Bowl</b> <span>300 cal</span>	<b>1 Turkey Burger Slider</b> Low carb toppings (tzatziki sauce, mustard or veggies) Large apple <span>300 cal</span>	3 oz Baked Salmon Steamed green beans (½ cup) Corn (1 cup) <b>Cinnamon Roasted Pear</b> <span>450 cal</span>	<b>Turkey roll-up</b> (roll 1oz slice of deli meat around a veggie stick) 3 small multi-grain crackers w/ 2tsp nut butter <span>150 cal</span>
DAY 4	<b>Blueberry Oat Muffin</b> Hard boiled egg Small banana <span>300 cal</span>	Tomato Soup (1 cup) Open faced toasted cheese sandwich (1oz slice cheddar on 1 slice whole wheat toast) <span>300 cal</span>	3 oz Roast Chicken <b>Sweet Potato Spears</b> Steamed broccoli Kale salad with lemon vinaigrette Baked apple <span>450 cal</span>	Carrot sticks and 2 Tbsp guacamole ½ cup milk and 2 Small Gingersnap cookies <span>150 cal</span>
DAY 5	<b>Pumped up Oatmeal</b> with ½ cup non-fat milk 2 Tbsp raisins <span>300 cal</span>	Open faced peanut butter (1 Tbsp) and sliced banana on 1 slice whole wheat bread ½ small banana on PB and other ½ for dessert Low fat Milk (8 oz) <span>350 cal</span>	<b>Veggie Chili</b> (1 cup) Tortilla chips (1 oz or 7 chips) Large free-veggie salad with olive oil dressing Sugar-free fruit gelatin <span>350 cal</span>	Low fat string cheese snack stick (2-50 cal/each) Naval orange (medium) <span>200 cal</span>

\*calories are approximations





# RECIPES

## GREEN EGG SCRAMBLE

MAKES 1 SERVING

5g carb, 10g protein, 230 calories

1 Tbsp olive oil

1 cup sliced mushrooms

2 cups spinach

1 egg

Salt and pepper to taste

1 Tbsp Sriracha sauce (*optional*)

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*Add half the oil to a heated skillet, sauté mushrooms and spinach, and remove to a plate. Add remaining olive oil to the skillet. Crack egg into the pan, and cook sunny-side up or over easy. Add egg and seasonings to vegetables. Drizzle with Sriracha or another hot sauce if desired.*





# RECIPES

## PUMPED UP OATMEAL

MAKES 1 SERVING

21 carb, 14g protein, 280 calories

1/3 cup rolled oats

1 Tbsp chia or flax seeds

1/4 tsp salt

1 egg white

2/3 cup water

1 Tbsp almond or peanut butter

Cinnamon and nonnutritive sweetener  
to taste if desired

1/2 cup non-fat milk\* (optional)

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*Stir together the egg white and water. Pour over oats, seeds (and a dash of salt if desired) in a bowl. Microwave for about 4 minutes on medium power. Stir in the nut butter. For a little extra protein, mix 1/2 cup of milk into the oatmeal right before serving.*

*\* The addition of 1/2 cup non-fat milk ups the nutrition facts to 2 carb choices (27 g carb), 18 g protein, 330 calories*





# RECIPES

## **TURKEY BURGER SLIDERS**

**MAKES 8 SLIDERS**

**1 SLIDER = 17g carb, 17g protein, 150 calories**

1 pound extra lean ground turkey

1 egg white

½ small onion

Salt and pepper to taste

8 whole wheat slider rolls

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*Stir together the egg white, onion and seasonings. Add turkey and mix until blended. Shape into 8 small patties and cook on a grill or stove top. Serve with avocado and tzatziki sauce (see recipe) or your choice of veggie toppings.*





# RECIPES

## TZATZIKI (CUCUMBER YOGURT SAUCE)

MAKES 2 CUPS

SERVING SIZE  $\frac{1}{4}$  CUP = 2g carb, 3g protein, 18 calories

8 oz fat-free plain Greek yogurt

1 small cucumber, peeled and seeded (*about 1 cup grated and drained*)

1 clove garlic finely chopped

1 tsp lemon juice

1 Tbsp fresh dill, chopped

1 Tbsp fresh chives, chopped (*or some finely chopped red onion*)

Salt and pepper to taste

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*Strain the yogurt using a coffee filter or paper towels for a few hours to remove as much of the liquid as possible (not an essential step, but it makes the sauce a little thicker). Remove the skins and seeds from the cucumber and grate or finely chop. Drain the excess liquid from the cucumber in a metal strainer and sprinkle with a little salt (to help release the liquid). Combine strained cucumber with garlic, yogurt, salt, pepper, lemon juice, dill, chives and refrigerate for a few hours before serving.*





# RECIPES

## CINNAMON ROASTED PEARS

**SERVING SIZE ½ PEAR = 19g carb, 100 calories**

2 medium size pears (*Anjou, Bosc or Bartlett work well*), sliced in half

1 Tbsp butter

½ tsp cinnamon

2 Tbsp brown sugar substitute

1 Tbsp chopped walnuts

¼ cup water

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***Preheat oven to 400 degrees. Make the topping by combining butter, cinnamon and brown sugar in a small bowl and then adding walnuts. Arrange pears cut side up in an 8 inch glass baking dish. Pour in approximately 1/2 inch of water to the pan. Spoon the nut mixture into the pear halves. Bake until the pears are tender and beginning to brown, about 45 minutes.***





# RECIPES

## VEGGIE CHILI

**SERVES 8**

**SERVING SIZE 1 CUP = 33g carb, 9g protein, 179 calories**

1 Tbsp olive oil

1 medium onion, chopped

4 carrots sliced

1 green bell pepper, chopped

1 zucchini, chopped

2 garlic cloves, minced

1 Tbsp chili powder

¼ tsp cayenne pepper

1 - 16 oz can kidney beans, rinsed and drained

1 - 16 oz can black beans, rinsed and drained

1 - 15 oz can tomato sauce

1 - 14.5 oz cans diced tomatoes in juice

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*Heat oil in a large pot over medium heat. Add onion and carrots and sauté for 5 minutes. Add green pepper and zucchini and sauté for another 2 minutes. Add garlic and sauté for less than a minute. Add chili powder and combine the rest of the ingredients. Bring to a boil. Cover the pan, and reduce heat to low. Simmer for 30-40 minutes or until the veggies are tender.*





# RECIPES

## FRUIT N NUT YOGURT BREAKFAST BOWL

1 SERVING = 42g carb, 20g protein, 300 calories

1 small container greek yogurt (6 oz, *plain*)

1 cup chopped fresh fruit (*berries, bananas, pears..  
whatever you have*)

2 tsp honey

2 Tbsp chopped toasted nuts (*almonds, walnuts or  
pecans*)

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***Combine greek yogurt, fresh fruit and honey together. Sprinkle nuts on top before eating.***





# RECIPES

## CAULIFLOWER FRIED RICE

SERVES 2

SERVING SIZE 1 CUP = 16g carb, 6g protein, 160 calories

3 cups cauliflower florets (or 2 cups already prepared cauliflower rice)

1 Tbsp olive oil

2 large carrots

3 green onions

1 tsp sesame oil

1 ½ Tbsp reduced sodium soy sauce

½ cup no-added-salt fat-free chicken broth

1/8 tsp ground ginger

1/8 tsp ground black pepper

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***Place cauliflower in a food processor and process until rice consistency. Set aside. Heat ½ Tbsp olive oil in a nonstick pan over medium high heat. Add carrots, green onions and sauté for 5 minutes. Add remaining ½ Tbsp olive oil and sesame oil to pan. Add cauliflower rice, chicken broth, ginger, and black pepper. Cook for 6-8 minutes on medium-high heat. Cauliflower should be tender but not mushy. Top with stir fried chicken tenders or shrimp for a full meal.***





# RECIPES

## ROASTED SWEET POTATO SPEARS

SERVES 2

SERVING SIZE ½ POTATO = 18g carb, 2g protein, 100 calories

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*Preheat oven to 400 degrees. Slice a large sweet potato and into spears (like steak fries). Toss in a teaspoon of olive oil, and herbs (such as a pinch of salt, pepper, thyme, cayenne pepper and garlic powder). Roast about 30 minutes or until tender.*





# RECIPES

## BLUEBERRY OATMEAL MUFFINS

**MAKES 12 MUFFINS**

**1 MUFFIN = 25g carb, 3g protein, 143 calories**

2 Tbsp packed brown sugar\*

1 Tbsp baking powder

¼ cup honey

¼ tsp ground allspice

½ tsp salt

3 Tbsp canola oil

1 ½ cups all-purpose flour

¾ cup fat-free milk

¾ cup fresh or frozen

½ cup quick cooking rolled oats

1 egg

blueberries

***Preheat oven to 400 degrees F. Coat twelve 2 1/2-inch muffin cups with cooking spray; set aside.***

***In a small bowl, combine brown sugar and allspice; set aside. In a medium bowl combine flour, oats, baking powder, and salt. Make a well in center of flour mixture; set aside. In another small bowl whisk together milk, egg, honey, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Gently fold in blueberries.***

***Spoon batter into prepared muffin cups, filling each about half full. Sprinkle brown sugar mixture evenly over batter in muffin cups. Bake for about 18 minutes or until golden brown. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cup. Serve warm or freeze for a grab-and-go breakfast on another day.***

***\*If you use a brown sugar substitute – the calories drop to 134 per muffin and the carbs drop to 23g***