



FIVE-DAY *new beginnings* **MEAL PLAN**



| | BREAKFAST | LUNCH | DINNER | SNACKS |
|----------|---|--|--|--|
| DAY 1 | Green Egg Scramble 🍞🍞 Whole wheat English muffin (1 whole) 1 tsp tub butter 🍞 1.5 tsp Fruit spread | Sliced Turkey 🍞🍞 Thinly sliced red and green peppers and arugula on 2 slices whole wheat bread 🍞 Milk (8 oz) or Pear (1) | 🍷🍷 Seared Sea Scallops with Roasted Grape Tomatoes 🍞🍞 Brown rice (2/3 cup) SF Fruit gelatin | 🍷 1 cup veggies spears (carrots, celery) with 1/4 cup tzatziki 🍞 6oz Fruit yogurt, light style |
| DAY 2 | 🍞🍞 Smoked Salmon (2oz) with thinly sliced red onion and 1 Tbsp cream cheese with whole grain toast (2 slices) 🍞 1/2 Grapefruit | Cottage cheese (1/2 cup) 🍞 Blueberries (3/4 cup) 🍞 Granola (1/4 cup) 🍞 2 Slices multigrain crispbread crackers | 🍷🍷 Southwest Turkey Rice Casserole Mixed green salad with 1 Tbsp Italian dressing 🍞 SF Chocolate Pudding* | 🍷 2 Deviled eggs 🍞 Fruit n' Nut Mix (2 Tbsp dried fruit with 2 Tbsp chopped nuts) |
| DAY 3 | 🍞🍞🍞 Fruit n Nut Yogurt Breakfast Bowl | 🍞 Turkey Burger Slider Low carb toppings (tzatziki sauce, mustard or veggies) 🍞 Small apple | Baked Salmon with Tzatziki (1/4 cup) Steamed green beans (1/2 cup) 🍞🍞 Corn (1 cup) 🍞 Cinnamon Roasted Pear | 🍷 Turkey roll-up (roll a slice of deli meat around a veggie stick) 🍞 6 small multi-grain crackers with Roasted Cauliflower Hummus |
| DAY 4 | 🍞🍞 Whole Wheat Banana Bread (2 slices) 🍞 1 cup Low-fat milk | 🍞 Tomato Soup (1 cup) 🍞🍞 Grilled cheese sandwich | Roast Turkey 🍞 Sage Cauliflower Stuffing 🍞 Baked sweet potato (1/2) Steamed broccoli Blueberries (1/2 cup) | 🍷 Carrot sticks and 2 Tbsp guacamole 🍞 1/2 cup Milk and 2 Small Gingersnap cookies |
| DAY 5 | 🍞🍞 Berry Almond Oatmeal 🍞 1 cup Non-fat milk | 🍞🍞 Roasted Cauliflower Hummus and sliced cucumber on whole grain bread (2 slices) 🍞 Small bunch grapes (15) | 🍞 Spinach Tomato Frittata Large veggie salad with olive oil dressing 🍞🍞 Mixed fresh fruit (1 cup) with dollop of yogurt | 🍷 String cheese snack stick (1) 🍞 Navel orange (small) |

The meals feature 3 carb choices / or about 45 grams of carbs. Modify to fit the carb budget that you are most comfortable with.

🍷 "free" / no-carb choice 🍞 = 1 carb choice / 15 grams carb 🍞🍞 = 2 carb choices / 30 grams carb

Use small amounts of healthy oils (olive, canola, corn) in cooking, as a salad dressing, or as a snack (small handful of nuts, seeds or sliced avocado).

Enjoy "free" beverages with each meal – water, sparkling water, coffee, tea

Bread – Check the label for carb content and choose the lower carb, higher fiber option wherever possible.

Try a thin-sliced whole grain bread (such as Dave's Killer Bread) or a sprouted grain (like Ezekiel).

Sugar Free (SF) products are generally not needed, but in some instances they can be a way to save on carbs (such as SF fruit gelatin or SF pudding).



RECIPES

TURKEY BACON EGG CUPS

MAKES 12 SERVINGS

1g carbs, 9.5g protein, 121 calories

12 large eggs

12 slices turkey bacon, lower sodium

½ cup mozzarella finely shredded, part skim
cheese

¼ cup chopped Scallions

¼ tsp black pepper

Spray muffin pan. Put 1 slice of bacon in each cup as a liner. Mix eggs, cheese and green onion (or whatever other veggies you like!) together and then pour evenly into muffin cups. Bake at 350 degrees for 30 minutes or until knife comes out clean.



RECIPES

WHOLE WHEAT BANANA BREAD

MAKES 16 SERVINGS

15g carbs, 3g protein, 135 calories

2 ¼ cup whole-wheat flour

¾ tsp baking soda

¼ tsp salt

3 bananas, ripe and mashed

¼ cup plain yogurt

¼ cup honey

2 eggs

1/3 cup canola oil

1 tsp pure vanilla extract

Preheat oven to 350 degrees F and grease loaf pan. Whisk together the flour, baking soda, and salt. In a separate bowl, mix mashed bananas with yogurt, honey, eggs, oil, and vanilla. Fold the banana mixture into the flour mixture until blended. Do not overmix. Pour batter into prepared pan. Bake large loaf for 40 – 50 minutes or until it comes clean with a toothpick.



RECIPES

FRUIT N NUT YOGURT BREAKFAST BOWL

MAKES 1 SERVING

42g carbs, 20g protein, 300 calories

1 small container Greek yogurt (6 oz, plain)

1 cup chopped fresh fruit

2 tsp honey

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

Combine Greek yogurt, fresh fruit and honey together. Sprinkle the nuts on top before eating.



RECIPES

BERRY ALMOND OATMEAL MAKES 4 SERVINGS

33g carbs, 5g protein, 5g fiber, 205 calories

1 cup old fashioned rolled oats

2 cups water

¼ tsp salt

¼ cup raspberry fruit spread

½ tsp almond extract

2 cups strawberries, quartered

¼ cup slivered almonds, toasted

Combine water, oats, and salt in a medium-size pan. Bring to a boil, reduce heat, and simmer 10 minutes uncovered. Remove from heat and let stand 2 minutes. Place the fruit spread in a small microwave-safe bowl and cook for 15 seconds or until slightly melted. Remove from heat and stir in the extract. Spoon equal amounts of the oatmeal in 4 bowls. Top with 1 tablespoon fruit spread, 1/2 cup berries, and 1 tablespoon of almonds.



RECIPES

TZATZIKI (CUCUMBER YOGURT SAUCE)

MAKES 1/4 CUP

2g carbs, 3g protein, 18 calories

8 oz fat-free plain Greek yogurt

1 small cucumber, peeled and seeded

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

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

ROASTED CAULIFLOWER HUMMUS

MAKES 12 SERVINGS

4g carbs, 100 calories

4 cups cauliflower florets (~1 lb.)

¼ cup extra virgin olive oil

½ cup tahini

2 cloves garlic

2 tbsp lemon juice

1 tsp salt

1 ½ tsp cumin

¼ tsp paprika

3-5 Tbsp water

Preheat oven to 400 degrees F. Grease a nonstick baking sheet. Toss cauliflower with 2 Tbsp olive oil. Spread in a single layer on the baking sheet, so that every floret is touching the pan. Roast the cauliflower in the oven for about 35-45 minutes, until browned and soft. Pour the lemon juice, 2 tablespoons water, and remaining 2 tablespoons olive oil into a blender or food processor. Add the roasted cauliflower, tahini, garlic, sea salt, cumin and paprika. Puree until very smooth, stopping to scrape down the sides occasionally. If it's too thick, thin out with 1-3 more tablespoons of water, 1 tablespoon at a time. (I used 4 tablespoons total)



RECIPES

TURKEY BURGER SLIDERS

MAKES 8 SLIDERS

1 SLIDER = 17g carbs, 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

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

SOUTHWESTERN TURKEY RICE CASSEROLE

MAKES 8 SERVINGS

26g carbs, 17g protein, 5g fiber, 270 calories

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| 2 tsp olive oil | ¾ tsp paprika | 1 ½ cups salsa |
| 1 lb. lean ground turkey | ½ tsp salt | 1 cup black beans (<i>drained and rinsed</i>) |
| 1 onion chopped | ½ tsp ground pepper | ¾ cup corn kernels (<i>fresh, canned or frozen</i>) |
| 2 garlic cloves | 2 cups cooked brown rice | ¼ cup minced cilantro |
| 1 ½ tsp ground cumin | 3 oz canned diced green chiles | ½ cup grated Monterey Jack cheese |
| 1 tsp chili powder | 1 14-oz can petite diced tomatoes | |

Preheat oven to 350 degrees. Lightly coat an 11x7 inch baking dish with cooking spray. Heat the olive oil in a large non-stick skillet set over medium-high heat. Add ground turkey and onions, breaking up the turkey until it is just cooked through. Add the garlic, cumin, chili powder, paprika, salt and pepper, and cook for one minute. Remove from heat and stir in rice, diced green chilies, diced tomatoes, salsa, black beans, corn and cilantro. Stir to combine. Transfer the mixture to the prepared baking dish. Sprinkle the cheese over the top. Cook until heated through about 20 minutes.



RECIPES

SEARED SCALLOPS WITH ROASTED GRAPE TOMATOES

MAKES 2 SERVINGS

5g carbs, 10g protein, 230 calories

7 oz sea scallops (*approximately 4-6*)

2 tsp avocado oil (*divided*)

½ cup chopped onion

2 cloves chopped garlic

½ tsp kosher salt

½ tsp black pepper

10 oz halved grape tomatoes

½ cup chicken stock

1 tsp lime juice

2 tsp cilantro

Preheat oven to 400 degrees F. Rinse scallops with cold water, and pat dry. Place in the refrigerator. Preheat an ovenproof nonstick sauté pan over medium heat, add 1 teaspoon avocado oil, and wait 10 seconds for oil to heat up. Add onions and cook until translucent, about 2 minutes. Stir constantly so onions cook evenly. Add garlic, salt, and 1/4 teaspoon pepper, and stir for about 1 minute. Add tomatoes and chicken stock, and place pan in the oven for 10 minutes. With about 4 minutes remaining on the sauce, remove scallops from the refrigerator. Preheat another nonstick pan over medium-high heat. Add remaining 1 teaspoon avocado oil and wait a few seconds for oil to heat up. Sprinkle 1/4 teaspoon pepper over both sides of scallops. Place scallops flat side down in the pan, press gently so they kiss the pan, and cook for 45 seconds. Repeat on the other side. Once cooked, set scallops aside. Remove sauce from the oven and stir in lime juice and cilantro. Serve by placing half the sauce on bottom of each plate and 2 scallops on top.



RECIPES

SAGE CAULIFLOWER STUFFING

MAKES 8 SERVINGS

23g carbs, 14g fiber, 170 calories

8 ounces sage sausage

1 tablespoon butter

½ cup chopped onion

½ cup chopped celery

¼ cup chopped carrots

1 medium head cauliflower, chopped

¼ cup chicken broth

¼ cup chopped fresh parsley

2 tablespoons chopped pecans

1 teaspoon poultry seasoning

½ teaspoon ground sage

½ teaspoon salt

Add the sausage to a large skillet over medium heat and cook, breaking up the sausage as it cooks. When sausage is broken up and about halfway cooked through, add the butter to the sausage and let it melt. Add the onion, celery, and carrot to the skillet and cook, stirring often until sausage is cooked through and vegetables are tender. Add the cauliflower to the skillet and continue cooking, stirring occasionally for 5 minutes. Add the remaining ingredients to the skillet and stir well to combine. Cover and cook for 5 minutes or until cauliflower is tender. Remove lid and cook for 2 more minutes to reduce the liquid. Stir well and taste. Season with salt and pepper as desired. Serve immediately.



RECIPES

SPINACH TOMATO FRITTATA

MAKES 4 SERVINGS

8g carbs, 13g protein, 2g fiber, 225 calories

4 large eggs

½ cup 1% fat milk

½ tsp salt

¼ tsp black pepper

1 cup shredded cheese

1 cup halved grape tomatoes

1 tbsp canola oil

1 small onion finely chopped

4 cups fresh baby spinach

Preheat the oven to broil. In a medium bowl, whisk together the eggs, milk, salt and pepper until smooth. Fold in the cheese and tomatoes. Set aside. In a 9 inch, oven-safe nonstick frying pan heat the oil over medium heat. Add the onions and sauté until softened for about 5 minutes. Add the spinach and cook until wilted for about 2 minutes. Pour the egg mixture over the spinach and cook until the eggs are almost set (5-8 minutes). Transfer pan to the oven and broil until golden brown on top about 5-7 minutes. Remove from oven and turn out onto a serving plate.



RECIPES

CINNAMON ROASTED PEARS

½ PEAR

19g carbs, 100 calories

1 Tbsp butter

½ tsp cinnamon

2 Tbsp brown sugar substitute

1 Tbsp chopped walnuts

¼ cup water

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