

BREAKFAST

Oatmeal with Strawberries & Almonds



Prep Time: 15 min

Serving Size: ½ cup oatmeal

Recipe Yields: 4 servings

Cal	Carbs	Protein	Fat	Sat Fat
205	33g	5g	6g	0.6g
Sugars	Fiber	Chol	Sod	Pot
12g	5g	0mg	160mg	265mg

Ingredients

- 1 cup gluten-free rolled oats
- 2 cups water
- ¼ teaspoon salt
- ¼ cup raspberry fruit spread, slightly melted
- ½ almond extract
- 2 cups strawberries, quartered
- 1 ounce slivered almonds, toasted

Instructions

1. 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.
2. Place the fruit spread in a small microwave-safe bowl and cook on high setting for 15 seconds or until slightly melted. Remove from heat and stir in the extract.
3. Spoon equal amounts of the oatmeal in 4 bowls. Top with 1 tablespoon fruit spread, ½ cup berries, and 1 tablespoon almonds.

LUNCH

Chicken Tostadas



Prep Time: 10 min

Serving Size: 1

Recipe Yields: 4 servings

Cal	Carbs	Protein	Fat	Sat Fat
280	20g	27g	10g	2.5g
Sugars	Fiber	Chol	Sod	Pot
1g	4g	65mg	225mg	450mg

Ingredients

- 2 cups cooked chicken breast, shredded
- 3 tablespoons salsa
- ½ cup canned pinto beans, rinsed and drained
- 4 tablespoons reduced-fat, shredded cheddar cheese
- 4 tostada shells
- ½ avocado, mashed
- 1 cup lettuce, shredded

Instructions

1. Preheat the oven to 400 degrees F. In a small bowl, mix together the chicken, salsa, and pinto beans.
2. Place the tostada shells on a baking sheet. Top each tostada shell with ½ cup chicken-bean mixture and 1 tablespoon cheese. Bake for 5 minutes or until the cheese is melted.
3. Remove the tostadas from the oven and top each tostada with a spoonful of mashed avocado and ¼ cup lettuce.

DINNER

Honey Soy-Glazed Salmon



Prep Time: 5 min

Serving Size: 1

Recipe Yields: 2 servings

Cal	Carbs	Protein	Fat	Sat Fat
303	12g	39g	12g	2g
Sugars	Fiber	Chol	Sod	Pot
N/A	0g	96mg	366mg	N/A

Ingredients

- ¾ pound wild-caught salmon fillet
- Olive oil spray
- Salt and freshly ground pepper
- 1 tablespoon honey
- 1 tablespoon reduced-sodium soy sauce

Instructions

1. Rinse salmon and pat dry with a paper towel.
2. Heat a nonstick skillet over medium-high heat, and spray with olive oil spray.
3. Brown salmon 2 minutes; turn and brown 1 minute. Season the cooked sides with salt and pepper. Lower heat to low, cover, and let cook 7-8 minutes. Remove from heat.
4. Mix honey and soy sauce together. Pour over the salmon, cover, and let sit 1 minute. Serve.

SNACK

Berries & Cream



Prep Time: 5 min

Serving Size: 1

Recipe Yields: 4 servings

Cal	Carbs	Protein	Fat	Sat Fat
95	20g	2g	1g	0.6g
Sugars	Fiber	Chol	Sod	Pot
13g	3g	0mg	80mg	230mg

Ingredients

- ½ cup sugar-free vanilla pudding (prepared with fat-free milk)
- 4 Tbsp light whipped topping, thawed
- 2 cups blueberries
- 2 cups strawberries, sliced

Instructions

1. In a small bowl, mix together the pudding and whipped topping.
2. In a small bowl, mix together the blueberries and strawberries. For each serving, place 1 cup berries in a parfait or juice glass and top with 2½ tablespoons pudding mixture.