

Health Plus

# Patient Manual

- **Medical Weight Management**
  - **Wellness**
- **Disease Reversal**

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Welcome to Health Plus!

By deciding to improve your health through weight reduction you have made a very important decision. Weight loss will not only improve your appearance, it will make you healthier. Very soon, you will find that you feel better and have more energy.

We look forward to working with you as you walk along your path to becoming healthier. In order to give you all the support you need, we would like to see you as often as possible. While you are a patient at Health Plus you are always entitled to weekly visits with our medical staff. During the first month we recommend that you come in weekly. After the first month you may decide to come in less frequently. We recommend that you come in at least every other week, and that you schedule a phone consultation during the weeks that you do not come in. This will keep us closely in touch with your progress and any needs that you may have.

To minimize any confusion about Health Plus' program costs: the fee for your first four weeks on the program is \$250. If you come in weekly, this fee covers four one-on-one sessions with a nurse practitioner, as well as a body composition analysis at each visit. It also includes a pedometer and a variety of program materials. After the first four weeks, the cost of the program is \$150 for each additional four weeks. This fee also includes up to four weekly visits. Payment is due at the beginning of each four-week period. If you are on prescription medication, you will be given a four week prescription at the same visit that you make your payment. Although we discourage it, you can take up to two months off from the program without penalty. However, if it has been more than 60 days since your last appointment, there will be a \$25 restart fee. If it has been longer than a year, you will be charged the \$250 initiation fee.

In order to serve you better, we ask that you notify us 24 hours in advance if you will not be able to come in for your scheduled appointment. A fee of \$40 will be charged for each missed appointment.

We are here to help and support you in any way we can. Please let us know if there is anything we can do to assist you!



## THE BASIC PRINCIPLES

### **1. Reduce the amount of fat in your diet.**

Try to reduce the fat content of your diet as much as possible. Aim for one gram of fat for every 100 calories consumed. Ideally, you will be eating no more than 25 grams of fat per day. Remember that fat contains 9 calories per gram, while other foods contain only 4 calories per gram. That is why eating fat free food allows you to eat a much larger volume of food and still consume fewer calories. This is the key to how you can “Eat More and Weigh Less”.

### **2. Eat mainly vegetables, fruits, whole grains and legumes.**

With a few exceptions, you can eat as much as you want from these four food groups. Eat them whenever you are hungry and until you are full, but not until you are stuffed. Exceptions: limit avocados, coconut and olives. Also limit fruit juice because it does not satisfy hunger like actual fruit.

### **3. Eliminate oil, butter, margarine, and mayonnaise from your diet.**

These foods are 100% fat and contain 14 grams of fat and 126 calories per tablespoon. If you are trying to lose weight there is no such thing as a “good oil”. Always use fat-free salad dressings.

### **4. Eliminate nuts and seeds.**

Nuts and seeds are very high in fat. For instance, peanut butter has 14 grams of fat and 170 calories per ounce. One half cup of dry roasted almonds contains 37 grams of fat and 420 calories.

### **5. Eliminate or cut back on meats.**

Most meat is very high in fat. If you eat meat, (1) stick to fish, turkey and chicken, (2) keep portions small, no more than 3 ounces per meal, (3) do not go back for seconds, (4) take the skin off prior to cooking and (5) do not fry or cook meat in its own drippings.

## **6. Eliminate most dairy products.**

Dairy products are usually very high in fat. However, small quantities of nonfat **dairy products**, (e.g., skim milk, and non-fat cottage cheese, yogurt, cream cheese and sour cream) are allowed on the Health Plus diet.

## **7. Eliminate or cut back on sweets and sugar.**

Most sweets--such as cakes, ice cream, cookies, doughnuts and candy--contain large amounts of fat in addition to lots of sugar. These should be avoided. Plain sugar, however, has only 16 calories per level teaspoon and can be used in small quantities as a sweetener.

## **8. Cut back on processed flour products, e.g., pasta, bread, and crackers.**

You will get many more nutrients—and more fiber--from whole grains, such as brown rice, oats, barley, and 100% whole wheat bread.

## **9. Eat frequently. Graze, graze, graze!**

Try to eat something every 2 to 3 hours. Always eat before you are hungry. This helps with appetite suppression and it speeds up your metabolism.

## **10. Eat your calories, do not drink them.**

Avoid drinking fruit juice, soda pop, milk, or any other fluids that contain calories. Solid foods are much more filling than liquid ones.

## **11. Increase your activity level.**

Last, but certainly not least, remember that any and all activity burns calories and helps you lose weight. At a minimum, try to spend 15 minutes every day walking as vigorously as you can.



# TEN FOODS TO ELIMINATE FROM YOUR DIET

## 1. COOKING OILS AND SHORTENING

- All cooking oils contain 14 grams of fat per tablespoon
- Never eat fried foods

## 2. BUTTER AND MARGARINE

- Both contain 12 grams of fat per tablespoon

## 3. MILK

- Whole milk contains 8 grams of fat per 8 ounce serving
- 2% milk contains 5 grams of fat per 8 ounce serving
- Skim milk contains less than 1 gram of fat per 8 ounce serving AND IS OK TO DRINK.

## 4. SALAD DRESSING AND MAYONNAISE

- Contains between 12 and 22 grams of fat per 2 tablespoon serving
- Nonfat salad dressings and mayonnaise are OK TO EAT

## 5. CHEESE

- Most contains about 9 grams of fat per serving (one slice)

## 6. GROUND BEEF

- “80% Lean” contains 24 grams of fat per 4-ounce serving

## 7. ICE CREAM

- Contains between 7 and 18 grams of fat per ½ cup serving
- Nonfat frozen yogurt, frozen juice bars and sorbets are OK TO EAT IN SMALL QUANTITIES

## 8. NUTS AND NUT BUTTERS

- Nuts contain between 14 and 20 grams of fat per ounce
- Peanut butter contains 17 grams of fat per 2 tablespoon serving

## 9. BAKED DESSERTS

- A sugar doughnut contains 20 grams of fat
- 3 “Oreo” cookies contain 7 grams of fat
- A slice of cake typically contains at least 15 grams of fat

## 10. FAST FOOD

- A “Big Mac” contains 31 grams of fat
- A “Whopper” with cheese contains 40 grams of fat
- A large order of fries typically contains 22 grams of fat
- *Taco Bell’s* taco salad contains 52 grams of fat

## **Water, Water, Water**

Never underestimate the power of water, or its importance in your diet and overall health. Along with a low-fat diet and daily exercise, we recommend that you drink plenty of water every day.

- Water suppresses the appetite naturally and helps the body metabolize stored fat.
- Drinking enough water is the best treatment for fluid retention.
- Water helps to maintain proper muscle tone. This will help keep exercise safe and enjoyable.
- Water helps you maintain a healthy, clear complexion.
- Water helps rid the body of waste. This is especially important when you are shedding extra pounds.
- Water helps to relieve constipation and keep your system regular.

## **How much water is enough?**

On average, people need to drink two quarts of water every day. That's eight 8-ounce glasses daily. However, people who are overweight need to drink an additional 8-ounce glass for every 25 pounds of excess weight. You will need even more water if you exercise briskly, or if the weather is hot and dry. Here are some ways to make getting your daily H<sub>2</sub>O easy and enjoyable.

- Carry a personal water bottle, and sip throughout the day.
- Unsweetened herbal teas count as water. Try a variety and find your favorites.
- Seltzer and mineral water are bubbly, fun ways to get your water. Try the flavored varieties, or add lemon or lime juice to the plain kind. A little vanilla or chocolate extract added to plain seltzer turns "plain old water" into a treat.
- Adding ice always makes cold drinks seem more festive. So do straws.
- Consider getting a filtered water dispenser for your home or workplace. Knowing your water is fresh and pure makes it more appealing.

## EXERCISE PRINCIPLES

1. **START SLOWLY**

If you have not been exercising for a while it is important to start slowly. If you exercise too intensely too soon you run the risk of injury. You also may become discouraged and stop exercising because you feel overly tired.
2. **KEEP IT FUN**

Try and find forms of exercise that you enjoy. If you like it, you're more likely to keep doing it. Do what you enjoy, not what you think you "should" be doing. Do you like to dance, bowl, play golf, swim, walk in the park? If so, then try to make that activity a regular part of your routine.
3. **KEEP IT FREQUENT**

Frequent, low-impact exercise is more beneficial than occasional, intense exercise. Try to do at least 15-20 minutes a day of some form of exercise.
4. **KEEP IT EASY**

Moderate exercise is actually better for you than more intense exercise. In addition, you are more likely to keep it up if it is less strenuous.
5. **WARM-UP**

In order to prevent injury it is important to warm up with a few minutes of stretching before exercising.
6. **COOL DOWN**

Spend 5-10 minutes cooling down your muscles after you exercise. Decrease the pace of whatever you're doing for a few minutes. Then gently stretch all your major muscle groups.
7. **SCHEDULE IT**

Plan ahead. Schedule your exercise time just as you would an appointment or meeting. This way, you'll be more likely to stick with your plan.
8. **VARY IT**

Doing different types of exercise prevents boredom. You work different muscles when you vary the type of exercise you do. "Cross training" forces your body to adapt, therefore burning more calories.

9. STAY COMFORTABLE

Avoid pain or discomfort while exercising. Invest in good shoes, and wear comfortable clothing. If it's cold or raining outside, or too hot, then head to an indoor swimming pool, tennis court, or even to the mall for some indoor walking.

10. KEEP IT LOW IMPACT

Especially in the beginning, avoid exercise that involves jumping up and down or running. Repetitive, high-impact exercise increases the risk of injury.

11. FIND A PARTNER

For many people, having an exercise buddy helps keep you on track. It is harder to find something else to do when your buddy is expecting to meet you for a walk!

12. KEEP IT CONVENIENT

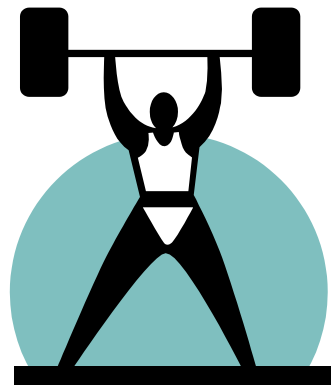
If your exercise program is inconvenient, it won't last. Joining a health club is great if it is practical. But if its far away, or not open when you have free time, save your money.

13. DRINK LOTS OF WATER

Drink water throughout your exercise routine. Hydrated muscles function better, and remove metabolic bi-products quicker, avoiding muscle soreness.

14. SET REASONABLE GOALS

Having an exercise goal, such as walking a total of 10 miles/week, can be helpful. However, be careful not to set yourself up for failure by setting unreasonable goals that you may not be able to achieve.





## You and Your Pedometer

At your first Health Plus visit, we gave you a high-quality pedometer and showed you how to use it. We want you and your pedometer to become very good friends. We encourage you to wear it every day, and to let it help you achieve the goal of increasing your activity level.

We recommend that you start by putting on your pedometer in the morning and wearing it throughout one very typical day. This will tell you how many steps you usually take. You may be surprised by how much ground you already cover in the course of a day. Or, you may discover that you are less active than you thought. It doesn't matter. Whatever your starting point, the goal is to gradually increase your mileage and activity level.

Your pedometer will keep track of how many steps you take AND how many miles you walk. You can choose whether you want to focus on steps or miles. You'll benefit either way. If you walk 5,000 steps in a typical day, your goal might be to increase your total steps to 6,000. If you walk 3 miles in a typical day, go for 4. At your office visits, we will help you set realistic, appropriate goals.

Wearing your pedometer, you will discover that there are a million ways to add steps to your routine without ever actually "taking a walk". Here are just a few:

- Use stairs. You burn more calories and strengthen leg muscles whenever your walk involves "elevation gain". Avoid elevators and escalators. Make several trips whenever you are taking things—like laundry—upstairs. Use the bathroom on a different floor at home or at work.
- Go further. Your dog would love to walk an extra block. Park further away and walk to your destination. Get off the bus one stop early and walk.
- Turn off the television. When you do watch, put the remote out of reach. During commercials, get up and move.
- Go for "INconvenience"! Give up the garage door opener. Go back to the car and lock it manually, rather than by remote. Mail your letters from a public mailbox near your home or office. Wash the car yourself and save money at the car wash. Give up "drive-through" services, such as banks and coffee shops. Always park the car, get out, and walk in.
- Think "adventures" rather than "exercise". Go to a neighborhood garage sale on foot. Visit a favorite tree through all four seasons. Socialize with the cats on the next block. Take a baby out in a stroller—if you don't have one of your own, you can offer this to a friend or relative. Check out a new shop in your neighborhood. Go door-to-door for a candidate or cause. Walk across a bridge and enjoy the views. Opportunities abound!

## **Walking in the Greater Portland Area**

When you are ready to branch out and take some longer walks, the greater Portland area offers loads of great opportunities. The next several pages offer many ideas. Remember to wear sturdy shoes and comfortable clothes, carry water, and have fun!

### **Tracks**

Tracks are a great option for beginning walkers. Track surfaces are specially designed to be easy on the joints and prevent injuries. Tracks make it easy to monitor your mileage, and you can walk as far as you want without ever getting too far from your starting point. As you get fitter, you can also keep track of the time it takes to walk a lap—or a mile—and see if you're getting speedier. Almost all of the local high schools and colleges have tracks that are open to the community for walking and running. Some of them are set in lovely parks. Others are right near pools, tennis courts and other recreational facilities. If you like, plan a “cross-training” adventure!

### **Trails and Paths**

If you like some sightseeing as you're walking, the Portland area has numerous trails and paths that are lots of fun to explore. We only have room to describe a few, but, for a host of additional ideas, check out the publications and websites that follow. Bring along a friend, (canine friends count!) and enjoy the time together. Wear your pedometer, a disc-man if you like, and have fun!

**The East Side Esplanade:** For an exhilarating urban walk, try the East Side Esplanade. The East Side Esplanade extends from OMSI to the Steel Bridge on the east side of the Willamette, connecting you to four bridges and to Waterfront Park on the west side. Park your car at the foot of the Hawthorne Bridge, head north, and enjoy great city views, fresh breezes, sparkling water, and great people-watching.

**Tryon Creek Park State Park:** Located at 11321 SW Terwilliger Blvd, (between Lewis and Clark College and Lake Oswego) this 645-acre park has 14 miles of trails, and a three-mile (paved) bike trail. It is famous for its “Trillium Trail”, which is especially lovely in the spring, when the trilliums bloom. Most of the trails are not paved, and most will take you up- and downhill, but some are designed specifically for accessibility. There are no fees here, but you will find a nature center and store, interpretive signs, tours and displays, and more birds than you can count. If you're looking for a real nature getaway—without leaving the city—this is the place.

**Glendoveer Fitness Course:** A lovely, 2-mile exercise loop around Glendoveer Golf Course. Tall trees, open views, and a comfortable walking surface make this one of your best bets for a casual, outdoor workout on the East Side. Located between Halsey and Glisan streets, with parking at Halsey and 148<sup>th</sup> Avenue.

## **Urban Fun**

There are a lot of ways to get in a good walk without ever even focusing on the walk itself. Pick walks and destinations that match your tastes and interests. Wear your pedometer, and you will be amazed to see how many steps you'll take. Suggestions:

**Go Antiquing:** Park your car somewhere near Tacoma and Milwaukie, in Sellwood, walk north on Milwaukie, and browse to your heart's content. You'll find a dozen or more shops, each full of treasures.

**Saturday Market:** Take the MAX to the Skidmore Fountain stop (free parking is hard to find, although there are lots of parking lots in the area), and enjoy premier handcrafts, music, entertainment, and people-watching. We recommend going between meals, because the aromas from the food court can easily overwhelm even your best intentions. If you do want a healthy snack, you can find wonderful fruit salads or hot apple cider, depending on the season.

**First Thursday Art Walk:** On the first Thursday of every month, the Pearl District and adjacent downtown areas turn into an evening art festival. If you are an art lover, this is your chance to new gallery exhibits, and to meet local artists. Participating galleries hand out maps, so you can plan your route. Remember to eat first, so you can concentrate on the art rather than the refreshments!

**The Japanese Garden:** Set in Washington Park, the Japanese garden is gorgeous in all seasons. It features flowering trees, koi ponds, rock gardens, gallery space, and a tea house. Be prepared to walk steeply uphill from the parking lot to the entrance, and on irregular paths once you're inside. Admission is \$6.50 for adults and \$5.00 for seniors.

**The Portland Chinese Garden:** Located at NW 3<sup>rd</sup> and Everett, in Old Town, the Chinese Garden makes another splendid outdoor outing. Carvings, tile work, blossoms and water combine to make this garden a visual feast, and a scene of exceptional serenity. Admission is \$7.00 (\$6.00 for seniors). The tea house—and gift shop—are well worth visiting, too.

**Washington Park Zoo:** You are guaranteed to rack up “clicks” on your pedometer at Portland's wonderful zoo. Whether you favor penguins or primates, mountain goats or mole rats, the zoo has something for you. Bring the kids or grandkids, a good supply of healthy snacks, and enjoy the sights and sounds. Admission is \$9.50 for adults, \$8.00 for seniors, and \$6.00 for children.

**And When It Rains...** as it surely will (!), there's always the mall. Lloyd Center, Clackamas Town Center, and Washington Square offer you miles of indoor walking, and plenty of distraction. Bring a buddy, set a mileage goal, and stay away from Cinnabon!

## **More Resources for Walkers and Runners**

**Walk About:** A locally produced, bi-monthly magazine with great feature articles, loads of fitness-related news, and a calendar of upcoming walking events. Calendar listings range from casual, family strolls to marathons. Health Plus East is a distribution site. For more information, go to their website: [www.walkaboutmag.com](http://www.walkaboutmag.com).

### **American Vokssport Association/Oregon Trail State Vokssport Association:**

This organization is the umbrella for more than 25 non-profit walking clubs Oregon. Their mission is simply to increase walking. To this end, they sponsor family-oriented, amateur athletic events such as 10K (and shorter) walks that are usually pet, stroller, and wheelchair friendly. The group charges small fees for those who want event souvenirs, but you can usually participate at no charge. Check out [www.walkoregon.org](http://www.walkoregon.org), or call 1-800-830-WALK.

**Women Walk The Marathon:** This group focuses on—you guessed it—helping women train to walk the Portland Marathon, held each year in October. If you are serious about getting in shape, this is a great way to go. Membership (\$135.00) benefits include monthly lectures, monthly group training walks, and personal coaching. Their website ([www.womenwalkthemarathon.com](http://www.womenwalkthemarathon.com)) features articles, photos, and a calendar of local and out-of-town events.

**Mazamas:** If you love the outdoors, consider the Mazamas. To become a member, you have to climb to the peak of a glaciated mountain. While this may not be a realistic goal for everyone, it may be more doable than you think. Membership in Mazamas allows you to participate in numerous hikes, climbs and other activities. And this venerable, mountaineering group offers activities for every skill and fitness level. Year-round, the Mazamas sponsor “Street Rambles” every week, for anyone who wants to join in. Their web address is [www.mazamas.org](http://www.mazamas.org), and the phone number is 503-227-2345.

**Metro:** Go to [www.metro-region.org](http://www.metro-region.org) and choose the link to “parks, trails and greenspaces” to learn about numerous trails in the Metro area. You’ll be amazed at the number and variety of the listings, all of which include descriptions and directions.

### **We also recommend these great books:**

Walking Portland, by Sybilla Avery Cook (paperback; \$12.95)

Nature Walks In & Around Portland, by Karen and Terry Whitehill (paperback; \$14.95)

Portland Hikes: Day Hikes in Oregon and Washington Within 100 Miles of Portland, by Art Bernstein and Andrew Jackman (paperback; \$20.00)

Out and About With Kids: The Ultimate Family Guide for Fun and Learning, by Nelle Nix (paperback; \$14.95)

And remember, browsing in bookstores is yet another way to stay entertained and active, both mentally and physically. Let us know what you find!

## **Work Out in the Water!**

Swimming is a great, total-body workout that can be done year-round. Swimming builds aerobic fitness, works every muscle group, and burns lots of calories. A good swim will leave you feeling clean, relaxed, and refreshed. When you're done, treat yourself to a soak in the Jacuzzi and a cleansing shower. You won't need much equipment, and there are lots of very nice, inexpensive pools in the Portland area.

If lap swimming isn't for you, consider "Aquasize". If you're exercising again after a long break, water exercise classes may be just the thing. Working out in the water takes the pressure off your joints, so you won't need to worry about injury, even if you are starting at a very high weight. Most of the public pools listed below offer water exercise classes, and they're a great way to get out, get active, and meet new friends. Classes range from easy to challenging. You can attend on a drop-in basis, at your convenience. Teachers are well trained, and certified in first aid and CPR, so you can feel confident and safe. For Portland locations, all 503-823-SWIM for more information. Take the plunge!

### **Portland Parks & Recreation**

#### **OUTDOOR**

			<b>FEE:</b>
Creston	4454 SE Powell Blvd	503-823-3672	\$3.00
Grant	2300 NE 33 <sup>rd</sup> Avenue	503-823-3674	\$3.00
Montavilla	8219 NE Glisan	503-823-3675	\$3.00
Peninsula	700 N. Portland Blvd	503-823-3677	\$3.00
Pier	9341 N. St. Johns	503-823-3678	\$3.00
Sellwood	7951 SE 7 <sup>th</sup> Avenue	503-823-3680	\$3.00

#### **INDOOR**

Buckman	320 SE 16 <sup>th</sup> Avenue	503-823-3668	\$3.00
Columbia	7701 N. Chautauqua	503-823-3669	\$3.00
Dishman	77 NE Knott	503-823-3673	\$3.00
MLC	2033 NW Glisan	503-823-3671	\$3.00
Mt. Scott	5530 SE 72 <sup>nd</sup> Avenue	503-823-3183	\$3.00
SW Community Ctr.	6820 SW 45 <sup>th</sup> Avenue	503-823-2840	\$5.00

### **Tualatin Hills Parks and Recreation**

Fees are \$2.00 for residents and \$4.00 for non-residents

Aloha Swim Center	18650 SW Kinnamon (Aloha)	503-629-6311
Beaverton Swim Center	12850 SW 3 <sup>rd</sup> Ave (Beaverton)	503-629-6312
Conestoga Aquatics Ctr.	9985 SW 125 <sup>th</sup> Ave. (Beaverton)	503-629-6313
Harman Swim Center	7300 Scholls Ferry Road (Bvtn)	503-629-6314
Raleigh Swim Center	3500 SW 78 <sup>th</sup> Ave. (Portland)	503-297-6888
Somerset West Swim Park	18300 NW Parkview Blvd (Ptld)	503-645-1313
Sunset Swim Center	13707 NW Science Park Dr (Bvtn)	503-629-6315
Tualatin Hills Aquatic Ctr.	15707 SW Walker Road (Bvtn)	503-629-6310

## **Other Great Ways to Get Fit**

**Tennis** ..... is a great game if you're already reasonably active and like a sociable sport. If you used to play but haven't lately, pick it up again (your racquet, that is)! If you always wanted to try it, take a few lessons. Be sure to wear good shoes, and stay hydrated. Portland Tennis Center (324 NE 12<sup>th</sup> Avenue; 503-823-3189) has well-maintained outdoor (free) and indoor (fee) courts, and is a hub for local tennis tournaments and activities. In Beaverton, The Tualatin Hills Tennis Center is located at 15707 Walker Road (503-629-6331). Courts are also located at numerous parks, and at a few area health clubs.

**Golf** ..... provides a wonderful opportunity to be active outdoors with good friends. Wear your pedometer and marvel at how much ground you cover while making your way through 9 or 18 holes. Golf is also great for strengthening the upper body. If you're not sure where to go to, start your golf journey at [www.oregongolf.com](http://www.oregongolf.com). You'll find loads of information about public and private golf courses in Oregon and Southern Washington, and about tournaments and events.

**Jazzercise** ..... is a high-energy, fun workout that has stood the test of time. These days, Jazzercise classes combine elements of jazz dance, resistance training, Pilates, yoga, kick-boxing and more. Programs are available for people of every age and fitness level. Check out [www.jazzercise.com](http://www.jazzercise.com) and related links to find a convenient class.

**Ballroom Dancing** ..... Treat yourself—and your sweetie—to an “exercise program” that is romantic, wholesome, and ever-changing. [Www.floorplay.net](http://www.floorplay.net) provides a great list of “Places to Dance” in the Portland area.

**Yoga** ..... is an ancient system of exercise, mind-body awareness, and much more. Practicing yoga will strengthen and tone all of your muscle groups, increase flexibility, improve balance, and enhance your mood, concentration, and outlook. There are numerous classes in the Portland area, in styles that range from “gentle” to “power”. Most health clubs offer yoga classes, as do the Portland Parks and Recreation community centers. In addition, many excellent, private yoga studios offer classes throughout the day, on a drop-in or sign-up basis. Look for listings on the Web and in the yellow pages.

## **Menus and Recipes!**

Variety is truly the spice of life, and we don't want you ever to be bored on the Health Plus diet. With a little bit of effort and creativity, you can enjoy a wide range of tasty, satisfying low-fat foods every day. In this section you will find dozens of great food ideas. Glance through the lists below whenever you need quick ideas about what to have for breakfast, lunch, dinner, or a snack. Check out the sample menus that follow—we've included four weeks' worth of super-easy menus, each with a grocery list, and recipes. These menus are planned for convenience, with very little cooking to do. For you chefs out there, we've included an additional sampling of great recipes to try. All are healthy, low-fat, and delicious. You'll see new recipes in our waiting area each week. Feel free to add your favorites to this manual!



## Breakfast Choices

- High Fiber Cold Cereal (All bran, Cracklin' Oat Bran, Low-Fat Granola, Grape Nut Flakes, Shredded Wheat, Raisin Bran, Wheaties)
- Hot Cereal (oatmeal, cream of wheat, grits)
- Whole wheat toast or English muffin and reduced calorie fruit spread
- Kellogg's Special K frozen waffles and sugar-free syrup
- Scrambled eggs made with Eggbeaters
- French toast prepared with Eggbeaters and non-fat milk
- Veggie omelet made with Eggbeaters, peppers, carrots, and salsa
- Non-fat light fruit yogurt or non-fat plain yogurt with fresh fruit
- Gardenburger meatless breakfast sausage
- Toast (use a lower calorie, high fiber bread like Orowheat light bread and add jelly or jam)



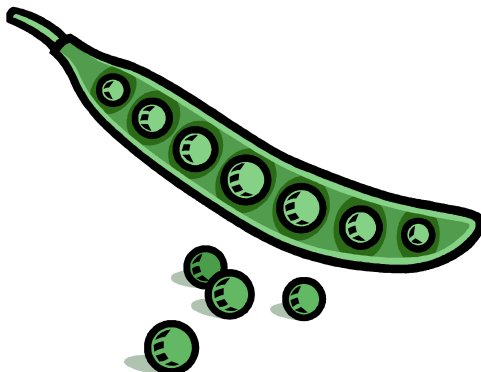


## **Lunch Choices**

- Hummus Sandwich (whole wheat light bread, lettuce, tomato, low-fat hummus)
- Turkey Roll-up (flour tortilla, non-fat cream cheese, turkey luncheon meat, shredded lettuce)
- Tuna Sandwich (whole wheat light bread, tuna canned & packed in water, non-fat mayonnaise, lettuce leaf)
- Pita Sandwich (garbanzo beans, veggies, non-fat Italian dressing)
- Gardenburger on a whole wheat bun with mustard and ketchup
- Veggie Pasta Salad (corkscrew pasta, celery, carrots, black beans, capers, non-fat Italian dressing)
- Subway sandwich (6 grams fat or less, no cheese or mayonnaise)
- Fast-food grilled chicken sandwich (with barbeque sauce or ketchup)
- Broccoli potato (top a baked potato with broccoli & non-fat sour cream)
- Green salad topped with veggies, non-fat dressing & small dinner roll
- Soups, canned or instant individual portions (Healthy Choice, Healthy Request, Knorr, Progresso etc)
- Instant Stuffed Potatoes (individual portion)

## Dinner Choices

- Low-fat chili (home-made or canned)
- Whole wheat pasta with tomato sauce
- Veggie pizza (slice French loaf in half and add tomato sauce, non-fat cheese, bell peppers, mushrooms, whole tomatoes)
- Home made burrito (flour tortilla, black beans, brown rice, non-fat sour cream)
- Grilled white fish (marinate in non-fat sauce, serve with boiled red potatoes)
- Hamburger (Laura's lean ground beef patty, whole wheat bun, barbeque sauce)
- Mashed potatoes (prepare with non-fat milk, season with salt and pepper, and serve with fat-free gravy)
- Chili potato (top a baked potato with low-fat chili and non-fat cheese)
- Potato wedges (spray cookie sheet with Pam and add cut up potatoes, bake at 400° until slightly crispy, season with salt, and serve with ketchup)
- Tacos (corn tortilla, low-fat refried beans, non-fat cheese, salsa)



## Snack Choices

Remember when your mother told you that if you didn't stop snacking you would spoil your dinner? Well, at Health Plus we encourage snacking! Snacking frequently keeps you from feeling hungry and overeating. However, for weight loss, it is best to keep portion sizes small. Buying small, pre-portioned packages of foods like yogurt and crackers may be helpful. If you purchase a large box of crackers, portion out a handful in a sandwich bag. If protein bars contain more than 150 calories, eat half a bar instead of the entire bar at each snack.

- Crackers (Triscuits reduced fat, Melba toast, Matzo, Oyster crackers, Saltines, Graham crackers, Pretzels)
- Popcorn (air-popped or lower fat microwave)
- Yogurt (non-fat light fruit or non-fat plain with fresh fruit)
- Corn tortilla and salsa heated in microwave
- English muffin pizza (top with spaghetti or pizza sauce, non-fat cheese, and veggies)
- Fresh fruit (apples, oranges, bananas, grapes, peaches, pears, pineapple slices, seasonal berries, etc)
- Canned fruit packed in water or own juices (applesauce, peaches, pears, mandarin oranges, fruit cocktail etc)
- Fresh vegetables (sweet peppers, baby carrots, celery sticks, sliced jicama, etc)
- Rice cakes
- Protein snack bars (Clif Bar, Kashi, Pria etc)
- Baked Chips
- Low-fat granola bars

## Beverage Choices

Yes it's true, water is still the best choice for meeting your fluid needs. However, beverages containing sugar substitutes like Splenda, Nutrasweet, & Equal can be safely included in your daily meal plan. Try to limit them to 3 servings a day. If you are having trouble sleeping, and especially if you are taking weight loss medications, try cutting down on the amount of caffeine you drink. To avoid caffeine choose caffeine-free or decaffeinated coffee, teas, and sodas.

- Water (tap, bottled)
- Diet V-8 Splash
- Crystal Light
- Diet Soda
- Vegetable Juice
- Tea with sugar-free sweetener
- Coffee with sugar-free sweetener & non-fat milk
- Light cranberry juice



## Weekly Menu #1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	¾ cup Kashi Good Friends cereal 90/1 ½ cup NF milk 40/0	2 slices toast & jelly 116/0.5 *see meal lists	1 cup Raisin Bran 197/1.5 ½ cup skim milk 40/0	Breakfast Apple Rice 216/1 *see recipe 1 banana 80/0	½ cup scrambled Egg Beaters 60/0 2 slices toast & jelly 116/0.5 *see meal lists	8 oz NF light yogurt 100/0 1 cup strawberries 45/0	Meatless Breakfast sausage 50/3.5 2 slices toast & jelly 116/0.5 *see recipe
<b>Snack</b>	2 rice cakes 70/0.5	Pria bar 110/3	1 oz reduced fat Triscuits 120/3	1 cup Diet V-8 Splash 10/0	1 cup pineapple 76/1	½ cup mango slices 25/0	2 celery stalks 12/0
<b>Snack</b>	fruit cocktail 50/0	1 apple 81/0.5	2 celery stalks 12/0	1 cup cantaloupe 55/0	1 cup cucumber slices 10/0	½ Kashi Go Lean bar 140/2	fruit cup 50/0
<b>Lunch</b>	Hummus Sandwich 140/2 *see meal lists	1 cup LF cream mushroom soup 70/2.5 NF saltine crackers 60/0	Knorr Instant Chicken Noodle Soup 130/2	Instant Stuffed Potatoes 140/2 1 oz reduced fat Triscuits 120/3	Spinach Salad 50/0 *see meal lists 1 breadstick 130/2	½ Subway Veggie Sand. 115/1.5 Baked Lays Chips 110/1.5	Gardenburger 248/3 potato wedges (1/2 potato) 110/0 *see meal lists
<b>Snack</b>	1 oz WW pretzels 101/1	1 orange 60/0	½ bag lower fat popcorn 120/1.5	1 cup jicama 50/0	1 apple 60/0	½ Subway Sand. 115/1.5	2 rice cakes 70/0.5
<b>Snack</b>	banana 100/0	1 oz baked chips 110/2 4 Tbs Salsa 20/0	½ bag light popcorn 120/1.5	LF granola bar 110/2	½ cup mandarin oranges 46/0	½ cup mango slices 25/0	1 oz baked chips 110/2 2 Tbs salsa 20/0
<b>Snack</b>	baby carrots 25/0	bell pepper 45/0	1 pear 90/0	1 cup grapes 100/0	1 Pria bar 110/3	½ Kashi Go Lean bar 140/2	hot chocolate 50/1 *see dessert lists
<b>Dinner</b>	Cream Mush. Chicken 215/6.5 *see meal lists dinner roll 85/2 corn on cob 80/1	2 Tacos 310/2 *see meal lists 1 cup spinach 12/0 2 Tbs NF salad dressing 32/0	Banquet frozen chicken patty 100/0 ½ cup Mashed potatoes 170/0 *see meal lists	1 cup WW pasta 210/1.5 ½ cup spaghetti sauce 60/1.5 1 cup broccoli steamed 50/0	Chili Potato 365/1 *see meal lists ½ cup frozen vegetables steamed 30/0	1/3 cup Vigo beans/rice 200/2 1 sliced tomato & balsamic vinegar 30/0	1 cup Healthy Choice lentil soup 150/1 1 breadstick 130/2
<b>Snack</b>	Starbucks Frap. Bar 120/2	2 Café Twists 80/3	Jello Dessert 120/1 *see dessert list	No Pudge Brownie 100/0	Miss Meringue cookies 80/0	Silhouette bar 130/2	LF granola bar 110/2
<b>Total:</b>	1116/16	1106/135	1344/11.5	1301/11	1133/7.5	1175/12.5	1226/15.5



## Grocery List – Weekly Menu #1

### **Canned/Packaged Food**

Kashi Good Friends Cereal  
Raisin Bran  
Campbell's Cream of mushroom soup, 98% fat free  
Refried beans, low-fat, canned  
Knorr Instant chicken noodle soup  
Instant stuffed potatoes  
Spaghetti sauce  
Chili, low-fat  
Vigo beans & rice  
Healthy Choice lentil soup  
Hot chocolate mix (Swiss Miss sugar-free)

### **Bread/Grain/Rice/Pasta**

Whole wheat light bread (Orowheat etc)  
Whole wheat buns  
Dinner roll  
Saltines, non-fat  
Corn tortilla  
Brown rice  
Whole wheat pasta  
Breadstick

### **Fruit**

Fruit cocktail  
Banana  
Apple  
Apple juice  
Orange  
Pear  
Lemon juice  
Diet V-8 Splash  
Cantaloupe  
Grapes  
Pineapple  
Mandarin oranges  
Strawberries  
Mango

### **Vegetables**

Bell pepper  
Spinach  
Celery  
Potatoes  
Jicama  
Broccoli  
Baby carrots  
Corn  
Cucumber  
Lettuce  
Tomato

### **Dairy/ Eggs**

Non-fat milk or soy milk  
Non-fat cheese  
Whipped Topping  
Egg Substitute (Egg Beaters)  
Yogurt, non-fat, light

### **Snacks/ Desserts**

Whole wheat pretzels  
Pria bar  
Kashi Go Lean bar  
Baked Chips  
Triscuits, reduced-fat  
Café Twists (Trader Joes)  
Microwave popcorn, reduced-fat (Act II)  
Jello Pudding Snacks (Fred Meyer, etc)  
Granola bar, low-fat  
No-Pudge Brownie Mix  
Miss Meringue cookies (Trader Joes)  
Silhouette ice cream bar  
Rice cakes

### **Frozen Foods**

Chicken breasts, boneless, skinless  
Banquet frozen chicken patty  
Starbucks Frappaccino Bar  
Meatless Breakfast Sausage (Healthy Choice, Boca)  
Meatless Burger (Gardenburger, Boca Burger)

### **Condiments/ Spreads/ Spices**

Low-fat hummus  
Maple syrup, sugar-free  
Jelly  
Salsa  
Non-fat salad dressing  
Gravy, fat-free  
Vanilla  
Maple Extract  
Cinnamon  
Sugar substitute (Nutra Sweet, Equal, Splenda, Sweet & Low)  
Balsamic Vinegar  
Mustard  
Ketchup  
Pam Spray

## Weekly Menu #2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	1 cup Raisin Bran 197/1.5 ½ cup NF milk 45/0	1 pkt instant oatmeal 104/2 ½ cup NF milk 90/0	2 Kellogg's Special K frozen waffles 140/0 4 Tbs lo-cal syrup 60/0	1 Healthy Choice Meatless Breakfast Sausage 50/1.5 1 slice toast & jelly 76/0 *see meal lists	8 oz NF light yogurt 100/0 ¼ cup LF granola 95/1.5	2 pieces French toast 133/1.5 *see meal lists	Veggie Omelet 100/0 1 cup V-8 juice 50/0 *see meal lists
<b>Snack</b>	1 apple 81/0.5	1 pear 98/1	1 cup grapes 60/0	1 cup pineapple slices 76/1	1 cup cantaloupe 56/0	1 apple 81/0.5	1 cup grapes 60/0.5
<b>Snack</b>	½ cup baby carrots 45/0	1 cup zucchini slices 18/0	2 celery stalks 12/0	1 bell pepper 14/0	½ cup raw cauliflower 13/0	cucumber slices & vinegar 13/0	1 corn tortilla & salsa 55/0.5
<b>Lunch</b>	Broccoli potato 267/0 *see meal lists	Budget Lean Gourmet Frozen Dinner 250/4	Turkey Roll-up 195/2 *see meal lists	Tuna Sandwich 147/0 *see meal lists	Pita Sandwich 242/2 *see meal lists	Healthy Choice Tomato Soup 100/1.5 wheat roll 75/0.5	Gardenburger 248/3 *see meal lists 1 oz NF Saltines 120/0
<b>Snack</b>	1 bell pepper 14/0	2 rice cakes 70/0.5	½ bag lower fat popcorn 120/1.5	Pria bar 110/3	1 oz baked chips 110/2	½ Kashi bar 140/2	1 orange 60/0
<b>Snack</b>	1 oz baked chips 110/2	cucumber slices 70/0	½ bag lower fat popcorn 120/1.5	Tomato slices & vinegar 30/0	1 cup cantaloupe 56/0	½ Kashi bar 140/2	1 oz NF Saltines 120/0
<b>Snack</b>	1 orange 60/0	1 banana 100/0	2 plums 72/1	½ cup canned corn 60/1	1 oz baked chips 110/2	1 cup grapes 60/0.5	1 bell pepper 14/0
<b>Dinner</b>	Veggie Pizza 238/2 *see meal lists	4 oz Grilled cod 95/1 ½ cup brown rice 108/1	Stir fry meal 90/1 *see meal lists 1 cup wild rice 166/0.5	2 Tacos 310/2 *see meal lists 1 oz baked chips 110/2	4 oz grilled chicken 120/3.5 ¼ cup barbeque sauce 48/1 ½ cup canned corn 66/1	Hamburger 298/7 7 Potato wedges (1/2 potato) 110/0 *see meal lists	Sloppy Lentils 137/1 *see recipe wheat roll 75/0.5
<b>Snack</b>	Miss Meringue cookies 80/0	Jello Dessert 120/1 *see dessert list	2 kiwis 92/1	2 pieces LF biscotti 120/2	1 LF granola bar 110/2	½ cup LF Triscuits 120/3	8 oz NF light yogurt 100/0
<b>Total:</b>	1137/6	1123/10.5	1027/8.5	1103/12.5	1126/15	1216/18.5	1085/5





## **Grocery List – Weekly Menu #2**

### **Canned/Packaged Food**

Raisin Bran  
Instant oatmeal  
Granola, non-fat (Trader Joes)  
Tuna, canned, packed in water  
Garbanzo beans, canned  
Refried beans, low-fat, canned  
Tomato soup (Healthy Choice)  
Corn, canned  
Tomato sauce  
Barbeque sauce  
Lentils, dried  
Spaghetti sauce

### **Bread/Grain/Rice/Pasta**

Whole wheat light bread (Orowheat etc)  
Whole wheat buns  
Whole wheat rolls  
Tortilla, corn & flour  
Saltines, non-fat  
French bread  
Rice, brown & wild

### **Fruit**

Banana  
Apple  
Orange  
Grapes  
Pineapple  
Pear  
Cantaloupe  
Kiwi

### **Vegetables**

Bell pepper  
Celery  
Carrots  
Tomato  
V-8 juice  
Zucchini  
Cauliflower  
Cucumber  
Potato  
Broccoli  
Lettuce  
Mushrooms  
Onion

### **Dairy/ Eggs**

Non-fat milk or soy milk  
Egg Substitute (Egg Beaters)  
Cheese, non-fat  
Cream cheese, non-fat  
Sour cream, non-fat  
Yogurt, non-fat, light  
Whipped Topping

### **Snacks/ Desserts**

Whole wheat pretzels  
Pria bar  
Kashi Go Lean bar  
Baked Chips  
Microwave popcorn, reduced-fat (Act II)  
Triscuits, reduced-fat  
Jello Pudding Snacks, non-fat (Fred Meyer, etc)  
Granola bar, low-fat  
Miss Meringue cookies (Trader Joes)  
Rice cakes  
Saltines, non-fat  
Biscotti (Costco)

### **Frozen Foods**

Meatless Breakfast Sausage (Healthy Choice, Boca)  
Kellogg's Special K frozen waffles  
Budget Lean Gourmet Frozen Dinner  
Meatless Burger (Gardenburger, Boca Burger)  
Chicken breasts, boneless, skinless

### **Condiments/ Spreads/ Spices**

Balsamic Vinegar  
Syrup, reduced calorie  
Jelly  
Salsa  
Mayonnaise, non-fat  
Italian salad dressing, non-fat  
Mustard  
Ketchup  
Pam Spray  
Parsley flakes  
Bay leaf  
Basil  
Garlic salt

### **Meat/Fish/Poultry**

Turkey luncheon meat (Healthy Choice)  
Cod  
Laura's lean ground beef patty (Albertson's, Fred Meyer)

## Weekly Menu #3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	1 pkt instant oatmeal 104/2 ½ cup NF soymilk 40/0	1 Orowheat bagel 260/1.5 2 Tbs NF cream cheese 30/0 ½ grapefruit 39/0	1 cup Shredded Wheat 170/0.5 ½ cup NF soymilk 40/0	¾ cup Kashi Good Friends 90/1 ½ cup NF soymilk 40/0	NF light fruit yogurt 100/0 ¼ cup NF granola 95/1.5	2 Ore-Ida Hashbrown patties 140/0 2 slices toast & jelly 116/0.5 *see meal lists	½ cup maple couscous 125/0 *see recipe ½ cup NF soymilk 40/0
<b>Snack</b>	1 orange 60/0	2 plums 72/1	½ cup mandarin oranges 46/0	1 apple 81/0.5	1 banana 100/0	1 cup pineapple slices 76/1	1 tangerine 37/0
<b>Snack</b>	1 Matzo cracker 112/0	NF light yogurt 100/0	1 oz WW pretzels 101/1	1 corn tortilla & salsa 55/0.5	1 orange 60/0	1 cup grapes 60/0	2 kiwis 92/1
<b>Lunch</b>	Vegetable Fajitas 196/1 *see recipes	10 minute Chili 269/1 *see recipes	Italian Potato Salad 269/0.5 *see recipes	Black Beans & Spanish Rice Burritos 346/2 *see recipes	Tuna Sandwich 147/0 *see meal lists	Gardenburger 248/3 *see meal lists	Brown rice & black bean salad 182/1 wheat roll 75/0.5 *see recipes
<b>Snack</b>	1 pear 98/1	1 cup diet V-8 Splash 10/0	1 oz baked chips 110/2	½ cup baby carrots 25/0	1 bell pepper 14/0	2 celery stalks 12/0	½ cup canned corn 66/1
<b>Snack</b>	½ Kashi Go Lean bar 140/2	1 cup jicama 50/0	1 tomato sliced with vinegar 30/0	1 cup cantaloupe 55/0	3 cups lower fat popcorn 60/1.5	1 oz Melba toast 120/1	2 rice cakes 70/0.5
<b>Snack</b>	½ Kashi Go Lean bar 140/2	1 Matzo cracker 112/0	1 oz baked chips 110/2	1 lowfat granola bar 110/2	3 cups lower fat popcorn 60/1.5	1 oz Melba toast 120/1	2 oz snow peas 20/0
<b>Dinner</b>	Corn & Tomato Linguine 276/2 *see recipes	Rice Gourmet 184/1 Fiesta Salad 72/0 *see recipes	Meatloaf 239/5 *see recipes	Baked Beans & Dogs 309/0.5 *see recipes	Spicy Vegetables 200/0 1 cup wild rice 166/0.5 *see recipes	Viva la Pasta 240/2.5 Mushroom in Wine 72/0 *see recipes	Split Pea Soup 120/0 Cornbread 94/0.5 *see recipes
<b>Snack</b>	No Pudge Brownie 100/0	1 oz Vanilla Wafers 130/3.5	FF Jello Pudding 2 Tbs whipped topping 120/1	½ cup fruit cocktail 39/0	1 Silhouette bar 130/2	2 Café Twists 80/3	Graham Cracker Sandwich 105/1.5 *see dessert lists
<b>Total:</b>	1266/10	1328/12	1235/12	1150/6.5	1132/7	1212/12	1146/6

## Grocery List – Weekly Menu #3

### Canned/Packaged Food

Kashi Good Friends Cereal  
Shredded Wheat  
Instant oatmeal  
Granola, non-fat (Trader Joes)  
Couscous  
Corn, canned  
Refried beans, low-fat, canned  
Kidney beans, canned  
Black beans, canned  
Baked beans, non-fat, canned  
Red beans, canned  
Split peas  
Spaghetti sauce  
Spanish rice, box  
Tuna, canned, packed in water  
Fruit cocktail  
Mushrooms, canned  
Tofu, firm, low-fat  
Meatless hot dogs, fat-free (Lightlife, Morningstar)  
Vegetable broth

### Bread/Grain/Rice/Pasta

Bagel (Orowheat)  
Whole wheat light bread (Orowheat etc)  
Tortilla, corn & flour  
Pasta, corkscrew  
Whole wheat buns  
Whole wheat rolls  
Rice, brown & wild  
Linguini  
Rolled oats  
Millet

### Fruit

Pear  
Plums  
Fruit cocktail  
Banana  
Apple  
Orange  
Diet V-8 Splash  
Cantaloupe  
Tangerine  
Mandarin oranges  
Pineapple  
Grapes  
Kiwi  
Lemon juice

### Vegetables

Bell pepper  
Celery  
Baby carrots  
Snow peas  
Jicama  
Onion, white, red & green  
Tomato  
Broccoli

Squash, yellow  
Potatoes, red & sweet  
Lettuce  
Sweet potato  
Mushrooms

### Dairy/ Eggs

Non-fat milk or soy milk  
Whipped Topping  
Yogurt, non-fat, light  
Cream cheese, non-fat

### Snacks/ Desserts

Matza crackers  
Whole wheat pretzels  
Baked chips  
Kashi Go Lean bar  
Microwave popcorn, reduced-fat (Act II)  
Melba toast  
No-Pudge Brownie Mix  
Vanilla Wafers  
Jello Pudding Snacks, non-fat (Fred Meyer, etc)  
Café Twists (Trader Joes)  
Graham crackers, regular or chocolate  
Marshmallow cream

### Frozen Foods

Ore-Ida Hashbrown patties  
Frozen peas  
Meatless Burger (Gardenburger, Boca Burger)  
Silhouette icecream bar

### Condiments/ Spreads/ Spices

Jelly  
Maple Extract  
Cinnamon  
Sugar substitute (Nutra Sweet, Equal, Splenda, Sweet & Low)  
Lawry's Fajitas Spice Packet  
Chili powder  
Ginger  
Cumin  
Basil  
Cilantro  
Bay leaf  
Parsley, dried & fresh  
Rosemary, dried  
Marjoram, dried  
Oregano, dried  
Garlic, cloves & powder  
Onions, instant  
Salt  
Garlic salt  
Pepper, cayenne & red  
Non-fat Italian salad dressing  
Salsa  
Worcestershire sauce  
Molasses  
Sherry  
Red wine  
Butter Buds

Rice Vinegar  
Soy sauce  
Mayonnaise, non-fat  
Dijon mustard  
Ketchup  
Barbeque sauce  
Liquid Smoke  
Poultry Seasonin

## Weekly Menu #4

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	1 cup Raisin Bran 197/1.5 1 cup NF milk 90/0	1 WW English Muffin 134/1.5 2 tsp jelly 36/0 ½ cup scrambled Eggbeaters 60/0	2 Special K frozen waffles 140/0 4 Tbsp low cal syrup 60/0	8 oz NF light yogurt 100/0 ¼ cup LF granola 95/1.5	1 Orowheat bagel 260/1.5 2 Tbs NF cream cheese 30/0	3 Breakfast Cookies 100/0 *see recipe	Boca Breakfast Link 70/3 2 slices toast & jelly 116/0.5 *see meal lists
<b>Snack</b>	½ banana 50/0	½ cup applesauce 52/0	2 kiwis 92/1	1 pear 98/1	3 apricots 51/0	1 peach 37/0	1 cup honeydew melon 60/0
<b>Snack</b>	½ banana 50/0	1 oz reduced fat Triscuits 120/3	1 corn tortilla & salsa 55/0.5	2 rice cakes 70/0.5	1 cup raw cauliflower 26/0	2 plums 72/1	1 Luna bar 170/2
<b>Lunch</b>	Salad: lettuce & 2oz chicken 80/2.5 Citrus Salad Dressing 30/0 *see recipe	Veggie Pizza 238/2 *see recipe	Veggie Sandwich 115/0.5 *see recipe	Warm Balsamic Bean Salad 184/0 *see recipe	Picante Black Bean Soup 255/1 *see recipe	Weekender Sandwich 239/3 *see recipe	Pineapple Chicken Salad 197/3 *see recipe
<b>Snack</b>	1 oz NF Saltines 120/0	1 cup grapes 60/0	1 oz reduced fat Cheese Nips 130/3.5	1 oz baked chips 110/2	1 orange 60/0	1 oz Snackwells crackers 120/0	½ bag lower fat popcorn 60/1.5
<b>Snack</b>	2 celery stalks 12/0	2 oz snow peas 20/0	1 grapefruit 78/0	1 tangerine 37/0	Instant Stuffed Potatoes 140/2	1 apple 81/0.5	Knorr Instant Soup 130/2
<b>Snack</b>	1 artichoke 150/0.5	8oz NF light yogurt 100/0	1 oz Snackwells crackers 120/0	1 oz baked chips 110/2	6 asparagus spears 22/0	1 oz Snackwells crackers 120/0	½ bag lower fat popcorn 60/1.5
<b>Dinner</b>	Pasta Fagioli 205/0 Glazed Carrots 95/0 *see meal lists	Taco Salad 148/4 *see meal lists 1 oz baked chips 110/2	Citrus Asparagus with orange sauce 58/1 Pasta Cheese Bake 244/2.5 *see recipes	Chili Potato 365/1 1 cup spinach 12/0 2 Tbs NF salad dressing 32/0	Quickie Chicken L'Orange 208/3 Summer Tomato Salad 46/0 *see recipes	Lasagna Curls 320/3 *see recipes 1 baked acorn squash 82/0	Chicken Dijon 183/3 Dilled Potato Salad 133/0 *see recipes
<b>Snack</b>	2 pieces LF biscotti 120/2	Miss Meringue cookies 80/0	1 oz NF Toffee Popcorn 110/0	LF granola bar 110/2	hot chocolate 50/1 see dessert list	Starbucks Frap. Bar 120/2	1 Silhouette bar 130/2
<b>Total:</b>	1177/8	1158/12.5	1202/9	1323/10	1148/9.5	1291/12.5	1309/18.5



## Grocery List – Weekly Menu #4

### Canned/Packaged Food

Raisin Bran  
Granola, non-fat (Trader Joes)  
Rice Krispies  
Grape Nuts  
Tomato sauce  
Spaghetti sauce  
Kidney beans, dried  
Black beans, canned  
White beans, dried  
Garbanzo beans, canned  
Chili, low-fat, canned  
Vegetable broth  
Corn, canned  
Pineapple, canned, crushed, unsweetened  
Instant stuffed potatoes  
Instant Soup (Knorr)  
Hot chocolate mix (Swiss Miss sugar-free)  
Olives

### Bread/Grain/Rice/Pasta

Whole wheat light bread (Orowheat etc)  
Whole wheat English muffin  
Whole wheat pita bread  
Orowheat bagel  
Quick oats oatmeal  
French bread  
Spaghetti  
Lasagna noodles

### Fruit

Raisins  
Apple  
Banana  
Applesauce  
Kiwi  
Pear  
Apricot  
Peach  
Honeydew melon  
Plum  
Mango  
Lime juice  
Orange juice  
Lemon juice  
Grapes  
Grapefruit  
Tangerine

### Vegetables

Cauliflower  
Lettuce  
Bell peppers  
Mushrooms  
Tomatoes  
Snow peas  
Onions, green & white  
Alfalfa sprouts  
Cucumber  
Celery  
Artichoke  
Asparagus  
Avocado  
Green chilies  
Potato  
Spinach  
Broccoli

### Meat/ Fish/ Poultry

Ground Turkey

### Dairy/ Eggs

Non-fat milk or soy milk  
Egg Substitute (Egg Beaters)  
Yogurt, non-fat, light  
Whipped Topping  
Cream cheese, non-fat  
Cheese, non-fat  
Cottage cheese, low-fat  
Parmesan cheese, grated

### Snacks/ Desserts

Triscuits, reduced-fat  
Rice Cakes  
Luna bar  
Saltines, non-fat  
Cheese Nips, reduced fat  
Snackwells crackers  
Baked chips  
Microwave popcorn, reduced-fat (Act II)  
Biscotti (Costco)  
Miss Meringue cookies (Trader Joes)  
Toffee Popcorn, non-fat  
Granola bar, low-fat

### Frozen Foods

Special K frozen waffles  
Boca Breakfast link  
Chicken breasts, boneless, skinless  
Frappuccino Bar (Starbucks)  
Silhouette icecream bar

### Condiments/ Spreads/ Spices

Jelly  
Orange marmalade  
Syrup, reduced-calorie  
Butter Buds  
Fructose  
Sugar substitute (Nutra Sweet, Equal, Splenda, Sweet & Low)  
Brown sugar  
Cinnamon  
Nutmeg  
Vanilla  
Flour  
Baking powder  
Baking soda  
Salsa  
Ginger, fresh  
Honey  
Soy Sauce, low sodium  
Basil, fresh  
Paprika  
Thyme, dried  
Cilantro or mint, fresh  
Jalapeno chili  
Mustard, Dijon  
White wine  
Red wine  
White vinegar  
Garlic, cloves  
Ginger, ground  
Curry powder  
Parsley, fresh  
Paprika  
Salt  
Pepper, black & red  
Schilling Bac 'n Pieces  
Salsa  
Oregano, fresh  
Chili powder  
Butter Buds  
Italian salad dressing, non-fat  
Sherry, dry  
Cornstarch



## ***Breakfast Recipes:***

### **Breakfast Cereal Cookies**

(Butter Busters Cookbook, by Pam Mycoskie)

1 cup Liquid Butter Buds	½ tsp baking powder
½ cup Egg Replacer	1 tsp baking soda
¼ cup fructose plus 2 tsp sugar sweetener	2 cups Rice Krispies cereal
½ cup brown sugar plus ½ cup Sugar Twin brown sugar	2 cups Quick Oats oatmeal
1 tsp cinnamon	1 cup Grape-Nuts cereal
½ tsp nutmeg	1 cup raisins (optional)
2 tsp vanilla	
2 cups flour	

Cream butter buds, egg replacer, all sweeteners, and vanilla. Add flour, cinnamon, nutmeg, baking soda, and baking powder. Stir in oats, Rice Krispies, and Grape-Nuts. Add raisins if desired. Drop by teaspoonfuls onto baking sheet that has been sprayed with Pam. Bake at 350° for 10-13 minutes. Makes 6 dozen cookies.

### **Maple Couscous**

Pour 1 ¼ cups of couscous into a large bowl and top with 2 cups boiling water. Cover and let sit for 10 minutes. Fluff with fork and season with maple extract, cinnamon, and sugar sweetener (Nutrasweet, Equal, Splenda etc) to taste.  
Serves 2.



## *Lunch Recipes:*

### **Vegetable Fajitas**

4 fat-free or low-fat flour tortillas  
1 cup non-fat refried beans  
Lawry's Fajitas Spice Packet  
1 green and red pepper, julienned  
1 red onion, sliced  
1 tomato, cut in wedges

In a skillet, combine  $\frac{1}{4}$  cup water to seasoning packet. Sauté vegetables until tender. Spoon beans onto tortilla and top with fajita mix. Roll up and indulge!

### **10 Minute Chili**

(Mary McDougall)  
2 15-oz cans kidney beans, drained and rinsed  
2 cups fat-free spaghetti sauce  
2 tsp chili powder  
1 tsp cumin  
dash red pepper, optional

Combine all ingredients in a saucepan and heat, stirring occasionally. Serves 4. Great and kids love!!!

### **Citrus Salad Dressing**

Here is a twist on a traditional Thai dressing. Instead of oil, mango binds the dressing. It tastes great on spinach salad with oranges or tropical fruits such as fresh pineapple and papaya. This dressing also can be used as a marinade for tempeh or seitan or as a stir-fry sauce. You can also use it on baked potatoes.

1 mango or peach (or  $\frac{1}{2}$  mango and  $\frac{1}{2}$  peach), pitted and peeled  
 $\frac{1}{2}$  inch piece of ginger, peeled and sliced  
2 Tbs honey or sugar  
2 Tbs soy sauce (reduced sodium)  
 $\frac{1}{4}$  cup fresh lime juice  
 $\frac{1}{2}$  cup fresh orange juice  
1 tsp minced lemon zest or thinly sliced lemon grass  
2 Tbs chopped fresh mint or cilantro  
1 jalapeno chili, seeded and minced (if you do not like "hot" omit this ingredient)

In a blender or food processor, puree mango or peach and ginger. With motor running, gradually add honey or sugar, soy sauce, lime juice, and orange juice. Blend until smooth. Add lemon zest or lemon grass, chili and mint or cilantro: pulse just to mix.

Makes 1 ½ cups

Per Tablespoon: 15 cal; 0 g protein; 0 g total fat (0 sat fat); 4 g CHO; 0 mg Chol; 79 mg Sodium; 0 g fiber. Vegan (Honey).

### **Weekender Sandwich**

(Low-Fat Cooking, Gloria Rose)

1 garlic clove, minced

½ small onion, chopped  
crosswise

¼ green bell pepper, chopped

4 ounces ground turkey

1 (8-oz) can no-salt added  
tomato sauce

½ teaspoon chili powder

1 tablespoon salsa

1 tablespoon salsa

2 large whole-wheat pita breads, cut in half

Thinly sliced tomato

Shredded lettuce

Spray a non-stick skillet with No Stick cooking spray. Saute garlic and onion 2 minutes. Add pepper, turkey, tomato sauce, chili powder and salsa. Simmer 10 to 15 minutes, mixture should be thick. Spoon evenly into two warmed pita breads sliced in half. Top with sliced tomato and lettuce. Serves 2.



## *Dinner Recipes:*

### **Cornbread**

1 cup cornmeal	1 egg equivalent made with Egg Replacer
1 cup whole wheat flour	1 ¼ cup rice milk
1 Tbs baking powder	1 Tbs Butter Buds liquid
¼ tsp salt	
2 Tbs honey	

Preheat oven to 350°. Mix wet and dry ingredients separately, then together. Spray pan with Pam. Bake 30 minutes. Serves 12.

### **Spicy Veggies**

2 cups millet	1 cup chopped onion
3 Tbs sherry	1 chopped tomato
¼ tsp cayenne red pepper	1 diced apple
½ tsp cinnamon	1 cup cooked sweet potato
½ tsp ginger	1 cup cooked sweet potato
1 tsp cumin	¼ cup cilantro (garnish)

To prepare millet, place 3 ½ cups water or vegetable broth into cooking pot with 2 cups millet. Cook on low until done. In a saucepan combine the remaining ingredients except for the cilantro and simmer. Add the cilantro and heat for 10 minutes. Place on top of millet in a serving dish. Serves 6.

### **Baked Beans & Dogs**

1 onion, chopped	2 Tbs molasses
1/3 cup water	1 Tbs mustard
16 oz can fat-free baked beans	4 fat-free meat-free hot dogs, sliced
15 oz can red beans, drained/rinsed	

Place the onion and water in saucepan. Cook, stirring occasionally, for 4 mins. Add the remaining ingredients and cook 10 mins. Serves 4.

### **Split Pea Soup**

(Mary McDougall)

1 lb. Split peas	1 tsp salt
7 cups water	1 tsp poultry seasoning
1 cup chopped onion	¼ tsp each of marjoram and oregano
2 cups sliced celery	¼ tsp white pepper
1 cup sliced carrots	1 tsp parsley flakes
1 bay leaf	½ teaspoon garlic powder
1 Tbs liquid smoke	¼ cup chopped green onions, for garnish

Combine all ingredients, except green onions, in a large stock pot. Bring to a boil. Reduce heat, cover and simmer 1 to 2 hours. Discard bay leaf and garnish with green onions. Serves 6.

**Warm Balsamic Bean Salad**  
(Vegetarian Times magazine)

2 cups dried kidney beans, soaked overnight	½ cup diced red bell pepper
5 cups vegetable broth	½ cup diced yellow pepper
1 cup white wine	½ cup corn kernels
1 onion, diced	½ cup celery
½ cup balsamic vinegar	½ cup fresh parsley
2 Tbs minced garlic	salt and pepper, to taste
2 Tbs lemon juice	
3 Tbs honey, or to taste	

In a large pot, combine beans, broth, wine and onion. Simmer 2 hours. Drain beans and onions. Place in a large bowl. Add the rest of the ingredients and toss well. Adjust seasonings and serve warm. Serves 6.

**Black Beans & Spanish Rice Burritos with Mock Guacamole**

4 fat-free flour tortillas  
1 cup black beans  
1 cup Spanish rice, cooked according to pkg directions  
Sweet pea guacamole (see recipe below)  
½ cup salsa

Add ¼ cup black beans, ¼ cup Spanish Rice, ¼ cup Sweet Pea Guacamole, and 1/8 cup salsa to each tortilla.

**Sweet Pea Guacamole (to make one cup):**

1 pck. Frozen peas, thawed	1 Tbs rice vinegar
¼ bunch cilantro, washed and trimmed	1 Tbs soy sauce
2 cloves garlic	½ tsp cumin
2 Tbs lemon juice	1/16 tsp red pepper

Combine all ingredients in a food processor or blender.

### **Cream of Mushroom Chicken**

1 can 98% fat-free Campbell's cream of mushroom soup  
2 boneless skinless chicken breasts  
Pam spray

Preheat oven to 375°. Add cream of mushroom soup to a bowl and mix with 1/2 can of water. Spray casserole dish with Pam and add chicken breasts. Pour soup mixture over chicken breasts. Bake for 60 min. Serves 4.

### **Corn and Tomato Linguine**

3 cloves garlic, minced	1 tsp basil
1 Tbs red wine	1 tsp salt
2 green onions, sliced	¼ tsp black pepper
1 ½ cup corn	¼ tsp red pepper
2 chopped tomatoes	½ Tbs garlic salt
1 Tbs dried parsley	1 8-oz package linguine, cooked

Heat the garlic in wine. Add the remaining ingredients and sauté until onions are tender. Combine with cooked pasta. Serve warm or cold.

### **Sloppy Lentils**

(adapted from a recipe by Dr. McDougall)

2 cups dried lentils	1 Tbs parsley flakes
1 large chopped onion	1 bay leaf
1 carrot, chopped	1 Tbs basil
1 green pepper, chopped (optional)	½ tsp garlic salt, or more, to taste
4 cups water	6 whole wheat buns
4 cups tomato or spaghetti sauce	

Place lentils, onions, carrots, and pepper in a large pot with 4 cups water. Cover and simmer for 30 minutes. Add tomato sauce and seasonings to the pot and simmer 30 more minutes. Serve on a whole wheat bun. Serves 6.

### **Rice Gourmet**

4 oz can mushrooms	¼ cup Butter Buds liquid
½ cup sherry	1 tsp parsley flakes
1 ¼ tsp salt	2 tsp instant minced onions
¼ tsp black pepper	1 cup brown rice
2 cups water	

Drain mushrooms but RESERVE LIQUID. Sauté mushrooms in Butter Buds for 2-3 minutes. Add the sherry and seasoning and simmer slowly 5 minutes. Pour rice over

mushrooms, adding reserved mushroom liquid and water. Cover and cook slowly 45 minutes, or until rice is tender. Serves 3.

**“Meat” Loaf**  
(McDougall’s)

28 oz firm tofu (low-fat), drained and mashed	2 Tbs Dijon mustard
1 2/3 cup rolled oats	2 Tbs Worcestershire sauce
3/4 cup whole wheat bread crumbs	1/4 tsp garlic powder
1/3 cup ketchup or barbecue sauce	1/4 tsp pepper
1/4 cup soy sauce	

Preheat oven to 350°. Combine all in a large bowl and mix well. Press into a loaf pan, sprayed with Pam. Bake for 1 hour. Let rest 15 minutes, then loosen the sides gently and invert. The leftovers make excellent sandwich fillings.

**Brown Rice and Black Bean Salad**

2 cups cooked brown rice	1/2 cup diced red onion
1 cup cooked black beans	1/2 cup prepared non-fat Italian dressing
1/4 teaspoon basil	

Combine all ingredients and stir. Refrigerated at least 3 hours. Serve alone or on a bed of lettuce.

**Mushrooms in Wine**  
(Low-Fat Cooking, Gloria Rose)

1 pound fresh small mushrooms, stems removed  
1 cup red wine  
1 teaspoon dried rosemary  
8 garlic cloves, diced  
1 cup water  
6 green onions with green tops, cut in 1-inch pieces  
Chopped fresh parsley

Combine mushrooms with wine, rosemary, garlic and 1 cup water in a medium-size saucepan. Bring to a boil, reduce heat and simmer 10 minutes. Add green onions; cook until liquid is reduced by one-third. Sprinkle with parsley; serve warm or cold. Serves 4.

**Citrus Asparagus**  
(brandnamerecipe.com)

Orange Sauce:  
2 tsp reduced-fat margarine  
1 clove garlic, minced

Asparagus:  
Nonstick olive oil cooking spray  
1 small onion, diced

Juice of 1 large orange (about 1/3 cup) peeled	1 pound fresh asparagus, lower half of stalks
1/4 tsp Dijon mustard	(if using pencil-thin asparagus, do not peel.
Reduce	cooking time to 4 to 5 minutes)
1 1/4 tsp balsamic vinegar	2/3 cup diced red pepper
1/2 tsp grated orange peel	1/2 cup water
Salt (optional)	

### **Orange Sauce:**

Heat margarine in small saucepan over medium heat. Add garlic; cook and stir 2 minutes or until soft. Stir in orange juice; bring to a boil. Add vinegar and mustard; reduce heat and simmer 2 minutes. Remove from heat and add orange peel. Season to taste with salt, if desired; reserve and keep warm.

### **Asparagus:**

Spray medium saucepan with cooking spray; heat over medium-high heat. Add onion; cook and stir 2 minutes. Add asparagus, bell pepper, and water. Reduce heat to medium-low. Cover and simmer 7 minutes or until asparagus is crisp-tender. Remove vegetables with slotted spoon to serving dish; reserve with reserved Orange Sauce.

### **Pineapple Chicken Salad**

(Low-Fat Cooking, Gloria Rose)

1-1/2 cups diced poached chicken  
1 (8-oz.) can unsweetened crushed pineapple, lightly drained  
3/4 cup non-fat yogurt  
1/4 cup sliced celery  
1/4 cup sliced green onions  
1/4 teaspoon ground ginger  
1/4 to 1/2 teaspoon curry powder  
Shredded lettuce

Combine all ingredients except lettuce in a medium-size bowl. Served salad on shredded lettuce. Serves 4.

### **Quickie Chicken L'Orange**

(Adapted from Low-Fat Cooking, Gloria Rose)

1 chicken, skinned, cut in eights  
3 ounces orange juice concentrate  
1 tablespoon low-sodium soy sauce  
2 tablespoons no-sugar added orange marmalade  
1 tablespoon minced garlic

Preheat oven to 325°. Put chicken pieces in a baking dish. Combine the other ingredients in a small bowl and pour over chicken. Cover and bake until chicken is tender. Serves 4



If a thicker sauce is desired, drain sauce after cooking and quickly stir in 1 tablespoon cornstarch mixed with 2 tablespoons cold water. Cook until thickened, pour over chicken and serve.

### **Vegetable Lasagna Curls**

(Adapted from Low-Fat Cooking, Gloria Rose)

- 12 lasagna noodles
- 1 pound low-fat cottage cheese
- 1 to 2 cups broccoli flowerets
- 1 cup chopped fresh mushrooms
- 2 green onions, diced
- 2 tablespoons chopped fresh basil
- 1 teaspoon chopped fresh oregano
- 2 tablespoons finely chopped fresh parsley
- 2 cups spaghetti sauce
- 2 tablespoons grated Parmesan cheese

Preheat oven to 375°. Cook lasagna noodles in a large saucepan until tender but firm, 8 to 10 minutes. Drain, rinse, and keep in cold water until ready to use. Mix remaining ingredients in a medium-size bowl. Place one-twelfth of mixture on each lasagna noodle and roll up to enclose filling. Spray baking dish with No Stick cooking spray and place rolls seam-side down in dish. Cover with spaghetti sauce and bake 20 minutes, covered. Remove cover and bake 20 minutes more. Sprinkle with Parmesan cheese; broil 1 minute. Serves 6

### **Chicken Dijon**

(Low-Fat Cooking, Gloria Rose)

- 2 chicken breasts, skinned, cut in eighths
- 4 garlic cloves, minced
- 2 tablespoons low-fat yogurt
- ¼ cup dry sherry
- ¼ teaspoon ground paprika
- ½ cup fresh orange juice
- 1 tablespoon cornstarch mixed with 2 tablespoons water

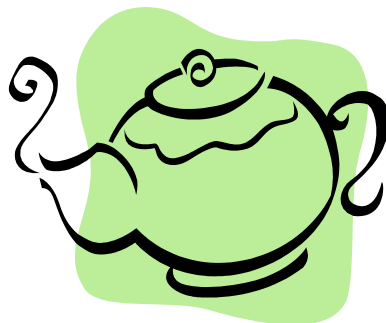
Preheat oven to 350°. Place chicken in a baking dish. Mix next 4 ingredients and pour over chicken. Cover with foil. Bake 20 to 25 minutes. Combine juice and cornstarch mixture. Pour over chicken and bake, uncovered, until thick and bubbly. Serve hot. Serves 4. Add 2-1/2 teaspoons salt-free Dijon-style mustard for added flavor.

## TIPS FOR EATING OUT

If you enjoy eating out, there is no need to give up this pleasure. And if your lifestyle includes a lot of restaurant meals, you can still be successful on the Health Plus program, so long as you make your food choices carefully. We offer the following suggestions:

1. Approach restaurant eating with confidence. You **can** make positive food choices and still have a good time.
2. Have a plan. If you already have some favorite restaurants, spend some time examining their menus and thinking through your options. Most restaurants have at least a few healthy choices, and many will modify ingredients or preparations in advance. For example, it's usually fine to ask for "no butter" on broiled fish, or steamed vegetables instead of sauteed. If your old favorites won't work, choose restaurants that go out of their way to offer low-fat choices, as many now do. Look for the "heart healthy" symbol next to the leaner offerings.
3. Do not go into a restaurant hungry. Always snack on something healthy during the hour before you go. Don't starve yourself before eating out—you'll probably end up overcompensating.
4. Be the first to order. Don't let others influence your choices.
5. Do not linger over the menu. Make your choice quickly and put the menu down. Better yet, know what you want to order ahead of time.
6. Be assertive when ordering. Ask questions and explain exactly what you want.
7. Say no to alcohol. It adds a lot of calories to a meal, and it is a powerful appetite stimulant.
8. Drink lots of water while you are waiting for your meal to arrive.
9. Consider splitting an order with one of your dinner companions, especially in restaurants that serve large portions. This will help you save money **and** calories.
10. Consider **Bento**. Bento is an excellent low-fat dish and makes a tasty, healthy, and very filling meal. Ask for brown rice if they have it, and ask for soy sauce in place of high-calorie sauces.
11. For **appetizers** order: melon or fruit cocktails, green salad with lemon juice or nonfat dressing, shrimp cocktail, or oysters on the half shell.

12. For **soups**, choose broth-based soups rather than cream soups. Vegetable, gazpacho or clear broth are good choices.
13. For a **main course**, order grilled or poached fish or chicken breast, baked potato (without butter or sour cream), and steamed vegetables.
14. In a **Chinese restaurant**, order: hot and sour soup, chow mein or chop suey, steamed fish, lo mein noodles, and steamed rice. In other entrees, choose chicken or steamed tofu (not fried!) rather than beef or pork.
15. In an **Italian restaurant**, order: minestrone soup, chicken cacciatore, pasta with marinara sauce, broiled or poached chicken or fish with tomato, lemon-herb or wine sauce. Remember to avoid cheeses and white sauces.
16. In a **Mexican restaurant**, order: green salad, tostada or burrito without meat, sour cream or cheese, chicken fajitas, and whole beans (not refried). Avoid cheese, sour cream, avocados, Spanish rice, or ground beef. Some restaurants (like *Baja Fresh*) offer low-fat choices. Look for them!
17. In a **Japanese restaurant**, sushi and sashimi are great choices so long as you avoid items containing mayonnaise, avocado and cream cheese. Avoid tempura and other fried dishes.
18. Restaurants that cater to vegetarians and vegans offer numerous healthy choices, and waitpersons will usually be glad to answer your questions about ingredients and preparations. Choose legumes and whole grains, salads, and broth-based soups. Avoid dishes that include cheese, nuts and seeds,
19. For breakfast, order: Egg Beaters, fresh fruit, and oatmeal.
20. If you are asked about your food choices, rather than saying that you are on a diet, explain that you are trying to improve your health by eating low-fat foods. Say it proudly!



## What about protein? And calcium?

You may be worrying that there won't be enough protein or calcium in your diet if you eliminate or reduce your consumption of meat and dairy products. In reality, most adult Americans eat much more protein than they need each day. Also, many foods other than meat and dairy products contain high-quality proteins. If you follow our diet guidelines, chances are that you will get plenty of protein each day. Study the list below, and you will see that your protein needs will be very well met on the Health Plus diet.

### Protein Sources:

Whole wheat bread (1 slice)	3 grams
Oatmeal (1 cup)	5 grams
Lentils (1 cup cooked)	16 grams
Green beans (1 cup cooked)	2 grams
Broccoli	5 grams
Cabbage (1 cup raw)	1 gram
Collards (1 cup raw, cooked without stems)	7 grams
Kale (1 cup raw leaves, cooked)	5 grams

**Calcium** is a very important nutrient for women, men and children. Most people think "dairy" when they think of calcium. Small amounts of non-fat dairy products are allowed on the Health Plus diet. In addition, there are numerous, excellent, non-meat and non-dairy sources of calcium, some that may surprise to you. If you choose from the list below, you will more than meet your daily requirement.

### Calcium Sources:

Whole wheat bread (1 slice)	25 milligrams
Oatmeal (1 cup)	22 milligrams
Lentils (1 cup cooked)	50 milligrams
Green beans (1 cup cooked)	54 milligrams
Broccoli (1 cup cooked)	100 milligrams
Cabbage (1 cup raw)	44 milligrams
Collards (1 cup raw, cooked without stems)	357 milligrams
Kale (1 cup cooked)	206 milligrams
Corn tortilla (1 medium)	60 milligrams
Turnip greens (1/2 cup cooked)	98 milligrams
Bok choy (1/2 cup cooked)	79 milligrams
Raw carrot	27 milligrams
Orange (1 medium)	60 milligrams
Dates (1/2 cup chopped)	26 milligrams
Raisins (1/4 cup)	22 milligrams

