Week 3 Food Plan and Shopping List

Variety is truly the spice of life, and we don’t want you ever to be bored on the Health Plus food plan. 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 on our Web site area each week. Feel free to bring us your favorites to post when you come for your appointment.

Be sure to pick up a card with the login name and password for the recipe section of [Healthplustoday.com](http://healthplustoday.com/resources/recipes/). Search for recipes with the ingredients you have on hand, or by meal type.



Breakfast Choices

* Cold Cereal: High Fiber (All bran, Cracklin’ Oat Bran, Low-Fat Granola, Grape Nut Flakes, Shredded Wheat, Raisin Bran, Wheaties) with 1/2 Cup Skim Milk 160/0
* Hot Cereal: Oatmeal or cream of wheat or grits made with 1/2 Cup Skim Milk 200/2.5
* Toast Breakfast: Use a low-calorie, high fiber bread like Orowheat light bread, a Sandwich Thin, or English Muffin and 2 Tablespoons honey, jelly or jam 220/2
* Spinach Scramble: 3/4 Cup Eggbeaters or Egg whites with cut fresh spinach. Serve in a 6 to 8 in fat-free flour or corn tortilla 180/2
* French Toast: 2 pieces bread dipped in 6 Tablespoons Eggbeaters or egg whites and ¼ Cup non-fat milk 295/0
* Veggie Omelet: Use cooking spray in a small pan and add 4 Egg Whites or 1 Cup Eggbeaters, diced peppers, mushrooms, onions 140/0. Serve with a toasted English muffin 100/0
* Yogurt with Fruit: 6 oz. non-fat yogurt with fresh fruit: ½ cup Strawberries or blueberries, ½ banana and 2 ounces diced pineapple 150/0
* Chicken Sausage Breakfast: Cook 2 Iserno’s Low-fat Chicken Sausages and dice into 3/4 Cup Eggbeaters or 3 egg whites with cut fresh spinach 220/2.5. Use cooking spray in a small pan and cook for 3 minutes on medium high heat. 220/2.5



Lunch Choices

* Hummus Sandwich: Whole wheat light bread or a Sandwich Thin, lettuce, tomato, and 3 Tablespoons low-fat hummus 160/6
* Turkey Roll-up: Flour tortilla, non-fat cream cheese, 3 oz. roasted turkey without skin, shredded lettuce and tomatoes 345/5
* Tuna Sandwich: Light bread or a Sandwich Thin, 3 ounces canned albacore tuna packed in water, non-fat mayonnaise, lettuce and tomatoes 260/3.5
* Pita Sandwich: 3 ounces garbanzo beans, veggies, non-fat Italian dressing 380/4.5
* Turkey burger (Trader-Joe’s or 98% Jennie-O Lean) 4 oz. patty, grilled, on whole wheat bun, and barbeque sauce 240/3.5
* Veggie Pasta Salad: 1/2 Cup corkscrew pasta (90/0.5), celery, 3 Tablespoons boiled carrots (10/0), 3 oz. black beans (110/0.5), capers, non-fat Italian dressing 220/1
* Subway Sandwich (6 grams fat or less, no cheese or mayo) 280/3.5
* Chicken Sandwich: skinless breast meat (grilled or roasted) on a Sandwich Thin or other low-fat bread plus barbeque sauce or ketchup or other fat-free condiments 285/6
* Broccoli Potato: Top a 6 oz. baked potato with 4 oz. steamed broccoli & 3 Tablespoons non-fat sour cream) 240/1
* Salad: 8 oz lettuce or spinach (55/1), 2” tomato sliced (20/0), 3 oz Pollock or imitation crab (90/1), 3 Tablespoons mango salsa (30/0) non-fat dressing & small dinner roll (75/2) 270/4
* Yogurt & Fruit: One 4 or 5 ounce container of fat-free Yogurt with bananas, strawberries or other cut-up fresh fruit 160/0

Dinner Choices

* 1 Cup Whole wheat pasta with ½ Cup tomato sauce 175/1
* French Roll pizza – use half; top with ½ Cup tomato sauce, 1 piece string cheese, 1 Cup chopped bell peppers, 1 cup mushrooms, 1 whole tomato sliced 195/3.5
* Home made burrito (1 8” flour tortilla, ½ Cup black beans, ½ Cup brown rice, 2 Tablespoons fat-fee sour cream 410/5.5
* Grilled Tilapia (or other white fish) 4 ounces - marinated in non-fat sauce, with a 2” boiled or baked red potato 235/3
* Turkey burger (Trader-Joe’s or 98% Jennie-O Lean) 4 oz. patty, grilled, on whole wheat bun, and barbeque sauce 240/3.5
* Sweet Potatoes – 1 Cup mashed or 1 9” baked with   
  2 Tablespoons fat-free sour cream 260/0.5
* Potato wedges (spray cookie sheet lightly with Pam and add cut up one 12 ounce red potato, bake at 400° until slightly crispy, season with salt, and serve with ketchup or barbeque sauce) 270/0
* Chicken Taco: 1 corn tortilla, 1 Tablespoon mango salsa, 3 ounces roasted chicken breast without skin, chopped lettuce, tomato and red onion 270/4
* Rice and Veggies: ¾ Cooked brown rice and sliced veggies simmered in Chicken broth: 1 small onion, 1 bell pepper, 1 Cup mushrooms, 2 stalks celery 330/2
* Broccoli and Potatoes: Take a 6-ounce potato and steam it. When it is almost done, add 6 ounces of broccoli. Clean 2 cloves of garlic, and blend in a food processor with 1 Tablespoon olive oil and ¼ Cup (prepared) chicken broth. Pour Sauce over veggies when served. 235/5

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. Pre-portioned packages of foods like yogurt and crackers may be helpful so if you purchase a box of crackers, portion out handfuls into sandwich bags.

* Snack-Type Food: Matzo with jam, SpecialK Rice crackers with Fat-free sour cream dip, Rice cakes, Pretzels, air-popped or lower fat microwave popcorn - average ~130/1.5
* Yogurt with Fruit: non-fat light fruit or non-fat plain with fresh fruit 140/0
* Fruit Sundae: ½ Cup Apple Sauce with 1 Cup of mixed fresh diced fruit (strawberries, apple, pineapple, blueberries, grapes) and ½ a sliced banana; top with 1 teaspoon Jam 200/0
* Corn tortilla and salsa heated in microwave 100/2
* English muffin pizza (top with spaghetti or pizza sauce, diced veggies such as mushrooms, onions, peppers) 150/0
* Fresh fruit (apples, oranges, clementines, banana, grapes, peach, pear, pineapple slices, seasonal berries, etc) 60-130/0
* Fruit Cup: Packed in water or own juices (applesauce, peaches, pears, mandarin oranges, pineapple etc) 70/0
* Fresh vegetables (sweet peppers, baby carrots, celery sticks, sliced jicama, etc) 40 - 90/0
* Skinny Cow Low-fat frozen dessert average ~140/3
* Rice Chex - 1 cup dry makes a great snack with crunch 110/0
* Go Snack: one That’s It Fruit Bar 100/0, or one Low-Fat Granola bar 140/2.5 or a Snack Box of Raisins 100/0

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 unless you find that they make you hungry. If you do include beverages with artificial sweeteners, 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 50/0 for 8 oz. glass
* Iced Tea - sweeten by the glass with Truvia or Stevia, organic cane sugar or honey
* Vegetable Juice eg. Carrot Juice 40/0 for 8 oz. glass
* Tea with honey, Truvia or organic cane sugar
* Coffee with non-fat milk – for sweeteners, use organic cane sugar instead of refined white sugar, and the least amount possible
* Light cranberry juice 50/0 for 8 oz. glass



**Weekly Menu #3**

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|  | **Day 1** |  | **Day 2** |  | Day 3 |  | **Day 4** |  | **Day 5** |  | **Day 6** | |  | **Day 7** |
| **Breakfast** | **Cereal with skim milk 160/0 \*see meal lists** |  | **8 oz NF light yogurt 100/0**  **¼ cup LF granola 95/1.5** |  | **Chicken Sausage Breakfast 220/2.5**  **\*see meal lists** |  | **Hot Cereal with Milk 200/2.5**  **\*see meal lists** |  | **Hot Cereal with Milk 200/2.5  \*see meal lists** |  | **Cereal with skim milk 160/0 \*see meal lists** | |  | **Veggie Omelet w/English Muffin**  **240/0 + 2 Tbsp Shaved Parmesan Cheese 40/3**  **\*see meal lists** |
|  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Snack** | **1 Orange 60/0** |  | **2 Plums 75/1** |  | **Mandarin Oranges ½ cup 50/0** |  | **1 Apple 100/0.5** |  | **1 Banana 100/0** |  | **Pineapple-fresh 1 cup 75/1** | |  | **1 Tangerine 40/0** |
|  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Snack** | **1 Matzo w/1 Tbsp Jam 120/0** |  | **Baby Carrots  1 cup 90/0** |  | **10 Raw Almonds 70/6 + Raisins - one snack box 100/0** |  | **1 Matzo w/1 Tbsp Jam 120/0** |  | **1 Orange 60/0** |  | **Grapes  1 cup 100/0** | |  | **2 Kiwis 95/1** |
|  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Lunch** | **Pita Sandwich 245/2 \*see meal lists** |  | **Turkey Roll-up 245/3.5**  **\*see meal lists** |  | **Gardenburger 250/3**  **\*see meal lists** |  | **Broccoli Potato 240/1**  **Salad 195/2**  **\*see meal lists** |  | **Tuna Sandwich 260/3.5**  **\*see meal lists** |  | **Gardenburger 250/3**  **\*see meal lists** | |  | **Hummus Sandwich 160/6**  **\*see meal lists** |
|  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Snack** | **1 Pear 100/1** |  | **Rice Chex  1 cup dry 110/0** |  | **That’s It Fruit Bar 100/0** |  | **Baby Carrots  1 cup 90/0** |  | **Rice Chex  1 cup dry 110/0** |  | **10 Raw Almonds 70/6** | |  | **10 Raw Almonds 70/6** |
|  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Snack** | **Baby Carrots  1 cup 90/0** |  | **Cumber sliced & vinegar 40/0** |  | **Tomato sliced with vinegar 30/0** |  | **Cantaloupe  1 cup 55/0** |  | **Popcorn  1 bag low-fat 240/3** |  | | **Raisins - one snack box 100/0** |  | **That’s It Fruit Bar 100/0** |
|  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Snack** | **10 Raw Almonds 70/6** |  | **10 Raw Almonds 70/6 + Raisins-one snack box 100/0** |  | **1 Orange 60/0** |  | **Granola bar 1 low-fat 110/2** |  | **That’s It Fruit Bar 100/0** |  | **That’s It Fruit Bar 100/0** | |  | **1 Orange 60/0** |
|  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Dinner** | **Chicken Tacos 270/4**  **Salad 195/2 \*see meal lists** |  | **Sweet Potato & 4 oz baked Chicken Breast 390/1.5 Steamed Broccoli  1 cup 50/0** |  | **Home-made Burrito 410/5.5**  **Salad 195/2**  **\*see meal lists** |  | **Grilled Fish and Potato wedges 370/3**  **\*see meal lists** |  | **Rice and Veggies 330/2**  **Salad 195/2**  **\*see meal lists** |  | **Whole Wheat Pasta 175/1**  **Salad w/roll 270/4**  **\*see meal lists** | |  | **Broccoli and Potatoes 235/5 \*see meal lists** |
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| **Snack** | **Pretzel Crisps  (1 serving) 110/2** |  | **Cantaloupe  1 cup 60/0** |  | **Fruit Sundae 200/0 \*see snack list** |  | **Pretzel Crisps  (1 serving) 110/2** |  | **Fruit Cup 70/0** |  | **Cantaloupe  1 cup 60/0** | |  | **2 Plums 80/1** |
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| **Total:** | **1420/17** |  | **1425/13.5** |  | **1685/19** |  | **1590/13** |  | **1665/13** |  | **1360/15** | |  | **1120/22** |

**Grocery List – Weekly Menu #3**

# Canned/Packaged Food

Raisin Bran

Rice Chex

Granola, low-fat (Trader Joes)

Tuna, canned, packed in water

Garbanzo beans, canned

Barbeque sauce

# Bread/Grain/Rice/Pasta

1 pkg Pita Bread

1 loaf Whole wheat low-fat bread

Tortillas, corn & Canteca non-fat Flour (Winco)

1 Box Matzoh

**Fruit**

Fruit cups in Juice- Pineapple/Mandarin Orange

3 Bananas

2 Apples

4 Oranges / tangerines

2 Pears

Diet V-8 Splash

2 small Cantaloupes

Seedless Red and/or Green Grapes

Pineapple or fresh cut pineapple (Winco)

Strawberries

Blueberries

**Vegetables**

Lettuce

Spinach

3 Tomatoes

2 Cucumbers

3 Bell peppers

Celery

Mushrooms

3 Potatoes

Broccoli

2 packages Baby carrots

Onions

Yams or Sweet Potatoes

**Dairy/ Eggs**

Non-fat milk or soy milk

Egg Substitute (Egg Beaters)

Jumbo Eggs

4 Non-fat Yogurt, with fruit 6 oz servings

1 container Shaved Parmesan Cheese

**Snacks/ Desserts**

2 Pkgs Pretzel Crisps or Whole wheat pretzels

6 That’s It Fruit bars

2 Granola bars, low-fat

60 Raw Almonds

Low-fat Hummus

1 Bag Low-fat Popcorn

1 Pkg Raisin Snack boxes

**Condiments/ Spreads/ Spices**

Balsamic Vinegar

Syrup, reduced calorie (**no** High Fructose Corn Syrup)

Jam (**no** High Fructose Corn Syrup)

Fresh Salsa and/or Fresh Mango Salsa

Mayonnaise, non-fat

Italian salad dressing, non-fat

Mustard

Ketchup

Pam Spray

## Meat/Fish/Poultry

Chicken breasts, boneless, skinless

1 pkg Iserno’s Low-Fat Chicken Sausages

Meatless Burger (Gardenburger, Boca Burger)

½ lb. Fresh Roasted Sliced Turkey Breast

2 Packages of Pollack or Imitation Lobster or Crab