

Prevention®



**STONE  
UP  
EATING  
PLAN**

The background of the page features a top-down view of a light-colored, speckled countertop. On the left, a small pile of fresh blueberries and a few raspberries are scattered on a white paper napkin. In the bottom left corner, a small, dark-colored bowl is filled with blueberries. On the right side, two clear glass jars are filled with a vibrant pink smoothie, speckled with small pieces of fruit. The overall aesthetic is clean, fresh, and health-oriented.

# Table of Contents

- 3 Welcome To The Tone Up Eating Plan**
- 3 We've Got Your Number**
- 4 Choose Your Favorite Recipes**
- 4 Or...Build Your Own 400-Calorie Meals!**
- 5 How To Do the Tone Up Eating Plan**
- 6 FAQs About the Tone Up Eating Plan**
- 7 Breakfasts**
- 11 Soups, Salads, & Sandwiches**
- 16 Dinners**

# WELCOME TO THE TONE UP EATING PLAN

**IT IS POSSIBLE** to reach your weight-loss goals without giving up the foods you love! We designed our 8-week plan to be flexible and easy to follow. We've done all the work for you by creating delicious recipes with built-in calorie-control and nutrition. No counting, and no reading labels. All you have to do is eat! In fact, some of our panelists who tested this eating plan lost 10, 14, and even up to 17 pounds in 8 weeks when they paired this eating approach with the *Tone Up In 15* fitness program.

Healthy eating and weight loss doesn't have to equal forbidden food groups and deprivation. How? Just remember: 400 is the magic number. If you use this genius portion control strategy, you'll automatically eat the right portions for weight loss at every meal.



## We've Got Your Number

Many people think weight loss is like a Sleep Number bed: just find the perfect number of calories for your body type and size, and the weight will fall off. In reality, it's the opposite.

When it comes to successful weight loss, we all have the same number. You guessed it: 400. That's the perfect number of calories you need every meal to stay active and satiated until your next meal. When you eat 400-calorie meals spaced evenly throughout the day, you can experience amazing health benefits. Studies suggest this can improve insulin response and lower fasting blood cholesterol levels. Plus, eating regular, 400-calorie meals can help you keep your blood sugar (and energy) levels balanced, your metabolism revved, and your mood stable!

But...go much lower than 400, and you might feel hungry, deprived, and moody. And worse—meals that dip below the 400-calorie mark tend to lack the variety of tastes and textures that create that wonderful “I'm satisfied” sensation.



## Choose Your Favorite Recipes

If you're a woman of average size and average activity level, you need about 1,600 calories per day to maintain a healthy weight. If you're trying to lose weight, you probably need fewer calories. In this eating plan, we recommend starting at 1,200 daily calories to jump-start your weight loss.

**Here's how the plan works:** To hit your 1,200 calorie per day guideline, choose three recipes to eat daily: one breakfast, one lunch, and one dinner from the recipe section starting on page 7. Follow this schedule for 8 weeks. Easy peasy.

Most recipes in this plan delivers between 380 and 420 calories, and they're designed to be nutritionally balanced. You can interchange lunches and dinners based on your preferences. However, try not to swap lunches and dinners with breakfast recipes, because breakfast tends to be the only meal that includes fruit and calcium-rich foods. Some recipes are under 380 calories, so we've shown you which side dishes to add to complete your caloric requirements. Look for the "Make it a meal!" box.

Do this for the first two weeks of the eating plan. For the remaining six weeks of the program, if you'd like, you can add a dessert, snack, or beverage for 150 calories or less to your daily meal plan. Check the nutrition label to stay on track.

## Or...Build Your Own 400-Calorie Meals!

You can also create your own balanced meals and use them in place of our recipes. Here's a handy trick for filling your plate at mealtime. It's a quick 1-2-3-400-Calorie system to give you the right balance of nutrients while staying in the 400-calorie ballpark. Here's how to do it:

Mentally divide your plate into six sections:

- **Fill one section with one serving of a protein.** For meat, chicken, or fish, that's 3 ounces cooked (4 ounces raw), about the size of a hockey puck. One cup of milk or yogurt also provides one serving of protein.
- **Fill two sections with two servings of a grain food** like rice, pasta, or bread. For rice and pasta, that's  $\frac{2}{3}$  cup, or slightly less than a baseball-size scoop. For bread, it's two slices (no butter, though!).
- **Fill three sections with three servings of vegetables.** Each serving is 1 cup, so pile on three baseball-size heaps of greens and other veggies.

# How to do the **Tone Up Eating Plan**

- 1 Set an initial goal to lose up to 10 percent of your current weight.** Weigh yourself and take key measurements—waist, hips, thighs, upper arms—before you start.
- 2 During the first two weeks, eat three daily meals:** breakfast, lunch, and dinner. If you'd like, you can add a dessert, snack, or beverage for 150 calories or less to your daily meal plan for the final six weeks of the program.
- 3 Follow each meal exactly as written.** However, you can add herbs, spices, and other calorie-free seasonings as desired. Some recipes make four or more servings; eat just one serving at a meal.
- 4 Take a multivitamin that contains 100 percent of the Daily Value (DV)** for vitamins and minerals each day, to ensure that you're getting adequate amounts of important nutrients.
- 5 Use the *TONE UP IN 15* fitness program** to get at least 15 minutes of moderate-intensity physical activity five times a week.
- 6 Keep a food log** to stay on track.
- 7 Weigh yourself at the end of each week,** and take your measurements to monitor your progress.
- 8 Aim for a steady loss of up to 2 pounds per week.** If you're losing four pounds or more per week, increase calories by adding a fourth meal to your day. Choose any of the meals in this eating plan as your additional meal and adjust meal times so that you're eating every four to five hours.

## Why 3 Meals?

*Studies summarized by the American Dietetic Association's Evidence Analysis Library (EAL) show that having four or five small daily meals are linked to lower or no obesity risk. In contrast, people who eat three or fewer, or more than six, daily meals or snacks may have a higher risk of obesity.*

# FAQs about the **Tone Up In 15 Eating Plan**

## **What can I drink on the plan?**

All non-caloric beverages are fine, including water (with a lemon slice, if desired), sparkling water, diet soft drinks, coffee, and tea. You may use non-caloric sweeteners.

## **Can I break up a meal into two smaller meals, half for now and half for later?**

Ideally, eat each meal in a single sitting. We've designed the meal to provide enough calories and food to be satisfying and to help keep hunger at bay. Smaller meals would not have the same effect.

## **Should I eat at set mealtimes?**

Set mealtimes are not necessary, but try to allow no more than 4 to 5 hours between meals. You can consume non-caloric beverages with and between meals.

## **Can I add extra salt or seasoning?**

Opt for salt or seasonings with fewer than 5 calories per serving. We designed the recipes to be sodium-smart; that is, most call for less salt and fewer high-sodium ingredients. Over time, your taste buds will get used to eating foods that are not as salty.

## **Can I make substitutions?**

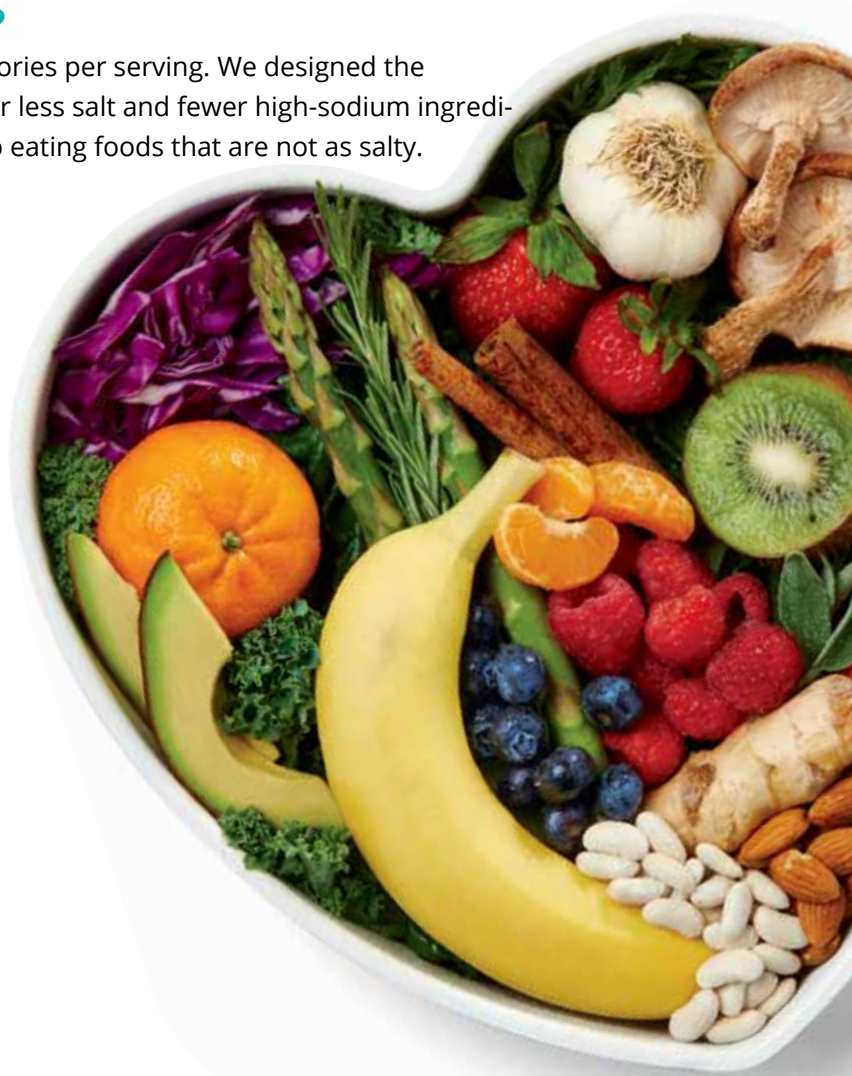
You can interchange meals. Breakfast is not interchangeable with lunch and dinner because it is the only meal that usually includes fruit and a calcium-rich item, found in typical breakfast foods. Lunch is designed to be the most suitable for taking to work. You may substitute soy products for dairy products, as long as they provide a similar number of calories and are fortified with calcium.

## **Can I eat a favorite meal on more than one day?**

From a calorie standpoint, you can eat the same meal every day. A balanced diet needs variety, however, so we encourage you to include as many different meals as possible.

## **Why do I need to take a multivitamin?**

We recommend taking a multivitamin while on this plan to ensure you meet all the daily nutrition requirements.



# Breakfasts

- 7 All-In-One Smoothie
- 7 Creamy One-Dish Breakfast Oats
- 8 Cinnamon Raisin French Toast with Maple Apple Topping
- 9 Western Frittata
- 10 Breakfast Pocket to Go

## All-In-One Smoothie

PREP TIME: 1 MINUTE/ COOK TIME: 4 MINUTES/ MAKES 1 SERVING

This smoothie is quick, filling, and really delicious, and the frozen fruit adds slushiness.

1 cup low-fat or fat-free milk  
1 small banana (peel, slice, and freeze the night before), small  
½ cup frozen berries,  
¼ cup old-fashioned oats,  
1 Tbsp peanut butter

**Place** the milk, banana, berries, oats, and peanut butter in a blender. Blend until smooth.

Nutrition: 390 calories, 13 g fat, 3.5 g saturated fat, 180 mg sodium, 59 g carbohydrate, 9 g fiber, 17 g protein, 30% calcium

## Creamy One-Dish Breakfast Oats

PREP TIME: 1 MINUTE/ COOK TIME: 4 MINUTES/ MAKES 1 SERVING

We chose old-fashioned oats for their chewy texture. Tuck this into a 16-ounce widemouthed insulated container to bring to work with you.

½ cup old-fashioned oats  
1 cup low-fat or fat-free milk  
1 tablespoon raisins  
2 tablespoons chopped pecans

**Combine** the oats, milk, raisins, and pecans in a microwavable bowl. Microwave for 30 seconds at a time for 2 to 4 minutes, or until the oats are softened to taste. Stir between heatings. Watch carefully, because the oatmeal may overflow.

Nutrition: 380 calories, 16 g fat, 3 g saturated fat, 110 mg sodium, 49 g carbohydrate, 6 g fiber, 15 g protein, 30% calcium  
PER SERVING (1 serving = 1¼ cup)

# Cinnamon Raisin French Toast with Maple Apple Topping

PREP TIME: 10 MINUTES/ COOK TIME: 25 MINUTES/ MAKES 4 SERVINGS

Baked French toast is much less labor intensive than regular French toast, and it uses less fat. Try topping with peaches when they're in season in place of apples.

2 eggs  
2 egg whites  
 $\frac{3}{4}$  cup low-fat milk  
1 tablespoon sugar  
 $\frac{1}{2}$  teaspoon vanilla extract  
 $\frac{1}{2}$  teaspoon ground cinnamon  
8 slices cinnamon raisin bread (80 calories per slice), cut diagonally in half  
1 teaspoon unsalted butter  
1 tablespoon maple syrup  
2 medium-large apples (about  $\frac{3}{4}$  pound total), sliced thin  
2 tablespoons water  
4 tablespoons sliced almonds

**1. Preheat** the oven to 350°F. Coat a 13" × 9" baking pan with cooking spray.

**2. Whisk** together the eggs, egg whites, milk, sugar, vanilla extract, and cinnamon in a medium bowl. Pour into the prepared pan. Arrange the bread slices in the pan and press gently to help them soak up the liquid. Cover with foil and bake for 15 minutes. Remove the foil and bake for 10 minutes, or until the bread is firm and lightly browned.

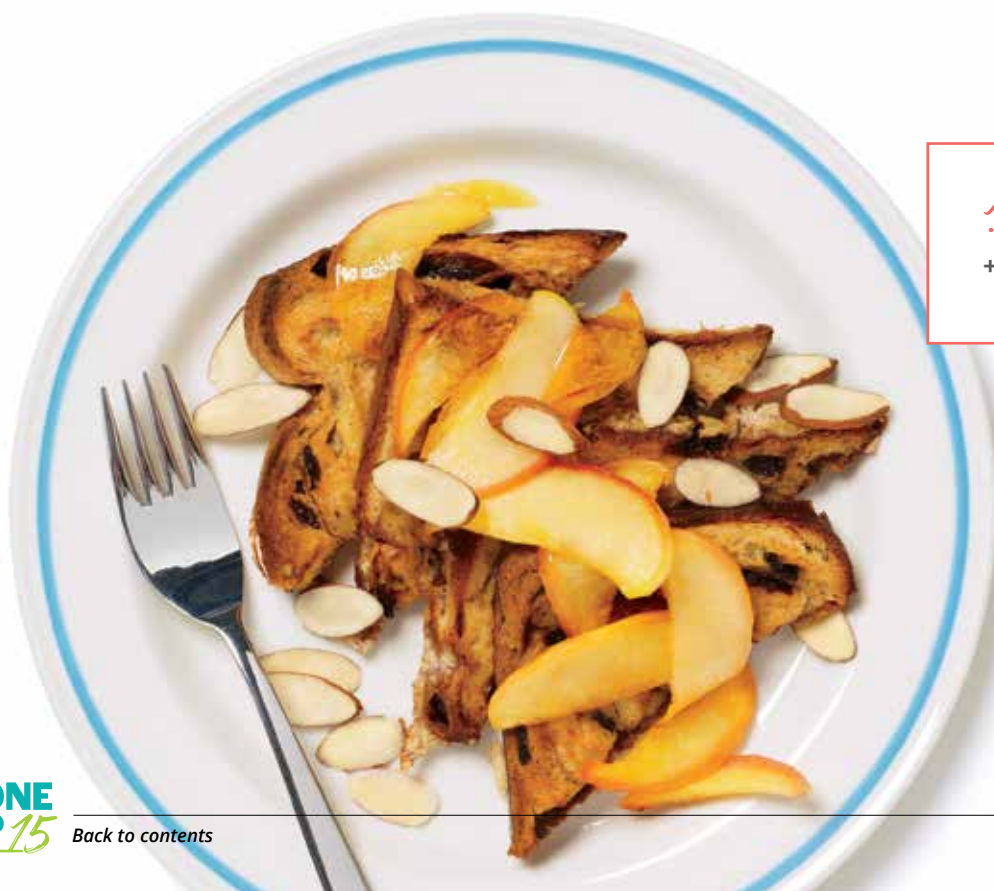
**3. Meanwhile**, coat a skillet with cooking spray and place over medium heat. When the skillet is hot, add the butter and syrup and swirl to combine. Add the apples and water. Cover and simmer until the apples are soft, about 10 minutes. Uncover and simmer for 1 minute, or until most of the liquid evaporates.

**4. Serve** 4 French toast triangles topped with one-quarter of the apple mixture and 1 tablespoon of the almonds.

Nutrition: 300 calories, 9 g fat, 3 g saturated fat, 290 mg sodium, 46 g carbohydrate, 5 g fiber, 12 g protein, 15% calcium  
PER SERVING (1 serving = 4 triangles)

*Make it a meal!*

+  $\frac{1}{2}$  cup of low-fat milk  
80 Calories





# Western Frittata

PREP TIME: 5 MINUTES/ COOK TIME: 10 MINUTES/ MAKES 1 SERVING

The key to success with frittatas, omelets, and even scrambled eggs is to make sure that the pan is well coated to prevent sticking. Using egg substitute cuts out 80 calories, so feel free to add another slice of toast.

½ tablespoon olive oil  
½ cup chopped onion  
½ cup chopped green bell pepper  
2 large eggs or ½ cup egg substitute  
2 tablespoons low-fat or fat-free milk  
2 tablespoons grated Parmesan or Parmigiano-Reggiano cheese  
2 tablespoons salsa

**1. Heat** a small ovenproof skillet coated with cooking spray over medium heat. Add the oil. Cook the onion and pepper until lightly browned, 5 to 7 minutes.

**2. Whisk** together the eggs and milk. Add to the skillet. Stir to distribute the onion and pepper. Cook for 1 minute without stirring. Remove the skillet from the heat.

**3. Sprinkle** the egg mixture with the cheese. Broil until the cheese browns and the top of the frittata is firm, about 1 to 2 minutes.

**4. Slice** into 4 wedges. Top each wedge with a dollop of salsa.

Nutrition: 280 calories, 17 g fat, 6 g saturated fat, 500 mg sodium, 16 g carbohydrate, 3 g fiber, 19 g protein, 25% calcium  
PER SERVING (1 serving = 4 wedges)

## *Make it a meal!*

+ ½ cup of strawberries  
30 Calories  
+ 1 slice whole wheat toast  
70 Calories



# Breakfast Pocket to Go

PREP TIME: 5 MINUTES/ COOK TIME: 5 MINUTES/ MAKES 1 SERVING

Any veggies work in this recipe; just cut them small so they cook up quickly.

1 teaspoon olive oil  
1 tablespoon chopped onion  
6 cherry tomatoes, halved  
1 cup baby spinach leaves  
3 medium button or cremini mushrooms, sliced  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
2 large eggs  
2 tablespoons low-fat milk  
1 whole wheat pita (6" diameter), cut in half and warmed  
1 tablespoon guacamole  
1 tablespoon shredded reduced-fat Cheddar cheese

**1. Coat** a skillet with cooking spray and add the oil. Place over medium heat, add the onion, and cook until it softens, about 1 minute. Add the tomatoes, spinach, mushrooms, salt, and pepper and cook until soft, about 2 minutes. Remove the vegetables from the skillet and place in a bowl.

**2. Place** the skillet over medium-low heat. Whisk together the eggs and milk, transfer to the skillet, and scramble until cooked, 1 to 2 minutes.

**3. Spread** the inside of each pita half with guacamole. Fill each half with the egg and vegetables. Top with the cheese.

Nutrition: 370 calories, 18 g fat, 5 g saturated fat, 620 mg sodium, 37 g carbohydrate, 13 g fiber, 26 g protein, 20% calcium  
PER SERVING (1 serving = 2 breakfast pockets)

*Make it a meal!*

+ 1/2 cup of strawberries | 30 Calories

# Soups, Salads, & Sandwiches

- 11 Roasted Chicken Soup
- 12 Old-Fashioned Beef Stew
- 13 New England Clam Chowder
- 14 Mediterranean Chopped Salad
- 14 Turkey Club
- 15 Grilled Chopped Steakhouse Salad

## Roasted Chicken Soup

PREP TIME: 10 MINUTES/ COOK TIME: 1 HOUR 23 MINUTES/ MAKES 4 SERVINGS

A twist on traditional chicken soup, this recipe calls for roasting the vegetables to bring out their sweetness and roasting the chicken to give it a firmer texture.

6 ounces extra-wide egg noodles  
1 tablespoon olive oil  
2 medium onions, chopped  
3 carrots, chopped  
3 ribs celery, chopped  
1 parsnip, chopped  
1 pound bone-in skin-on chicken breast halves  
6 cups fat-free reduced-sodium chicken broth  
5 sprigs fresh parsley  
1 teaspoon fresh thyme leaves  
8 ounces tomatoes, seeded and chopped  
¼ teaspoon freshly ground black pepper

*Make it a meal!*

+ Small salad with  
1 cup lettuce,  
1 teaspoon olive oil,  
½ teaspoon vinegar  
50 Calories

**1. Preheat** the oven to 425°F. Coat 2 baking sheets with cooking spray.

**2. Bring** a large pot of lightly salted water to a boil over high heat. Add the noodles and cook according to package directions; drain and reserve.

**3. Combine** the oil, onions, carrots, celery, and parsnip in a bowl. Spread out on the first baking sheet. Set the chicken on the second baking sheet. Place both baking sheets in the oven. Roast the vegetables, tossing occasionally, until browned, about 35 minutes. Transfer the vegetables to a large pot. Pour some chicken broth onto the baking sheet and scrape up any browned bits. Add to the pot. Roast the chicken until a thermometer inserted into the thickest portion registers 170°F, about 22 to 25 minutes. Transfer the chicken to a cutting board and let stand until cool enough to handle, about 5 minutes. Remove the chicken from the bones. Discard the skins and add the bones to the pot with the vegetables. Pull the chicken into strips and reserve.

**4. Add** the remaining broth, parsley, and thyme to the pot. Bring to a boil over medium-high heat. Reduce the heat to medium-low and cover. Simmer for 30 minutes. Remove the bones and discard. Stir in the tomatoes and pepper. Return to a simmer and cook over medium-low heat until the tomatoes are wilted, about 5 minutes. Stir in the reserved noodles and chicken. Cook for 2 to 3 minutes longer, or until heated through.

Nutrition: 370 calories, 8 g fat, 2 g saturated fat, 790 mg sodium, 48 g carbohydrate, 6 g fiber, 26 g protein, 8% calcium  
PER SERVING (1 serving = 2 cups)

# Old-Fashioned Beef Stew

PREP TIME: 10 MINUTES/ COOK TIME: 1 HOUR 41 MINUTES/ MAKES 4 SERVINGS

This recipe calls for adding groups of vegetables separately so that all reach the same degree of doneness by the end of the cooking process.

12 ounces beef bottom round roast, trimmed, cut into 1" cubes  
2 tablespoons all-purpose flour  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 tablespoon olive oil  
1 cup frozen pearl onions, thawed  
8 ounces sliced fresh mushrooms  
3 cloves garlic, minced  
¼ teaspoon dried thyme  
¾ cup dry red wine  
¼ cup tomato paste  
1 can (14.5 ounces) fat-free, reduced-sodium beef broth  
2 red bliss potatoes (8 ounces), each cut into 8 wedges  
16 baby carrots  
¾ cup water  
2 cups pattypan squash  
¼ cup chopped fresh parsley

**1. Combine** the beef, flour, ⅛ teaspoon of the salt, and ⅛ teaspoon of the pepper in a medium bowl. Toss to coat. Heat 1½ teaspoons of the oil in a nonstick Dutch oven over medium-high heat. Add the beef and cook, turning occasionally, until browned, about 4 to 5 minutes. Transfer the beef to a plate.

**2. Return** the Dutch oven to the stove and heat the remaining oil. Add the onions and mushrooms and cook, stirring occasionally, until tender and starting to brown, 12 to 14 minutes.

**3. Stir** in the garlic and thyme and cook for 1 minute. Pour in the wine and tomato paste, scraping up any browned bits, and cook for 1 minute. Add the broth, beef, and any remaining flour from the beef. Bring to a boil. Reduce the heat to medium and simmer, partially covered, for 1 hour, or until the beef is almost tender.

**4. Add** the potatoes, carrots, and water. Return to a simmer and cook for 25 minutes. Stir in the squash. Return to a simmer and cook until the vegetables are tender, 12 to 15 minutes. Remove from the heat and stir in the parsley and the remaining salt and pepper.

Nutrition: 410 calories, 14 g fat, 4.5 g saturated fat, 430 mg sodium, 33 g carbohydrate, 4 g fiber, 30 g protein, 4% calcium  
PER SERVING (1 serving = 2 cups)

# New England Clam Chowder

PREP TIME: 15 MINUTES/ COOK TIME: 35 MINUTES/ MAKES 4 SERVINGS

The half-and-half in this recipe is enough to add creaminess without breaking the calorie bank, and it holds up well during cooking. Typical lower-fat substitutes such as evaporated milk can curdle during cooking.

2 slices bacon, chopped  
1 onion, chopped  
2 ribs celery, chopped  
¼ teaspoon dried thyme  
12 ounces red bliss potatoes, cut into ½" cubes  
1 bottle (8 ounces) clam juice  
2 cans (6½ ounces each) minced clams, drained, juice reserved  
3 tablespoons all-purpose flour  
2 cups low-fat milk  
¾ cup half-and-half  
½ teaspoon freshly ground black pepper  
1 cup low-sodium oyster crackers

**1. Cook** the bacon in a Dutch oven over medium heat, stirring occasionally, until starting to brown, about 5 to 6 minutes. Stir in the onion, celery, and thyme. Cook until softened, about 6 to 7 minutes.

**2. Add** the potatoes and cook for 3 minutes. Increase the heat to medium-high.

**3. Add** both the bottled and the reserved clam juice and bring to a boil. Reduce the heat to medium-low and cover.

**4. Simmer** until the potatoes are tender, about 15 minutes. While the broth simmers, put the flour in a small bowl. Whisk in the milk, half-and-half, and black pepper.

**5. Stir** the milk mixture and the clams into the broth. Increase the heat to medium and cook, stirring with a wooden spoon, until slightly thickened, about 10 to 12 minutes. Divide among 4 bowls and serve with oyster crackers.

Nutrition: 310 calories, 9 g fat, 5 g saturated fat, 970 mg sodium, 39 g carbohydrate, 3 g fiber, 17 g protein, 25% calcium  
PER SERVING (1 serving = 1½ cups)

*Make it a meal!*

+ Mediterranean Chopped  
Salad, page 14  
90 Calories



# Mediterranean Chopped Salad

PREP TIME: 15 MINUTES/ MAKES 4 SERVINGS

You can modify this refreshing salad by adding more or less of some vegetables, changing the parsley to mint or cilantro, or incorporating additional veggies such as red or green bell pepper. za'atar, a combination of thyme, sesame seeds, ground sumac, salt, and other seasonings, is available at middle eastern markets.

4 cups chopped romaine lettuce  
1 medium tomato, chopped  
1 small cucumber, chopped  
4 radishes, chopped  
4 scallions, chopped  
¼ cup parsley, finely chopped  
2 tablespoons olive oil  
Juice of 1 lemon  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper  
½ teaspoon za'atar (optional)

**Combine** the lettuce, tomato, cucumber, radishes, scallions, parsley, oil, lemon, salt, black pepper, and za'atar (if desired) in a large bowl. Toss well.

Nutrition: 90 calories, 7 g fat, 1 g saturated fat, 160 mg sodium, 7 g carbohydrate, 3 g fiber, 2 g protein, 4% calcium  
PER SERVING (1 serving = 3 cups)

*Use as a side dish!*

**For meals that are 310 calories or less**

# Turkey Club

PREP TIME: 10 MINUTES/ COOK TIME: 5 MINUTES/ MAKES 4 SERVINGS

You can find nitrite-free bacon at a health food store, as well as at many supermarkets. Try this sandwich with mashed ripe avocado instead of guacamole when avocados are available and reasonably priced.

4 ounces nitrite-free turkey bacon (we used Applegate Farms)  
2 whole wheat Portuguese padinha rolls (about 4 ounces each) or other Portuguese rolls  
4 tablespoons guacamole or mashed Hass or California avocado  
3 tablespoons light mayonnaise  
1 tablespoon minced shallots  
4 thin slices red onion  
8 ounces deli turkey breast, in 1-ounce slices  
1 medium tomato, cut into 8 slices  
4 leaves romaine lettuce

**1. Cook** the turkey bacon according to package directions. Drain on paper towels.

**2. Slice** each roll into thirds crosswise. Stir together the guacamole or avocado, mayonnaise, and shallots.

**3. Spread** 2 tablespoons of the guacamole on the bottom-most slice of each roll. Top each with 1 onion slice, 2 slices turkey, 2 slices tomato, 1 slice bacon, and 1 leaf lettuce. Top with the middle slice of each roll. Repeat in the same order. Top with the topmost slice of roll.

**4. Secure** each roll with tall wooden picks. Slice in half diagonally.

Nutrition: 320 calories, 11 g fat, 2 g saturated fat, 450 mg sodium, 36 g carbohydrate, 6 g fiber, 23 g protein, 6% calcium  
PER SERVING (1 serving = ½ roll)

# Grilled Chopped Steakhouse Salad

PREP TIME: 25 MINUTES + 10 MINUTES STAND TIME/ COOK TIME: 20 MINUTES/ MAKES 4 SERVINGS

This salad is just like one you might order at your favorite steakhouse, but much healthier and lower in calories. Olive oil, balsamic vinegar, Dijon mustard, and shallots make a tasty and light dressing.

4 ounces French bread, cut into ¾" cubes  
¾ pound flank steak, trimmed  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 small head iceberg lettuce, chopped (4 cups)  
1 large cucumber, peeled, seeded, and chopped  
1 pint grape tomatoes, halved  
2 carrots, chopped  
1 large red bell pepper, chopped  
1 Gala apple, peeled, cored, and chopped  
½ small red onion, chopped  
3 tablespoons finely chopped shallots  
2 tablespoons balsamic vinegar  
1 teaspoon Dijon mustard  
1 tablespoon extra virgin olive oil

**1. Preheat** the oven to 425°F. Coat a baking sheet with cooking spray.

**2. Arrange** the bread cubes on the baking sheet in a single layer. Bake until lightly golden and crisp, 7 to 8 minutes. Cool on the pan.

**3. Heat** a large nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle the steak with ¼ teaspoon of the salt and ⅛ teaspoon of the pepper. Set the steak on the grill pan. Cook for 5 to 6 minutes per side for medium-rare to medium. Transfer to a cutting board and let stand for 10 minutes.

**4. Combine** the bread cubes, lettuce, cucumber, tomatoes, carrots, bell pepper, apple, and onion in a large bowl. Combine the shallots, vinegar, mustard, and remaining ¼ teaspoon salt and ⅛ teaspoon pepper in a separate bowl. Whisk in the oil until well combined. Pour over the salad and toss well. Divide among 4 serving plates. Thinly slice the steak across the grain and top each salad with one-quarter of the steak.

Nutrition: 340 calories, 11 g fat, 4 g saturated fat, 590 mg sodium, 36 g carbohydrate, 5 g fiber, 24 g protein, 8% calcium  
PER SERVING (1 serving = 3 cups)

*Make it a meal!*

+ 1 slice whole wheat bread  
70 Calories



- 16 Slow-Cooker Italian-Style Turkey Meatloaf
- 17 Slow-Cooked Chicken Cacciatore
- 18 Stir-Fried Beef and Broccoli
- 19 Speedy Fish Tacos
- 20 Pan-Seared Salmon with Garlic, Tomatoes, and Basil
- 21 Roasted Vegetable Lasagna
- 22 Creamy Pasta with Beans, Tomatoes, and Basil
- 23 Mushroom Onion Pizza
- 24 Lentils with Zesty Tomatoes
- 25 Chicken and Seven Vegetables Couscous

## Slow-Cooker Italian-Style Turkey Meat Loaf

PREP TIME: 5 MINUTES/ COOK TIME: 4 HOURS/ MAKES 4 SERVINGS

You might not think of making meat loaf in the slow cooker, but it comes out incredibly moist and flavorful. The recipe works with any type of pasta sauce.

- 1 pound lean ground turkey
- 1 medium onion, finely chopped
- ½ cup fresh, soft whole wheat bread crumbs (from 1 slice)
- ½ cup sliced mushrooms
- 1 egg
- 1 tablespoon Dijon mustard
- 1 tablespoon Penzeys Spices Pizza Seasoning
- 2 cups marinara sauce
- ½ cup reduced-sodium chicken broth
- 2 cups cooked brown rice

**1. Combine** the turkey, onion, bread crumbs, mushrooms, egg, mustard, and seasoning in a large bowl. Form into a round loaf.

**2. Combine** the marinara sauce and broth in the bottom of a slow cooker. Place the meat loaf on top, spoon sauce over the meat loaf, and cook on high for 4 hours, turning and spooning sauce on the top after 2 hours.

**3. Serve** over the brown rice.

Nutrition: 400 calories, 14 g fat, 4 g saturated fat, 790 mg sodium, 39 g carbohydrate, 5 g fiber, 28 g protein, 8% calcium

PER SERVING (1 serving = ¼ meat loaf, ½ cup sauce, ½ cup brown rice)



# Slow-Cooker Chicken Cacciatore

PREP TIME: 20 MINUTES/ COOK TIME: 4–8 HOURS/ MAKES 8 SERVINGS

Boneless, skinless chicken thighs become moist and tender in the slow cooker, and they eliminate the need to fish out stray bones that can separate from chicken parts during cooking.

2 pounds boneless, skinless chicken thighs, each cut into quarters  
1 medium yellow onion, coarsely chopped  
1 large red bell pepper, coarsely chopped  
1 cup white mushrooms, halved  
1 can (28 ounces) crushed tomatoes  
1 can (6 ounces) tomato paste  
1 cup reduced-sodium chicken broth  
½ cup red wine  
3 cloves garlic, minced  
1 bay leaf  
2 tablespoons fresh or  
2 teaspoons dried parsley  
2 teaspoons salt-free Italian seasoning (we used McCormick Perfect Pinch Italian Seasoning)  
½ teaspoon salt  
½ teaspoon freshly ground black pepper  
12 ounces rotini or linguine pasta

**1. Combine** the chicken, onion, bell pepper, mushrooms, crushed tomatoes, tomato paste, broth, wine, garlic, bay leaf, parsley, seasoning, salt, and black pepper in a large slow cooker. Cover and cook on high for 3 hours. Remove the lid and cook for 1 hour longer to thicken the sauce. Alternatively, cook on low for 8 hours, remove the lid, and cook for 2 hours longer.

**2. Prepare** the pasta according to package directions approximately 30 minutes before serving.

**3. Remove** the bay leaf from the chicken mixture and serve the chicken and sauce over the pasta.

Nutrition: 380 calories, 6 g fat, 2 g saturated fat, 420 mg sodium, 47 g carbohydrate, 5 g fiber, 32 g protein, 8% calcium

PER SERVING (1 serving = 4 pieces chicken, 1 cup sauce, ⅔ cup pasta)

# Stir-Fried Beef and Broccoli

PREP TIME: 10 MINUTES/ COOK TIME: 10 MINUTES/ MAKES 4 SERVINGS

Many dishes in Chinese restaurants have sodium counts well over 1,000 or even 2,000 milligrams, so making your own makes good nutritional sense. Even better, you can decide exactly which vegetables you want.

1 pound top round steak, cut into ¼" strips  
1 tablespoon reduced-sodium soy sauce  
8 tablespoons orange juice  
3 tablespoons sherry  
2 teaspoons cornstarch  
⅓ cup hoisin sauce  
⅛ teaspoon red-pepper flakes  
1 tablespoon toasted sesame oil  
1 tablespoon grated fresh ginger  
5 cups broccoli florets  
2 carrots, sliced  
3 tablespoons water  
6 scallions, chopped  
2 cups hot cooked brown rice

**1. Combine** the beef, soy sauce, 2 tablespoons of the orange juice, 1 tablespoon of the sherry, and 1 teaspoon of the cornstarch. Combine the hoisin sauce, red-pepper flakes, and remaining 6 tablespoons orange juice, 2 tablespoons sherry, and 1 teaspoon cornstarch in a separate bowl.

**2. Heat** 1 teaspoon of the oil in a large nonstick skillet over medium-high heat. Add the beef, in batches if necessary so as not to overcrowd the skillet, and cook, stirring often, until lightly browned, about 2 minutes. Transfer to a plate and set aside.

**3. Return** the skillet to medium-high heat and stir in the remaining 2 teaspoons oil. Add the ginger and cook for 30 seconds, or until fragrant. Stir in the broccoli and cook for 1 minute. Add the carrots and water.

**4. Cover** and simmer for 2 to 3 minutes, or until crisp-tender. Uncover and stir in the beef and orange juice mixture. Cook, stirring, until thick and bubbly, 1 to 2 minutes. Remove from the heat and stir in the scallions. Serve over the rice.

Nutrition: 410 calories, 9 g fat, 2 g saturated fat, 750 mg sodium, 52 g carbohydrate, 5 g fiber, 30 g protein, 8% calcium

PER SERVING (1 serving = 1 1/2 cups stir-fry, 1/2 cup rice)

# Speedy Fish Tacos

PREP TIME: 10 MINUTES/ COOK TIME: 13 MINUTES/ MAKES 4 SERVINGS

Almost any type of fish will work in this quick and easy recipe. If you prefer, sprinkle the fish with seasonings and cook it on an outdoor grill.

1 small white onion,  
thinly sliced

½ jalapeño chile pepper, finely  
chopped, wear plastic gloves when  
handling

1 tablespoon lime juice

1 tablespoon chopped  
fresh cilantro

½ teaspoon salt

1 tablespoon canola oil

1 pound halibut fillet

1 teaspoon chili powder

1 teaspoon ground cumin

8 corn tortillas

2 cups shredded romaine lettuce

1 medium tomato, chopped

1 avocado, sliced

**1. Combine** the onion, chile pepper, lime juice, cilantro, and ¼ teaspoon of the salt in a medium bowl.

**2. Heat** the oil in a large nonstick skillet over medium-high heat. Sprinkle the halibut with the chili powder, cumin, and remaining ¼ teaspoon salt. Add to the skillet and cook until the fish flakes easily with a fork, about 5 to 6 minutes per side. Remove from the skillet.

**3. Heat** the tortillas according to package directions. Fill the tortillas with the halibut, lettuce, tomato, and avocado. Top with the onion mixture.

Nutrition: 370 calories, 14 g fat, 2 g saturated fat, 430 mg sodium, 35 g carbohydrate, 6 g fiber, 27 g protein, 8% calcium

PER SERVING (1 serving = 2 tacos)



# Pan-Seared Salmon with Garlic, Tomatoes, and Basil

PREP TIME: 10 MINUTES/ COOK TIME: 10 MINUTES/ MAKES 4 SERVINGS

If tomatoes and fresh basil are either not available or not in season, switch to canned diced tomatoes with basil or Italian seasoning. You might need to cook the tomatoes longer to reduce the liquid. Compare brands to find those lowest in sodium.

4 salmon fillets  
(¼ pound each)  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 medium onion, chopped  
2 cloves garlic, minced  
3 cups halved grape tomatoes  
3 tablespoons chopped fresh basil  
1 cup dry whole wheat couscous

**1. Coat** a nonstick skillet with cooking spray and heat over medium-high heat. Sprinkle the salmon with ¼ teaspoon of the salt and ⅛ teaspoon of the pepper. Add the fillets to the skillet and cook, turning once, until the fish is browned and flakes easily with a fork, 9 to 10 minutes. Transfer to a plate and keep warm. Add the onion and garlic to the skillet. Cook, stirring occasionally, until slightly softened, 4 to 5 minutes. Stir in the tomatoes and cook until wilted, about 3 to 4 minutes. Remove from the heat. Stir in the basil and the remaining ¼ teaspoon salt and ⅛ teaspoon pepper.

**2. Meanwhile,** prepare the couscous according to the package directions. Serve the salmon and vegetables over the couscous.

Nutrition: 350 calories, 14 g fat, 3 g saturated fat, 360 mg sodium, 30 g carbohydrate, 5 g fiber, 28 g protein, 4% calcium

PER SERVING (1 serving = 1 fillet, 1/2 cup couscous, 1/2 cup vegetables)

# Roasted Vegetable Lasagna

PREP TIME: 35 MINUTES/ COOK TIME: 1 HOUR 20 MINUTES/ MAKES 8 SERVINGS

Packed with vegetables, this recipe deliciously dishes up plenty of vitamin A, vitamin C, and phytonutrients. Cut it into servings, wrap well in foil, label, and freeze for a quick packaged meal when you're short on time.

3 medium zucchini, cut lengthwise into ¼"-thick slices  
2 large red bell peppers, cut into 1"-wide strips  
1 teaspoon olive oil  
8 ounces sliced mushrooms  
4 medium carrots, coarsely shredded  
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry  
1 container (15 ounces) part-skim ricotta cheese  
½ cup grated Parmesan cheese  
1 large egg  
3 cups pasta sauce  
9 no-boil or regular lasagna noodles  
1½ cups shredded part-skim mozzarella cheese

## *Make it a meal!*

+ Small salad with  
1 cup lettuce,  
1 teaspoon olive oil,  
½ teaspoon vinegar  
50 Calories

**1. Preheat** the oven to 450°F. Coat the bottoms and sides of 1 large or 2 medium baking sheets with cooking spray. Arrange the zucchini and bell peppers on the baking sheets and coat with cooking spray. Roast for 15 to 20 minutes, or until tender. Remove the baking sheets and reduce the oven temperature to 350°F.

**2. Heat** the oil in a large nonstick skillet over medium-high heat. Add the mushrooms and cook, stirring frequently, for 4 minutes, or until lightly browned. Stir in the carrots and cook for 1 minute longer. Set aside.

**3. Stir** together the spinach, ricotta, Parmesan, and egg in a medium bowl until blended.

**4. Spread** ½ cup of the pasta sauce over the bottom of a 13" × 9" × 2" baking dish. Top with 3 of the no-boil or cooked noodles, overlapping if necessary. Spoon on half of the ricotta mixture, spreading to cover the noodles. Top with half of the roasted vegetables and half of the mushroom mixture. Spoon ½ cup of the sauce over the vegetables and sprinkle with ½ cup of the mozzarella. Repeat the layering. Top with the remaining 3 noodles. Spread the remaining sauce over the noodles. Cover the dish with foil. Bake for 30 minutes. Uncover and sprinkle with the remaining ½ cup mozzarella. Bake for 20 to 25 minutes longer, or until hot and bubbly. Let stand for 15 minutes before serving.

Nutrition: 330 calories, 13 g fat, 6 g saturated fat, 690 mg sodium, 34 g carbohydrate, 6 g fiber, 20 g protein, 40% calcium

PER SERVING (1 serving = one 3" × 4" square)

# Creamy Pasta with Beans, Tomatoes, and Basil

PREP TIME: 15 MINUTES/ COOK TIME: 15 MINUTES/ MAKES 4 SERVINGS

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Canned cannellini or white beans become very soft during cooking, giving this dish a creamy consistency. If basil is not available, substitute parsley.

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8 ounces rotini, ziti, or penne  
½ tablespoon olive oil  
2 cloves garlic, minced  
½ cup chopped onion  
2 medium tomatoes, chopped  
1 cup chopped parsley  
1 can (14–19 ounces) cannellini beans  
¼ cup water (optional)  
4 tablespoons Parmesan cheese  
2 tablespoons chopped fresh basil  
Salt  
Freshly ground black pepper

- 1. Cook** the pasta according to package directions.
- 2. Heat** the oil in a large skillet over medium heat. Add the garlic and onion and cook until soft, about 2 minutes. Add the tomatoes and parsley and cook for an additional 2 minutes, until the tomatoes begin to soften.
- 3. Add** the beans with their liquid and cover. Cook over medium heat for 5 minutes. Add the water if the sauce is too thick.
- 4. Stir** in the Parmesan cheese and basil. Add the pasta and toss together. Season with salt and pepper.

Nutrition: 340 calories, 3 g fat, 1 g saturated fat, 370 mg sodium, 65 g carbohydrate, 8 g fiber, 18 g protein, 15% calcium

PER SERVING (1 serving = 1½ cups)

# Mushroom Onion Pizza

PREP TIME: 15 MINUTES/ COOK TIME: 33 MINUTES/ MAKES 4 SERVINGS

Many supermarkets sell both whole wheat and regular pizza dough in the dairy case, usually near the mozzarella cheese. The whole wheat flour in whole wheat dough has more fiber, minerals, and healthful phytochemicals.

1 tablespoon olive oil  
1 cup sliced mushrooms  
1 cup sliced onions  
¼ teaspoon sea salt  
1 package (15–16 ounces) refrigerated whole wheat pizza dough  
1 tablespoon flour  
½ cup pasta sauce  
1 cup grated part-skim mozzarella cheese  
¼ cup grated Parmesan or Parmigiano-Reggiano cheese

**1. Preheat** the oven to 450°F. Remove the dough from the refrigerator.

**2. Heat** the oil in a large skillet. Add the mushrooms and onions and stir briefly. Cover the pan and cook for 3 minutes. Remove the cover and cook for 5 minutes longer, or until almost all the liquid boils off. Add the salt and remove from the heat.

**3. Form** the dough into a ball and roll or pat out on a large, lightly floured baking sheet until no thicker than ¼". Spread the pasta sauce on the dough and sprinkle with the cheeses. Top with the mushrooms and onions.

**4. Bake** for 25 minutes, or until the crust is lightly browned and the cheese is bubbly. Cut into 8 slices.

Nutrition: 400 calories, 15 g fat, 5 g saturated fat, 940 mg sodium, 55 g carbohydrate, 9 g fiber, 19 g protein, 30% calcium

PER SERVING (1 serving = 2 slices)



# Lentils with Zesty Tomatoes

**PREP TIME:** 5 MINUTES + 10 MINUTES DURING COOKING TIME/ **COOK TIME:** 28 MINUTES/ **MAKES 4 SERVINGS**

Exposing tomatoes to heat helps release their lycopene, a phytochemical that is found mainly in tomatoes. If you prefer a less spicy dish, use canned diced tomatoes with Italian seasoning in place of the tomatoes and chile peppers.

1 cup brown lentils, picked over and rinsed  
3 cups water  
¼ teaspoon paprika  
½ teaspoon freshly ground black pepper  
2 teaspoons extra virgin olive oil  
2 cloves garlic, minced  
1 cup canned fire-roasted tomatoes with green chile peppers  
2 medium tomatoes, cut into ½" chunks  
2 tablespoons chopped fresh cilantro  
¼ teaspoon salt  
1 cup low-fat or fat-free plain yogurt  
2 tablespoons snipped fresh chives or scallion greens

*Make it a meal!*

+ 6" whole wheat pita  
170 Calories

**1. Combine** the lentils, water, paprika, and ¼ teaspoon of the black pepper in a large saucepan. Bring to a boil over high heat. Reduce the heat to low and cover. Simmer for 25 minutes, or until the lentils are tender but still hold their shape. Remove from the heat and drain.

**2. While** the lentils are cooking, heat the oil in a large skillet over medium-high heat. Add the garlic and cook, stirring, for 30 seconds, or until fragrant. Add the canned and fresh tomatoes and the remaining ¼ teaspoon black pepper. Cook, stirring occasionally, for about 5 minutes. Remove from the heat and stir in the cilantro.

**3. Transfer** the lentil mixture to a shallow serving dish and sprinkle with salt. Spoon the tomato mixture over the lentils. Top with the yogurt and sprinkle with the chives or scallion greens.

Nutrition: 250 calories, 4 g fat, 1 g saturated fat, 340 mg sodium, 38 g carbohydrate, 12 g fiber, 17 g protein, 15% calcium

PER SERVING (1 serving = 1½ cups)



# Chicken and Seven Vegetables Couscous

PREP TIME: 20 MINUTES/ COOK TIME: 30 MINUTES/ MAKES 4 SERVINGS

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Couscous aux sept legumes, French for “couscous with seven vegetables,” is a classic, with vegetables varying from season to season.

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1 teaspoon olive oil  
1 medium onion, finely chopped  
1 pound boneless, skinless chicken thighs, cut into bite-size pieces  
1 pound winter squash or pumpkin, cut into 1" cubes  
3 medium carrots, cut into 1" pieces  
2 small zucchini, sliced into rounds (about 2 cups)  
1 medium turnip, cut into 1" cubes  
1 medium green bell pepper, cut into 1" pieces  
2 cups reduced-sodium chicken broth  
2 teaspoons ground cinnamon  
1 teaspoon dried ginger  
½ teaspoon ground allspice  
¼ teaspoon salt  
2 cups baby spinach  
½ cup chopped fresh cilantro  
½ cup chopped fresh parsley  
2 cups cooked whole wheat couscous  
Harissa or hot sauce (optional)

**1. Heat** the oil in a large pot or Dutch oven over medium heat. Add the onion and cook until soft, about 1 minute. Add the chicken, squash or pumpkin, carrots, zucchini, turnip, bell pepper, broth, cinnamon, ginger, allspice, and salt. Bring to a boil. Reduce to a simmer, cover, and cook until the vegetables reach the desired doneness, about 30 minutes.

**2. Stir** in the spinach, cilantro, and parsley. Spoon the chicken and vegetables over ½-cup servings of couscous. Serve with the hot sauce.

Nutrition: 400 calories, 11 g fat, 3 g saturated fat, 370 mg sodium, 48 g carbohydrate, 10 g fiber, 31 g protein, 15% calcium

PER SERVING (1 serving = 2 cups chicken and vegetables, ½ cup couscous)