

**SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****WEEK ONE**

Top French toast with thawed frozen strawberries and a sprinkle of powdered sugar. Make a punch with equal amounts of 100% orange juice, pineapple juice, grapefruit juice and ginger ale.

Microwave an apple with brown sugar and cinnamon.

Stuff giant cooked pasta shells with frozen chopped spinach and frozen sliced bell pepper. Serve with a tossed green salad. (See our Garden Vegetable Salad recipe.)



Fill pita bread with scrambled eggs and 1/2 cup cooked frozen broccoli. Have a glass of 100% orange juice.

Stir thawed frozen corn kernels and thawed frozen green beans into one serving of tomato soup.

Stir equal amounts of frozen okra and frozen sliced carrots into a serving of beef stew.



Stir thawed frozen blueberries into oatmeal. Drink orange-pineapple juice.

Fill a toasted taco shell with 1/4 cup thawed frozen peas and 1/4 cup thawed frozen corn kernels. Sprinkle with taco seasoning and top with shredded lettuce.

Stir 1/2 cup frozen blueberries into low-fat vanilla yogurt.

Top a turkey breast with 1/2 cup frozen chopped spinach and 2 tablespoons cranberry sauce. Broil.

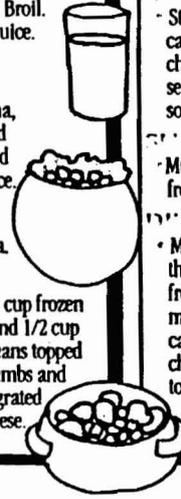


Top an English muffin with 1/2 cup frozen chopped broccoli and a small amount of shredded low-fat cheese. Broil. Drink tomato juice.

Fill pita bread with plain tuna, 1/2 cup thawed frozen peas and shredded lettuce.

Have a banana.

Microwave 1/2 cup frozen corn kernels and 1/2 cup frozen lima beans topped with bread crumbs and sprinkle with grated Parmesan cheese.

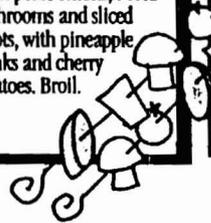
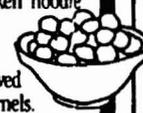


Top cold cereal with a sliced banana. Have a glass of apple juice.

Stir 1/4 cup frozen sliced carrots and 1/4 cup frozen chopped broccoli into a serving of chicken noodle soup.

Munch on thawed frozen corn kernels.

Make vegetable kebabs — thaw and skewer whole frozen pearl onions, sliced mushrooms and sliced carrots, with pineapple chunks and cherry tomatoes. Broil.



Top whole wheat toast with a small amount of low-fat cream cheese and plenty of thawed frozen strawberries. Drink a cup of grapefruit juice.

Top a slice of pizza with frozen chopped broccoli. Have 2 plums for dessert.

Stir 1/2 cup frozen mixed vegetables into tomato sauce. Serve on cooked pasta.



Fold equal amounts of frozen chopped spinach and frozen sliced mushrooms into an omelet. Drink grape juice.

Enjoy an apple or orange.

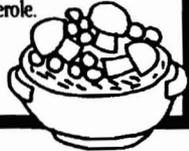
Stir-fry frozen green peas, frozen whole kernel corn, frozen sliced mushrooms and sliced green onions with cooked rice and low-sodium soy sauce.

**WEEK TWO**

Make a mini-Peach Melba by mixing together 1/2 cup thawed frozen peaches, 2-3 tablespoons of part skim ricotta cheese and 4 teaspoons reduced-calorie raspberry preserves. Serve with fruit kebabs made with thawed frozen melon balls.

Have 2 figs.

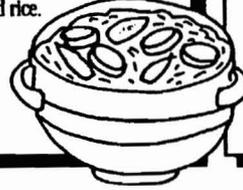
Add 1/2 cup frozen mushrooms, 1/2 cup frozen peas and 1/4 cup beef broth to 1 cup cooked rice. Bake for a savory casserole.



Warm 1 cup shredded wheat and 1/2 cup skim milk in the microwave. Top with thawed frozen sweet cherries. Drink 100% orange juice.

Mix together plain low-fat yogurt, thawed frozen blueberries and a small amount of sugar. Spoon over cottage cheese.

Toss frozen cooked asparagus tips and frozen cooked sliced carrots with wild rice.



Have 1/2 grapefruit. Have a glass of tomato juice.

Stir thawed frozen green beans into a serving of minestrone.

Enjoy some seedless grapes.

Roll 1/4 cup thawed frozen chopped broccoli and 1/2 tablespoon low-fat buttermilk dressing inside a thin slice of turkey for a turkey crepe.



Top pancakes with thawed frozen blueberries and a spoonful of low-fat vanilla yogurt. Have a glass of grapefruit juice.

Fill pita bread with 1 cup mixed frozen vegetables, sprinkle with a small amount of low-fat shredded cheddar cheese and microwave on high.

Blend 1 cup frozen strawberries with low-fat yogurt and skim milk for a cool, fruity shake.

Toss thawed frozen peas with cooked rice or couscous.



Stir 1 tablespoon orange marmalade into 1/2 cup thawed and drained frozen strawberries. Serve on top of hot whole-grain waffles. Drink 100% orange juice.

Microwave a potato and top with thawed frozen summer squash. Have a pear for dessert.

Slice a banana and top with 1 teaspoon of chocolate syrup.

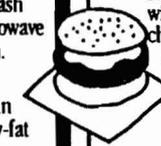
Make Chicken Florentine by stuffing a chicken breast with a small amount of feta cheese and plenty of thawed frozen spinach.

Spoon 1/2 cup thawed frozen strawberries over low-fat granola. Drink a glass of grapefruit juice.

Top 1 cup frozen butternut squash with cinnamon. Microwave until heated through.

Stir 1/2 cup mandarin orange slices into low-fat yogurt.

Roll 1/4 cup thawed frozen broccoli and 1/4 cup thawed frozen mushrooms in a flour tortilla. Top with salsa and a small amount of melted low-fat cheese.



Fold 1/4 cup each of thawed frozen mushrooms, frozen chopped onion and frozen spinach into an omelet. Drink vegetable juice.

Stuff a turkey burger with 1/4 cup frozen chopped spinach. Grill and top with 1/4 cup tomato sauce.

Enjoy 1 cup of fruit salad.

Mix canned tuna with frozen mushrooms, frozen sliced carrots and frozen peas. Top with a small amount of low-fat cheddar cheese.



# WEEK THREE

Top French toast with thawed frozen strawberries and a dollop of plain low-fat yogurt. Serve with a breakfast shake of 1/4 cup frozen raspberries and 1/4 cup frozen strawberries blended with plain low-fat yogurt and skim milk.

Enjoy frozen chopped broccoli and frozen whole baby carrots right out of the bag.

Toss 1 cup thawed mixed frozen vegetables with 2 tablespoons grapefruit juice. Serve on top of a grilled chicken breast.



Stir 1 tablespoon orange marmalade into 1/2 cup thawed and drained frozen strawberries. Serve on top of hot whole-grain waffles. Drink 100% orange juice.

Stir 1/4 cup thawed frozen green beans and 1/4 cup thawed frozen corn kernels into a serving of minestrone.

Have some exotic fruit, such as mango or papaya.

Mash cooked frozen cauliflower with chicken broth, onion flakes and a small amount of margarine.



Broil 1/2 grapefruit with a small amount of margarine and brown sugar. Drink a glass of grape juice.

Have a mixed green salad. (See our Garden Vegetable Salad recipe.)

Munch on 1 cup frozen carrot slices.

Top thawed frozen okra with seasoned bread crumbs. Bake until golden brown.



Top bagel halves with a small amount of low-fat cream cheese and plenty of thawed frozen strawberries. Drink vegetable juice.

Toss a mixed green salad with mandarin orange slices.

Mix plain low-fat yogurt with cinnamon. Pour over frozen cooked winter squash. Serve with vegetable kebobs made with equal amounts of frozen zucchini, frozen cubed potatoes, frozen pearl onions.



Top honeydew melon slices with 1/2 cup thawed frozen strawberries. Drink orange/pineapple juice.

Toss thawed frozen Oriental blend vegetables with bean sprouts and low-sodium soy sauce for a tasty salad.

Have two red plums.

Steam cook frozen asparagus spears. Sprinkle with lemon juice and enjoy.



Top whole wheat pancakes with thawed frozen blueberries. Drink apple juice.

Fill a taco shell with equal amounts of cooked frozen peas, cooked frozen broccoli and rice. Top with salsa.

Blend frozen blueberries with plain low-fat yogurt and skim milk for a frothy treat.

Steam cook frozen Oriental blend vegetables. Toss cooked vegetables with a small amount of tahini.



Scramble eggs with frozen green and red peppers, thawed frozen sliced onions and frozen sliced mushrooms. Have a glass of tomato juice.

Top cooked frozen broccoli spears with a small amount of plain low-fat yogurt and mixed dried herbs.

Mix thawed frozen raspberries with cubed melon.

Toss cooked pasta shells with thawed frozen Italian vegetables. Top with tomato sauce.

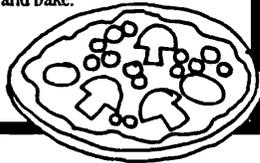


# WEEK FOUR

Blend together low-fat vanilla yogurt and thawed frozen raspberries. Spoon into half a cantaloupe. Mix 3/4 cup cranberry juice drink with sparkling water. Serve on ice.

Mix 1/2 cup raisins with 1/2 cup unsalted peanuts.

Make pizza by topping Italian flat bread with tomato sauce and thawed frozen Italian vegetables. Sprinkle with a small amount of grated Parmesan cheese and bake.



Top an English muffin with 1/4 cup chopped broccoli and 1/4 cup stewed tomatoes. Broil. Drink a glass of pineapple juice.

Stir frozen chopped broccoli into a serving of onion soup.

Have 1 cup whole strawberries.

Saute thawed frozen whole leaf spinach with a minced garlic clove.



Top hot oatmeal with thawed frozen peaches and a sprinkle of nutmeg. Drink 100% orange juice.

Top a baked potato with 1/4 cup thawed frozen chopped broccoli and a small amount of low-fat shredded cheddar cheese.

Cube an apple and mix with 1/4 cup raisins.

Microwave 1 cup frozen French cut green beans with 1/4 cup stewed tomatoes.



Top cold cereal with a sliced banana. Drink a glass of apple juice.

Top whole wheat toast with thawed frozen spinach and lemon pepper.

Stir thawed frozen blueberries into low-fat vanilla yogurt.

Stir-fry sliced chicken breast with frozen Oriental blend vegetables and pineapple chunks for Hawaiian chicken.



Stir frozen corn kernels into hot grits. Drink vegetable juice.

Puree 1 cup frozen chopped broccoli with skim milk for a creamy broccoli soup.

Mix thawed frozen strawberries with sliced kiwi fruit and cubed melon.

Make a thick and hearty vegetable soup: puree together 1/2 cup frozen spinach, 1/4 cup frozen carrots, 1/4 cup frozen peas per serving. Season with lemon pepper and microwave until heated through.



Top cold cereal with sliced apples and raisins. Drink grape juice.

Top a slice of pizza with equal amounts of thawed frozen chopped spinach and thawed frozen sliced mushrooms. Have 1 cup seedless red grapes for dessert.

Puree 1/2 cup thawed frozen spinach with fresh basil and skim milk. Stir in 1/2 cup cooked frozen cauliflower and serve over cooked pasta.



Saute thawed frozen chopped broccoli and thawed frozen sliced mushrooms. Top with a small amount of melted low-fat cheddar cheese and serve in a warm pita pocket. Have a glass of apple juice.

Toss cooked rice with thawed frozen sliced carrots.

Top frozen French cut green beans with seasoned bread crumbs and bake.

