

Meals	1	2	3	4	5	6
Breakfast	<i>Black Bean Breakfast burrito</i>	<i>Swiss berry muesli</i> with 6 ounces greek yogurt	<i>Flaxseed and blueberry pancakes</i> top with pecans and maple syrup	<i>Grape, orange, and kiwi parfait</i>	<i>Bulgar with apples, cranberries, and pecans</i>	Honey Quinoa with Strawberries, Blueberries, and Almonds
Lunch	<i>Penne with Braised Squash &amp; Greens</i> ; 3 ounce baked chicken breast; 1 cup strawberries	<i>Kale Salad with Apple, Cranberries and Pecans</i> serve with baked chicken strips	<i>2 Veggie Pita Pizza</i> ; salad with oil/vinegar	Seasoned Haddock with <i>Rice Salad with Mango and Black Beans</i>	10-15 cooked sprimp with cocktail sauce and <i>Caribbean Raspberry Avocado Salad</i>	1.5 cups split pea soup with <i>Roasted Butternut Squash Salad With Tangerine-Rosemary Vinaigrette</i>
Dinner	<i>Teriyaki Soy Rice Bowl</i>	<i>2 Butternut Squash Enchiladas with Salsa</i>	<i>Baked Haddock with Spinach and Tomatoes</i> serve with 2/3 cup brown rice; 1 cup pineapple cubes	BBQ chicken with <i>Spinach Artichoke Pasta Salad</i> ; <i>mojita fruit salad</i>	4 ounce Pork chop, grilled with <i>Chard with Bacon and Apple</i> ; baked sweet potato	4 ounce Salmon filet with roasted brussel sprouts and 2/3 cup wild rice
Snack	apple with peanut butter	Larabar	baked tortilla chips with quacamole	pineapple and sliced cheese	brussel sprout slaw	kind bar

\*calories may need to be adjusted based on individual needs

### Black Bean Breakfast Burritos

Makes 12 burritos

- 1/4 cup water
- Salt or tamari, to taste
- Tabasco sauce, to taste
- 1 tablespoon vegetable broth
- 1 onion, diced
- 2 bell peppers (red, orange, yellow, or green), seeded and diced
- 1 tablespoon ground cumin
- 1/2 teaspoon crushed garlic
- Black pepper, to taste
- 3 cups drained canned or cooked black beans (about 2 15 oz. cans)
- 10 button mushrooms or shiitake, sliced
- 2 ripe tomatoes, chopped
- 1/2 cup salsa
- About 2-3 cups eggs or egg whites (optional)
- 12 whole grain tortillas

Heat water and vegetable broth in a large saucepan or wok. When hot, add onion and sauté until limp. Add bell peppers, cumin, garlic, and black pepper, and cook and stir 2 minutes longer. Add a little more water if necessary, to prevent sticking. Stir in black beans, mushrooms, tomatoes, and

salsa, and cook and stir until mushrooms are tender, about 10 minutes.

Season to taste with salt or tamari and Tabasco sauce. Serve on warm tortillas with spoon full scrambled egg, folded to enclose filling.

### **Swiss Berry Muesli**

#### **Ingredients**

- 1 1/2 cups raw rolled oats
- 3/4 cup water
- 1 apples, grated
- 3 tablespoons honey
- 2 cups berries, mashed

#### **Directions**

1. Combine oats, water, apple and honey.
2. Spread in 3 qt casserole dish.
3. Spread fruit on top.
4. Cover and place in fridge for a few hours or over night.
5. Serve with yogurt.

### **Flaxseed and Blueberry Pancakes**

#### **Makes 6 servings**

- 3/4 cup buckwheat flour
- 3/4 cup whole-wheat flour
- 2 Tbsp. ground flaxseed
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup skim or low fat buttermilk
- 3/4 cup skim milk
- 2 large eggs
- 1 Tbsp. canola oil
- 1 Tbsp. honey
- 2 cups blueberries (rinsed and set aside)
- Vegetable cooking spray
- Pure maple syrup as desired

In large bowl combine flours, flaxseed, baking powder, baking soda and salt. In separate bowl mix together buttermilk, skim milk, eggs, oil and honey. Pour egg mixture into dry ingredients and stir just until batter is lightly mixed together.

(If the batter appears too thick, add a dollop more of skim milk to thin.) Lumps are okay and over mixing makes for hard pancakes. Fold in blueberries.

Preheat large skillet over medium heat. Spray skillet with cooking spray. Use about 1/4 cup of batter for each pancake.

Cook for about 2 to 3 minutes per side on medium or medium-high heat.

### **Bulgur with Apples, Cranberries, and Pecans**

- 1 medium unpeeled apple, minced
- 1/3 cup dried cranberries
- 1/8 tsp cinnamon
- 1 cup dried bulgur, cooked according to package directions
- 1 cup vanilla soymilk, heated

½ cup maple syrup  
2 Tablespoons chopped pecans

In small bowl, combine apple, cranberries, and cinnamon; set aside. In medium saucepan prepare bulgur. Spoon bulgur evenly into 4 bowls. Pour warm soymilk evenly over bulgur; drizzle with maple syrup. Spoon apple mixture on top and sprinkle with pecans. Serve immediately.

### **Grape, Orange and Kiwi Jewel Parfaits**

4 navel oranges, peeled  
2 cups grapes, halved  
6 kiwifruit, peeled and cut into pieces  
24 ounces Greek yogurt, honey or vanilla  
2 cups Ancient Grains Granola with Almonds

Cut 3 oranges into ½ inch pieces, cut 1 orange in slices  
Layer ingredients in parfait style

### **Penne with Braised Squash & Greens**

4 servings, 1 ¾ cups each

#### **Ingredients**

2 teaspoons extra-virgin olive oil  
4 ounces cubed smoked tofu  
1 medium onion, chopped  
3 cloves garlic, minced  
Pinch of crushed red pepper  
1 ½ cups vegetable broth  
1 pound butternut squash, peeled and cut into ¾-inch cubes (3 cups)  
1 small bunch Swiss chard, stems removed, leaves cut into 1-inch pieces  
8 ounces whole-wheat penne, rigatoni or fusilli  
½ cup freshly grated Parmesan cheese or nutritional yeast flakes (dairy free)  
¼ teaspoon salt, or to taste  
Freshly ground pepper, to taste

#### **Preparation**

1. Put a large pot of water on to boil for cooking pasta.
2. Heat oil in a large nonstick skillet over medium heat. Add tofu and cook, stirring, until lightly browned, 3 to 5 minutes. Transfer to a plate. Add onion to the pan; cook, stirring often, until softened and golden, 2 to 3 minutes. Add garlic and crushed red pepper; cook, stirring, for 30 seconds. Return the tofu to the pan and add broth and squash; bring to a simmer. Cover and cook for 10 minutes. Add chard and stir to immerse. Cover and cook until the squash and chard are tender, about 5 minutes. Meanwhile, cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain and return to the pot. Add the squash mixture, Parmesan, salt and pepper; toss to coat.

### **Butternut Squash Enchiladas with Salsa**

1 package (16 oz.) frozen diced peeled butternut squash or 2 cups fresh squash, seeded, peeled and diced  
1 cup water  
1 Tbsp. olive oil  
½ sweet onion, finely chopped  
1 can (15.5 oz.) no added salt black beans  
1 tsp. ground cumin

3/4 tsp. ground cinnamon  
Salt and ground black pepper, to taste  
Canola oil spray  
7 large (about 7-inch) whole-wheat tortillas  
1 cup grated cheddar cheese, divided  
1 cup tomato salsa  
1/4 cup chopped fresh cilantro leaves, for garnish (optional)

Place squash in medium saucepan. Add water. Cover pot tightly and place over medium-high heat.

Cook until squash is tender but not mushy, 12-15 minutes, depending on size of cubes. Drain squash and set aside.

While squash is cooking, in large skillet, heat oil over medium-high heat. Add onion and sauté until soft and translucent, about 4-5 minutes, stirring occasionally. Add beans and partially mash with fork. Mix in squash, cumin and cinnamon.

Add salt and pepper, if desired. Remove from heat and set aside.

Preheat oven to 350 degrees. In 9" by 13" baking dish, lightly coat interior with cooking spray and set aside.

Coat tortilla on both sides with cooking spray. Lay on plate. Spoon 1/2 cup filling on tortilla and top with 1½ tablespoons cheese.

Roll up filled tortilla and set at one end of baking dish. Repeat, placing filled tortillas side by side, filling baking dish tightly.

Pour salsa over assembled enchiladas. Sprinkle remaining cheese (about 1/4 cup) over sauce. Cover pan with foil.

Bake enchiladas about 25-30 minutes, until heated through. Uncover and serve garnished with cilantro

### **Baked Haddock with Spinach and Tomatoes**

#### **Ingredients:**

2 tablespoon Olive Oil  
1 cup thinly sliced onion  
2 (10 ounce) packages chopped frozen spinach, thawed and squeezed dry  
1/4 teaspoon freshly grated nutmeg  
1/2 teaspoon salt  
1 1/2 pounds haddock fillets  
1 (14.5 ounce) can diced Italian plum tomatoes, juices reserved  
1/2 teaspoon dried thyme  
1/4 teaspoon dried tarragon  
1 tablespoon minced onion  
1 teaspoon cornstarch

#### **Directions:**

Preheat oven to 375 degrees F (190 degrees C). Lightly spray a 2-quart casserole or baking dish large enough to hold haddock fillets in a single layer.

Melt 1 tablespoon of the olive oil in a skillet over medium heat and cook the onion slices, stirring occasionally, until soft, about 5 minutes. Stir in spinach and nutmeg and cook for about 3 minutes.

Arrange haddock fillets in baking dish. Spoon equal portions of the spinach mixture between the fillets.

Spoon drained tomatoes around fillets and sprinkle with the thyme, tarragon and salt.

Bake, uncovered, for 20 to 25 minutes or until fish flakes easily with a fork.

While fish is baking, make the sauce. If necessary add enough water to reserved tomato liquid to make 1 cup.

In the skillet, melt the remaining 1 tablespoon olive oil over medium heat. Stir in the minced onion and cook until soft, about 5 minutes. Add 3/4 cup of the tomato juice to the onions. Bring mixture to a boil. Whisk the cornstarch into the remaining 1/4 cup juice, then add to the skillet. Reduce heat and simmer, stirring, until sauce thickens slightly.

Pour sauce over baked fillets and serve.

## Veggie Pita Pizza

### Ingredients:

- 1 whole-wheat sandwich round
- 1/8 cup bottled pizza sauce
- 1/3 cup shredded, part-skim mozzarella
- 1/3 cup finely chopped veggies of your choice (broccoli florets, green onions, tomato, sliced mushrooms, etc.)

### Preparation:

Lay sandwich round on a baking sheet, brush lightly with olive oil and spread pizza sauce over the top. Sprinkle the cheese evenly over the top of the pizza sauce and top with a combination of veggies. Broil in toaster oven until cheese is melted and bubbly.

## Teriyaki Soy Rice Bowl Recipe

- 1 tablespoon Canola or Sesame seed oil
- 1 Tofu (14 ounce package), firm, cut into 1/2-inch cubes
- 1/2 cup Bottled teriyaki sauce, reduced sodium
- 1/2 cup Water
- 1 1/2 cups Carrots, shredded
- 1 cup Edamame, shelled and thawed
- 1 cup Broccoli florets, cut into 1/2 -inch pieces
- 1 cup Red bell pepper, cut into 1/2 -inch pieces
- 2 cups Cooked brown or white rice

1. Heat oil in large frying pan over medium high heat.
2. Add tofu, stirring constantly, for 5 minutes or until lightly browned.
3. Stir in teriyaki sauce, water, carrots, edamame, broccoli and red bell pepper.
4. Bring to boil and cook, stirring constantly, for 3 minutes or until vegetables are tender and sauce has thickened slightly.

Serve over brown or white rice.

## Kale Salad with Apple, Cranberries and Pecans

Serves: 4

### Ingredients

#### Salad

- 1/2 cup pecans
- 8 ounces kale
- 4 to 5 medium radishes
- 1/2 cup dried cherries
- 1 medium Granny Smith apple
- 2 ounces soft goat cheese, chilled

#### Dressing

- 3 tablespoons olive oil
- 1 1/2 tablespoons apple cider vinegar (or white wine vinegar)
- 1 tablespoon smooth Dijon mustard
- 1 1/2 teaspoons honey
- Sea salt and freshly ground pepper, to taste

### Instructions

Pull the kale leaves off from the tough stems and discard the stems. Use a chef's knife to chop the kale into small, bite-sized pieces. Transfer the kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant. Thinly slice the radishes. Add them to the bowl. Coarsely chop the pecans and cherries and add them to the bowl. Chop the apple into small, bite-sized pieces and add it to the bowl as well. Crumble the goat cheese over the top.

In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with dressing. Let salad sit in refrigerator best for few hours

### **Mojito Fruit Salad**

1 cup watermelon cubes  
1 cup red seedless grapes  
1 cup cantaloupe cubes  
1 cup strawberries, hulled and quartered  
1 cup dates, halved and pitted  
1 cup blueberries  
3 sprigs fresh mint  
2 teaspoons honey  
3 tablespoons lime juice

Mix the fruit in a bowl with tight fitting lid. In a small bowl stir together mint, honey, and lime juice, crushing the mint with the back of a spoon. Pour over the fruit mixture. Seal the bowl with the lid and refrigerate for at least 1 hour. Just before serving gently flip the sealed bowl several times to coat the fruit with the dressing

### **Caribbean Raspberry Avocado Salad**

Serves 4

1 package raspberries (6 ounces)  
1 tablespoon balsamic vinegar  
1 1/2 tablespoons honey  
1 1/4 teaspoons Dijon mustard  
1/4 cup olive oil  
Salt and pepper, to taste  
1/2 pound cooked whole shrimp  
1/4 cup diced mango  
2 tablespoons thinly sliced celery  
1 tablespoon thinly sliced red onion  
4 cups spring mix lettuce  
2 avocados, halved, pitted, and sliced

1. Blend 1/3 cup raspberries, vinegar, honey and Dijon mustard in a blender until smooth. Drizzle in the oil while blending. Add 1-2 tablespoons water to thin if needed. Season with salt and pepper to taste.
2. Combine shrimp, mango, celery, and onion in a medium bowl. Gently stir in remaining raspberries.
3. Divide lettuce onto 4 plates and arrange avocado slices on top of lettuce. Top with shrimp raspberry mixture and drizzle with dressing on top. Serve remaining dressing on the side.

### **Honey Quinoa with Strawberries, Blueberries, and Almonds**

Serves 4

2 cup water

1 cup quinoa, rinsed  
1 package (16 ounce) strawberries  
2 tablespoons honey  
2 tablespoons lemon juice  
¼ tsp salt  
1 package (6 ounces) blueberries  
¾ cup toasted slivered almonds  
1 tablespoon chopped fresh mint leaves

Place water and quinoa in a medium saucepan and bring to a boil, stirring occasionally; reduce heat to low and simmer 18-20 minutes or until moisture is absorbed. Remove from heat and let stand covered

Meanwhile, hull strawberries and chop. in a small bowl whisk together honey, lemon juice and salt until blended. Stir honey mixture into quinoa. Fold in strawberries, blueberries, almonds and mint until evenly blended.

### **Chard with Bacon and Apple**

2 slices uncured turkey bacon, diced  
1 mall yellow onion, halved and thinly sliced  
1 Gala apple, cored and diced  
1 bunch (about ¾ pound) chard, well rinsed  
¼ teaspoon fine sea salt  
¼ teaspoon cracked black pepper.

#### Directions:

1. Place a large heavy skillet over medium heat. Add bacon and cook, stirring frequently, until browned about 7 minutes. Remove bacon from pan and set aside. Add onion to the pan and little oil if needed and cook until softened about 5 minutes. Stir in apple.

Meanwhile, cut off the stems of the chard and slice them thinly. Chope the leaves.

Stir stems and leaves into the skillet along with the bacon, salt and pepper. Pour in 2 tablespoons water; cover the skillet and cook, stirring frequently, until chard is tender, about 8 minutes.

### **Roasted Butternut Squash Salad With Tangerine-Rosemary Vinaigrette**

#### Ingredients

1 1/2 pounds butternut squash, peeled, seeded and cut into 1-inch cubes (about 4 cups)  
4 tablespoons extra-virgin olive oil  
3 teaspoons roughly chopped fresh rosemary  
Salt and freshly ground pepper  
4 tangerines  
6 cups fresh spinach, loosely packed  
1/4 cup dried cranberries

#### Directions

Preheat the oven to 400 degrees F.

Toss the squash with 2 tablespoons olive oil on a baking sheet and spread in an even layer.

Season with 2 teaspoons rosemary, and salt and pepper. Roast, stirring once halfway through,

until the squash is just tender and golden, about 20 minutes. Remove from the oven and cool until just warm, about 15 minutes.

While the squash is roasting, peel 3 tangerines and slice them crosswise into 1/2-inch-thick rounds, removing any seeds.

Juice the remaining tangerine and whisk the juice together with the remaining 2 tablespoons olive oil and remaining 1 teaspoon rosemary. Season the dressing with salt and pepper.  
Combine the warm squash, the spinach, tangerine slices and cranberries with the dressing and toss gently to coat.

### **Rice Salad with Mango and Black Beans**

2 cups cooked brown rice  
1 (15oz) can black beans, rinsed and drained  
¾ cup diced mango, ¼-inch cubes  
½ cup chopped and seeded plum tomato  
1/3 cup chopped green onion, white and green parts

Dressing:

1/3 cup orange juice  
1-2 Tablespoon lime juice  
1 2-inch piece of jalapeno pepper or Serrano chile pepper, coarsely chopped  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 Tablespoon canola oil  
Salt and pepper to taste  
2-3 Tablespoon chopped fresh cilantro

Combine rice, beans, mango, tomatoes, and green onion in mixing bowl. This step may be done up to 2 hours before serving with salad covered and refrigerated.

For dressing, in blender or bowl of food processor, whirl orange and lime juice, pepper, cumin and oregano until pepper is ground up. Add oil and whirl to blend. Season to taste with salt and pepper. This may be done ahead and refrigerated

### **Spinach Artichoke Pasta Salad**

Ingredients

Coarse salt  
1 package fresh mushroom or chicken prosciutto or spinach filled tortellini  
1/2 pound fresh baby spinach  
1 (15-ounce) can baby artichoke hearts in water, drained and chopped  
1 red roasted pepper, drained and chopped  
1/2 small red onion, chopped  
1 clove garlic, cracked from skin  
1 lemon, zested  
2 teaspoons lemon juice, the juice of 1 wedge  
2 tablespoons red wine vinegar, a couple of splashes  
1/4 cup extra-virgin olive oil  
1 tablespoon fresh thyme leaves, chopped or 1/2 teaspoon dried leaves, eyeball it  
Black pepper  
A handful sun-dried tomatoes packed in oil, coarsely chopped

Directions

Bring 5 or 6 inches of water to a boil in a large pot. Salt boiling water and add pasta. Cook for 3 to 4 minutes, until pasta is just tender and the tortellini are floating like buoys. Drain tortellini, then cool the cooked pasta by spreading them



out on a large plate or a cookie sheet in a single layer.

Coarsely chop baby spinach. Combine with artichoke pieces, roasted red pepper and red onion.

Chop garlic, then add salt to it and mash it into a paste with the flat of your knife. Transfer garlic paste to a small bowl and add lemon zest, lemon juice and vinegar to it. Whisk in oil, thyme and pepper. Add pasta and sun-dried tomatoes to the salad. Dress salad and gently toss. Serve or refrigerate