

# Core Plan Menu

Focusing on the Core Food List allows you to lose weight without tracking **POINTS** values. All of the foods used in the following 3-day menu (minus some snacks) are Core Foods. The **Core Plan** also gives you a **weekly POINTS Allowance**. Visit a meeting to find out more.

## day 1

### BREAKFAST

#### Sicilian Scramble

> Sauté diced eggplant and bell pepper in 1 tsp. olive oil about 10 minutes. Add diced tomato and mixture of egg and egg whites. Scramble 1 minute or until eggs are done. Season to taste. Top with fresh basil.

- ✦ Fresh figs dipped in fat-free ricotta

### LUNCH

#### West Coast Salad

> On mixed greens, arrange slices of red onion, avocado, and nectarine. Sprinkle with drained canned white beans. Drizzle with lime juice and 1 tsp. flaxseed oil.

- ✦ Cubes of fat-free Swiss cheese with cherry tomatoes and sliced avocado secured with toothpicks

### DINNER

✦ Pork tenderloin or skinless chicken breast rubbed with jerk seasoning and grilled

✦ Grilled or boiled corn-on-the-cob with sea salt to taste

✦ Steamed green beans

✦ Cooked quinoa or bulgur with freshly chopped thyme or parsley

### SNACKS

✦ 12-oz. iced decaf cappuccino made with fat-free milk, with sugar substitute if desired **(2)\***

✦ Small bowl of fresh cherries

✦ ¼ c. guacamole with 12 reduced-fat tortilla chips **(4)\***

## day 2

### BREAKFAST

✦ Shredded wheat with fat-free milk and fresh raspberries

✦ Iced coffee with fat-free milk

### LUNCH

#### Baked Potato Soup

> Microwave a potato until fork-tender. Cut into cubes. Prepare leek or onion soup from a mix with water according to package directions. Mix in the cubed potato.

✦ Small bowl of fresh raspberries or mixed berries

### DINNER

#### Mint Couscous

> Cook couscous according to package directions. Mix with 2 tsp. olive oil, finely chopped fresh mint, squirt of lemon, and salt to taste.

✦ Grilled lamb loin (trimmed of fat), served with a mixture of plain fat-free yogurt, fresh mint, scallion, and garlic

✦ Grilled zucchini and summer squash

### SNACKS

✦ Small bowl of sliced seedless watermelon served with 1½ oz. soft goat

cheese and fresh cracked black pepper to taste **(3)\***

✦ 1 c. red or yellow bell pepper slices with 2 Tbsp. light ranch dressing **(2)\***

## day 3

### BREAKFAST

✦ Cubes of extra-lean ham steak and fresh pineapple on bamboo skewers

✦ Plain fat-free yogurt mixed with a drop of vanilla extract and sugar substitute to taste

### LUNCH

#### Turkey Roll-ups

> Spread mustard on sliced skinless, boneless turkey breast. Top each slice with red onion, rosemary, and arugula; roll up and secure with a toothpick topped with a melon ball.

✦ Fat-free cottage cheese with black pepper

### DINNER

#### Tricolor Bean Salad

> Mix together low-sodium drained canned white, red, and black beans; onion; fresh cilantro; 2 tsp. flaxseed oil; and squirt of lime. Serve over mixed greens.

✦ Canned gazpacho

✦ Fresh blackberries

### SNACKS

✦ ½ c. scoop chocolate fat-free ice cream **(2)\***

✦ 1 slice toasted whole-grain bread with 2 tsp. butter **(3)\***

✦ Chilled leftover zucchini and summer squash, drizzled with balsamic vinegar



## PEEL IT PEACHES

If you're using peaches for baking, you'll want to peel and slice them. To make peeling easier, blanch them first: Place peaches in boiling water for 1 minute. Immediately submerge them in ice water to stop the cooking; then use a paring knife to remove the skin.

\*FOODS DESIGNATED BY AN ASTERISK ARE NOT CORE SNACKS AND MUST BE COUNTED TOWARD YOUR WEEKLY POINTS ALLOWANCE.

# Flex Plan Menu

Tracking your food intake by counting **POINTS** values allows you to lose weight while choosing from an unlimited variety of foods. The following 3-day menu is based on a **daily POINTS Target of 24**. Add or subtract foods to meet your **daily POINTS Target** as necessary. **BY JACKIE NEWGENT, R.D.**

## day 1

### BREAKFAST

#### Mediterranean Pita

➤ Heat 1 tsp. canola oil in a nonstick skillet over medium heat. Scramble 1 egg and 1 egg white. Stir in ¼ c. feta. Stuff into 1 small or ½ large whole-wheat pita with 1½ c. fresh baby spinach. (7)

### LUNCH

✦ ½ c. cooked chilled fusilli mixed with 1 slice (2½ oz.) extra-lean ham steak, cubed; ½ c. diced canned artichokes (without oil); ¼ c. diced red bell pepper; 1 minced scallion; and 1 Tbsp. fat-free vinaigrette. (4)  
✦ 1 c. grapes (1)

### DINNER

#### Blue Cheese "Burger"

➤ Top a cooked frozen fat-free vegetarian burger with ½ sliced sweet onion that has been sautéed in 1 tsp. olive oil until brown. Add ¼ c. blue cheese; serve on a whole-grain bun. (7)  
✦ 2 c. mixed greens tossed with 1 sliced small Asian pear, ½ oz. almonds, and 1 Tbsp. fat-free red-wine vinaigrette (2)

### SNACKS

✦ 1 c. mixed melon balls served in a soup bowl, splashed with ½ c. diet ginger ale and sprinkled with fresh mint (1)  
✦ 1 c. light lemon yogurt (2)  
✦ 6 chilled steamed asparagus spears (0)



## day 2

### BREAKFAST

✦ 1 c. instant oatmeal with ¼ c. dried tart cherries, 1 Tbsp. sliced almonds or 12 pistachios, and 1 c. vanilla calcium-fortified soy milk (7)

### LUNCH

#### Turkey Chef Salad

➤ Toss 1½ c. mixed greens with 2 oz. diced smoked turkey breast, ½ c. each corn and drained red kidney beans, and ¼ c. diced red onion or red bell pepper. Dress with a mixture of 2 Tbsp. red-wine vinegar and 1 tsp. flaxseed or olive oil. (4)

### DINNER

#### Asian Flank Steak

➤ Brush 3 oz. raw flank steak with 1 tsp. canola oil and 2 tsp. teriyaki sauce. Grill 5 minutes per side and slice thinly. Sprinkle with 1 tsp. toasted sesame seeds. (4½)  
✦ 1 c. steamed brown rice seasoned with ginger (4)  
✦ 1½ c. grilled eggplant brushed with ½ tsp. canola oil and 1 tsp. teriyaki sauce (½)

### SNACKS

✦ 2 fresh figs (1)  
✦ 1 c. light vanilla yogurt topped with 1 c. blackberries and 1 Tbsp. fat-free whipped cream (3)

## DRESS IT SUMMER SALAD

If you're bringing potato salad to a picnic, substitute oil and vinegar for the mayo. Regular mayo and olive oil have the same **POINTS** value per teaspoon (1), but olive oil contains healthy fat and you'll be inclined to use less of it because you'll also be using vinegar.

## day 3

### BREAKFAST

#### Tijuana Muffin

➤ In a skillet, scramble 1 egg and 1 egg white in 1 tsp. safflower oil with 1 Tbsp. minced scallion. Serve on ½ whole-grain English muffin. Top with ¼ avocado and 2 Tbsp. salsa. (6)  
✦ 1 c. canned low-sodium tomato juice (1)

### LUNCH

✦ 12-oz. iced latte made with fat-free milk, with sugar substitute if desired (2)  
✦ 2 c. chopped romaine lettuce topped with 3 oz. grilled yellowfin tuna and 1½ Tbsp. each grated Parmesan and fat-free Caesar dressing (3)  
✦ 1 c. fresh cherries (1)

### DINNER

#### Spicy Turkey Spaghetti

➤ Sauté 4 oz. ground turkey breast and ½ c. onion in 1 tsp. olive oil. Add ½ c. each fat-free chicken broth and store-bought marinara sauce and red pepper to taste. Serve with 1 c. whole-wheat spaghetti and 1 c. broccoli. (9)

### SNACKS

✦ 10 baby carrots or 1 c. celery sticks served with 2 Tbsp. fat-free salsa or bean dip (0)  
✦ ½ c. each light strawberry, vanilla, and blueberry yogurt arranged in red, white, and blue layers in a wine goblet or parfait glass (2)