

Winter Classics

Use these 3-day Flex and Core Plan menus to stay on track between your holiday feasts.

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flex plan

Flex Plan 101 Count *POINTS* values to lose weight while choosing from an unlimited variety of foods. Each day's breakfast, lunch, and dinner add up to 22 *POINTS* values. Choose from the snacks at right to meet your daily *POINTS* Target of 26* and make sure that you have at least 2 dairy and 5 fruit and veggie servings every day.

day 1

- 2 toasted low-fat whole-grain frozen waffles topped with 1 c. light blueberry yogurt (5)
- ½ c. freshly squeezed grapefruit juice (1)

HOLIDAY HAM SALAD

Toss 3 c. mixed salad greens with 3 oz. cubed baked lean ham, 1 c. pineapple cubes, ⅓ c. thinly sliced celery, ¼ c. thinly sliced red onion, 2 Tbsp. sliced almonds, and 2 Tbsp. fat-free vinaigrette. (6)

- 1 c. cooked asparagus, served hot or cool, splashed with 2 tsp. fat-free vinaigrette (0)

VEGGIE CHILI BOWL

Scoop out the inside of a 2-oz. sourdough-bread roll (set aside the scooped-out bread). Heat ½ c. canned low-fat vegetarian chili according to directions and serve in bread bowl with ¼ c. each diced red onion, diced green bell pepper, and shredded Monterey Jack. Enjoy with the reserved bread. (8)

- 1¼ c. green bell pepper slices stir-fried in 2 tsp. canola oil with ¼ c. diced red onion (2)

day 2

MEDITERRANEAN EGG WRAP

Fill a large whole wheat tortilla with ½ c. fat-free egg substitute scrambled in 1 tsp. extra-virgin olive oil with 1½ c. fresh baby spinach, 3 Tbsp. crumbled feta, and oregano, sea salt, and pepper to taste. (7)

- 1 c. tea with lemon wedge (0)

- 1 frozen vegetarian burger cooked per package directions, served on a whole wheat roll with ½ c. roasted red pepper, ⅔ c. mixed salad greens, 2 Tbsp. guacamole, and minced scallion (7)
- 1 large mandarin orange (1)

- 1 (3-oz.) oven-roasted chicken breast (3)
- 1 c. oven-roasted or microwave-cooked cubed butternut squash (1)
- 1 c. steamed broccoli rabe with 1 tsp. extra-virgin olive oil (1)
- ⅔ c. steamed whole wheat couscous with 2 Tbsp. chopped fresh parsley and a lemon wedge (2)

day 3

- 1 c. oatmeal topped with 2 tsp. chopped walnuts and 1 tsp. honey (4)
- 1 c. light vanilla yogurt (2)

AVOCADO BLT

Serve 2 slices crisp-cooked bacon, 1 c. mixed salad greens, ¼ c. sliced tomato, ⅛ medium avocado, and 2 tsp. reduced-calorie ranch dressing on 2 slices toasted light whole wheat bread. (6)

- 1 c. canned ready-to-serve chunky minestrone (2)
- 1 medium apple (1)

SCALLOP-SWEET POTATO SMASH

Pan-sear 4 oz. scallops in 2 tsp. canola oil in a skillet over medium-high heat until cooked through. Add sea salt, pepper, and chopped cilantro to taste. Serve on top of 1 medium boiled sweet potato mashed with ¼ c. low-sodium vegetable broth. (7)

- 1 c. steamed cauliflower (0)



Snack Attack!

- ½ c. eggnog (4)
- 1 c. cherry tomatoes with 1 tsp. balsamic vinegar (0)
- 6 fl. oz. no-sugar-added instant hot cocoa (1)
- 1 c. red grapes (1)
- 11 baked potato chips (2)
- ½ toasted whole-grain English muffin with 2 Tbsp. marinara sauce, ½ c. spinach, ¼ c. shredded part-skim mozzarella, microwaved (3)
- 1 c. light vanilla yogurt with 3 Tbsp. low-fat granola (3)
- 1 baked cored apple topped with ⅓ c. low-fat frozen yogurt, 1½ Tbsp. almonds, and 1 tsp. maple syrup (4)
- 9 baked tortilla chips with ¼ c. each melted shredded Colby cheese and salsa (4)

**POINTS* VALUES ARE IN PARENTHESES. Is your daily *POINTS* Target more or less than 26? Adjust snacks and meals as needed.

core plan

Core Plan 101 Lose weight with this menu without tracking *POINTS* values. When the munchies hit, choose a smart snack from the list below (just be sure to get at least 5 servings of fruits and veggies and 2 servings of dairy daily). Use your weekly *POINTS* Allowance for any snacks that are not Core Foods. Only non-Core foods count toward your weekly *POINTS* Allowance.

day 1

- Latte made with fat-free milk, with a pinch of apple-pie spice and sugar substitute
- Hot farina cereal sprinkled with diced apple

TUNA TABBOULEH

Soak bulgur wheat in water; then drain excess liquid. Toss with 2 tsp. extra-virgin olive oil, chunks of drained canned water-packed albacore tuna, diced tomato, chopped parsley and scallion, and fresh lemon juice, fresh mint, sea salt, and pepper to taste.

- Onion soup topped with fresh parsley
- Orange

- Oven-roasted lean pork center loin lightly spread with sugar-free applesauce and sprinkled with a mixture of fresh herbs, such as rosemary, sage, and thyme
- Steamed brown rice
- Steamed Brussels sprouts

day 2

- Scrambled eggs made without added fat and topped with green salsa and fresh cilantro
- Orange sections

GREEN BURRITOS

Pan-cook soy crumbles. Serve rolled in romaine or Bibb lettuce leaves along with diced onion, tomato, and avocado, fresh cilantro, and a squirt of lime juice.

- Lentil soup sprinkled with diced onion
- Pear

SAGE SKILLET COD

Rub skinless Pacific cod fillet with sage, sea salt, and pepper. In a skillet over medium-high heat, cook minced shallot in 2 tsp. canola oil until softened; add the cod. Cook the fillet until cooked through, about 4 minutes per side.

- Quinoa cooked in low-sodium vegetable broth
- Butternut squash cubes simmered in fat-free milk, then mashed with sea salt and a pinch of nutmeg

day 3

- Puffed-rice cereal sprinkled with a dash of unsweetened cocoa powder and served with fat-free milk
- Pan-grilled Canadian bacon
- Pink grapefruit half sprinkled with sugar substitute

BEAN BOATS

Mix drained canned white and black beans with finely diced onion, red bell pepper, chopped fresh parsley, and fat-free vinaigrette. Scoop up with endive leaves.

- Fat-free cottage cheese with cantaloupe wedge

GARLIC-CHICKEN LINGUINE

Toss bite-size pieces of skinless, boneless chicken breast with minced shallots, garlic, and sea salt. Cover and roast in a 375°F oven until cooked through. Toss with cooked whole wheat linguine and 2 tsp. extra-virgin olive oil. Add salt and fresh lemon juice to taste.

- Steamed spinach with crushed red pepper



Snack Attack!

CORE SNACKS ✓

- Vegetable soup
- Sugar-free, fat-free instant hot cocoa
- Hard-cooked egg
- Kiwifruit
- Mixed salad greens with fat-free vinaigrette
- Plain fat-free yogurt mixed with a drop each of pure peppermint extract and vanilla extract

NON-CORE SNACKS*

- 5 oz. bloody Mary mix (1)
- 1 stalk celery with 2 tsp. almond butter (2)
- ½ c. grape tomatoes with ¼ c. hummus (3)
- 1 thin slice (1¾-oz.) store-bought pumpkin pie (2)
- 1 stick string cheese (2)
- 4 (½-oz. each) pan-cooked lean ground turkey meatballs with 1½ Tbsp. cranberry sauce (3)
- 40 pistachio nuts (3)

*POINTS VALUES ARE IN PARENTHESES.