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# EASY EATING PLAN



**Happy Holidays**  
by **vitaljuice**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>Green Tea Loaf:</b> Look under "recipes" on <a href="http://www.vitaljuice.com">www.vitaljuice.com</a> for the recipe.	<b>French Toast:</b> Soak one slice whole wheat bread in 2 beaten egg whites, spray pan w/ cooking spray & cook for about 1 min per side until lightly browned. Sprinkle w/ cinnamon & serve with 4 oz. nonfat cottage cheese mixed w/ 1 tsp. all-fruit preserves	<b>Scrambled Eggs w/ Salmon:</b> Scramble 2 egg whites w/ 1 yolk, chopped onion, tomato & 1 oz smoked salmon, serve with light english muffin & 2 Tbs. Farmers Cheese	<b>Pear &amp; Cinnamon Oatmeal:</b> 1 packet of plain instant oatmeal prepared w/ skim milk & topped with 1 Tbs. slivered almonds, cinnamon & ½ finely chopped pear	<b>Pumpkin Seed Cereal:</b> ¾ c. high fiber cereal topped w/ 1 Tbs. pumpkin seeds, 1 Tbs. dried cranberries & 1 c. skim milk	<b>Breakfast Burrito:</b> Egg whites, 1 oz. reduced fat Monterey jack cheese & salsa wrapped in 8" whole wheat tortilla w/ a small skim latte	<b>Green Tea Loaf:</b> Look under "recipes" on <a href="http://www.vitaljuice.com">www.vitaljuice.com</a> for the recipe.
<b>Snack</b>	Celery sticks with 1 oz. herbed goat cheese	15 raw unsalted almonds	Small skim latte w/ cinnamon & vanilla powder	Soy Crisps (1.3 oz bag)	Green tea & ½ oz. dark chocolate (at least 70% cocoa)	Energy bar (180 calories or less, minimum of 5 g fiber, & less than 15 g sugar)	1 part-skim mozzarella cheese stick w/ cherry tomatoes
<b>Lunch</b>	<b>Open-Faced Turkey Sandwich:</b> 4 oz. turkey breast, 1 oz. reduced fat Swiss cheese, mustard, lettuce & tomato w/ a side salad of cucumbers, red onion & rice vinegar	<b>Grilled Chicken Salad:</b> Mixed greens, tomato, cucumber & roasted peppers, ½ c. chickpeas, 3 oz. grilled chicken breast, 1 Tbs. balsamic vinaigrette	<b>Mediterranean Salad:</b> Chopped cucumber, red & yellow peppers, grape tomatoes, 8 olives tossed w/ 4 oz canned wild salmon & 1 Tbs. balsamic vinaigrette	<b>Hearty Lentil Soup:</b> 1 c. vegetarian lentil vegetable soup & 2 high-fiber crackers	<b>Chicken Lettuce Wraps:</b> 4 oz .grilled chicken breast, 2 slices avocado, red pepper & cucumber slices, Dijon mustard. Divide among 2 large romaine lettuce leaves	<b>Veggie Burger Pizza:</b> Stack one veggie burger & 1 slice reduced fat cheese on top of the mushroom; melt cheese	<b>Spinach &amp; Feta Omlete:</b> Egg white omelet w/ spinach & 1 oz. feta cheese, w/ 1 slice 7-grain toast & skim cappuccino
<b>Snack</b>	1 c. nonfat chocolate milk w/ 8 walnut halves	Cherry tomatoes w/ 1 oz. feta cheese and balsamic vinegar	1 c. cantaloupe cubes sprinkled w/ 1 Tbs. ground flaxseed	Green Tea Loaf Look under "recipes" on <a href="http://www.vitaljuice.com">www.vitaljuice.com</a> for the recipe.	1 fiber cracker w/ 1 tsp. natural peanut butter & 1 Tbs. apple butter	6 oz. nonfat plain yogurt w/ ½ cup sliced strawberries & 1 tsp. chocolate nut butter	4 oz. nonfat cottage cheese w/ blueberries & cinnamon
<b>Dinner</b>	<b>Flounder:</b> 4 oz. baked flounder w/ tomatoes, 2 tsp. olive oil, lemon juice & chopped capers. W/ steamed spinach & carrots	<b>Sushi:</b> Seaweed salad, 1 cup edamame, 6 slices sashimi, 1 salmon avocado roll w/ brown rice	<b>Chicken Tenders:</b> 4 oz. chicken tenders cooked in 2 tsp. olive oil w/ chopped garlic & rosemary, ½ c. cooked quinoa, & steamed broccoli	<b>Shrimp Marinara:</b> 4 oz. large shrimp (about 5) tossed with ½ c. marinara sauce & fresh basil, side salad w/ steamed green beans, chopped tomato, cucumber & onion w/ 1 Tbs. Parmesan cheese	<b>Beef Filet:</b> 4 oz. lean filet, 1 small baked sweet potato & roasted asparagus	<b>Chicken Burger:</b> 4 oz. chicken burger (white meat only) made w/ chopped tomato, garlic, onion & basil, served over spinach salad w/ 1 Tbs. red wine vinaigrette	<b>Salmon</b> 4 oz. salmon, sautéed zucchini & yellow squash w/ thyme, mixed green salad w/ lemon & 2 tsp. olive oil

Meal plan and recipes provided by:



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