



**RESHAPE  
YOUR  
HEALTH**

# 3-DAY MEAL PLAN



*Making healthy eating  
a way of life.*

**1**  
DAY



## BREAKFAST

*English Muffin with Pineapple  
Cottage Cheese*

- 1 whole wheat english muffin with 1 tbsp trans-free margarine
- ¾ cup 1% cottage cheese mixed with ½ cup canned pineapple (juice drained)

## LUNCH

*Tuna Salad Sandwich*

- place tuna and 1 or 2 roasted pepper strips on 2 slices whole grain bread (at least 2 gm fiber/serving) \*make a double portion of day 3 lunch tuna recipe\*
- ½ banana

## DINNER

*Chicken Breast Hunter Style with  
Spinach Salad and Wild Rice*

- 3 oz chicken breast seasoned with garlic powder, salt, pepper. Pour ½ cup crushed tomato over chicken and bake at 350F. \*make double portion for day 2 lunch\*
- ¾ cup cooked wild rice
- 2 cups baby spinach tossed with 2 tbsp raspberry vinaigrette dressing, 1 tbsp chopped walnuts, 1 tbsp dried cranberries

## SNACK

- 1.5 oz low-fat swiss cheese
- ½ cup unsweetened applesauce
- 1 serving whole grain crackers (at least 3 gm fiber/serving)

**2**  
DAY



## BREAKFAST

*High Fiber Cereal*

- cold cereal with at least 5 grams fiber (eat a serving equal to 100 calories)
- ½ cup skim milk
- 2 tbsp chopped walnuts
- ½ banana

## LUNCH

*Soup and Sandwich*

- 1 cup reduced sodium vegetable soup
- 3 oz chicken (from last night's dinner)
- 1/4 cup shredded part-skim mozzarella melted on 2 slices of whole grain bread
- ½ grapefruit

## DINNER

*Grilled Fish Tacos with Salsa\**

- \* Recipe included in **Dietitian's Picks Newsletter**
- ¼ avocado or 2 tbsp prepared guacamole

## SNACK

- 1 container low-fat yogurt
- 2 clementines

**3**  
DAY



## BREAKFAST

*Spinach and Swiss Omelet*

- 1 whole egg, 2 egg whites
- ½ cup cooked spinach
- 1.5 oz low-fat swiss cheese
- 1 whole wheat english muffin
- ½ grapefruit

## LUNCH

*Salad with Tuna*

- ½ can tuna mixed with 1 tbsp light mayo and ¼ cup diced celery on 2 cups mixed greens with ½ cup canned beets
- 1 serving whole grain crackers
- 2 clementines

## DINNER

*Pork Chop with Brussels Sprouts  
and Sweet Potato*

- 3 oz roasted pork chop with ½ cup applesauce
- 1 cup brussel sprouts
- 1 baked sweet potato with 1 tbsp trans-free margarine

## SNACK

- ½ cup cottage cheese
- 2 tbsp dried Cranberries

## ANYTIME SNACKS

reduced fat string cheese • whole grain crackers • a handful of almonds • a half cup of raspberries • cottage cheese with fruit • 2 ounces of extra sharp cheddar cheese • a half cup of grapes



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# SHOPPING LIST

3-day shopping list for one person



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## FRESH FRUITS

- 1 Banana
- 4 Clementines
- 1 Grapefruit

## MEAT/POULTRY/SEAFOOD

- 8 oz raw Boneless/Skinless Chicken Breast
- 4 oz raw Boneless Pork Chop
- 1 Fish Filet (4 oz raw or frozen)

## DAIRY ◆

- 16 oz 1% Cottage Cheese
- 1 low-fat Yogurt
- 8 oz pkg Shredded Part-skim Mozzarella

## FRESH VEGETABLES

- 1 Avocado or 1 pkg Premade Guacamole
- 1 pkg Celery
- 1 cup Brussels Sprouts
- 1 prewashed pkg of Mixed Greens
- 1 prewashed pkg or 1 bunch Spinach
- 1 medium Sweet Potato

## GROCERY

- 1 can Beets (or use fresh) ■
- 1 box Cereal (at least 5 gm fiber/serving) ●
- 1 can Corn (or 1 cup frozen)
- 1 pkg Dried Cranberries
- 1 jar Light Mayonnaise

- 1 can Pineapple Chunks
- 1 bottle Raspberry Vinaigrette Dressing
- 1 can reduced sodium Vegetable Soup
- 1 jar Salsa
- 1 can Tuna packed in Water
- 1 jar unsweetened Applesauce
- 1 box whole grain Crackers ●  
(at least 3 gm fiber/serving)
- 1 pkg Wild Rice

## BREADS

- 1 pkg Corn Tortillas
- 1 pkg 100% Whole Wheat English Muffin ●

## DELI

- ¼ lb low-fat Swiss Cheese ◆

## SNACKS/NUTS

- 1 pkg Chopped Walnuts

## PANTRY STAPLES

make sure you have these on hand:

- Cumin
- Eggs or Egg Substitute
- Olive oil
- Skim or 1% Milk ◆
- trans fat free Margarine
- Whole Wheat Bread ●  
(at least 2 gm fiber/serving)
- Red Onions

- Make fresh beets! Wash, wrap in foil, and cook at 350° for 1 hour. Remove skin and use as a side dish or salad
- ◆ Dairy products are a good source of protein and calcium
- The amount of fiber is listed on a product's Nutrition Fact Panel under the Total Carbohydrate section

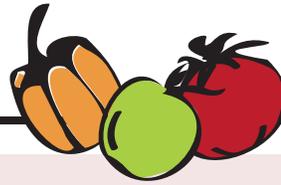


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# YOUR DIETITIAN'S PICKS



*Making healthy eating a way of life.*



This month's Dietitian's Picks feature foods that add valuable nutrients to a heart-healthy diet.

- Egg/Egg Substitute (PROTEIN)
- Cold Cereal (FIBER, WHOLE GRAINS)
- Beets (FIBER, ANTIOXIDANTS)

Eat a "hearty" diet to keep your ticker in good shape! When it comes to heart health, eating "heartily" means more than just having a substantial meal -- it means choosing foods that add important heart-healthy nutrients to your diet and limiting those that raise your risk of heart disease. Here are some ways to keep your heart healthy:

## ADD MORE FIBER

Eat more beans, whole grains, fruits and vegetables to get more of the good stuff.

## LIMIT CHOLESTEROL, SATURATED AND TRANS FAT

Choose foods like grilled fish, fruits and vegetables which are naturally low in these types of fat.

## EXERCISE REGULARLY

It can be as simple as taking a walk! Aim to do some physical activity each day.

## EGGS

Eggs are a great source of high-quality protein needed for your body's health. While most of the protein is contained in the egg white, the yolk contains some as well and is also where vitamins such as D and B12 are found. While the nutrient-rich yolk contains cholesterol, the egg white is cholesterol-free. However, research shows that dietary cholesterol does not raise blood cholesterol quite as much as we once thought. So while it's still important to limit your intake, focus on cutting saturated fat and trans fat to get the biggest reduction in blood cholesterol levels. Eggcellent advice: eating one whole egg a day is ok! There is no limit on egg whites.

## COLD CEREAL

Fiber is important for heart health because it can help to lower LDL ("bad") cholesterol. Fiber is found in plant foods such as whole grains, nuts, legumes, fruits and vegetables. Your goal should be to get 25 to 30 grams of fiber each day. Cold cereal can be a significant contributor of fiber to your diet when you choose cereals with at least 5 grams of fiber per serving.

## BEETS

When you want to add a splash of color to your plate, you can't go wrong with beets! Fresh, canned or frozen, their red color brightens up any dish. Fruits and vegetables that have rich colors are a source of antioxidants that can help to protect your heart as well as reduce the risk of some types of cancers. Beets, like other fruits and vegetables, are also a great source of fiber.

(For more information on heart healthy choices go to [www.heart.org](http://www.heart.org))

## HEART HEALTHY RECIPE

### GRILLED FISH TACOS (6 servings)

- 6 fish fillets
- 2 tablespoons olive oil
- Corn tortillas, warmed
- 1 teaspoon cumin
- 1 jar salsa
- 1 can corn, drained

Preheat grill or pan. Brush pan and fish with olive oil. Arrange fish fillet on a pan and cook 3 minutes on both sides then break fish up into small pieces. Mix salsa, corn and cumin together and add fish. Place into tortilla and add toppings as desired.

#### SUGGESTED TOPPINGS:

Plain greek yogurt, chopped onion, chopped greens