



Cold Cereal BREAKFAST

2/3 cup high fiber cereal (Bran Flakes, Shredded Wheat, Oat Squares)
6-8 oz reduced fat milk w/1 oz Shaklee protein powder mixed in
1/2 cup berries or small banana

Brown Bag LUNCH

Your choice of lean meat on medium sized bagel for a filling sandwich. Serve with a dill pickle spear, baked chips, fruit and graham crackers.

Energy Snack

Cashews and raisins

Two Meal DINNER

This recipe will make two meals: Pasta Bake and Italian Sub Sandwiches.

Brown 2 packages of Chicken (or other low-fat) Italian sausages in olive oil. In another large skillet, saute 2 chopped bell peppers, 2 chopped onions, garlic, salt & pepper. Put 1/2 vegetables in skillet with sausage. Put 1/2 the sausage in the skillet with the other 1/2 of the vegetables.

Cook rigatoni pasta; drain and return to pot.

Add 1/2 cup dry white wine to each pan (or chicken broth) of sausages.

Add 1 (28 oz) can crushed tomatoes to one pan of sausages.

Add 1 cup ricotta cheese, basil, parsley, parmesan cheese, salt & pepper to pasta.

Put 1/2 of tomato mixture in casserole dish. Top with pasta, then the rest of the tomato mixture. Parmesan cheese on top. Put under the broiler until cheese melts.

Serve with a tossed salad.

Save the other pan of sausage and vegetables for another meal.