



Bagel Sandwich BREAKFAST

Toasted medium sized bagel topped with light cream cheese and a slice of turkey.

Light LUNCH

Cold plate: one boiled egg, 2 lean slices of deli turkey, dill pickle spears, whole wheat crackers and 1 sliced apple with 1 tbsp peanut butter for dipping.

Snack

Cottage cheese and pineapple.

Vegetarian DINNER

Have a variety of salads...

Tomatoes with Blue Cheese: Chopped romaine lettuce, 1 sliced tomato, crumbled blue or feta cheese, fresh basil, black pepper. **Dressing:** 3 tbsp lemon juice, 1/2 cup olive oil, 2 tbsp sugar, crushed garlic, 1 tbsp Dijon mustard, salt & pepper. Drizzle over salad just before serving.

Wild Rice & Artichokes: To cooked wild rice, add chopped green onion, sliced grape tomatoes, marinated artichoke hearts, drained green peas. Toss with reduced-fat Italian Dressing. Serve warm or cold.

Carrot, Raisin, and Celery Salad: Mix grated carrots, raisins, sliced celery and fat free mayo. Chill at least 1 hour before serving.

Dessert: Spritz reduced-fat flour tortillas with water; sprinkle with sugar and cinnamon. Cut like a pizza. Place pieces on cookie sheet in 400 degree oven until lightly browned and crispy. Serve with light vanilla ice cream or frozen yogurt.