



### ***Southwestern Omelet BREAKFAST***

Fluffy omelet, made with egg beaters or 1 whole egg & 3 egg whites, cooked in nonstick pan. Fill your omelet with browned onions and bell peppers. Serve with 2 slices of whole grain toast and fruit spread.

### ***Souper Soup LUNCH***

Tomato-Barley Soup With Garden Vegetables: In soup pot, combine 2 (14-oz) cans vegetable broth, 3/4 cup quick-cooking barley, 3/4 cup thinly sliced carrot, 1 tsp dried, crushed thyme, 1/8 tsp black pepper. Bring to a boil; reduce heat and simmer, covered, for 10 minutes. Stir in 1 (19-oz) can tomato basil soup; 2 cups coarsely chopped zucchini and/or yellow squash, 1 cup frozen green beans. Cover and simmer for 8-10 minutes or until vegetables and barley are tender. Serve with crusty rolls.

### ***P-Nutty Snack***

Have a sliced banana topped with peanut butter.

### ***Lo-Cal Zone DINNER***

Preheat oven to 400. In a medium bowl, combine 1 cup part-skim ricotta cheese, 1/3 cup shredded non-fat mozzarella cheese, 1 diced plum tomato, 1/4 cup chopped lean ham, and 1/8 tsp black pepper. Divide the mixture among 4 fat-free flour tortillas. Roll up and wrap in foil. Place the foil packets on a baking sheet. Bake until heated through, about 10 minutes. Open packets carefully! Serve with a tossed salad.

Dessert: Baked apples and light vanilla ice cream. Slice apples and put in microwaveable dish with brown sugar and small amount of butter. Microwave until apples are tender. Serve warm with ice cream.