



### ***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

### ***Turkey Sub With A Twist LUNCH***

Combine reduced-fat mayo with fresh squeezed orange juice and a little orange zest. Spread on whole grain sub rolls; top with peppered turkey and Swiss or provolone cheese. Serve with coleslaw and fresh fruit for dessert.

### ***Energy Snack***

Cashews, almonds, and raisins

### ***Salsa Skillet DINNER***

In large skillet, cook 1 red bell pepper cut into strips, 1 green bell pepper cut into strips and cubed potatoes in olive oil until tender. Add 1 can whole kernel corn, drained; 1 can black beans, rinsed and drained; cubed cooked chicken; and salsa. Stir gently. Cover and cook over medium-low heat about 10 minutes or until heated through. Serve with flour tortillas or cornbread.

Dessert: Piecrust Cookies: Place pie crust on lightly floured surface. Brush with melted butter. Sprinkle with brown sugar and cinnamon or pumpkin pie spice. Using a pizza cutter, cut dough to 1-1/2" to 2" square cookies. Bake at 400 degrees on un-greased baking sheet for about 8 minutes or until golden brown.