



Bagel Sandwich BREAKFAST

Toasted medium sized bagel topped with turkey bacon and 1 scrambled egg.

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

Ravioli Skillet Lasagna: In large skillet, combine 1 jar chunky style spaghetti sauce and 1/3 cup water. Bring to a boil. Stir in 1 (9 oz) package frozen cheese filled ravioli. Cover and cook over medium heat about 5 minutes. Meanwhile, in a bowl, beat egg with a fork; stir in 1 (15 oz) carton reduced-fat ricotta cheese; and 1/4 cup grated Romano or Parmesan cheese. Toss 1 (10 -oz) package frozen chopped spinach, thawed and well drained - dot ravioli with spinach. Spoon ricotta mixture on top of spinach. Cover and cook over low heat about 10 minutes or until ricotta layer is set and pasta is just tender. Sprinkle individual servings with additional Romano cheese. Serve with a tossed salad.

Dessert: Angel food cake, berries, and whipped topping.