



***Shake It Up* BREAKFAST**

Blend all ingredients in blender: 1 serving Shaklee protein powder, 1 cup fresh or frozen strawberries, 1 cup fresh or frozen peaches, 1 tbsp sugar, 1 cup almonds, 1 cup low fat milk. Adjust to taste. Add variety to shakes by trying different fruit combinations, add some vanilla flavoring, etc.

***Wrap It Up* LUNCH**

Make a wrap sandwich using reduced-fat flour tortilla. Fill with crumbled turkey bacon, chopped tomatoes, lettuce, and low-fat mayo. Serve with baked chips and fresh fruit.

Crunchy Yogurt Snack

A cup of your favorite fruit flavored light yogurt topped with low-fat granola.

***Eat Fish Often!* DINNER**

Spicy Jalapeno-Shrimp Pasta: Cook linguine; keep warm. In large skillet, heat 2 tbsp olive oil. Add 1 finely chopped, seeded jalapeno pepper; garlic; salt and pepper. Cook and stir for 1 minute. Add 12 ounces shrimp. Cook about 3 minutes more or until shrimp are opaque. Stir in 2 cups chopped tomatoes; heat through. Toss linguine with shrimp mixture. If desired, sprinkle with Parmesan cheese.

Serve with broiled summer squash and onions.

Dessert: Peach Parfait: Spoon vanilla low-fat yogurt mixed with fat-free whipped topping into parfait glass. Top with sliced peaches; repeat layers.