



***Coffee House* BREAKFAST**

1 reduced-fat bran muffin with yogurt and fresh fruit.

***Tex-Mex* LUNCH**

Carne Asada Tacos: Sear 1 lb skirt steak seasoned with salt and pepper about 2 minutes per side on hot oiled grill pan or skillet. Place on cutting board to rest about 5 minutes. Squeeze juice of one lime over the steak. Cut steak into thin slices across the grain. Assemble tacos into warmed corn tortillas, topping with salsa and guacamole. Mexican corn and pinto or black beans would be good accompaniments to this meal.

***Energizing* Snack**

Banana-Berry Power Smoothie: Place in blender: 1/4 cup orange juice, 1/2 cup plain, low-fat yogurt, 1/2 small banana, 1/4 cup sliced strawberries, honey to taste, 1-1/2 tbsp Shaklee soy protein powder. Blend on high speed until smooth.

***Salad* DINNER**

Fix a big tossed salad with your favorite things added (boiled egg, mushrooms, bell pepper strips, sunflower seeds, tomatoes, cucumbers, squash, broccoli, etc.) If there is leftover steak from lunch, add it to your salad. Make your salads colorful and filling! Use a reduced-fat dressing. Have fresh cantaloupe or other fruit for dessert.