



Scrambled BREAKFAST

Scramble 2 whole eggs and 3 egg whites. Top with 1 oz low-fat cheddar cheese. Serve with 2 slices whole wheat toast and 1 orange (or 6 oz orange juice).

Fajitas #2 LUNCH

Leftover fajita meat? Serve with black beans and a tossed salad. It's better the next day. Tip: When cooking, fix enough to get at least two meals from your work!

2 medium size cookies for dessert.

Roll Up Snack

Place 3 oz sliced turkey breast in flour tortilla. Roll & eat.

Crock Pot Vegetable Soup Dinner

Homemade vegetable soup: Start with 1 can chicken broth in a large pan. Add fresh or frozen vegetables of your choice (red potatoes, onion, peppers, celery, carrots, green beans, etc.). Season to taste (Worcestershire sauce, chili powder, salt, pepper, etc.). Simmer until vegetables are tender. Optional: add a small amount of penne pasta or similar pasta the last 10 minutes of cooking.

Serve with sandwich made from lean ham or turkey on whole grain bread.

Fat free chocolate pudding with Ginger Snaps for dessert.