



### ***Southwestern Omelet* BREAKFAST**

Fluffy omelet, made with egg beaters or 1 whole egg & 3 egg whites, cooked in nonstick pan. Fill your omelet with browned onions and bell peppers. Serve with 2 slices of whole grain toast and fruit spread.

### ***Souper Soup* LUNCH**

*Chili-Flavored Chicken Soup:* In a soup pot, combine 1 (15 oz) can whole kernel corn, drained; 1 (14 oz) can beef broth; 1 (14 oz) can chicken broth; 1 (14-1/2 oz) can diced tomatoes, un-drained; 1 medium onion, chopped; 1 chopped green bell pepper; 1 tsp chili powder; 1/2 tsp ground cumin; 1/4 tsp black pepper. Bring to a boil. Stir in boneless, skinless chicken, cut into bite-size pieces. Return to a boil; reduce heat. Cover and simmer until chicken is done. Serve with tortilla chips or corn muffins. Sliced watermelon or cantaloupe for dessert.

### ***P-Nutty* Snack**

Have a sliced banana topped with peanut butter.

### ***Grill-It* DINNER**

Grill sirloin patties. Serve with a baked potato or oven fries; steamed broccoli; and pineapple coleslaw.

*Pineapple coleslaw:* Add drained pineapple tidbits, 2 tbsp vanilla low-fat yogurt, and 2 tbsp light mayo to 1-1/2 cups packaged coleslaw mix. Toss to mix. Sprinkle with 1/4 cup honey-roasted peanuts, chopped.