

Your 4-Week, 28-Day Healthy Weight Healthy Me Meal Plan





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Eating a balanced and healthy diet provides a number of benefits – from preventing disease to increasing your energy level. This meal plan provides an array of recipes to help you create healthy meals and snacks for four weeks. In addition, the information below will help you calculate the appropriate calorie intake needed to achieve your personal weight loss goals.

CALCULATE YOUR CALORIE GOAL

Most people will lose weight on a daily diet of 1,500 calories. If you want to be even more precise about cutting calories, this simple calculation will give you a daily calorie goal that can help you lose a healthy 1 to 2 pounds per week:

- > Your current weight x 12 = Calories needed to maintain your weight
 - To lose 1 pound a week: Cut 500 calories a day
 - To lose 2 pounds a week: Cut 1,000 calories a day

Ideally, you should both exercise to burn calories and cut back on calories you consume.

Do not eat less than 1200 calories a day unless under a doctor's supervision.

BREAKFAST

For breakfast, **try some** of the 300–350 calorie breakfast options.



LUNCH

Aim for a lunch that is 325–400 calories. **Browse** through the options.



SNACK

Try some of the healthy snack options.



DINNER

For dinner, aim for a meal that is 500 calories. **See** some of the recipes.



IMPORTANT INFORMATION ABOUT THE DAILY CALORIE CALCULATION:

This formula is used in many clinical weight loss trials—and, it's true—it assumes that the person using the equation is sedentary. If you're an active person and you're finding that your result (say 1,200 calories) is too low, bump it up gradually to an amount that feels satisfying to you. The point is NOT to starve yourself. Most people will lose weight on a 1,500 calorie diet, some on an even higher caloric level. The best gauge for whether you're at the right level is how satisfied you feel (you shouldn't be hungry all day!) and whether you're losing weight. If you're losing weight on 1,800 a day and you feel great, stick with that. The calculation is just a suggested starting point.

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Baked French Toast Fritters with Apples and Bananas

TOTAL TIME: 35 MINUTES

MAKES 4 SERVINGS, 1 FRITTER PER SERVING (332 CALORIES)

For sandwiches:

- 8 slices whole-wheat bread
- ¼ cup creamy peanut butter (or other nut butter)
- 1 apple, rinsed, peeled, cored and sliced into 8 rings
- 2 bananas, peeled and cut into about 12 thin slices each

For batter:

- 3 Tbsp. egg substitute (or 1 egg white)
- ¼ tsp. ground cinnamon
- 1 Tbsp. brown sugar
- ¼ cup fat-free evaporated milk

Preparation:

1. Preheat oven to 400 degrees. Cover a large baking sheet with non-stick foil then preheat it for 10 minutes.
2. Assemble fritter as a sandwich, with ½ tablespoon of peanut butter on each slice of bread, and two apple slices and six banana slices in the middle of each sandwich.
3. Combine ingredients for the batter, and mix well.
4. Dip both sides of each fritter in the batter, and place fritters on preheated baking sheet.
5. Bake for 10 minutes on each side, or until both sides are browned. Serve immediately.

Oatmeal Pecan Waffles (or Pancakes)

TOTAL TIME: 40 MINUTES

MAKES 4 SERVINGS, 3 SMALL (2-INCH) OR 1 LARGE (6-INCH) WAFFLE OR PANCAKE PER SERVING (340 CALORIES)

For waffles:

- 1 cup whole-wheat flour
- ½ cup quick-cooking oats
- 2 tsp. baking powder
- 1 tsp. sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated (for pancakes, see note)
- 1½ cup fat-free (skim) milk
- 1 Tbsp. vegetable oil

For fruit topping:

- 2 cup fresh strawberries, rinsed, stems removed and cut in half (or substitute frozen strawberries, thawed)
- 1 cup fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 cup fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 tsp. powdered sugar

Preparation:

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar and pecans in a large bowl.
3. Combine egg yolks, milk and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not over mix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note below).
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. Note: A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside. (Batter also can be used to make pancakes; see note below.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

Note: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.



Breakfast Crepes with Ham, Cheese and Apples

TOTAL TIME: 20 MINUTES

MAKES 6 SERVINGS, 3 SMALL OR 1 CREPE PER SERVING (190 CALORIES)

Ingredients:

- 6 ready-to-use, packaged crepes
- 3 thin slices of deli ham, halved
- 6 oz. of shredded cheddar cheese
- 1 medium apple, cut in thin, match-like sticks

Preparation:

1. Preheat oven to 350 degrees.
2. Arrange crepes on a flat surface. Place half slice of ham on each crepe; fold crepe to form half-moon shape.
3. Layer 2 Tbsp. cheese, 1/3 cup apples, and another 2 Tbsp. cheese on each crepe; roll into cone shape. Place seam-side down on non-stick baking sheet or pan lined with parchment paper
4. Place on center rack of oven. Bake 8–10 minutes or until lightly browned and cheese melts.

Broccoli Omelet

TOTAL TIME: 20 MINUTES

MAKES 4 SERVINGS, 1 OMELET PER SERVING (332 CALORIES).

SERVE WITH 1 CUP OF CUBED FRESH HONEYDEW (61 CALORIES). TOTAL = 251 CALORIES.

Ingredients:

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|--|-------------------------------------|-----------------------------------|
| 3 cups of broccoli florets | cooking oil | 1/2 cup ricotta cheese |
| 1 large red bell pepper, cut into strips | 4 eggs, plus egg whites from 8 eggs | 2 Tbsp. grated parmesan cheese |
| 16 button mushrooms, sliced | 1/4 cup milk, fat-free | 1/8 tsp. salt and 1/8 tsp. pepper |

Preparation:

1. Cut vegetables as directed.
2. Whisk eggs and milk in a medium mixing bowl.
3. Heat a small amount of oil in a 10-inch non-stick skillet.
4. Add broccoli, peppers and mushrooms; sauté about 3–5 minutes, then remove from pan.
5. To cook one omelet: Use cooking spray as needed. Add 1/4 of the egg-milk mixture to hot skillet, and let spread to cover bottom of pan.
6. When egg begins to thicken on top, sprinkle with 1/4 of the parmesan cheese.
7. Dab 1/2 of the omelet with ricotta cheese; spread a portion of the vegetable mixture.
8. Fold the other 1/2 of the omelet over the vegetables and let cook about one more minute. Slide onto plate. Season lightly with salt and pepper.
9. Repeat step 5 to cook all omelets.
10. Garnish omelets with remaining vegetable sauté mix.

BREAKFAST



OTHER BREAKFAST IDEAS FOR 350 CALORIES OR LESS:

- 1 cup oatmeal topped with $\frac{1}{4}$ cup non-fat plain yogurt and $\frac{1}{2}$ cup berries + a 12 oz. non-fat latte = **349 calories**
- Egg and cheese sandwich (1 egg on a whole-wheat English muffin with 1 oz. slice of low-fat cheese) + $\frac{1}{2}$ cup diced mango = **308 calories**
- Breakfast taco (1 scrambled egg, $\frac{1}{4}$ cup salsa, $\frac{1}{4}$ cup shredded low-fat cheddar on a 6-inch corn tortilla) + a 12 oz. non-fat latte = **319 calories**
- $\frac{1}{2}$ whole-wheat bagel with 1 Tbsp. reduced-fat cream cheese and 1 oz. ham + 1 cup honeydew melon + 1 cup non-fat milk = **337 calories**
- $1\frac{1}{2}$ – 2 cups whole-grain cereal with 1 cup non-fat milk + 1 medium banana = **345 calories**
- Whole-wheat English muffin with 1 Tbsp. peanut butter + 6 oz. non-fat plain yogurt + $\frac{1}{2}$ cup diced papaya = **350 calories**

You may substitute an equivalent amount of the fruit of your choice in any of the above breakfast ideas.





Peppered Turkey and Cucumber Wrap

TOTAL TIME: 15 MINUTES

**MAKES 4 SERVINGS, ½ WRAP PER SERVING (280 CALORIES).
SERVE WITH 1 CUP OF GRAPES (62 CALORIES). TOTAL = 342 CALORIES**

Ingredients:

2 Italian herb wraps; halved	4 Tbsp. goat cheese, crumbled
4 Tbsp. hummus	8 tsp. green olives, chopped
8 thin slices (about ½ lb.) Peppered Turkey	½ seedless cucumber, peeled, cut in thin, match-like strips

Preparation:

1. Spread hummus on wrap; layer with turkey, goat cheese, olives and cucumber. With round edge of flatbread towards you, roll towards cut edge. Serve.

Garden Cannellini Bean Salad

TOTAL TIME: 45 MINUTES

**MAKES 4 SERVINGS, ABOUT 2 ½ CUPS PER SERVING (250 CALORIES).
SERVE WITH 1 SMALL APPLE (80 CALORIES). TOTAL = 330 CALORIES**

Bean Salad:

½ cup almond slivers
2 tomatoes coarsely chopped
½ yellow bell pepper, chopped
½ cucumber, chopped
3 green onions, sliced
2-14 oz. cans cannellini (white) beans, no salt added, drained and rinsed
Large lettuce leaves

Dressing:

1 Tbsp. olive oil
2 tsp. of white wine vinegar
½ cup apple juice
1 Tbsp. tomato basil garlic seasoning blend, no salt

Preparation:

1. Whisk together dressing ingredients in a small bowl.
2. In a small sauté pan, toast almond slivers until golden.
3. Remove from pan and let cool.
4. In a medium bowl, toss dressing with all ingredients except lettuce.
5. Refrigerate until ready to serve.
6. To serve, place lettuce leaves on individual plates; top with salad.



Avocado, Potato, and Grilled Chicken Salad

TOTAL TIME: 45 MINUTES

**MAKES 4 SERVINGS, ABOUT ½ CUP PER SERVING (300 CALORIES).
SERVE WITH A SLICE OF WHOLE GRAIN TOAST (80 CALORIES). TOTAL = 380 CALORIES**

Ingredients:

3–4 medium red potatoes	8 oz. frozen pre-cooked grilled chicken strips (about 8 strips), thawed, cut into bite-size pieces
1 fresh, ripe avocado	1 Tbsp. olive oil
1 tsp. lemon juice	1 Tbsp. apple cider vinegar
4 green onions, chopped	½ cup lemon non-fat yogurt
½ medium red bell pepper, chopped	⅛ tsp. ground black pepper

Preparation:

1. In a medium sauce pan, boil potatoes about 20 minutes, until just tender; run under cold water to cool, and cut into chunks.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss.

Shrimp Confetti Salad Sandwich with Grapes

TOTAL TIME: 15 MINUTES

MAKES 4 SERVINGS, 1 SANDWICH AND ¾ CUP GRAPES (330 CALORIES)

Ingredients:

½ pound frozen, cooked cocktail shrimp (thawed, peeled and deveined)	2 Tbsp. reduced-fat mayonnaise
1-8 oz. can yellow corn kernels, no salt added, drained	½ tsp. of salt-free Caribbean citrus seasoning
1 cup canned black beans, no salt added, drained and rinsed	8 slices of whole grain bread
1 stalk celery, diced	2 tomatoes thinly sliced
2 Tbsp. chopped onion	4 leaves of leafy lettuce

Preparation:

1. Chop shrimp coarsely.
2. Mix together shrimp salad ingredients (everything except the bread, tomato slices and lettuce).
3. Divide salad evenly among 4 slices of bread, spread to edges of bread.
4. Top with tomato, lettuce and second bread slice.



OTHER LUNCH IDEAS FOR 400 CALORIES OR LESS:

- One slice whole-wheat bread, toasted with ½ oz. cheddar and 2 slices tomatoes + 1 ½ cups black bean soup = **362 calories**
 - Tuna sandwich (2 slices multigrain bread, ½ cup tuna salad made with 2 tsp. low-fat mayonnaise; lettuce, tomato) + 1 peach = **327 calories**
 - Grilled chicken sandwich (whole-wheat roll + 3 oz. grilled chicken breast + 1oz. reduced-fat Swiss cheese, lettuce, tomato, 2 tsp. low-fat mayonnaise) + ½ cup diced watermelon = **373 calories**
 - Bean burrito (8-inch whole-wheat tortilla, ½ cup nonfat refried beans, 1/4 cup salsa, 2 oz. low-fat cheddar cheese) + small salad (1 cup lettuce, ½ cup veggies, 2 Tbsp. reduced-fat Ranch dressing) = **393 calories**
 - Grilled salmon Caesar wrap (8-inch whole-wheat tortilla + 3 oz. grilled salmon, ¾ cup shredded romaine, 2 tsp. low-calorie Caesar dressing) + ½ cup grapes = **393 calories**
 - Greek salad with chicken (2 cups greens + ½ cup each diced bell peppers, tomatoes and onions + 1/4 cup feta + 3 oz. cooked chicken breast, 4 kalamata olives + 2 Tbsp. low-calorie vinaigrette) = **400 calories**
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Strawberry Banana Parfait

TOTAL TIME: 5 MINUTES

MAKES 1 SERVING (190 CALORIES)

Ingredients:

½ medium ripe banana, mashed

⅛ tsp. vanilla

⅓ cup plain non-fat yogurt

½ cup sliced fresh strawberries

½ cup complete bran and wheat flakes
ready to eat cereal

Preparation:

1. Stir banana and vanilla into yogurt.
2. In one 10–12 oz. glass, alternately layer the yogurt mixture, strawberries and cereal. Serve immediately.

Celery with Apricot Blue Cheese Spread

TOTAL TIME: 15 MINUTES

MAKES 4 SERVINGS, 6 CELERY PIECES PER SERVING (140 CALORIES)

Ingredients:

2 Tbsp. crumbled blue cheese

3 Tbsp. fat-free cream cheese

½ cup fat-free plain yogurt

4 dried apricots

4 dried figs or dates

¼ cup pecans

8 stalks celery

Preparation:

1. Chop dried fruit and pecans.
2. Mix blue cheese, cream cheese and yogurt until smooth with fork or hand mixer.
3. Stir in chopped dried fruit and pecans. Refrigerate spread until ready to use.
4. Slice celery stalks into 3–4 inch sticks.
5. Fill celery pieces with spread.



Watermelon Gazpacho

TOTAL TIME: 30 MINUTES

MAKES 4 SERVINGS, 1 CUP PER SERVING (70 CALORIES)

Ingredients:

4 cups cubed, seeded watermelon, divided	1 tsp. olive oil
1 cucumber, peeled, coarsely chopped, divided	1 Tbsp. chopped fresh basil
1 garlic clove, minced	1/8 tsp. ground black pepper
2 Tbsp. chopped onion	1/2 jalapeño pepper, seeded and chopped
2 tsp. lime juice	

Preparation:

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 chopped cucumber, set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

OTHER SNACK IDEAS FOR 250 CALORIES OR LESS:

- 1 small apple, 12 almonds + ice water with lemon = 170 calories
- 1 cup baby carrots + 1/4 cup hummus = 157 calories
- 1 cup strawberries + 2 Tbsp. non-fat plain yogurt = 70 calories
- 1 cup cantaloupe + 2 small gingersnaps = 113 calories
- 1/2 cup non-fat cottage cheese + 1/2 cup fresh mandarin oranges = 122 calories
- Hard-boiled egg, sliced, on 1 slice whole-wheat toast with 2 tsp. Dijon mustard = 141 calories
- 1 small apple + 1 Tbsp. natural creamy peanut butter = 172 calories





Garden Turkey Meatloaf

TOTAL TIME: 60–65 MINUTES

MAKES 4 SERVINGS, 2 SLICES PER SERVING (180 CALORIES)

For Meatloaf:

2 cup assorted vegetables, chopped – such as mushrooms, zucchini, red bell peppers or spinach

12 oz. 99% lean ground turkey

½ cup whole-wheat breadcrumbs
(or substitute regular breadcrumbs)

¼ cup fat-free evaporated milk

¼ tsp. ground black pepper

2 Tbsp. ketchup

1 Tbsp. fresh chives, rinsed, dried and chopped
(or 1 tsp. dried)

1 Tbsp. fresh parsley, rinsed, dried and chopped
(or 1 tsp. dried)

Nonstick cooking spray

For Glaze:

1 Tbsp. ketchup

1 Tbsp. honey

1 Tbsp. Dijon mustard

Preparation:

1. Preheat oven to 350°.
2. Steam or lightly sauté the assortment of vegetables.
3. Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well.
Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
4. Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
5. Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165°).
6. Let stand for 5 minutes before cutting into eight even slices.
7. Serve two slices on each plate.



Crunchy Chicken Fingers with Tangy Dipping Sauce

TOTAL TIME: 22 MINUTES

MAKES 4 SERVINGS, 3 CHICKEN STRIPS AND ¼ CUP SAUCE PER SERVING (248 CALORIES)

For Chicken:

½ tsp. reduced-sodium crab seasoning (or substitute ¼ tsp. paprika and ¼ tsp. garlic powder for a sodium-free alternative)
¼ tsp. ground black pepper
1 Tbsp. whole-wheat flour
12 oz. boneless, skinless, chicken breast, cut into 12 strips
2 Tbsp. fat-free (skim) milk
1 egg white (or substitute 2 Tbsp. egg white substitute)
3 cup cornflake cereal, crushed

For Sauce:

¼ cup ketchup
¼ cup 100% orange juice
¼ cup balsamic vinegar
2 Tbsp. honey
2 tsp. deli mustard
1 tsp. Worcestershire sauce

Preparation:

1. Preheat oven to 400°.
2. Mix crab seasoning, pepper, and flour in a bowl.
3. Add chicken strips, and toss well to coat evenly.
4. Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
5. Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
6. Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165°).
7. Meanwhile, prepare the sauce by combining all ingredients and mixing well.
8. Serve three chicken strips with ¼ cup dipping sauce.



Smokey Corn and Black Bean Pizza

TOTAL TIME: 30 MINUTES

MAKES 6 SERVINGS, 1 SLICE OF PIZZA PER SERVING (316 CALORIES)

Ingredients:

1 plum tomato (diced)	1 lb. whole-wheat pizza dough
1 cup canned black beans (rinsed)	1/3 cup barbecue sauce
1 cup fresh corn kernels (about 2 ears)	1 cup shredded mozzarella
2 Tbsp. cornmeal	

Preparation:

1. Preheat grill to medium.
2. Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet.
3. Stretch the dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough.
4. Transfer the crust from the baking sheet to the grill. Close the lid and cook until the crust is puffed and lightly browned on the bottom, 4–5 min.
5. Using a large spatula, flip the crust. Spread barbecue sauce on it and quickly sprinkle with the tomato mixture and cheese.
6. Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4–5 min.

Bowtie Pasta with Chicken, Broccoli and Feta

TOTAL TIME: 30 MINUTES

MAKES 4 SERVINGS, 1 CUP OF PASTA WITH 1 CUP OF SAUCE AND 1 1/2 TBSP. OF FETA PER SERVING (421 CALORIES)

Ingredients:

2 cups dry whole-wheat bowtie pasta (farfalle) (8 oz.)	1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
1 Tbsp. olive oil	2 cups low-sodium chicken broth
1 tsp. garlic, minced (about 1/2 clove)	1 medium lemon, rinsed, for 1 tsp. zest and 1 Tbsp. juice
8 oz. white button mushrooms, rinsed and cut into quarters	2 oz. reduced-fat feta cheese, diced
4 cups cooked broccoli florets (or 1 1-lb. bag frozen broccoli, thawed)	

Preparation:

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
4. Add mushrooms and heat until lightly browned and soft.
5. Add broccoli, diced chicken and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
6. Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3–4 minutes.
7. Add lemon zest and juice, and toss gently.
8. Serve 2 cups of pasta and sauce per portion. Top each portion with 1 1/2 tablespoons feta cheese.



Brown Rice with Sizzling Chicken

TOTAL TIME: 30 MINUTES, EXCLUDING RICE PREPARATION

MAKES 4 SERVINGS, 410 CALORIES PER SERVING

Ingredients:

3 cups hot cooked, brown rice	2 cloves garlic, minced
3 Tbsp. low-sodium soy sauce	1 small white onion, cut into small wedges (about 1/8-inch thick)
1/4 cup of water	3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
1 Tbsp. of honey	1 1/2 cups small broccoli florets
1 Tbsp. of cornstarch	1 medium red bell pepper, cut into 1-inch pieces
1 1/2 Tbsp. of canola oil	
1 lb. of boneless chicken breasts, cut into 1-inch cubes	

Preparation:

1. Mix soy sauce, water, honey and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5–6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Smokey Mustard Maple Salmon

TOTAL TIME: 30 MINUTES

MAKES 4 SERVINGS, 1 FILLET PER SERVING (148 CALORIES). SERVE WITH 1/2 CUP OF STEAMED BROCCOLI AND LEMON (22 CALORIES) AND COOKED RED POTATOES (SALT AND PEPPER TO TASTE, 85 CALORIES). TOTAL = 255 CALORIES

Ingredients:

3 Tbsp. whole-grain or Dijon mustard	1/4 tsp. freshly ground pepper
1 Tbsp. pure maple syrup	1/8 tsp. salt
1/4 tsp. smoked paprika or ground chipotle pepper	4-4oz. skinless, center-cut, wild-caught salmon fillets

Preparation:

1. Preheat oven to 450°. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl.
3. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon.
4. Roast until just cooked through (approx. 8–12 minutes).



Mushroom Steak Fajitas

TOTAL TIME: 45 MINUTES

MAKES 4 SERVINGS, 2 FAJITAS PER SERVING (430 CALORIES)

Ingredients:

12 oz. sirloin or other boneless steak, about $\frac{3}{4}$ -inch thick	1 medium yellow bell pepper, sliced into strips
3 cups sliced mushrooms	8 whole-wheat tortillas, 6-inch
1 Tbsp. no-salt fiesta lime seasoning, divided	1 medium tomato, diced
1 Tbsp. olive oil	2 cups shredded iceberg lettuce
1 medium green bell pepper, sliced into strips	4 Tbsp. non-fat sour cream
1 medium red bell pepper, sliced into strips	

Preparation:

1. Slice beef across the grain into $\frac{1}{4}$ -inch strips. Place in a medium bowl with $\frac{1}{2}$ Tbsp. fiesta lime seasoning; toss to coat.
2. Place mushrooms, peppers and onion and remaining fiesta lime seasoning in a large bowl; toss to coat.
3. Heat oil in large, non-stick skillet. Add beef strips; cook about 3–4 minutes. Remove from skillet.
4. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5–8 minutes.
5. Add beef back to skillet and sauté mixture 1–2 more minutes.
6. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up.