

2,000 Calories

Want to boost nutrition and cut calories,
but not sure where to start?
We've made it easy!

7 Days of Simply Healthy Meals

Whether your goal is to cut calories; choose good carbs; eat lots of fruits, vegetables, and whole grains; or keep fat under control, success starts with putting the right foods in your shopping cart and on your plate. To help you, we asked a team of nutritionists to develop 7 days of healthy menus that offer flavorful eating and also allow for occasional splurges. As with any diet, you should consult with your health care professional before beginning. Enjoy!

The Daily Plan Goals:

2,000 calories

45% carbohydrate (225 g)
20% protein (100 g)
35% total fat (78 g)
7% or less saturated fat

Carbohydrates divided:

Breakfast: 65 g
Lunch: 65 g
Dinner: 65 g
Snack: 30 g (total for day)

Caution: Because of the high protein level, this diet is not for those with kidney disease. If you have kidney disease, consult your doctor for a special meal plan.

Customize: To develop a calorie level for your age, height, weight, and activity level, see a registered dietitian.

Meal plan created by Colleen Pierre, MS, RD, in consultation with Christine D. McKinney, RD, a certified diabetes educator from the Johns Hopkins Bayview Medical Center.

7 Days of Simply Healthy Meals **Sunday**

BREAKFAST

Beverage

Spiced Apple Tea

(1 serving = 1 cup)

Combine in saucepan, bring to a boil, then reduce heat to low

2 apples, cored and cut in thin wedges

3 lemon slices

2 orange slices

4 cinnamon sticks, broken in half

1 dash ground cloves

½ teaspoon ground allspice

½ teaspoon ground ginger

8 cups water

Add 2 tea bags

Steep briefly (about 1 minute); strain liquid and serve

Strawberry Waffles

2 (4-inch) whole-grain waffles

2 tbsp 1% cottage cheese

2/3 cup sliced strawberries

1 dash cinnamon

2 tbsp sliced almonds

LUNCH

Vegetarian Vegetable Soup

(1 cup)

Turkey Sandwich

2 slices whole-wheat bread

2 oz deli turkey breast

1 oz reduced-fat Swiss cheese

1 tbsp mayonnaise

Salad

Apple Broccoli Waldorf

(1 serving = ¼ mixture)

Combine and refrigerate

until ready to serve

2 red apples, unpeeled, diced

2 cups raw broccoli florets

2 tbsp chopped green onion

2 tbsp chopped walnuts

¼ cup raisins

½ cup low-fat vanilla yogurt

Dessert

17 small red seedless grapes

DINNER

Grilled Pork and Veggies

3 oz grilled pork tenderloin

1 cup mixed zucchini and yellow squash cooked on skewers

½ cup grilled sweet-potato slices with 1 tsp trans-fat-free

margarine and 1 dash pumpkin pie spice

Salad

2 cups green-leaf lettuce

Toss with

1 tsp balsamic vinegar

2 tsp olive oil

Brown Rice Pilaf

(1 serving = 1/6 mixture)

In medium saucepan, combine

1½ cups brown rice, uncooked

3 cups water

¼ cup almonds, chopped

1 tsp dried parsley

½ tsp garlic powder

¼ tsp ground black pepper

Bring to a boil over medium-high heat, then cover, reduce

heat to simmer, and cook until all liquid evaporates

(about 50 minutes).

Beverage

1 cup fat-free milk

Dessert

¾ cup pineapple

Snack

Honeyed Mangoes

(1 serving = ¼ of mixture)

Peel and slice into microwaveable dish

4 mangoes, very ripe

Add

1 Tbsp honey

¼ tsp nutmeg

Microwave until mangoes are soft (3 to 5 minutes)

Spoon into 4 dishes then add

1 Tbsp nonfat vanilla yogurt *to each dish*

Customize to Your Needs

Women: Use these 2,000-calorie menus as is.

Men: Add about 300 calories per day (grain to breakfast, 15 g carb; milk to lunch, 12 g carb; fruit to dinner, 15 g carb) plus 2 tsp of added fat to any meal.

Add to any meal:

Calorie-free spices/condiments, beverages (water, coffee, tea, or an occasional diet soda)

DAILY TOTAL

1,999 cal, 101 g protein, 269 g carb, 63.5 g fat (13.5 g sat),
208 mg chol, 43 g fiber, 2,398 mg sodium

7 Days of Simply Healthy Meals **Monday**

BREAKFAST

Crunchy Banana Oatmeal

Microwave

- ½ cup old-fashioned oats
- 1 cup fat-free milk

Stir in

- ½ small banana, *sliced*
- 2 tbsp chopped walnuts
- 1 dash allspice

LUNCH

Waldorf Chicken Salad

Mix

- 2 oz (heaping ⅓ cup) precooked skinless chicken breast strips
- 1 small chopped apple
- 1 piece low-fat string cheese *cut in 8 pieces*
- 4 tsp mayonnaise
- 1 dash curry powder

Serve on

- 1 dark-green lettuce leaf
- 4 red bell pepper rings

Serve with

- 1 oz whole-grain, trans-fat-free crackers

Vegetarian Vegetable Soup (1 cup)

DINNER

Tilapia Marinara

- 4 oz broiled tilapia *served over*
- 1 cup cooked whole-wheat spiral pasta

Top with

- ½ cup low-fat tomato sauce
(3 g fat or less)

Salad

- 2 cups baby spinach
- 2 tbsp feta cheese
- ¼ cup sliced red onion

Toss with

- 1 tbsp Italian dressing
- 3 tbsp sliced almonds

Beans and Greens Italiano

(1 serving = ¼ mixture)

Spray a large nonstick skillet with cooking spray. Over medium-high heat, saute until golden

- 1 medium onion, diced
- 1 tsp garlic powder

Add

- ¼ cup water
- 1 tsp Italian seasoning
- 15-oz can cannellini beans, *rinsed and drained*
- 1 bunch kale, *washed, drained, and chopped*
- ½ cup chopped fresh basil

Cook 3 to 4 minutes until kale is wilted. Divide into 4 servings and top with

- 1 tbsp grated parmesan cheese

Snack Attack

You can add a snack of 100 to 150 calories between breakfast and lunch and/or between lunch and dinner. Try:

- ¼ cup natural almonds or other nuts
- 1 reduced-fat string cheese and ½ oz whole-grain crackers
- ½ apple or small banana and 1 tbsp peanut butter
- 1 oz turkey, a little mustard (if desired), and 1 slice of whole-wheat bread
- Mini box of raisins and 2 tbsp unsalted sunflower seeds

Dessert

Strawberry Sorbet

(1 serving = ⅓ mixture)

Combine in large plastic freezer bag

- 1 cup water
- ½ cup Splenda
- 2 cups strawberries
- 4 oz orange juice

Freeze 8 hours or more. Remove bag, place ingredients in food processor, and pulse on full speed until mixture has consistency of sorbet

Snack

Angel-Devil Smoothie

(1 serving = ¼ mixture)

Combine in blender until smooth

- 2 cups nonfat plain yogurt
- 2 cups frozen sliced strawberries
- 2 chocolate nonfat brownies
broken into small pieces
- ¼ cup fat-free milk

DAILY TOTAL

1,994 cal, 113 g protein, 227 g carb, 56.5 g fat (12 g sat),
156 mg chol, 37 g fiber, 2,154 mg sodium

7 Days of Simply Healthy Meals **Tuesday**

BREAKFAST

Sandwich Melt

- 1 oz reheated pork tenderloin
- 1 oz reduced-fat Swiss cheese (1 slice)
- 1 (2-oz) English muffin

1 Small Banana

LUNCH

Tuna Wrap

Combine

- 3 oz water-packed light tuna
- 4 tsp mayonnaise

Add

- 2 tomato slices
- 1 dark-green lettuce leaf

Roll into

- 1 (2-oz) whole-wheat tortilla

Dessert

Plum Compote

- (1 serving = ¼ mixture)
- Pit and cut into wedges*
- 5 ripe plums

Add plums to saucepan with

- ¼ tsp ground cinnamon
- ¼ cup apple juice
- 1 tbsp sugar

Boil over medium-high heat, simmer, and cook until plums become very soft, about 8 to 10 minutes.

DINNER

Turkey Chili

- 3 oz ground turkey breast

Sauté in

- 2 tsp canola oil

Mix with

- ¾ cup canned vegetarian chili with beans

Top with

- 1 oz reduced-fat cheddar cheese
- 1 tbsp chopped raw yellow onion

Salad

- 1 cup coleslaw

Crostini with Sun-dried Tomatoes

(1 serving = ⅙ baguette and spread)

Preheat oven to 350°F. Combine and set aside for 30 minutes

- 1 cup boiling water
- 15 sun-dried tomato halves

Chop tomatoes coarsely, add to mixing bowl, and combine with

- 1 garlic clove, *crushed*
- 2 tbsp fresh basil, *finely chopped*
- 1 dash black pepper, *to taste*

Cut into ½ inch slices

- Small baguette

Place slices in single layer on baking sheet and toast both sides in oven

Serve with sun-dried tomato spread

Dessert

½ Small Banana

Snacks

Stuffed Celery

- 1 stalk celery *stuffed with*
- 2 tbsp peanut butter
- 2 tbsp raisins

Italian Popcorn Treat

(1 serving = 2 cups)

Preheat oven to 325°F In a 19x9x2-inch baking pan, mix

- 10 cups air-popped popcorn
- 2 cups nonfat mini pretzels

Spray mixture with

- 1 tsp olive oil cooking spray

Sprinkle on

- ½ cup grated parmesan cheese
- 1 tsp dried Italian seasoning
- ½ tsp garlic powder

Bake 15 minutes; stir.

Bake 15 minutes longer; cool.

Citrus Shrimp Cocktail

(1 serving = ¼ mixture)

Peel and section

- 1 orange and 1 grapefruit

Peel, seed, and slice

- 1 fresh avocado

Toss with

- 8 ounces cooked shrimp

Break up 4 lettuce leaves and add to 4 cocktail cups

Spoon shrimp mixture over lettuce

Top with

- 6 mint leaves, *chopped*

DAILY TOTAL

2,003 cal, 121 g protein, 243 g carb, 67.5 g fat (15.5 g sat),
604 mg chol, 36 g fiber, 2,463 mg sodium

7 Days of Simply Healthy Meals **Wednesday**

BREAKFAST

Spicy Scrambled Egg Wrap

- 1 medium egg
- 1 tbsp chopped red bell pepper
- 1 tbsp chopped yellow onion
- 1 dash hot sauce

Scramble mixture in

- 1 tsp canola oil

Wrap in

- 2-oz whole-wheat tortilla *with*
- $\frac{3}{4}$ oz reduced-fat cheddar cheese

1 Large Orange

LUNCH

Tomato Soup (1 cup)

Pork and Sauerkraut Sandwich

- 3 oz leftover pork tenderloin
- 1 (2-oz) English muffin
- $\frac{1}{4}$ cup low-sodium sauerkraut
- 1 tsp Dijon mustard

Dessert

- $\frac{2}{3}$ cup fresh pineapple
- 2 tbsp chopped walnuts

DINNER

Lean Beef and Pasta

- 2 oz 95% lean ground beef
- $\frac{1}{2}$ cup sliced mushrooms

Sauté in

- 2 tsp canola oil

Mix with

- $\frac{1}{2}$ cup low-fat tomato sauce

Pour over

- 1 cup cooked whole-wheat spiral pasta

Salad

- 2 cups green-leaf lettuce

Toss with

- 1 tbsp olive oil
- 2 tsp balsamic vinegar

Baked Sweet Potato

Wash and pierce with a fork

- 1 small sweet potato

Microwave on high about 4 to 6 minutes or until potato can be pierced easily with a fork. Cut in half; top with

- $\frac{1}{2}$ tsp light, trans-fat-free margarine
- 1 tsp reduced-calorie pancake syrup

Beverage

Cappuccino (1 serving)

Pour into large mug

- 1 $\frac{1}{4}$ cups coffee

Shake vigorously in a closed container until froth forms

- $\frac{1}{4}$ cup fat-free milk

Combine coffee and milk; top with

- 1 dash cocoa powder
- 1 dash ground cinnamon

Snacks

Spicy Roasted Pumpkin Seeds

(1 serving = 2 cups)

Preheat oven to 350°F

Spread in single layer on baking sheet

- 2 cups pumpkin seeds

Roast until golden (30–40 minutes)

Cool slightly and toss with

- $\frac{1}{2}$ tsp olive oil

Mix with

- 1 tsp dried oregano
- $\frac{1}{2}$ tsp paprika
- 1 dash cayenne pepper
- $\frac{1}{2}$ tsp garlic powder
- 1 tbsp grated parmesan cheese

Low-calorie Shake

(1 serving = $\frac{1}{2}$ mixture)

- 1 cup frozen strawberries
- 1 ripe banana, *peeled and sliced*
- 1 cup fat-free milk
- 4 packets sugar substitute
- $\frac{1}{2}$ tsp vanilla extract

Mix in blender until smooth.

Serves 2

DAILY TOTAL

1,999 cal, 100 g protein, 233 g carb, 87.5 g fat (16 g sat),
<326 mg chol, <31 g fiber, 2,283 mg sodium

7 Days of Simply Healthy Meals **Thursday**

BREAKFAST

Cereal and Nuts

- 1 cup toasted whole-grain oat cereal (such as Cheerios)
- 1 cup fat-free milk
- 1 small banana
- 3 tbsp chopped walnuts

Beverage

Café con Leche

Heat in microwave for 1 to 2 minutes

- ½ cup fat-free milk

Add

- ½ cup strong brewed decaffeinated coffee

LUNCH

Tuna Sandwich

Mix

- 4 oz water-packed light tuna
- 2 tbsp chopped celery
- 4 tsp mayonnaise
- Mrs. Dash Table Blend seasoning

Spread on

- 2 slices whole-wheat bread

Add

- 1 lettuce leaf

Salad

- 1 cup chopped green-leaf lettuce
- 1 tbsp Italian dressing

Alphabet Soup

(1 serving = ⅓ soup)

Combine in saucepan

- 1 lb frozen mixed vegetables
- 4 cups low-sodium vegetable juice
- 8 oz alphabet pasta

Bring to a boil; cover and reduce heat until pasta and veggies are tender (8–10 minutes)

Stir in

- 2 tbsp fresh, chopped herbs (thyme, oregano, basil)

Dessert

- ½ cup unsweetened applesauce

DINNER

Salad Bar Stir-Fry

- 3 oz precooked skinless chicken breast strips
- 1 clove garlic

Sauté in 3 tsp canola oil.

Add

- 1 cup broccoli florets
- ¼ cup grated carrots
- ½ cup water chestnuts
- ½ cup snow peas
- ½ cup scallions
- ½ cup chopped red bell pepper

Season with Chinese 5-spice powder and light soy sauce.

Serve over

- ½ cup quick-cooking brown rice

Beverage

- 1 cup fat-free milk

Dessert

5-Fruit Salad

(1 serving = ¼ mixture)

- ½ cup orange juice
- 1 cup blueberries, fresh or frozen
- 1 banana, *peeled and sliced*
- 1 peach or nectarine, *pitted and cubed*
- 1 cup diced watermelon

Seasoned Pita Chips

(1 serving = 8 pita quarters)

- 4 large whole-wheat pitas
- 4 tsp extra virgin olive oil
- 1 tsp dried oregano
- 1 dash garlic powder

Preheat oven to 350°F.

Cut pita rounds in half lengthwise by cutting along the outside edge; then cut each single layer into quarters.

Arrange in a single layer on a baking sheet.

Brush olive oil over pita wedges (cooking spray may be used).

Sprinkle with oregano and garlic powder, or other seasonings of choice such as chili powder and cilantro.

Bake for 8 minutes, or until lightly golden. Allow to cool and enjoy alone or with a dip.

Makes 4 servings of 8 quarters each

Per serving: 110 cal, 3 g protein, 18 g carb, 3 g fat (0 g sat fat), 0 g chol, 2 g fiber, 170 mg sodium

Snack

Chili Roasted Soy Nuts

(1 serving = 16 soy nuts)

Preheat oven to 350°F.

Spread 2 cups plain soy nuts evenly on baking sheet and bake for 10 minutes.

Mix ½ tsp garlic powder

½ tsp chili powder

½ tsp ground cumin

½ tsp dried oregano

Toss spices with soy nuts.

DAILY TOTAL

2,008 cal, 107 g protein, 248 g carb, 67.5 g fat (10.5 g sat), <129 mg chol, 37 g fiber, 1,948 mg sodium

7 Days of Simply Healthy Meals **Friday**

BREAKFAST

Cottage Cheese and Toast

- ½ cup 1% cottage cheese
- ½ tsp vanilla extract
- 1 dash cinnamon
- 1 slice whole-wheat toast
- 2 tbsp peanut butter

½ Large Orange

Cran-Razzle Tea

- (1 serving = 1 cup)
In tea cup or coffee mug, add
- 1 raspberry tea bag
 - 1 cup 100% cranberry juice
 - ¼ cup water
- Microwave on high power for about 2 minutes. Steep tea for several minutes.*

LUNCH

Chicken Soft Taco

- 1 (2-oz) whole-wheat tortilla
- ½ cup vegetarian refried beans

Top with

- 3 oz precooked skinless chicken breast strips
- ½ avocado, *sliced*
- ¼ cup shredded lettuce
- ¼ cup chopped tomato
- 2 tbsp salsa

Green Bean Tomato Salad

(1 serving = ⅓ mixture)

Mix

- 1 pound green beans, steamed and drained
- 3 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp chopped fresh basil
- 2 cups chopped tomatoes
- ¼ cup chopped red onion

Dessert

- 1 cup watermelon cubes

DINNER

Pizza

- 2 slices 12-inch frozen cheese pizza

Salad

- 1 cup chopped green-leaf lettuce
- ½ cup chopped tomatoes
- ¼ cup shredded carrots

Toss with

- 2 tsp olive oil
- 2 tsp balsamic vinegar

Beverage

- 1 12-oz light beer

Dessert

Watermelon Citrus Cooler

(1 serving = ¼ mixture and ¼ cup sorbet)

Puree

- 1 cup cubed, seeded watermelon
- 1 lime, zest and juice
- 1 orange, zest and juice
- 1 cup lemon sorbet
- 4 mint sprigs

Snack

Fruit Silk Smoothie

(1 serving = ½ mixture)

Mix in blender

- 1 cup fortified soy milk
- 1 medium banana (may be frozen)
- 2 tbsp fruit juice concentrate
- ¼ cup frozen fruit chunks or berries

Featured Recipe: Cheddar Turkey Burgers

- | | | |
|---------------------------|-----------------------------|------------------|
| 8 oz ground turkey breast | 1 tbsp prepared horseradish | 2 lettuce leaves |
| 1 tsp Dijon mustard | 1 dash garlic powder | |

Preheat the grill. In a bowl, combine the turkey, mustard, horseradish, and garlic powder. Mix well. Form into 2 patties. Grill the patties over medium heat until they reach an internal temperature of 165°F. Add cheese, and warm until melted. Serve with buns and lettuce leaves.

TIP: If conditions don't permit outdoor grilling, you can use your oven's broiler or a nonstick sauté pan with grill marks.

Makes 2 servings

Per serving: 355 cal, 26 g protein, 22 g carb, 20 g fat (7 g sat fat), 87 mg chol, 6 g fiber, 764 mg sodium

*Find the Best Bun

The bun is the highest-carb food in this meal. To find a low-carb, low-cal, high-fiber bun, check the nutrition facts label. A bun with a total carb count as low as 18 g is a good choice. The dietary fiber content should be at least 2 g. Some buns also have as little as 70 calories per serving. Balance it all out to make the best choice.

DAILY TOTAL

1,992 cal, 91 g protein, 269 g carb, 61 g fat (12 g sat),
96 mg chol, 35 g fiber, 2,651 mg sodium

7 Days of Simply Healthy Meals **Saturday**

BREAKFAST

Cereal and Nuts

1½ cups toasted whole-grain oat cereal (such as Cheerios)
1 cup fat-free milk
1 tbsp chopped walnuts
1 tbsp raisins

Cinnamon Apples (1 serving = ½ cup)

In microwaveable container combine
1 cup sliced apples, *unpeeled*
½ tsp sugar
1 tsp water
1 dash ground cinnamon

Cover and microwave on high until apples are tender, about 3 to 4 minutes. Serve warm over cereal.

LUNCH

Low-Sodium Black-Bean Vegetable Soup

(1 serving = 1 can [2 cups])

Fresh Mozzarella and Tomato Salad (1 serving = ¼ salad)

Cut into ¼-inch slices
2 medium tomatoes

Combine in small bowl

1 garlic clove, *peeled and minced*
2 tsp extra virgin olive oil
2 tbsp balsamic vinegar
2 tsp water
1 dash black pepper

Cut into thin slices

4 oz low-fat mozzarella cheese

Divide among 4 bowls

4 cups mixed salad greens

Add tomatoes and mozzarella in layers

Top with

4 basil leaves, *washed and chopped*

Drizzle with vinaigrette

Serve each portion with

1 (1-oz) whole-wheat dinner roll

Dessert

1 small banana
½ cup walnuts

DINNER

Citrus Fruit Cup

(1 serving = ¼ mixture)

Peel, seed, dice, and place in bowl

3 oranges
1 grapefruit

In a small saucepan, bring to a boil

1 lime, zest and juice
½ cup pineapple juice concentrate

Pour hot liquid over fruit. Mix well.

Cheddar Turkey Burger

(see recipe on front)

Sautéed Greens

1 cup collard greens

Sauté in

1 tsp canola oil
1 tsp balsamic vinegar

Tossed Salad

(1 serving = ¼ salad)

Mix

6 cups ready-to-serve romaine
10 fresh cherry tomatoes
½ cup chopped carrots

Toss with

1 tsp olive oil
2 tbsp cider vinegar
1 dash black pepper

Dessert

Brownie

1 small (2-inch square) unfrosted chocolate brownie with walnuts

Snacks

Bruschetta

Combine

2 tomatoes, *cored, seeded, and chopped*

1 tbsp balsamic vinegar
1 tsp Italian seasoning

Divide mixture evenly on

4 slices whole-wheat bread, *toasted*

Top with

1 tbsp grated parmesan cheese
1 tsp olive oil

Arrange on baking sheet and heat under broiler until cheese melts.

Chocolate Mousse

(1 serving = ⅔ cup)

Blend in food processor until smooth

12 ounces silken tofu
⅓ cup sugar substitute/Splenda
¼ cup cocoa powder
⅓ cup fat-free milk

Spoon into 4 dessert dishes and chill.

Top with

½ tbsp whipped cream

DAILY TOTAL

2,028 cal, 95 g protein, 266 g carb, 86 g fat (16 g sat),
<114 mg chol, 51 g fiber, 2,473 mg sodium

7 Days of Simply Healthy Meals

2,000 Calories

Your Kitchen Checklist

Check off the items you already have in your kitchen. Then take this list to the grocery store to help you with what you'll need to stock.

- Bread**
 - Baguette, small
 - English muffins (2-oz)
 - Hamburger buns, reduced-calorie or light, with added fiber
 - Whole-wheat bread
 - Whole-wheat dinner rolls (1-oz)
 - Whole-wheat pitas, large
 - Whole-wheat tortillas (2-oz)
 - Cereal**
 - Old-fashioned oats
 - Toasted whole-grain oat cereal
 - Rice/Pasta**
 - Alphabet pasta
 - Brown rice, quick cooking and regular
 - Spiral pasta, whole wheat
 - Produce**
 - Almonds, sliced and whole
 - Apples
 - Avocado
 - Bananas
 - Basil
 - Bell peppers, red
 - Blueberries, fresh or frozen
 - Broccoli florets
 - Carrots, shredded
 - Carrots, whole
 - Celery
 - Cherry tomatoes
 - Coleslaw
 - Collard greens
 - Garlic
 - Grapefruit
 - Grapes, red seedless
 - Green beans
 - Green onions/Scallions
 - Lettuce, green leaf
 - Lettuce, mixed greens
 - Lettuce, romaine, ready to serve
 - Kale
 - Lemons
 - Limes
 - Mangoes
 - Mint
 - Mushrooms
 - Oranges
 - Onions, red
 - Onions, yellow
 - Oregano
 - Parsley
 - Peach or nectarine
 - Pineapple
 - Plums
 - Pumpkin seeds
 - Raisins
 - Snow peas
 - Spinach, baby
 - Squash, yellow
 - Strawberries
 - Sweet potatoes
 - Thyme
 - Tomatoes
 - Walnuts
 - Water chestnuts
 - Watermelon
 - Zucchini
- Dairy Foods**
 - Cheddar cheese, reduced fat
 - Cheddar cheese, sharp singles, 2% milk, with added calcium
 - Cottage cheese, 1%
 - Fat-free milk
 - Feta cheese
 - Horseradish
 - Margarine, light, trans-fat free
 - Mozzarella cheese, low fat
 - Parmesan cheese, grated
 - Soy milk, fortified
 - String cheese, low fat
 - Swiss cheese, reduced fat, sliced
 - Whipped cream
 - Yogurt, low-fat vanilla
 - Yogurt, nonfat plain
 - Yogurt, nonfat vanilla
- Meat, Poultry, Seafood, and Eggs**
 - Chicken breast strips, skinless, precooked
 - Deli turkey breast, sliced
 - Eggs
 - Ground turkey breast
 - Ground beef, 95% lean
 - Pork tenderloin
 - Shrimp
 - Tilapia
 - Tuna, light, packed in water
- Canned and Bottled Goods**
 - Apple juice
 - Applesauce, unsweetened
 - Beer, light
 - Black bean vegetable soup, low sodium
 - Cannelini beans
 - Coffee, regular and decaffeinated
 - Cranberry juice, 100%
 - Honey
 - Orange juice
 - Pancake syrup, reduced calorie
 - Peanut butter
 - Pineapple juice concentrate
 - Sauerkraut, low sodium
 - Sun-dried tomatoes
 - Tomato sauce, low fat
 - Tomato soup
 - Vegetable juice, low sodium
 - Vegetarian chili with beans
 - Vegetarian refried beans
 - Vegetarian vegetable soup
- Oils, Condiments, and Spices**
 - Allspice
 - Balsamic vinegar
 - Black pepper
 - Canola oil
 - Cayenne pepper
 - Chili powder
 - Chinese 5-spice powder
 - Cider vinegar
 - Cilantro
 - Cinnamon, ground and sticks
- Cloves, ground
- Cocoa powder, unsweetened
- Curry powder
- Dijon mustard
- Garlic powder
- Ginger, ground
- Hot sauce
- Italian dressing
- Italian seasoning
- Mayonnaise, light/low fat
- Mrs. Dash Table Blend
- Nutmeg, ground
- Olive oil
- Oregano
- Paprika
- Parsley
- Pumpkin pie spice
- Salsa
- Soy sauce, light
- Sugar
- Sugar substitute/Splenda
- Vanilla extract
- Miscellaneous**
 - Brownies or brownie mix, nonfat
 - Crackers, whole grain, trans-fat free
 - Mini pretzels, nonfat
 - Popcorn, air popped
 - Silken tofu
 - Soy nuts
 - Tea bags
 - Tea, raspberry
- Frozen Food**
 - Fruit chunks or berries
 - Fruit juice concentrate
 - Lemon sorbet
 - Mixed vegetables
 - Pizza, 12-inch cheese
 - Whole-grain waffles, 4 inch

