

Breakfast	Lunch	Dinner
<p><i>Option 1:</i> Gluten-Free Yogurt Parfait 1 -5.3 oz Dannon Greek Yogurt (vanilla) ½ c fresh (or frozen berries) ½ c CHEX (rice or corn)</p> <p>1 small cup coffee with low-fat soymilk, rice milk, or organic skim milk.</p> <div style="border: 1px dashed black; padding: 5px; margin: 10px auto; width: 80%;"> <p><u>Weight Loss Quick Tips:</u></p> <ul style="list-style-type: none"> *No skipping meals *Eat Breakfast everyday *Use smaller plates *Pre-measure meals & condiments *Use nonstick cooking spray instead of oil *Drink water or seltzer with every meal </div>	<p><i>Option 1:</i> 1-frozen Amy’s Kitchen Sante Fe Enchilada Bowl – cooked in microwave <u>Add:</u> 1 cup carrots, celery, cucumber, ½ cup beans Top with salsa and lettuce, chopped</p> <p>1 bottle Honest Tea</p>	<p><i>Option 1:</i> Asian Stir Fry ½ c cooked edamame ½ cup red cabbage, chopped ½ snow peas 3 oz shrimp, deveined 1 oz rice noodles San-J WF reduced sodium Tamari 1-oz orange juice 1 TB sesame oil</p> <p><i>Heat skillet with sesame oil. Mix in shrimp for 1 minute. Add edamame, cabbage, snow peas and mix well. Stir in 1-2 TB low sodium Tamari sauce and orange juice. Cook until shrimp is pink. Serve with cooked noodles.</i></p> <p><i>Prepare rice noodles beforehand (drain and cool).</i></p>
<p><i>Option 2:</i> No Guilt Veggie Eggs Cook for 45 seconds in a mug in the microwave or in skillet on the stove.</p> <p>½ c Better N’ Eggs 1 wedge Laughing Cow cheese Chopped spinach, mushrooms <i>Serve with gluten-free corn tortilla</i></p>	<p><i>Option 2:</i> Pear Spinach Salad 2 c baby spinach 1 med pear, sliced 2 TB LF feta crumbles 3 oz grilled chicken or canned tuna 1 TB chopped pecans, toasted 2 TB Newman’s Own balsamic vinaigrette <i>Toss together in a large bowl and serve.</i></p>	<p><i>Option 2:</i> Sesame Soy Salmon Recipe (enclosed)</p>
<p><i>Option 3:</i> 1 cup Rice Chex (or Corn Chex) ¾ c lowfat 8th Continent soymilk (or Blue Diamond Almond Breeze) ½ cup fresh (or frozen blueberries) 1 TB walnuts, chopped</p> <p>1 cup green tea</p>	<p><i>Option 3:</i> 1-frozen Weight Watchers “Smart Ones” Lemon Herb Chicken Piccata Small garden salad: Lettuce, tomatoes, baby carrots, peppers, mixed with Annie’s GF dressings.</p> <p>LaCroix Seltzer with True Lemon</p>	<p><i>Option 3:</i> Greek Lemon Chicken Recipe (enclosed)</p>
<p align="center">GLUTEN FREE SNACKS</p>	<p align="center">ADD MORE WHOLE GRAINS to GLUTEN-FREE DIETS</p>	<p align="center">DESSERT ITEMS</p>
<p>Fresh Fruit Kind BAR Larabar Crunchmaster Crackers (rice-based) Glutino Pretzels</p>	<p>-Add 1-2 tsp ground flax meal to yogurt or cereals -Add brown rice to meals -Consider alternative gluten-free grains: amaranth, teff</p>	<p>Dreyer’s Fruit Bar (frozen) Skinny Cow fudge bar Pamela’s Products – cookies</p>

RECIPE SUGGESTIONS

Gluten-Free Granola & Yogurt Parfait

Ingredients

½ c. fresh or frozen (partially thawed) raspberries or other favorite berry
¾ c. Fage or Dannon Greek Nonfat (or 2%) Yogurt-Vanilla
2 Tbs. Gluten free granola OR 1 Nature Valley roasted nut crunch bar – Almond crunch bar (gluten-free), crumbled

Directions

Into parfait glass or wineglass, spoon some raspberries, vanilla yogurt, and granola. Repeat layering until all ingredients are used.

Strawberry Smoothie

Ingredients

1 container (6 oz) Yoplait® Original 99% Fat Free strawberry, strawberry kiwi or strawberry mango yogurt
1/2 cup sliced fresh or frozen strawberries
1/2 cup Trop 50 (reduced-calorie) orange (or pineapple juice)
Pineapple chunks, strawberries or kiwifruit slices, *if desired*
Fresh mint leaves, optional

Directions

In a blender, place yogurt, strawberries and juice. Cover; blend on medium speed about 2 minutes until smooth. Pour into serving glass. Garnish with pineapple and fresh mint leaves.

Brunch Confetti Egg Bake

Ingredients

1 bag (1 1/4 pounds) Simply® refrigerated shredded hash browns
1 tablespoon butter or Smart Balance margarine
2 medium green onions, sliced (2 tablespoons)
1 package (8 ounces) sliced mushrooms
1 cup Food Club®™ frozen mixed vegetables, thawed
1 carton Better N'Eggs liquid eggs
4 egg whites
1.5 cups reduced-fat shredded Cheddar cheese (6 ounces)
1/2 cup reduced-fat or non-fat milk
1 teaspoon Mrs. Dash® salt-free seasoning Table Blend
1/4 teaspoon pepper

Instructions

Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Pat hash browns in bottom of baking dish. Melt butter in 10-inch skillet over medium heat. Cook onions and mushrooms in butter 5 to 7

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minutes, stirring occasionally, until mushrooms are tender. Stir in mixed vegetables. Beat eggs, cheese, milk, salt and pepper in large bowl with wire whisk until well mixed. Stir in mushroom mixture. Carefully pour into baking dish. Bake uncovered about 40 minutes or until eggs are set in center.

Greek-Style Lemon Chicken

Ingredients

1 Tbsp. Star® olive oil
1 lb. boneless skinless chicken breasts, cut into strips
2 cloves garlic, minced
2 c. MINUTE® Brown or White Rice, uncooked
1 can (14-1/2 ounces) Swanson® low sodium chicken broth
1/2 c. matchstick or grated carrots
1/4 c. sliced pitted ripe olives
1 Tbs. grated lemon peel
1 Tbs. fresh or dried parsley flakes
Crumbled low-fat feta cheese (optional)
Lemon wedges (optional)

Directions

HEAT oil in large nonstick skillet over medium-high heat. ADD chicken; cook and stir 6 to 8 minutes or until chicken is cooked through, adding garlic during last 3 minutes of cooking time. Add remaining ingredients except cheese and lemon wedges; stir until well blended. Bring to a boil; cover. REMOVE from heat. Let stand 5 minutes. Sprinkle on feta cheese and serve with lemon wedges, if desired.

Orange Pecan Tuna Salad

Ingredients

1 (12 ounce) can water packed Bumble Bee® Prime Filet tuna, drained and flaked
1 Tbs. fat free Shamrock® sour cream
1 1/2 Tbs. Food Club sweet pickle relish
2 Tbs. Tropicana® (or Trop50 reduced calorie) fresh orange juice
1/4 c. chopped pecans
Mrs. Dash® salt-free seasoning Garlic & Herb seasoning blend
Onion powder, to taste
Fresh ground black pepper, to taste

Directions

Mix together the tuna, sour cream, relish, orange juice, pecans, garlic salt, onion powder, and black pepper. For additional sweetness, add dried cranberries or mandarin oranges. Cover and refrigerate until ready to use. Serve over a bed of lettuce or on gluten free crackers or bread. (Serves: 3)

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Grilled Spicy Marinated Shrimp

Ingredients

1 cup Food Club olive oil
1/4 cup chopped fresh parsley
1 lemon, juiced
2 tablespoons hot pepper sauce
3 cloves garlic, minced
1 tablespoon tomato paste
2 teaspoons dried oregano
1 teaspoon Mrs. Dash salt-free seasoning, Table Blend (or Fiesta Lime® seasoning)
1 teaspoon ground black pepper
2 pounds large shrimp, peeled and deveined with tails attached
skewers

Directions

In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later. Pour remaining marinade into a large resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

Spinach and Strawberry Salad

Ingredients

2 bunches Earthbound Farms organic spinach, rinsed & torn into pieces
4 cups, sliced strawberries
½ c vegetable oil (sunflower or canola)
¼ c Star white wine vinegar
½ c white sugar
¼ tsp paprika
2 TB sesame seeds
1 TB poppy seeds

Directions

In a large bowl, toss together spinach and strawberries. In a medium bowl, whisk together oil, vinegar, sugar, paprika, sesame seeds. Pour over spinach and strawberries and toss to coat.

Crab Cakes

Ingredients

2 slices Gluten Free sandwich bread
½ lb jumbo lump crabmeat, picked over
2 Tbs. mayonnaise

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½ tsp. Worcestershire sauce
1 large egg (or Better N'Eggs liquid egg substitute ¼ cup)
2 Tbs. unsalted butter (or Smart Balance 50-50 Spread)
Lemon wedges, optional (or True Lemon)

Directions

Tear bread into small pieces into a bowl with crab. Add mayonnaise, Worcestershire sauce, 2 Tbs. egg (discard remainder), and a pinch of salt. Mix together gently but thoroughly, then form into 4 patties (about 3 inches in diameter) Heat butter in a 12-inch heavy skillet over medium heat until foam subsides, then cook crab cakes, turning once, until golden brown, about 6 minutes total.

Asian Shrimp with Rice

Ingredients

1 carton MINUTE® Ready to Serve Brown Rice
1 lb. uncooked medium shrimp, peeled and deveined
2 cloves garlic, minced
1 Tbs. olive oil
1 Tbs. butter
1/4 tsp. cornstarch
1/2 c. Bashas' orange juice
2 Tbs. fresh basil, minced
1/4 tsp. salt

Directions

Cook rice according to package directions. Meanwhile, in a large skillet, sauté shrimp and garlic in olive oil and butter for 3-4 minutes or until shrimp turn pink. Combine cornstarch and orange juice until smooth; stir in basil and salt. Gradually stir cornstarch mixture into the skillet. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened. Serve over rice. (Serves: 3)

Balsamic Chicken Salad

Ingredients

6 boneless skinless chicken breast halves, cut into 3-inch strips
½ teaspoon minced garlic
4 tablespoons Newman's Own® extra virgin olive oil- divided
¼ cup Newman's Own® balsamic vinegar
1 ½ cups cherry tomatoes
1 tablespoon minced fresh basil or 1 teaspoon McCormick dried basil
Mrs. Dash® salt-free seasoning, Table Blend
6 cups torn mixed salad greens

Directions

In a large skillet, sauté chicken and garlic in 1 tablespoon oil until chicken juices run clear; remove from pan.

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In the same skillet, bring vinegar to a boil. Add chicken, tomatoes, basil, salt, pepper, and remaining oil; cook and stir until heated through. Divide salad greens among six plates; top with chicken mixture.

Spinach Salad with Dried Cherries

Ingredients

½ c. raw green pumpkin seeds
4 tsp. Heinz red-wine vinegar
1 Tbs Dijon mustard
2 Tbs. Newman's Own® Organics extra virgin olive oil
8 oz. baby spinach, washed
½ c. red onion, thinly sliced
½ c. dried cherries
Coarse salt and ground pepper

Directions

Preheat the oven to 350 degrees. Spread the pumpkin seeds in a single layer in a pie plate; bake until puffed and brown, about 10 minutes. Meanwhile, in a large bowl, whisk together the vinegar, mustard, and oil until combined and thickened; season with salt and pepper. Add the spinach, onion, and cherries to the dressing; toss to combine. Top the salad with the pumpkin seeds and serve immediately.

Crunchy Asian Chicken & Apple Salad

Ingredients

1 ½ c. Finely diced cooked chicken breast
6 canned peeled water chestnuts, rinsed and chopped
1 carrot, peeled and shredded
1 small celery rib, finely diced
½ c. diced apple, such as Gala or Golden Delicious (about ½ apple)

Dressing

1 Tbs. Jif Natural® (or Laura Scudders®) peanut butter
1 Tbs. seasoned rice vinegar
¾ Tbs. gluten free tamari (soy sauce)
2 Tbs. lite mayonnaise
1 Tbs. minced fresh chives (optional)
¼ c. roasted soy nuts or coarsely chopped unsalted peanuts
1 tsp. hot sesame oil (optional)

Directions

Combine the chicken, water chestnuts, carrot, celery and apple in a bowl and stir to mix. Whisk together the peanut butter, vinegar and soy sauce until smooth. Whisk in the mayonnaise and chives, if using, spoon the dressing over the salad, and mix well. Sprinkle with soy nuts just before serving.

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Warm Summer Chicken & Vegetable Wraps

Ingredients

1 medium red onion, sliced
1 c. Earthbound Farms® organic carrots, julienned
1 c. fresh broccoli, chopped
1 c. fresh snow peas
½ tsp. garlic, minced
2 Tbs. olive oil
1 c. chicken, cooked and cubed
1 jar roasted sweet red peppers, drained and chopped
¼ c. white wine or chicken broth
½ tsp. dried oregano
½ tsp. cayenne pepper
5 Gluten-Free Corn Tortilla Wraps
½ c. shredded part-skim mozzarella cheese
1/3 c. shredded cheddar cheese

Directions

In a large skillet, sauté the onion, carrots, broccoli, peas and garlic in olive oil for 4-5 minutes, or until tender. Stir in the chicken, red peppers, wine, oregano, and cayenne. Bring to a boil. Reduce heat, simmer, uncovered for 5-6 minutes or until heated through. Warm the tortilla wraps according to package directions. Spoon mixture into the tortilla wraps, sprinkle with cheese, roll up and enjoy.

Simple Slow-Cooker Vegetarian Chili

Ingredients

1 can Amy's® Kitchen Organic Black Bean Vegetable Soup
1 can red beans, rinsed and drained
1 can S & W® Great Northern white beans, rinsed and drained
1 can Bush's Vegetarian Baked Beans
1 can chopped tomatoes, undrained
1 can Rotel tomatoes, undrained
16 oz. frozen, super-sweet corn
1 onion, chopped
1 green bell pepper, chopped
2 cloves garlic, chopped
3 Tbs. chili powder, or to taste
2 tsp. cayenne pepper
Mrs. Dash® salt-free spicy seasoning blend
1 Tbs. cumin

Directions

In a slow cooker, combine black bean soup, the beans, tomatoes, corn, onion and bell pepper. Season with garlic, chili powder, cayenne pepper, cumin and salt & pepper. Cook for at least three hours on HIGH or up to

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nine on LOW. (Serves: 8)

Sesame-Soy Salmon

Ingredients

2 lbs. Full Circle® frozen salmon fillets, with skin
2 Tbs. extra virgin olive oil
2 Tbs. rice vinegar
2 Tbs. gluten free soy sauce
1 Tbs. packed brown sugar
2 cloves garlic, minced
2 Tbs. minced onion
1 pinch ground black pepper
1 Tbs. sesame oil
2 c. S&W® Rice – White Long Rice
1 tsp. dried dill weed

Directions

Make several shallow slashes in the skinless side of the salmon fillets. Place fillets skin-side down in a glass baking dish. In a medium bowl, whisk together the olive oil, rice vinegar, gluten free soy sauce, brown sugar, garlic, pepper, onion and sesame oil. Pour the liquid over the salmon, cover and refrigerate for 1 to 2 hours. Preheat the oven to 350 degrees. In a medium saucepan, combine the rice, water, and dill weed. Cook rice according to package directions. Remove cover from salmon and bake in the marinating dish for about 30 minutes or until fish flakes easily with a fork. Serve salmon over rice, and pour sauce from baking dish on top.

Gazpacho-Style Corn and Tomato Soup

Ingredients

1 Tbsp olive oil
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 tsp minced garlic
2 cans diced tomatoes, undrained (14.5 oz each)
12 oz tomato juice
2 tsp red wine vinegar
1/2 tsp sugar
1/2 Bag Green Giant® Sweet Kernel Corn (1 lb), thawed (about 8 oz)
Chopped fresh parsley

Directions

Heat olive oil in a large saucepan over MEDIUM heat. Add green bell pepper, onion and garlic and cook until soft, about 5 minutes. Remove from heat and let cool. In the bowl of a food processor, add green pepper mixture and diced tomatoes. Blend until mixture is smooth, about 3-4 minutes. Pour tomato mixture back into the saucepan. Add tomato juice, red wine vinegar, sugar and corn. Bring to a boil, reduce heat, cover and simmer 30 minutes. Season with salt and pepper. Garnish with chopped parsley before serving. For a spicy kick, add hot sauce to taste.

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Roasted Chicken with Artichokes

Ingredients

1 package frozen artichoke hearts, thawed
1 can of diced tomatoes
1 large onion, chopped
1 tsp. garlic powder
2 tsp. olive oil
3 Tbs. fresh lemon juice
2 tsp. dried rosemary
2 tsp. dried thyme
Coarse salt and ground black pepper to taste
1 c. water
2 ½ - 3 lb. whole chicken
2-3 Tbs. cornstarch

Directions

Preheat oven to 350 degrees. Place chicken into a roasting pan, season with salt and pepper inside and out. Add tomatoes, onion and artichokes. Sprinkle with spices. Pour the water, oil and lemon into the roasting pan. Bake, covered, for 1 hour. Baste chicken and vegetables occasionally with pan juices, adding a little water if it starts to appear dry. Increase oven temp. to 450 degrees. Roast, uncovered, for about 20 minutes, until chicken is brown and juices run clear. Transfer the chicken to a serving platter. With a slotted spoon, transfer artichoke hearts, tomatoes, and onions around the chicken. Use drippings and add water and cornstarch to a boil and make a gravy. Cover with foil or the top of the roaster to keep warm while gravy is being made.

Pear and Spinach Salad

Ingredients

6 c. fresh Earthbound Farms® organic baby spinach
2 medium pears, peeled and sliced
6 Tbs. low-fat feta crumbles
1/4 c. chopped pecans, toasted
6 Tbs. Food Club gluten-free® Salad Dressing - Balsamic Vinaigrette

Directions

Toast the pecans by baking them at 350°F for 8-10 minutes. Divide the spinach between 4 salad plates. Top each plate of spinach with a quarter of the pear slices. Sprinkle each plate with 1 1/2 Tbs. of the feta cheese and a Tbs. of the pecans. Serve immediately with the dressing. (Serves: 6)

Mexican Bean Salad

Ingredients

1 (15 ounce) can S & W® black beans, rinsed and drained
1 (15 ounce) can S & W® kidney beans, drained

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1 (15 ounce) can S & W® cannellini beans, drained and rinsed
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (10 ounce) package frozen Food Club corn kernels
1 red onion, chopped
1/2 cup Food Club olive oil
1/2 cup Star red wine vinegar
2 tablespoons fresh lime juice
1 tablespoon lemon juice
2 tablespoons white sugar
1 tablespoon salt
1 clove crushed garlic
1/4 cup chopped fresh cilantro
1/2 tablespoon ground cumin
1/2 tablespoon ground black pepper
1 dash hot pepper sauce
1/2 teaspoon chili powder

Directions

In a large bowl, combine beans, bell peppers, frozen corn, and red onion. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Grilled Tuscan Chicken with Rosemary and Lemon

Ingredients

2 Tbs. chopped fresh rosemary or 1 Tbs. dried rosemary
¼ c. extra virgin olive oil
2 garlic cloves
Coarse salt & fresh ground pepper, to taste
1 (3 ½ to 4 lb.) chicken, cut into 8 or 10 serving pieces
¼ c. fresh lemon juice

Directions

Heat the grill to medium. In a small saucepan, bring 1/3 c. water and the rosemary to a boil; remove from the heat, cover, and let steep for 5 minutes. Transfer to a blender. Add the oil and garlic; season with salt and pepper. Puree until smooth; let cool. Combine the chicken and the rosemary oil in a shallow dish or resealable plastic bag, and turn to coat. Cover, and let marinate for at least 15 minutes at room temperature or overnight in the refrigerator, turning the chicken occasionally. Remove the chicken from the marinade; place on the grill. Discard the marinade. Cook, basting frequently with the lemon juice and turning as needed to prevent burning, until cooked throughout, 20-30 minutes.

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Shopping List

PRODUCE

All fresh fruit, All fresh vegetables, Fresh herbs and spices

FATS AND OILS

Vegetable, canola and olive oils, Mayonnaise, Salad dressings (check ingredient lists)

FROZEN FOODS

Plain frozen fruits and vegetables, Ice creams, sherbets, ices, Gluten-free frozen waffles

REFRIGERATOR SECTION

Milk, Aged cheeses, Butter, Margarine, Yogurts, Cottage cheese, Sour cream, Cream cheese, Eggs, Tofu, Jell-O, Rice pudding, Tapioca pudding, 100% fruit juices

PACKAGES, CANS, JARS

Plain canned fruits and vegetables, Applesauce, Cranberry sauce, Canned beans and lentils, Spaghetti sauces, Canned fish (e.g., tuna, salmon, sardines), Organic packaged soups, Gluten-free pastas, Corn tortillas

SNACKS

Larabar *Jocolat*, Kind Bars, Puffed rice snacks, Rice cakes, rice crackers, Soy crisps, Popcorn, Cheese puffs, Potato and corn chips, Dried fruits, gluten-free cereals (rice chex).

MEAT AND FISH

All fresh (non-seasoned) beef and poultry, All fish and shellfish, Hot dogs and luncheon meats.

GRAINS, SEEDS, AND STARCHES

Quinoa, Rice, Buckwheat, Chickpeas, Flax, Sunflower seeds, Cornstarch, Potato starch

CONDIMENTS

Vinegars (but not malt vinegar), Mustard, Ketchup, Horseradish, Jams and jellies, Honey, Maple syrup, Relish, pickles, olives

BREAKFAST FOODS

Cream of Rice cereal, Puffed rice, puffed corn, Gluten-free cereals, Gluten-free frozen waffles

BAKING SUPPLIES

Sugar, Salt and pepper, Herbs and spices, Evaporated or condensed milk, Corn meal, Tapioca, Baking soda, Baking powder, Gluten-free flours, Baking chocolate, Cocoa

BEVERAGES

Coffee and Tea (but check the gluten-free status of flavored coffees and teas), Soft drinks, Fruit juice

NUTS AND BEANS

Dried beans and peas, Plain nuts, Peanut butter, Almond butter, Cashew butter