



**RESHAPE
YOUR
HEALTH**

3-DAY MEAL PLAN



*Making healthy eating
a way of life.*

1
DAY



BREAKFAST

Whole Wheat Waffle with Peanut Butter and Banana

- 1 whole wheat waffle topped with 1 Tbsp peanut butter and 1 sliced banana

LUNCH

Salad w/Parmesan-Garlic Dressing

- 3 cups romaine lettuce tossed with ½ cup garbanzo beans, 2 tbsp raisins, 1 tbsp walnuts
- Parmesan-Garlic Dressing: 1 tbsp olive oil, 2 tbsp lemon juice, ½ clove minced garlic, 2 tbsp grated parmesan

DINNER

Baked Chicken Parmesan with Whole Wheat Pasta and Broccoli

- 4oz (raw) chicken breast, breaded and baked. Top with ¼ cup tomato sauce and ¼ cup shredded part-skim mozzarella
- 1 cup cooked whole wheat pasta (make 2 cups, save half for Day 3 lunch), ½ cup tomato sauce
- 1 cup cooked broccoli

SNACK

Dill Yogurt Dip with Veggies

- 1 container fat free plain Greek yogurt mixed with 1 Tbsp lemon juice, ½ tsp dried dill and ¼ tsp onion powder
- 1 cup carrot sticks

2
DAY



BREAKFAST

Melted Swiss Cheese and Tomato Sandwich

- 2 slices of low-fat Swiss cheese melted on top of 2 slices of whole wheat bread with tomato
- ½ grapefruit

LUNCH

Veggie Burger Pita Sandwich

- 1 vegetarian burger placed inside of 1 whole wheat pita and topped with 1 slice low-fat American cheese, 2 slices tomato, ½ cup romaine lettuce, 1 Tbsp ketchup
- 1 cup grapes

DINNER

Lemon-Garlic Shrimp with Whole Wheat Couscous & Roasted Tomatoes

- 4oz cooked shrimp served over 1 cup whole wheat couscous
- Drizzle with lemon-garlic sauce: ½ tsp minced garlic sautéed in ½ tsp of olive oil and mixed with 1 tsp lemon juice and ½ tsp dried parsley
- Roasted Tomatoes* (see recipe in our Dietitian Picks Newsletter and save ½ for Day 3 lunch)

SNACK

Peanut Butter and Celery

- 2 stalks of celery topped with 2 Tbsp peanut butter

3
DAY



BREAKFAST

Whole Wheat Waffle topped with Strawberries, Yogurt and Walnuts

- 1 whole wheat waffle topped with 1 cup plain yogurt, ½ cup strawberries (from frozen) and 1 Tbsp walnuts

LUNCH

Whole Wheat Pasta Salad

- 1 cup whole wheat pasta mixed with roasted tomatoes* (from dinner Day 2, recipe below), ¼ cup shredded mozzarella and ½ cup canned artichokes
- 1 apple

DINNER

Sesame Chicken with Sautéed Spinach and Brown Rice

- 4oz (raw) chicken breast dipped in reduced sodium soy sauce and then breaded in a mixture of 1Tbsp flour and 1½ Tbsp sesame seeds. Drizzle with ½ Tbsp oil and bake
- 1 cup brown rice
- 1 cup sautéed spinach

SNACK

Hummus & Homemade Pita Chips

- ½ pita cut into triangles and baked until crispy
- ¼ cup hummus

ANYTIME SNACKS

reduced fat string cheese • whole grain crackers • a handful of almonds • a half cup of raspberries • cottage cheese with fruit • 2 ounces of extra sharp cheddar cheese • a half cup of grapes



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SHOPPING LIST

3-day shopping list for one person



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FRESH FRUITS

- 1 banana
- 1 grapefruit
- 1 bunch grapes
- 1 apple
- 1 lemon

MEAT/POULTRY/SEAFOOD

- 8oz raw boneless/skinless chicken breast
- 4oz shrimp

DAIRY

- 1 container grated parmesan cheese
- 8oz pkg shredded part-skim mozzarella
- 2 containers fat free plain Greek yogurt
- 1 pkg low-fat American cheese slices
- 1 container hummus

FRESH VEGETABLES

- 1 head of broccoli ■
- 1 pint cherry or grape tomatoes ●
- 1 medium tomato ●
- 1 head of garlic
- 1 prewashed pkg of romaine lettuce
- 1 prewashed pkg of spinach
- 1 pkg baby carrots
- 1 pkg celery

FROZEN

- 1 pkg frozen strawberries
- 1 pkg frozen whole wheat waffles
- 1 pkg vegetarian burgers

ANYTHING ELSE YOU NEED

GROCERY

- 1 jar peanut butter
- 1 can garbanzo beans
- 1 box whole wheat pasta
- 1 jar marinara sauce ●♦
- 1 pkg whole wheat couscous
- 1 pkg brown rice ◆
- 1 bottle reduced sodium soy sauce
- 1 pkg raisins

BREADS

- 1 pkg 100% whole wheat pita bread
- 1 pkg 100% whole wheat bread

DELI

- ¼ lb low-fat Swiss cheese

SNACKS/NUTS

- 1 pkg chopped walnuts
- 1 jar sesame seeds

PANTRY STAPLES

Make sure you have these on hand:

- Dried parsley
- Dried oregano
- Onion powder
- Bread crumbs
- Eggs
- Olive oil
- Skim or 1% milk
- Whole wheat flour

■ Broccoli: a cruciferous vegetable with possible anti-cancer effects. Remember, anti-cancer is about a variety of fruits and vegetables.
 ◆ Brown Rice: a whole grain and a rich source of fiber, antioxidants and phytochemicals
 ● Tomatoes: red for lycopene, a phytochemical that may protect against cancer



**RESHAPE
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your **DIETITIAN'S PICKS**



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This month's Dietitian's Picks feature foods that may have cancer-fighting properties because they are rich in antioxidants and phytochemicals.

Focus on fighting cancer and other chronic diseases with food. Plant foods like fruits, vegetables and whole grains have been shown to be powerful sources of disease-fighting antioxidants and phytochemicals.

Make it your goal to get at least 2½ cups of delicious fruits and vegetables and at least 3 servings of whole grains each day. Wage your war on cancer with these key strategies:

1. Make sure to include vegetables or fruit at each meal; take a portion that fills half your plate.
2. Go "meatless" for one meal each day.
3. Wash and prepare fruits and veggies; keep them in plain sight so that you can grab-n-go easily.
4. Choose whole grains as often as you can; look for the word "whole" in the first ingredient on the label.

For more information on heart healthy choices visit www.heart.org.

BROCCOLI

Mom was right; you should eat your broccoli! Whether you enjoy it raw, steamed or roasted, eating broccoli will supply your body with several important nutrients including fiber, vitamin C, calcium, folate and carotenoids (like beta-carotene, lutein and zeaxanthin). Broccoli is considered to be a cruciferous vegetable and boasts family members such as kale, arugula, cauliflower, cabbage and Brussels sprouts that are also chock full of nutrients. All cruciferous veggies contain phytochemicals called glucosinolates which have possible anticancer effects. Keep in mind though, that the cancer-fighting power of any food is likely not about one particular nutrient but rather the combination of nutrients working together and in the right amounts.

BROWN RICE

Fruits and vegetables aren't the only ones that hit the nutrition jackpot. Whole grains, like brown rice, whole grain bread and whole wheat pasta, are also rich sources of fiber, antioxidants and phytochemicals! Whole grains contain the entire grain kernel which includes the bran, germ and endosperm. The bran and germ, which are removed from refined grains, are where the nutrients are found and are what gives whole grains their nutritional advantage. The fiber from whole grains (and fruits and veggies) not only helps to keep us regular but may also play a role in preventing colon cancer.

TOMATOES

The bright red color of tomatoes isn't there just so they look appetizing. In fact, it's a signal that tomatoes are rich in lycopene, a phytochemical that may protect against cancer. Lycopene is responsible for the red (or pink) color of other fruits and vegetables as well such as watermelon, pink grapefruit, apricots and red cabbage. Cooked tomatoes are actually a better source of lycopene than raw tomatoes, so try them roasted (cherry or grape tomatoes work well), grilled (think shish kebab) or made into sauce to get biggest benefit. Oh and if that weren't reason enough to eat tomatoes, they're also full of vitamin C, vitamin A and potassium!

HEART HEALTHY RECIPE

ROASTED TOMATOES

- 1 pint grape or cherry tomatoes
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 clove garlic, minced
- ¼ tsp salt

Place tomatoes into a baking dish and toss with olive oil, oregano, garlic and salt. Roast at 400°F for 15-20 min until the tomatoes are soft and wrinkled.