



Meals in Minutes 1800 cal for Jane Doe

Day 1:

Breakfast (7:30 AM):		
Kelloggs Special K Protein Meal Bar- Chocolate Peanut Butter	1 bar(s)	Calories: 180
Nuts, almonds, oil roasted, without salt added	1/4 oz (22 whole kernels)	Calories: 43
Lowfat Milk (1%) (Milk, lowfat, fluid, 1% milkfat, with added vitamin A)	1 cup(s)	Calories: 102
Lunch (12:00 PM):		
+Grilled Cheese	1 serving(s)	Calories: 280
Campbells Tomato with Tomato Pieces Soup (Low Sodium)	1 can(s)	Calories: 160
Salad dressing, KRAFT FREE Fat Free Ranch Dressing	2 tbsp(s)	Calories: 48
Carrots, baby, raw	14 medium	Calories: 49
Snack (3:00 PM):		
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
Peanut butter, smooth style, without salt	2 tbsp(s)	Calories: 188
Dinner (6:00 PM):		
+Turkey Gyro	1 1/2 serving(s)	Calories: 462
Annies Homegrown - Natural Fat Free Raspberry Balsalmic Vinaigrette	1 serving(s)	Calories: 30
Garden Salad	1 cup(s)	Calories: 6
Snack (9:00 PM):		
Tea, herb, other than chamomile, brewed	1 cup(s) (8 fl oz)	Calories: 2
English muffins, whole-wheat, toasted	1 muffin(s)	Calories: 135
Jams and preserves	1 tbsp(s)	Calories: 56

+ Indicates Item has Recipe

Calories: 1813 (1891)* kCal	Saturated Fat: 21 g
Fat: 58 (58)* grams (24.9%)	Cholesterol: 98 mg
Carbohydrates: 252 (260)* grams (55%)	Fiber: 38 g
Protein: 90 (95)* grams (20.1%)	Sodium: 3211 (2300)* mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

Provided By: Brooke Lister

Consult a qualified health professional before starting any exercise and/or nutrition program.



Meals in Minutes 1800 cal for Jane Doe

Day 2:

Breakfast (7:30 AM):		
Bananas, raw	1 small (6 to 6-7/8 long)	Calories: 90
Natures Path Organic Granola - Pumpkin Flax Plus Granola	1 cup(s)	Calories: 347
Lowfat Milk (1%) (Milk, lowfat, fluid, 1% milkfat, with added vitamin A)	1 cup(s)	Calories: 102
Lunch (12:00 PM):		
+Taco Salad	1 serving(s)	Calories: 469
Salsa (Sauce, ready-to-serve, salsa)	3 tbsp(s)	Calories: 13
Snacks, tortilla chips, light (baked with less oil)	11 chips	Calories: 82
Snack (3:00 PM):		
Snacks, fruit leather, bars	1 bar(s)	Calories: 81
Frigo String Cheese	1 piece(s) (1 oz per piece)	Calories: 80
Dinner (6:00 PM):		
Brown Rice (Rice, brown, long-grain, cooked)	2/3 cup(s)	Calories: 143
+Chicken and Veggie Stir-Fry	1 serving(s)	Calories: 187
Snack (9:00 PM):		
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
Toppings, butterscotch or caramel	2 tbsp(s)	Calories: 103

+ Indicates Item has Recipe

Calories: 1769 (1891)* kCal	Saturated Fat: 15 g
Fat: 51 (52)* grams (24.9%)	Cholesterol: 224 mg
Carbohydrates: 237 (260)* grams (55%)	Fiber: 31 g
Protein: 100 grams (20.1%)	Sodium: 2310 (2300)* mg
First Number is daily amount	
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% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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Meals in Minutes 1800 cal for Jane Doe

Day 3:

Breakfast (7:30 AM):		
+Banana and Strawberry Shake	1 serving(s)	Calories: 226
English muffins, whole-wheat, toasted	1 muffin(s)	Calories: 135
Jams and preserves	1 tbsp(s)	Calories: 56
Lunch (12:00 PM):		
Brown Rice (Rice, brown, long-grain, cooked)	2/3 cup(s)	Calories: 143
+Chicken and Veggie Stir-Fry	1 serving(s)	Calories: 187
Snack (3:00 PM):		
Kelloggs Special K Protein Meal Bar- Chocolate Peanut Butter	1 bar(s)	Calories: 180
Dinner (6:00 PM):		
+Microwave Chicken Burrito	1 serving(s)	Calories: 791
Green Giant Frozen Valley Fresh Steamers - Mixed Vegetables	1 cup(s)	Calories: 76
Snack (9:00 PM):		
Tea, herb, other than chamomile, brewed	1 cup(s) (8 fl oz)	Calories: 2
Snacks, fruit leather, bars	1 bar(s)	Calories: 81

+ Indicates Item has Recipe

Calories: 1876 (1891)* kCal	Saturated Fat: 18 g
Fat: 53 grams (24.9%)	Cholesterol: 179 mg
Carbohydrates: 254 (260)* grams (55%)	Fiber: 35 g
Protein: 108 (105)* grams (20.1%)	Sodium: 2848 (2300)* mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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Meals in Minutes 1800 cal for Jane Doe

Day 4:

Breakfast (7:30 AM):		
Kashi Original Frozen Waffles	1 serving(s) (2 waffles per serving - 3 oz per serving)	Calories: 171
Strawberries, raw	1 cup(s), halves	Calories: 49
Syrup, maple (Syrups, maple)	2 tbsp(s)	Calories: 104
Lunch (12:00 PM):		
+Microwave Chicken Burrito	1 serving(s)	Calories: 791
Green Giant Frozen Valley Fresh Steamers - Mixed Vegetables	1 cup(s)	Calories: 76
Snack (3:00 PM):		
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
Peanut butter, smooth style, without salt	2 tbsp(s)	Calories: 188
Dinner (6:00 PM):		
+Chicken Tortilla Soup	1 serving(s)	Calories: 283
Wheat Rolls (Rolls, dinner, whole-wheat)	1 roll(s) (1 oz each)	Calories: 74
Snack (9:00 PM):		
Tea, herb, other than chamomile, brewed	1 cup(s) (8 fl oz)	Calories: 2
Bananas, raw	1 small (6 to 6-7/8 long)	Calories: 90

+ Indicates Item has Recipe

Calories: 1900 kCal	Saturated Fat: 17 g
Fat: 63 (58)* grams (24.9%)	Cholesterol: 160 mg
Carbohydrates: 259 (260)* grams (55%)	Fiber: 44 g
Protein: 100 grams (20.1%)	Sodium: 1922 mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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Meals in Minutes 1800 cal for Jane Doe

Day 5:

Breakfast (7:30 AM):		
Kelloggs Special K Protein Meal Bar- Chocolate Peanut Butter	1 bar(s)	Calories: 180
Lowfat Milk (1%) (Milk, lowfat, fluid, 1% milkfat, with added vitamin A)	1 cup(s)	Calories: 102
Nuts, almonds, oil roasted, without salt added	1/4 oz (22 whole kernels)	Calories: 43
Lunch (12:00 PM):		
+Chicken Tortilla Soup	1 serving(s)	Calories: 283
Wheat Rolls (Rolls, dinner, whole-wheat)	2 roll(s) (1 oz each)	Calories: 149
Snack (3:00 PM):		
Snacks, fruit leather, bars	1 bar(s)	Calories: 81
Frigo String Cheese	1 piece(s) (1 oz per piece)	Calories: 80
Dinner (6:00 PM):		
+Chicken Caesar Pasta Salad with Homemade Dressing	1 serving(s)	Calories: 448
PEPPERIDGE FARM Crusty Italian Bread, Garlic	1 serving(s)	Calories: 186
Snack (9:00 PM):		
Bread, wheat, toasted	1 slice(s)	Calories: 72
Jams and preserves	1 tbsp(s)	Calories: 56
Bananas, raw	1 small (6 to 6-7/8 long)	Calories: 90

+ Indicates Item has Recipe

Calories: 1770 (1891)* kCal	Saturated Fat: 17 g
Fat: 55 grams (24.9%)	Cholesterol: 146 mg
Carbohydrates: 234 (260)* grams (55%)	Fiber: 31 g
Protein: 99 grams (20.1%)	Sodium: 1757 mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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Meals in Minutes 1800 cal for Jane Doe

Day 6:

Breakfast (7:30 AM):		
Bananas, raw	1 small (6 to 6-7/8 long)	Calories: 90
Natures Path Organic Granola - Pumpkin Flax Plus Granola	1 cup(s)	Calories: 347
Lowfat Milk (1%) (Milk, lowfat, fluid, 1% milkfat, with added vitamin A)	1 cup(s)	Calories: 102
Lunch (12:00 PM):		
Lays Baked Original Potato Chips	1 serving(s) (11 crisps per serving)	Calories: 110
Oranges (Oranges, raw, all commercial varieties)	1 large (3-1/16 dia)	Calories: 86
+Turkey Sandwich	1 serving(s)	Calories: 209
Snack (3:00 PM):		
Atlanta Bread Low Fat Pumpkin Muffin	1 muffin(s)	Calories: 240
Dinner (6:00 PM):		
+Taco Salad	1 serving(s)	Calories: 458
Snack (9:00 PM):		
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
Toppings, butterscotch or caramel	2 tbsp(s)	Calories: 103

+ Indicates Item has Recipe

Calories: 1817 (1891)* kCal	Saturated Fat: 10 g
Fat: 42 (52)* grams (24.9%)	Cholesterol: 220 mg
Carbohydrates: 274 grams (55%)	Fiber: 34 g
Protein: 96 grams (20.1%)	Sodium: 1848 mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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Meals in Minutes 1800 cal for Jane Doe

Day 7:

Breakfast (7:30 AM):		
Kashi Original Frozen Waffles	1 serving(s) (2 waffles per serving - 3 oz per serving)	Calories: 171
Strawberries, raw	1 cup(s), halves	Calories: 49
Syrup, maple (Syrups, maple)	2 tbsp(s)	Calories: 104
Lunch (12:00 PM):		
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
California Pizza Kitchen Frozen Crispy Thin Crust Pizza - Spinach & Artichoke	1/2 pizza(s)	Calories: 530
Snack (3:00 PM):		
+Banana and Strawberry Shake	1 serving(s)	Calories: 233
Nuts, almonds, oil roasted, without salt added	1/4 oz (22 whole kernels)	Calories: 43
Dinner (6:00 PM):		
+Chicken and Wild Rice Soup for One	1 serving(s)	Calories: 481
Snack (9:00 PM):		
Tea, herb, other than chamomile, brewed	1 cup(s) (8 fl oz)	Calories: 2
Frigo String Cheese	1 piece(s) (1 oz per piece)	Calories: 80

+ Indicates Item has Recipe

Calories: 1766 (1891)* kCal	Saturated Fat: 17 g
Fat: 48 (52)* grams (24.9%)	Cholesterol: 111 mg
Carbohydrates: 272 grams (55%)	Fiber: 26 g
Protein: 80 (95)* grams (20.1%)	Sodium: 2076 mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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Banana and Strawberry Shake

This recipe makes 2 cups.
This recipe makes 2 servings.
1 Serving = 1 cup.

Ingredients:

Bananas, raw	1 large (8 to 8-7/8 long)	Calories: 121
Nonfat Milk	1 cup(s)	Calories: 83
Plain Yogurt (Skim Milk)	1 cup(s)	Calories: 137
Strawberries, raw	1 1/4 cup(s), halves	Calories: 61
White Sugar	1 tbsp(s)	Calories: 49

Instructions:

Combine all ingredients in a blender or food processor. Cover and blend until smooth and serve.

Tip:

Sweetness of fruit may vary. Adding 1 to 2 tablespoons of sugar may help eliminate tartness.

Nutrition Information for 1 Serving:	
Calories: 226 kCal	Saturated Fat: 0 grams
Fat: 1 grams	Cholesterol: 5 mgs
Carbohydrates: 44 grams	Fiber: 4 grams
Protein: 12 grams	Sodium: 148 mgs

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Banana and Strawberry Shake

This recipe makes 2 cups.
This recipe makes 2 servings.
1 Serving = 1 cup.

Ingredients:

Bananas, raw	1 large (8 to 8-7/8 long)	Calories: 121
Nonfat Milk	1 cup(s)	Calories: 83
Plain Yogurt (Skim Milk)	1 cup(s)	Calories: 137
Strawberries, raw	1 1/4 cup(s), halves	Calories: 61
Honey	1 tbsp(s)	Calories: 64

Instructions:

Combine all ingredients in a blender or food processor. Cover and blend until smooth and serve.

Tip:

Sweetness of fruit may vary. Adding 1 to 2 tablespoons of honey may help eliminate tartness.

Nutrition Information for 1 Serving:	
Calories: 233 kCal	Saturated Fat: 0 grams
Fat: 1 grams	Cholesterol: 5 mgs
Carbohydrates: 47 grams	Fiber: 4 grams
Protein: 12 grams	Sodium: 148 mgs

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Chicken and Veggie Stir-Fry

This recipe makes 4 cups.
This recipe makes 4 servings.
1 Serving = 1 cup.

Ingredients:

Chicken Breast - No Skin Raw	12 oz	Calories: 388
Olive Oil	1 tbsp(s)	Calories: 119
Teriyaki Sauce	1/4 cup(s)	Calories: 64
Mixed Vegetables Cooked	1 package (10 oz) yields	Calories: 179

Instructions:

Microwave bag of vegetables on high for approximately 3 minutes.
 Let stand 1 minute then carefully remove.
 Slice chicken into bite size pieces.
 Heat a large skillet or wok over medium-high heat.
 Add oil and chicken.
 Cook, stirring constantly, 3-5 minutes, until chicken is done.
 Add vegetables.
 Stir for 1 minute, remove from heat and stir in teriyaki sauce.
 Serve with rice.

Tip:

A spicy Thai peanut sauce may be substituted for teriyaki sauce.

Nutrition Information for 1 Serving:	
Calories: 188 kCal	Saturated Fat: 1 grams
Fat: 6 grams	Cholesterol: 54 mgs
Carbohydrates: 12 grams	Fiber: 3 grams
Protein: 21 grams	Sodium: 813 mgs

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Chicken and Wild Rice Soup for One

This recipe makes 2 cups.
This recipe makes 1 servings.
1 Serving = 2 cups.

Ingredients:

Chicken Breast - No Skin Raw	2 oz	Calories: 65
Onions, raw	1/4 medium (2-1/2 dia)	Calories: 11
Low Sodium Chicken Bouillon	2 cube(s)	Calories: 20
Celery, raw	1/2 stalk(s), medium (7-1/2 - 8 long)	Calories: 3
Carrots, raw	1/4 cup(s), strips or slices	Calories: 13
Wild rice, raw	1/2 cup(s)	Calories: 286
2% Reduced Fat Milk	1/2 cup(s)	Calories: 69
Cornstarch	1/2 tbsp(s)	Calories: 15
Water	2 cup(s)	Calories: 0

Instructions:

Combine chicken breast, onion, bouillon, celery, carrots and wild rice with 2 cups of water in a large saucepan. Bring to a boil, reduce heat and simmer covered for 45 minutes or until chicken is cooked and wild rice is tender. Remove cooked chicken from soup mixture then dice or shred and return to soup. Mix corn starch and the remaining 2 tablespoons of water to make a paste. Add paste to the hot soup mixture, bring to a boil and stir for one minute to thicken the soup. Reduce heat to low and keep soup hot until ready to serve.

Nutrition Information for 1 Serving:

Calories: 481 kCal	Saturated Fat: 2 grams
Fat: 5 grams	Cholesterol: 46 mgs
Carbohydrates: 80 grams	Fiber: 7 grams
Protein: 29 grams	Sodium: 207 mgs

Provided By: Brooke Lister

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Chicken Caesar Pasta Salad with Homemade Dressing

This recipe makes 1 Salad.
This recipe makes 1 servings.
1 Serving = salad.

Ingredients:

Black Pepper	1/2 tsp(s)	Calories: 3
Chicken Breast (Roasted, Skinless)	3 oz	Calories: 140
Cucumber, peeled, raw	1 cup(s), pared, chopped	Calories: 16
Garlic, raw	1 clove(s) (minced)	Calories: 4
Lemon juice, raw	1/8 cup(s)	Calories: 8
Lettuce, green leaf, raw	3 cup(s), shredded	Calories: 25
Mustard, dijon	1/2 tbsp(s)	Calories: 8
Olive Oil	1 tbsp(s)	Calories: 119
pasta, cooked	4 ounces	Calories: 98
Red Tomatoes	1 cup(s) cherry tomatoes	Calories: 27

Instructions:

1. Chop ingrediants.
2. Combine Olive oil, lemon juice, garlic and dijon mustard and pepper.
3. Combine all ingredients and top with dressing.

Tip:

If you substitute the salad dressing make sure to use a low calorie option (about 30 calories per serving).

Nutrition Information for 1 Serving:

Calories: 448 kCal	Saturated Fat: 3 grams
Fat: 18 grams	Cholesterol: 72 mgs
Carbohydrates: 38 grams	Fiber: 6 grams
Protein: 35 grams	Sodium: 302 mgs

Provided By: Brooke Lister

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Chicken Tortilla Soup

This recipe makes 8 cups.
This recipe makes 8 servings.
1 Serving = 1 Cup.

Ingredients:

Black Beans Cooked without salt	1 can(s)	Calories: 561
Chicken Breast - No Skin Raw	18 oz	Calories: 582
Chili Powder	1 tbsp(s)	Calories: 24
Cilantro	1 cup(s)	Calories: 4
Corn Tortillas	8 tortilla(s) medium (approx 6 dia)	Calories: 419
Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	1 package (10 oz) yields	Calories: 224
Cumin Seed (ground)	2 tsp(s)	Calories: 16
Del Monte Diced Tomatoes - No Salt Added	16 oz	Calories: 90
Garlic, raw	2 clove(s)	Calories: 9
Green Bell Pepper	1 medium (approx 2-3/4 long, 2-1/2 dia)	Calories: 24
Limes, raw	1 fruit (2 dia)	Calories: 20
Olive Oil	1 tsp(s)	Calories: 40
Onions, raw	1 medium (2-1/2 dia)	Calories: 44
Paprika	1/2 tsp(s)	Calories: 3
Carrots, raw	2 medium	Calories: 50
Soup, chicken broth, low sodium, canned	4 cup(s)	Calories: 154

Instructions:

1. In a large skillet with a tight-fitting lid, bring 1 inch of salted water to a boil. Add chicken. Cover and reduce heat to medium-low. Simmer 5 minutes. Remove skillet from heat and let chicken steam, covered, until cooked through, about 12-14 minutes. Transfer chicken to a large bowl or cutting board and shred with two forks. Set aside.
2. Meanwhile, add tomatoes, carrots and green pepper to a blender or food processor and mix until blended, but still chunky. Set aside.
3. In a large stock pot or Dutch oven (at least 4-5 quarts), heat oil over medium heat. Add the chopped onions and minced garlic and cook until translucent, about 5-8 minutes.
4. Add in chili, cumin and paprika and cook for one minute.
5. Add in the chicken, tomato mixture, chicken broth, corn, beans and 1/2 cup chopped cilantro. Add an additional cup (or more) of water if you find the soup too thick for your tastes. Simmer, partly covered for 30-60 minutes.
6. When the soup is ready, place tortillas on a baking sheet (you may need to do two at a time) and put under your broiler for a few minutes until browned and crispy, then turn over and toast the other side. Watch closely so you don't burn them. Cool for a few minutes and then break into strips.
7. Ladle soup into a bowl and top with a handful of tortilla strips. Sprinkle with the remaining chopped cilantro. Squeeze a wedge of lime over it just before eating.

Nutrition Information for 1 Serving:

Calories: 283 kCal	Saturated Fat: 1 grams
Fat: 4 grams	Cholesterol: 41 mgs
Carbohydrates: 40 grams	Fiber: 10 grams
Protein: 24 grams	Sodium: 254 mgs

Provided By: Brooke Lister

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Grilled Cheese

This recipe makes 1 sandwich.
This recipe makes 1 servings.
1 Serving = sandwich.

Ingredients:

Cheese, colby	1 oz	Calories: 112
Smart Balance Light Buttery Spread	2 tsp(s)	Calories: 30
Wheat Bread	2 slice(s)	Calories: 138

Instructions:

1. Heat medium-size skillet to medium-high heat.
2. Spread butter on one side of each slice of bread.
3. Place 1 slice of bread on the skillet, butter-side down. Then place cheese on the slice of bread. Put the other slice of bread on top with the butter-side facing up.
4. Cook approximately 5 minutes or until cheese is melted.

Nutrition Information for 1 Serving:	
Calories: 280 kCal	Saturated Fat: 7 grams
Fat: 14 grams	Cholesterol: 27 mgs
Carbohydrates: 24 grams	Fiber: 4 grams
Protein: 14 grams	Sodium: 495 mgs

Provided By: Brooke Lister

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Microwave Chicken Burrito

This recipe makes 1 Burrito.
This recipe makes 2 servings.
1 Serving = 1 Burrito.

Ingredients:

Avocado	1 avocado, NS as to Florida or California	Calories: 322
Cheese, cheddar	1/3 cup(s), shredded	Calories: 150
Chicken Breast Roasted	8 oz	Calories: 333
Cream, sour, cultured	1/4 cup(s)	Calories: 111
Flour Tortillas	4 tortilla (approx 7-8 dia)	Calories: 574
Lettuce, iceberg (includes crisphead types), raw	1 cup(s), shredded or chopped	Calories: 8
Refried Beans - Canned	1/4 cup(s)	Calories: 57
Salsa	1/4 cup(s)	Calories: 18
Tomatoes	1/4 cup(s), chopped	Calories: 9

Instructions:

Chop chicken meat. Combine chicken, refried beans and salsa in a microwave safe dish. Cover and microwave 3 minutes on high. Spread mixture in center of tortillas, layer with remaining ingredients, and fold up tortilla. If desired microwave each burrito on high, uncovered for 30 seconds or until warmed.

Nutrition Information for 1 Serving:	
Calories: 791 kCal	Saturated Fat: 12 grams
Fat: 36 grams	Cholesterol: 120 mgs
Carbohydrates: 66 grams	Fiber: 12 grams
Protein: 52 grams	Sodium: 1130 mgs

Provided By: Brooke Lister

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Taco Salad

This recipe makes 8 cups.
This recipe makes 4 servings.
1 Serving = 2 cups.

Ingredients:

Beans, kidney, red, mature seeds, cooked, boiled, without salt	2 cup(s)	Calories: 450
Canned Green Chili	1/2 cup(s)	Calories: 15
Canned Whole Tomatoes - No Salt Added	2 cup(s)	Calories: 82
Chili Powder	1 tbsp(s)	Calories: 24
Cumin Seed (ground)	1 tbsp(s)	Calories: 22
Ground Turkey	1 1/2 lb	Calories: 1014
Lettuce, green leaf, raw	5 cup(s), shredded	Calories: 42
Low Fat Cheddar or Colby Cheese	1 cup(s), diced	Calories: 228

Instructions:

Rinse and shred lettuce and place on 4 individual salad plates and set aside.

Dice tomatoes.

Brown ground turkey over medium-high heat. Drain well. Return turkey to skillet and stir in remaining ingredients except for cheese. Cook and stir over medium heat for 2 minutes

Spoon turkey mixture onto prepared plates.

Sprinkle with cheese.

Tip:

Serve with homemade tortilla chips and salsa.

Nutrition Information for 1 Serving:

Calories: 469 kCal	Saturated Fat: 6 grams
Fat: 18 grams	Cholesterol: 141 mgs
Carbohydrates: 30 grams	Fiber: 10 grams
Protein: 48 grams	Sodium: 486 mgs



Taco Salad

This recipe makes 8 cups.
This recipe makes 4 servings.
1 Serving = 2 cups.

Ingredients:

Beans, kidney, red, mature seeds, cooked, boiled, without salt	2 cup(s)	Calories: 450
Canned Green Chili	1/2 cup(s)	Calories: 15
Chili Powder	1 tbsp(s)	Calories: 24
Cumin Seed (ground)	1 tbsp(s)	Calories: 22
Ground Turkey	1 1/2 lb	Calories: 1014
Lettuce, green leaf, raw	5 cup(s), shredded	Calories: 42
Low Fat Cheddar or Colby Cheese	1 cup(s), diced	Calories: 228
Tomatoes	1 large whole (3 dia)	Calories: 38

Instructions:

Rinse and shred lettuce and place on 4 individual salad plates and set aside.

Dice tomatoes.

Brown ground turkey over medium-high heat. Drain well. Return turkey to skillet and stir in remaining ingredients except for cheese. Cook and stir over medium heat for 2 minutes

Spoon turkey mixture onto prepared plates.

Sprinkle with cheese.

Tip:

Serve with homemade tortilla chips and salsa.

Nutrition Information for 1 Serving:	
Calories: 458 kCal	Saturated Fat: 6 grams
Fat: 18 grams	Cholesterol: 141 mgs
Carbohydrates: 27 grams	Fiber: 9 grams
Protein: 47 grams	Sodium: 478 mgs

Provided By: Brooke Lister

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Turkey Gyro

This recipe makes 4 Pitas.
This recipe makes 4 servings.
1 Serving = pita.

Ingredients:

Cheese, feta	1 oz	Calories: 75
Cucumber, with peel, raw	1 cucumber (8-1/4)	Calories: 45
Lemon juice, raw	2 tsp(s)	Calories: 3
Olive Oil	1 tsp(s)	Calories: 40
Onions, raw	1/4 cup(s), chopped	Calories: 16
Plain Yogurt (Skim Milk)	3/4 cup(s)	Calories: 103
Romaine Lettuce	1 1/2 cup(s), shredded	Calories: 14
Spices, dill weed, dried	2 tsp(s)	Calories: 5
Tomatoes	1 medium whole (2-3/5 dia)	Calories: 26
Turkey breast, low salt, prepackaged or deli, luncheon meat	8 oz	Calories: 226
Whole Wheat Pita Bread	4 pita(s), large (6-1/2 dia)	Calories: 681

Instructions:

1. Cut two thirds of cucumber into thin slices. Finely chop remaining cucumber. Combine chopped cucumber, yogurt, onion, dill weed and lemon juice in small bowl.
2. Heat olive oil in large skillet over medium heat until hot. Add turkey. Cook 2 minutes on each side. Wrap 2 pita breads in paper towel. Microwave on HIGH 30 seconds or just until warmed. Repeat with remaining pita breads.
3. Divide lettuce, tomato, cucumber slices, turkey, feta cheese, and yogurt-cucumber sauce evenly among pita breads. Fold edges over and secure with toothpicks.

Nutrition Information for 1 Serving:	
Calories: 308 kCal	Saturated Fat: 2 grams
Fat: 5 grams	Cholesterol: 32 mgs
Carbohydrates: 45 grams	Fiber: 6 grams
Protein: 24 grams	Sodium: 902 mgs

Provided By: Brooke Lister

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Turkey Sandwich

This recipe makes 1 Sandwich.
This recipe makes 1 servings.
1 Serving = 1 sandwich.

Ingredients:

Lettuce, green leaf, raw	2 leaf(s)	Calories: 3
Mustard, dijon	1 tsp(s)	Calories: 5
Roasted Turkey Breast	3 oz	Calories: 107
Tomatoes	2 slice(s), medium (1/4 thick)	Calories: 8
Whole Wheat Pita Bread	1/2 pita(s), large (6-1/2 dia)	Calories: 85

Instructions:

Stuff Pita bread with turkey, lettuce, tomato.
Spread mustard on inside of pita as desired.

Nutrition Information for 1 Serving:	
Calories: 209 kCal	Saturated Fat: 1 grams
Fat: 4 grams	Cholesterol: 36 mgs
Carbohydrates: 21 grams	Fiber: 3 grams
Protein: 23 grams	Sodium: 637 mgs

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Shopping List for Jane Doe

Plan Name: Meals in Minutes 1800 cal

Food (Baked Products)	Amount
Bread, wheat, toasted	1 slice(s)
English muffins, whole-wheat, toasted	2 muffin(s)
Flour Tortillas	8 tortilla (approx 7-8 dia)
PEPPERIDGE FARM Crusty Italian Bread, Garlic	1 serving(s)
Wheat Bread	2 slice(s)
Wheat Rolls	3 roll(s) (1 oz each)
Whole Wheat Pita Bread	4 1/2 pita(s), large (6-1 1/2 dia)
Food (Beverages)	Amount
Tea, herb, other than chamomile, brewed	4 cup(s) (8 fl oz)
Water	2 cup(s)
Food (Cereal Grains and Pasta)	Amount
Brown Rice	1.32 cup(s)
Cornstarch	1/2 tbsp(s)
Natures Path Organic Granola - Pumpkin Flax Plus Granola	2 cup(s)
pasta, cooked	4 ounces
Wild rice, raw	1/2 cup(s)
Food (Dairy and Egg Products)	Amount
2% Reduced Fat Milk	1/2 cup(s)
Cheese, cheddar	2/3 cup(s), shredded
Cheese, colby	1 oz
Cheese, feta	1 oz
Cream, sour, cultured	1/2 cup(s)
Frigo String Cheese	3 piece(s) (1 oz per piece)
Low Fat Cheddar or Colby Cheese	1 cup(s), diced
Lowfat Milk (1%)	4 cup(s)
Nonfat Milk	1 cup(s)
Plain Yogurt (Skim Milk)	1 3/4 cup(s)
Food (Fast Foods)	Amount
Atlanta Bread Low Fat Pumpkin Muffin	1 muffin(s)
Food (Fats and Oils)	Amount
Olive Oil	1 tbsp(s)
Olive Oil	1 tsp(s)
Salad dressing, KRAFT FREE Fat Free Ranch Dressing	2 tbsp(s)
Smart Balance Light Buttery Spread	2 tsp(s)
Food (Fruits and Fruit Juices)	Amount
Apples, Raw	5 medium (2-3/4 dia) (approx 3 per lb)
Avocado	2 avocado, NS as to Florida or California
Bananas, raw	1 large (8 to 8-7/8 long)
Bananas, raw	4 small (6 to 6-7/8 long)
Lemon juice, raw	1/8 cup(s)
Lemon juice, raw	2 tsp(s)

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Shopping List for Jane Doe

Plan Name: Meals in Minutes 1800 cal

Food (Fruits and Fruit Juices)	Amount
Oranges	1 large (3-1/16 dia)
Strawberries, raw	3 1/4 cup(s), halves
Food (Legumes and Legume Products)	Amount
Beans, kidney, red, mature seeds, cooked, boiled, without salt	2 cup(s)
Peanut butter, smooth style, without salt	4 tbsp(s)
Refried Beans - Canned	1/2 cup(s)
Food (Meals, Entrees, and Sidedishes)	Amount
California Pizza Kitchen Frozen Crispy Thin Crust Pizza - Spinach & Artichoke	1/2 pizza(s)
Garden Salad	1 cup(s)
Kashi Original Frozen Waffles	2 serving(s) (2 waffles per serving - 3 oz per serving)
Food (Nut and Seed Products)	Amount
Nuts, almonds, oil roasted, without salt added	3/4 oz (22 whole kernels)
Food (Poultry Products)	Amount
Chicken Breast (Roasted, Skinless)	3 oz
Chicken Breast - No Skin Raw	2 oz
Chicken Breast Roasted	16 oz
Ground Turkey	1 1/2 lb
Roasted Turkey Breast	3 oz
Food (Sausages and Luncheon Meats)	Amount
Turkey breast, low salt, prepackaged or deli, luncheon meat	8 oz
Food (Snacks)	Amount
Kelloggs Special K Protein Meal Bar- Chocolate Peanut Butter	3 bar(s)
Lays Baked Original Potato Chips	1 serving(s) (11 crisps per serving)
Snacks, fruit leather, bars	3 bar(s)
Snacks, tortilla chips, light (baked with less oil)	11 chips
Food (Soups, Sauces, and Gravies)	Amount
Annies Homegrown - Natural Fat Free Raspberry Balsalmic Vinaigrette	1 serving(s)
Campbells Tomato with Tomato Pieces Soup (Low Sodium)	1 can(s)
Low Sodium Chicken Bouillon	2 cube(s)
Salsa	1/2 cup(s)
Salsa	3 tbsp(s)
Food (Spices and Herbs)	Amount
Black Pepper	1/2 tsp(s)
Chili Powder	1 tbsp(s)
Cumin Seed (ground)	1 tbsp(s)
Mustard, dijon	1/2 tbsp(s)
Mustard, dijon	1 tsp(s)
Spices, dill weed, dried	2 tsp(s)
Food (Sweets)	Amount

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Plan Name: Meals in Minutes 1800 cal

Food (Sweets)	Amount
Jams and preserves	3 tbsp(s)
Syrup, maple	4 tbsp(s)
Toppings, butterscotch or caramel	4 tbsp(s)
White Sugar	1 tbsp(s)
Food (Vegetables and Vegetable Products)	Amount
Canned Green Chili	1/2 cup(s)
Canned Whole Tomatoes - No Salt Added	2 cup(s)
Carrots, baby, raw	14 medium
Celery, raw	1/2 stalk(s), medium (7-1/2 - 8 long)
Cucumber, peeled, raw	1 cup(s), pared, chopped
Cucumber, with peel, raw	1 cucumber (8-1/4)
Garlic, raw	1 clove(s) (minced)
Green Giant Frozen Valley Fresh Steamers - Mixed Vegetables	2 cup(s)
Lettuce, green leaf, raw	8 cup(s), shredded
Lettuce, green leaf, raw	2 leaf(s)
Lettuce, iceberg (includes crisphead types), raw	2 cup(s), shredded or chopped
Onions, raw	1/4 cup(s), chopped
Onions, raw	1/4 medium (2-1/2 dia)
Carrots, raw	1/4 cup(s), strips or slices
Red Tomatoes	1 cup(s) cherry tomatoes
Romaine Lettuce	1 1/2 cup(s), shredded
Tomatoes	1/2 cup(s), chopped
Tomatoes	1 medium whole (2-3/5 dia)
Tomatoes	2 slice(s), medium (1/4 thick)

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