



Keep It Simple Meal Plan

On Sunday afternoon, make the following items to use during the week. This preparation should take no more than an hour:

- 1 whole large spaghetti squash
- Roasted Tomatoes (make a large portion, like a Costco sized box)
- Sensational Breakfast Casserole

Tip to remember with this plan:

When making meals, ALWAYS make WAY MORE than you will eat so you have plenty of leftovers for other meals.

Breakfast	Snack	Lunch	Snack	Dinner
Sensational Breakfast Casserole	1 Cup Berries 100 Calorie Pack Almonds	Open-Faced Sandwich with Low-Fat Meat, 1 Slice Low-Fat Cheese, 1 Cup Carrots, 1 Cup Vegetable Soup	Whole Piece of Fruit of Your Choice, Cheese Stick	Chicken Parmesan (whole meal) Use pre-made spaghetti squash.
1 Slice Ezekial Bread, 1 Tablespoon Almond Butter, 1 Apple, 1 Cup Milk or Unsweetened Vanilla Almond Milk	Celery Sticks, 1 Cheese Stick	Sensational Breakfast Casserole, 2 Cups Green Salad, Light Dressing	1 Cup Spaghetti Squash Topped With Leftover Roasted Tomatoes, 1 Tablespoon Parmesan Cheese	4 oz. Lean Meat Of Your Choice (or vegetarian protein source), 1 Cup Ginger Garlic Green Beans, ½ Cup Brown Rice
Scrambled Eggs Topped With Leftover Roasted Tomatoes, 1 slice Toasted Ezekial Bread	1 Cup Berries 100 Calorie Pack Almonds	Leftover Chicken Parmesan (With Spaghetti Squash)	1 Cup Leftover Ginger Garlic Green Beans and 2 oz. Leftover Meat from last night's dinner	Sensational Breakfast Casserole, 2 Cups Green Salad, Light Dressing
Old-Fashioned Oatmeal With 1 Fresh Apple cut up in it and 2 Tablespoons Crushed Walnuts, 1 Cup Milk of Your Choice	Celery Sticks With 1 Tablespoon Almond Butter	Open-Faced Sandwich with Low-Fat Meat, 1 Slice Low-Fat Cheese, 1 Cup Carrots, 1 Cup Vegetable Soup	Individual Unsweetened Applesauce, Cheese Stick	Taco Salad Made With Lean Ground Turkey(use your own recipe or packaged, MSG free seasoning)(at least 2 cups of salad, 3-5 oz. meat)
1 Cup Fresh or Frozen Berries, 1 Cup Plain Greek Yogurt sweetened how you like it	100 Cal Pack Almonds, 1 Clementine or Whole Piece of Fruit	Leftover Taco Salad (at least 2 cups of salad, 3 oz. meat)	1 Slice Ezekial Bread With 1 Slice Melted (or not) Low Fat Cheese, Celery Sticks	Low-Fat Meat (or vegetarian protein source), Steam-In-Bag Veggies, ½ Cup Leftover Brown Rice



Roasted Tomatoes with Basil

Ingredients

- 4 Roma tomatoes or a pint of grape tomatoes
- 16-20 whole basil leaves (about 2 per 1/2 tomato)
- Salt
- Pepper
- 1 teaspoon sugar (if desired)

Directions

Wash tomatoes and cut in 1/2. Place tomatoes on a baking sheet or in a glass or ceramic baking dish. Sprinkle with salt, pepper, and sugar if desired. If tomatoes are in season, they typically do not need sugar. Place whole basil leaves on top. Bake at 400 for about 25 minutes or until tomatoes skins start to shrivel. These can be eaten fresh and hot or cold with a salad. You can sprinkle parmesan on top. They are also really great cut up on top of spaghetti squash with parmesan.

Sensational Breakfast Casserole

Ingredients

- 1/2 small onion, chopped
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 1/2 package lean ground sausage (if using a pre-cooked sausage, omit step 1)
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1 1/2 cups egg beaters (You can use whole eggs, but it changes the calorie count).
- 1/2 cup skim milk
- 3 wedges Garlic and Herb Laughing Cow cheese
- cooking spray

Directions

Spray pan with cooking spray and cook sausage until cooked completely. Remove sausage from pan and place into a bowl. Add onion, sausage, and peppers to pan and cook until completely soft.

Cut Laughing Cow wedges into small pieces.

In a separate bowl, mix egg beaters, milk, garlic salt, pepper, and dry mustard.

Add sausage back to the pan with peppers and onions. Place cut pieces of Laughing Cow throughout pan. Pour egg mixture on top. Leave on burner about 8-10 minutes or until mixture is set on the bottom and is starting to set on the sides. Remove from burner and place under the broiler for about another 10 minutes or until eggs are cooked throughout. If you would like, add a sprinkle of Parmesan cheese at the end.

If you would like to make this in the oven as a casserole, you can place cooked sausage, onions, and peppers in the bottom of a casserole dish and pour egg mixture on top. Bake at 350° for 45 minutes or until cooked throughout. This can be assembled ahead of time and cooked in the morning or cooked ahead of time and reheated.

Recipe makes 8 servings. Each serving has 74 calories, 2.6 grams of fat, 20.4 mg. cholesterol, 4.8 grams of carb, .7 grams of fiber, 3 grams of sugar, and 8.3 grams of protein.



Chicken Parmesan (Whole Meal)

This recipe can be served in parts, but I chose to list it as an entire meal because it is so easy. I hope you enjoy!

Ingredients

- 4 chicken breasts (4-6 oz. each)
- 1/8 cup egg beaters
- 1/2 cup breadcrumbs
- 1 teaspoon Italian seasoning
- 1 teaspoon salt

Ingredients #2

- 4-5 cups cooked spaghetti squash
- 3 wedges Garlic and Herb Laughing Cow spreadable cheese
- 1 cup spaghetti sauce (low sugar if you can find it)
- sprinkle of Parmesan cheese

Directions

Mix breadcrumbs, Italian seasoning, and salt in a shallow bowl or on a plate. Dip chicken into egg beaters and then into breadcrumb mixture. You will not use all of the breadcrumbs. Bake in at 350° for 15 minutes or until cooked throughout. Cooking time will vary based on the thickness of the chicken breasts.

Use fresh or left over spaghetti squash instead of pasta. If it is left over, heat in the microwave for a few minutes until it is hot enough to melt the Laughing Cow cheese. Add Laughing Cow to hot spaghetti squash and stir until completely mixed and melted. Mix in 1 cup spaghetti sauce and stir until well mixed.

Serve chicken on top of spaghetti squash with a sprinkle of Parmesan cheese on top. If you have any leftover roasted tomatoes from another meal, you can serve them on top to add even more veggies to this amazing, quick meal.

Makes 4 servings. Nutrition information is for one 4 oz. chicken breast, 1 cup of spaghetti squash, and 1 tablespoon Parmesan. There will be 2 cups of leftover spaghetti squash to be used for another meal or lunch.

(335 calories, 10.2 grams fat, 3.1 grams saturated fat, 106.9 grams cholesterol, 20.9 grams carb, 2.9 grams fiber, 7.3 grams sugar, 40.4 grams protein)



Ginger Garlic Green Beans

Ingredients

- 1 1/2 fresh green beans
- 2 teaspoons olive oil
- 2 tablespoons fresh minced or shredded ginger (can use ginger from a jar, tube, or grate it yourself)
- 1 tablespoon + 1 teaspoon minced garlic
- 1/3 cup chicken broth
- salt and pepper to taste

Directions

Blanch green beans about 5 minutes in a pot of water or until they are cooked to desired level of tenderness. Remove beans from heat. Pour off excess water. Heat olive oil in a second pan. Saute´ garlic and ginger about 3 minutes. Add chicken broth and cook over medium heat another 2 minutes. Pour over green beans and stir until well coated. Add salt and pepper to taste.

If you only want to use one pan, steam green beans in the microwave instead of in a separate pan.