



Bow Ties with Spring Vegetables

2 oz dry whole-grain farfalle pasta

2 tsp olive oil

1/2 cup artichoke hearts

1/4 cup sliced red onion

1/4 cup peas

1 Tbsp chopped fresh mint

Cook pasta as directed and toss with oil, vegetables, and mint. Season with salt and pepper to taste.

TOTAL: 370 calories



Half-Homemade Soup with Asparagus

4 oz boneless, skinless chicken breast

1 cup Amy's Organic Chunky Vegetable soup

2 Tbsp dry quinoa
1 cup chopped kale
10 small asparagus spears
2 tsp soy sauce
1/8 tsp grated fresh ginger

Bake chicken at 350°F for 25 minutes, then shred with a fork. Meanwhile, combine soup, quinoa, and kale in a saucepan, bring to a boil, and simmer until quinoa is done, about 15 minutes. Add chicken. Steam asparagus, then toss with soy sauce and ginger. Serve asparagus on the side.

TOTAL: 330 calories

Baked Chicken with Mushrooms and Sweet Potato



1/2 skinless chicken breast
1 cup baby portobello mushrooms, sliced
1 Tbsp chives
1 Tbsp olive oil
1 medium sweet potato

In a 350°F oven, bake chicken, topped with mushrooms, chives, and oil, for 15 minutes.
Microwave sweet potato for five to seven minutes.

Total: 382 *calories*

Light Lasagna



- 1/2 cup cooked whole-wheat spaghetti
- 1/4 cup part-skim ricotta
- 1/3 cup prepared tomato sauce
- 1/2 tsp crushed red chili flakes
- 1 Coleman Natural Mild Italian Chicken Sausage link, cooked
- 2 cups spinach

Combine pasta, ricotta, sauce, and chili flakes, then crumble sausage on top. Add spinach, and let wilt.

Total: 350 *calories*

Beef and Veggie Salad Bowl



- 2 Tbsp dry red quinoa
- 2 cups mesclun greens
- 3 oz cooked lean beef, cubed
- 1/2 cup chopped broccoli florets
- 1/4 red bell pepper, chopped
- 2 tsp olive oil
- 1 tsp red wine vinegar

Cook quinoa as directed. Toss with greens, beef, broccoli, and pepper in a bowl. Whisk oil and vinegar for dressing.

Total: 320 calories

Cilantro Shrimp with Squash, Chard, and Wild Rice



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- 8 large shrimp
- 1 Tbsp olive oil
- 2 tsp fresh cilantro
- 2 tsp fresh lime juice
- 1 yellow squash, sliced
- 1 cup Swiss chard
- 1/4 cup dry wild rice blend

Sear shrimp in olive oil over medium heat for three to four minutes, seasoning with cilantro and lime juice. Steam squash and chard for five to seven minutes, and cook rice according to package directions.

Total: 370 calories

Asian Turkey Lettuce Cups



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4 oz ground lean turkey
1/2 cup white mushrooms, chopped
1 tsp minced garlic
1/4 cup shelled and cooked edamame
2 Boston lettuce leaves
2 Tbsp sliced scallion

Sauce

1/2 Tbsp hoisin sauce
1 tsp low-sodium soy sauce
1/2 tsp rice vinegar

Asian Slaw

1/2 cup shredded red cabbage and green cabbage
1/4 cup sliced jicama
1/4 cup grated carrot
1 tsp olive oil
1/2 tsp rice vinegar

In a nonstick skillet coated with cooking spray, sauté first three ingredients for five minutes. Add edamame, scoop mix onto lettuce, top with scallion, and wrap up. Drizzle with sauce, and serve slaw on the side.

Total: 329 calories

Mushroom Bison Burger



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- 4 oz grass-fed bison burger
- 1 portobello mushroom, grilled
- 1 slice red onion
- 2 slices tomato
- 2 lettuce leaves
- 1 Arnold Artisan Ovens Multi-Grain Flatbread

Grill mushroom and burger, and top with onion, tomato, and lettuce on flatbread.

Total: 374 calories

Grass-fed bison meat contains less fat than both ground chicken and grass-fed beef—plus it has more protein.



Salmon with Lemon and Dill

5 oz wild Atlantic salmon

1 Tbsp lemon juice

1 tsp dill

2/3 cup parsnips

1 1/2 cup chopped broccoli, steamed

Sprinkle salmon with lemon juice and dill and bake for 15 minutes at 225°F.

Total: *261 calories*

Chow down—broccoli contains quercetin, which inhibits the maturation of fat cells.

Shrimp and Broccoli Pasta Salad



4 oz cooked shrimp
1/2 cup cooked whole-wheat elbow macaroni
1/2 steamed broccoli
4 sun-dried tomatoes, halved
1 tsp capers
2 Tbsp red wine vinegar
1/4 tsp onion powder
1/2 tsp oregano

Toss all ingredients, and serve cold.

Total: 312 calories

Shrimp is high in omega-3's, and according to a study in the journal *Appetite*, people who ate omega-3-rich diets were most likely to feel satiated.

Jambalaya Blend with Veggies



1 veggie burger
1/2 cup cooked brown rice
2 Tbsp corn
2 Tbsp salsa
1/2 cup chopped red, green, or yellow bell peppers
3/4 cup diced squash
3/4 cup diced zucchini
1/4 cup chopped red onion
1 tsp olive oil
Salt, to taste

Cook burger in pan spritzed with cooking spray, then chop burger and combine with rice, corn, and salsa. Toss veggies with oil and salt, roast for 15 to 20 minutes, and serve on the side.

Total: 360 calories

Fill up with brown rice. It has more than five times the fiber of the white stuff.

Cod with Rosemary Polenta and Beans



3 oz cod
1 tsp chopped fresh parsley
Dash of salt
Dash of pepper
1/4 cup dry polenta
1/2 cup 1 percent milk
1 Tbsp pine nuts
1/2 tsp rosemary
1/2 cup cooked green beans

Season cod with parsley, salt, and pepper, then steam for eight minutes. Cook polenta with milk, per package instructions, then top with pine nuts and rosemary. Serve with green beans.

Total: 352 calories

Berry Breakfast Smoothie



Wake up to a delicious blend of banana, strawberries, blueberries and peanut butter. This fruit smoothie recipe is a good source of protein and fiber.

Calories: 225



Oatmeal, Buttermilk, and Blueberry Pancakes

Perfect for brunch, these moist, light pancakes are filling, not fattening! Adding oatmeal to the batter is a delicious way to add fiber to your morning meal.

Calories: 129 per pancake



Roast Beef and Horseradish Wrap

- 2 Tbsp 2% plain Greek yogurt
- 1 Tbsp horseradish sauce
- 2 leaves Bibb lettuce
- 4 slices lean deli-style roast beef
- 4 slices tomato
- 1 cup fresh raspberries

Combine yogurt and horseradish, and spread on lettuce. Top with roast beef and tomato, and roll into a wrap. Serve with raspberries.

Total: 300 calories

Greek yogurt is a great mayo substitute—even light mayonnaise can't compare when it comes to saving calories and fat.

Tuna-Avocado Sandwich



- 1/3 avocado, mashed
- 1/2 Tbsp lemon juice
- 4 oz white albacore tuna, drained
- 1 thick slice tomato
- 1 piece butter lettuce
- 1 slice red onion
- 1 slice whole-grain bread

Combine avocado with lemon juice, and fold in tuna. Stack tomato, lettuce, onion, and avocado and tuna mixture on bread for an open-face sandwich.

Total: 350 calories

Tofu Salad



- 1 Tbsp soy sauce
- 1 Tbsp almond butter
- 1/8 tsp minced garlic
- 4 oz tofu, extra firm, thinly sliced
- 1 cup snow peas, slivered
- 1/2 tsp sesame seeds
- 2 Scandinavian crispbread crackers

Whisk soy sauce, almond butter, and garlic. Toss with tofu and snow peas. Top with sesame seeds, and serve with crackers.

Total: 330 calories

Spicy Chicken Salad



1 cup roasted skinless chicken breast, cubed

1 Tbsp fresh lemon juice

4 tsp Dijon mustard

1/2 jalapeno, diced

1/2 medium celery stalk, chopped

Dash of black pepper

1 cup baby spinach

Combine the first six ingredients, and serve on a bed of spinach.

Total: 266 calories



Eggs 'n' Greens

1 Tbsp olive oil

1 cup sliced mushrooms

2 cups spinach

1 egg

1 Tbsp Sriracha sauce

Add half the olive oil to a heated skillet, sauté mushrooms and spinach, and remove to a plate. Add remaining olive oil to the skillet. Crack egg into the pan, and cook sunny-side up. Add egg to vegetables. Drizzle with Sriracha sauce.

Total: 230 calories

You already know that spinach is a health food rock star—but it will also help cut cravings all day long.



Savory English Muffin

3 oz Applegate Naturals Black Forest ham
1/2 cup raw kale, leaves torn, stems removed
2 Tbsp shredded low-fat cheddar cheese
1 whole-wheat English muffin
1 tsp olive oil

Layer ham, kale, and cheese on muffin halves. Drizzle with olive oil, and sprinkle chili powder, sea salt, and black pepper to taste. Toast muffin halves side by side in a 375°F oven for 10 minutes, or until cheese melts.

Total: 310 calories

Olive oil is packed with antioxidants and healthy fats, so this drizzle is the easiest weight loss hack you can add to your morning.



Chocolate Cherry Waffles

- 1 Tbsp chocolate almond butter
- 2 Van's 8 Whole Grains waffles
- 1 cup pitted fresh cherries

Spread chocolate almond butter on waffles, and top with cherries.

Total: 350 calories

Whole grains not only help you slim down, but can ward off heart disease and type 2 diabetes, studies show.



Sweet-Treat Toast

- 1 Laughing Cow Original Creamy Swiss wedge
- 2 slices Ezekiel 7 Sprouted Grains Cinnamon Raisin Bread, toasted
- 1 cup sliced mango

Spread cheese on toast, and top with mango.

Total: *310 calories*

Mangos are packed full of vitamin C, vitamin A, and plenty of fiber—which will keep you full and satisfied.



Scrambled Eggsadilla

- 1 whole egg plus 1 egg white
- 2 Tbsp chopped green pepper
- 2 Tbsp chopped red onion
- 1 8-inch whole-wheat tortilla
- 1 oz Monterey Jack cheese, shredded
- 2 Tbsp chunky salsa

Scramble eggs with pepper and onion, and fold into tortilla with cheese and salsa.

Total: 330 calories

Enjoy those 20 grams of protein. They'll help you maximize weight loss and maintain muscle mass.



Berry English Muffin

- 1 Tbsp natural creamy peanut butter
- 1 Ezekiel 4:9 whole-grain English muffin
- 1 Tbsp dried chia seeds
- 1/2 tsp ground cinnamon
- 1/4 cup sliced strawberries

Spread peanut butter on sliced muffin, and top with seeds, cinnamon, and berries.

Total: 330 calories

A high-fiber breakfast like this one—it's got 12 grams!—could help you eat less through lunchtime, research shows.



Tomato, Artichoke, and Feta Frittata

- 1 egg
- 1 egg white
- Cooking spray
- 1/4 cup chopped tomato
- 1/2 cup canned artichoke hearts, drained and chopped
- 1 tsp chopped shallot
- 3 Tbsp crumbled feta cheese
- 1 slice whole-grain bread, toasted

Whisk together egg and egg white. In a skillet misted with cooking spray, cook tomato, artichoke, and shallot for 2 minutes over medium heat. Reduce heat to low, and add eggs. Cover, and cook 3 minutes, until eggs are firm. Top with feta. Serve with toast.

Total: 286 calories

Eating whole grains may decrease inflammation, which is associated with decreased belly flab.



Yogurt and Grapefruit Parfait

8 oz Fage Total 0% yogurt

1 Tbsp wheat germ

1/2 tsp honey

1 tsp ground flaxseed

1 medium grapefruit

Mix together wheat germ and ground flax seed, and use as base. Alternate layers of grapefruit and yogurt. Top with honey and wheat germ.

Total: 252 calories

Pro-tip: Keep the thin skin between segments intact! Most of grapefruit's three grams of fiber is found in those walls.



Orange-Pomegranate Ricotta Toast

1/4 cup low-fat ricotta cheese

2 tsp honey

1 slice whole-wheat toast

1 navel orange

1 Tbsp pomegranate seeds

3/4 tsp nutmeg

Mix low-fat ricotta with honey, and spread on whole-wheat toast. Top with remaining ingredients.

Total: 291 calories

Pomegranate may increase fat burn and weight loss by activating proteins that control fat and metabolism, research shows.



Savory Breakfast Burrito

2 egg whites

2 whole-wheat tortillas

1/4 cup fat-free cheese

1/4 cup rinsed canned beans (such as pinto beans or black beans)

Salsa (to taste)

Scramble the egg whites to desired degree of doneness, then load onto tortillas along with cheese and beans. Roll up, microwave for 30 seconds, and top with salsa.

Total: 282 calories

This low-calorie breakfast burrito alternative will fill you up, thanks to those whole-wheat tortillas.



Blueberry and Peanut Butter Pancake

- 1 frozen whole-wheat pancake
- 2 Tbsp omega-3-enriched peanut butter
- 1 Tbsp blueberry preserves or a handful of blueberries
- 1 Tbsp crushed walnuts

Heat the pancake in a toaster or toaster oven. Spread on the peanut butter, then top with the preserves and walnuts. Make it to go: Fold in half like a taco, and you won't even need a knife and fork.

Total: *345 calories*

Can we say enough about peanut butter? While you're enjoying your zero-craving afternoon, remember that you're also getting magnesium, vitamin E, and zinc—the last of which keeps your metabolism running smoothly.



Cherry Bomb

3/4 cup frozen cherries

1 kiwi, peeled and quartered

1/4 cup orange juice

1/2 cup coconut water

3/4 tsp agave nectar

3 ice cubes

1 scoop protein powder (optional)

Blend ingredients, and enjoy.

Total: 285 *calories*

To trick it out even more: Add a scoop of vanilla protein powder for an additional 15 to 25 grams of protein and even more slim-down power.



French Toast with Strawberries

- 1 egg
- 2 Tbsp nonfat milk
- 2 slices whole-wheat bread
- 13 strawberries, sliced
- 1/2 tsp powdered sugar

Whisk together egg and milk, and dip bread into mixture. Cook in nonstick pan until slightly browned. Top with berries and sugar.

Total: *275 calories*

The fiber in strawberries heads off hunger and also helps ward off diabetes and breast cancer.



Chili-Spiced Salmon Salad

Canned salmon gets dress up with avocado, grapefruit sections, onions, beets, and pistachios over a bed of Bibb lettuce.

Calories: 283

Get the roast beef wrap recipe!



Roast Beef and Horseradish Wrap

Roast beef and horseradish is a match made in flavor heaven. And this quick wrap has less than 200 calories!

Calories: 194

Get the roast beef wrap recipe!



Berry Goat-Cheese Salad

Cook an extra chicken breast at dinner and then toss it with strawberries, blueberries, pecans, tomatoes, and spinach. If berries are out of season, frozen ones will work, too.

Calories: 222

Get the berry and goat cheese salad recipe!



Chicken Panini

For a satisfying lunch, layer sliced chicken breast, black forest ham, and Swiss cheese on a wheat roll and serve with marinara sauce on the side.

Calories: 292



Mozzarella and Tomato Salad

This easy and meal salad will remind you of a caprese salad at your favorite Italian restaurant.

Calories: 243