

MENU IDEAS

1. CHICKEN SALSA

Chicken, salsa and mushrooms in crock-pot.
Kraft low fat Mac & Cheese.

2. SOLE AND SPINACH

Sole or flounder in foil with
Fresh spinach, sliced mushrooms, squeeze of lemon or lime.
Bake at 350° for 20 minutes.
Serve with rice or baked potato.

3. ROAST BEEF SANDWICH

Roast beef slices.
Dark rye-toasted, good mustard.
1 oz low fat Swiss cheese with sautéed onion slices (optional).
Sliced cucumbers dressed with salad vinegar.
Carrot and raisin salad.

4. BURGER AND FRIES

3 oz hamburger or 2 Boca burgers.
Baked French fries and ketchup.
Onion and squash sautéed with Italian spice mix.

5. GRAPE-A-DILLAS

Grape-a-dillas –put grilled chicken, grapes
poppyseed dressing and a sprinkling of nuts
in a whole grain tortilla. Serve with
Tossed salad or sugar snaps, sautéed.



6. CREAMY SOLE VERONIQUE

Sole baked in lemon and wine at 400* for 10 -12 minutes.

(Pour off the cooking liquid and stir into a saucepan with 2 tbsp flour, toasted. Stir in milk or soy or rice milk to desired consistency) Top sole with green grape halves and pour sauce over top.

Steam/microwave spinach with olive oil and nutmeg.

1 cup boiled new potatoes with parsley.

7. FILET DINNER

3 oz. broiled beef filet.

½ acorn squash with avocado “butter.”

½ c. chunky applesauce.

Broccoli.

8. HAM HAWAIIAN

3 oz baked ham and 2 pineapple rings (~4oz).

Chilled asparagus.

Carrot slaw (carrot and raisin slaw) or Waldorf salad.

New potatoes or crusty roll with olive oil or nut spread.

9. CHICKEN AND SQUASH PARMESAN

Parmesan squash halves (yellow and/or zucchini).

Grilled chicken with Italian spice rub or Italian dressing.

Rice cooked in broth.

10. SHRIMP CREOLE

Shrimp (and/or chicken) Creole on

Rice.

Green beans, broccoli or asparagus.

11. FAJITAS

Fajitas-

Flank steak or chicken breast strips, marinated, sautéed onions and julienne vegetables.

Tortilla.

2 tbsp light sour cream or 1 tbsp regular sour cream.

Salsa.

12. BEEF AND ASPARAGUS

Hamburger or flank steak, mustard/BBQ sauce.
Asparagus, mushrooms, squash, potatoes-seasoned and grilled
Or fresh green salad with crusty roll.

13. LOADED POTATOES

Baked potatoes-loaded with
 Steamed, chopped vegetables (Red and green cabbage, carrots, onion,
 mushroom, squash).
Spike seasoning, Mrs. Dash or steak sauce.
Hummus or tofu creamed or avocado guacamole
1 oz light cheese.
Chopped "heated" ham.

14. ECLECTIC SALAD

Eclectic Salad:
 Mixed greens
 Sliced strawberries and/or blueberries
 2 tbsp blue cheese or feta cheese
 Oil-based Dressing or Balsamic Vinegar
 Shredded beets/carrots.
Grilled chicken (Chunks/tenders).
Whole grain Crackers or Bread with Avocado Spread or Almond Butter

15. SALMON DINNER

Grilled salmon.
Sugar snap peas with mint.
Brown Rice with mixed vegetables and dried fruit and
nuts

16. SALAD NICOISE

Salad Nicoise

Steamed green beans, chilled.

Tuna (from can)

1 boiled egg

Olives, capers

1 Tbsp Feta cheese

Red peppers, lightly roasted and peeled, chilled

Steamed carrots, chilled

New potatoes, chilled

Good Italian dressing and mustard

¼ c. Hummus

1 oz Pita bread

17. BROCCOLI AND BEEF BURRITO

Broccoli and 2 beef burritos

With Pico de Gallo/Salsa

Light sour cream

1 oz light cheese

18. STIR FRY

Oriental vegetable stir-fry (include bean sprouts) with sweet and sour sauce or sweet soup mix.

Chicken, beef or shrimp.

½ c. rice and 2 Siam café steamed spring rolls and dipping sauce.

Sliced oranges.

19. FRITATTA

Eggs with sliced Squash and onion with Italian spices or basil.

Baked fries or “simple potatoes” hash browns.

20. SUSHI

1 order sushi Shrimp

Double order salad.

Grilled salmon or chicken.

1 ice cream topped with fruit and nuts.

21. SUMMER GRILL

Apricot Jam glazed carrots
 Mushrooms and chopped green beans.
 Corn on the cob.
 Grilled chicken or hamburger.

22. EGGPLANT PARMESAN

Eggplant parmesan-
 (w. egged, breaded, parmesaned slices baked.)
 Assemble in layers with cottage cheese and Italian herbs/basil, spaghetti sauce
 or tomato slices, shredded chicken or tuna.
 Salad
 Whole Grain Bread and Olive oil and Olive Slices or Tapenade

23. CORNBREAD PIZZA

Cornbread "Pizza"
 Bake cornbread from mix.
 Slice in half, horizontally.
 Top with chopped meat or fish, Parmesan, chunky tomato sauce,
 chopped onions, low fat cheddar or feta cheese, or cottage cheese with Italian
 seasonings mixed in.
 Put under broiler and heat until cheese browns.
 Server with Salad

Good Fats to use and ways to incorporate them:

Olive Oil in dressings and stir-fries
 Walnut oil in dressings
 Nuts in fruit and vegetable salads and on cereal
 Nuts in grain dishes
 Nut butters in cream sauces and for spreads.
 Olive spreads
 Avocado as a spread or in salads or as a dip.
 Mayonnaise made from canola or olive oil