

# 7 Days of Healthy Eating

28 Delicious Recipes

HEALTHY  
BREAKFAST  
FOR A WEEK



7 Low-Cal  
BREAKFAST OPTIONS

HEALTHY  
LUNCH  
FOR A WEEK



7 Low-Cal  
LUNCH OPTIONS

HEALTHY  
DINNER  
FOR A WEEK



7 Low-Cal  
DINNER OPTIONS

HEALTHY  
DESSERT  
FOR A WEEK



7 Low-Cal  
DESSERT OPTIONS

HEALTHY  
SNACKS  
FOR A WEEK



7 Low-Cal  
SNACK OPTIONS

**HEALTHY**

# BREAKFAST

**FOR A WEEK**



**7 LOW-CAL  
BREAKFAST OPTIONS**

# TABLE OF CONTENTS

Wake Up Sandwich..... 3  
Apple Oatmeal ..... 4  
Melon Smoothie..... 5  
Whole Wheat Pancakes..... 6  
Morning Power Bar..... 7  
Texan Omelette Wrap..... 9  
Muesli ..... 11

# WAKE UP SANDWICH

You will want to wake up to this early morning breakfast sandwich.

## Ingredients

**1/4 cup** liquid egg (whites OK too)  
**2 tbsp** light shredded cheese  
**2 tbsp** chopped green pepper  
**1 tbsp** sodium reduced ham  
Pepper to taste  
**1/8 tsp** Italian seasoning (optional)  
**1** whole-grain English muffin, toasted

## Directions

1. Find a bowl that is about the same size around as an english muffin and dishwasher safe.
2. In the bowl, mix together egg, cheese, pepper, ham, ground pepper and Italian seasoning (if using). Microwave on high for 1 minute. Turn the egg over and microwave for another 30 seconds to 1 minute.
3. Place egg on the toasted English muffin.

(Makes 1 Serving)

**Calories Per Serving:** 247

# APPLE OATMEAL

A delicious and warming breakfast treat

## Ingredients

**3 cups** apple juice  
**1/2 tsp** ground cinnamon  
**1 1/2 cups** quick oats  
**1/2 cup** chopped apple  
**1/4 cup** maple syrup  
**1/4 cup** raisins  
**1/4 cup** chopped walnuts  
**4 tbsp** fat free vanilla yogurt

## Directions

1. Combine apple juice and cinnamon in a medium saucepan. Bring to a boil.
2. Stir in oats, chopped apple, maple syrup and raisins.
3. Reduce heat and cook until most of juice is absorbed, stirring occasionally. Fold in walnuts.
4. Top each bowl with a tablespoon of yogurt.

(Makes 4 Servings)

**Calories Per Serving:** 271

# MELON SMOOTHIE

This smoothie harnesses the natural sweetness of the Watermelon.

## Ingredients

- 3 cups** watermelon chunks
- 1** small banana, chopped
- 1 cup** ice
- 1 1/2 cups** 0% fat vanilla yogurt

## Directions

1. Put watermelon chunks, chopped banana, ice and yogurt in a blender. Blend until desired smoothness.
2. Pour into glasses.

(Serving Size 12 oz)

**Calories Per Serving:** 158

# WHOLE WHEAT PANCAKES

A healthier choice than pre mixed pancake batters. Top them wisely as that will add calories,

## Ingredients

**1 cup** whole wheat flour  
**1 tsp** baking powder  
**1/2 tsp** baking soda  
**1/8 tsp** salt  
**1** egg, lightly beaten  
**1 cup** low-fat buttermilk  
**2 tbsp** honey

## Directions

1. Whisk whole-wheat flour, baking powder, baking soda and salt in a medium bowl.
2. In a small bowl, combine egg, buttermilk and honey.
3. Make a well in dry ingredients and stir in egg and buttermilk mixture. Allow batter to rest for a few minutes.
4. Set a nonstick frying pan to medium-high heat. Drop batter by 1/4 cupfuls on to griddle or pan. Cook until the edges begin to dry and bubbles appear in the pancakes. Flip and cook for 1-2 minutes more.

(Makes 8 pancakes)

**Calories Per 2 Pancake Serving: 188**

# MORNING POWER BAR

Power up your morning workout with this healthy power bar.

## Ingredients

1 cup old-fashioned rolled oats  
1/4 cup slivered almonds  
1 tbsp flaxseeds, preferably golden  
1 tbsp sesame seeds  
1 cup unsweetened whole-grain puffed cereal (see Note)  
1/3 cup currants  
1/3 cup chopped dried apricots  
1/4 cup creamy almond butter (see Note)  
1/4 cup turbinado sugar (see Note)  
1/4 cup honey  
1/2 teaspoon vanilla extract  
1/8 teaspoon salt

## Directions

1. Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.
2. Spread oats, almonds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.
3. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles.
4. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain.
5. Transfer to the prepared pan and press the mixture down firmly to make an

even layer.

6. Refrigerate until firm, about 30 minutes

(Makes 8 Bars)

**Calories Per 1 Bar Serving:** 244 calories

# TEXAN OMELETTE WRAP

This wrap is a healthy taste of the south west.

## Ingredients

1 large egg  
1 large egg white  
1/2 teaspoon hot sauce, such as  
Freshly ground pepper, to taste  
1 tablespoon chopped scallions  
1 tablespoon chopped fresh cilantro, or parsley (optional)  
2 tablespoons prepared black bean dip  
1 9-inch whole-wheat wrap, (see Ingredient note)  
1 teaspoon canola oil  
2 tablespoons grated pepper Jack or Cheddar cheese  
1 tablespoon prepared green or red salsa, (optional)

## Directions

1. Set oven rack 6 inches from the heat source; preheat broiler.
2. Stir together eggs, hot sauce and pepper, scallions and cilantro (or parsley), if using.
3. If black bean dip is cold, warm it in the microwave on High for 10 to 20 seconds. Place wrap between paper towels and warm in the microwave on High for about 10 seconds. Spread bean dip over the wrap, leaving a 1-inch border all around.
4. Brush oil over a 10-inch nonstick skillet; heat over medium heat. Add the egg mixture and cook 20 to 30 seconds. Place the skillet under the broiler and broil just until the top is set, 20 to 30 seconds.

5. Slide the omelet onto the wrap. Sprinkle with cheese. Roll the wrap and serve with salsa/

(Makes 1 Serving)

**Calories Per Serving: 321**

# MUESLI

A classic breakfast that is power packed with dried fruit and healthy nuts.

## Ingredients

**300g** jumbo oats

**100g** Allbran

**25g** wheatgerm

**100g** dark raisins

**140g** ready-to-eat apricots , cut into chunks

**50g** golden linseeds

## Directions

1. Mix everything in a large bowl.
2. Store for up to 2 months, airtight.
3. Serve with Milk if you prefer

**Calories Per 1 Cup Serving: 124**

**HEALTHY**

**LUNCH**

**FOR A WEEK**



**7 LOW-CAL  
LUNCH OPTIONS**

## Table of Contents

Pasta & Beans .....	3
Turkey Reuben.....	4
The Healthy Roti.....	5
Sesame Noodles With Chicken.....	6
Mexican Lunch Minus The Meat.....	7
Healthy Lunch Pizza .....	8
Grilled Veggies .....	9

# PASTA & BEANS

This hearty dish combines filling beans with delicious pasta.

## Ingredients

**1 1/2 tbsp** extra virgin olive oil  
**1** onion, chopped  
**2** tomatoes, chopped  
**1 (15 ounce) can** beans  
**2 cups** penne pasta  
salt to taste

## Directions

1. In a frying or saute pan heat the oil. Add onion and then cook until translucent. Add tomatoes and beans. Let simmer for 10 mins.
2. Bring a large pot of lightly salted water to a boil. Add pasta. Cook until al dente then drain.
3. Mix pasta with bean mixture, toss to coat.

(Makes 4 Servings)

**Calories Per Serving: 286**

# TURKEY REUBEN

This healthy version of the Reuben sandwich still packs some great flavor.

## Ingredients

**1/4 Cup** Fat-free Thousand Island Dressing

**8 Slices** Whole Wheat Bread

**8 oz.** Low Sodium Turkey Breast

**1/2 Cup** Sauerkraut (rinsed and drained)

**4 Slices** Reduced Fat Swiss Cheese

Olive Oil Cooking Spray

## Directions

1. Spread dressing on one side of each slice of bread.
2. Stack sandwiches with turkey, sauerkraut and cheese.
3. Spray a large pan with olive oil spray and cook 2 sandwiches over medium heat for 4 minutes per side. Make sure bread is toasted and cheese is melted then serve hot.

(Makes 4 servings)

**Calories Per Serving: 268**

# THE HEALTHY ROTI

Experience the Caribbean with this West Indies inspired dish.

## Ingredients

- 1 tsp** vegetable oil
- 1** small onion, peeled and sliced
- 1 cup** chicken or vegetable broth
- 1** sweet potato, peeled and cubed
- 1** clove garlic, minced
- 1/2 tsp** cumin
- 1/4 tsp** each coriander, cinnamon and turmeric
- 1/2 tsp** hot sauce
- 1 cup** canned chickpeas
- 1/4 cup** coconut milk
- 2-3** large roti or wheat flour tortillas

## Directions

1. Heat oil in a non-stick pan over medium heat. Add the onion; cook for 5 minutes. Stir in broth, sweet potato, garlic, cumin, coriander, cinnamon and turmeric.
2. Cover and cook, stirring ever so often for 15 minutes or until potato is tender. Season with hot sauce.
3. Stir in chick-peas and coconut milk. Bring to a boil. Cook, stirring often, until chick-peas are heated through. Divide mixture between two roti shells. Roll to make a wrap.

(Makes 2 to 3 servings.)

**Calories Per Serving: 353**

# SESAME NOODLES WITH CHICKEN

Harness the flavor of sesame in this asian inspired dish.

## Ingredients

1 bag Japanese buckwheat soba noodles  
5 **tbsp** low-sodium soy sauce  
2 **tbsp** rice wine vinegar  
1 **tbsp** sesame oil  
2 **tbsp** honey  
2 **tsp** honey mustard  
1 **tbsp** creamy peanut butter  
3/4 **lb** boneless, skinless chicken breast  
5 scallions

## Directions

1. Cook noodles according to package.
2. In a large bowl whisk together next 6 ingredients to make dressing.
3. Cook chicken until cooked through. Shred and add to peanut mixture.
4. Add drained noodles, scallions and toss until combined.

(Makes 4 Servings)

**Calories Per Serving:** 208

# MEXICAN LUNCH MINUS THE MEAT

This tasty vegetarian dish is sure to please even the pickiest meat eater.

## Ingredients

**1/2** small onion, chopped

**1 can** (15 1/2 ounces) crushed tomatoes

**3/4 cup** frozen corn kernels

**1 can** (3 1/2 ounces) chopped green chile peppers

**1 can** (14-19 ounces) black beans, rinsed and drained

**1/2 cup** instant rice

**1 tsp** ground cumin

## Directions

1. Heat a 2-quart pot coated with cooking spray over medium-high heat. Add the onion and cook, stirring, for 1 minute. Add tomatoes, corn, and chile peppers
2. Bring to a boil.
3. Add the beans, rice, and cumin. Remove from heat, cover, and let stand for 10 minutes.

(Makes 4 Servings)

**Calories Per Serving: 199**

# HEALTHY LUNCH PIZZA

This version of pizza packs all the flavor of take out, but a mere percentage of the calories.

## **Ingredients:**

1 toasted whole wheat pita  
1/2 **Cup** chopped tomatoes  
1/4 **Cup** shredded part-skim mozzarella  
1/2 **Cup** grilled chicken breast  
1/4 **Cup** chopped sun-dried tomatoes  
Garlic and Oregano to taste

## **Directions**

1. Top 1 toasted whole wheat pita with tomatoes, mozzarella, grilled chicken breast, and chopped sun-dried tomatoes.
2. Sprinkle with minced garlic and oregano
3. Place under oven broiler until cheese bubbles.

**Calories Per Serving:** 367.8

# GRILLED VEGGIES

This meal could be a dinner it is so filling. Quick enough for lunch though.

## Ingredients

**1/3 cup** balsamic vinegar  
**1 tbsp** Dijon mustard  
**3** garlic cloves, minced  
**1 tsp** fresh rosemary, chopped  
**1/4 cup** extra-virgin olive oil  
**1** red onion  
**2** zucchini  
**2** yellow squash  
**12 oz** asparagus, trimmed  
**1** roasted red bell pepper  
**1 1/2 cup** lightly packed arugula, chopped  
**1 cup** mixed baby greens  
**2 tbsp** fresh parsley, chopped

## Directions

1. In a medium bowl, whisk first 4 ingredients to make the dressing. Gradually add oil while stirring fast.
2. Heat barbecue or pan to medium high.
3. Brush onion, zucchini, yellow squash, and asparagus with 1/2 of the balsamic dressing. Grill or saute vegetables until just cooked through, turning occasionally.
4. Allow veggies cool slightly, then cut into small pieces and place in large bowl.

5, Add roasted bell pepper, arugula, and greens; toss with enough dressing to coat.

(Makes 4 Servings)

**Calories Per Serving: 194**

**HEALTHY**

**DINNER**

**FOR A WEEK**



**7 LOW-CAL  
DINNER OPTIONS**

# TABLE OF CONTENTS

Tex-Mex Burger Wraps ..... 3  
Veggie Chili ..... 5  
Lime Chicken..... 6  
Mushroom and Scallion Chicken..... 7  
Broccoli And Shrimp ..... 8  
Southwest Steaks w/Salsa Sauce ..... 10  
Grilled Eggplant & Portobello Sandwich ..... 11

# TEX-MEX BURGER WRAPS

These quick burger wraps will be a sure fire hit and they are much healthier than their fast food cousins.

## Ingredients

**12 ounces** lean ground beef  
**1 cup** refried beans  
**1/2 cup** chopped fresh cilantro  
**1 tbsp** chopped pickled jalapenos  
**1** avocado, peeled and pitted  
**1/2 cup** *prepared salsa*  
**1/8 tsp** garlic powder  
**4** whole-wheat tortillas  
**2 cups** shredded romaine lettuce  
**1/2 cup** shredded pepper Jack cheese  
**1** lime, cut into 4 wedges

## Directions

1. Preheat broiler. Coat a pan with light cooking spray.
2. Combine ground beef, beans, cilantro and jalapenos in a medium bowl.
3. Shape into four oblong patties and place on the prepared pan.
4. Broil the patties until done to your liking. Flip halfway through so both sides brown.
5. Mix avocado, salsa and garlic powder in a bowl.
6. Spread each tortilla with this mixture, then add lettuce and cheese.
7. Top each with a burger and roll into a wrap.

(Makes 4 Servings)

**Calories Per Serving:** 394

# VEGGIE CHILI

This hearty chili will please even the carnivores in your house.

## Ingredients

- 1 small onion, chopped
- 1 large green bell pepper, chopped
- 3/4 cup** chopped celery
- 3/4 cup** dry red wine or water
- 3 cloves garlic, finely chopped
- 2 cans (14.5 ounces each) diced tomatoes, undrained
- 1 1/2 cups** water
- 1/4 cup tomato paste
- 2 Vegetable Flavor Bouillon Cubes
- 1 tbsp** chopped fresh cilantro
- 1 tbsp** chili powder
- 1/2 tsp** cumin
- 2 cans** (15 ounces each) kidney beans, rinsed

## Directions

1. Cook onion, pepper, celery, wine and garlic in large saucepan over medium-high heat until vegetables are tender.
2. Add tomatoes with juice, water, tomato paste, bouillon, cilantro, chili powder and cumin; stir well.
3. Stir in beans. Bring to a boil; cover. Reduce heat to low; cook, stirring occasionally, for 45 minutes.

(Makes 6 Servings)

**Calories Per Serving: 210**

# LIME CHICKEN

This Asian inspired dish is also full of vitamins from the citrus.

## Ingredients

Nonstick cooking spray

**4** boneless, skinless chicken breast halves

**3/4 cup** Natural Apple Juice

Juice from **1** lime

**2 tsp** cornstarch

**1 tsp** Chicken Flavor Instant Bouillon

## Directions

1. Spray large, nonstick pan with nonstick cooking spray.
2. Cook chicken, turning once, for 8 to 10 minutes or until no longer pink in center. Remove from pan and keep warm.
3. Combine Apple Juice, lime juice, cornstarch and bouillon in small bowl.
4. Add to skillet; cook, stirring occasionally, until thick. Spoon sauce over chicken to serve.

(Makes 4 Servings)

**Calories Per Serving:** 190

# MUSHROOM AND SCALLION CHICKEN

Chicken is so versatile and boneless skinless chicken breast so healthy, that we had to bring you another tasty chicken recipe.

## Ingredients

- 1 tbsp** toasted sesame oil
- 1 small bunch** scallions, sliced, whites and greens separated
- 1 small** garlic clove, finely chopped
- 4 ounces** shiitake mushrooms, stems removed and caps thinly sliced
- 4 cups** water
- 1/4 cup** low-sodium soy sauce
- 1 2-inch** piece ginger, peeled and sliced
- 1 pound** boneless, skinless chicken breasts, cut into 3/4 -inch cubes

## Directions

1. In a very large soup pot, heat the sesame oil over medium heat.
2. Add the scallion whites and garlic; cook, stirring, about 1 minute. Add the mushrooms and cook until softened, about 3 minutes.
3. Pour the water into the pot. Add soy sauce and ginger. Let simmer for 2 minutes.
4. Place the chicken in the broth. Reduce heat to low; cover and poach until the chicken is just cooked through, about 7 minutes.
5. Transfer the chicken evenly to 4 bowls. Pour broth over the chicken. Garnish with the scallion greens.

(Makes 4 Servings)

**Calories Per Serving:** 190

# BROCCOLI AND SHRIMP

An asian favorite, transformed in a quick and healthy dinner.

## Ingredients

**2/3 cup** chicken broth

**1 tsp** cornstarch

**1 tbsp** minced garlic, divided

**3 tsp** extra-virgin olive oil, divided

**1/4-1/2 tsp** crushed red pepper

**1 pound** raw shrimp (21-25 per pound), peeled and deveined

**1/4 tsp** salt, divided

**4 cups** broccoli florets

**2/3 cup** water

**2 tbsp** chopped fresh basil

**1 tsp** lemon juice

Freshly ground pepper to taste

Lemon wedges

## Directions

1. Combine chicken broth, cornstarch and half the garlic in a bowl; whisk until smooth.
2. Heat 1-1/2 tsp oil in a large nonstick pan over medium-high heat.
3. Add remaining garlic and crushed red pepper. Cook while stirring for about 30 seconds. Add shrimp. Sauté until shrimp are pink, about 3 minutes. Transfer to a bowl.
4. Add remaining oil to the pan. Add broccoli and a pinch of salt. Cook for 1 minute.
5. Add water, cover and cook until broccoli is crisp-tender, about 3 minutes. Transfer to the bowl with shrimp.

6. Add chicken stock mixture to the pan and cook, stirring, over medium-high heat, until thickened, 3-4 minutes.

7. Stir in basil and season with lemon juice and pepper. Add shrimp and broccoli; heat through. Serve with lemon wedges.

(Makes 4 Servings)

**Calories Per Serving: 178**

# SOUTHWEST STEAKS W/SALSA SAUCE

These steaks pack a punch of power, use your favorite cut of meat, but we love the rib-eye.

## Ingredients

2 4-ounce 1/2-inch-thick steaks, such as rib-eye, trimmed of fat  
1 **tsp** chili powder  
1/2 **tsp** kosher salt, divided  
1 **tsp** extra-virgin olive oil  
2 plum tomatoes, diced  
2 **tsp** lime juice  
1 **tbsp** chopped fresh cilantro

## Directions

1. Rub both sides of steak with chili powder and 1/4 teaspoon salt.
2. Heat oil in a medium pan over medium-high heat. Add steaks and cook, turning once cook until it reaches your desired level of doneness. Cover steaks with foil and let rest while you make the salsa.
3. Add tomatoes, lime juice and remaining 1/4 teaspoon salt to the pan and cook, stirring often, until tomatoes soften, about 3 minutes.
4. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve steaks topped with the salsa.

(Makes 2 Servings)

**Calories Per Serving:** 174

# GRILLED EGGPLANT & PORTOBELLO SANDWICH

This vegetarian option is delicious and filling. It will be a crowd pleaser.

## Ingredients

**1** small clove garlic, chopped  
**1/4 cup** low-fat mayonnaise  
**1 tsp** lemon juice  
**1** medium eggplant (about 1 pound), sliced into 1/2-inch rounds  
**2** large Portobello mushroom caps, gills removed  
Canola or olive oil cooking spray  
**1/2 tsp** salt  
**1/2 tsp** freshly ground pepper  
**8** slices whole-wheat sandwich bread, lightly grilled or toasted  
**2 cups** arugula, or spinach, stemmed and chopped if large  
**1** large tomato, sliced

## Directions

1. Preheat grill to medium-high.
2. Mash garlic into a paste on a cutting board with the back of a spoon. Combine with mayonnaise and lemon juice in a small bowl. Set aside.
3. Spray both sides of eggplant rounds and mushroom caps with cooking spray and season with salt and pepper. Grill the vegetables, turning once, until tender and browned on both sides. When cool enough to handle, slice the mushrooms.
4. Spread 1 1/2 teaspoons of the garlic mayonnaise on each piece of bread. Layer the eggplant, mushrooms, arugula (or spinach) and tomato slices onto 4 slices of bread and top with the remaining bread.

(Makes 4 Servings)

**Calories Per Serving: 209**

**HEALTHY**

**DESSERT**

**FOR A WEEK**



**7 LOW-CAL  
DESSERT OPTIONS**

# TABLE OF CONTENTS

Fruity Parfaits..... 3  
Mocha Pudding..... 4  
Banana Quesadillas..... 5  
Broiled Mango ..... 6  
Sesame Squares..... 7  
Easy Chocolate Cake ..... 8  
Grapefruit Mango Sorbet ..... 10

# FRUITY PARFAITS

This treat uses non-fat yogurt for it's creamy texture.

## **Ingredients**

**2 8-ounce** containers (2 cups) nonfat peach yogurt

**1/2 pint** fresh raspberries, (about 1 1/4 cups)

**1 1/2 cups** fresh, frozen or canned pineapple chunks

## **Directions**

1. Divide and layer yogurt, raspberries and pineapple into 4 glasses.

(Makes 4 Servings)

**Calories Per Serving: 109**

# MOCHA PUDDING

Homemade pudding is much healthier than store bough, and usually tastier too!

## Ingredients

**1/4 cup** sugar

**3 tbsp** cornstarch

**2 tsp** instant coffee mix or espresso powder

**1/2 tsp** ground cinnamon

**pinch** salt

**2 cups** lowfat chocolate milk

**2 ounces** bittersweet chocolate, very finely chopped

**1 tsp** vanilla extract

## Directions

1. Whisk the sugar, cornstarch, coffee, cinnamon, and salt in a large saucepan. Whisk in milk over medium heat, then cook for about five minutes, stirring occasionally at first, then frequently at the end, until mixture thickens.
2. Remove from heat; add chocolate and vanilla, whisking until chocolate is smooth.
3. Serve warm or pour into five containers, placing plastic wrap directly on the pudding surface. Stays good in fridge for 5 days.

(Makes 5 Servings)

**Calories Per Serving:** 194

# BANANA QUESADILLAS

This dessert take on a mexican meal is a treat the whole family will enjoy.

## Ingredients

2 whole wheat tortillas  
1 ripe banana  
1 **tbsp** peanut butter  
a few chocolate chips (optional)

## Directions

1. Mash banana in bowl with potato masher.
2. Spread peanut butter and mashed banana on tortilla. Add chocolate chips, and top with other tortilla.
3. Warm in microwave for 20 seconds. (Time may vary depending on your microwave.)
4. Slice and serve.

(Makes 2 Servings)

**Calories Per Serving:** 240 (without chocolate chips)

# BROILED MANGO

A quick and simple treat, that will still impress guests.

## **Ingredients**

1 Peeled and Sliced Mango  
Lime cut into wedges

## **Directions**

1. Position rack in upper third of oven and preheat broiler. Line a pan with foil.
2. Arrange mango slices in a single layer in the prepared pan. Broil until browned in spots, 8 to 10 minutes. Squeeze lime wedges over the broiled mango and serve.

(Makes 2 Servings)

**Calories Per Serving: 69**

# SESAME SQUARES

Sesame seeds are tasty calcium packed powerhouses.

## Ingredients

**1/3 cup** honey

**1/3 cup** peanut butter

**3/4 cup** nonfat dry milk

**3/4 cup** sesame seeds

**1/4 cup** raisins

**1/4 cup** shredded coconut

## Directions

1. In a large bowl, combine the honey, peanut butter, dry milk, sesame seeds, raisins, and coconut.

2. Spread the mixture into an 8 x 8-inch baking pan and refrigerate for 4 hours. Cut into 1-inch squares.

(Makes 32 Servings, 2 squares per serving)

**Calories Per Serving:** 58.4

# EASY CHOCOLATE CAKE

This recipe only takes one bowl, just imagine, easy chocolate cake!

## Ingredients

**3/4 cup plus 2 tbsp** whole-wheat pastry flour

**1/2 cup** granulated sugar

**1/3 cup** unsweetened cocoa powder

**1 tsp** baking powder

**1 tsp** baking soda

**1/4 tsp** salt

**1/2 cup** nonfat buttermilk

**1/2 cup** packed light brown sugar

**1 large** egg, lightly beaten

**2 tbsp** canola oil

**1 tsp** vanilla extract

**1/2 cup** hot strong black coffee

Confectioners' sugar, for dusting

## Directions

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.
2. Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl.
3. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. Pour the batter into the prepared pan.

4. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners' sugar before slicing.

(Makes 12 Servings)

**Calories Per Serving: 139**

# GRAPEFRUIT MANGO SORBET

A super light dessert, that won't weigh you down on active nights.

## Ingredients

**1/2 Cup** water  
**1/4 Cup** brown sugar  
**1/2 tsp** ground ginger  
**2 lg** grapefruit, cut into segments  
**4 sm** scoops mango sorbet  
mint sprigs (optional)

## Directions

1. Simmer water, sugar, and ginger in small heavy saucepan until reduced to 1/4 cup, about 5 minutes.
2. Divide grapefruit sections among 4 dessert dishes. Pour spiced syrup over grapefruit, dividing evenly. Top each portion with a scoop of mango sorbet and garnish with a mint sprig, if desired.

(Makes 4 Servings)

**Calories Per Serving: 226**

**HEALTHY**

# SNACKS

**FOR A WEEK**



**7 LOW-CAL  
SNACK OPTIONS**

## Table of Contents

G.O.R.P.....	3
Sesame Carrots.....	4
Hummus.....	5
Roasted Pumpkin Seeds.....	6
Cheesy Popcorn.....	7
Toasted Nuts.....	8
Sun Dried Tomato Dip.....	9

# G.O.R.P

The classic hiking accompaniment makes a great snack.

## **Ingredients**

**1/2 ounce** whole shelled (unpeeled) almonds

**1/4 ounce** unsalted dry-roasted peanuts

**1/4 ounce** dried cranberries

**1 tbsp** chopped pitted dates

**1 1/2 tsp** chocolate chips

## **Directions**

1. Combine almonds, peanuts, cranberries, dates and chocolate chips in a small bowl.

(Makes 2 Servings)

**Calories Per Serving: 102**

# SESAME CARROTS

A simple snack, but the sesame seeds add a nice touch

## **Ingredients**

**2 cups** baby carrots

**1 tbsp** toasted sesame seeds

**Pinch of dried thyme**

**Pinch of kosher salt**

## **Directions**

1. Toss carrots with sesame seeds, thyme and kosher salt in a small bowl.

(Makes 3 Servings)

**Calories Per Serving: 33**

# HUMMUS

This fresh version of a store bought favorite will blow you away with it's fresh taste

## Ingredients

**2 cups** canned garbanzo beans, drained

**1/3 cup** tahini

**1/4 cup** lemon juice

**1 tsp** salt

**2** cloves garlic, halved

**1 tbsp** olive oil

**1 pinch** paprika

**1 tsp** minced fresh parsley

## Directions

1. Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
2. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

(Makes 8 Servings)

**Calories Per Serving: 77**

# ROASTED PUMPKIN SEEDS

The Halloween favorite, is actually a nice healthy snack choice anytime of year.

## Ingredients

**1 1/2 cups** raw whole pumpkin seeds

**2 tsp** butter, melted

**1 pinch** salt

## Directions

1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

(Makes 6 Servings)

**Calories Per Serving: 83**

# CHEESY POPCORN

This snack is so tasty you will think it can't be healthy.

## **Ingredients**

**4 cups** hot air-popped popcorn  
**1/2 cup** freshly grated Parmesan cheese  
Cayenne pepper, to taste

## **Directions**

1. Toss popcorn with Parmesan and cayenne to taste.

(Makes 4 Servings)

**Calories Per Serving: 75**

# TOASTED NUTS

Nuts are full of heart healthy fats. A simple toasting will bring out their full flavor.

## **Ingredients**

**1/2 cup** chopped walnuts, or nut of your choice, you can also use a mix of nuts if you want.

## **Directions**

1. Preheat the oven to 350°F.
2. Spread the nuts out on a baking sheet.
3. Toast the nuts in the oven until they are lightly browned, about 8-10 minutes. Do NOT burn.
4. Cool and store in an airtight container for up to 2 weeks.

(Makes 8 Servings)

**Calories Per Serving:** 40

# SUN DRIED TOMATO DIP

This dip is perfect for veggies, tortillas or other healthy options like melba toast.

## Ingredients

**1 cup** sun-dried tomatoes, rehydrated

**1 tbsp** balsamic vinegar

**1 cup** non-fat cream cheese

**1/2 cup** non-fat sour cream  
basil leaves, for garnishing

## Directions

1. Puree the sun-dried tomatoes and balsamic vinegar in the food processor. Add the cream cheese and process until the mixture is smooth.
2. Add the sour cream and pulse until combined. (Be careful not to over process or the mixture will liquify.)
3. Transfer the spread to a serving bowl and garnish with fresh basil.

(Makes 10 Servings)

**Calories Per Serving: 52**