

Dijon Salmon

350 CALORIES

Coat a 4 oz. salmon filet (wild salmon is preferable) with a combination of 1 Tbsp. Dijon mustard and 1 tsp. honey. Season lightly with salt and pepper and bake at 400 degrees for 15-20 minutes, or until desired degree of doneness (will vary depending on thickness of filet). Serve with 1/3 cup cooked barley (measured after cooking) and 1 cup of steamed broccoli.

450 CALORIES

Coat a 5 oz. salmon filet (wild salmon is preferable) with a combination of 1 Tbsp. Dijon mustard and 1 tsp. honey. Season lightly with salt and pepper and bake at 400 degrees for 15-20 minutes, or until desired degree of doneness (will vary depending on thickness of filet). Serve with 1/2 cup cooked barley (measured after cooking) and 2 cups of steamed broccoli tossed with 5 cherry tomatoes.

Lemon Thyme Scallops

350 CALORIES

Coat a non-stick skillet with cooking spray and then add 4 oz. large scallops. Cook over medium heat for about 2 minutes on each side, until scallops are lightly browned. Then add in 3 Tbsp. fresh lemon juice, 1/2 Tbsp. olive oil and 1/2 Tbsp. chopped fresh thyme. Simmer until sauce thickens and scallops are cooked through, season with salt and pepper to taste. Serve scallops over 1/2 cup brown rice with a side salad made of romaine lettuce, bell peppers and cucumber; dressed with reduced-calorie vinaigrette.

450 CALORIES

Coat a non-stick skillet with cooking spray and then add 5 oz. large scallops. Cook over medium heat for about 2 minutes on each side, until scallops are lightly browned. Then add in 3 Tbsp. fresh lemon juice, 1 Tbsp. olive oil and 1/2 Tbsp. chopped fresh thyme. Simmer until sauce thickens and scallops are cooked through, season with salt and pepper to taste. Serve scallops over 3/4 cup brown rice with a side salad made of romaine lettuce, bell peppers and cucumber; dressed with reduced-calorie vinaigrette.

Herbed Tilapia

350 CALORIES

Top a 5 oz. tilapia filet with 1 tsp. olive oil, 1 tsp. lemon juice, 1 tsp. dried rosemary, 1 tsp. dried thyme and 2 Tbsp. whole wheat breadcrumbs. Place on a broiler pan coated with cooking spray and bake at 375 degrees for about 15-20 minutes. Serve with 1/2 cup of quinoa (measured after cooking) and 1 cup of steamed spinach.

450 CALORIES

Top a 6 oz. tilapia filet with 1 tsp. olive oil, 1 tsp. lemon juice, 1 tsp. dried rosemary, 1 tsp. dried thyme and 2 Tbsp. whole wheat breadcrumbs. Place on a broiler pan coated with cooking spray and bake at 375 degrees for about 15-20 minutes. Serve with 1 cup of quinoa (measured after cooking) and 1 cup of steamed spinach.

Pasta Primavera

350 CALORIES

Toss $\frac{3}{4}$ cup cooked whole wheat rotini pasta with $\frac{1}{3}$ cup shelled edamame, $\frac{1}{4}$ cup corn kernels (frozen and thawed), 5 halved cherry tomatoes, $\frac{1}{4}$ cup sliced button mushrooms and $\frac{1}{2}$ Tbsp. olive oil. Season pasta with salt and pepper to taste and serve with a side salad made of spinach leaves, sliced cucumber and hearts of palm.

450 CALORIES

Toss 1 cup cooked whole wheat rotini pasta with $\frac{1}{2}$ cup shelled edamame, $\frac{1}{3}$ cup corn kernels (frozen and thawed), 5 halved cherry tomatoes, $\frac{1}{4}$ cup sliced button mushrooms and $\frac{1}{2}$ Tbsp. olive oil. Season pasta with salt and pepper to taste and serve with a side salad made of spinach leaves, sliced cucumber and hearts of palm.

Asparagus Frittata

350 CALORIES

Preheat broiler. Whisk 3 egg whites together with 1 Tbsp. water. Chop 5 asparagus spears into 1 inch pieces. Then heat an ovenproof non-stick skillet over medium heat and coat with non-stick cooking spray. Add the asparagus pieces and cook until they begin to soften, about 4-5 minutes. Then add the eggs into the pan with the asparagus and cook for about 2 minutes, until the eggs just begin to set. Then top the eggs with $\frac{1}{4}$ cup crumbled goat cheese and move the pan into the broiler. Broil for about 2 minutes, until the cheese gets hot and bubbly. Serve with 1 slice of whole-grain bread and a tomato and onion salad topped with balsamic vinegar.

450 CALORIES

Preheat broiler. Whisk 1 large egg with 2 additional egg whites with 1 Tbsp. water. Chop 5 asparagus spears into 1 inch pieces. Then heat an ovenproof non-stick skillet over medium heat and coat with non-stick cooking spray. Add the asparagus pieces and cook until they begin to soften, about 4-5 minutes. Then add the eggs into the pan with the asparagus and cook for about 2 minutes, until the eggs just begin to set. Then top the eggs with $\frac{1}{4}$ cup crumbled goat cheese and move the pan into the broiler. Broil for about 2 minutes, until the cheese gets hot and bubbly. Serve with 1 slice of whole-grain bread and a tomato and onion salad topped with balsamic vinegar and 1 tsp. olive oil.

Roasted Chicken With Sweet Potato Fries

350 CALORIES

Remove the skin from a 4 oz. roasted chicken breast and serve with oven-roasted sweet potato fries (remove skin from a small sweet potato and cut into $\frac{1}{2}$ -inch strips). Place on a baking sheet coated with cooking spray and cook at 400 degrees for 20 minutes, season with salt and pepper). Make a side salad with baby spinach leaves, sliced mushrooms and sliced red onion; dress with reduced calorie red wine vinaigrette.

450 CALORIES

Remove the skin from a 5 oz. roasted chicken breast and serve with oven-roasted sweet potato fries (remove skin from a medium sweet potato and cut into $\frac{1}{2}$ -inch strips). Place on a baking sheet coated with cooking spray and cook at 400 degrees for 20 minutes, season with salt and pepper). Make a side salad with baby spinach leaves, sliced mushrooms and sliced red onion; dress with red wine vinaigrette.

Flank Steak and Sautéed Spinach

350 CALORIES

Marinate a 4 oz. piece of flank steak in 2 Tbsp. balsamic vinegar, 1 Tbsp. olive oil and 1 clove crushed garlic for 30-60 minutes. Grill or broil steak for 5 minutes on each side, or until desired degree of doneness. Serve with 1 cup of sautéed spinach (sauté in 1 tsp. olive oil and 1 clove of minced garlic) and $\frac{1}{2}$ cup whole wheat couscous (measured after cooking).

450 CALORIES

Marinate a 5 oz. piece of flank steak in 2 Tbsp. balsamic vinegar, 1 Tbsp. olive oil and 1 clove crushed garlic for 30-60 minutes. Grill or broil steak for 5 minutes on each side, or until desired degree of doneness. Serve with 1 cup of sautéed spinach (sauté in 1 tsp. olive oil and 1 clove of minced garlic) and $\frac{3}{4}$ cup whole wheat couscous (measured after cooking).

Lemon Chicken

350 CALORIES

Coat an ovenproof non-stick skillet with cooking spray and heat over medium heat. Add 4 oz. chicken breast tenderloins and cook on each side for about 4-5 minutes, or until cooked through. Remove chicken from the pan and add 2 Tbsp. lemon juice, 3 Tbsp. chicken broth and ½ tsp. dried rosemary. Bring sauce to a simmer and cook until it reduces by half. Pour the lemon sauce over the chicken and serve with 1/3 cup cooked barley (measure after cooking) and 1 cup oven-roasted Brussels sprouts.

450 CALORIES

Coat an ovenproof non-stick skillet with cooking spray and heat over medium heat. Add 5 oz. chicken breast tenderloins and cook on each side for about 4-5 minutes, or until cooked through. Remove chicken from the pan and add ½ Tbsp. olive oil, 2 Tbsp. lemon juice, 2 Tbsp. chicken broth and ½ tsp. dried rosemary. Bring sauce to a simmer and cook until it reduces by half. Pour the lemon sauce over the chicken and serve with ½ cup cooked barley (measure after cooking) and 1 cup oven-roasted Brussels sprouts.

Black Bean Soup & Greek Salad

350 CALORIES

Prepare 1 cup black bean soup according to package directions. (Soup should have about 150-200 calories per cup.) Serve with a Greek salad made of 2 cups cleaned torn romaine lettuce leaves, 5 black olives, ½ a sliced cucumber, 1 sliced plum tomato and ¼ cup crumbled reduced fat feta cheese tossed with fresh lemon juice.

450 CALORIES

Prepare 1-½ cups black bean soup according to package directions. (Soup should have about 150-200 calories per cup.) Serve with a Greek salad made of 2 cups cleaned torn romaine lettuce leaves, 8 black olives, ½ a sliced cucumber, 1 sliced plum tomato and ¼ cup crumbled reduced fat feta cheese tossed with fresh lemon juice.

Chicken & Rice Bowl

350 CALORIES

Toss together ½ cup brown rice, 2-3 oz. diced grilled chicken breast, 1/3 cup cooked lentils (all ingredients measured after cooking), ½ cup chopped bell pepper, ¼ cup minced red onion and 1 tsp. olive oil mixed with 2 tsp. lemon juice. Season to taste with salt and pepper and serve with a mixed green salad dressed with low-calorie vinaigrette.

450 CALORIES

Toss together ½ cup brown rice, 3-4 oz. diced grilled chicken breast, ½ cup cooked lentils (all ingredients measured after cooking), ½ cup chopped bell pepper, ¼ cup minced red onion and 1 tsp. olive oil mixed with 2 tsp. lemon juice. Season to taste with salt and pepper and serve with a mixed green salad dressed with low-calorie vinaigrette.