

# Sample Meal Plan

1500 Calories—Day 1



*Breakfast*

- **Chocolate French Toast (2 slices plus ½ cup strawberries)**
- Skim Milk (8 oz)

*AM Snack*

- HERSHEY'S Kisses with Almonds (3 kisses)
- Apple Slices (½ cup)

*Lunch*

- **Warm Spinach Salad with Turkey Bacon**

*Afternoon Snack*

- Hummus (2 T)
- Reduced-fat crackers (16 crackers)

*Dinner*

- Spaghetti with Meat Sauce
  - 3 oz ground turkey
  - 1 cup whole-wheat spaghetti
  - ½ cup marinara sauce
- Green Beans ( ½ cup)

*PM Snack*

- Nonfat, frozen chocolate yogurt ( ½ cup)

Notes:

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Did you:

- Consume at least 3 servings of whole grains?
- Get at least 5 servings of fruits and vegetables?
- Choose lean cuts of protein?
- Choose low-fat or fat-free calcium rich foods?
- Limit solid (i.e. butter and stick margarine) fats?
- Drink 8 glasses of water?
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- \_\_\_\_\_



# Recipes

## Chocolate French Toast

### Ingredients:

- 3 large eggs
- 3/4 cup 1% milk
- 3 Tbsp. sugar
- 2 Tbsp. HERSHEY'S Cocoa
- 1/4 tsp. vanilla extract
- 1/8 tsp. salt
- 1/4 tsp. cinnamon (optional)
- 10 slices whole wheat bread
- 2 1/2 cups fresh strawberries, sliced
- 10 tsp. soft margarine

### Directions:

1. Beat eggs, milk, sugar, cocoa, vanilla, salt and cinnamon in large bowl until smooth.
2. Heat griddle or skillet over medium-low heat. Grease griddle with margarine, if necessary.
3. Dip bread in egg mixture. Place on griddle. Cook about 2 to 4 minutes on each side. Serve immediately with 1 teaspoon soft margarine per slice

Yield: 5 servings (2 bread slices plus 1/2 cup strawberries)

## Warm Spinach Salad with Turkey Bacon

### Ingredients:

- 1 package (10 oz) washed spinach leaves
- 1/4 pound turkey bacon, chopped
- 1 cup finely chopped red onion
- 1 package (10 oz) frozen corn kernels
- 1/2 cup red wine vinegar
- 4 tsp. sugar
- 1/4 cup crumbled blue cheese
- 2 cups fat-free croutons

### Directions:

1. If desired, stack spinach leaves and cut into 1/2 inch-wide strips. Mound spinach equally onto plates.
2. In a 10-12 inch nonstick frying pan over high heat, stir turkey bacon until browned and crisp. Spoon equal portions of bacon over spinach.
3. To pan, add onion, corn, vinegar, and sugar. Stir mixture until onion is limp. With a slotted spoon, transfer onion and corn onto spinach, then spoon cooking liquid over salads.
4. Arrange blue cheese equally on salads and add croutons.

Yield: 4 servings

# Sample Meal Plan

1500 Calories—Day 2



*Breakfast*

- **Cheese and Vegetable Omelet**
- Orange Juice (4 oz)

*AM Snack*

- Grapes ( ½ cup)
- Pretzels (10)

*Lunch*

- **Savory Peanut Bean Soup** (1 cup)
- ½ Turkey Sandwich
  - 1 slice whole wheat bread
  - 2 T non-fat mayonnaise
  - 1 lettuce leaf
  - 1 tomato slice
  - 3 slices deli turkey

*Afternoon Snack*

- **Chocolate Peanut Butter Smoothie**
  - ¼ cup skim milk
  - 1 Tbsp. HERSHEY'S Chocolate Syrup
  - 1 Tbsp. REESE'S Peanut Butter
  - 1 sliced ripe banana
  - 2 ounces non-fat, plain yogurt

*Dinner*

- **Ginger-Soy-Lime Marinated Shrimp** (1 serving)
- Brown Rice ( ½ cup)
- Asparagus ( ½ cup)

*PM Snack*

- Low-fat Cheese (1 oz.)
- Baby Carrots (5 carrots)

Notes: \_\_\_\_\_

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- Choose lean cuts of protein?
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- Drink 8 glasses of water?
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- \_\_\_\_\_



# Recipes

## Cheese and Vegetable Omelet

### Ingredients:

- Butter flavored cooking spray
- 1 3/4 cups finely chopped zucchini
- 1/4 tsp. dried dill
- 1 cup egg whites
- 1/3 cup thinly sliced green onions
- 1/4 tsp. freshly ground black pepper
- Dash of salt
- 1/2 cup (2 oz) reduced-fat shredded Cheddar cheese

### Directions:

1. Coat a 10-inch nonstick skillet with cooking spray and place over medium high heat until hot. Add zucchini and cook 4 minutes or until crisp-tender, stirring occasionally. Stir in dill; remove mixture from skillet and set aside. Wipe skillet with paper towels.
2. Coat skillet with cooking spray and place over medium high heat until hot. Combine egg whites and onions, pepper, and salt, stirring well. Add egg white mixture to skillet, and cook 2 minutes. Carefully lift edges of omelet using a spatula; allow uncooked portion to flow underneath cooked portion. Cook 2 additional minutes or until center is almost set.
3. Spoon cheese and zucchini mixture down center of omelet. Fold omelet in half. Reduce heat to low; cook 2 additional minutes or until cheese melts and omelet is set.

Yield: 2 servings

## Choco-Lowfat Muffins

### Ingredients:

- 3 1/2 cups all-purpose flour
- 3/4 cup granulated sugar
- 1/4 cup HERSHEY'S Cocoa or HERSHEY'S SPECIAL DARK Cocoa
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2/3 cup vanilla lowfat yogurt
- 2/3 cup nonfat milk

### Directions:

1. Heat oven to 400°F. Line muffin tins.
2. Stir together flour, sugar, cocoa, baking powder, baking soda and salt in medium bowl; stir in yogurt, milk and vanilla just until combined. Do not beat. Fill muffin cups 2/3 full.
3. Bake 15 to 20 minutes. Cool slightly in pan on wire rack. Remove from pans and serve warm.

Yield: 14 muffins

## Savory Peanut Bean Soup

### Ingredients:

- 3 cans (13.75 oz each) ready to serve chicken broth
- 2 cups water
- 1 smoked ham hock
- 1 cup chopped onion
- 1/2 cup sliced carrot
- 1/4 cup chopped parsley
- 1 can (40 oz) white northern beans
- 1/2 cup REESE'S Peanut Butter
- 1/4 to 1/2 tsp. ground black pepper

### Directions:

1. Heat broth, water, ham hock and onion in 4 quart saucepan. Cook; simmering gently, until ham hock is tender (about 1.5 hours). Add carrot and parsley. Remove ham hock; cook slightly. Remove meat from bone; cut into small pieces. Add ham pieces to broth mixture
2. Drain beans; reserving liquid. Whisk peanut butter into bean liquid. Add beans and peanut butter mixture. Continue cooking until beans are heated thoroughly. Season with pepper.

Yield: 11 one cup servings

## Ginger-Soy-Lime Marinated Shrimp

### Ingredients:

- 2 large shallots, peeled and chopped
- 1 (2 inch) piece fresh ginger, peeled and chopped
- 4 cloves garlic, smashed
- 3/4 cup soy sauce
- 1/2 cup fresh lime juice
- 2 Tbsp. sugar
- 1/4 cup chopped green onions
- 1/4 cup peanut oil
- 1/4 tsp. coarsely ground black pepper
- 2 pounds large shrimp, tails on

### Directions:

1. Place shallots, ginger, garlic, soy sauce, lime juice, and sugar in a blender and blend until smooth. Add the green onion and oil and blend until combined. Season with black pepper to taste.
2. Place shrimp in large bowl, pour marinade over, and let marinate at room temperature for 20 minutes.
3. Heat sauce pan with oil. Cook until shrimp is done.

Yield: 8 servings

# Sample Meal Plan

1500 Calories—Day 3

## Breakfast

- Whole-wheat English Muffin, toasted (1 muffin)
- Peanut Butter (1 T)
- Banana (  $\frac{1}{2}$  banana)

## AM Snack

- 2 HERSHEY'S EXTRA DARK Tasting Squares

## Lunch

- 2 Mini Chicken Tacos
  - 3 oz canned chicken, drained
  - 1 oz lettuce
  - 2 mini corn taco shells, 3 in diameter
- Refried beans (  $\frac{1}{2}$  cup)

## Afternoon Snack

- Guacamole with tomatoes (  $\frac{1}{4}$  cup)
- Unsalted tortilla chips (10 chips)

## Dinner

- **Spicy Cocoa Sloppy Joes (1 sandwich)**
- Whole Wheat Bread (2 slices)
- Broccoli, cooked (  $\frac{1}{2}$  cup)

## PM Snack

- **Peanut Butter Krispy Bites (2)**



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- Drink 8 glasses of water?
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Notes:

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# Recipes

## Spicy Cocoa Joes

### Ingredients:

- 1 1/2 pounds lean ground beef
- 1 to 1 1/4 cups chopped onion
- 1 cup ketchup
- 2 Tbsp. HERSHEY'S Cocoa
- 1 1/2 Tbsp. yellow mustard
- 2 1/2 tsp. chili powder
- 1 1/2 tsp. ground black pepper
- 1 1/4 tsp. salt

### Directions:

1. Cook ground beef and onion in large skillet on medium heat until beef is browned and onion is tender. Drain excess fat.
2. Stir in ketchup, cocoa, mustard, chili powder, pepper and salt. Heat 10 to 15 minutes on low heat or until hot. Serve in buns. Cover and refrigerate leftovers.

Serving Size: 4 ounces Sloppy Joe and one bun

## Peanut Butter Krispy Bites

### Ingredients:

- 1/4 cup butter or margarine
- 40 large of 4 cups miniature marshmallows
- 1/2 cup REESE'S Peanut Butter
- 5 cups crisp rice cereal
- Chocolate Drizzle (see recipe)

### Directions:

1. Butter 13x9x2 inch pan.
2. Melt butter in large saucepan over low heat. Add marshmallows; cook, stirring constantly, until marshmallows are melted. Remove from heat. Add peanut butter; stir until melted.
3. Add cereal; stir until well coated. Immediately press mixture evenly into prepared pan. Cool; cut into squares or triangles. Drizzle with Chocolate Drizzle if desired.

Yield: 24 squares

## Chocolate Drizzle

### Ingredients:

- 1/2 cup HERSHEY'S Milk Chocolate Chips
- 1 Tbsp. shortening (do not use butter, margarine, spread, or oil)

### Directions:

Place chocolate chips and shortening in small microwave safe bowl. Microwave at high (100%) for 30 seconds or until chocolate is melted and mixture is smooth when stirred.