

# Healthy Living E-cookbook and Restaurant Guide



# RECIPES



## Starters

### Roasted Red Pepper Hummus

Serves: 12

Serving size: 1/4 cup

8 oz. Roasted red peppers  
2 garlic cloves, minced (from water-packed jar)  
2 TB fresh lemon juice  
2 cans chickpeas  
1 tsp ground cumin, rinsed and drained, salt and pepper to taste  
1/4 cup tahini (sesame paste)

Combine all ingredients in a food processor except salt and pepper. Process until smooth. Season to taste with salt and pepper. Serve with pita wedges or crackers.

Calories 80; Protein 3g; Carb 9g; Fat 3g; Sat Fat 0g; Fiber 3g

### Dilled Grilled Shrimp

Serves: 6

Serving Size: 4 shrimp

24 bamboo skewers  
2 TB green onion, chopped  
24 large shrimp  
2 TB fresh dill or 2 tsp dried  
1/4 cup dry vermouth  
1 TB Dijon mustard  
1/8 cup olive oil  
1 medium clove garlic, minced  
2 TB fresh parsley, chopped  
1 bay leaf  
Freshly ground pepper

Cover bamboo skewers with hot water and soak 30 minutes or more. Peel and devein prawns. Skewer prawns and place in a shallow baking dish. Combine all other ingredients in a small bowl. Pour marinade over prawns, cover and refrigerate at least 1 hour or up to overnight.

Remove prawns from marinade. Grill 1 to 2 minutes per side, or until barely opaque throughout. Serve hot or at room temperature.

Calories 85; Protein 6g; Carb 1g; Fat 5g; Sat Fat 1g; Fiber 0g

# Salads

## Simple Fruit Salad

Serves 9

Serving Size 3/4 cup

This is an easy way to add fruit and calcium to your meal! Great recipe for a summer barbeque!

6 cups assorted sliced fruit (cantaloupe, honeydew, strawberries, and blueberries work nicely)

1 eight-ounce container of strawberry yogurt

Mix ingredients in large bowl and serve!

Calories 65; protein 2 g; carb 15 g; total fat .5 g; sat fat 0 g; fiber 1 g.

## Pear and Walnut Salad with Balsamic Vinaigrette

Serves 6

Serving Size 1.5 cups

6 cups mixed greens (spinach, watercress, endive, oak leaf lettuce, butter lettuce, red leaf) broken into bite size pieces.

2 fresh pears sliced into 2-inch slices

1/4 cup chopped walnuts

1/2 cup low fat Balsamic Vinaigrette or Italian dressing (start with 1/4 cup and coat salad to taste)

Combine all ingredients and toss well. Do not add dressing until ready to serve.

Calories 100; Protein 2g; Carb 11g; Fat 5g; Sat Fat 0g; Fiber 2g

## Chicken and Spinach Salad

Servings: 7

Serving size: 2 cups

8 ounces fresh spinach

1.5 cups orange sections, peeled and cut into chunks

2 cups cooked and cubed chicken

1-cup strawberries

Dressing:

3 TB red wine vinegar

3 TB orange juice

1 1/2 TB canola oil

1/4 tsp dry mustard

Mix dressing ingredients and refrigerate. Wash spinach and tear into bite size pieces. Add oranges, chicken and strawberries. Serve with dressing.

Calories 167; Protein 22g; Carb 7g; Fat 5g; Sat Fat 1g; Fiber 2g

# Vegetables

## Broccoli Walnut Stir-Fry

Serves 10

Serving Size: 3/4 cup

Broccoli is the king of vegetables loaded in important vitamins, minerals, and phytochemicals. Walnuts add protein and omega 3 fatty acids to this side dish.

1 TB Sesame oil  
1/2 cup walnuts, coarsely chopped  
6 cups broccoli florets  
1 cup red bell pepper, diced  
2 TB Low Sodium Soy Sauce

Heat oil in a large skillet over medium heat. Add walnuts and sauté 1 minute. Add broccoli and red pepper. Cook, stirring often, until broccoli is tender, about 6 minutes. Add soy sauce for last minute of cooking. Serve.

Calories 71; Protein 3g; Carb 5g; Fat 5g; Sat Fat 0g; Fiber 2g

## Mixed Vegetable Grill on Skewers

Serves 4-6

Serving Size: 1 skewer (about 1 cup)

You can use this recipe for grilling or you can omit the skewers and stir-fry on stove top and place over rice. Delicious way to add more vegetables to your meal!

12 medium-large mushrooms (fresh shiitake and portabella are great!)  
12 cherry tomatoes  
1 red bell pepper, cut into 2-inch chunks  
1 yellow bell pepper, cut into 2-inch chunks  
1 zucchini, cut into 1-inch chunks  
1/2 cup olive oil  
1/2 cup balsamic vinegar  
1 TB low sodium soy sauce  
4 cloves garlic, chopped  
1 tsp sugar  
1/4 tsp salt  
black pepper  
6 (8-inch) skewers (soaked in water)

Wipe off the mushrooms with a damp cloth or paper towel. Cut the peppers, and zucchini into 1-inch portions. Combine the oil, vinegar, soy sauce, garlic, sugar, salt, and pepper for the marinade, mix well with whisk, and let the mushrooms, peppers, and zucchini sit in marinade for 1 hour. Make sure vegetables are evenly coated with marinade. Place vegetables on skewers. Grill on indoor or outdoor grill for 5-10 minutes until vegetables are soft.

Calories 88; Protein 2g; Carb 10g; Fat 5g; Sat Fat 1g; Fiber 2g

## **Asparagus and Mushroom Fricassee**

Serves: 4

Serving Size: about 5 asparagus spears

- 1 pound medium asparagus, tough ends trimmed
- 2 tsp olive oil
- 1 large shallot, minced
- 12 oz assorted wild mushrooms (crimini, oyster, chanterelle, and stemmed shiitake, sliced)
- 1/2 cup dry white wine
- 1 TB minced fresh Italian parsley
- 1 tsp minced fresh tarragon

Preheat oven to 475 F. Arrange asparagus on rimmed baking sheet.

Drizzle oil over and turn to coat. Sprinkle with salt and pepper. Roast until just tender, about 10 minutes. Meanwhile, heat oil in large skillet over medium-high heat. Add shallot; sauté 1 minute. Add mushrooms until beginning to brown, about 5 minutes. Cover; cook until mushrooms are tender, about 3 minutes. Add wine and cook uncovered until wine is absorbed, about 2 minutes. Stir in parsley and tarragon. Season to taste with salt. Divide asparagus among 4 plates. Top each with mushroom mixture.

Calories 97; Protein 6g; Carb 9g; Fat 4g; Sat Fat 1g; Fiber 3g

## **Italian Green Beans and Tomatoes**

Serves 4

Serving Size 1 cup

- 3 cups fresh green beans, ends snipped
- 1 10-ounce can Italian blend stewed tomatoes
- 1 TB cooking sherry
- 1 TB capers

Combine ingredients in medium saucepan, bring to a boil and simmer until green beans are tender.

Calories 56; Protein 1g; Carb 10g; Fat 0g; Sat Fat 0g; Fiber 3g

# Entrees

## White Bean and Chicken Chili

Serves 4

Serving Size 1.5 cups

This recipe provides a great source of protein and an excellent source of fiber and folate.

Make a pot and store leftovers in single serving freezer bags for a quick homemade frozen meal when you don't have time to cook!

- 1 TB olive oil
- 1 shallot, peeled and chopped
- 2 med garlic cloves minced
- 1 med red bell pepper (chopped)
- 2 cans white beans, undrained (can use great northern white beans)
- 1 4 oz can diced green chilies
- 1/2 tsp cumin
- 1 tsp chili powder
- 1 can chicken broth
- 1/2 pound chicken cooked and cut into 1/2-inch pieces (can use a roasted chicken already prepared at the grocery store)
- 2 TB lime juice
- 2 TB cilantro

Heat olive oil over med heat. Add onion, garlic and red pepper; sauté 5 min.

Stir in the white beans, chilies, cumin, chili powder and broth.

Bring to a boil, reduce heat and simmer for 10 min. Stir in chicken and simmer 15 more min or until ready to serve.

Stir in lime juice and cilantro

Calories 298; Protein 31g; Carb 39g; Fat 8g; Sat Fat 1g; Fiber 12g

## Simple Baked Trout with Lime

Serves 4

- 4 fillets of boneless trout fillets (works well with any white fish)
- 2 limes
- 4 tsp olive oil
- Seasoning Salt (such as Lawry's or Spike)

Preheat oven to 350 degrees. Place trout fillets in individual aluminum foil pieces. Drizzle 1 tsp of olive oil and 1 tsp of lime juice on each fillet. Sprinkle with seasoning salt. Slice lime and place two slices on each fillet. Fold aluminum foil to completely cover each fillet. Bake in oven for 20 minutes or until fish is flaky. Grilling option: 10 minute cooking time.

Calories 178; Protein 21g; Carb 2g; Fat 9.5g; Sat Fat 2g; Fiber 0g

## Beef Fajitas

Makes 4 servings

This is a wonderful and quick recipe for fajitas. This recipe is an excellent source of protein and iron.

12 ounces boneless top sirloin  
3 TB lime juice  
1/2 tsp coriander  
1/2 tsp chili powder  
1 green pepper, sliced  
1 red pepper, sliced  
1 onion, sliced  
8 corn tortillas

Cut meat into 1-inch strips. Mix lime juice with coriander and chili powder and pour over meat. Set aside for a few minutes or for up to three hours. Meanwhile, slice vegetables; add to meat mixture and stir. Grease skillet with a little oil. And stir fry meat and vegetables until done. Warm tortillas in microwave about 10 seconds. Fill each tortilla with meat mixture. Salsa optional

Calories 350; Protein 29g; Carb 34g; Fat 11g; Sat Fat 4g; Fiber 5

## Garlic Chicken Stir Fry with Quinoa

Serves 4

Serving Size: 1.5 cups

Quinoa is a grain that is an important food staple in South America. Quinoa contains more protein than most other grains and provides a good source of fiber and iron. You can find quinoa at most grocery or health food stores near the rice section.

1-cup quinoa  
2 cups chicken broth  
12 ounces boneless, skinless chicken breast  
1 TB olive oil  
1 small onion, thinly sliced  
1 red bell pepper, thinly sliced  
1 yellow bell pepper, thinly sliced  
5 cloves garlic, minced  
1/3-cup fresh basil, julienne  
4 TB Grated Romano cheese  
Salt and pepper to taste

Place 1 cup quinoa and 2 cups chicken broth in a 1-1/2 quart saucepan and bring to a boil. Reduce to simmer, cover and cook until all broth is absorbed (10-15 minutes). Set aside. Cut chicken into one-inch pieces. Heat large nonstick skillet over high heat and add the oil. Add chicken and sauté for 5 minutes or until golden brown. Add onions, bell peppers; sauté for one or two more minutes; add garlic and sauté until peppers become slightly limp, about one to two minutes; season with salt and pepper. Remove the pan from heat. Add basil and quinoa. Toss until basil wilts; sprinkle each serving with 1TB Romano cheese.

Calories 376; Protein 31g; Carb 41g; Fat 11g; Sat Fat 2g; Fiber 4g

## Salsa Turkey Burgers

4 servings

1 pound lean ground turkey  
1/2 cup mild salsa  
1/4 cup chopped yellow onion  
1/4 cup chopped cilantro  
1 TB olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Mix ground turkey, salsa, onions, cilantro, salt, and pepper in large bowl. Shape turkey mixture into four patties. Heat 1 TB oil in large non-stick skillet over medium-heat. Cook burgers about 3 minutes per side until completely cooked through. You may also choose to grill the burgers. Serve with lettuce on a whole grain hamburger bun or crusty roll.

(Without bun)

Calories 139; Protein 26g; Carb 2g; Fat 3g; Sat Fat 1g; Fiber 1g

(With whole-wheat bun)

Calories 290; Protein 31g; Carb 31g; Fat 5g; Sat Fat 1g; Fiber 5g

## Artichoke, Spinach, and Mozzarella Calzones

6 servings

1 (14 ounce) can artichoke hearts, drained and finely chopped.  
1/4 tsp salt  
1/4 tsp pepper  
1 garlic clove, minced  
2 cups thinly sliced fresh spinach leaves  
1-cup mozzarella cheese  
1 tsp olive oil  
2 tsp cornmeal  
1 (14 ounce) package refrigerated pizza crust dough  
1 (12 ounce) container of pizza sauce

Preheat oven to 425 degrees. Pat artichokes dry with paper towels. Combine artichokes, salt, pepper, and garlic in a large bowl. Add spinach and cheese and toss to combine. Brush oil over a baking sheet and sprinkle with cornmeal. Unroll dough on cutting board (may need to use a little flour to prevent sticking). Cut into 6 equal portions. Cover and let rest for 5 minutes. Pat each portion into a 6 x 5 -inch rectangle. Spoon 2/3-cup spinach mixture into center of each dough portion. Fold one corner of each dough portion over spinach mixture to form a triangle. Press edges together with fingers to seal. Bake at 425 degrees for 12 minutes or until golden. May need to flip so one side does not burn. Serve with pizza sauce for dipping.

Calories 273; Protein 16g; Carb 37g; Fat 6g; Sat Fat 2g; Fiber 5g

## Indian Spiced Chicken with Pistachios

Serves 4

Serving Size: 1/2 cup whole wheat cous cous; 3/4 cup Chicken mixture  
4 boned, skinned chicken breast halves

1 TB olive oil  
2 onions slivered lengthwise  
1 TB minced garlic  
2 tsp ground cumin  
2 tsp ground ginger  
1/2 tsp ground cinnamon  
1/2 tsp ground dried turmeric  
1/2 tsp paprika  
1/2 tsp salt  
1/2-cup raisins  
1/4 cup shelled roasted, salted pistachios  
1 cup chicken broth  
1 1/2 cups whole wheat cous cous  
1/4 cup finely chopped fresh mint leaves  
1/4 cup finely chopped fresh cilantro  
Pepper to taste

Cut chicken into 1 1/2 to 2 inch pieces. Cook chicken with olive oil in 12-in frying pan until browned. Remove with slotted spoon into bowl. Add oil to pan; add onions and garlic and stir often until onions are limp and beginning to brown. Return chicken to pan and spread level. Sprinkle cumin, ginger, cinnamon, turmeric, paprika, 1/2 tsp salt, raisins, and pistachios over chicken. Pour broth evenly over all. Cover and bring to boil. Reduce heat and simmer around 5-6 min. Meanwhile, bring 1 1/2 cups water to a boil; stir in couscous and return to boil. Cover pan, remove from heat, and let stand until water is absorbed- 5 min. Fluff couscous with fork and stir in mint. Scoop couscous onto plates and spoon chicken mixture over couscous. Sprinkle with cilantro.

Calories 395; Protein 29g; Carb 44g; Fat 12g; Sat Fat 2g; Fiber 6

## Fish Tacos

Serves 4

Serving Size 1 taco

1/3 cup sour cream (non-fat)  
1/4 cup chopped red onion  
3 TB chopped cilantro  
1 tsp minced canned chipotle chilies  
1 8oz Yellow fin or Ahi tuna steak, cut into 3/4 inch pieces  
1 TB taco seasoning mix  
4 taco shells  
Red Bell Pepper sliced  
Sliced Black Olives  
Avocado

Mix first 4 ingredients in small bowl. Place tuna in medium bowl; sprinkle with taco seasoning. Heat oil in heavy medium skillet over med-high heat. Add tuna; sauté to desired doneness. Reduce heat to medium-low. Stir in sour cream mixture. Cook just until heated through, do not boil! Heat taco shells in microwave 20 seconds. Fill tacos with tuna mixture, black olives, red pepper, and avocado.

Calories 206; Protein 16g; Carb 18g; Fat 8g; Sat Fat 1g; Fiber 3g

## Asian Chicken Pasta

Serves: 4

Serving Size 1.5 cups

- 1 pre-roasted chicken (can buy at your local grocery store)
- 1 onion
- 1 cup sliced carrots
- 5 oz Asian noodles
- 1 clove garlic, crushed
- 2 tsp curry powder
- 2 tsp bottled crushed chili
- 1 large red pepper, thinly sliced
- 1 cup snow peas
- 3 spring onions, sliced
- 2 tsp sesame oil
- 1/4 cup low sodium soy sauce

Remove the chicken meat from the bones of the chicken. Break or slice chicken into 1/2-inch pieces. Cut the onion into thin wedges and the carrot into long strips. Cook the noodles until al dente. Drain well. Heat the oil in a wok or heavy based pan, swirling gently to coat the base and sides. Add the onion, carrot, garlic, curry powder and chili. Stir until aromatic and the garlic is soft. Add the pasta and the remaining ingredients. Stir-fry over med heat for 4 minutes, or until heated through. Add salt to taste.

Calories 426; Protein 40g; Carb 38g; Fat 12g; Sat Fat 3g; Fiber 5g

# Treats

## Banana Split

Serves 1

This is an excellent way to increase your fruit intake and a great source of calcium, potassium, and phytochemicals.

1 small banana, peeled  
1/2 cup low fat vanilla frozen yogurt  
1/4 cup low fat granola  
1/4 cup fresh blueberries or other fresh berries  
Cut the banana in half lengthwise (from tip to top).  
Spoon yogurt into a cereal bowl. Place the banana halves on the sides of the yogurt. Top the yogurt with granola and blueberries. Serve.

Calories 288; Protein 6g; Carb 63g; Fat 3g; Sat Fat 1g; Fiber 5g

## Chocolate Chip Meringue Drops

Serves 20

Serving Size = 2 cookies

2 large eggs  
1/3 cup sugar  
1 tsp vanilla extract  
3 TB cocoa powder  
1/2 cup semisweet chocolate chips

Separate egg whites from egg yolks: toss the yolks. Preheat oven to 250 degrees. Line baking sheet with aluminum foil; set aside. In a large bowl, beat egg whites at medium speed until they hold stiff peaks. Beat in sugar, 1 TB at a time, then beat in vanilla extract. Reduce speed to low and beat in cocoa powder. Fold in chocolate chips. Drop mixture by rounded teaspoonfuls onto baking sheet and bake 1 hour. Turn off oven and dry cookies in the oven 2 hours longer. Store cookies in an airtight container.

Calories 45; Protein 1g; Carb 7g; Fat 2g; Sat Fat 1g; Fiber 1g

## Orange Julius

Serves 2

Serving Size: 1 cup

This is a wonderful and quick breakfast or snack recipe you can use for the family. Provides a great source of calcium, vitamin C, and protein.

8 oz nonfat vanilla yogurt or vanilla soy yogurt

4 ounces (1/2 cup) of frozen orange juice concentrate

2 cups skim milk or vanilla soymilk

Blend all ingredients until smooth.

Calories 144; Protein 7g; Carb 28g; Fat 0g; Sat Fat 0g; Fiber 0g

## Almond Granola

Serves 12

Serving Size: 2/3 cup

Here's to your heart! This recipe is great source of fiber and almonds which both have a positive effect on lowering blood cholesterol for a healthier heart.

6 cups Old Fashioned Oats (dry oatmeal)

2 cups slivered almonds

1 tsp cinnamon

1/2-cup honey

1/2-cup canola oil

1 TB vanilla

Preheat oven to 350 degrees. Mix oats, almonds and cinnamon in large mixing bowl. Set aside. Mix honey, canola oil, and vanilla until it reaches a smooth consistency. Pour honey mixture into oat mixture and mix until well coated. Spoon mixture into 13 x 9 greased glass baking dish. Bake for 25 minutes. Turn oven down to 250 degrees and bake for another 30 to 45 minutes, mixing 2-3 times so granola cooks evenly. Let cool.

Calories 334; Protein 8g; Carb 47g; Fat 15g; Sat Fat 1g; Fiber 5g

Serve with dried fruit and vanilla yogurt.



# Restaurant Guide

## BEST CHOICES WHILE DINING OUT



### Best Choices For Fast Food

#### Arby's

Light Grilled Chicken S'wich: 280 calories, 5 grams total fat, 2 grams saturated fat, 33 grams carbohydrate, 30 grams protein

Light Roasts Chicken Deluxe S'wich: 260 calories, 5 grams total fat, 2 grams saturated fat, 32 grams carbohydrate, 23 grams protein

Light Roast Turkey Deluxe S'wich: 230 calories, 5 grams total fat, 2 grams saturated fat, 33 grams carbohydrate, 19 grams protein

Light Grilled Chicken Salad: 190 calories, 4 grams total fat, <1 gram saturated fat, 16 grams carbohydrate, 25 grams protein

Light Roast Chicken Salad: 200 calories, 5 grams total fat, <1 gram saturated fat, 16 grams carbohydrate, 25 grams protein

#### Burger King

BK Veggie Burger: 380 calories, 16 grams total fat, 2.5 grams saturated fat, 46 grams carbohydrate, 14 grams protein

Hamburger: 310 calories, 13 grams total fat, 5 grams saturated fat, 30 grams carbohydrate, 17 grams protein

Chicken Tenders (4 piece): 170 calories, 9 grams total fat, 2.5 grams saturated fat, 10 grams carbohydrate, 11 grams protein

Chicken Tenders (5 piece): 210 calories, 12 grams total fat, 3.5 grams saturated fat, 13 grams carbohydrate, 14 grams protein

Chicken Tenders (6 piece): 250 calories, 14 grams total fat, 4 grams saturated fat, 15 grams carbohydrate, 16 grams protein

Side Garden Salad w/out dressing: 20 calories, 0 grams total fat, 0 grams saturated fat, 4 grams carbohydrate, 1 gram protein

Fire-Grilled Chicken Garden Salad w/out dressing: 210 calories, 7 grams total fat, 3 grams saturated fat, 12 grams carbohydrate, 26 grams protein

Fire-Grilled Shrimp Garden Salad w/out dressing: 200 calories, 10 grams total fat, 3 grams saturated fat, 13 grams carbohydrate, 21 grams protein

Sweet Onion Vinaigrette Salad Dressing: 100 calories, 8 grams total fat, 1 gram saturated fat, 8 grams carbohydrate, 0 grams protein

Tomato Balsamic Vinaigrette Salad Dressing: 110 calories, 9 grams total fat, 1 gram saturated fat, 9 grams carbohydrate, 0 grams protein

HIDDEN VALLEY fat free ranch dressing: 35 calories, 0 grams total fat, 7 grams carbohydrate, 0 grams protein

## McDonalds

Hamburger: 280 calories, 10 grams total fat, 4 grams saturated fat, 36 grams carbohydrate, 12 grams protein

Grilled Chicken on Wheat: 320 calories, 7 grams total fat, 1.5 grams saturated fat, 39 grams carbohydrate, 26 grams protein

McVeggie Burger: 350 calories, 8 grams total fat, 2 grams saturated fat, 48 grams carbohydrate, 23 grams protein

Chicken Fajita Roll-Up: 190 calories, 7 grams total fat, 2.5 grams saturated fat, 21 carbohydrate, 11 grams protein

Chicken McNuggets (4 piece): 170 calories, 10 grams total fat, 2 grams saturated fat, 10 grams carbohydrate, 10 grams protein

Chicken McNuggets (6 piece): 250 calories, 15 grams total fat, 3 grams saturated fat, 15 grams carbohydrate, 15 grams protein

Grilled Chicken Caesar Salad: 200 calories, 6 grams total fat, 3 grams saturated fat, 9 grams carbohydrate, 29 grams protein

Caesar no Chicken: 90 calories, 4 grams total fat, 7 grams carbohydrate, 7 grams protein

California Cobb no Chicken: 160 calories, 11 grams total fat, 4.5 grams saturated fat, 7grams carbohydrate, 11 grams protein

Bacon Ranch no Chicken: 140 calories, 10 grams total fat, 4.5 grams saturated fat, 7 grams carbohydrate, 9 grams protein

Side Ranch Medley/Side Salad: 15 calories, 0 grams total fat, 0 grams saturated fat, 3 grams carbohydrate, 1 gram protein

Fruit 'N Yogurt Parfait (Regular): 380 calories, 5 grams total fat, 2 grams saturated fat, 76 grams carbohydrate, 10 grams protein

Fruit 'N Yogurt Parfait (Regular no granola): 280 calories, 4 grams total fat, 2 grams saturated fat, 53 grams carbohydrate, 8 grams protein

Fruit 'N Yogurt Parfait (snack size): 160 calories, 2 grams total fat, 1 gram saturated fat, 30 grams carbohydrate, 4 grams protein

Fruit 'N Yogurt Parfait (snack size no granola): 130 calories, 2 grams total fat, 1 gram saturated fat, 25 grams carbohydrate, 4 grams protein

## Carl's Jr.

Hamburger: 280 calories, 9 grams total fat, 4 grams saturated fat, 36 grams carbohydrate, 14 grams protein

Charbroiled BBQ Chicken Sandwich: 370 calories, 4 grams total fat, 1 gram saturated fat, 47 grams carbohydrate, 35 grams protein

Charbroiled Chicken Salad To Go (without dressing): 330 calories, 7 grams total fat, 4 grams saturated fat, 17 grams carbohydrate, 34 grams protein

Garden Salad To Go (without dressing): 120 calories, 3 grams total fat, 2 grams saturated fat, 5 grams carbohydrate, 3 grams protein

## Subway

Veggie Delite (6-inch): 230 calories, 3 grams total fat, 1 gram saturated fat, 44 grams carbohydrate, 9 grams protein

Savory Turkey Breast (6-inch): 280 calories, 4.5 grams total fat, 1.5 grams saturated fat, 46 grams carbohydrate, 18 grams protein

Savory Turkey Breast and Ham (6-inch): 290 calories, 5 grams total fat, 1.5 grams saturated fat, 46 grams carbohydrate, 20 grams protein

Ham (6-inch): 290 calories, 5 grams total fat, 1.5 grams saturated fat, 46 grams carbohydrate, 18 grams protein

Roast Beef (6-inch): 290 calories, 5 grams total fat, 2 grams saturated fat, 45 grams carbohydrate, 19 grams protein

Oven Roasted Chicken Breast (6-inch): 330 calories, 5 grams total fat, 1.5 grams saturated fat, 47 grams carbohydrate, 24 grams protein

Honey Mustard Ham (6-inch): 310 calories, 5 grams total fat, 1.5 grams saturated fat, 54 grams carbohydrate, 19 grams protein

Garden Fresh Salad: 60 calories, 1 gram total fat, 0 gram saturated fat, 11 grams carbohydrate, 3 grams protein

Mediterranean Chicken Salad: 170 calories, 4.5 grams total fat, 2 grams saturated fat, 11 grams carbohydrate, 22 grams protein

Roasted Chicken Noodle Soup: 60 calories, 1.5 grams total fat, .5 grams saturated fat, 7 grams carbohydrate, 6 grams protein

Vegetable Beef Soup: 60 calories, 1 gram total fat, .5 gram saturated fat, 15 grams carbohydrate, 5 grams protein

Minestrone Soup: 90 calories, 4 grams total fat, 1 gram saturated fat, 7 grams carbohydrate, 7 grams protein

Spanish Style Chicken and Rice Soup: 90 calories, 2 grams total fat, .5 grams saturated fat, 13 grams carbohydrate, 5 gram protein

Tomato Garden Vegetable with Rotini: 100 calories, .5 grams total fat, 0 gram saturated fat, 10 grams carbohydrate, 3 grams protein

New England Style Clam Chowder: 110 calories, 3.5 grams protein, .5 grams saturated fat, 16 grams carbohydrate, 5 grams protein

## Taco Bell

Taco (Fresco Style): 150 calories, 7 grams total fat, 2.5 grams saturated fat, 14 grams carbohydrate, 7 grams protein

Beef Soft Taco (Fresco Style): 190 calories, 8 grams total fat, 3 grams saturated fat, 22 grams carbohydrate, 9 grams protein

Chicken Soft Taco (Fresco Style): 170 calories, 4 grams total fat, 1 gram saturated fat, 20 grams carbohydrate, 12 gram protein

Grilled Steak Soft Taco (Fresco Style): 170 calories, 5 grams total fat, 1.5 grams saturated fat, 21 grams carbohydrate, 11 grams protein

Beef Gordita Baja (Fresco Style): 250 calories, 9 grams total fat, 3 grams saturated fat, 30 grams carbohydrate, 12 grams protein

Chicken Gordita Baja (Fresco Style): 230 calories, 6 grams total fat, 1 gram saturated fat, 29 grams carbohydrate, 15 grams protein

Steak Gordita Baja (Fresco Style): 230 calories, 7 grams total fat, 1.5 grams saturated fat, 29 grams carbohydrate, 13 grams protein

Bean Burrito (Fresco Style): 350 calories, 8 grams total fat, 2 grams saturated fat, 56 grams carbohydrate, 13 grams protein

Burrito Supreme – Chicken (Fresco Style): 350 calories, 8 grams total fat, 2 grams saturated fat, 50 grams carbohydrate, 19 grams protein

Burrito Supreme – Steak (Fresco Style): 350 calories, 9 grams total fat, 2.5 grams saturated fat, 50 grams carbohydrate, 17 grams protein

Fiesta Burrito – Chicken (Fresco Style): 350 calories, 9 grams total fat, 2 grams saturated fat, 49 grams carbohydrate, 16 grams protein

Tostada (Fresco Style): 200 calories, 6 grams total fat, 1 gram saturated fat, 30 grams carbohydrate, 8 grams protein

Enchirito – Beef (Fresco Style): 270 calories, 9 grams total fat, 3 grams saturated fat, 35 grams carbohydrate, 13 grams protein

Enchirito – Chicken (Fresco Style): 250 calories, 5 grams total fat, 1.5 grams saturated fat, 34 grams carbohydrate, 16 grams protein

Enchirito – Steak (Fresco Style): 250 calories, 7 grams total fat, 2 grams saturated fat, 34 grams carbohydrate, 14 grams protein

## Wendys

Jr. Hamburger: 270 calories, 9 grams total fat, 3.5 grams saturated fat, 34 grams carbohydrate, 15 grams protein

Ultimate Chicken Grill Sandwich: 360 calories, 7 grams total fat, 1.5 grams saturated fat, 44 grams carbohydrate, 31 grams protein

Side Salad: 35 calories, 0 grams fat, 7 grams carbohydrate, 2 grams protein

Small Chili: 200 calories, 5 grams total fat, 2 grams saturated fat, 21 grams carbohydrate, 17 grams protein

Large Chili: 300 calories, 7 grams total fat, 3 grams saturated fat, 31 grams carbohydrate, 25 grams protein

Chicken Nuggets (5 piece): 220 calories, 14 grams total fat, 3 grams saturated fat, 13 grams total carbohydrate, 10 grams protein

Mandarin Chicken Salad (plain without dressing, noodles, or almonds):  
190 calories, 3 grams total fat, 1 gram saturated fat, 17 grams carbohydrate, 22 grams protein

Spring Mix Salad (plain without pecans and dressing): 180 calories, 11 grams total fat, 6 grams saturated fat, 12 grams carbohydrate, 11 grams protein

Fat Free French Style Dressing: 80 calories, 0 grams fat, 19 grams carbohydrate, 0 grams protein

Reduced Fat Creamy Ranch: 100 calories, 8 grams total fat, 1.5 grams saturated fat, 6 grams carbohydrate, 1 gram protein

Low Fat Honey Mustard: 110 calories, 3 grams total fat, 0 grams saturated fat, 21 grams carbohydrate, 0 grams protein

## Best Choices For Specialty Restaurants

Remember, restaurants serve very large portion sizes (enough for 3 adults). The following are the best choices for specialty restaurants but you will still need to make your best judgment on portion sizes. Use your portion size guide to help you estimate in restaurants. Split a meal or take the rest home as leftovers.

### Japanese

- Vegetable or Noodle Soup
- Sashimi (raw fish)
- Sushi (raw fish and rice)
- Chicken Teriyaki
- Tofu dishes (not fried)
- Kaibashira (steamed scallops)
- Maguro (broiled tuna)
- Saba Yakisakana (broiled mackerel)
- Tako (raw octopus)
- Grilled or Broiled clams
- Steamed or grilled fish or skinless poultry with vegetables
- Yakitori (skewered chicken or scallops)
- Yosenabe (seafood and vegetables in broth)
- Shabu-shabu (sliced beef and noodles with dipping sauce)

### Chinese

- Wonton soup
- Egg drop soup
- Tofu with vegetables
- Curry Tofu or chicken
- Dim sum (chicken or fish with vegetables)
- Barbecued pork with mustard and sesame seeds
- White rice, plain, steamed
- Chicken or scallops with vegetables
- Stir-Fried Meals
- Moo goo gai pan
- Almond gai ding
- Sweet and Sour unbreaded chicken, seafood, or pork
- Sesame Chicken
- Shanghai Pork Lo Mein
- Shrimp and snow peas
- Vegetable stir-fry

## **Thai**

Steamed rice  
Thai chicken with vegetables and chili sauce  
Seafood kebab  
Tom yam goons (hot and sour shrimp soup)  
Pad Thai (stir fried noodles with vegetables, tofu, shrimp and peanuts)  
Stir Fried chicken or beef with vegetables

## **Mexican**

Chicken Enchilada  
Chicken or Beef Fajitas  
Chicken, Bean or Cheese Tostada  
Soft chicken or vegetarian taco  
Ceviche  
Picado pollo (chicken and vegetables)  
Grilled fish or chicken breast  
Frijoles (boiled beans)  
Tamales

## **Italian**

Chicken Cacciatore  
Frittata with vegetables  
Minestrone Soup  
Pasta with Clam Sauce  
Pasta with marinara (tomato) or marsala sauce  
Cioppino (seafood soup)  
Pasta Primavera with Tomato Sauce  
Ratatouille  
Pollo a la Romana (chicken in wine sauce)  
Muscolidella Riviera (steamed mussels in red sauce)  
Zuppa de Vongole (clams with white wine and shallots)  
Italian Fruit Ices

## **Middle Eastern/Greek**

Chicken Souvlaki (shish kebab)  
Chilled fruit soup  
Chilled yogurt and cucumber soup  
Couscous with lamb  
Couscous with vegetables  
Cucumber and yogurt salad  
Dolma (rice stuffed grape leaves)  
Iman Bayildi (baked eggplant stuffed with vegetables)  
Lamb Tagine  
Lentil salad  
Moroccan lamb pilaf with bulgar wheat  
Spinach with lemon dressing  
Tabbouleh  
Vegetable and lentil soup

# Quick Meal Ideas For Those on the Run

## Breakfast

Spread a thin layer of old fashioned peanut butter on whole grain toast with a piece of fruit.

Sprinkle berries into low-fat vanilla yogurt and top with granola, Grapenuts, or Kashi cereal.

Make a homemade sausage mcmuffin: Toast a whole grain English muffin. Meanwhile, microwave a vegetarian sausage patty (Morning star Farms makes a good one) until cooked (about 45 seconds). Place sausage patty on English muffin and top with a slice of mozzarella cheese.

Have a bowl of a high protein cereal such as Kashi Go-Lean or Granola topped with fresh berries or sliced bananas and low-fat milk.

Scramble egg substitutes with mushrooms, spinach, and bell peppers (or any veggies you like).

Make a hard-boiled egg (use cage-free eggs for a healthier egg) and serve with whole grain toast or English muffin.

## Lunch

Make or buy a turkey sandwich on whole grain bread; serve with vegetable soup (most major grocery stores have sandwich and soups in the deli section).

Buy vegetable/bean/ or lentil soup and a salad at a deli (most major grocery stores have soup and salad bars in the deli section).

Low Fat frozen burrito with salsa

Fill whole grain pita with chicken or tuna salad, lettuce and tomatoes

Fill whole grain pita with leftover stir-fry or fajita mix

Buy pre-made sushi at grocery store deli

## Dinner

Buy a roasted chicken at the grocery store and serve with instant rice and steamed vegetables.

Make your own roasted chicken salad. Buy a roasted chicken at the grocery store; pull meat off and serve over assorted salad greens with cherry tomatoes and vinaigrette salad dressing.

Make a salad with hard-boiled eggs, deli turkey slices, and shredded mozzarella cheese.

Serve canned black beans (rinsed) over rice with chopped tomatoes and bell peppers. Top with shredded mozzarella cheese and melt in the microwave.

Frozen Garden Burgers with a side salad or steamed vegetable.

Serve a low fat canned chili with a side salad or steamed vegetable.