

Planet Beach[®]

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Vegetarian Meal Plan- 1200 calories

Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Whole Grain Pancakes	141	240	11	40	5
1 serving	Warm Blueberry Sauce	48	24	0	6	0
1 serving	Coffee with 1% Fat Milk	268	15	1	2	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
8 fl oz	TEA, GREEN	237	0	0	0	0
1/4 cup	STRAWBERRY, RAW	42	13	0	3	0
1 tbsp	FLAX SEED	76	59	2	4	4
lunch						
1 medium wedge	CANTALOUPE, RAW	69	23	1	6	0
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Enchilada Veggi Wrap	168	281	15	18	16
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
12 fl oz	WATER, DRINKING	355	0	0	0	0
dinner						
1 serving	Broccoli Tofu Gratin	300	349	18	33	17
12 fl oz	WATER, DRINKING	355	0	0	0	0
DAILY TOTALS		2664*	1177	64	134	47

PCF: 21-44-35

EXCHANGES: 4.22 Starch, 2.61 Very Lean Meat, 1.19 Med Fat Meat, 2 High Fat Meat, 2.34 Vegetable, 2.21 Fruit, 0.98 Skim Milk
2.51 Fats

Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 pkt (dry)	OATMEAL, FORTIFIED, INSTANT	177	97	4	17	2
1 tbsp	FLAX SEED	76	59	2	4	4
1 cup	SOY MILK, FLUID (SOYMILK)	245	127	11	12	5
1/2 cup	STRAWBERRY, RAW	83	27	1	6	0
1 serving	Coffee with 1% Fat Milk	268	15	1	2	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
8 fl oz	TEA, GREEN	237	0	0	0	0
1 fruit	ORANGE, CALIFORNIA, RAW	140	69	1	18	0
lunch						
8 fl oz	TEA, GREEN	237	0	0	0	0
1 serving	Broccoli Tofu Gratin	300	349	18	33	17
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
2 tbsp	BLACK BEAN DIP, SPICY, NONFAT	30	30	2	5	0
1/2 cup	CELERY, RAW	51	7	0	2	0
3 flowerets	BROCCOLI FLOWER CLUSTERS, RAW	33	9	1	2	0
dinner						
1 serving	Greens with garlic and oil	142	128	4	14	8
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Fettucine Alfredo	271	316	23	48	2
DAILY TOTALS		2998*	1252	70	162	41

PCFA: 22-50-28-0

EXCHANGES: 4.91 Starch, 2.03 Very Lean Meat, 0.94 Med Fat Meat, 6.45 Vegetable, 1.59 Fruit, 0.83 Skim Milk, 1.05 Lowfat Milk
3.76 Fats, 0.1 Other Carbs

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Vegetarian Meal Plan- 1200 calories

Page 2

Vegetarian Meal Plan- 1200 calories Week 1

Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Strawberry Yogurt Breakfast Split	384	299	10	55	7
1 serving	Coffee with 1% Fat Milk	268	15	1	2	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 large	EGG, CHICKEN, HARD-BOILED	50	78	6	1	5
8 fl oz	TEA, GREEN	237	0	0	0	0
1 fruit	ORANGE, CALIFORNIA, RAW	140	69	1	18	0
lunch						
1 serving	Kamut Pasta Salad	244	244	11	32	11
12 fl oz	WATER, DRINKING	355	0	0	0	0
snack						
1 serving	Tofu-Garlic Cheese	70	82	7	3	5
5 medium	CARROT, BABY, RAW	50	18	0	4	0
5 strips	CELERY, RAW	20	3	0	1	0
12 fl oz	WATER, DRINKING	355	0	0	0	0
dinner						
1 serving	Greek Lentil Soup	511	351	21	57	6
12 fl oz	WATER, DRINKING	355	0	0	0	0
DAILY TOTALS		3038*	1175	57	171	36

PCF: 19-55-26

EXCHANGES: 4.73 Starch, 1.27 Very Lean Meat, 0.29 Lean Meat, 1.61 Med Fat Meat, 3.42 Vegetable, 3.72 Fruit, 0.84 Skim Milk, 4.01 Fats
0.64 Other Carbs

Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 slice	WHOLE WHEAT BREAD, TOASTED, CP	25	69	3	13	1
1 servings	Healthy Bread Spread	7	55	0	0	6
1 serving	Scrambled Eggs	103	131	10	1	9
1 serving	Coffee with 1% Fat Milk	268	15	1	2	0
1/2 fruit	GRAPEFRUIT, RAW	128	41	1	10	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1/2 cup	STRAWBERRY, RAW	83	27	1	6	0
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
lunch						
1 cup	WATER, DRINKING	237	0	0	0	0
1 serving	Split Pea Soup	495	328	23	60	1
snack						
2/3 cups	SOYBEAN, EDAMAME	85	120	10	9	5
12 fl oz	WATER, DRINKING	355	0	0	0	0
dinner						
12 oz	WATER, DRINKING WATER, CARBONATED	340	0	0	0	0
1 serving	Tacos- Vegetarian	320	375	21	42	13
DAILY TOTALS		2873*	1221	70	154	39

PCF: 23-50-28

EXCHANGES: 5.82 Starch, 4.33 Very Lean Meat, 0.98 Med Fat Meat, 0.28 High Fat Meat, 2.89 Vegetable, 1.86 Fruit, 0.21 Skim Milk
3.55 Fats, 0.05 Other Carbs

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Vegetarian Meal Plan- 1200 calories

Vegetarian Meal Plan- 1200 calories
Week 1

Page 3

Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Yogurt-Fruit Parfait	186	106	6	19	1
1 serving	Flaxseed Muffins	46	194	7	20	11
8 fl oz	TEA, GREEN	237	0	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 large	EGG, CHICKEN, HARD-BOILED	50	78	6	1	5
1 medium	BANANA, RAW	118	105	1	27	0
lunch						
1 serving	Tofu-Salad Sandwich	122	159	13	19	4
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 medium wedge	CANTALOUPE, RAW	69	23	1	6	0
snack						
1 serving	Cottage Cheese Dip	47	37	7	2	0
10 medium	CARROT, BABY, RAW	100	35	1	8	0
10 flowerets	BROCCOLI FLOWER CLUSTERS, RAW	110	31	3	6	0
12 fl oz	WATER, DRINKING	355	0	0	0	0
dinner						
1 serving	Vegetarian Chili	361	305	12	51	7
1 serving	Broccoli and Red Pepper Salad	168	112	3	11	8
12 fl oz	WATER, DRINKING	355	0	0	0	0
DAILY TOTALS		3032*	1203	59	168	39

PCF: 19-53-28

EXCHANGES: 4.18 Starch, 0.82 Very Lean Meat, 2.37 Lean Meat, 1.08 Med Fat Meat, 7.33 Vegetable, 2.86 Fruit, 0.84 Skim Milk, 3.69 Fats
0.44 Other Carbs

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Vegetarian Meal Plan- 1200 calories

Vegetarian Meal Plan- 1200 calories
Week 1

Page 4

Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
3/4 cups	FLAX PLUS CEREAL, RTE	30	100	4	22	2
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1/3 cup	STRAWBERRY, RAW	55	18	0	4	0
1 serving	Coffee with 1% Fat Milk	268	15	1	2	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 cup	TEA, GREEN	237	0	0	0	0
3 oz	RED PEPPER, SWEET, CANNED	85	15	1	3	0
1 1/2 tbsp	CHEDDAR CHEESE, MILD, SHREDDED, REDUCED	11	30	3	0	2
0.6 oz	CRACKERS, WHOLE WHEAT	17	70	3	11	1
lunch						
1 serving	Quick Burrito	213	202	10	44	1
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1/3 oz	ALMOND, RAW	9	55	2	2	5
1/3 oz	SUNFLOWER SEED, DRIED	9	54	2	2	5
1/3 oz	PUMPKIN & SQUASH SEED, DRIED	9	51	2	2	4
dinner						
1 serving	Garlicy Vegetarian Macaroni and Cheese	183	250	22	18	11
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Green Salad with Flax Seed	400	135	6	21	5
DAILY TOTALS		2967*	1157	65	158	38

PCF: 21-51-28

EXCHANGES: 6.05 Starch, 0.93 Very Lean Meat, 1.02 Med Fat Meat, 4.64 Vegetable, 1.31 Fruit, 1.07 Skim Milk, 0.35 Lowfat Milk
4.28 Fats, 0.24 Other Carbs

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Vegetarian Meal Plan- 1200 calories

Page 5

Vegetarian Meal Plan- 1200 calories
Week 1

Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	TEA, GREEN	237	0	0	0	0
1 serving	Breakfast Fruit Salad	385	224	12	33	6
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 serving	Cottage Cheese Dip	47	37	7	2	0
10 medium	CARROT, BABY, RAW	100	35	1	8	0
10 flowerets	BROCCOLI FLOWER CLUSTERS, RAW	110	31	3	6	0
8 fl oz	TEA, GREEN	237	0	0	0	0
lunch						
12 fl oz	WATER, DRINKING	355	0	0	0	0
	Hummus Sandwich	141	198	6	26	9
1 medium	PEACH, RAW	98	38	1	9	0
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1/3 oz	ALMOND, RAW	9	55	2	2	5
1/3 oz	SUNFLOWER SEED, DRIED	9	54	2	2	5
1/3 oz	PUMPKIN & SQUASH SEED, DRIED	9	51	2	2	4
dinner						
1 serving	Feta and Roasted Vegetable Gratin	327	348	20	55	7
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Green Salad with Flax Seed	400	135	6	21	5
DAILY TOTALS		3175*	1223	62	166	44

PCF: 19-51-30

EXCHANGES: 3.34 Starch, 2.43 Very Lean Meat, 0.49 High Fat Meat, 7.38 Vegetable, 2.71 Fruit, 1.19 Skim Milk, 6.1 Fats
0.15 Other Carbs

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Vegetarian Meal Plan- 1200 calories

Page 6

Vegetarian Meal Plan- 1200 calories
Week 1

DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
2964*	1201	64	159	40

PCFA: 20-51-29-0

EXCHANGES: 4.75 Starch, 2.06 Very Lean Meat, 0.38 Lean Meat, 0.98 Med Fat Meat, 0.4 High Fat Meat, 4.92 Vegetable, 2.32 Fruit
0.85 Skim Milk, 0.2 Lowfat Milk, 3.98 Fats, 0.23 Other Carbs

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.

Vegetarian Meal Plan- 1200 calories - Recipe Listing

Whole Grain Pancakes
Serves 4

INGREDIENTS

1 cup OATMEAL, DRY
1 1/4 cup MILK, COW'S, 1% BF, VIT-A
1 tbsp CANOLA OIL (RAPESEED OIL)
1 large EGG, CHICKEN, RAW
1 cup WHOLE WHEAT FLOUR
1 tsp BAKING POWDER, DOUBLE ACTING

EXCHANGES: 2.25 Starch, 0.24 Med Fat Meat, 0.36 Skim Milk, 0.22 Fats

DIRECTIONS

Mix oats with milk and let stand 5 minutes. Add egg and oil and mix. Add dry ingredients and mix until just blended. Cook on hot non-stick skillet until golden brown. Flip on to other side and cook until golden. Makes 8 pancakes (4 servings).

Note: You can add 1/4 cup fresh blueberries to the batter if you want to. If fresh blueberries are unavailable, use frozen, but microwave for about 30 seconds before adding to batter.

Warm Blueberry Sauce
Serves 8

INGREDIENTS

12 oz BLUEBERRY, UNSWEETENED, FROZEN
1 tbsp LEMON JUICE, RAW
2 tbsp ORANGE JUICE, ORIGINAL

EXCHANGES: 0.4 Fruit

DIRECTIONS

Combine berries, orange juice, and lemon juice in a 4-cup glass measure. Microwave, uncovered, on high (100 % power) until just heated through, 5 to 7 minutes, stirring once. Makes 8 1/4 cup servings.

As an alternative, you may use 2 cups fresh blueberries and microwave for 3 or 4 minutes.

You can make this ahead of time and freeze in ice cube trays. After they are frozen, put in a plastic bag and just microwave

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Vegetarian Meal Plan- 1200 calories

Page 7

Vegetarian Meal Plan- 1200 calories - Recipe Listing

individual cubes to thaw when you need them.

Coffee with 1% Fat Milk
Serves 1

INGREDIENTS

1 fl oz MILK, COW'S, 1% BF, VIT-A
8 fl oz COFFEE, BREWED, PREPARED

EXCHANGES: 0.14 Skim Milk

Enchilada Veggi Wrap

Comment: Vegetarian Entree for the Single Cook
Serves 1

INGREDIENTS

2 oz MONTEREY JACK CHEESE
2 slices TOMATO, RED, RIPE, RAW
1 serving FLOUR TORTILLA, WHOLE WHEAT, LOWFAT
1/2 cup GREEN LEAF LETTUCE, RAW
1 tbsp SALAD DRESSING, ITALIAN, NONFAT

EXCHANGES: 0.75 Starch, 2 High Fat Meat, 0.45 Vegetable

DIRECTIONS

Fill 1 whole wheat enchilada wrapper with 2 oz. low fat Monterey Jack cheese mixed with lettuce and tomato and 1 tablespoon vinaigrette dressing. Serves one.

Broccoli Tofu Gratin

Serves 4

INGREDIENTS

1 lb BROCCOLI, RAW
3 tbsp BUTTER, REGULAR, NO ADDED SALT
2-1/2 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE
1-2/3 cup MILK, COW'S, 1% BF, VIT-A
1/3 cup PARMESAN CHEESE, GRATED
1/3 cup SWISS CHEESE, DICED
1/4 lb TOFU, SILKEN, FIRM
1/4 cup TOMATO, SUN DRIED
2/3 cups BREAD CRUMBS, SEASONED

EXCHANGES: 1.23 Starch, 0.28 Very Lean Meat, 0.94 Med Fat Meat, 1.89 Vegetable
0.48 Skim Milk, 1.79 Fats

DIRECTIONS

Pat dry and finely chop tofu. Soak sun dried tomatoes.

Vegetarian Meal Plan- 1200 calories - Recipe Listing

Preheat oven to 375°F.

Place broccoli in a steamer basket over boiling water. Cover saucepan and steam 6-8 minutes or until broccoli is bright green and almost tender. Rinse under cold water and drain thoroughly. Chop coarsely and set aside.

Melt 2 Tbs. butter in a heavy saucepan over low heat. Stir in flour and cook 3 minutes, stirring constantly, until mixture starts to bubble. Gradually whisk in warm milk. Bring to a boil over medium high heat, whisking constantly. Reduce heat to medium and simmer 4 minutes or until mixture begins to thicken. Stir in Parmesan and Swiss cheese until cheese melts. Season with salt and pepper to taste. Remove from heat and set aside.

Combine chopped broccoli with tofu and sun dried tomatoes in a buttered shallow baking dish. Pour cheese sauce over broccoli and tofu mixture. Sprinkle with breadcrumbs. Dot with remaining butter. Bake 25 minutes or until crumbs are golden and mixture is bubbly.

Strawberry Yogurt Breakfast Split

Comment: Provides 3 fruit servings

Serves 1

INGREDIENTS

1 medium BANANA, RAW
1 cup STRAWBERRY, RAW
4 oz YOGURT, VANILLA, LOWFAT
1 tbsp ALMOND, DRY ROASTED, NO SALT

EXCHANGES: 0.27 Very Lean Meat, 2.51 Fruit, 0.7 Skim Milk, 0.93 Fats, 0.55 Other Carbs

DIRECTIONS

Peel and split 1 banana. Place banana halves in serving bowl. Top with strawberries, yogurt and almonds.
As an alternative to almonds, sprinkle 1 tablespoon ground flax seed or chopped walnuts on top.

Greek Lentil Soup

Serves 6

INGREDIENTS

2 tbsp OLIVE OIL, EXTRA VIRGIN
1 cup ONION, RAW
3/4 cups CELERY, RAW
2 cups LENTIL, RAW
9 cups WATER, MUNICIPAL
1 tsp BAY LEAF, CRUMBLED
1 tsp SALT, IODIZED
4 cups SPINACH, RAW
2 tbsp LEMON JUICE, RAW
1 tbsp TOMATO PASTE, CANNED, NO SALT
1/4 lb SHELLS PASTA, WHOLE WHEAT

EXCHANGES: 3.35 Starch, 0.64 Very Lean Meat, 0.81 Vegetable, 0.02 Fruit, 0.89 Fats
0 Other Carbs

Vegetarian Meal Plan- 1200 calories - Recipe Listing

DIRECTIONS

Heat oil in a 5-quart pot and saute onion about 3 minutes until limp. Add celery, lentils, water, tomato paste, and whole (not crumpled) bay leaf. Bring to a boil, cover and simmer over low heat about 45 minutes until lentils are just tender. Add salt, shredded greens, and grain; cover and simmer 15 minutes or until grains and beans are tender. If soup appears too dry, add more liquid. When fully cooked, stir in lemon juice to taste.

Variations: You may use any dark leafy green vegetable in place of the spinach or add chopped carrot along with the celery, or garlic along with the onion.

Tofu-Garlic Cheese

Comment: Serve as a dip with sliced veggies or as lunch on a bed of greens.

Serves 6

INGREDIENTS

7 1/2 tsp SOUR CREAM, LIGHT
1/8 tsp HOT PEPPER SAUCE
3/4 cups PARMESAN CHEESE, GRATED
4 cloves GARLIC, RAW
8 oz TOFU, SOFT, NIGAN
1 cup PARSLEY, RAW
4 1/2 tsp LEMON JUICE, RAW

EXCHANGES: 0.36 Very Lean Meat, 0.58 Med Fat Meat, 0.26 Vegetable, 0.02 Fruit, 0.4 Fats

DIRECTIONS

Wrap the tofu in a clean towel and squeeze to wring out excess moisture. Mash the tofu with a fork. Combine the parsley and garlic cloves in a blender or food processor. Process or blend briefly, until chopped moderately fine. Add the lemon juice, sour cream, Tabasco, and black pepper to taste, if using. Process briefly to blend. Add the tofu and grated cheese to the mixture and blend until smooth. Pour the mixture into a bowl, cover, and chill for several hours. Remove from the refrigerator, shape into a log about 6 inches long, wrap in plastic, and chill overnight. Serve with vegetables or whole wheat crackers.

Hummus Sandwich

Serves 1

INGREDIENTS

1 pita PITA BREAD, WHOLE WHEAT
1/4 cup AVOCADO, RAW
1/8 cup CARROT, RAW
2 tbsp HUMMUS, COMMERCIAL (SEASONED MASHED CHICKPEAS)
1/4 cup JUST LETTUCE SALAD MIX
1/8 cup RED PEPPER, SWEET, RAW

EXCHANGES: 1.24 Starch, 0.53 Vegetable, 0.97 Fruit, 1.72 Fats

DIRECTIONS

You can experiment with any vegetable you like- cucumber, chopped onion, chopped broccoli, etc.

Vegetarian Meal Plan- 1200 calories - Recipe Listing

Scrambled Eggs

Serves 1

INGREDIENTS

1 large EGG WHITE, CHICKEN, RAW
1 large EGG, CHICKEN, RAW
1 tbsp MILK, COW'S, 1% BF, VIT-A
1 tsp BUTTER W/SALT

EXCHANGES: 0.49 Very Lean Meat, 0.98 Med Fat Meat, 0.07 Skim Milk, 0.75 Fats

DIRECTIONS

Lightly beat together egg white, whole egg, and milk. Cook in a non-stick fry pan that has been greased with a small amount of butter if necessary. Cook on med-high, stirring constantly until firm.

Tacos- Vegetarian

Serves 1

INGREDIENTS

4 tbsp CARROT, RAW
4 tbsp RED PEPPER, SWEET, RAW
2 oz AVOCADO, RAW
1 tbsp CHEDDAR CHEESE, SHREDDED
1 tbsp SOUR CREAM, LIGHT
4 oz TOFU, EXTRA FIRM
1.66 oz WHOLE WHEAT TORTILLA
1/2 cup LETTUCE, COS OR ROMAINE, RAW
2 tbsp SALSA, RTS
1/4 cup BLACK BEAN

EXCHANGES: 2.3 Starch, 1.67 Very Lean Meat, 0.28 High Fat Meat, 1.36 Vegetable, 1.57 Fats
0.05 Fruit

DIRECTIONS

The trick to making tacos healthy is choosing nutrient dense foods to fill them with. Drain the tofu by squeezing between paper towels, cut into bite-sized pieces and add to tacos. Or you can microwave to heat. Use the recipe as a guide, but you can choose other ingredients, as well. Other options might be scallions, chopped tomatoes, or black olives. Just remember to put more emphasis on vegetables and less emphasis on nutrient poor or calorie rich foods such as sour cream. The more colorful, the more nutrients!

Split Pea Soup

Comment: Low fat, low sodium.

Serves 6

INGREDIENTS

2-1/2 cup SPLIT PEA, RAW
8 cups WATER, MUNICIPAL
1/4 cup WATER, MUNICIPAL
1 medium ONION, RAW

Vegetarian Meal Plan- 1200 calories - Recipe Listing

1/4 cup PARSLEY, RAW
2 stalks CELERY, RAW
2 tbsp WHOLE WHEAT FLOUR
PEAS & CARROTS, FROZEN
2 tsp ONION POWDER
DILL WEED, DRIED
1/2 oz VINEGAR, RED WINE
1/4 tsp BLACK PEPPER, GROUND

EXCHANGES: 2.66 Starch, 2.17 Very Lean Meat, 1.53 Vegetable, 0.05 Other Carbs

DIRECTIONS

- 1) Cut the onion into large hunks. Cut the celery into pieces.
 - 2) Bring the peas, water, onion, parsley, dill weed, and celery to a boil in a large covered pot. Lower the heat and simmer for 1 hour or until the split peas are tender.
 - 3) Dissolve the flour in 1/4 cup cold water. Add this flour mixture to the soup and stir until the mixture thickens.
 - 4) Remove from heat and allow to cool a little. Puree this mixture and return it to the pot.
 - 5) Stir in the peas, carrots, vinegar and spices. Heat soup slowly - stirring frequently - until the soup comes to a boil and the vegetables are tender.
- This can be made in advance, frozen in separate servings, and heated in the microwave for a quick lunch or dinner.

Tofu-Salad Sandwich

Comment: May be made with soy cheese if desired.

Serves 2

INGREDIENTS

1 bagel PLAIN BAGEL, ENRICHED
1/4 cup TOFU, FIRM, NIGAN
1/4 cup GREEN PEPPER, SWEET, RAW (BELL)
1/4 cup ONION, RAW
1/2 tsp MUSTARD, PREPARED
1/2 tsp BLACK PEPPER, GROUND
1/8 tsp PAPRIKA
2 slices CHEESE, CHEDDAR OR COLBY, LOWFAT

EXCHANGES: 0.92 Starch, 1.29 Lean Meat, 0.43 Vegetable, 0.06 Other Carbs

DIRECTIONS

Toast bagel halves, put mustard on if desired. Toss together crumbled tofu, peppers and onions, spices and mustard. Spoon half of mixture on each half of bagel. Top each half with **cheese. Place in microwave to melt cheese, about 1 minute. Let cool a little so you don't burn the top of your mouth, now eat, eat, eat!!

It can be served for 1 or 2 people, you can also put tomato slices, sprouts, lettuce, etc in between tofu mixture and cheese before you put it in the microwave

Serves: 1-2

Preparation time: 10 min.

**May use vegan cheese!!

Vegetarian Meal Plan- 1200 calories - Recipe Listing

Vegetarian Chili

Comment: Eat now and freeze the rest for a future meal.

Serves 6

INGREDIENTS

2 tbsp OLIVE OIL, EXTRA VIRGIN
2 tsp GARLIC, RAW
1 cup ONION, RAW
4 medium stalk CELERY, RAW
2 small CARROT, RAW
2 1/2 tbsp CHILI POWDER
2 tsp CUMIN SEED
1/2 tsp THYME, DRIED
1/4 tsp BLACK PEPPER, GROUND
1 tbsp OREGANO, DRIED
1 medium GREEN PEPPER, SWEET, RAW (BELL)
1 tbsp JALAPENO PEPPER, CANNED
1 medium RED PEPPER, SWEET, RAW
1 3/4 cup BLACK BEAN
1 3/4 cup GARBANZO BEAN (CHICKPEA)
1 cup BULGAR, DRY (BULGUR)
14 1/2 oz TOMATO, CANNED, FS

EXCHANGES: 2.19 Starch, 0.58 Lean Meat, 2.27 Vegetable, 0.89 Fats, 0.15 Other Carbs

DIRECTIONS

Combine oil, garlic, onions, green and red peppers, celery and jalapeno pepper in 3-quart microwave-proof casserole. Cover with lid or plastic wrap, turned back slightly. Microwave on high (100% power) 5 to 8 minutes or until vegetables are tender, stirring once during cooking. Stir in beans, bulgur, chili powder, cumin, oregano, thyme, salt and pepper. Cover and microwave on high 10 to 15 minutes or until boiling. Stir. Cover again and microwave on medium (50 % power) 15 to 30 minutes or until bulgur is tender and flavors are blended, adding tomato sauce and stirring after 15 minutes. Let stand, covered, 10 minutes.

Broccoli and Red Pepper Salad

Serves 4

INGREDIENTS

1 lb BROCCOLI, BOILED, NO SALT
1 oz LEMON JUICE, RAW
1 tbsp OLIVE OIL, EXTRA VIRGIN
1 large RED PEPPER, SWEET, RAW
1 tbsp FLAXSEED OIL

EXCHANGES: 2.02 Vegetable, 0.03 Fruit, 1.33 Fats

DIRECTIONS

Cut broccoli into bite-size pieces and steam briefly. Chop or thinly slice red pepper. Mix all ingredients and serve cold or at room temperature.

Note: Using flax seed oil in all or part of this recipe will increase the beneficial omega-3 fatty acids. However, if flax seed oil is not available, olive oil may be used for the entire recipe.

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Vegetarian Meal Plan- 1200 calories

Page 13

Vegetarian Meal Plan- 1200 calories - Recipe Listing

Flaxseed Muffins

Serves 18

INGREDIENTS

1 1/4 cup WHEAT FLOUR, WHITE, ALL PURPOSE
3 cups FLAX SEED
1 tbsp BAKING POWDER, DOUBLE ACTING
3/4 cups MILK, COW'S, NONFAT, VIT-A (SKIM)
2 tbsp CANOLA OIL
1 large EGG, CHICKEN, RAW
3 oz MOLASSES

EXCHANGES: 1.06 Starch, 0.5 Lean Meat, 0.05 Med Fat Meat, 0.05 Skim Milk, 1.46 Fats
0.23 Other Carbs

DIRECTIONS

Preheat oven to 350 degrees. Whisk together flour, ground flaxseed and baking powder. In a separate bowl, stir together remaining wet ingredients, then stir into dry ingredients until just moistened. Pour into 2 3/4 inch muffin cups pan coated with vegetable spray. Bake about 18 minutes. These freeze well so you can always have some on hand.

Quick Burrito

Serves 1

INGREDIENTS

1/4 cup RED PEPPER, SWEET, RAW
1/2 cup REFRIED BEAN, NO FAT
1/2 cup LETTUCE, COS OR ROMAINE, RAW
1 tbsp SALSA, MEDIUM
1 serving FLOUR TORTILLA, WHOLE WHEAT, LOWFAT

EXCHANGES: 2.75 Starch, 0.75 Vegetable

Garlicy Vegetarian Macaroni and Cheese

Comment: Pasta Lite is low carbohydrate, high protein pasta

Serves 6

INGREDIENTS

3/4 head CAULIFLOWER, RAW
1/8 cup OLIVE OIL, EXTRA VIRGIN
6 cloves GARLIC, RAW
3 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE
2 cups SOY MILK, FLUID (SOYMILK)
1/4 tsp WHITE PEPPER, GROUND
1/4 tsp SALT, IODIZED
4 oz CHEESE ALTERNATIVE, CHEDDAR
2 tbsp BREAD CRUMBS, PLAIN
1/4 tsp PAPRIKA
6 pieces OLIVE, BLACK, PITTED
2 cups PASTA, LOW CARB

Vegetarian Meal Plan- 1200 calories - Recipe Listing

2 tbsp MUSTARD, PREPARED, DIJON

EXCHANGES: 1.18 Starch, 0.62 Med Fat Meat, 0.55 Vegetable, 0.35 Lowfat Milk, 0.95 Fats
0.12 Other Carbs

DIRECTIONS

Roast garlic by cutting off the top of a bulb of garlic. Wrap in aluminum foil and bake in a 350-degree oven for 45 minutes. Prepare pasta according to package directions, omitting about 3 to 4 minutes from cooking time if you plan to finish the recipe in the oven. Add chopped cauliflower to cook for last 4 to 5 minutes. Drain. Add olive oil to a medium saucepan, add roasted garlic (skins removed), mashing to incorporate. Add the flour, 1 tablespoon at a time, stirring well to combine. Add the soy milk about 1/2 cup at a time, stirring constantly until thickened. Add the mustard, pepper, and salt to taste, and bring the mixture to a slow boil. Take the sauce pan off the heat, and stir in shredded soy cheese until blended. Add the pasta to the saucepan, and stir to coat it with the cheese mixture. Place mixture in a lightly greased 2-quart baking dish, sprinkle with bread crumbs and paprika. Bake at 350 degrees for 20-25 minutes. Garnish with chopped olives, if desired.

Feta and Roasted Vegetable Gratin

Serves 4

INGREDIENTS

1 medium ZUCCHINI W/SKIN, RAW
1 oz VINEGAR, BALSAMIC
1/3 cup TOMATO, SUN DRIED
1/2 tsp SALT, IODIZED
3/4 cups COUSCOUS, WHOLE WHEAT, DRY
3/4 cups WHEAT GERM, TOASTED, RTE
1/2 cup FETA CHEESE
3 large EGG WHITE, CHICKEN, RAW
1 cup MUSHROOM, RAW
1 3/4 cup WATER, MUNICIPAL
1 tsp BASIL, DRIED, GROUND
1/2 cup ONION, RAW
1/2 cup RED PEPPER, SWEET, RAW

EXCHANGES: 2.1 Starch, 0.37 Very Lean Meat, 0.49 High Fat Meat, 1.5 Vegetable
0.01 Other Carbs

DIRECTIONS

Preheat oven to 425 degrees. Spray rimmed baking sheet and 9-inch pie plate with cooking spray. In a large bowl, combine sliced zucchini, sliced mushrooms, coarsely chopped onion, and chopped pepper. Sprinkle with vinegar and mix well. Arrange in single layer on baking sheet and bake 12 to 15 minutes, or until vegetables are soft and lightly browned around the edges. Remove from oven and cool for 5 minutes. Reduce oven temperature to 350. While vegetables are cooking, bring water to boil in a medium saucepan. Add dried tomatoes and salt and simmer for 5 minutes, stirring occasionally. Stir in couscous. Remove from heat, cover and let stand 5 minutes. Stir in 1/4 cup wheat germ and mix well. Spoon the mixture into pie plate and pat it onto the bottom and sides of the dish. Sprinkle with 1/2 cup cheese; top with roasted vegetables and lightly beaten egg whites. In a small bowl, combine remaining wheat germ, cheese, and basil. Sprinkle over vegetables. Bake 20 to 25 minutes or until golden brown. Cut into 6 wedges to serve.

Breakfast Fruit Salad

Serves 1

Vegetarian Meal Plan- 1200 calories - Recipe Listing

INGREDIENTS

1/2 cup STRAWBERRY, RAW
1/4 oz ALMOND, RAW
8 oz YOGURT, PLAIN, NONFAT
1 tsp SUNFLOWER SEED, DRIED
1/2 cup BLUEBERRY, RAW

EXCHANGES: 0.31 Very Lean Meat, 1.09 Fruit, 1.11 Skim Milk, 1.05 Fats

DIRECTIONS

Mix all ingredients together. Sweeten with stevia, if needed.

Kamut Pasta Salad Serves 6

INGREDIENTS

1 3/4 cup KIDNEY BEAN, CANNED
3 cups BROCCOLI FLOWER CLUSTERS, RAW
1/2 lb SUGAR SNAP PEAS, FROZEN
1/2 lb MUSHROOM, RAW
1 medium RED PEPPER, SWEET, RAW
2 tbsps LEMON JUICE, RAW
2 cloves GARLIC, RAW
1 tsp MUSTARD POWDER
1/2 tsp SALT, IODIZED
1/2 tsp BLACK PEPPER, GROUND
3/4 tsp OREGANO, DRIED, GROUND
1/8 cup OLIVE OIL, EXTRA VIRGIN
1/8 cup FLAXSEED OIL
1 oz BALSAMIC VINEGAR
4 oz KAMUT SPIRALS PASTA, KOSHER, ORGANIC

EXCHANGES: 1.38 Starch, 0.29 Lean Meat, 1.55 Vegetable, 0.02 Fruit, 1.78 Fats
0.08 Other Carbs

DIRECTIONS

In a large bowl, combine pasta, beans, and vegetables. In a jar combine oil, lemon juice, vinegar, and spices. Cover and shake well. Pour the dressing over the salad, and toss to mix thoroughly.

Healthy Bread Spread Serves 16

INGREDIENTS

4 tbsps BUTTER W/SALT
4 tbsps FLAXSEED OIL

EXCHANGES: 1.23 Fats

DIRECTIONS

On low heat, melt butter in a small saucepan (or you can melt it in a microwave). Pour butter into a container and add the flaxseed oil. Stir and chill until hardened.

Vegetarian Meal Plan- 1200 calories - Recipe Listing

Yogurt-Fruit Parfait Serves 2

INGREDIENTS

8 oz YOGURT, PLAIN, LOWFAT
1 cup BLUEBERRY, RAW

EXCHANGES: 0.69 Fruit, 0.72 Skim Milk

DIRECTIONS

Sweeten yogurt with stevia if desired. Layer with blueberries.

Note: If fresh blueberries are not available, use frozen ones that have been microwaved just enough to thaw. You can replace some or all blueberries with strawberries or other berries.

Greens with garlic and oil Serves 4

INGREDIENTS

8 cups KALE, RAW
1 clove GARLIC, RAW
2 tbsp FLAXSEED OIL

EXCHANGES: 2.73 Vegetable, 1.33 Fats

DIRECTIONS

Steam washed and coarsely chopped kale until slightly tender- about 3 minutes. Drain well. While kale is cooking, mix finely minced garlic with oil. Toss steamed kale with flavored oil.

Note: Any greens can be used in this recipe. Try spinach and collards, too. To save time, you can use frozen vegetables instead of fresh. Olive oil can be substituted for flaxseed oil. The calories will be the same, but olive oil contains no essential fats.

Fettucine Alfredo

Comment: Low fat, high protein
Serves 8

INGREDIENTS

1/2 lb MUSHROOM, RAW
6 cloves GARLIC, RAW
2 cups ONION, RAW
BASIL, DRIED, GROUND
3/4 cup WATER, MUNICIPAL
2 tbsp WHOLE WHEAT FLOUR
2 tsp ONION POWDER
1/4 tsp PEPPER, WHITE, GROUND
3 cups COTTAGE CHEESE, 1% FAT
1/4 cup PARSLEY, RAW
GARLIC POWDER
1/8 tsp NUTMEG, GROUND
1 lb FETTUCCINI PASTA, WHOLE WHEAT, DRY

Vegetarian Meal Plan- 1200 calories - Recipe Listing

3/4 cups MILK, COW'S, NONFAT, EVAPORATED (SKIM)
2 oz WINE, TABLE
1 tsp OREGANO, DRIED, GROUND

EXCHANGES: 2.46 Starch, 1.75 Very Lean Meat, 1.19 Vegetable, 0.21 Skim Milk, 0.13 Fats
0.1 Other Carbs

DIRECTIONS

- 1) Slice the mushrooms and mince the garlic. Chop the onion and parsley. The cottage cheese should not be packed. The white wine is optional.
- 2) Cook and drain the fettucine.
- 3) Saute mushrooms, garlic, oregano, basil, and white wine in a large frying pan until moisture is absorbed. Set aside.
- 4) In a small saucepan, bring the water, flour, onion powder, white pepper and cottage cheese to a boil and cook for 5 minutes, stirring frequently.
- 5) Stir sauce into sauteed mushroom mixture along with cottage cheese and heat just until cottage cheese melts. Avoid permitting the sauce to boil.
- 6) Toss the pasta and sauce together and heat for 5 minutes. During the last 30 seconds, stir in the parsley, garlic powder, and nutmeg.

Cottage Cheese Dip

Comment: Serve with fresh vegetables
Serves 10

INGREDIENTS

12 oz COTTAGE CHEESE, NONFAT
1/2 cup YOGURT, SKIM MILK, PLAIN
1/2 tsp ONION POWDER
1/2 tsp GARLIC POWDER
1/4 tsp SALT, TABLE

EXCHANGES: 0.82 Very Lean Meat, 0.02 Vegetable, 0.08 Skim Milk, 0.01 Other Carbs

DIRECTIONS

Place all ingredients into a blender and blend until smooth. Place in a serving container, cover, and chill thoroughly. Serve with fresh vegetables.

Green Salad with Flax Seed

Serves 1

INGREDIENTS

1/4 small CUCUMBER, PEELED, RAW
1/2 medium CARROT, RAW
1/4 cup MUSHROOM, RAW
1/2 cup RED PEPPER, SWEET, RAW
1/2 medium whole TOMATO, RED, RIPE, RAW
1 tbsp FLAX SEED
1 tbsp SALAD DRESSING, ITALIAN, NONFAT
2 cups JUST LETTUCE SALAD MIX

EXCHANGES: 2.74 Vegetable, 0.5 Fats, 0.13 Other Carbs

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Vegetarian Meal Plan- 1200 calories

Page 18

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