

Chicken Walnut Salad

350 CALORIES

Top 2 cups cleaned, torn romaine lettuce with 4 oz. sliced grilled chicken breast, 2 Tbsp. chopped walnuts and ½ cup of sliced strawberries. Dress with 2 Tbsp. reduced calorie vinaigrette dressing.

450 CALORIES

Top 2 cups cleaned, torn romaine lettuce with 4 oz. sliced grilled chicken breast, 2 Tbsp. chopped walnuts and ½ cup of sliced strawberries. Dress with 2 Tbsp. vinaigrette dressing and serve with ½ of a 6-inch whole wheat pita pocket.

Tuna On A Bed Of Baby Greens

350 CALORIES

Make tuna salad with 1 can water-packed tuna, 1 Tbsp. olive oil and the juice of a fresh lemon; season with salt and pepper to taste. Pile tuna salad onto a bed of dark leaf lettuce and sliced tomatoes.

450 CALORIES

Make tuna salad with 1 can water-packed tuna, 1 Tbsp. olive oil and the juice of a fresh lemon; season with salt and pepper to taste. Pile tuna salad onto a bed of dark leaf lettuce and sliced tomatoes and serve with 1 toasted whole-grain English muffin.

Chef Salad

350 CALORIES

Top 2 cups romaine lettuce with 3 oz. sliced turkey breast, 1 oz. reduced fat Swiss cheese, ½ of a sliced red bell pepper, 1/3 cup red kidney beans and ½ of a sliced cucumber. Top with Russian dressing made from 1 Tbsp. reduced fat mayonnaise and 2 Tbsp. ketchup.

450 CALORIES

Top 2 cups romaine lettuce with 4 oz. sliced turkey breast, 1 oz. reduced fat Swiss cheese, ½ a sliced red bell pepper, ½ cup red kidney beans and ½ a sliced cucumber. Top with Russian dressing made from 1 Tbsp. reduced fat mayonnaise and 2 Tbsp. ketchup and serve with 2 whole wheat melba toasts.

Turkey & Avocado Sandwich

350 CALORIES

Stuff a 6-inch whole wheat pita pocket with 3 oz. sliced turkey breast (fresh turkey is optimal if possible), 2 slices avocado, 2 slices tomato, and Dijon mustard. Serve with ½ of a sliced red bell pepper.

450 CALORIES

Stuff a 6-inch whole wheat pita pocket with 4 oz. sliced turkey breast (fresh turkey is optimal if possible), 3 slices avocado, 2 slices tomato, and Dijon mustard. Serve with ½ a sliced red bell pepper dipped into 2 Tbsp. hummus.

Turkey Burger

350 CALORIES

Grill or broil a 4 oz. turkey burger, made from lean white meat turkey, until cooked through. Make a turkey burger sandwich with the cooked turkey burger, 1 whole wheat English muffin, 2 slices tomato, 1 slice lettuce and 2 Tbsp. salsa. Serve with steamed cauliflower.

450 CALORIES

Grill or broil a 5 oz. turkey burger, made from lean white meat turkey, until cooked through. Make a turkey burger sandwich with the cooked turkey burger, 1 whole wheat English muffin, 2 slices tomato, 1 slice lettuce, 1 slice reduced fat jack cheese and 2 Tbsp. salsa. Serve with steamed cauliflower.

Veggie Burger Barley Bowl

350 CALORIES

Cook 2 veggie burgers (about 80-90 calories per burger) according to package directions, and then dice into 1-inch cubes. Toss veggie burger cubes into ½ cup cooked barley and add 5 halved cherry tomatoes, ½ cup steamed broccoli and ½ cup sliced mushrooms. Season to taste with salt and pepper.

450 CALORIES

Cook 2 veggie burgers (about 80-90 calories per burger) according to package directions, and then dice into 1-inch cubes. Toss veggie burger cubes into 1 cup cooked barley and add 5 halved cherry tomatoes, ½ cup steamed broccoli and ½ cup sliced mushrooms. Season to taste with salt and pepper.

Tofu & Veggie Stir-Fry

350 CALORIES

In a large wok, stir-fry 4 oz. firm low-fat tofu (cut into 1-inch cubes), 2 cups mixed vegetables such as broccoli, mushrooms, onions and cabbage, 2 Tbsp. reduced sodium soy sauce, 1 Tbsp. rice wine vinegar and 1 tsp. sesame oil. Serve over ½ cup steamed brown rice.

450 CALORIES

In a large wok, stir-fry 5 oz. firm low-fat tofu (cut into 1-inch cubes), 2 cups mixed vegetables such as broccoli, mushrooms, onions and cabbage, 2 Tbsp. reduced sodium soy sauce, 1 Tbsp. rice wine vinegar and 2 tsp. sesame oil. Serve over 1 cup steamed brown rice.

Asian Shrimp Salad

350 CALORIES

Place 4 oz. cleaned, boiled shrimp over a shredded cabbage salad made from 1 cup shredded green cabbage, 1 cup shredded purple cabbage, ¼ cup shelled edamame and ¼ cup shredded carrots. Toss with 2 tsp. reduced sodium soy sauce, 1 Tbsp. sesame oil and salt and pepper to taste.

450 CALORIES

Place 5 oz. cleaned, boiled shrimp over a shredded cabbage salad made from 1 cup shredded green cabbage, 1 cup shredded purple cabbage, ½ cup shelled edamame and ¼ cup shredded carrots. Toss with 2 tsp. reduced sodium soy sauce, 1 Tbsp. sesame oil and salt and pepper to taste.

Seared Tuna Nicoise Salad

350 CALORIES

Press 1 Tbsp. sesame seeds into a 4 oz. tuna steak. Sear the tuna in a non-stick pan coated with cooking spray, until it is at your desired degree of doneness. Plate a salad of 2 cups romaine lettuce leaves, 1 sliced plum tomato, ½ cup steamed green beans, 1 small red new potato (cooked and cooled) and top with the seared tuna. Dress with fresh lemon juice and 1 tsp. olive oil.

450 CALORIES

Press 1 Tbsp. sesame seeds into a 5 oz. tuna steak. Sear the tuna in a non-stick pan coated with cooking spray, until it is at your desired degree of doneness. Plate a salad of 2 cups romaine lettuce leaves, 1 sliced plum tomato, 1 cup steamed green beans, 1 small red new potato (cooked and cooled) and top with the seared tuna. Dress with fresh lemon juice and 2 tsp. olive oil.

Chicken Avocado Wrap

350 CALORIES

Fill a 6-inch whole wheat tortilla with 3 oz. sliced grilled chicken, 2 1-inch slices avocado, 1 sliced plum tomato and 1 tsp. Dijon mustard. Serve with half a fresh pink or red grapefruit.

450 CALORIES

Fill a 6-inch whole wheat tortilla with 4 oz. sliced grilled chicken, 3 1-inch slices avocado, 1 sliced plum tomato and 1 tsp. Dijon mustard. Serve with fresh red or pink grapefruit.