

## YOUR DROP-FIVE PLAN

Need to eat in a pinch? Any day this week when you're on the run, you can sub in Day One's quick breakfast and lunch—the parfait works for dinner, too!

# Health

DAYS	ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN
<b>BREAKFAST</b> <i>300 calories</i>	<b>MAPLE NUT OATMEAL</b> Prepare 2 packets plain instant oatmeal with water; top with 2 tablespoons chopped nuts and 1 teaspoon maple syrup	<b>HONEY YOGURT WITH RASPBERRIES AND ALMONDS</b> Mix 1 tablespoon honey with 1 (6-ounce) container plain low-fat Greek yogurt; top with 1 cup unsweetened frozen raspberries (thawed) and 2 tablespoons chopped almonds.	<b>GREEN TEA SMOOTHIE WITH MANGO AND PINEAPPLE</b> Place 8 ounces brewed green tea (chilled), 8 ounces unsweetened vanilla almond milk, ½ cup frozen mango chunks, and ½ cup pineapple (fresh or canned in its own juice) in a blender; purée until smooth. (You can add ice for a thicker consistency.) Serve with 6 walnut halves on the side.	<b>SUNFLOWER AND BANANA WAFFLE</b> Toast 1 frozen whole-grain waffle; top with 2 tablespoons plain low-fat yogurt, 2 tablespoons sunflower seeds, 1 small banana (sliced), and a dash of cinnamon.	<b>TOAST WITH PEANUT BUTTER AND HONEY</b> Spread 1 tablespoon natural peanut butter and 1 teaspoon honey on 1 slice whole-grain bread (toasted). Serve with 1 large orange.	<b>SPINACH, EGG, AND CHEDDAR SCRAMBLE WITH TOAST</b> Coat a pan with cooking spray; scramble 2 eggs, 2 cups baby spinach, and 2 tablespoons shredded cheddar cheese. Serve mixture on 1 slice whole-grain bread (toasted).	<b>BLUEBERRY AND ALMOND MILK SMOOTHIE</b> Purée 2 cups unsweetened vanilla almond milk, 1 cup frozen blueberries, and 1 tablespoon honey in a blender until smooth. (You can add ice for a thicker consistency.) Serve with 8 walnuts on the side.
<b>SNACK</b> <i>100 calories</i>	1 pineapple cup (4-ounce, no sugar added) with 2 teaspoons chopped walnuts	1 whole grapefruit	1 low-fat string cheese with half a small pear	1 medium apple	6 ounces plain fat-free Greek yogurt and 1 teaspoon honey	2 tablespoons sunflower seeds	12 almonds
<b>LUNCH</b> <i>400 calories</i>	<b>FRUIT AND NUT GRANOLA PARFAIT</b> Layer 6 ounces plain low-fat Greek yogurt and ¾ cup dried fruit-and-nut granola (such as Bare Naked) in a glass.	<b>MEDITERRANEAN PLATE</b> Enjoy ½ cup hummus with 1 whole-grain pita cut into wedges, ½ cup sliced cucumbers, ½ cup sliced red bell peppers, and ½ cup sugar snap peas.	<b>SPINACH SALAD WITH AVOCADO AND SLIVERED ALMONDS</b> Whisk together juice from half a lemon, 2 teaspoons olive oil, and sea salt and pepper to taste; toss with 4 cups baby spinach, half an avocado (diced), and 3 tablespoons slivered almonds.	<b>AVOCADO AND TOMATO SANDWICH</b> Mash ½ avocado, ¼ cup canned white kidney beans (rinsed and drained), juice of half a lemon, and sea salt and pepper to taste; spread avocado mixture onto 2 slices whole-grain bread, and make a sandwich with 4 slices tomato and ¼ cup arugula.	<b>HONEY DIJON TURKEY WRAP</b> Fill 2 whole-grain tortillas each with 1½ ounces cooked turkey breast, ½ cup spinach and 2 teaspoons honey Dijon salad dressing. Serve with ½ cup grapes.	<b>CARROT GINGER SOUP WITH WALNUTS</b> Sauté 1 pound carrots (presliced), 1 small onion (chopped), 1 garlic clove (minced), 1 tablespoon fresh grated ginger, and 2 teaspoons olive oil in a pot 8 minutes. Add 1½ cups water and sea salt to taste. Bring to a boil; simmer for 15 minutes or until carrots are tender. Purée mixture in a blender; top with 2 tablespoons walnuts and 1 tablespoon fresh chopped parsley.	<b>QUINOA TABOULI SALAD</b> Boil ½ cup water in a pot. Add ¼ cup dry quinoa; cover and simmer for 12 minutes. Toss with 1 cup chopped fresh parsley, 1 cup chopped tomato, 1 cup chopped cucumber (with seeds and skin), 2 tablespoons pine nuts, 1 teaspoon olive oil, juice of half a lemon, and sea salt and pepper to taste.
<b>DINNER</b> <i>400 calories</i>	<b>ARUGULA SALAD PIZZA</b> Preheat broiler. Spread 2 teaspoons bottled pesto over 1 whole-grain pita; broil until golden, about 4 minutes. In a bowl, toss together 2 cups arugula, ½ cup chopped tomatoes, 1 tablespoon pine nuts, ¼ cup canned white kidney beans (rinsed and drained), 1 teaspoon olive oil, and juice of half a lemon. Serve arugula mixture atop toasted pita.	<b>BROILED SALMON AND ASPARAGUS WITH QUINOA</b> Preheat broiler. Broil 10 asparagus spears and 1 (4-ounce) salmon filet until it turns opaque or until internal temperature reaches 145°. In a separate pot, bring ½ cup water to boil. Add ¼ cup quinoa; cover and simmer for 12 minutes. Drizzle everything with juice from half a lemon, and sprinkle with 2 tablespoons fresh chopped parsley and salt and pepper to taste.	<b>GRILLED VEGGIE AND HERBED GOAT CHEESE SANDWICH</b> Cook 3 thin slices eggplant and half a red bell pepper (seeded) in a grill pan. Mix together 3 tablespoons goat cheese with 1 tablespoon each chopped fresh parsley and chopped fresh chives. Spread cheese mixture on small whole-grain roll and top with grilled vegetables.	<b>PESTO PASTA PRIMAVERA</b> Prepare ¾ cup dry, whole-grain penne pasta according to package directions. Sauté 1 small zucchini (chopped), ½ cup chopped tomatoes, and 1 tablespoon bottled pesto for 5 minutes. Add 1 cup baby spinach and ¼ cup canned chickpeas (rinsed and drained) for 3 more minutes. Add sautéed vegetables to pasta; top with 3 tablespoons fresh chopped parsley and 1 tablespoon pine nuts.	<b>SAUTÉED SHRIMP AND BROCCOLI WITH NUTTY BROWN RICE</b> Sauté 8 medium shrimp (peeled and deveined), 2 cups broccoli florets, and 1 garlic clove (minced) in 2 teaspoons olive oil until shrimp are done. Prepare ½ cup precooked microwaveable brown rice; add 2 tablespoons chopped fresh parsley, 2 tablespoons chopped almonds, and salt and pepper to taste.	<b>STEAK SALAD WITH BLUE CHEESE AND YOGURT DRESSING</b> Grill 3½ ounces sirloin; cut into strips. Whisk together 4 ounces plain low-fat yogurt, 2 tablespoons crumbled blue cheese, and black pepper to taste. Toss 4 cups chopped romaine lettuce, 1 cup chopped tomatoes, and blue cheese-and-yogurt dressing; top salad with steak.	<b>CHICKEN AND SPRING PEA FETTUCCINE WITH LEMON BUTTER</b> Prepare ¾ cup dry, whole-grain fettuccine according to package directions. Sauté 4 ounces chicken and 1 tablespoon butter until chicken is cooked through. Add 1 cup frozen peas and juice of 1 lemon; cook until peas are thawed. Serve chicken mixture on cooked pasta.