

## **Breakfast**

**Strawberry-Peach Muesli**

## **Dinner**

### **Salad**

**Cucumber, Mango and Red Onion Salad**

### **Entrée**

**Grilled Tuna**

### **Side Dish**

**Grilled Vegetables**

### **Dessert**

**Lemon Angel Cake with Strawberries**

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## Strawberry-Peach Muesli

This recipe serves: 4

**Preparation time:** 5 minutes

### Ingredients

1 cup rolled oats

½ cup skim milk

½ cup sliced, fresh strawberries

½ cup fresh, sliced peaches cored, peeled and diced

### Cooking Instructions

1. Place the oats and milk in a bowl. Cover and refrigerate overnight.
2. Top with strawberries and peaches when ready to serve.

### Nutrition Facts

<b>Serving Size</b> 2 ounces	
Amount Per Serving	
<b>Calories</b>	104
<b>Total Fat</b>	1 g
<b>Saturated Fat</b>	0 g
<b>Protein</b>	5 g
<b>Total Carbohydrate</b>	19 g
<b>Dietary Fiber</b>	3 g
<b>Sodium</b>	17 mg
<b>Percent Calories from Fat</b>	12%
<b>Percent Calories from Protein</b>	17%
<b>Percent Calories from Carbohydrate</b>	71%

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# Cucumber, Mango and Red Onion Salad

Recipe by: Chez Panisse Vegetables

This recipe serves: 4

**Preparation time:** 15 minutes

## Ingredients

1 medium cucumber, peeled and thinly sliced

1 mango, pitted and cut into large dice

1 red onion, sliced into thin rounds

2 tablespoons lime juice

salt to taste

3 tablespoons cilantro

## Cooking Instructions

1. Place the cucumber, mango and red onion in a medium bowl.
2. Season to taste with the lime juice and salt.
3. Garnish generously with cilantro leaves.

## Nutrition Facts

<b>Serving Size</b> about ½ cup	
Amount Per Serving	
<b>Calories</b>	58
<b>Total Fat</b>	0 g
<b>Saturated Fat</b>	0 g
<b>Protein</b>	1 g
<b>Total Carbohydrate</b>	14 g
<b>Dietary Fiber</b>	2 g
<b>Sodium</b>	76 mg
<b>Percent Calories from Fat</b>	3%
<b>Percent Calories from Protein</b>	9%
<b>Percent Calories from Carbohydrate</b>	88%

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## Grilled Tuna

This recipe serves: 4

**Preparation time:** 3 minutes

**Cooking time:** 6 minutes

### Ingredients

4 tuna fillets, about 5 to 6 ounces each

nonstick cooking spray

salt to taste

freshly ground black pepper

### Cooking Instructions

1. Preheat the grill to medium-high.
2. Spray the tuna with non-stick cooking spray, coating both sides. Season with salt and pepper.
3. Grill each tuna fillet for about 3 minutes on each side, depending on the thickness of the fish.

### Nutrition Facts

<b>Serving Size</b> 1 tuna fillet	
Amount Per Serving	
<b>Calories</b>	146
<b>Total Fat</b>	1 g
<b>Saturated Fat</b>	0 g
<b>Protein</b>	31 g
<b>Total Carbohydrate</b>	0 g
<b>Dietary Fiber</b>	0 g
<b>Sodium</b>	346 mg
<b>Percent Calories from Fat</b>	9%
<b>Percent Calories from Protein</b>	90%
<b>Percent Calories from Carbohydrate</b>	9%

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## Grilled Vegetables

This recipe serves: 4

**Preparation time:** 15 minutes

**Cooking time:** 5 minutes

### Ingredients

1 eggplant, sliced 1/3" thick

1 summer squash, sliced 1/3" thick

1 green or red pepper, quartered and seeded

1 onion, sliced 1/3" thick

4 large whole mushrooms

½ cup Roasted Garlic Vinaigrette (see recipe) or low-fat salad dressing

salt to taste

freshly ground black pepper

### Cooking Instructions

1. Preheat the grill.
2. Brush with the Roasted Garlic Vinaigrette on all sides.
3. Grill on a hot grill for 2 minutes on each side. To keep the onions together, slide a spatula completely underneath to pick up all the rings. Turn carefully. Season to taste with salt and pepper.
4. Serve hot or at room temperature.

### Nutrition Facts

<b>Serving Size</b> about 8 pieces of grilled vegetables	
Amount Per Serving	
<b>Calories</b>	124
<b>Total Fat</b>	3 g
<b>Saturated Fat</b>	0 g
<b>Protein</b>	4 g
<b>Total Carbohydrate</b>	23 g
<b>Dietary Fiber</b>	6 g
<b>Sodium</b>	187 mg
<b>Percent Calories from Fat</b>	19%
<b>Percent Calories from Protein</b>	13%
<b>Percent Calories from Carbohydrate</b>	68%

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## Roasted Garlic Vinaigrette

This recipe serves: 6

**Preparation time:** 10 minutes

**Cooking time:** 20 minutes

### Ingredients

1 bulb of garlic  
splash of olive oil  
2 tablespoons Dijon mustard  
2 tablespoons red wine vinegar  
salt to taste  
freshly ground black pepper  
2 tablespoons extra virgin olive oil  
4 tablespoons chicken stock  
1 tablespoon minced shallots  
1 teaspoon fresh tarragon

### Cooking Instructions

1. Preheat the oven to 350°F.
2. Slice off the top of the garlic bulb, just enough to barely expose the garlic inside each clove. Place the bulb in an ovenproof dish and drizzle with olive oil. Place the dish, uncovered, in the oven and cook the garlic until it is golden brown and soft, about 15 to 20 minutes. Let cool.
3. When the roasted garlic is cool enough to handle, squeeze the pulp from 6 of the cloves and mash with a mortar and pestle, or with a fork. (Store the remaining cloves in the refrigerator for up to 1 week.)
4. Put the garlic in a food processor and add the mustard, vinegar, salt and pepper and puree.
5. Slowly add the olive oil and stock through the feed tube, and puree until the vinaigrette is creamy. If it is too thick add a teaspoon of stock until the consistency is correct.
6. Add the shallots and tarragon. Adjust the salt and pepper to taste.

### Nutrition Facts

<b>Serving Size</b> 2 tablespoons	
Amount Per Serving	
<b>Calories</b>	59
<b>Total Fat</b>	5 g
<b>Saturated Fat</b>	1 g
<b>Protein</b>	1 g
<b>Total Carbohydrate</b>	3 g
<b>Dietary Fiber</b>	0 g
<b>Sodium</b>	206 mg
<b>Percent Calories from Fat</b>	77%
<b>Percent Calories from Protein</b>	6%
<b>Percent Calories from Carbohydrate</b>	18%

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## Lemon Angel Cake with Strawberries

This recipe serves: 6

**Preparation time:** 10 minutes

**Cooking time:** 1 hour

### Ingredients

1 cup cake flour

1 ½ cups superfine granulated sugar

1 ¼ cups egg whites (about 10 large egg whites) at room temperature

1 ¼ teaspoons cream of tartar

¼ teaspoon salt

1 teaspoon vanilla extract

1 teaspoon grated lemon zest

1 pint strawberries

### Cooking Instructions

1. Preheat the oven to 350°F.
2. Sift the flour twice with ½ cup of the sugar.
3. With an electric mixer on high speed, beat the egg whites, cream of tartar and salt until soft peaks form when the mixer is removed from the batter.
4. Add half of the remaining sugar and beat for 1 minute. Add the remaining sugar, 2 tablespoons at a time, beating after each addition.
5. Stir in the vanilla, and add lemon zest.
6. Fold the flour and sugar mixture into the egg whites, ¼ cup at a time, until just incorporated.
7. Put the batter in an ungreased 10" tube pan and bake until the cake is a light golden brown and springy to the touch, about 1 hour. Invert the pan and let the cake cool completely before removing from the pan.
8. Wash and slice 1 pint of strawberries.
9. Place 1 slice of cake on each of 6 plates. Spoon the strawberries and their juices on and around the cake. (Store the leftover cake in an airtight container for up to 2 days or freeze for longer storage.)

## Nutrition Facts

<b>Serving Size</b> 1 slice (1/14 of cake) with strawberries	
Amount Per Serving	
<b>Calories</b>	135
<b>Total Fat</b>	0 g
<b>Saturated Fat</b>	0 g
<b>Protein</b>	3 g
<b>Total Carbohydrate</b>	30 g
<b>Dietary Fiber</b>	1 g
<b>Sodium</b>	79 mg
<b>Percent Calories from Fat</b>	1%
<b>Percent Calories from Protein</b>	10%
<b>Percent Calories from Carbohydrate</b>	89%

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