

Saturday

Week One

Our aspirations are our possibilities.

Robert Browning

<i>Meal</i>	<i>Calories</i>	<i>Grams of Fat</i>	<i>Fat</i>	<i>Percent of Pro</i>	<i>Carb</i>
Breakfast					
Pancakes, Aunt Jemima Lite -- 4	188	2.8	13	14	73
Blueberry Topping					
Blueberries, unsweetened, frozen -- 1/2 cup	40	0.5	10	3	87
Cornstarch -- 1/2 tsp	5	0.0	0	1	99
Apple juice, unsweetened -- 2 Tbl	15	0.0	3	1	96
Sugar, granulated -- 1/2 tsp	8	0.0	0	0	100
Margarine, 50 cal/Tbl -- 1 Tbl	50	5.7	100	0	0
Milk, skim -- 3/4 cup	75	0.5	5	40	55
	<u>381</u>	<u>9.5</u>	<u>22</u>	<u>15</u>	<u>63</u>
Mid-Morning Refresher					
Popcorn cakes, 35 cal/each -- 3	105	0.9	7	10	83
Lunch					
Lean deli meat -- 3 oz	93	1.4	14	86	0
Bread, sliced -- 2 slice	140	0.6	4	15	81
Mayonnaise salad dressing -- 1 Tbl	57	4.9	75	1	24
Lettuce -- 1/4 cup	2	0.0	24	56	20
Tomato -- 1/4	7	0.1	10	16	74
Pickle spears, dill -- 2 spear	6	0.1	20	40	40
Apple, medium -- 1	81	0.5	5	1	94
	<u>386</u>	<u>7.6</u>	<u>17</u>	<u>26</u>	<u>57</u>
Mid-Afternoon Perk					
Pretzels, large, Snyder's -- 2	180	0.0	0	12	88

Blueberry Topping

- Seasonings Required -
Nutmeg, Cinnamon, Ginger

- Double recipe and save 1/2 for Sunday evening ice milk. Mix all ingredients together in a small skillet. Add a dash of each seasoning and berries. Stir over low heat until thickened. Serve hot.

Saturday Evening

Week One

Meal	Calories	Grams of		Percent of		
		Fat	Fat	Pro	Carb	
Dinner						
Chicken Marsala Entree						
Chicken breast, skinned -- 4 oz	172	3.6	20	80	0	
Margarine, 50 cal/Tbl -- 1/2 Tbl	25	2.9	100	0	0	
Onions, purple, chopped -- 1/4 cup	14	0.1	6	14	80	
Mushrooms, raw, sliced -- 1/2 cup	9	0.2	13	30	57	
Potatoes -- 10 oz	220	0.3	1	10	89	
Margarine, 50 cal/Tbl -- 2 Tbl	100	11.4	100	0	0	
Yogurt, lowfat, plain -- 1 Tbl	9	0.2	23	35	42	
Broccoli, steamed -- 1-1/2 cup	38	0.4	7	26	67	
Milk, skim -- 1/2 cup	50	0.3	6	40	54	
	<u>637</u>	<u>19.4</u>	<u>20</u>	<u>25</u>	<u>55</u>	
Evening Treat						
Tortilla chips, packaged -- 20	180	10.0	49	4	47	
Salsa -- 1/2 cup	16	0.0	0	20	80	
Daily Totals:	1885	47.4	20	20	60	

Chicken Marsala

- Seasonings Required -

Rosemary, Thyme, Paprika, Parsley flakes, White cooking wine, Salt, Pepper

- Wash potato and pat dry. Pierce potato several times with a fork. Bake potato in oven at 425° for one hour or in microwave for 5 minutes between paper towels. (Test doneness with sharp object into center of potato.)
- Heat margarine in a small, non-stick skillet over medium heat, add onion and saute until tender-crisp.
- Add chicken and brown each side approximately 2 minutes per side.
- Add mushrooms, 1/4 tsp rosemary, 1/8 tsp thyme and toss for 1 minute.
- Sprinkle with a pinch of paprika and a dash of parsley flakes.
- Add 1/4 cup white cooking wine and reduce heat to low.
- Cover skillet and simmer for 20-25 minutes, until chicken is done. Salt and pepper to taste.