

## LAUREL'S FIT FOOD PLAN

This choose your own adventure-style food plan lets you design a satisfying weekly menu while keeping your calorie count in check. You'll always know exactly what you are eating and when, so you'll have something to look forward to each day while still keeping your metabolism pumping.

### HOW IT WORKS

- At the beginning of each week, print out the calendar below and cut out each of the individual menu items.
- Paste your desired menu items into the empty boxes in the meal plan. Each meal option is under 400 calories and each snack, side, or sweet is under 150 calories, making portion control simple.
- Pair one of the sides with either your lunch or dinner option.
- You will notice there is one blank box per meal. This is your weekly splurge option. You can space your splurge meals throughout the week or save them all up to create one full splurge day.
- Once you have created your meal plan, go grocery shopping based on your selections and don't buy anything else. (Why tempt yourself with fatty snack food that you know you can't resist?)
- Post your weekly meal plan on your refrigerator (or another conspicuous place in your kitchen) and stick to it!



Laurel House is a three-time published lifestyle author, nationally recognized magazine writer, and healthy living spokesperson. In addition to her extensive studies in the realms of fitness, dance, nutrition, yoga, and Chinese herbal medicine, Laurel is also an industry insider with first-look access on the latest trends, products, and personalities. She is regularly booked on national and local morning television as a healthy living expert.

# WEEKLY MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Sweet							

# MENU ITEMS

<b>Breakfast</b>	<b>Egg White Asparagus Scramble</b>	<b>Savory Oatmeal and Egg</b>	<b>Berry Yogurt Parfait</b>	<b>Homemade Granola</b>	<b>Grapefruit Banana Yogurt</b>	<b>Protein Berry Shake</b>	<b>Your Choice</b>
<b>Lunch</b>	<b>Grilled Chicken (or Tofu) with Asparagus</b>	<b>Pulled Chicken Sandwich</b>	<b>Salmon with Spinach, Asparagus and Tomatoes</b>	<b>Pepper Fish and Caesar Salad</b>	<b>Burger with Caramelized Onion Mushroom Compote</b>	<b>Spaghetti Squash "Pasta" with Homemade Tomato Sauce</b>	<b>Your Choice</b>
<b>Snacks</b>	<b>Matzo and LF Butter</b>	<b>Kicked Up Popcorn</b>	<b>Mini Pizza</b>	<b>Healthy (and cold) Nachos</b>	<b>Baggie Bounty</b>	<b>Apple Almond Crisp</b>	<b>Your Choice</b>
<b>Dinner</b>	<b>Grilled Chicken (or Tofu) with Asparagus</b>	<b>Pulled Chicken Sandwich</b>	<b>Salmon with Spinach, Asparagus and Tomatoes</b>	<b>Pepper Fish and Caesar Salad</b>	<b>Burger with Caramelized Onion Mushroom Compote</b>	<b>Spaghetti Squash "Pasta" with Homemade Tomato Sauce</b>	<b>Your Choice</b>
<b>Sides</b>	<b>½ cup Edamame sprinkled with Salt</b>	<b>1 Red Pepper (sliced thin) with 4 tablespoons Hummus</b>	<b>Roasted Tomatoes and Asparagus</b>	<b>Spinach Salad with Pears and Cheese</b>	<b>Garlic Broccoli with Hazelnuts</b>	<b>Chili Sweet Potato Fries</b>	<b>Your Choice</b>
<b>Sweets</b>	<b>"Baked" Apple</b>	<b>Slimmed Down Fondue</b>	<b>Almost Oatmeal Pie</b>	<b>Fake Cheesecake</b>	<b>Fat Free Mud Pie</b>	<b>Broiled Bananas Foster</b>	<b>Your Choice</b>

## Egg White Asparagus Scramble

- Move the rubber band on your bunch of asparagus one inch above the base of the stalks and cut. This is your serving size.
- Sprinkle the asparagus pieces with a dash of salt and pepper then, in a hot pan with a quarter-sized blob of olive oil, cook until bright green (about one minute).
- Add 1 cup egg whites and sprinkle with salt and pepper.
- Cook until just done (don't let it dry out).
- Garnish with salsa or ketchup and ½ cup low fat cottage cheese.
- Serve with one grapefruit on the side.

## Homemade Granola

- Preheat oven to 325 degrees.
- Combine 3 cups orange juice, ½ cup honey, 2 teaspoons cinnamon, and ½ teaspoon vanilla extract and cook in a pot over medium heat, stirring occasionally, until the honey has liquefied. Remove from heat and set aside.
- Combine 3 cups oatmeal, ¼ cup wheat germ, ¼ cup flaxseed, ½ cup dried berries or dates, and ½ cup chopped almonds. Coat with OJ mixture.
- Spread in a thin layer on a baking sheet. Bake for 15 minutes. Remove and sift. Return to the oven and bake for 20 minutes. Remove and cool.
- Serve ½ a cup with 1 cup fat free milk and ½ cup fresh berries.
- Store remaining granola in a sealed container in a dry place or in a freezer bag in the freezer.

## Berry Yogurt Parfait

- Layer 1 cup fat free Greek yogurt, 1 cup berries (fresh or frozen), and 1 cup of your favorite low sugar, whole grain cereal.
- Garnish with 2 shakes cinnamon and serve.

## Savory Oatmeal and Egg

- Boil ½ inch water in a small pot.
- Add 1 cup fat free milk and bring to a simmer.
- Add ½ cup slow cook oatmeal (or speed up the process with quick oats) and ¼ tsp salt. Let simmer, stirring occasionally.
- Crack 1 egg into the center of the oatmeal. Let sit for 2 minutes.
- Using a spoon, gently pull the white from the yolk and make sure nothing is sticking to bottom of pot. Add a dash of white pepper.
- Break the egg yolk. Let cook 1 minute.
- Pour in bowl and garnish with slices of avocado and/or flat leaf parsley.

## Grapefruit Banana Yogurt

- Combine 1 cup fat free Greek yogurt, 1 grapefruit (peeled and sectioned like an orange), and 1 banana.
- Garnish with 2 shakes cinnamon and serve.

## Protein Berry Shake

- Blend 2 cups fat free milk with ½ banana, ½ cup berries, ¼ cup protein powder, 1 tablespoon green powder (can be found at health food stores).
- Pour into a glass and serve.



Homemade Granola

### Spaghetti Squash “Pasta” with Homemade Tomato Sauce

- In a deep pan, cook ½ thinly-sliced red onion until translucent.
- Add 3 thinly-sliced garlic cloves, salt, pepper, 2 thickly-sliced zucchini, and 2 thickly-sliced summer squash and cook for 2 minutes.
- Add 15 sliced white or brown mushrooms, 5 asparagus spears cut bite-sized, ½ cup shelled edamame, and ¼ cup pine nuts and cook for 5 minutes.
- Add ¾ cup low-fat pasta sauce and cook way down (20 minutes).
- Add ¼ cup pine nuts and 3 shakes cinnamon. That’s your spaghetti sauce.
- Top onto spaghetti squash (served liked pasta) and sprinkle with shaved parmesan cheese.

### Grilled Chicken (or Tofu) with Asparagus

- Preheat oven to 425 degrees.
- Move the rubber band on your bunch of asparagus one inch above the base of the stalks and cut. This is your serving size.
- Sprinkle the asparagus pieces with a dash of olive oil then bake.
- Brown the chicken breast on a grill pan, then place in the oven with the asparagus. Bake until done.

### Salmon with Spinach, Asparagus, and Tomatoes

- Preheat oven to 450 degrees.
- Sauté 4 garlic cloves until golden, then put aside.
- Cut a foot-sized piece of parchment paper and put a heaping handful of spinach, 1-inch pieces of asparagus, the garlic, 2 shakes salt and pepper, and a drizzle of olive oil in center.
- Place 1½ inch thick fillet of salmon on top, sprinkle with salt and pepper, then cover with thin slices of tomato.
- Fold and seal parchment, then bake at 450 degrees for 20 minutes.
- Remove and let sit for 10 minutes before serving.

### Pepper Fish and Caesar Salad

- Combine ¼ cup soy sauce and 1 tablespoon brown sugar.
- Dip 5 oz tuna steak into sauce.
- Generously sprinkle with ground pepper, pressing it to make the pepper stick like a crust.
- Grill on a very hot grill pan for about 2 minutes each side (medium rare).
- Mix lettuce, low-fat whole wheat croutons, low-fat dressing, and a sprinkle of parmesan cheese in a bowl. Layer the tuna steak on top and serve.

### Pulled Chicken Sandwich

- Remove the breast from a pre-cooked rotisserie chicken and shred.
- Put the shredded breast in a pot with store-bought BBQ sauce and heat.
- Serve on a toasted whole wheat bun with tomato and avocado slices.

### Burger with Caramelized Onion Mushroom Compote

- On low-medium heat, cook 2 sliced onions with 1 teaspoon sugar in 1 tablespoon olive oil until the onions are translucent.
- Add 10 sliced white or brown mushrooms and continue to cook until onions are golden brown.
- Stir in 2 tablespoons balsamic vinegar, 1 teaspoon ketchup, 2 teaspoons Worcestershire sauce, 2-3 drops liquid smoke, and ¼ teaspoon salt and pepper. Cook for 2 minutes and set aside.
- Grill a 4 oz ground lean sirloin hamburger patty to desired doneness level.
- Top with a dollop of compote, 4 leaves spinach, 1 thin slice gruyere cheese, and serve on a whole wheat bun.

## Edamame

- Combine ½ cup edamame with salt to taste.
- Serve either hot or cold.

## Peppered Hummus

- Combine 4 tbsp of hummus with 1 thinly-sliced red pepper.
- Garnish with salt and pepper to taste and serve.

## Roasted Tomatoes and Asparagus

- Sprinkle a bunch of asparagus spears and 16 cherry tomatoes with olive oil, salt, and pepper.
- Bake on parchment paper at 450 degrees for 20 minutes or until just starting to brown.
- Serves 4.

## Spinach Salad with Pears and Cheese

- Whisk together 3 tablespoons red wine vinegar, 1 tablespoon dijon mustard, 2 tablespoons olive oil, and 2 shakes salt and pepper. That's your dressing.
- Combine 1 bag of spinach leaves, 2 thinly-sliced pears, and ½ cup berries (raspberries and sliced strawberries are best). Mix in dressing.
- Sprinkle with grated parmesan cheese.
- Serves 8.

## Garlic Broccoli with Hazelnuts

- Cook ½ cup hazelnuts in 1 tbsp of olive oil for 3 minutes. Remove from heat and chop.
- Thinly-slice 5 cloves of garlic and cook in a pan until just golden. Remove from heat and set aside.
- Steam broccoli.
- Stir in hazelnuts, garlic, 2 tablespoons lemon juice, and 2 teaspoons salt and pepper together.
- Sprinkle with parmesan cheese.
- Serves 8.

## Chili Sweet Potato Fries

- Combine ½ tablespoons olive oil, ¾ tablespoon sugar, 1 teaspoon chili powder, and 4 shakes salt and pepper.
- Cut 2 sweet potatoes lengthwise making 8 long fries each (16 total).
- Cover sweet potatoes with oil mixture and bake on a parchment-lined baking sheet for about 18 minutes.
- Serves 4.

## Mini Pizza

- Top a 100 calorie English muffin with 2 tablespoons fat free tomato sauce, 1 tablespoon of shredded low-fat mozzarella cheese, and a sprinkle of oregano, garlic powder, and/or red pepper flakes.
- Toast in a toaster oven until cheese melts and serve.

## Matzo and Low-Fat Butter

- Smear 1 piece of matzo with 1 tablespoon lower fat butter or margarine.
- Sprinkle with sea salt and white pepper and serve.

## Kicked Up Popcorn

- Add 10 mini pretzels to 100 calorie bag of popcorn
- Garnish with a dash of chili powder, sprinkle of salt, and 2 shakes of ground white pepper OR a sprinkling of brown sugar, and 2 shakes cinnamon.

## Healthy (and cold) Nachos

- Layer ½ cup of low-fat cottage cheese, ½ cup chunky salsa, and a sprinkling of white pepper.
- Dip with 10 fat free baked tortilla chips.

## Baggie Bounty

- Take a little baggie and fill it with a handful of each: almonds, unsweetened dried cranberries, unsweetened dried wild blueberries, unsweetened dried strawberries, and raisins.
- Grab 1 handful—that's your serving. (Save the rest as a snack for later.)

## Apple Almond Crisp

- Top 1 crisp bran cracker with 1 tablespoon almond butter.
- Add 2 thin slices of green apple and serve.

**“Baked” Apple**

- Core one small apple and fill it with 10 raisins.
- Microwave the apple for 6 minutes.
- Top with ¼ cup low-fat French vanilla, caramel, or cinnamon ice cream and serve.

**Slimmed Down Fondue**

- Cut half a banana into slices (you can also use strawberries, grapes, pears, or pretty much any other fruit).
- Spear each piece with a kabob stick or chopstick.
- Dip in a fat free low calorie dark chocolate pudding cup.

**Almost Oatmeal Pie**

- Zap 1 soft-baked oatmeal cookie in the microwave for 30 seconds and serve. It will trick your stomach into thinking it's an oatmeal pie!

**Fake Cheesecake**

- Top ½ cup of light, slow-churned vanilla ice cream with a dusting of crushed graham crackers.
- Add ¼ cup frozen berries and serve.

**Fat Free Mud Pie**

- Layer ¼ cup fat free chocolate fudge sauce with ½ cup whipped topping.
- Garnish with ½ cup crushed graham crackers and serve.

**Broiled Bananas Foster**

- Slice 1 small banana lengthwise and top with 1 tbsp quick cook oatmeal, 1 tsp brown sugar, 1 shake cinnamon, and drizzle with 1 teaspoon fat free butter or margarine.
- Broil until the sugar is melted and bubbling.



"Baked" Apple

# TIPS

**Portion Control is Key**—Remember, consuming more calories than you burn will result in weight gain, whether the calories came from healthy or unhealthy food.

**Multitask Your Proteins**—On Sunday, prepare three chicken breasts and three servings of grilled, stir-fried (no oil), or steamed veggies. Portion them out as complete ready-to-eat meals in three different plastic containers. Eat one portion for lunch on Monday, the second for dinner on Tuesday, and the third for lunch or dinner on Wednesday. Repeat the process again on Wednesday. Likewise, if you are making the Pepper Fish or the Salmon one day, make enough fish so that the next day you can take the additional portion and make fish tacos. We aren't talking about leftovers here; we are just letting our proteins do double duty. Make sense?

**Easy Asparagus**—The best way to portion size asparagus is to keep it in the rubber band it came in. Wash the entire banded wand then cut off the bottom inch. When you are ready to cook, slide the rubber band high enough so there is 1 inch on the bottom. Cut 1 inch off across the entire bunch. That's your serving. Each time you want asparagus, do the same thing.

**Don't Be Afraid of Leftovers**—If it's lasagna or pasta that you are making, eat 1 portion for dinner one night, the 2nd portion for lunch the next, or even two days later and it still will be just fine.

