



Week One

Regular Recipes

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Breakfast Burritos

Ingredients

- Vegetable cooking spray add to shopping list
- 2 egg whites
- 2 whole wheat tortillas
- 1/4 cup fat-free cheese
- 1/4 cup rinsed canned beans (such as pinto beans or black beans)
- salsa (to taste)

Directions

1. Spray vegetable cooking spray into a frying pan.
2. Scramble the egg whites in the pan and cook to the desired degree of doneness.
3. Place the cooked eggs on the tortillas.
4. Sprinkle the cheese over the eggs.
5. Place the beans over the cheese and eggs.
6. Roll each tortilla into a wrap.
7. Microwave for 30 seconds.
8. Spoon salsa on top

Serving Size	Calories	Fat	Protein	Sodium
1 tortilla	282.3 per serving	1.5g per serving	4g per serving	833mg per serving

BREAKFAST

Mr. Stripey Tomato, Arugula, and Pancetta Sandwiches

Ingredients

- 2 tablespoons light mayonnaise
- 1 tablespoon minced shallots
- 2 teaspoons Dijon mustard
- 1/2 teaspoon minced fresh sage
- 2 ounces pancetta, cut into 8 thin slices
- Cooking spray
- 8 (1-ounce) slices rustic sourdough bread, toasted
- 4 medium Mr. Stripey tomatoes, each cut into 4 (1/2-inch-thick) slices
- 1 cup arugula

Directions

1. Combine first 4 ingredients in a bowl, stirring well.
2. Preheat oven to 400°. Arrange pancetta in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 8 minutes or until crisp. Drain on paper towels.
3. Spread mayonnaise mixture evenly over bread slices. Top each of 4 bread slices with 2 pancetta slices, 4 tomato slices, and 1/4 cup arugula. Top sandwiches with remaining 4 bread slices.

Serving Size	Calories	Fat	Protein	Sodium
1 sandwich	282 per serving	8.7g per serving	10.5g per serving	59mg per serving

LUNCH

Beef Stir-Fry with Avocado Salad

Ingredients

- 12 ounces beef tenderloin, cut into thin strips
- 1/4 cup freshly squeezed lime juice
- 1 tablespoon plus 1/2 teaspoon chili powder
- 1 tablespoon vegetable oil
- 1 medium sweet onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 poblano, thinly sliced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 can black beans, rinsed and drained
- 1 avocado, diced
- 1/4 cup Cojita cheese, crumbled
- 1/4 cup cilantro plus more for garnish, chopped
- Corn tortillas (optional)

Directions

1. In a bowl, combine beef, 2 tablespoons lime juice, and 1 tablespoon chili powder; set aside.
2. Heat oil in a large skillet. Add onion, bell pepper, and poblano and sauté 5 minutes, stirring occasionally.
3. Add beef and marinade to vegetables and cook 3 to 4 minutes. Season with salt and black pepper.
4. In another bowl, combine beans, avocado, cheese, 1/4 cup cilantro, and remaining lime juice and chili powder.
5. Garnish beef and vegetables with remaining cilantro. Serve with avocado salad and warmed tortillas if desired.

Serving Size	Calories	Fat	Protein	Sodium
½ of recipe	436 per serving	26g per serving	28g per serving	208mg per serving