

# Body Clutter Menu-Mailer for Four



## Volume 4, Week 1

### Dinner Menu Recipes Include:

**Mushroom Chicken Capers,**

with baked Hubbard squash and a big spinach salad

**Broiled Beef Fajitas,**

add a Romaine lettuce salad topped with red onion and avocado slices

**Asian Grilled Salmon,**

with Cauli-Rice and a big green salad

**Pork Diane,**

add turnip fries and a big green salad

**Roasted Vegetable Cheddar Soup,**

add a spinach salad with red onion, mushrooms and bacon

**Almond Olive Beef Stew,**

add steamed kale and Faux-Tay-Toes

### Soup of the Week:

Garlic Vegetable Soup

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# Body Clutter Menu-Mailer Shopping List

## Daytime Ingredients Only — Four Servings

### Shopping List:

#### CONDIMENTS

##### Olive oil [X,L1]

Low fat ranch dressing [L2]

Black olives [L1]

Peanut butter, natural [B3,S1]

#### PRODUCE

##### Onions [X]

##### Garlic [X]

##### Russet potatoes [L3]

Carrots [X]

Celery [X,S1]

Cabbage [X]

Salad greens [L2]

Veggies for steaming (your choice) [L1,L3]

Raspberries (or buy frozen)

Blueberries [S2]

Cantaloupe [B2]

Apples [S1]

Grapes [S4]

Nectarines [S5]

Kiwi [L3]

#### DRY GOODS

Macaroni noodles [L1]

Grape Nuts [S2]

Air-popped popcorn [S6]

Pine nuts [L1]

Wheat Thins crackers [L2]

Oatmeal [B1]

#### CANNED GOODS

##### Low sodium chicken broth [X]

Diced tomatoes [X]

Applesauce, unsweetened [S3]

#### SPICES

Cinnamon [B2,S3]

#### DAIRY/DAIRY CASE

##### Butter [B2]

##### Low fat cheddar cheese [L3]

Eggs [B3,S4]

Skim milk [B1]

Low fat plain yogurt [S2]

Low fat cottage cheese [B2]

String cheese [S5]

Parmesan cheese [S6]

#### FREEZER

Raspberries, unsweetened (if not using fresh) [B1]

Strawberries, unsweetened [B3]

#### BAKERY

Whole wheat bread [B2]

Whole wheat English muffins [B3]

#### OTHER

Tea [B2]



#### SHOPPING LIST LEGEND

\*\* = Regular Serving Suggestion

\*\*LC = Low Carb Serving Suggestion

+ = Pantry item for day time choices

D = Dinner

L = Lunch

X = Soup recipe

B = Breakfast

S-A = Morning Snack

S-P = Afternoon Snack

# Body Clutter Menu-Mailer Shopping List

## Dinner Ingredients Only – Four Servings

### SHOPPING LIST:

#### MEAT

- 4 boneless skinless chicken breast halves [D1]
- 1 pound lean beef steak (flank is a good choice) [D2]
- 1 1/2 pounds sirloin tip roast [D6]
- 1 pound pork tenderloin [D4]
- 4 (6-oz.) salmon fillets (or buy frozen) [D3]
- \*\*LC Bacon [D5]

#### PRODUCE

- 3 pounds onions (keep on hand) [D1,D5,D6]
- Garlic (3 large plus 9 medium cloves) [D1,D2,D3,D5,D6]
- Mushrooms (2 cups chopped) \*\*LC Additional [D1,D3,D5]
- Green onions (2 tablespoons chopped) [D3]
- Rutabaga (1 large) [D5]
- Turnips (1 large) \*\*LC Additional [D4,D5]
- Cauliflower (1 small head) \*\*LC Additional [D3,D5,D6]
- Romaine lettuce (4 large leaves if not using low carb flour tortillas) \*\*LC Additional [D2]
- Gingerroot (3/4 teaspoon grated) [D3]
- Parsley (2 tablespoons chopped plus 1 tablespoon minced plus sprigs for garnish) [D1,D4,D6]
- Cilantro (chopped, for garnish) [D2]
- Lemons (2 tablespoons juice) [D4]
- Limes (2 tablespoons juice) [D2]
- \*\*LC Hubbard squash [D1]
- \*\*LC Spinach [D1,D5]
- \*\*LC Kale [D6]
- \*\*LC Red onion [D2,D3,D5]
- \*\*LC Avocado [D2]
- \*\*LC Lettuce (not Iceberg, no nutrition) [D3,D4]
- \*\*Russet potatoes [D4,D6]
- \*\*Red skinned potatoes [D3]

#### CONDIMENTS

- Olive oil [D1,D5]
- Vegetable oil [D2,D3]
- Sesame oil (found in ethnic section of grocery store) [D3]
- Balsamic vinegar [D1]
- Dijon mustard [D1,D4]
- Low fat mayonnaise [D1]
- Low sodium soy sauce [D3]
- Worcestershire sauce [D4]
- Hot sauce [D1]
- Salsa (your favorite) (1/2 cup) [D2]
- Capers (2 tablespoons) [D1]
- Kalamata olives (1/4 cup pitted and chopped) [D6]
- Dry sherry (2/3 cup) [D6]
- \*\*LC Salad dressing(s) (watch carb count) [D3,D4]

#### CANNED GOODS

- Low sodium chicken broth (2 cups) [D5]
- Low sodium beef broth (1 1/2 cups) [D6]
- \*\*Black beans [D2]

#### SPICES

- Chili powder [D2]
- Cumin [D2]
- Crushed red pepper flakes [D3]
- Lemon pepper [D4]
- Thyme [D5]
- Bay leaves [D6]
- \*\*LC Garlic powder [D2,D4]

#### DAIRY/DAIRY CASE

- Butter [D4,D6]
- Low fat sour cream (1/2 cup) \*\*Additional [D2]
- Non-fat milk (1 cup) [D5]
- Low fat Cheddar cheese (1/2 cup shredded) [D5]
- \*\*LC Feta cheese, crumbled [D1]
- \*\*LC Cream cheese [D6]

#### DRY GOODS

- Cornstarch [D6]
- Whole wheat flour [D5]
- Brown sugar [D3]
- Almonds, slivered (1/4 cup) [D6]
- \*\*LC Walnuts, chopped [D1]
- \*\*LC Dried cranberries [D1]

#### FREEZER

- 4 (6-oz.) salmon fillets (if not using fresh) [D3]

#### BAKERY

- \*\*LC Low carb flour tortillas (if not using Romaine lettuce leaves) [D2]
- \*\*Whole grain rolls [D1]
- \*\*Crusty bread [D5]
- \*\*Whole wheat flour tortillas [D2]

#### OTHER

- Large zipper-topped plastic bags [D2,D3]
- Aluminum foil wrap (optional) [D2]

#### KOSHER

- 1 pound lean kosher beef steak [D2]
- 1 pound turkey cutlets [D4]
- Vegetarian Worcestershire sauce (optional) [D4]
- Cultured soy (2 tablespoons) [D1]
- Additional avocado [D2]

#### GLUTEN FREE

- Mustard [D1,D4]
- Worcestershire sauce [D4]



#### SHOPPING LIST LEGEND

##### \*\* = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

##### [D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

# Body Clutter Menu-Mailer Shopping List

## Combined Daytime and Dinner – Four Servings

### SHOPPING LIST:

#### PRODUCE

3 pounds onions (keep on hand) [D1,D5,D6] + [X]  
 Garlic (3 large plus 9 medium cloves) [D1,D2,D3,D5,D6] + [X]  
 Mushrooms (2 cups chopped) \*\*LC Additional [D1,D3,D5]  
 Green onions (2 tablespoons chopped) [D3]  
 Rutabaga (1 large) [D5]  
 Turnips (1 large) \*\*LC Additional [D4,D5]  
 Cauliflower (1 small head) \*\*LC Additional [D3,D5,D6]  
 Romaine lettuce (4 large leaves if not using low carb flour tortillas) \*\*LC Additional [D2]  
 Gingerroot (3/4 teaspoon grated) [D3]  
 Parsley (2 tablespoons chopped plus 1 tablespoon minced plus sprigs for garnish) [D1,D4,D6]  
 Cilantro (chopped, for garnish) [D2]  
 Lemons (2 tablespoons juice) [D4]  
 Limes (2 tablespoons juice) [D2]  
 \*\*LC Hubbard squash [D1]  
 \*\*LC Spinach [D1,D5]  
 \*\*LC Kale [D6]  
 \*\*LC Red onion [D2,D3,D5]  
 \*\*LC Avocado [D2]  
 \*\*LC Lettuce (not Iceberg, no nutrition) [D3,D4]  
 \*\*Russet potatoes [D4,D6] + [L3]  
 \*\*Red skinned potatoes [D3]  
 +Carrots [X]  
 +Celery [X,S1]  
 +Cabbage [X]  
 +Salad greens [L2]  
 +Veggies for steaming (your choice) [L1,L3]  
 +Raspberries (or buy frozen)  
 +Blueberries [S2]  
 +Cantaloupe [B2]  
 +Apples [S1]  
 +Grapes [S4]  
 +Nectarines [S5]  
 +Kiwi [L3]



#### CANNED GOODS

Low sodium chicken broth (2 cups) [D5] + [X]  
 Low sodium beef broth (1 1/2 cups) [D6]  
 \*\*Black beans [D2]  
 +Diced tomatoes [X]  
 +Applesauce, unsweetened [S3]

#### MEAT

4 boneless skinless chicken breast [D1]  
 1 pound lean beef steak (flank is a good choice) [D2]  
 1 1/2 pounds sirloin tip roast [D6]  
 1 pound pork tenderloin [D4]  
 4 (6-oz.) salmon fillets (or buy frozen) [D3]  
 \*\*LC Bacon [D5]

#### CONDIMENTS

Olive oil [D1,D5] + [X,L1]  
 Vegetable oil [D2,D3]  
 Sesame oil [D3]  
 Balsamic vinegar [D1]  
 Dijon mustard [D1,D4]  
 Low fat mayonnaise [D1]  
 Low sodium soy sauce [D3]  
 Worcestershire sauce [D4]  
 Hot sauce [D1]  
 Salsa (your favorite) (1/2 cup) [D2]  
 Capers (2 tablespoons) [D1]  
 Kalamata olives (1/4 cup pitted and chopped) [D6]  
 Dry sherry (2/3 cup) [D6]  
 \*\*LC Salad dressing(s) (watch carb count) [D3,D4]  
 +Low fat ranch dressing [L2]  
 +Black olives [L1]  
 +Peanut butter, natural [B3,S1]

#### SPICES

Chili powder [D2]  
 Cumin [D2]  
 Crushed red pepper flakes [D3]  
 Lemon pepper [D4]  
 Thyme [D5]  
 Bay leaves [D6]  
 \*\*LC Garlic powder [D2,D4]  
 +Cinnamon [B2,S3]

#### DAIRY/DAIRY CASE

Butter [D4,D6] + [B2]  
 Low fat sour cream (1/2 cup) \*\*Additional [D2]  
 Non-fat milk (1 cup) [D5]  
 Low fat Cheddar cheese (1/2 cup shredded) [D5] + [L3]  
 \*\*LC Feta cheese, crumbled [D1]  
 \*\*LC Cream cheese [D6]  
 +Eggs [B3,S4]  
 +Skim milk [B1]  
 +Low fat plain yogurt [S2]  
 +Low fat cottage cheese [B2]  
 +String cheese [S5]  
 +Parmesan cheese [S6]

#### DRY GOODS

Cornstarch [D6]  
 Whole wheat flour [D5]  
 Brown sugar [D3]  
 Almonds, slivered (1/4 cup) [D6]  
 \*\*LC Walnuts, chopped [D1]  
 \*\*LC Dried cranberries [D1]  
 +Macaroni noodles [L1]  
 +Grape Nuts [S2]  
 +Air-popped popcorn [S6]  
 +Pine nuts [L1]  
 +Wheat Thins crackers [L2]  
 +Oatmeal [B1]

#### FREEZER

4 (6-oz.) salmon fillets (if not using fresh) [D3]  
 +Raspberries, unsweetened (if not using fresh) [B1]  
 +Strawberries, unsweetened [B3]

#### BAKERY

\*\*LC Low carb flour tortillas (if not using Romaine lettuce leaves) [D2]  
 \*\*Whole grain rolls [D1]  
 \*\*Crusty bread [D5]  
 \*\*Whole wheat flour tortillas [D2]  
 +Whole wheat bread [B2]  
 +Whole wheat English muffins [B3]

#### OTHER

Large zipper-topped plastic bags [D2,D3]  
 Aluminum foil wrap (optional) [D2]  
 +Tea [B2]

#### KOSHER

1 pound lean kosher beef steak [D2]  
 1 pound turkey cutlets [D4]  
 Vegetarian Worcestershire sauce [D4]  
 Cultured soy (2 tablespoons) [D1]  
 Additional avocado [D2]

#### GLUTEN FREE

Mustard [D1,D4]  
 Worcestershire sauce [D4]

#### SHOPPING LIST LEGEND

\*\* = Regular Serving Suggestion  
 \*\*LC = Low Carb Serving Suggestion  
 + = Pantry item for day time choices  
 D = Dinner  
 L = Lunch  
 X = Soup recipe  
 B = Breakfast  
 S = Snack  
 [D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

# Mushroom Chicken Capers

Day 1 - Serves 4

## INGREDIENTS:

1 tablespoon olive oil	2 tablespoons capers, drained
2 cups finely chopped mushrooms	1 teaspoon balsamic vinegar
3/4 cup chopped onion	1/4 teaspoon hot sauce
3 large cloves garlic, pressed	2 tablespoons low fat mayonnaise
4 boneless skinless chicken breast halves	Parsley sprigs
2 tablespoons Dijon mustard	Salt, to taste



**COOKING INSTRUCTIONS:** Preheat oven to 375 degrees. Heat the olive oil in a large skillet over medium-high heat; sauté mushrooms, onion and garlic until mushrooms begin to brown, about 8 to 10 minutes. Remove from heat. Meanwhile, place chicken breast halves in a 9- x 13-inch baking dish; bake, uncovered, for 10 minutes. To the skillet, add the mustard, capers, vinegar, hot sauce and mayonnaise; spread mixture over the chicken and continue to bake until chicken is no longer pink in the center, about 15 to 20 minutes longer. Serve chicken with mushroom sauce spooned over the top; garnish with parsley sprigs and salt to taste, if desired.

**LC SERVING SUGGESTION:** Baked Hubbard squash; add a big spinach salad (include some chopped walnuts, dried cranberries and crumbled Feta cheese).

**SERVING SUGGESTION:** Add warm whole grain rolls.

**KOSHER:** Use cultured soy instead of mayo, or skip.

**GLUTEN FREE:** Be sure your mustard is gluten free.

**NUTRITION per serving:** 205 Calories; 4g Fat; 34g Protein; 6g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 270mg Sodium. **Exchanges:** 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 4

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

**DO-AHEAD TIP:** Marinate beef overnight (see recipe).

# Broiled Beef Fajitas

Day 2 - Serves 4

## INGREDIENTS:

Vegetable oil	2 cloves garlic, pressed
1 pound lean beef steak (flank is a good choice)	4 large Romaine lettuce leaves
2 tablespoons lime juice	1/2 cup salsa (your favorite)
2 teaspoons chili powder	1/2 cup low fat sour cream
1 teaspoon ground cumin	Chopped cilantro for garnish



**COOKING INSTRUCTIONS:** Pierce beef with a fork. In a large zipper-topped plastic bag, combine lime juice, chili powder, cumin and garlic. Place beef in the bag, seal and turn to coat. Refrigerate overnight (ideally), smooshing the bag around occasionally when you have the notion. Preheat outdoor OR indoor grill OR oven broiler. If using a grill, lightly grease the rack with a little vegetable oil. If using oven broiler, be sure to use a METAL broiler pan (NEVER USE GLASS PANS IN A BROILER!!). For easier cleanup, line your broiler pan with aluminum foil wrap.) Grill/broil meat 2 to 3 inches from heat source for 10 to 12 minutes, turning after 6 minutes, for medium doneness. WATCH YOUR BEEF! All grills/broilers are different and yours could cook faster. Cut beef diagonally (across the grain) into very thin slices. Evenly divide beef slices, 2 tablespoons of the salsa and 2 tablespoons of the sour cream down the center of each lettuce leaf, then top with plenty of chopped cilantro. Fold it up and chow down! Serve with additional salsa and sour cream, if you like.

**LC SERVING SUGGESTION:** If you wish, you can use warmed low carb flour tortillas instead of lettuce leaves). Add a Romaine lettuce salad (include sliced red onion and avocado slices).

**SERVING SUGGESTION:** Use warmed whole wheat flour tortillas instead of lettuce leaves. Add some warmed black beans (drained and rinsed) seasoned with garlic powder and cumin.

**KOSHER:** Omit the sour cream and top with avocado slices instead. Make sure, too, that the beef you choose is a kosher cut. I have been told two conflicting things: that flank steak ISN'T kosher and that flank steak IS kosher! EEK! It's your choice!

**GLUTEN FREE:** No changes necessary.

**NUTRITION per serving:** 257 Calories; 14g Fat; 24g Protein; 8g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 268mg Sodium. **Exchanges:** 3 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 6

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

**DO-AHEAD TIP:** Marinate salmon overnight.

## Asian Grilled Salmon

Day 3 - Serves 4

### INGREDIENTS:

4 (6-oz.) salmon fillets  
1/4 cup vegetable oil  
1/2 teaspoon sesame oil (found in ethnic section of grocery store)  
2 tablespoons low sodium soy sauce

2 tablespoons balsamic vinegar  
2 tablespoons chopped green onion  
1 teaspoon brown sugar  
1 clove garlic, pressed  
3/4 teaspoon grated gingerroot  
1/2 teaspoon crushed red pepper flakes, or to taste



### COOKING INSTRUCTIONS:

Place salmon fillets in a large zipper-topped plastic bag. In a small bowl, whisk together remaining ingredients and pour over salmon. Seal bag and refrigerate overnight or for at least 8 hours. Preheat outdoor OR indoor grill OR oven broiler. Remove salmon from marinade and place on a well-oiled grill or metal broiling pan 5 inches from heat source. Grill/broil for 5 to 10 minutes or until fish flakes easily when tested with a fork. Turn only once, halfway through cooking.

**LC SERVING SUGGESTION:** Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" until tender; drain; salt and pepper to taste and fluff with a fork). Add a big green salad (include sliced red onion and sliced mushrooms).

**SERVING SUGGESTION:** Serve steamed red skinned potatoes instead of Cauli-Rice.

**KOSHER:** No changes necessary.

**GLUTEN FREE:** No changes necessary.

**NUTRITION per serving:** 334 Calories; 20g Fat; 34g Protein; 3g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 596mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 3 Fat. **Points:** 5

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

## Pork Diane

Day 4 - Serves 4

### INGREDIENTS:

1 pound pork tenderloin, cut into 8 pieces  
2 teaspoons lemon pepper  
2 tablespoons butter

2 tablespoons lemon juice  
1 tablespoon Worcestershire sauce  
1 teaspoon Dijon mustard  
1 tablespoon minced parsley



### COOKING INSTRUCTIONS:

Using your hands, press each tenderloin slice to a thickness of 1 inch. Sprinkle the surface of the tenderloins with lemon pepper. Melt the butter in a skillet over medium heat and cook tenderloins for 3 to 4 minutes per side. Remove from skillet and keep warm. Add lemon juice, Worcestershire sauce and mustard to the skillet. Cook, stirring with the pan juices and whisking up all of the browned bits from the bottom of the pan (that's where all of the flavor is!), until heated through. Pour sauce over the tenderloins, sprinkle with minced parsley and serve.

**LC SERVING SUGGESTION:** Turnip fries (peel and cut turnips into "fries"; toss with a little oil, salt and pepper and garlic powder; bake in a preheated 425-degree oven, turning once, till golden). Add a big green salad.

**SERVING SUGGESTION:** Serve russet potato fries instead of turnip fries (same directions, but don't peel potatoes).

**KOSHER:** Use turkey cutlets instead of pork tenderloins and use vegetarian Worcestershire sauce, or skip.

**GLUTEN FREE:** Be sure your Worcestershire sauce and mustard are gluten free.

**NUTRITION per serving:** 196 Calories; 10g Fat; 24g Protein; 2g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 338mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 1 Fat. **Points:** 5

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

**DO-AHEAD TIP:** Roast vegetables.

## Roasted Vegetable Cheddar Soup

Day 5 - Serves 4

### INGREDIENTS:

1 large rutabaga, peeled and quartered  
1 large turnip, peeled and quartered  
2/3 of a large onion, quartered  
4 cloves garlic, whole  
1 small head of cauliflower, broken up  
2 tablespoons olive oil

Pepper, to taste  
1 teaspoon thyme  
2 cups low sodium chicken broth,  
divided  
1 cup non-fat milk  
1/2 cup shredded low fat Cheddar cheese  
1/2 tablespoon whole wheat flour



### COOKING INSTRUCTIONS:

Preheat oven to 425 degrees. Place all vegetables in a large roasting pan and toss well with the olive oil, pepper and thyme; bake for 30 minutes, or until veggies start to brown; remove from oven and set aside to cool. In a blender, place the cooled roasted veggies and 1/4 cup of the chicken broth (or more-you just want to help the blender process the veggies, and it needs liquid). Pulse the blender (you don't want your veggies liquefied, just blended). Place blender contents and remaining broth in a large saucepan; bring to a boil, then reduce heat to a simmer and add the milk. When it is hot (but NOT boiling, or the milk will break!), add the cheese tossed with the flour. Again, bring to ALMOST a boil, stirring constantly until the cheese has melted.

**LC SERVING SUGGESTION:** Serve a big spinach salad on the side (include sliced red onion, sliced mushrooms and crumbled bacon).

**SERVING SUGGESTION:** Add some of crusty bread.

**KOSHER:** No changes necessary.

**GLUTEN FREE:** Use cornstarch instead of whole wheat flour.

**NUTRITION per serving:** 143 Calories; 5g Fat; 13g Protein; 14g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 413mg Sodium. **Exchanges:** 0 Grain (Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 3

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

## Almond Olive Beef Stew

Day 6 - Serves 4

### INGREDIENTS:

1 1/2 pounds sirloin tip roast, trimmed and cut into 1-  
inch cubes  
1 cup chopped onion  
2 cloves garlic, pressed  
2 bay leaves, whole  
1 1/2 cups low sodium beef broth

2/3 cup dry sherry, divided  
1/4 cup slivered almonds  
1/4 cup pitted and chopped Kalamata  
olives  
1 teaspoon cornstarch  
2 tablespoons chopped parsley



### COOKING INSTRUCTIONS:

Place beef, onion, garlic, bay leaves, broth, and 1/3 cup of the sherry in a slow cooker. Cover and cook on high heat setting for 4 to 6 hours. About 30 minutes before serving, add almonds and olives. If you have more than about 1 cup of liquid in the slow cooker, leave the lid off and allow it to boil and reduce. Meanwhile, blend remaining sherry and cornstarch to a smooth paste; add to slow cooker and cook for few minutes to thicken the broth. Serve stew garnished with chopped parsley.

**LC SERVING SUGGESTION:** Steamed kale and Faux-Tay-Toes (steam cauliflower till tender; drain; mash with butter, cream cheese and salt and pepper to taste till you get a mashed potatoes texture).

**SERVING SUGGESTION:** Serve with mashed russet potatoes instead of Faux-Tay-Toes.

**KOSHER:** No changes necessary.

**GLUTEN FREE:** No changes necessary.

**NUTRITION per serving:** 387 Calories; 16g Fat; 43g Protein; 9g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 543mg Sodium. **Exchanges:** 0 Grain (Starch); 6 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. **Points:** 9

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

## Body Clutter Menu-Mailer – Daytime Suggestions

### Breakfast stuff— Pick one each day:

- 1 1/2 cups cooked oatmeal and 1 cup unsweetened frozen (or fresh) raspberries (thawed) with 1 cup skim milk
- 1 cup cantaloupe mixed with 3/4 cup low fat cottage cheese along with 1 slice whole wheat toast with 1 teaspoon butter and 1 cup hot tea sweetened with cinnamon
- 1 hard boiled egg served with 1 whole wheat English muffin topped with 1 teaspoon natural peanut butter and 1/2 cup unsweetened frozen strawberries

### Lunch —Pick one each day:

- 1 1/2 cups cooked macaroni noodles topped with 2 cups steamed vegetables and 1 teaspoon olive oil, 5 black olives sliced and 2 teaspoons pine nuts
- 1 1/2 cups Soup of the Week served with 2 cups salad greens tossed with 2 tablespoons low fat ranch dressing and 4 Wheat Thins crackers
- 1 baked russet potato topped with 1 cup steamed vegetables and 1 tablespoon low fat shredded cheddar cheese; 1 kiwi

### Snack—Pick one in the morning and one in the afternoon:

- 1 apple and 1 stalk celery stuffed with 1 tablespoon natural peanut butter
- 1 cup low fat plain yogurt with 1/2 cup blueberries and 1 1/2 tablespoons Grape Nuts sprinkled on top
- 1 cup unsweetened applesauce sprinkled with cinnamon
- 1 hard boiled egg and 15 grapes
- 1 nectarine and 1 piece string cheese
- 2 cups air-popped popcorn sprinkled with 1 tablespoon grated Parmesan cheese

### Soup—See recipe

- You may have one cup with a salad or sandwich from above.

### Dinner – Pick One:

- Follow the dinner recipes (recipes included in your menu). Remember: you can use leftovers for lunch.

### Leftovers—

#### Use up those dinner leftovers

- Skip all of the above lunches and go for the easiest choice! Leftovers from your menu.

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

## Garlic Vegetable Soup

Serves 6

### INGREDIENTS:

2 tablespoons olive oil	6 cups low sodium chicken broth
1 medium onion, chopped	2 (14.5-oz.) cans diced tomatoes
2 medium carrots, chopped	3 1/2 cups water
2 medium stalks celery, chopped	3 cloves garlic, pressed
1/4 medium head cabbage, shredded	1/2 teaspoon freshly ground black pepper



**COOKING INSTRUCTIONS:** Heat the oil in a large saucepan over medium heat; sauté onion, carrots, celery and cabbage for about 8 minutes, stirring well. Raise heat to high and add broth, tomatoes and water. Bring to a boil, reduce heat to low, cover and simmer for 1 hour. Remove from heat and add garlic and ground black pepper.

**NUTRITION per serving:** 135 Calories; 5g Fat; 13g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 556mg Sodium. **Exchanges:** 0 Grain (Starch); 1 Lean Meat; 2 Vegetable; 1 Fat. **Points:** 3

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**Body Clutter Menu-Mailer – Volume 4, Week 1**

# Body Clutter Menu-Mailer –Nutritional Information

## Breakfast

1. Per Serving: 550 Calories; 4g Fat; 19g Protein; 113g Carbohydrate; 17g Dietary Fiber; 4mg Cholesterol; 694mg Sodium. Exchanges: 2 1/2 Grain (Starch); 4 1/2 Fruit; 1 Non-Fat Milk; 1/2 Fat. Points: 11
2. Per Serving: 281 Calories; 7g Fat; 25g Protein; 31g Carbohydrate; 3g Dietary Fiber; 18mg Cholesterol; 889mg Sodium. Exchanges: 1 Grain (Starch); 3 Lean Meat; 1/2 Fruit; 1 Fat. Points: 6
3. Per Serving: 258 Calories; 9g Fat; 13g Protein; 35g Carbohydrate; 6g Dietary Fiber; 187mg Cholesterol; 502mg Sodium. Exchanges: 2 Grain (Starch); 1 Lean Meat; 1/2 Fruit; 1 Fat. Points: 5

## Lunch

1. Per Serving: 393 Calories; 11g Fat; 12g Protein; 62g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 194mg Sodium. Exchanges: 4 Grain (Starch); 0 Lean Meat; 0 Fruit; 2 Fat. Points: 8
2. Per Serving: 227 Calories; 19g Fat; 4g Protein; 13g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 439mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates. (Does not include soup nutritional value) Points: 6
3. Per Serving: 118 Calories; 1g Fat; 4g Protein; 25g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 52mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1 Fruit. Points: 2

## Snack

1. Per Serving: 193 Calories; 9g Fat; 5g Protein; 26g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 95mg Sodium. Exchanges: 0 Vegetable; 1 1/2 Fruit. Points: 4
2. Per Serving: 177 Calories; 1g Fat; 15g Protein; 29g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 192mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Non-Fat Milk. Points: 2
3. Per Serving: 111 Calories; trace Fat; trace Protein; 29g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain (Starch); 1 1/2 Fruit; 0 Fat. Points: 1
4. Per Serving: 97 Calories; 5g Fat; 6g Protein; 7g Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 71mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit; 1/2 Fat. Points: 3
5. Per Serving: 147 Calories; 7g Fat; 8g Protein; 17g Carbohydrate; 2g Dietary Fiber; 15mg Cholesterol; 210mg Sodium. Exchanges: 1 Lean Meat; 1 Fruit; 1/2 Fat; 0 Other Carbohydrates. Points: 3
6. Per Serving: 84 Calories; 2g Fat; 4g Protein; 13g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 94mg Sodium. Exchanges: 1 Grain (Starch); 1/2 Lean Meat; 0 Fat. Points: 1

# Body Clutter Menu-Mailer Menu Helps

## WHAT A PORTION LOOKS LIKE:

One cup of most foods (veggies, fruit, or pasta) takes up the same amount of space as the average fist. Three ounces of meat/fish/poultry takes up about the same amount of space as a deck of cards, or the palm of an average hand without fingers/thumb. A thumb-size piece (from tip to hand) of cheese is about 1 ounce. Small snacking foods (nuts, candies, etc) are about 1 handful to the ounce. Snack foods that take up more air space (like chips, popcorn, pretzels, etc) are about 2 handfuls for an ounce. If you are measuring condiments (mayo, peanut butter, butter, sugar, salad dressing, etc), the tip of your thumb (nail portion) makes about a teaspoon, and 3 teaspoons make a tablespoon.

## WHAT NOT TO DRINK:

A can of soda contains about 160 calories and 10 teaspoons of sugar. You buy a big gulp-y type thing at the gas station with 32 ounces of soft drink and you're well over 20 teaspoons of sugar! EEK! If you think diet drinks are better, I would challenge you to read up on the safety of these chemical sweeteners before consuming them.

## WHAT TO DRINK:

Water—and lots of it. Watch the source—you want clean, bottled spring water or you should have a good reverse osmosis or other water system for cleaning your water. You may have coffee, but keep your consumption down. Coffee actually helps to boost metabolism, but, obviously, all is lost if you're drinking a pot a day. One or two cups in the morning is plenty. And watch what you put in it! Creamer is evil (hydrogenated oils) and cream is fatty. I use low-fat milk and a touch of half and half. If I order a cappuccino out, I always get it with skim milk.

You know how I feel about artificial sweeteners, so try and at least cut back on the sugar, if you use sugar at all. A good substitute and one that is actually good for your teeth is xylitol. For more info, go to [www.xylitol.org](http://www.xylitol.org)

## OTHER STUFF:

This Menu-Mailer includes the Low Carb Dinner Menu and your daily Pantry. By keeping things on hand and stocking your pantry, you will always have goodies around to adhere to the Body Clutter menu plans throughout the day.

This menu is unique from our other menus – Dinner is portioned for 4 servings, but the daytime meals and snacks can be for one, four or a lot more! You choose! On the shopping list, all pantry items are designated by a "+" sign. When purchasing these ingredients, you select the quantity you'd like to have on hand. You can refer to the breakfast, lunch and snack options to see the recommended quantities and purchase as much as you need.

You'll want to look over the daytime options and decide what you want to eat that week and simply mark or highlight those "+" items on the shopping list. You can go to the shopping list and cross out anything with a "+" next to it that you are NOT going to be trying or incorporating into your daytime menu plans.

If you are eating for just you, you can make a quick notation on the shopping list next to those items of how much you want to purchase. If you and a spouse, or additional family, are doing the daytime meals, then multiply the quantity needed. Here's a quick tutorial of how you might see an ingredient listed and how you decide whether to buy it or not:

- **1 bunch cilantro [D1]:** This ingredient is needed for a dinner recipe noted as Day 1 to properly prepare it.
- **1 bunch cilantro–OPTIONAL [D1]:** This cilantro would be for a dinner recipe noted as being Day 1. It is optional to purchase it for that particular recipe and leaving it out won't affect the outcome of the recipe negatively.
- **1 bunch cilantro–OPTIONAL [D1]+ [L1]:** The cilantro is optional for the dinner recipe from Day 1, but also is used in Lunch option #1 for the daytime pantry. If you are selecting that option as one of your meals, purchase the quantity necessary for the number of people eating daytime meals as well as extra for dinner if you decide to include it. Or, just stock up on some to always have around for your daytime pantry basics.
- **+1 bunch cilantro [L1]:** The cilantro in this case, with the "+" before the ingredient, means that it is only needed for the daytime pantry for Lunch option #1. If you are NOT picking that option, you do NOT need to even purchase this ingredient. If you ARE using the cilantro option in one of the daytime meals, purchase the amount needed for that choice and multiply it by the number of people you are preparing the meal for.
- **\*\* LC cilantro [D1]+ [L1]:** The cilantro in this situation is used for a Low Carb serving suggestion and need only be purchased if you are following the Low Carb serving suggestions. You will want to purchase additional for daytime Lunch meal option #1 x the number of people you are feeding during the day.