

## Meals for the week of Sunday September 21 to Saturday September 27

PRINT THESE MEALS

**Recipe: Quick and easy scrambled eggs (Breakfast)**

Sunday September 21

**Caloric information** >> Approx. Calories : **300**; 37.8% Carbohydrates (29.35g) | 31.4% Protein (24.4g) | 30.8% Fat (10.6g)

Ingredients	Instructions
-2 large Omega-3 egg -2 slice(s) Wasa Fiber Crisp bread -1/2 cup Blueberries -2 tbsp Skim milk -1 oz Nonfat cheddar cheese	In a microwavable dish, beat together eggs and milk with salt and pepper to taste until well blended. Cover and cook on high power for 1 to 1 1/2 minutes, until eggs are thickened and no visible liquid remains. Place cooked eggs and cheese on Wasa crispbread. Enjoy with side of fruit. <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">Don't forget to take your TrueBasics with breakfast today!</div>

**Recipe: Creamy berry smoothie (water-based) (Morning Snack)****Caloric information** >> Approx. Calories : **200**; 42.1% Carbohydrates (20.57g) | 30.6% Protein (14.93g) | 27.3% Fat (5.92g)

Ingredients	Instructions
-20 gm TrueStrength Protein Powder -1/2 cup Strawberries -1/3 cup Raw blackberries -10 fl oz Filtered water -1/3 small Banana (small) -1 tsp Flaxseed oil	Place all ingredients in a blender and blend until smooth.

**Recipe: Goldi-lox and cream cheese (Lunch)****Caloric information** >> Approx. Calories : **500**; 43.1% Carbohydrates (55.25g) | 26.6% Protein (34.08g) | 30.3% Fat (17.33g)

Ingredients	Instructions
-4 slice(s) Wasa Fiber rye crispbread -4 oz Smoked salmon -1/2 cup Peeled and sliced cucumber -6 fl oz Soy Dream original enriched soymilk -2 tbsp Philadelphia Brand light cream cheese -2 medium slice(s) Red tomato medium sliced -1 medium Apple (medium)	Spread cream cheese onto crispbread. Top with lox, cucumber and tomato. Have with a glass of soymilk and an apple.

**Recipe: Peanut butter smoothie (Afternoon Snack)****Caloric information** >> Approx. Calories : **200**; 44.5% Carbohydrates (23.58g) | 29.6% Protein (15.7g) | 25.9% Fat (6.1g)

Ingredients	Instructions
-15 gm TrueStrength Protein Powder -1/4 small Banana (small) -1/2 tsp Vanilla extract -1/2 cup WestSoy lowfat plain soymilk -2 tsp Skippy reduced fat creamy peanut butter -1 tsp Nestle Quik chocolate syrup	Cut banana into slices and place in a blender. Add soymilk, peanut butter and vanilla. Blend until smooth. Top with chocolate syrup.

**Recipe: Lettuce tomato and cheese sandwich (Dinner)****Caloric information** >> Approx. Calories : **500**; 44.3% Carbohydrates (53.05g) | 26.6% Protein (31.78g) | 29.1% Fat (15.47g)

Ingredients	Instructions
-4 slice(s) Wasa Fiber Crisp bread -2 medium slice(s) Red tomato medium sliced -1/6 avocado(s) Avocado -2 leaf(s) Looseleaf lettuce -3 1/2 oz Lowfat cheddar or Colby cheese -1 fruit(s) Orange	Place lettuce, tomato and cheese onto crispbread. Top with sliced avocado. Have with a fruit for dessert.

**Recipe: Power cinnamon oatmeal (Breakfast)**

Monday September 22

**Caloric information** >> Approx. Calories : **300**; 47.0% Carbohydrates (39.29g) | 25.7% Protein (21.47g) | 27.3% Fat (10.13g)

Ingredients	Instructions
-1 packet(s) Cinnamon -20 gm TrueStrength Protein Powder -2 tbsp Slivered raw almonds	Prepare oatmeal following package directions. Add protein powder and slivered almonds into hot oatmeal. <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">Don't forget to take your TrueBasics with breakfast today!</div>

**Recipe: Blue lagoon smoothie (Morning Snack)**

**Caloric information** >> Approx. Calories : **200**; 42.2% Carbohydrates (22.75g) | 30.5% Protein (16.45g) | 27.3% Fat (6.52g)

Ingredients	Instructions
-15 gm TrueStrength Protein Powder -6 fl oz Soy Dream vanilla soymilk -1/4 cup Blueberries -1/2 tsp Flaxseed oil	Place all ingredients into blender and blend until smooth.

**Recipe: Fruity cottage crunch (Lunch)**

**Caloric information** >> Approx. Calories : **500**; 38.9% Carbohydrates (50g) | 33.4% Protein (42.87g) | 27.7% Fat (15.82g)

Ingredients	Instructions
-1 1/4 cup Cottage cheese (1% fat) -1 1/4 cup Diced honeydew melon -1 1/4 cup Cubed cantaloupe -3 tbsp Chopped almonds	In a bowl, mix diced fruit, cottage cheese and nuts.

**Recipe: Crispy chickpea snack (Afternoon Snack)**

**Caloric information** >> Approx. Calories : **200**; 44.4% Carbohydrates (21.73g) | 29.6% Protein (14.46g) | 26.0% Fat (5.65g)

Ingredients	Instructions
-1/3 cup Canned chickpeas -1 tsp Olive oil -1 dash(es) Table salt -1 dash(es) Ground black pepper -1/2 tsp Ground cumin -1/2 tsp Dried coriander leaf -1/4 tsp Cayenne pepper -1 1/2 oz Nu Tofu nonfat cheddar cheese alternative	Preheat the oven to 400 F. Toss chickpeas in oil and seasonings. Spread mixture onto a nonstick baking sheet and bake for 30 to 40 minutes or until golden brown and crisp. Serve with a side of cheese.

**Recipe: Beef Bourguignon (Dinner)**

**Caloric information** >> Approx. Calories : **500**; 43.9% Carbohydrates (51.52g) | 25.7% Protein (30.08g) | 30.4% Fat (15.84g)

Ingredients	Instructions
-1/4 lb Lean Eye of beef round -1 1/2 tsp All-purpose white flour -1 1/2 tsp Extra-virgin olive oil -1/8 small Onion (small) -1/2 medium Carrots -1/8 tsp Minced garlic -1/4 cup Red table wine -1 tsp Chopped parsley -1/4 cup Canned mushroom slices -1/4 cup Canned whole onion -1/2 cup Cooked long grain brown rice -1 serving(s) Tossed side salad without dressing -2 tbsp Low calorie French salad dressing	Prepare rice following package instructions. In a bowl, mix flour with a pinch of salt and pepper. Cut beef into cubes and coat with the flour mixture. Add oil to skillet over medium high heat. Add meat and brown well on both sides. Add to casserole dish. Return skillet to heat, and add chopped onions, carrots and garlic. Saute for 5 minutes or until onions are tender. Add wine, parsley and liquid from mushrooms. Pour over meat. Bake covered at 350 F for 30 minutes. Remove cover, add canned sliced onions and mushrooms and bake for 10 more minutes or until desired doneness. Serve with rice and side salad (2 cups lettuce, 1/2 cup sliced cucumber, 2 tomato slices) and dressing. Adapted from www.allrecipes.com

**Recipe: Anti-aging smoothie (Breakfast)**

Tuesday September 23

**Caloric information** >> Approx. Calories : **300**; 41.9% Carbohydrates (32.13g) | 28.2% Protein (21.64g) | 29.9% Fat (10.19g)

Ingredients	Instructions

-20 gm TrueStrength Protein Powder	-3/4 cup WestSoy lowfat plain soymilk	Place all ingredients in a blender and blend at high speed until smooth, approximately 1 minute. Add nuts to smoothie or enjoy on the side.
-4 cube(s) Ice cubes (3/4 fl oz)	-1/2 cup Whole strawberries	
-1/2 cup Blueberries	-1 tbsp Flax seed	
-4 almond(s) Raw almonds		

Don't forget to take your TrueBasics with breakfast today!

**Recipe: Raspberry-orange smoothie (water-based) (Morning Snack)**

<b>Caloric information</b> >> Approx. Calories : <b>200</b> ; 42.3% Carbohydrates (20.78g)   28.1% Protein (13.79g)   29.6% Fat (6.48g)		
<b>Ingredients</b>		<b>Instructions</b>
-15 gm TrueStrength Protein Powder	-6 fl oz Filtered water	Place all ingredients into blender and blend until smooth.
-2 fl oz Orange juice	-3 tbsp Frozen sweetened raspberries	
-1 1/4 tbsp Chopped dried walnut		

**Recipe: Lean Cuisine Honey Mustard chicken with salad (Lunch)**

<b>Caloric information</b> >> Approx. Calories : <b>500</b> ; 41.1% Carbohydrates (53.04g)   34.8% Protein (45.02g)   24.1% Fat (13.84g)		
<b>Ingredients</b>		<b>Instructions</b>
-1 serving(s) Lean Cuisine honey mustard chicken entrée	-4 1/2 oz Grilled chicken breast	Heat entree according to package instructions. Have with extra chicken and side salad (2 cups lettuce, 1/2 cup sliced cucumber, 2 tomato slices, 1 tsp olive oil, 1 tbsp balsamic vinegar).
-1 serving(s) Tossed side salad with olive oil and balsamic vinegar		

**Recipe: Soy nuts and yogurt (Afternoon Snack)**

<b>Caloric information</b> >> Approx. Calories : <b>200</b> ; 45.0% Carbohydrates (24.41g)   26.7% Protein (14.49g)   28.3% Fat (6.83g)		
<b>Ingredients</b>		<b>Instructions</b>
-3 oz Nondairy blueberry yogurt	-1/2 tsp Flaxseed oil	Mix flax seed oil into yogurt. Enjoy with soy nuts.
-1 serving(s) (28 g) Soy nuts		

**Recipe: Tuna lettuce wraps (Dinner)**

<b>Caloric information</b> >> Approx. Calories : <b>500</b> ; 42.7% Carbohydrates (45.84g)   27.9% Protein (30g)   29.4% Fat (14g)		
<b>Ingredients</b>		<b>Instructions</b>
-4 oz Canned tuna, in water	-1 tbsp Light mayonnaise	Mix tuna, mayonnaise and chopped onion in a bowl. Place tuna mixture on lettuce leaves and top with shredded carrots, cabbage, bean sprouts and salad dressing. Serve with mandarin oranges and apple slices.
-1 medium Raw spring onion or scallions	-6 large leaf(ves) Iceberg lettuce leaf (large)	
-2/3 cup Grated carrots	-2/3 cup Chopped raw red cabbage	
-2/3 cup Canned bean sprouts	-3 tbsp Light Italian salad dressing	
-1/4 cup Mandarin oranges	-1 medium Peeled apple	

**Recipe: Quick and easy scrambled eggs (Breakfast)**

Wednesday September 24

<b>Caloric information</b> >> Approx. Calories : <b>300</b> ; 37.8% Carbohydrates (29.35g)   31.4% Protein (24.4g)   30.8% Fat (10.6g)		
<b>Ingredients</b>		<b>Instructions</b>
-2 large Omega-3 egg	-2 tbsp Skim milk	In a microwavable dish, beat together eggs and milk with salt and pepper to taste until well blended. Cover and cook on high power for 1 to 1 1/2 minutes, until eggs are thickened and no visible liquid remains. Place cooked eggs and cheese on Wasa crispbread. Enjoy with side of fruit.
-2 slice(s) Wasa Fiber Crisp bread	-1 oz Nonfat cheddar cheese	
-1/2 cup Blueberries		

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**Recipe: Creamy berry smoothie (water-based) (Morning Snack)**

<b>Caloric information</b> > > Approx. Calories : <b>200</b> ; 42.1% Carbohydrates (20.57g)   30.6% Protein (14.93g)   27.3% Fat (5.92g)		
<b>Ingredients</b>		<b>Instructions</b>
-20 gm TrueStrength Protein Powder	-10 fl oz Filtered water	Place all ingredients in a blender and blend until smooth.
-1/2 cup Strawberries	-1/3 small Banana (small)	
-1/3 cup Raw blackberries	-1 tsp Flaxseed oil	

**Recipe: Goldi-lox and cream cheese (Lunch)**

<b>Caloric information</b> > > Approx. Calories : <b>500</b> ; 43.1% Carbohydrates (55.25g)   26.6% Protein (34.08g)   30.3% Fat (17.33g)		
<b>Ingredients</b>		<b>Instructions</b>
-4 slice(s) Wasa Fiber rye crispbread	-2 tbsp Philadelphia Brand light cream cheese	Spread cream cheese onto crispbread. Top with lox, cucumber and tomato. Have with a glass of soymilk and an apple.
-4 oz Smoked salmon	-2 medium slice(s) Red tomato medium sliced	
-1/2 cup Peeled and sliced cucumber	-1 medium Apple (medium)	
-6 fl oz Soy Dream original enriched soymilk		

**Recipe: Peanut butter smoothie (Afternoon Snack)**

<b>Caloric information</b> > > Approx. Calories : <b>200</b> ; 44.5% Carbohydrates (23.58g)   29.6% Protein (15.7g)   25.9% Fat (6.1g)		
<b>Ingredients</b>		<b>Instructions</b>
-15 gm TrueStrength Protein Powder	-1/2 cup WestSoy lowfat plain soymilk	Cut banana into slices and place in a blender. Add soymilk, peanut butter and vanilla. Blend until smooth. Top with chocolate syrup.
-1/4 small Banana (small)	-2 tsp Skippy reduced fat creamy peanut butter	
-1/2 tsp Vanilla extract	-1 tsp Nestle Quik chocolate syrup	

**Recipe: Lettuce tomato and cheese sandwich (Dinner)**

<b>Caloric information</b> > > Approx. Calories : <b>500</b> ; 44.3% Carbohydrates (53.05g)   26.6% Protein (31.78g)   29.1% Fat (15.47g)		
<b>Ingredients</b>		<b>Instructions</b>
-4 slice(s) Wasa Fiber Crisp bread	-2 leaf(s) Looseleaf lettuce	Place lettuce, tomato and cheese onto crispbread. Top with sliced avocado. Have with a fruit for dessert.
-2 medium slice(s) Red tomato medium sliced	-3 1/2 oz Lowfat cheddar or Colby cheese	
-1/6 avocado(s) Avocado	-1 fruit(s) Orange	

**Recipe: Power cinnamon oatmeal (Breakfast)**

Thursday September 25

<b>Caloric information</b> > > Approx. Calories : <b>300</b> ; 47.0% Carbohydrates (39.29g)   25.7% Protein (21.47g)   27.3% Fat (10.13g)		
<b>Ingredients</b>		<b>Instructions</b>
-1 packet(s) Cinnamon and spice instant oatmeal	-20 gm TrueStrength Protein Powder	Prepare oatmeal following package directions. Add protein powder and slivered almonds into hot oatmeal.
-2 tbsp Slivered raw almonds		
		Don't forget to take your TrueBasics with breakfast today!

**Recipe: Blue lagoon smoothie (Morning Snack)**

<b>Caloric information</b> > > Approx. Calories : <b>200</b> ; 42.2% Carbohydrates (22.75g)   30.5% Protein (16.45g)   27.3% Fat (6.52g)		
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Ingredients		Instructions
-15 gm TrueStrength Protein Powder	-6 fl oz Soy Dream vanilla soymilk	Place all ingredients into blender and blend until smooth.
-1/4 cup Blueberries	-1/2 tsp Flaxseed oil	

**Recipe: Fruity cottage crunch (Lunch)**

<b>Caloric information</b> >> Approx. Calories : <b>500</b> ; 38.9% Carbohydrates (50g)   33.4% Protein (42.87g)   27.7% Fat (15.82g)		
Ingredients		Instructions
-1 1/4 cup Cottage cheese (1% fat)	-1 1/4 cup Cubed cantaloupe	In a bowl, mix diced fruit, cottage cheese and nuts.
-1 1/4 cup Diced honeydew melon	-3 tbsp Chopped almonds	

**Recipe: Crispy chickpea snack (Afternoon Snack)**

<b>Caloric information</b> >> Approx. Calories : <b>200</b> ; 44.4% Carbohydrates (21.73g)   29.6% Protein (14.46g)   26.0% Fat (5.65g)		
Ingredients		Instructions
-1/3 cup Canned chickpeas	-1 tsp Olive oil	Preheat the oven to 400 F. Toss chickpeas in oil and seasonings. Spread mixture onto a nonstick baking sheet and bake for 30 to 40 minutes or until golden brown and crisp. Serve with a side of cheese.
-1 dash(es) Table salt	-1 dash(es) Ground black pepper	
-1/2 tsp Ground cumin	-1/2 tsp Dried coriander leaf	
-1/4 tsp Cayenne pepper	-1 1/2 oz Nu Tofu nonfat cheddar cheese alternative	

**Recipe: Beef Bourguignon (Dinner)**

<b>Caloric information</b> >> Approx. Calories : <b>500</b> ; 43.9% Carbohydrates (51.52g)   25.7% Protein (30.08g)   30.4% Fat (15.84g)		
Ingredients		Instructions
-1/4 lb Lean Eye of beef round	-1 1/2 tsp All-purpose white flour	Prepare rice following package instructions. In a bowl, mix flour with a pinch of salt and pepper. Cut beef into cubes and coat with the flour mixture. Add oil to skillet over medium high heat. Add meat and brown well on both sides. Add to casserole dish. Return skillet to heat, and add chopped onions, carrots and garlic. Saute for 5 minutes or until onions are tender. Add wine, parsley and liquid from mushrooms. Pour over meat. Bake covered at 350 F for 30 minutes. Remove cover, add canned sliced onions and mushrooms and bake for 10 more minutes or until desired doneness. Serve with rice and side salad (2 cups lettuce, 1/2 cup sliced cucumber, 2 tomato slices) and dressing. Adapted from www.allrecipes.com
-1 1/2 tsp Extra-virgin olive oil	-1/8 small Onion (small)	
-1/2 medium Carrots	-1/8 tsp Minced garlic	
-1/4 cup Red table wine	-1 tsp Chopped parsley	
-1/4 cup Canned mushroom slices	-1/4 cup Canned whole onion	
-1/2 cup Cooked long grain brown rice	-1 serving(s) Tossed side salad without dressing	
-2 tbsp Low calorie French salad dressing		

**Recipe: Anti-aging smoothie (Breakfast)**

Friday September 26

<b>Caloric information</b> >> Approx. Calories : <b>300</b> ; 41.9% Carbohydrates (32.13g)   28.2% Protein (21.64g)   29.9% Fat (10.19g)		
Ingredients		Instructions
-20 gm TrueStrength Protein Powder	-3/4 cup WestSoy lowfat plain soymilk	Place all ingredients in a blender and blend at high speed until smooth, approximately 1 minute. Add nuts to smoothie or enjoy on the side.
-4 cube(s) Ice cubes (3/4 fl oz)	-1/2 cup Whole strawberries	
-1/2 cup Blueberries	-1 tbsp Flax seed	
-4 almond(s) Raw almonds		

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**Recipe: Raspberry-orange smoothie (water-based) (Morning Snack)**

<b>Caloric information</b> >> Approx. Calories : <b>200</b> ; 42.3% Carbohydrates (20.78g)   28.1% Protein (13.79g)   29.6% Fat (6.48g)		
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Ingredients	Instructions
-15 gm TrueStrength Protein Powder -6 fl oz Filtered water -2 fl oz Orange juice -3 tbsp Frozen sweetened raspberries -1 1/4 tbsp Chopped dried walnut	Place all ingredients into blender and blend until smooth.

**Recipe: Lean Cuisine Honey Mustard chicken with salad (Lunch)**

<b>Caloric information</b> >> Approx. Calories : <b>500</b> ; 41.1% Carbohydrates (53.04g)   34.8% Protein (45.02g)   24.1% Fat (13.84g)	
Ingredients	Instructions
-1 serving(s) Lean Cuisine honey mustard chicken entrée -4 1/2 oz Grilled chicken breast -1 serving(s) Tossed side salad with olive oil and balsamic vinegar	Heat entree according to package instructions. Have with extra chicken and side salad (2 cups lettuce, 1/2 cup sliced cucumber, 2 tomato slices, 1 tsp olive oil, 1 tbsp balsamic vinegar).

**Recipe: Soy nuts and yogurt (Afternoon Snack)**

<b>Caloric information</b> >> Approx. Calories : <b>200</b> ; 45.0% Carbohydrates (24.41g)   26.7% Protein (14.49g)   28.3% Fat (6.83g)	
Ingredients	Instructions
-3 oz Nondairy blueberry yogurt -1/2 tsp Flaxseed oil -1 serving(s) (28 g) Soy nuts	Mix flax seed oil into yogurt. Enjoy with soy nuts.

**Recipe: Tuna lettuce wraps (Dinner)**

<b>Caloric information</b> >> Approx. Calories : <b>500</b> ; 42.7% Carbohydrates (45.84g)   27.9% Protein (30g)   29.4% Fat (14g)	
Ingredients	Instructions
-4 oz Canned tuna, in water -1 tbsp Light mayonnaise -1 medium Raw spring onion or scallions -6 large leaf(ves) Iceberg lettuce leaf (large) -2/3 cup Grated carrots -2/3 cup Chopped raw red cabbage -2/3 cup Canned bean sprouts -3 tbsp Light Italian salad dressing -1/4 cup Mandarin oranges -1 medium Peeled apple	Mix tuna, mayonnaise and chopped onion in a bowl. Place tuna mixture on lettuce leaves and top with shredded carrots, cabbage, bean sprouts and salad dressing. Serve with mandarin oranges and apple slices.

**Recipe: Quick and easy scrambled eggs (Breakfast)**

Saturday September 27

<b>Caloric information</b> >> Approx. Calories : <b>300</b> ; 37.8% Carbohydrates (29.35g)   31.4% Protein (24.4g)   30.8% Fat (10.6g)	
Ingredients	Instructions
-2 large Omega-3 egg -2 tbsp Skim milk -2 slice(s) Wasa Fiber Crisp bread -1 oz Nonfat cheddar cheese -1/2 cup Blueberries	In a microwavable dish, beat together eggs and milk with salt and pepper to taste until well blended. Cover and cook on high power for 1 to 1 1/2 minutes, until eggs are thickened and no visible liquid remains. Place cooked eggs and cheese on Wasa crispbread. Enjoy with side of fruit. <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">Don't forget to take your TrueBasics with breakfast today!</div>

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Ingredients	Instructions
-20 gm TrueStrength Protein Powder -10 fl oz Filtered water -1/2 cup Strawberries -1/3 small Banana (small) -1/3 cup Raw blackberries -1 tsp Flaxseed oil	Place all ingredients in a blender and blend until smooth.

**Recipe: Goldi-lox and cream cheese (Lunch)**

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Ingredients		Instructions
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-4 oz Smoked salmon	-2 medium slice(s) Red tomato medium sliced	
-1/2 cup Peeled and sliced cucumber	-1 medium Apple (medium)	
-6 fl oz Soy Dream original enriched soymilk		

**Recipe: Peanut butter smoothie (Afternoon Snack)**

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-1/4 small Banana (small)	-2 tsp Skippy reduced fat creamy peanut butter	
-1/2 tsp Vanilla extract	-1 tsp Nestle Quik chocolate syrup	

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Ingredients		Instructions
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-2 medium slice(s) Red tomato medium sliced	-3 1/2 oz Lowfat cheddar or Colby cheese	
-1/6 avocado(s) Avocado	-1 fruit(s) Orange	