

IBD-AID MENU Phase 3

Overnight Oatmeal Waffles

Cinnamon Apple Muffins

Coconut Curry Red Lentil Soup

Salmon Burgers with Miso
Tahini Sauce

Southwestern Turkey Meatloaf

Foil-Baked Fish with Summer Veggies

Overnight Oatmeal Waffles

Quick Indian Spiced Chicken Lettuce Wraps

Tofu Stir-Fry with Zesty Almond Sauce

Thin Crust Pizza

IBD-AID Phase III Menu Guide

Phase 3 is for those who are feeling stronger and are becoming more comfortable eating a variety of foods. All foods in the IBD foods list are tolerated in Phase 3.

Examples of foods to add in this phase include: stir-fried vegetables and meats, citrus fruits, whole beans, shellfish, and whole apples (should be cooked for better tolerance).

All foods and recipes from earlier phases can be used in later phases - Phase I and Phase II recipes can be used in Phase III.

Tips:

- Fiber, probiotics and adequate water intake are all important to staying in remission.
- Use the shopping list provided to plan your meals (or, you can switch up the recipes according to what you prefer).
- Some recipes can be cooked the night before or a few days ahead so they are all ready to enjoy. This really helps with learning and sticking with the diet.



WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Kale & Fruit Smoothie	Cinnamon Apple Muffins	Farmer's Cheese Spinach Frittata with Squash and Celeriac Home Fries	Gluten-Free Granola and Yogurt	Spinach Mango Smoothie	Anytime Egg Cups	Overnight Oatmeal Waffles
Lunch	Coconut Curry Red Lentil Soup	Leftover Tofu Stir Fry	Leftover Chickpeas with Sole and Spinach	Leftover Thin Crust Pizza	Red Pepper and Tomato Soup	Spinach Salad with Manchego Cheese	Foil-Baked Fish with Summer Veggies
Dinner	Tofu Stir Fry with Zesty Almond Sauce	Chickpeas with Sole and Spinach	Thin Crust Pizza	Salmon Burgers with Miso Tahini Sauce	Thai Beef Salad with Papaya and Toasted Coconut	Southwestern Turkey Meatloaf and Snow Pea Sauté	Quick Indian Spiced Chicken Lettuce Wraps

Snacks

Delicious Peanut Butter Granola Bars
Crunchy Chickpeas
Walnut Flax Bars
Homemade Blueberry Preserves

Desserts

Cinnamon Coffee Cake
Frozen Fruit Sorbet
Classic Carrot Cake
Egg-Free Ice Cream

Beverages

Sparkling Lime-Mint Quencher
Assorted Tea with Honey (Hot or Iced)
Orange-Pomegranate Green Tea
Coconut Water
Chia-Citrus Cooler

Shopping List Phase 3
(ingredients for snacks, desserts and beverages
are not included in the shopping list)

Fruits:

3 Apples
1/2 Pear
2 bananas
1 mango
1 ripe papaya
Red grapes
3 lemons
2 limes
1 orange
100% fruit juice
Raisins
Dried cranberries (Craisins)
Dried apricots
2 Medjool dates

Vegetables:

Kale
1 small sweet potato
1 medium butternut squash
1 large celeriac (celery root)
1 cucumber
1 zucchini
3 carrots
8 green onions, diced
3 red onions
3 white onions
1 clove garlic
8 large pieces of lettuce
Mixed vegetables of choice (leafy greens, sweet peppers, leeks, zucchini, snow peas or mushrooms)
4 bags Baby spinach
1 10-oz package frozen spinach
12 Plum tomatoes
6 Red bell peppers
7 Roma tomatoes
1 cup cherry tomatoes
1 green or red chile
Purple cabbage
10 scallions
Shallots

1 endive
Fennel
1 1/2 lbs snow peas
1 can diced tomatoes

Chicken/Fish/ Meat:

1/2 lb sole (or other flaky white fish)
1 lb salmon fillet
1 lb steak (filet mignon, NY strip, ribeye or flank)
1 1/4 lbs lean ground turkey breast
3 tilapia fillets
2 lbs boneless, skinless chicken thighs (organic if possible)

Nuts/Seeds/Beans:

1 cup red lentils
1 can chickpeas
Tamari
Almond butter
Almond milk (or soy or coconut milk, unsweetened)
Almond flour (blanched)
Sesame oil
Sesame seeds
Ground flaxseed
Cashews

Dairy/ Non-dairy:

1 large tub (32 oz) Greek plain nonfat yogurt (or other IBD-AID friendly yogurt without added sugar)
Farmer's cheese
Manchego cheese
Reduced-fat cheddar cheese
Unsalted butter
14-oz can coconut milk
22 eggs
Mayonnaise (IBD-Friendly)
Buttermilk or kefir

Sweeteners/Flavoring:

Honey (local is best)
Vanilla extract

Spices:

Ground ginger
Ground nutmeg
Salt
Pepper
Parsley flakes

Cinnamon
Curry powder
Chili powder
Garlic powder
Cayenne pepper
Garam masala blend
Turmeric

Fresh Herbs:

Fresh ginger
Fresh basil leaves
Fresh cilantro
Fresh parsley
Dried dill
Oregano
Fresh mint
13 garlic cloves

Stock:

Chicken stock

Oils:

Olive oil
Canola oil
Coconut oil
Sesame oil

Grains:

Rolled oats
Steel-cut oats
Oat flour

Others:

Tomato paste
Apple cider vinegar
White wine vinegar
Balsamic vinegar
10 to 12-oz package of tofu (extra-firm)
Baking soda (Featherweight or other brand without corn-starch)
Shredded coconut (unsweetened)
2 Kaffir lime leaves
Tomato paste or healthy ketchup

Monday

Breakfast

Kale and Fruit Smoothie

(Servings = 2)

Ingredients:

1 cup kale, chopped

1 apple

½ pear

1 banana

Handful of red grapes

1 cup water

5 ice cubes

6 oz Greek plain nonfat yogurt (you can substitute other IBD-AID friendly yogurts – just make sure they have no added sugar).

Directions:

Put all ingredients in blender and blend until smooth. Be sure to blend completely to reduce irritation from grape skins.

Recipe adapted from: <http://greenlitebites.com/2012/11/20/banana-almond-oat-pancakes/>

**Calories: 207; Total Fat: 2g; Total Carbohydrate: 40g; Total Protein: 10g; Total Dietary Fiber: 6g; Soluble Fiber: 2g*

***Excellent source of protein, fiber, vitamin K and vitamin C (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Lunch

Coconut Curry Red Lentil Soup

(Servings = 3-4)

Ingredients:

1 cup red lentils

3 cups water

1 small sweet potato, peeled and 1/4" cubed

1 carrot, diced

1 tablespoon fresh ginger, peeled and minced
 1 tablespoon good-quality curry powder
 1 tablespoon olive oil
 4-6 green onions, diced
 3 tablespoons tomato paste
 1/4 14-oz can coconut milk
 1/2 teaspoon salt

Directions:

1. In a large stockpot combine lentils and water, bring to a boil. Reduce to a simmer and add the sweet potato, carrot, and half the ginger. Continue to simmer until sweet potato is almost tender.
2. In a small skillet, add curry powder and toast until fragrant. Remove from skillet once toasted. Return skillet to stove and add olive oil. Next, stir in remaining ginger and half the green onions to skillet over medium low heat. Sauté until onions are softened, 3-4 minutes. Add tomato paste and continue to cook for 1-2 more minutes. Finally, stir in toasted curry powder and stir, making sure everything is mixed well.
3. Add the tomato paste mixture along with the coconut milk to the lentil base. Stir and let simmer for 15-20 minutes. I served this soup more as a hearty thick stew so you may need to play with the consistency by adding more water.

Recipe adapted from: <http://www.yummly.com/recipe/external/Y-Coconut-Curry-Red-Lentil-Soup-Naturally-Ella-200094>

**Calories: 286; Total Fat: 10g; Total Carbohydrate: 38g; Total Protein: 14g; Total Dietary Fiber: 11g; Soluble Fiber: 1g*

***Excellent source of protein, fiber, vitamin A, vitamin K, phosphorus, iron, zinc, copper and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Dinner

Tofu Stir Fry with Zesty Almond Sauce (Servings = 4-5)

Tofu Marinade

Ingredients:

2 tbsp apple cider vinegar
 2 tbsp tamari (low-sodium)
 One 10 to 12 ounce package of extra-firm tofu, excess water squeezed out (press between two plates), and cubed

Directions:

In a large bowl, combine the vinegar and tamari. Add the cubed tofu, toss to coat, and marinate.

Almond Sauce

Ingredients:

½ cup almond butter
 1 cup plain soy or almond or coconut milk, unsweetened
 ⅓ cup apple cider vinegar
 1 large clove garlic, minced
 3 tbsp tamari (low-sodium)
 2 tbsp fresh ginger, finely chopped
 1 tbsp toasted sesame oil

Directions:

In a blender or food processor, combine all of the ingredients and puree until smooth.

Veggie Sauté

Ingredients:

10 to 12 cups of vegetables, chopped (leafy greens, sweet peppers, leeks, zucchini, snow peas and mushrooms - or choose your own vegetables! Avoid more fibrous veggies like Brussels sprouts or broccoli, or hot peppers).
 1 tbsp extra virgin olive oil (half to sauté tofu, half to sauté veggies)
 1 cup red onion, chopped
 Few pinches sea salt

Directions:

1. In a deep skillet over medium-high heat, heat ½ tbsp of olive oil.
2. Add the marinated tofu and sauté for 6 to 8 minutes, tossing occasionally, until lightly browned.
3. Remove tofu and set aside, and reserve skillet. Over medium heat, heat the remaining olive oil. Add the veggies in order of firmness of the vegetable and cook for a few minutes before adding the next bunch. For example, first add the onions, salt, black pepper, then cover and cook for 5 minutes.
4. Next add vegetables like sweet peppers, zucchini and mushrooms -cover and cook for 5 more minutes. When the veggies are tender, stir in almond sauce and any greens, if you are using them.
5. Add the tofu. Cover and let cook 2 to 3 minutes, stirring occasionally until the greens are wilted or until the sauce is slightly bubbly.
6. Serve with a squeeze of fresh lemon juice.

Recipe adapted from: Vive le Vegan! By Dreena Burton

**Calories: 399; Total Fat: 26g; Total Carbohydrate: 27g; Total Protein: 20g; Total Dietary Fiber: 8g; Soluble Fiber: 1.5g*

***Excellent source of protein, fiber, vitamin A, vitamin E, vitamin K, vitamin C, potassium, iron, zinc, copper, phosphorus, and calcium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Tuesday

Breakfast

Cinnamon Apple Muffins

(Servings = 10)

Ingredients:

2 ¼ cups blanched almond flour

½ teaspoon salt

½ teaspoon baking soda

1 teaspoon ground cinnamon

¼ cup canola oil

½ cup honey--local is best

1 large egg

1 tablespoon pure vanilla extract

2 medium apples, peeled, cored, and diced into ¼ inch cubes

Directions:

1. Preheat oven to 350 F. Line 10 muffin cups with paper liners.
2. In a large bowl, combine the almond flour, salt, baking soda, and cinnamon.
3. In a medium bowl, whisk together the canola oil, honey, egg, and vanilla extract.
4. Stir the wet ingredients into the almond flour mixture until thoroughly combined, then fold in the apples.
5. Spoon the batter into the prepared muffin cups.
6. Bake for 25-30 minutes, until the muffin tops are golden brown and a toothpick inserted in the center comes out clean.
7. Let the muffins cool in the pan for 30 minutes, then serve.

**Calories: 271; Total Fat: 19g; Total Carbohydrate: 23g; Total Protein: 6g; Total Dietary Fiber: 3g; Soluble Fiber: 0.2g*

***Excellent source of vitamin E (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Lunch

Leftover Tofu Stir Fry

Dinner

Chickpeas with Sole and Spinach

(Servings=2)

Ingredients:

½ lb sole (or any other flaky white fish)
3 Tablespoons extra virgin olive oil
4 cups of baby spinach, chopped
1 can of chickpeas, drained and well-rinsed
2 Tablespoons lemon juice
1/2 teaspoon dried dill (optional)
1/2 teaspoon salt

Directions:

1. Heat the oil in a pan over medium-high heat.
2. Add in the fish fillets to cook through, about 90 seconds on each side.
3. When the fish is fully cooked, add in the spinach and chickpeas.
4. Stir and continue cooking until all the ingredients are warm and the oil has been soaked up.
5. Season with salt, dill, and lemon before serving.

Recipe adapted from: <http://www.thewannabechef.net/recipes/beans/>

**Calories: 465; Total Fat: 26g; Total Carbohydrate: 36g; Total Protein: 24g; Total Dietary Fiber: 11g; Soluble Fiber: 0.9g*

***Excellent source of protein, fiber, vitamin K, vitamin C, folate, phosphorus, iron and selenium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Wednesday

Breakfast

Farmer's Cheese Spinach Frittata

(Servings =6)

Ingredients:

6 ounces fresh spinach, stemmed and washed, or 1/2 6-ounce bag baby spinach
6 eggs
salt and freshly ground pepper
1 cup farmer's cheese
1 tablespoon chopped fresh mint
1 garlic clove, minced
2 tablespoons extra virgin olive oil

Directions:

1. Steam the spinach above 1 inch of boiling water just until it wilts, about two minutes. Rinse with cold water, squeeze out excess moisture and chop fine.
2. In a medium bowl, beat together the eggs, salt, pepper, ricotta, garlic, spinach and mint.
3. Heat the olive oil over medium-high heat in a heavy 10-inch nonstick skillet. Drop a bit of egg into the pan; if it sizzles and cooks at once, the pan is ready.
4. Pour in the egg mixture. Tilt the pan to distribute the eggs and filling evenly over the surface. Shake the pan gently, tilting it slightly with one hand while lifting up the edges of the frittata with the spatula in your other hand, to let the eggs run underneath during the first few minutes of cooking.
5. Turn the heat down to low, cover and cook 10 minutes, shaking the pan gently every once in a while. From time to time, remove the lid, tilt the pan and loosen the bottom of the frittata with a wooden spatula so that the bottom doesn't burn. It should turn a golden color. The eggs should be just about set; cook a few minutes longer if they're not.
6. Meanwhile, heat the broiler. Uncover the pan and place under the broiler, not too close to the heat, for one to three minutes; watching very carefully to make sure the top doesn't burn (at most, it should brown very slightly and puff under the broiler).
7. Remove from the heat, shake the pan to make sure the frittata isn't sticking, and allow it to cool for at least five minutes and for as long as 15 minutes.
8. Loosen the edges with a wooden or plastic spatula. Carefully slide from the pan onto a large round platter.
9. Cut into wedges or into smaller bite-size diamonds. Serve hot, warm, at room temperature or cold.

**Calories: 164; Total Fat: 13g; Total Carbohydrate: 3g; Total Protein: 10g; Total Dietary Fiber: 0.5g; Soluble Fiber: 0.1g*

***Excellent source of protein, vitamin A, vitamin K and selenium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Squash and Celeriac Home Fries

(Servings =6-8)

Ingredients:

1 medium butternut squash
1 large celeriac (celery root)
3 tablespoons extra virgin olive oil
About 5 garlic cloves, sliced
Salt to taste

Directions:

1. Preheat the oven to 375 F.
2. Peel the butternut squash, cut in half, and scoop out the seeds. Chop the squash into small (1/2-1") pieces.
3. Peel the celeriac and chop into small pieces. Add the garlic, and coat all with the olive oil.
4. Spread the mixture on a baking sheet or pan. Salt lightly if desired.
5. Bake in the oven until browned and cooked through, about 30 - 40 minutes.
6. Stir during the baking process to ensure that the fries cook evenly.

**Calories: 119; Total Fat: 7g; Total Carbohydrate: 14g; Total Protein: 2g; Total Dietary Fiber: 3g; Soluble Fiber: 0.6g*

***Excellent source of vitamin A, vitamin K and vitamin C (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Lunch

Left over Chickpeas with Sole and Spinach

Dinner

Thin Crust Pizza

(Servings=4-6)

Crust

Ingredients:

1 teaspoon canola oil
1 tbsp extra virgin olive oil
2 cups almond flour
2 eggs
½ cup dry curd cottage cheese (farmer's cheese)

¼ teaspoon salt

Topping

Ingredients:

2 cups healthy tomato sauce (no sugar added) or Mom's Tomato Sauce (see recipe below)
 1 teaspoon oregano
 ¾ cup grated reduced-fat cheddar cheese

Directions:

1. Preheat the oven to 350 F.
2. Grease a 9-by-13 inch baking dish or round pizza pan with the teaspoon of canola oil and set aside.
3. To make crust, in a bowl, combine the olive oil, almond flour, eggs, farmer's cheese, and salt. Roll it into a ball, transfer it to the greased baking dish, and pat it down into a thin layer. Bake in the oven for 20 minutes or until golden brown. Remove from the oven and top with the tomato sauce, oregano, and reduced-fat cheese. Place the dish back in the oven and bake for another 5 minutes, or until cheese has melted.

Mom's Tomato Sauce

Ingredients:

12 plum tomatoes
 2 tablespoons extra virgin olive oil
 2 cloves garlic, minced
 1 small onion minced
 ½ cup water
 1 cup fresh basil leaves, chopped
 2 tablespoons fresh parsley
 1/2 teaspoon salt
 ½ teaspoon black pepper

Directions:

1. Peel, core, and dice the tomatoes.
2. To peel tomatoes, immerse them in boiling water for 20 to 30 seconds and then dip them in cool water. The peels will slip off.
3. In a large saucepan, heat the olive oil over medium heat and sauté the garlic and onion until tender, 4 to 5 minutes. Add the tomatoes, water, basil leaves, parsley, salt, and pepper. Bring to a boil and then reduce heat, simmering uncovered for 45 minutes and stirring occasionally to make sure the tomatoes are well mixed. If you prefer a smooth sauce, allow the sauce to cool and then blend in a food processor.
4. Refrigerate the leftover sauce for up to 5 days or freeze until needed.

Makes 4 to 5 cups of sauce.

**Calories: 487; Total Fat: 38g; Total Carbohydrate: 19g; Total Protein: 22g; Total Dietary Fiber: 7g; Soluble Fiber: 0.5g*

***Excellent source of protein, fiber, vitamin A, vitamin E, vitamin K, calcium, phosphorus, magnesium and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Thursday

Breakfast

Gluten-free Granola

(Servings = 4)

Ingredients:

2 ½ cups rolled oats (or steel-cut -- may need to precook slightly)
 ½ cup unsweetened shredded coconut
 1 ½ teaspoons ground cinnamon
 ½ teaspoon ground ginger
 ¼ teaspoon ground nutmeg
 1/8 teaspoon salt
 ½ cup honey --local is best
 ¼ cup coconut oil, melted
 1/3 cup raisins
 1/3 cup dried cranberries
 1/3 cup dried apricots, diced
 2 cups low fat or nonfat plain Greek or regular yogurt

Directions:

1. Preheat oven to 300 F. Grease a rimmed baking sheet
2. Place oats, coconut, cinnamon, ginger, nutmeg and salt in a large bowl and stir well to combine.
3. Add honey and coconut oil and mix well until the oats are uniformly sticky.
4. Evenly spread the oat mixture on the prepared baking sheet.
5. Place in preheated oven and bake for 15 minutes. Remove baking sheet and stir granola well.
6. Return to oven and bake for another 15-20 minutes, until golden brown.
7. While mixture is still warm, stir in raisins, dried cranberries and dried apricots. Cool.
8. Top 1/2 cup yogurt with granola.
9. Store extra in an airtight container.

**Calories: 611; Total Fat: 24g; Total Carbohydrate: 99g; Total Protein: 8g; Total Dietary Fiber: 9g; Soluble Fiber: 3g*

***Excellent source of fiber, phosphorus, magnesium, copper and selenium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Lunch

Leftover Thin Crust Pizza

Dinner

Salmon Burgers with Miso Tahini Sauce

(Servings=4)

Salmon Burgers

Ingredients:

- 1 lb salmon fillet
- 2 tsp lemon juice
- ½ c finely chopped onion
- 2 tsp parsley flakes
- ½ tsp garlic powder
- 2 eggs, or ½ cup egg whites
- ¼ c IBD-friendly mayonnaise
- ½ c freshly ground flax seed

Directions:

1. Poach salmon in water.
2. In a medium bowl breakup poached salmon and sprinkle with lemon juice.
3. Add chopped onion, parsley flakes and garlic powder, mix to combine.
4. Beat eggs and add mayonnaise, mix. Combine with salmon mixture.
5. Add ground flaxseed a bit at a time until they will hold together to form patties
6. Shape into patties and fry in nonstick pan using cooking spray or small amount of canola oil
OR bake in oven for 15 minutes at 350 degrees.

Miso Tahini Sauce

Ingredients:

- 1/4 cup warm water, more to taste
- 1 tablespoon miso (should buy refrigerated miso as it has live good bacteria)
- 1/3 cup tahini
- 1 teaspoon orange zest
- 1 teaspoon lemon juice
- 1 tablespoon finely chopped cilantro leaves
- 1 tablespoon tamari (low-sodium)

Directions:

In a medium bowl, whisk together all ingredients. For a thinner sauce, add more water.

Recipe adapted from Moosewood Restaurant Low-Fat Favorites

**Calories: 875; Total Fat: 61g; Total Carbohydrate: 27g; Total Protein: 58g; Total Dietary Fiber: 12g; Soluble Fiber: 3.5g*

***Excellent source of protein, fiber, vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, folate, phosphorus, magnesium, iron, zinc, copper, selenium, and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Friday

Breakfast

Spinach Mango Smoothie

(Servings=2)

Ingredients:

3 ice cubes

1/2 cup 100% fruit juice, cold

1 cup: low fat or nonfat yogurt, plain (for thicker texture) OR, 1 cup unsweetened almond or soy milk (for thinner texture)

2 cups packed baby spinach, or torn, stemmed mature leaves

1 medium mango, peeled, roughly chopped (about 1 cup), and frozen

1/2 banana, sliced and frozen

Directions:

1. Place the ice in the blender and pulse to crush.
2. Add the juice, the yogurt or almond or soy milk, and spinach; pulse to begin breaking up the greens and then blend, at first on medium and gradually adjusting to high, to liquefy the solids, 20 seconds to 1 minute, depending on your blender.
3. Add the mango and banana, and blend until the mixture is uniform, thick, and moves easily in the blender jar, about 45 seconds, and serve.

Recipe adapted from The Boston Globe Magazine - January 5th, 2014

**Calories: 183; Total Fat: 2.5g; Total Carbohydrate: 34g; Total Protein: 9g; Total Dietary Fiber: 3g; Soluble Fiber: 1g*

***Excellent source of vitamin A, vitamin K, vitamin C, folate, calcium, phosphorus and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Lunch

Red Pepper and Tomato Soup

(Servings =3)

Ingredients:

2 red peppers

- 7 Roma tomatoes
- 1 tbsp olive oil
- 1 red onion, thinly sliced
- 1 tsp salt
- 1 cup chicken stock

Directions:

1. Preheat the oven to broil. Lightly oil a baking sheet. Bring a pot of water to boil.
2. Cut each red pepper into four sections and deseed them. Place them on the baking sheet and broil until the skin starts to wrinkle (10 to 15 minutes). Turn them over and roast for 5 more minutes. Chop into large pieces and set aside.
3. Remove the tomato skins by dipping the tomatoes into the pot of boiling water for 30 to 40 seconds. Remove the tomatoes from the pot and dip them into cold water. The peels will slip off. Chop the tomatoes into large pieces. Set aside.
4. Heat the olive oil over medium heat. Sauté the onion until golden, 3 to 5 minutes. Place the red pepper, tomatoes, onion, and salt in a food processor and blend until smooth. Pass through a sieve. Pour the strained mixture into a pot.
5. Add the chicken stock to the tomato-pepper mixture and bring to a boil. Lower the heat and simmer for 5 minutes.

Recipe adapted from: Raman Prasad's Recipes for the Specific Carbohydrate: Diet

**Calories: 130; Total Fat: 6g; Total Carbohydrate: 17g; Total Protein: 5g; Total Dietary Fiber: 5g; Soluble Fiber: 1g*

***Excellent source of vitamin A, vitamin K, vitamin C and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Dinner

Thai Beef Salad with Papaya and Toasted Coconut

(Servings =4)

Dressing:

Ingredients:

- ¼ cup freshly squeezed lemon juice (about 1 lemon)
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons toasted sesame oil
- 1 small clove garlic, minced

1 tablespoon grated fresh ginger
 1 green or red chile, seeded and sliced into thin strips
 1 tablespoon black sesame seeds (optional)
 1 tablespoon date paste or 2 Medjool dates, mashed
 1 teaspoon cayenne pepper
 Salt and freshly ground pepper to taste

Directions:

1. In a small bowl, stir together the lemon, lime, and orange juice, sesame oil, garlic, ginger, chile, sesame seeds, date paste, cayenne, salt, pepper.
2. Set aside for 1 hour to allow flavors to blend, then cover and refrigerate.

Salad:

Ingredients:

1 pound steak, such as filet mignon, new york strip, ribeye or flank
 2 cups shredded purple cabbage (1 small head)
 8 to 10 scallions, sliced on the diagonal
 1 small red onion, very thinly sliced
 2 medium carrots, peeled and cut into matchsticks
 2 red bell peppers, peeled, seeded, and cut into matchsticks
 1 ripe papaya, cut into matchsticks
 1 medium cucumber, peeled, seeded, and cut into matchsticks
 1 cup chopped fresh cilantro
 ½ cup thinly sliced fresh mint leaves
 ½ cup dried unsweetened coconut, toasted
 2 Kaffir lime leaves, finely shredded, or grated zest of 1 lime
 ½ cup cashews, toasted

Directions:

1. Preheat grill to high.
2. Season the steak with salt and pepper and grill for 7 to 9 minutes on each side for medium rare. Transfer to a cutting board and let rest for at least 5 minutes.
3. Scatter the cabbage, scallions, onions, carrots, bell peppers, papaya, and cucumber on a large serving platter.
4. Slice the steak on the diagonal, against the grain, as thinly as you can. Fan out the slices on top of vegetables. Sprinkle with cilantro mint, coconut, lime, and cashews. Drizzle the dressing over all and season with salt and pepper before serving.

**Calories: 545; Total Fat: 2g; Total Carbohydrate: 31g; Total Protein: 35g; Total Dietary Fiber: 9g; Soluble Fiber: 1g*

***Excellent source of protein, fiber, vitamin A, vitamin K, vitamin C, niacin, folate, phosphorus, magnesium, iron, zinc, selenium and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Saturday

Breakfast

Anytime Egg Cups

(Servings =8-12)

Ingredients:

- 9 eggs
- Salt and pepper to taste
- 1 10-oz bag baby spinach
- 1 medium onion, finely chopped
- 1 Tbsp extra virgin olive oil or canola oil
- 1 cup reduced-fat cheddar cheese, grated

Directions:

1. Preheat oven to 375°
2. Grease muffin pan very well with oil.
3. Heat sauté pan on medium low heat. Add oil; sauté onions until translucent.
4. Crack eggs in bowl, beat like making scrambled eggs. Salt and pepper to taste
5. Assembly:
 - In each muffin cup add 2-4 spinach leaves.
 - Add onions
 - Add 1 Tbsp cheese
 - Spoon egg mixture into each muffin cup to 2/3 full.
6. Put tins in oven. Bake 10-20 minutes (time dependent on size of muffin pan). Check for doneness; use a toothpick, and top of eggs should be nicely browned on top. Be careful not to overcook.
7. Cool in pan (at least 5 minutes). Use a dinner knife, run the blade around the perimeter of each egg to loosen and remove.
8. Freeze some for later use.

**Calories: 130; Total Fat: 9.5g; Total Carbohydrate: 3g; Total Protein: 9g; Total Dietary Fiber: 0.8g; Soluble Fiber: 0.2g*

***Excellent source of vitamin A and vitamin K (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Lunch

Spinach Salad with Manchego Cheese

(Servings = 4-6)

Salad:

Ingredients:

9 ounces spinach leaves
 1 endive (or other green)
 1 cup Manchego cheese (aged cheese)

Directions:

Chop the spinach and endive leaves to the desired size. Sprinkle the cheese on top.

Dressing:

Ingredients:

2 tablespoons white wine vinegar
 3 tablespoons honey -- local is best
 1 tablespoon extra-virgin olive oil
 ¼ cup peeled and chopped shallots
 1/8 teaspoon pepper

Directions:

Blend all the dressing ingredients together in a food processor until smooth. Toss with the salad and serve.

**Calories: 180; Total Fat: 10g; Total Carbohydrate: 14g; Total Protein: 10g; Total Dietary Fiber: 1g; Soluble Fiber: 0.3g*

***Excellent source of protein, vitamin A, vitamin K, calcium and phosphorus (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Dinner

Southwestern Turkey Meatloaf

(Servings = 8)

Ingredients:

½ cup steel-cut oats
 2 egg whites or 1 large egg
 1 can (14oz) diced tomatoes
 1 ¼ pounds lean ground turkey breast
 1-2 teaspoons chili powder (to taste)
 1 teaspoon oregano
 1 package (10 oz) frozen spinach, defrosted, squeezed dry, and finely chopped
 ¼ cup healthy ketchup or 2 tablespoons tomato paste

Directions:

1. Preheat oven to 375° degrees.
2. In a large bowl, mix together the oats, egg whites, and tomatoes. Add the turkey, chili powder, and oregano. Mix in the spinach until well blended. Season to taste with salt and pepper.
3. Transfer mixture to an 8x5x3 inch loaf pan and gently pat down. Bake uncovered for 45 minutes.
4. Remove meatloaf from oven and spread ketchup or tomato paste over the top. Return to oven and continue baking for 15 – 20 minutes more (or until meat thermometer temperature reaches 165 degrees). Cool a bit before slicing.

**Calories: 180; Total Fat: 8g; Total Carbohydrate: 11.5g; Total Protein: 18g; Total Dietary Fiber: 3g; Soluble Fiber: 0.9g*

***Excellent source of protein, vitamin A, vitamin K, vitamin C, phosphorus, iron, zinc and selenium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Snow Pea Sauté

(Servings = 8-10)

Ingredients:

- 2 tablespoons unsalted butter
- 1 ½ pounds snow peas
- 1 red bell pepper, seeded and diced

Directions:

1. In a stovetop pan, melt the butter over medium heat.
2. Add the snow peas and bell pepper, and sauté until the desired doneness is reached. If you prefer the vegetables on the crispy side, you might want to remove the pan earlier; otherwise, let the vegetables cook until softened.

**Calories: 66; Total Fat: 3g; Total Carbohydrate: 7g; Total Protein: 3g; Total Dietary Fiber: 3g; Soluble Fiber: 0.4g*

***Excellent source of vitamin A, vitamin K and vitamin C (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Sunday

Breakfast

Overnight Oatmeal Waffles

(servings =2)

Ingredients:

1 cup uncooked old fashioned oats
 1 cup buttermilk or kefir
 1 egg, lightly beaten
 2 tbsp canola oil
 1 tbsp raw honey
 1/4 cup oat flour *see note below
 1 tsp baking soda
 pinch of salt

Directions:

1. Stir oats and buttermilk or kefir together, cover, and refrigerate overnight.
2. In the morning add the egg, canola oil, and honey; stir well.
3. In a separate bowl, mix the oat flour, baking soda, and salt. Stir this into the buttermilk mixture just until blended.
4. Preheat waffle iron, and cook - waffles are done in about five minutes or when the flow of steam from waffle iron has slowed.

**Regarding oat flour - it is available in some stores, but you can also make it in practically no time, by putting old fashioned, uncooked oats into your blender, and pulsing a couple of times. Voilà - oat flour! Of note - almond flour also works well in this recipe.*

**Calories: 473; Total Fat: 24g; Total Carbohydrate: 52.5g; Total Protein: 14g; Total Dietary Fiber: 6g; Soluble Fiber: 3g*

***Excellent source of vitamin D, iron, zinc and selenium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Lunch

Foil-Baked Fish with Summer Veggies

(servings=4)

Ingredients:

3 tilapia fillets (or other white, mild-flavored fish), about 5 1/2 oz each
 1 zucchini, sliced into 3" matchsticks
 1 cup cherry tomatoes, halved (if able to tolerate seeds)
 1 1" piece of fennel, sliced thin
 2 green onions, sliced thin
 2 cloves garlic, sliced thin
 1 red bell pepper, sliced into 3" matchsticks
 1/2 cup loosely packed basil leaves, chopped
 1/2 lemon, juiced
 2 Tbsp extra virgin olive oil
 1 Tbsp balsamic vinegar, divided
 1 tsp dried oregano
 Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees.
2. In a large bowl, combine the sliced zucchini, cherry tomatoes, bell pepper, fennel, sliced green onions, garlic, oregano and basil. Drizzle olive oil and lemon juice over the veggies and add a pinch of salt. Toss well.
3. Pull a square of tin foil about 12 x 24" out. Fold it in half and place one fish fillet in the center. Add some vegetables on top and around the fish. Drizzle on a little balsamic vinegar and add a sprinkle of salt and pepper. Wrap up the foil around the fish and fold in all sides tightly so that no steam escapes. You want a nice, tight little package.
4. Repeat with the remaining fish fillets and then place the foil packets on a baking sheet and place in the oven for 15-20 minutes, until fish has baked through and flakes easily. You can check the fish after 15 minutes by unwrapping a tiny corner of the foil and poking a knife or fork inside.
5. When done, remove from the oven and unwrap on individual plates.

**Calories: 193; Total Fat: 9g; Total Carbohydrate: 12g; Total Protein: 18g; Total Dietary Fiber: 4g; Soluble Fiber: 1g*

***Excellent source of protein, vitamin A, vitamin D, vitamin K, vitamin C, niacin, phosphorus, selenium and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Dinner**Quick Indian Spiced Chicken Lettuce Wraps**

(servings=8)

Ingredients:

2 lbs. boneless, skinless chicken thighs (organic if possible), cut into large chunks or strips
 salt and freshly ground pepper
 1 cup low fat or full-fat yogurt (Greek style/thicker yogurt preferred)
 zest from one lime

- 2 tbsp garam masala spice blend
- 2 tbsp turmeric
- 8 large pieces of lettuce (for the wraps)

Directions:

1. Sprinkle chicken strips or chunks with salt, pepper, and half of the garam masala and curry powder.
2. In a large glass bowl, mix yogurt, lime zest and the rest of the garam masala and curry powder.
3. Add chicken to yogurt mixture and stir to coat well.
4. While that marinates, preheat oven to 500 degrees. On a rimmed baking sheet, fitted with wire racks (I use my cooling racks) or a broiler pan, lay out chicken pieces. Roast until cooked through, about 15 -20 minutes.
5. You can let the chicken marinate in the yogurt mixture in the fridge for several hours, if you'd like. Additionally, you can skewer chicken before cooking (either in chunks or strips) with wooden skewers. I generally soak the skewers in water for a bit before using so that they will not burn during cooking. This makes great party finger food.
6. Serve wrapped in lettuce, and enjoy!

**Calories: 183; Total Fat: 6g; Total Carbohydrate: 4g; Total Protein: 27g; Total Dietary Fiber: 1g; Soluble Fiber: 0.1g*

***Excellent source of protein, vitamin B-12, phosphorus, iron, zinc, and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Dessert



Cinnamon Coffee Cake

(Servings = 12)

Ingredients

Cake:

- 2 ½ cups almond flour
- ¼ teaspoon sea salt
- ½ teaspoon baking soda
- ½ cup walnuts, coarsely chopped
- ½ cup dried currants (optional)
- ¼ cup canola oil
- ¼ cup honey--local is best
- 2 large eggs

Topping:

2 tablespoons ground cinnamon
 2 tablespoons canola oil
 ¼ cup honey
 ½ cup sliced almonds

Directions:

1. Preheat oven to 350 degrees. Grease an 8-inch square baking dish with canola oil and dust with almond flour.
2. To make the cake, combine the almond flour, salt, baking soda, walnuts, and currants in a large bowl. In a medium bowl, whisk together the canola oil, honey, and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined.
3. Spread the batter in the baking dish
4. To make the topping, combine the cinnamon, canola oil, honey, and almonds in a bowl. Sprinkle the topping over the cake batter.
5. Bake for 25-35 minutes, until a toothpick inserted into the center of the cake comes out clean. Let the cake cool in the pan for 1 hour, then serve.

**Calories: 324; Total Fat: 25g; Total Carbohydrate: 23g; Total Protein: 8g; Total Dietary Fiber: 4g; Soluble Fiber: 0.5g*

***Excellent source of vitamin E (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Frozen Fruit Sorbet

(Servings =2)

Ingredients:

2 medium bananas
 1 cup sliced strawberries
 2 tablespoons water
 1 tablespoon fresh lemon juice
 Garnish optional: Whole strawberries

Directions:

1. Peel bananas and cut into 1-inch pieces. Place bananas and strawberries on a wax-paper lined rimmed baking sheet. Freeze 1 1/2 to 2 hours until completely frozen.
2. Process fruit, water, and lemon juice in a food processor until smooth.
3. Serve immediately or freeze up to 2 weeks. Garnish servings with whole strawberries.

**Calories: 137; Total Fat: 0.7g; Total Carbohydrate: 35g; Total Protein: 2g; Total Dietary Fiber: 5g; Soluble Fiber: 1g*

***Excellent source of fiber and vitamin C (>20% DV)*

***Good source of potassium (>10% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Classic Carrot Cake

(Servings =12)

Ingredients:

3 cups blanched almond flour
 2 teaspoons sea salt
 1 teaspoon baking soda
 1 tablespoon ground cinnamon
 1 teaspoon ground nutmeg
 ¼ cup canola oil
 ½ cup honey – local is best
 5 large eggs
 3 cups grated carrots
 1 cup raisins
 1 cup walnuts, coarsely chopped

Directions:

1. Preheat oven to 325 F. Grease two 9-inch cake pans with canola oil and dust with almond flour.
2. In a large bowl, combine the almond flour, salt, baking soda, cinnamon, and nutmeg. In a medium bowl, whisk together the canola oil, honey, and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined.
3. Fold in the carrots, raisins, and walnuts. Scoop the batter into the prepared cake pans.
4. Bake for 30 to 35 minutes, until a toothpick inserted into the center of the cake comes out clean. Let the cake cook in the pans for 1 hour, then serve.

**Calories: 390; Total Fat: 27g; Total Carbohydrate: 31.5g; Total Protein: 11g; Total Dietary Fiber: 5g; Soluble Fiber: 0.6g*

***Excellent source of protein, fiber, vitamin A, vitamin E, phosphorus and magnesium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Egg-Free Ice Cream

(Servings =2)

Ingredients:

1 cup cashews
 2 cups water
 honey to taste (local is best)
 2 cups strawberries, blueberries, mango or peaches (fresh or frozen, no sugar added)

Directions:

1. Using a food processor, blend cashews to make a very fine meal (about 3-4 minutes).
2. Add water, then honey to taste.
3. Drop in fruit and process till cashews aren't grainy.
4. Chill in freezer for about 15 minutes then pour into an ice cream maker. Process for about half an hour, enjoy fresh. (Leftovers can be frozen and the consistency is like all -natural ice cream, or it can be kept cold and served as a "milk shake")

**Calories: 419; Total Fat: 29g; Total Carbohydrate: 35g; Total Protein: 13g; Total Dietary Fiber: 5g; Soluble Fiber: 0.8g*

***Excellent source of protein, fiber, vitamin C, vitamin K, phosphorus, magnesium, iron and zinc (>20% DV)*

***Good source of potassium (>10% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Snacks



Delicious Peanut Butter Granola Bars

(Servings =8)

Ingredients:

- 1 teaspoon pure vanilla extract
- 1/4 cup raw honey – local is best
- 1/2 cup natural unsweetened peanut butter (or almond butter)
- 2 tablespoons coconut oil
- 1/2 cup raw almonds
- 1/2 cup raw walnuts
- 1/2 cup raw pecans
- 1/2 cup raw cashews
- 5 medjool dates
- 1/4 cup sunflower seeds
- 1/4 cup shredded coconut, unsweetened

Directions:

1. Combine the vanilla, honey, peanut butter, and coconut oil in a saucepan over medium-low heat.

2. While the mixture is heating, place all of the nuts and dates in a food processor and chop until the mixture resembles course sand.
3. Add the shredded coconut and sunflower seeds and pulse a few times until the sunflower seeds are roughly chopped.
4. Remove the coconut oil mixture from the stove once it has melted, then stir in the nut mixture.
5. Line an 8×8 baking pan with parchment paper, then pour the granola bar mixture into the pan.
6. Place another piece of parchment on top, and use your palms to press the mixture into the pan evenly. Make sure to pack it down as tightly as possible. This will help the bars bind and not crumble.
7. Place in the freezer to set for 2 hours. Lift the parchment paper out of the pan and place on a cutting board. Use a sharp knife to cut the bars into rectangles.
8. You can store these in the refrigerator for 2 weeks, or the freezer for a few months. If storing in the freezer, remove the bars for about 20 minutes prior to serving.

Adapted from: <http://againstallgrain.com/2012/02/10/dark-chocolate-peanut-butter-granola-bars/>

**Calories: 402; Total Fat: 33g; Total Carbohydrate:: 23g; Total Protein: 10g; Total Dietary Fiber: 4g; Soluble Fiber: 0.4g*

***Excellent source of protein, phosphorus and magnesium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Crunchy Chickpeas

(Servings=6)

Ingredients:

- 1 (12 ounce) can chickpeas (garbanzo beans), drained
- 2 tablespoons extra virgin olive oil
- garlic salt (optional)
- cayenne pepper (optional)
- curry powder (optional)

Directions:

1. Preheat oven to 450 degrees F (230 degrees C).
2. Blot chickpeas with a paper towel to dry them.
3. In a bowl, toss chickpeas with olive oil, and season to taste with garlic salt or cayenne pepper or curry powder, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

**Calories: 93; Total Fat: 6g; Total Carbohydrate: 9g; Total Protein: 3g; Total Dietary Fiber: 3g; Soluble Fiber: 0.2g*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Walnut Flax Bars

(Servings=8)

Ingredients:

3 tablespoons walnut or canola oil
 1/3 c raw honey – local is best (can try with less)
 3/4 c walnuts, chopped
 2 organic eggs
 2 teaspoons pure vanilla extract
 1 cup oats or chia seeds
 2/3 cup flaxseed, ground
 1/2 teaspoon baking powder

Directions:

1. Preheat oven 350 degrees
2. Beat together first 7 ingredients (oil to wheat germ)
3. Mix together oats or chia seeds & baking powder, fold into beaten mixture
4. Pour mixture into 8 inch greased shallow square pan
5. Bake for 25 minutes or until firm to the touch
6. Cut into squares & serve

**Calories: 255; Total Fat: 18g; Total Carbohydrate: 21g; Total Protein: 6g; Total Dietary Fiber: 4g; Soluble Fiber: 1g*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Homemade Blueberry Preserves

(Servings=8)

Ingredients:

3 cups unsweetened blueberries (frozen and thawed, or fresh)
 3/4 cup honey – local is best (you can use more or less depending on how tart your berries are)
 2 tablespoons lemon juice
 1 teaspoon lemon zest

Directions:

1. Place the blueberries in a medium sized saucepan and crush them with the back of a fork or using a potato masher.
2. Add the honey, lemon juice, and lemon zest, then bring to a boil over medium-high heat. Stir frequently while the mixture boils for 15-20 minutes and it starts to thicken. The best way to test if it's done is to put a spoonful in the freezer for 5 minutes. If it won't easily pour off of the spoon when you remove it from the freezer, then it's done.

3. Skim off any foam, then ladle the jam into a sterilized jar.
4. Store tightly covered in the fridge for a couple of weeks or you can use canning methods to store in a pantry for longer storage.
5. Serve with 6oz of Greek yogurt (plain, nonfat).

**Calories: 129; Total Fat: 0.2g; Total Carbohydrate: 34g; Total Protein: 0.5g; Total Dietary Fiber: 1g; Soluble Fiber: 0.1g*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Beverages



Sparkling Lime-Mint Quencher

Add 1/2 cup freshly squeezed lime juice, 1/2 cup fresh mint leaves, and 2 tablespoons honey to a large glass, and stir to combine. Add ice to 2 glasses, equally divide mixture between glasses and top off each with one cup of sparkling seltzer water (no sugar added, but can experiment with different flavors). Add a few half slices of lime to glasses for garnish.

Recipe adapted from Skinnynms.com

**Calories: 104; Total Fat: 0.2g; Total Carbohydrate: 30.5g; Total Protein: 1g; Total Dietary Fiber: 3g; Soluble Fiber: 1g*

***Excellent source of vitamin K and vitamin C (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Assorted Tea with Honey (Hot or Iced)

In a mug of boiling water put the tea bag and let it sit for 2-3 minutes.

Add honey as per taste.

Can be served as such or in a glass filled with ice.

**Calories: 67; Total Fat: 0g; Total Carbohydrate: 18g; Total Protein: 0g; Total Dietary Fiber: 0g; Soluble Fiber: 0g*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Orange-Pomegranate Green Tea

Combine 1/3 cup chilled green tea (with no added sweeteners) with 1/2 cup 100% pure pomegranate juice in a glass, add a few ice cubes and pour in 1/2 cup freshly squeezed orange juice. Add an orange slice to the side of the glass for garnish, and enjoy!

Recipe adapted from Skinnynms.com

**Calories: 132; Total Fat: 0.6g; Total Carbohydrate: 32g; Total Protein: 1g; Total Dietary Fiber: 0.8g; Soluble Fiber: 0.6g*

***Excellent source of vitamin C (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Coconut Water

Fresh or 100% coconut juice without coconut meat

**Calories: 43; Total Fat: 0.5g; Total Carbohydrate: 8g; Total Protein: 2g; Total Dietary Fiber: 2g; Soluble Fiber: 0.3g*

***Good source of potassium (>10% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*

Chia-Citrus Cooler

Pour 2 tablespoons chia seeds in one quart mason jar, or divide between two pint-sized jars. Pour in 4 cups citrus juice (make sure it's 100% juice, with no extra added sugar). Stir well, or shake the jars once they are closed with the lid on. Chill in the fridge, letting the seeds soak for at least a few hours before you drink.

Recipe adapted from Glueandglitter.com

**Calories: 293; Total Fat: 4g; Total Carbohydrate: 62g; Total Protein: 5g; Total Dietary Fiber: 5g; Soluble Fiber: 2g*

***Excellent source of vitamin K, vitamin C and potassium (>20% DV)*

**Per Serving*

***Based on a 2,000 calorie/day diet*