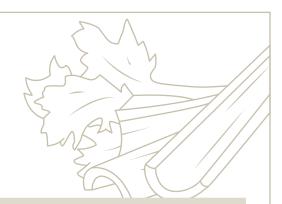


Healthy Diet -3 Day Meal Plan



Day 01

BREAKFAST

Avocado Toast on Pepperidge Farm® 100% Whole Wheat Bread

Orange

V8® Low Sodium 100% Vegetable Juice

LUNCH

Well Yes!® Black Bean & Vegetables Soup

Mixed Green Salad with a Hard Boiled Egg, Raisins, Walnuts & Balsamic Dressing

Pepperidge Farm® Soft Country Style Dinner Roll

Banana

MID-DAY SNACK

Mozzarella String Cheese

Emerald® Almonds

DINNER

Honey Mustard Salmon with Steamed Broccoli & Brown Rice

Skim Milk

EVENING SNACK

Greek Yogurt with Blueberries

Pepperidge Farm® Goldfish® Grahams Fudge Brownie

Day 02

BREAKFAST

Bran Cereal Topped with Sliced Banana & Chopped Pecans & Skim Milk

V8® Low Sodium 100% Vegetable Juice

LUNCH

Grilled Cheese Made with Reduced Fat Cheddar & Pepperidge Farm® Whole Grain 100% Whole Wheat Thin Sliced Bread

Campbell's® Condensed Tomato Soup

Peach

MID-DAV SNACK

Emerald® Fruit & Nut 100 Calorie Pack

DINNER

PE Italian Chicken & Peppers Detailed Recipe to Follow

Side Salad with Dressing

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EVENING SNACK

Greek Yogurt with Apple & Peanut Butter

Day 03

BREAKFAST

Yogurt Bowl with Granola & Fruit

LUNCH

Grilled Chicken Sandwich on a Pepperidge Farm® 100% Whole Wheat Hamburger Bun

German Potato Salad

Grapes

V8® Low Sodium 100% Vegetable Juice

MID-DAY SNACK

Well Yes!® Roasted Red Pepper & Tomato Sipping Soup

Emerald® 100 Calorie Pack Cocoa Roast Almonds

DINNER

RECIPE 02

Chicken Tortilla Casserole Detailed Recipe to Follow

Late July® Tortilla Chips & Pace® Salsa

Skim Milk

EVENING SNACK

Greek Yogurt with Cashews & Orange Slices

Average Daily Nutrition Totals: Calories: 1991, Total Fa:t 63g, Saturated Fat: 15g, Cholesterol: 198mg, Sodium: 2192mg, Potassium: 4715mg, Total Carbohydrates: 268g, Dietary Fiber: 35g, Protein: 103g





Italian Chicken & Peppers







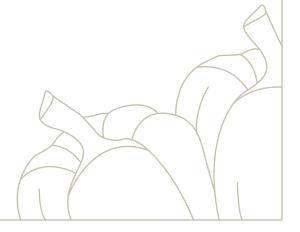


Ingredients

- 6 cups hot cooked spaghetti or whole grain spaghetti (from about 12 oz dry)
- 1 3/4 pounds skinless, boneless chicken breast halves &/or thighs, cut into 1-inch cubes
 - 1 tablespoon vegetable oil
 - 2 medium green pepper, cut into 2-inch-long strips (about 3 cups) (any color bell pepper)
 - 2 large onion, chopped (about 2 cups)
 - 2 cloves garlic, minced or 1/2 teaspoon garlic powder
 - 1 jar (24 oz) Prego® Traditional Italian Sauce

Method

- Step 1 While the spaghetti is cooking, season the chicken as desired. Heat oil in a 12-inch skillet over medium-high heat. Add chicken & cook until well browned, stirring often.
- Step 2 Reduce the heat to medium. Stir the peppers, onions, & garlic in the skillet & cook until the chicken is cooked through & the vegetables are tender.
- Step 3 Stir in the sauce until the mixture is hot & bubbling. Season to taste. Serve the chicken mixture over the spaghetti. Sprinkle with grated Parmesan cheese, if desired.



Nutrition Totals Per Serving: Calories: 441, Total Fat: 7g, Saturated Fat: 1g, Cholesterol: 67mg, Sodium: 464mg, Potassium: 836mg, Total Carbohydrates: 61g, Dietary Fiber: 6g, Protein: 31g

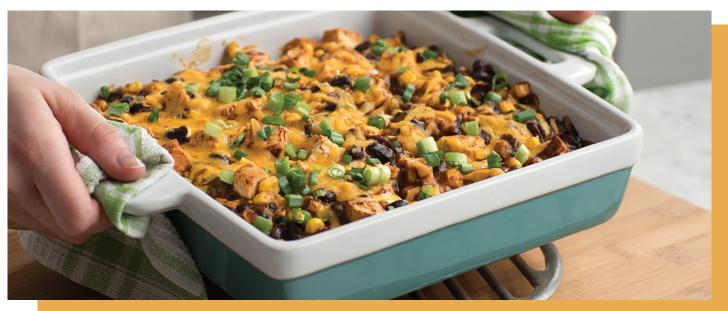
RECIPE 02

Chicken Tortilla Casserole









Ingredients

- 2 cups diced cooked boneless, skinless chicken breast
- 1 can (about 15 oz) black beans, rinsed & drained
- 1 can (15 oz) no added salt corn, drained
- 2 cloves garlic, minced
- 4 green onion, chopped (about 1/2 cup)
- $2\,$ tablespoons chili powder
- 1 can (10 1/2 oz) Campbell's® Healthy Request® Condensed Cream of Chicken Soup
- 2 tablespoons lime juice
- 4 corn tortilla (6-inch), cut in half
- 1/3 cup shredded reduced fat Cheddar cheese

Method

- Step 1 Set the oven to 350°F. Stir the chicken, beans, corn, garlic, three-fourths of the green onions, the chili powder, soup & lime juice in a large bowl.
- Step 2 Spread about 1/4 cup chicken mixture the bottom of an 8x8x2-inch baking dish. Arrange 4 tortillas halves on the chicken mixture, straight edges facing out against the edges of the dish. Top with half the remaining chicken mixture. Repeat with the remaining tortilla halves & the remaining chicken mixture. Cover the baking dish.
- Step 3 Bake for 30 minutes or until hot. Uncover the baking dish. Sprinkle with the cheese.

Step 4 Bake, uncovered, for 5 minutes or until the cheese is melted. Sprinkle with the remaining green onions.



Nutrition Totals Per Serving: Calories: 240, Total Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 45mg, Sodium: 428mg, Potassium: 662mg, Total Carbohydrates: 27g, Dietary Fiber: 5g, Protein: 21g