Campbells Healthy Diet Meal Planner

Meal & Recipe Suggestions

HEALTHY DIET MEAL PLANNER - OVERVIEW



Healthy Diet -3 Day Meal Plan

Day 01

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
Avocado Toast on Pepperidge Farm ®	Well Yes! [®] Hearty Lentil & Vegetables Soup	Mozzarella String Cheese	Honey Mustard Salmon with Steamed Broccoli	Greek Yogurt with Blueberries
100% Whole Wheat Bread Orange	Mixed Green Salad with a Hard Boiled Egg, Raisins, Walnuts & Balsamic Dressing	Emerald [®] Almonds	& Brown Rice Skim Milk	Pepperidge Farm [®] Goldfish [®] Grahams Vanilla Cupcake
V8 [®] Low Sodium 100% Vegetable Juice	Pepperidge Farm [®] Soft Country Style Dinner Roll Banana			

Day 02

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
Bran Cereal Topped with Sliced Banana & Chopped Pecans & Skim Milk V8 [®] Low Sodium 100% Vegetable Juice	Grilled Cheese Made with Reduced Fat Cheddar & Pepperidge Farm® Whole Grain 100% Whole Wheat Thin Sliced Bread Campbell's® Condensed Tomato Soup Peach	Emerald [®] Fruit & Nut 100 Calorie Pack	RECIPE 01 Letailed Recipe to Follow Side Salad with Dressing	Greek Yogurt with Apple & Peanut Butter

Day 03

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
Yogurt Bowl with Granola & Fruit	Grilled Chicken Sandwich on a Pepperidge Farm® 100% Whole Wheat Hamburger Bun German Potato Salad Grapes V8® Low Sodium 100% Vegetable Juice	Well Yes! [®] Roasted Red Pepper & Tomato Sipping Soup Emerald [®] 100 Calorie Pack Cocoa Roast Almonds	Chicken Tortilla Casserole Detailed Recipe Detailed Recipe to Follow Late July® Tortilla Chips & Pace® Salsa Skim Milk	Greek Yogurt with Cashews & Orange Slice:
	Average Daily Nutrition	n Totals: Calories: 1971, Tot	al Fat: 63g, Saturated Fat:	14g, Cholesterol: 201mg,



Italian Chicken & Peppers \$11.43 cost per recipe



40 mins.



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)
 - $\mathbf{2}$ cloves garlic, minced or 1/2 teaspoon garlic powder
 - 1 jar (23.5oz - 24 oz) Prego® Lower Sodium Traditional Italian Sauce or Prego® Traditional Italian Sauce

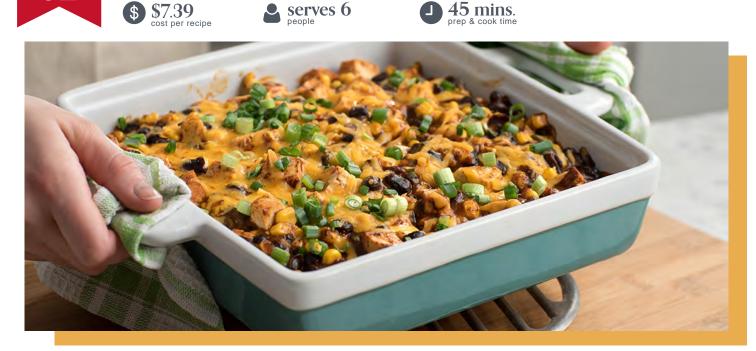
Method

- 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.
- Stir in the sauce until the mixture is hot & Step 3 bubbling. Season to taste. Serve the chicken mixture over the spaghetti. Sprinkle with grated Parmesan cheese, if desired.

Nutrition Totals Per Serving: Calories: 470, Total Fat: 8g, Saturated Fat: 1g, Cholesterol: 77mg, Sodium: 381mg, Potassium: 839mg, Total Carbohydrates: 59g, Dietary Fiber: 6g, Protein: 38g



Chicken Tortilla Casserole RECIPE Serves 6 **45** mins. prep & cook time



Ingredients

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

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Bake, uncovered, for 5 minutes or Step 4 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: 427mg, Potassium: 655mg, Total Carbohydrates: 27g, Dietary Fiber: 5g, Protein: 21g