



Campbell's

Healthy Diet Meal Planner

Meal & Recipe Suggestions





Healthy Diet - 3 Day Meal Plan

Day 01

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

Day 02

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

Day 03

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Yogurt Bowl with Granola & Fruit</p>	<p>Grilled Chicken Sandwich on a Pepperidge Farm® 100% Whole Wheat Hamburger Bun</p> <p>German Potato Salad</p> <p>Grapes</p> <p>V8® Low Sodium 100% Vegetable Juice</p>	<p>Well Yes!® Roasted Red Pepper & Tomato Sipping Soup</p> <p>Emerald® 100 Calorie Pack Cocoa Roast Almonds</p>	<p>RECIPE 02 Chicken Tortilla Casserole Detailed Recipe to Follow</p> <p>Late July® Tortilla Chips & Pace® Salsa</p> <p>Skim Milk</p>	<p>Greek Yogurt with Cashews & Orange Slices</p>

Average Daily Nutrition Totals: Calories: 1971, Total Fat: 63g, Saturated Fat: 14g, Cholesterol: 201mg, Sodium: 2172mg, Potassium: 4588mg, Total Carbohydrates: 261g, Dietary Fiber: 34g, Protein: 104g



RECIPE
01

Italian Chicken & Peppers

\$ \$11.43
cost per recipe

👤 serves 6
people

🕒 40 mins.
prep & cook time



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 (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.
- 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: 470, Total Fat: 8g, Saturated Fat: 1g, Cholesterol: 77mg, Sodium: 381mg, Potassium: 839mg, Total Carbohydrates: 59g, Dietary Fiber: 6g, Protein: 38g



RECIPE
02

Chicken Tortilla Casserole

\$ \$7.39
cost per recipeserves 6
people45 mins.
prep & cook time

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: 427mg, Potassium: 655mg, Total Carbohydrates: 27g, Dietary Fiber: 5g, Protein: 21g

