

Day 3

Breakfast

Berry Yogurt Crunch

- 1 cup plain nonfat yogurt
- 1/2 cup spoon-size shredded wheat, crumbled
- 1 cup raspberries or strawberries, sliced
- 2 teaspoons of honey

Top 1 cup plain nonfat yogurt with ½ cup spoon-size shredded wheat, crumbled, and 1 cup raspberries or sliced strawberries; drizzle with 2 teaspoons honey.

Lunch

Black Bean Taco Salad

- 3 cups Romaine Lettuce, shredded
- 1/2 cup canned black beans, rinsed and drained
- 3 green onions, sliced
- 1/4 avocado, diced
- 1/2 cup salsa
- 2 tablespoons shredded reduced-fat sharp cheddar cheese
- 5 large baked tortilla chips

Toss 3 cups thinly sliced romaine lettuce with ½ cup rinsed and drained canned black beans, 3 green onions, sliced, ¼ avocado, diced, ½ cup salsa, and 2 tablespoons shredded reduced-fat sharp Cheddar cheese.

On the side: 5 large baked tortilla chips.

Dinner

Greek Fish Stew

- 1 small red potato, diced
- 2 cups Basic Vegetable Soup
- 4 ounces skinless catfish or cod, cut into 1-inch pieces
- 1 tablespoon Fresh Dill, chopped
- 2 tablespoons feta cheese, crumbled

Cut 1 small red potato (3 ounces) into ½-inch dice.

Place in a saucepan with water to cover; heat to boiling. Reduce the heat; cover and simmer for 5 minutes or until tender.

Pour off the water.

Add 2 cups “Basic Vegetable Soup,” and 4 ounces skinless catfish or cod fillet, cut into 1-inch pieces; heat to boiling. Reduce the heat; cover and simmer for 3 minutes or until fish turns opaque.

Gently stir in 1 tablespoon chopped fresh dill.

Sprinkle with 2 tablespoons crumbled feta cheese to serve.

On the side: Mediterranean Salad: Toss 2 cups mixed greens with 1/2 3 cucumber, peeled, seeded, and sliced, 1 slice red onion, 2 teaspoons balsamic vinegar, and 1 teaspoon olive oil.