

Perfect Portions

Weight Loss System

RECIPE BOOK



The dish that takes the guess work out of serving sizes and helps you take off the weight!

BREAKFAST DISK

Pancakes.....	2
French Toast	2
Spanish Scrambled Eggs.....	3

BEEF DISK

Meatloaf.....	4
Beef Stroganoff.....	4
"Beefy" Burgers.....	5
Teriyaki Beef	5

CHINESE DISK

Vegetable Shrimp Stir Fry.....	6
Peppy Chicken.....	6

ITALIAN DISK

Eggplant Parmesan.....	7
------------------------	---

COMBINATION DISK

Tuna Casserole.....	8
Chicken & Rice Casserole	8
Pizza Casserole.....	9
Beef Fried Rice.....	10
White Turkey Chili.....	11
Macaroni & Cheese.....	11
Beef, Broccoli, & Pasta Casserole....	12
Leeks & Potato Soup	13
Vegetable Barley Soup	13
Split Pea Soup	14

MEXICAN DISK

Mexican Beef Soup.....	15
Pork Fajitas.....	15
Mexican Pasta Salad	16
Chili Macaroni.....	16
Enchilada Casserole.....	17
Black Beans & Rice.....	17
Mexican Beef Roll-ups.....	18
Turkey & Cheese Burritos	18
Chicken Tortillas.....	19
Mexican Pizza.....	19

PORK & POULTRY DISK

Chicken with Mustard & Herbs.....	20
Oven Fried Chicken	20
Porkchops with Mushrooms	21

SEAFOOD DISK

Dijon Tuna Steaks.....	22
Orange Roughy with Tarragon.....	22
Baked Fish with Mustard Sauce.....	23
Baked Snapper & Tomato	23
Quick Shrimp Coquille	24

10 HEALTHY HABITS.....25**10 GROCERY AISLE TRICKS...26****FOOD FOR THOUGHT**

-Motivational Snacks.....	27
---------------------------	----

WEIGHT LOSS STRATEGIES...28**EXERCISE.....29****FIBER UP30****RESTAURANT SAVVY31****FAST FOOD FIX.....32**

PERFECT PORTIONS Weight Loss System RECIPE BOOK



◆ The goal of a healthy nutrition plan is to begin each meal with good taste and style at the same time maintaining a balanced diet. The **PERFECT PORTIONS Weight Loss System** gives you flexibility and variety in your quest for a successful weight loss program. The recipes which we prepared for you in this booklet are varied in nutrients, with adequate proteins, high in complex carbohydrates, and lower in fat and cholesterol.

◆ Eating healthy food begins not in the kitchen or dining room, but in the market. Your choice of ingredients is the fundamental step towards a nutritionally balanced diet. When making a certain recipe for your **PERFECT PORTIONS Weight Loss System**, choose fresh seafood, poultry and meat from reputable stores and use within a few days of purchase. Try to choose fresh, seasonal produce when the recipe calls for vegetables.

◆ These quick and easy to prepare recipes will fit into your busy lifestyle. We have sacrificed time - not taste! The best part is that the whole family will enjoy these meals.

◆ With your **PERFECT PORTIONS Weight Loss System** you can mix and match any of the food selections which gives you literally thousands of delicious, healthy, lowfat meal combinations each day.

◆ Our goal is to enhance your life through proper nutritional balance and healthy habits to ensure that your energy is always abundant, and you live life to your full potential.

Mangia'

Jaime Brenkus

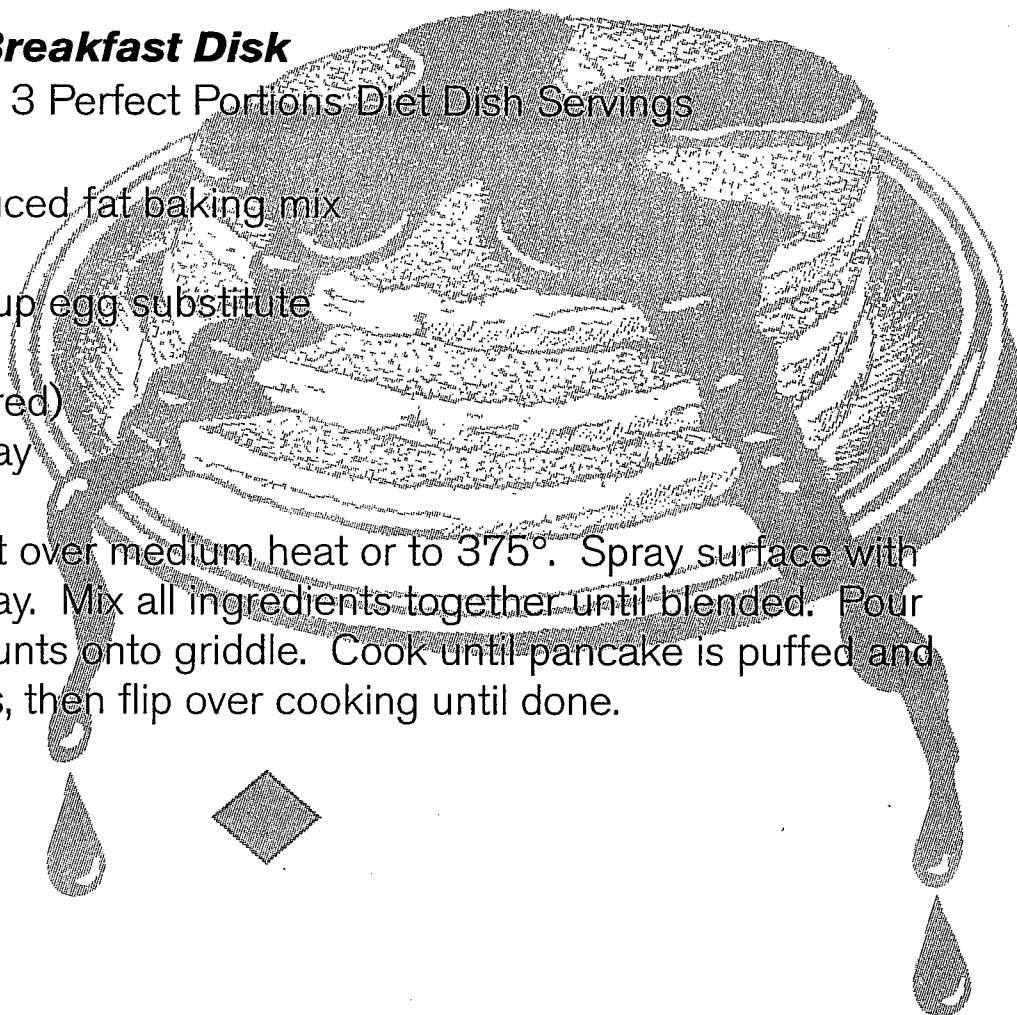


Pancakes - *Breakfast Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1 cup Bisquick reduced fat baking mix
- 1/2 cup skim milk
- 1 egg white or 1/4 cup egg substitute
- 1 tbsp sugar
- 1/2 tsp vanilla (if desired)
- nonfat vegetable spray

Heat griddle or skillet over medium heat or to 375°. Spray surface with nonfat vegetable spray. Mix all ingredients together until blended. Pour batter in 1/8 cup amounts onto griddle. Cook until pancake is puffed and dry around the edges, then flip over cooking until done.

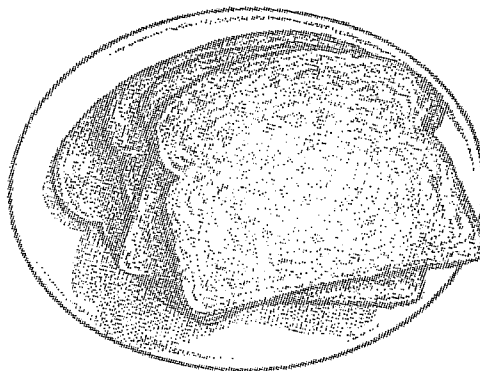


French Toast - *Breakfast Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1/2 cup skim milk
- 1 tsp brown sugar
- 1 tsp cinnamon
- 4 egg whites or 1/2 cup egg substitute
- 6 slices medium sliced bread
- nonfat vegetable spray

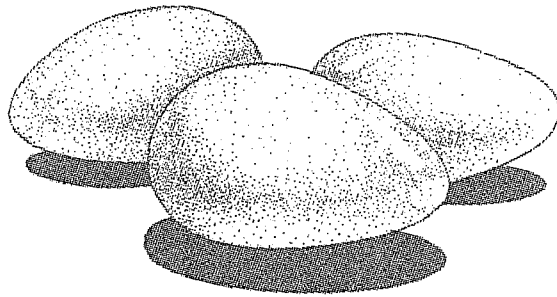
Beat milk, sugar, cinnamon and egg until mixed. Heat griddle or skillet over medium heat or to 375°. Spray surface with nonfat vegetable spray. Dip bread into egg mixture coating both sides. Cook about 4 minutes on each side or until evenly browned to taste.



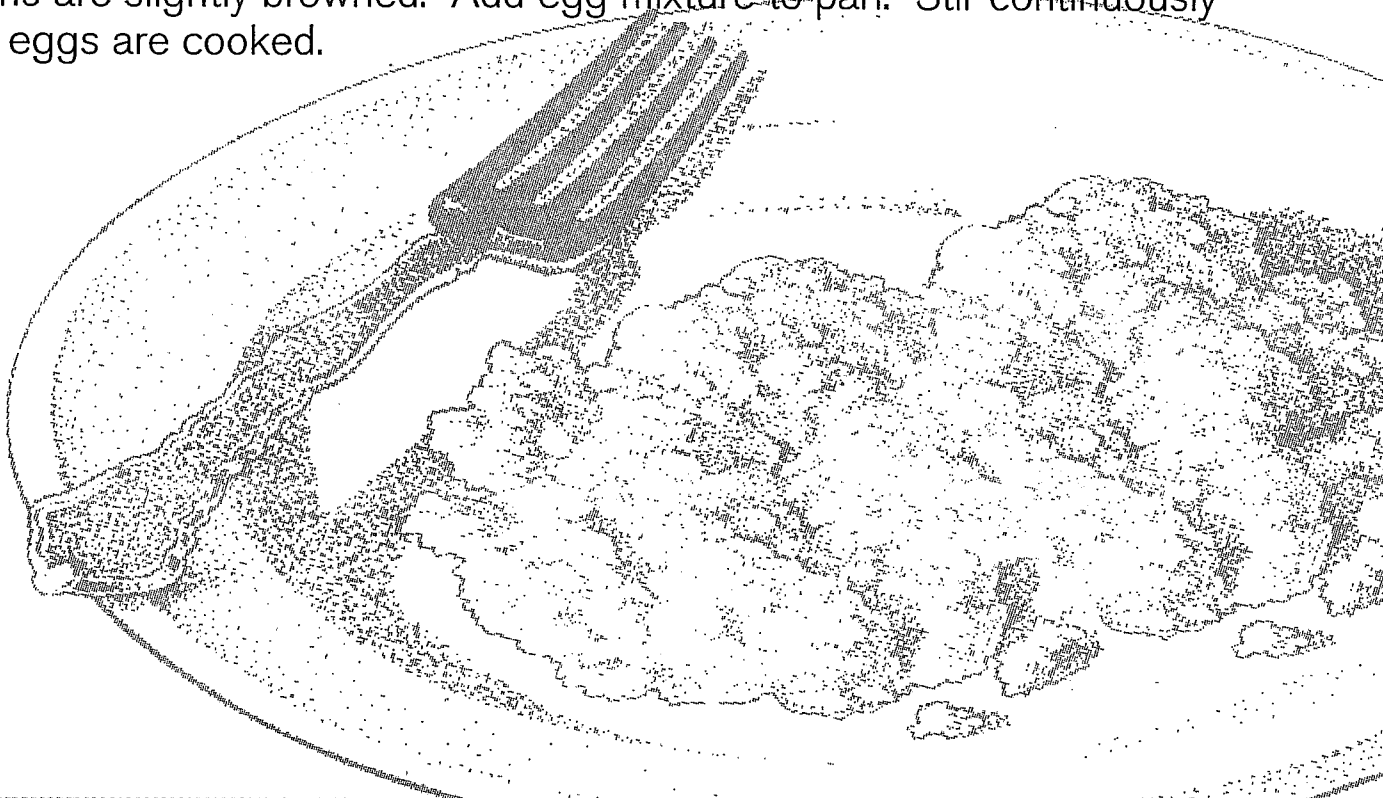
Spanish Scrambled Eggs - Breakfast Disk

Yield: Approximately 1 Perfect Portions Diet Dish Serving

2 egg whites
1 tbsp skim milk
2 tbsp onion, chopped
2 tbsp salsa
1 tsp parsley, dried
2 tbsp tomato, diced
ground black pepper to taste
nonfat vegetable spray



Spray skillet with nonfat vegetable spray. Heat pan over medium heat. Beat eggs, milk, parsley and black pepper. Set aside. In heated skillet, saute onions until transparent - add tomatoes. Continue cooking until onions are slightly browned. Add egg mixture to pan. Stir continuously until eggs are cooked.

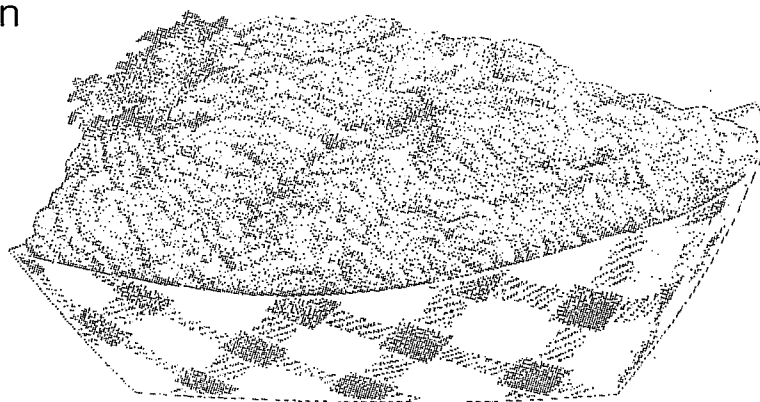


“ *He who has no time for his health today, will have no health for his time tomorrow.* ”

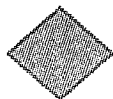
MeatLoaf - *Beef Disk*

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 3/4 lb 90% lean ground sirloin
- 1/2 cup skim milk
- 1/8 tsp dry sage leaves
- 1/4 tsp salt (optional)
- 1/4 tsp dry mustard
- 1/4 tsp pepper
- 1/4 cup quick-cooking oats
- 1 egg white
- 1 small garlic clove, minced
- 1/4 cup ketchup
- 1/2 small onion, chopped
- 1/2 tbsp worcestershire sauce (lite)



Heat oven to 350°. Mix all ingredients except ketchup. Place mixture in a small loaf pan. Smooth ketchup over top of loaf. Bake 35-45 minutes or until meat thermometer reaches 160°.



Beef Stroganoff - *Beef Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1/2 lb beef tenderloin, cut into strips
- 1/2 cup beef broth, fat free
- 1 tsp pepper
- 1 tsp salt (optional)
- 1 small garlic clove, minced
- 1/4 cup mushrooms, sliced
- 1 small onion, chopped
- 1 tbsp flour
- 1/3 cup nonfat plain yogurt
- nonfat vegetable spray

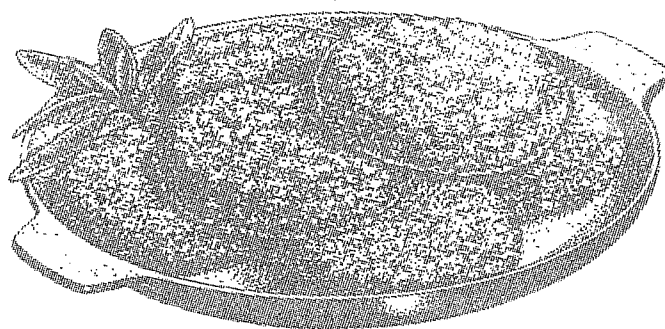
Spray nonstick skillet with nonfat vegetable spray. Cook beef strips over low heat until browned. Reserve 3 tbsp of broth. Stir remaining broth, salt, pepper and garlic into skillet. Once full boil is reached, reduce heat, cover and simmer about 10 minutes. Stir in onion and mushrooms, cover and simmer for 5 minutes. Shake remaining broth and flour in tightly covered container, gradually stir contents into skillet. Heat to a boil, stir constantly for about a minute, then reduce heat. Stir in yogurt and heat until hot.



"Beefy" Burgers - *Beef Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

1/2 lb 90% lean ground round
1/2 small tomato, finely chopped
1/2 medium onion, chopped
1/2 small green pepper
1/2 tsp worcestershire sauce (lite)
ground black pepper to taste
nonfat vegetable spray



Combine ground round, tomatoes, onion, green peppers, black pepper and worcestershire sauce. Blend well. Divide into 3 sections and form into patties, approximately 1/2" thick. Coat skillet with nonfat vegetable spray, heat pan on medium-high. Add patties and cook 5 to 10 minutes on each side, or until browned and cooked through. Remove from pan carefully to prevent breaking. Blot patties with paper towel to remove excess fat. Garnish with favorite vegetables.



Teriyaki Beef - *Beef Disk*

Yield: Approximately 5 Perfect Portions Diet Dish Servings

3/4 lb london broil, cut into 1/2" thick strips
1/8 cup soy sauce
3/4 tbsp honey
1/2 tbsp dry sherry
1/8 tsp fresh ginger root, grated
1/2 small clove garlic, minced
1 tsp sesame seeds
nonfat vegetable spray

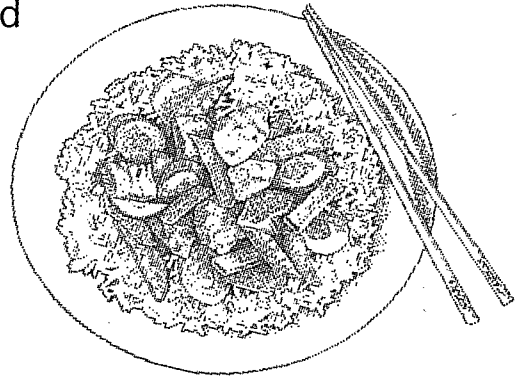
In a small bowl, mix soy sauce, honey, sherry, ginger and garlic together. Pour mixture over beef strips in a ziplock bag and refrigerate for about 1 hour. Toss sesame seeds in dry skillet for about 2 minutes or until browned and set aside. Drain beef strips saving marinade. Spray broiler pan with nonfat vegetable spray and arrange beef strips on pan. Broil 5" from heat about 4 minutes, basting occasionally with marinade. Turn strips over and continue to cook, basting with marinade another 4 minutes or until desired tenderness is achieved. Sprinkle with toasted sesame seeds for serving.



Vegetable Shrimp Stir Fry - *Chinese Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1/2 lb frozen shrimp, uncooked and thawed
- 1 tbsp vegetable oil
- 16 oz bag frozen broccoli, carrots, water chestnuts, and red peppers
- 1 clove garlic, minced
- 1/2 tsp fresh ginger root, grated
- 1 tbsp soy sauce (lite)
- 1 1/2 tbsp cornstarch



In large skillet or wok, heat oil on medium-high. Add frozen vegetables and garlic, stir-fry approximately 3 minutes or until vegetables are thawed. Add shrimp, stir-fry approximately 3 minutes longer or until shrimp is pink. In a small bowl, combine cornstarch, ginger, and soy sauce. Add mixture to wok. Cook until thickened. Stir constantly.

Peppy Chicken - *Chinese Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

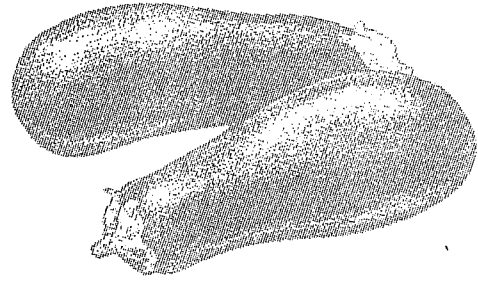
- 1/2 lb boneless, skinless chicken breast cut into strips
- 1/2 tbsp vegetable oil
- 1/4 cup green onions, chopped
- 1 green pepper, cut into thin strips
- 2 cups broccoli
- 2 tbsp worcestershire sauce (lite)
- 1/2 tbsp garlic, ground
- 1/2 cup water
- 1 tbsp cornstarch

In a covered container, shake cornstarch and water vigorously for 30 seconds, set aside. In a wok or large skillet, heat oil. Saute chicken, garlic and onions until chicken is browned. Add broccoli, peppers and sauces until mixture thickens by stirring contents.

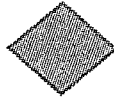
Eggplant Parmesan - *Italian Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1 large eggplant, sliced
- 1 tbsp olive oil
- 2 tbsp parmesan cheese, grated
- 2 oz mozzarella cheese, fat-free
- 1½ cups spaghetti sauce



Lightly coat broiler pan with olive oil. Set oven to broil. Broil eggplant 5 minutes on each side. Layer in a shallow baking dish, eggplant slices, sauce, and then cheeses. Bake 450° for 20 minutes or until heated through and cheese melts (don't brown cheese).



“

The key to happiness is having dreams, the key to success is making dreams come true.

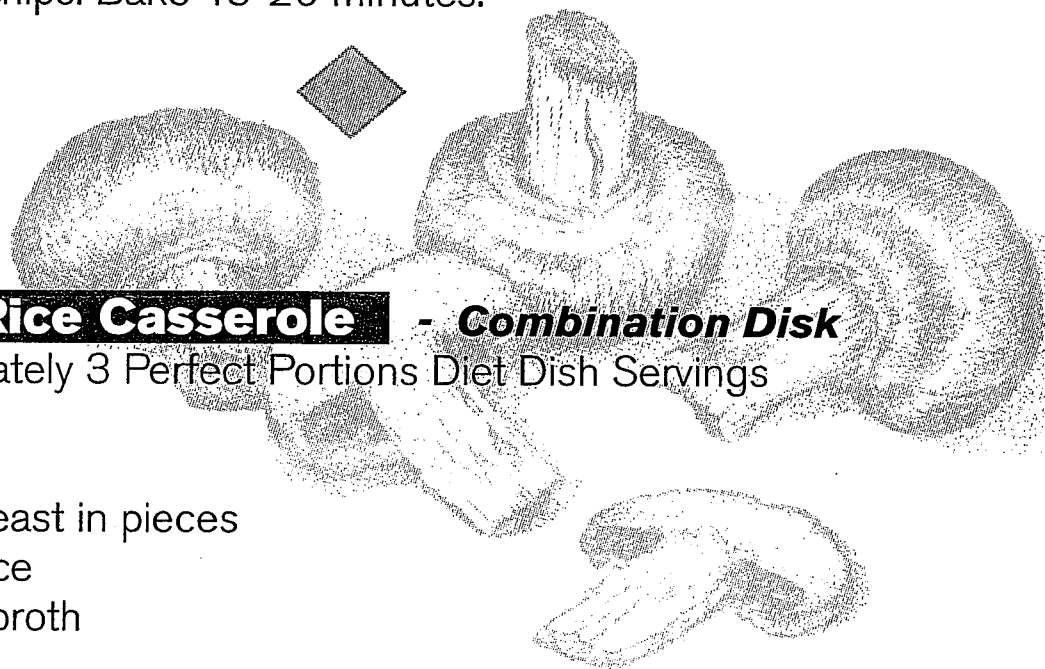
”

Tuna Casserole - **Combination Disk**

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 1/2 lb wide egg noodles, yolk-free
- 6 ounces water packed tuna, drained
- 3/4 cup canned or frozen peas
- 11 ounces cream of mushroom soup
- 1 cup baked potato chips, crushed

Preheat oven to 350°. Cook noodles according to package directions for al dente (slightly chewy). Drain and transfer to a casserole dish. Stir in tuna and peas. Heat soup in saucepan over medium heat just until heated through. Thoroughly stir soup into noodle mixture. Top with crushed potato chips. Bake 15-20 minutes.



Chicken & Rice Casserole - **Combination Disk**

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1 tsp olive oil
- 3/4 lb chicken breast in pieces
- 1 cup instant rice
- 1/2 cup chicken broth
- 1/2 cup water
- 5 ounces cream of mushroom soup

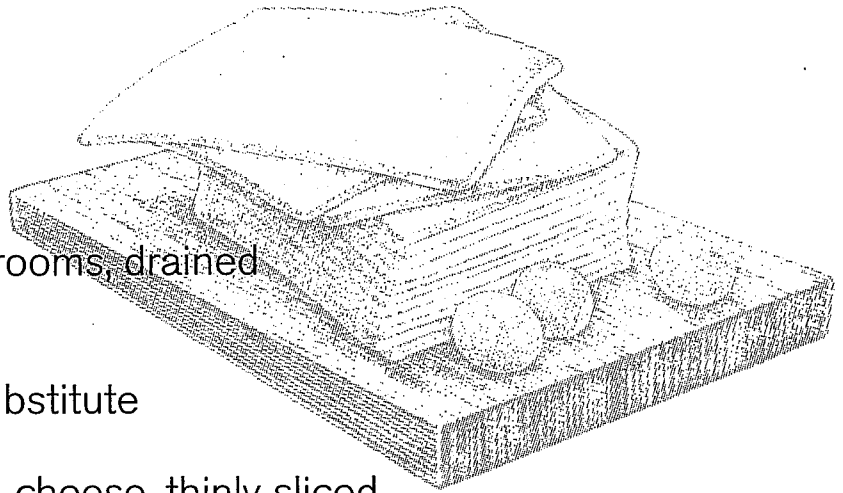
Preheat oven to 400°. Heat oil in nonstick skillet over medium high heat. Saute chicken 2 minutes per side, turning occasionally. Transfer chicken to casserole dish and stir in remaining ingredients. Bake 1 hour, covered.



Pizza Casserole - **Combination Disk**

Yield: Approximately 6 Perfect Portions Diet Dish Servings

- ¾ lb 90% lean ground sirloin
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 1 lb pizza sauce
- ½ tsp italian seasoning
- 3 ounces canned sliced mushrooms, drained
- 1 cup skim milk
- 1 tbsp olive oil
- 4 egg whites or ½ cup egg substitute
- 1 cup all purpose flour
- 6 ounces part-skim mozzarella cheese, thinly sliced
- ¼ cup nonfat parmesan cheese



Preheat oven to 400°. Heat a nonstick skillet over medium high heat. Cook beef, onion and pepper 5-6 minutes until beef is browned. Drain off any drippings. Stir in sauce, mushrooms and seasoning. Bring to a boil, then reduce heat to low, simmering uncovered for 10 minutes. Combine milk, oil and eggs in bowl. Beat 1 minute. Stir in flour and beat until smooth, about 2 minutes. Spoon meat mixture evenly into an ungreased 9 x 13 inch baking dish. Arrange cheese slices over the meat. Pour batter over cheese and sprinkle with parmesan. Bake 20-30 minutes or until evenly browned.



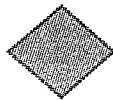
“Most people are about as happy as they make up their mind to be.”
—Abe Lincoln”

Beef Fried Rice - **Combination Disk**

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 2 tbsp soy sauce
- 1 tsp brown sugar
- 1 tbsp olive oil
- 4 egg whites or ½ cup egg substitute
- ½ lb beef sirloin, cut into small cubes
- 1 medium carrot, finely chopped
- 1 celery rib, finely chopped
- 1 scallion, chopped
- 1 tsp fresh ginger, minced
- 1 garlic clove, minced
- 2 cups cooked rice, cold

Combine soy sauce and sugar in a small bowl. Heat oil in nonstick skillet over medium heat. Add beef, carrots, celery and scallion. Saute 3-4 minutes or until meat is browned. Stir in ginger and garlic cooking another minute. Toss rice into the pan and push mixture to pan sides leaving a circle in the middle of the mixture for the eggs. Add eggs to the center of the pan stirring constantly for 45 seconds. Increase heat to high, add soy sauce mixture and mix all ingredients together for another 2 minutes or until heated thoroughly.



“

Pride is a personal commitment. It is an attitude which separates excellence from mediocrity.

”

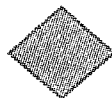
White Turkey Chili - **Combination Dish (spicy)**

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 2 tsp olive oil
- 1/3 cup onion, chopped
- 1 medium celery stalk, thinly sliced
- 1 1/3 cups ground turkey, cooked
- 10 ounces canned great northern beans, drained
- 10 ounces chicken broth
- 1/4 lb canned white corn, drained
- 2 ounces canned green chili peppers, chopped
- 3/4 tsp cumin
- 1/8 tsp hot red pepper sauce



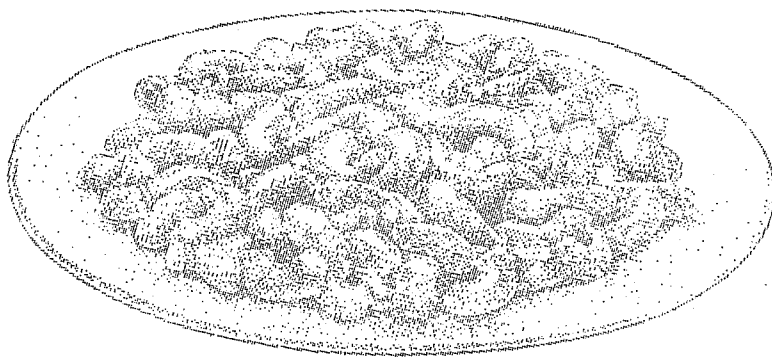
Heat oil in large saucepan over medium heat. Saute onion and celery 2-3 minutes or until tender. Stir in remaining ingredients. Cover and cook 15-20 minutes, stirring occasionally until thoroughly heated.



Macaroni & Cheese - **Combination Dish**

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 1/2 lb elbow macaroni
- 1 tbsp butter or margarine
- 2 tbsp all purpose flour
- 3/4 cup skim milk, warmed
- 6 ounces reduced fat cheddar cheese, shredded
- ground black pepper to taste



Preheat oven to 350°. Cook macaroni according to package directions for al dente (slightly chewy). Melt butter in saucepan over low heat and whisk in flour 3-4 minutes. Increase heat to medium and slowly pour in milk. Whisk continuously 8-10 minutes. Stir in cheddar until melted and pepper to taste. Combine macaroni with cheese sauce in casserole dish. Bake 20 minutes or until lightly browned.

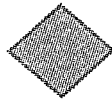


Beef, Broccoli, & Pasta Casserole - Combination Disk

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 1 cup broccoli florets, thawed
- 6 ounces tube pasta
- 1/2 lb 90% lean ground round
- 1/2 small onion, chopped
- 1 clove garlic, minced
- 1 1/2 tbsp all purpose flour
- 1/2 tsp thyme
- 3/4 cup chicken broth
- 3/4 cup skim milk
- 1/8 tsp crushed red pepper
- 1/2 cup reduced fat cheddar cheese, shredded
- 1/2 cup plain bread crumbs
- 1 1/2 tbsp nonfat parmesan cheese
- pump spray margarine

Preheat oven to 375°. Cook pasta according to package directions for al dente (slightly chewy). In nonstick skillet, saute meat, onion and garlic 5 minutes or until meat is browned. Sprinkle on flour and thyme. Saute 2 minutes. Stir in broth, milk and red pepper. Bring to a boil, stirring until thickened. Reduce heat to low and simmer for 3 minutes, stirring often. Remove from heat and stir in cheddar cheese until melted. Toss broccoli, pasta and meat mixture together in casserole dish. Top with bread crumbs, parmesan and spray margarine. Bake about 30 minutes until casserole is bubbling and top is evenly browned.



“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”

Leek & Potato Soup - **Combination Disk**

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 2 tsp olive oil
- 4 leeks, sliced
- 3 medium potatoes, 2 1/2" diameter, sliced
- 3 1/3 cups chicken broth
- 1/8 tsp grated nutmeg
- 1/2 cup half n' half
- fresh chives, chopped to garnish

Heat oil in saucepan over medium high heat. Add leeks and saute about 10 minutes or until tender. Add potatoes, broth, nutmeg and pepper to taste. Cover and simmer about 30 minutes. Cool slightly, puree' in food processor or blender and return to saucepan. Stir in cream just until heated through. Garnish with chopped chives.

Vegetable Barley Soup - **Combination Disk**

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1/3 cup plus 3 tbsp barley
- 3 1/4 cups water
- 1 tbsp plus 1 tsp olive oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 celery stalk, chopped
- 2 medium carrots, chopped
- 1 medium potato, chopped
- 1 lb canned peeled tomatoes, chopped
- 1 large bouillon cube, crumbled

Soak barley in the water overnight. Heat oil in saucepan over medium heat and cook onion, garlic, celery, carrots, and potato about 3 minutes or until onion is soft. Add undrained barley and water mixture, tomatoes and bouillon cube. Bring to a boil over high heat. Reduce heat, cover and simmer about 15 minutes or until vegetables are tender.

Split Pea Soup - **Combination Disk**

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 1 1/2 cups split peas, washed
- 1/2 lb turkey sausage
- 1 bay leaf
- 2 3/4 lbs chicken broth
- 1 clove garlic, minced
- 1 medium onion, chopped
- 1 large carrot, chopped
- 2 stalks celery, chopped
- 1/2 red bell pepper, chopped
- 5 tbsp all purpose flour
- 1/2 cup skim milk
- ground black pepper to taste
- 1/8 tsp hot red pepper sauce
- 2 tbsp fresh cilantro, chopped
- 3/4 cup plain nonfat yogurt

Cook turkey sausage in skillet until browned, drain fat. Place sausage, peas, bay leaf, broth, garlic, onion, carrot, celery and bell pepper in large saucepan. Bring to a boil over high heat. Reduce heat to low, cover and cook 20 minutes. Shake flour and milk vigorously in sealed container. Stir gradually into boiling mixture, cook 10 minutes stirring often. Add hot pepper sauce, cilantro and black pepper to taste. Cook 5 minutes. Stir in yogurt just prior to serving.



*“Without challenge, there is no achievement.
Accept the challenge so that you may feel
the exhilaration of victory.”*

Mexican Beef Soup - *Mexican Disk*

Yield: Approximately 8 Perfect Portions Diet Dish Servings

- 1 lb beef chuck, cut into small cubes
- 14 ounces beef broth
- 2 cups water
- 1 lb frozen vegetables, mexican style
- 14 ounces chunky tomato sauce, mexican style
- 1 lb canned pinto beans, drained
- 1 lb canned black beans, drained
- 2 tsp ground cumin
- 1/4 tsp garlic pepper
- 1/2 cup sour cream to top

Cook beef, stock and water in slow cooker over medium high heat for about 1 hour. Add vegetables, tomato sauce, and beans. Continue to cook for another hour. Increase heat to high and stir in cumin and garlic pepper. Cook for an additional 20 minutes. Serve with 1 tbsp sour cream on top.



Pork Fajitas - *Mexican Disk*

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 3/4 lb pork loin, cut into thin strips
- 1/2 medium onion, sliced
- 1 green pepper, sliced
- 1 tbsp fajita seasoning
- 6-8" plain flour tortillas
- 1 cup salsa
- 1/2 cup nonfat sour cream
- nonfat vegetable spray

Spray heavy nonstick skillet with nonfat vegetable spray and heat over medium high. Stir-fry pork 3-4 minutes or until no longer pink. Add onion, pepper and seasoning stir-frying an additional 4-5 minutes. Spoon out contents into the 6 tortillas and serve with salsa and sour cream.



Mexican Pasta Salad - *Mexican Disk*

Yield: Approximately 6 Perfect Portions Diet Dish Servings

- 2 cups spiral pasta
- 2 medium tomatoes, diced
- 1½ cups frozen corn
- 2 medium carrots, shredded
- ¼ cup red onion, chopped
- 1 tbsp dijon mustard
- 1 tbsp lime juice
- 1 tbsp jalapeno pepper, minced
- ¾ tsp chili powder
- ¾ tsp ground cumin
- 1 cup fresh cilantro, chopped

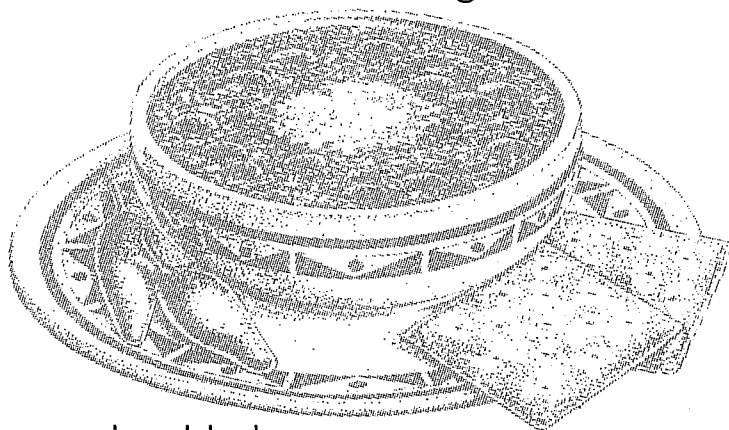
Cook pasta according to package directions. Add tomatoes, corn, carrots, and onion to pasta in large bowl. Combine remaining ingredients, except cilantro, in a closed container. Shake vigorously. Toss dressing, cilantro and pasta together. Add pepper to taste.



Chili Macaroni - *Mexican Disk*

Yield: Approximately 5 Perfect Portions Diet Dish Servings

- 1 tbsp olive oil
- ¾ lb round steak,
cut into 1" strips
- 1 medium onion, chopped
- 1¾ lbs canned mexican style
diced tomatoes, undrained
- 1½ cups spiral pasta, uncooked
- ½ cup water
- ½ cup reduced fat cheddar cheese, shredded



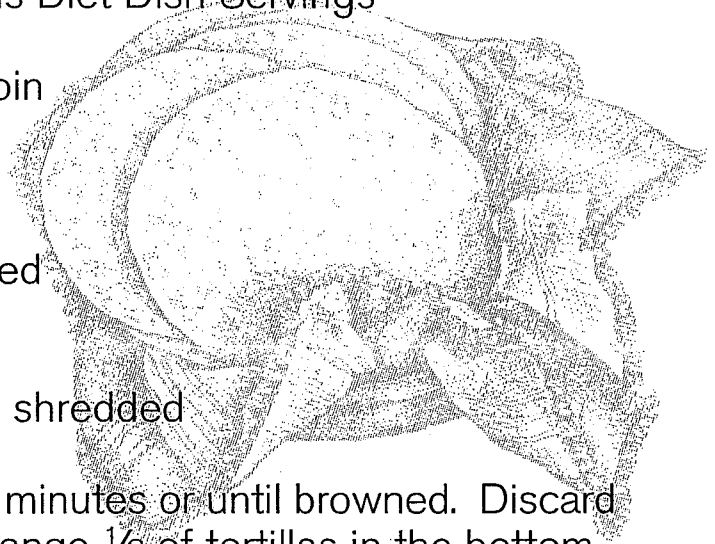
Heat oil in heavy nonstick skillet over medium high heat. Cook beef and onion 3-4 minutes, stirring frequently until beef is browned. Stir in tomatoes, pasta and water. Reduce heat to low. Cover tightly and simmer 15-20 minutes or until pasta is tender. Sprinkle with cheese before serving.



Enchilada Casserole - *Mexican Disk*

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- ¾ lb 90% lean ground round or sirloin
- 6-8" corn tortillas
- 1½ lbs canned crushed tomatoes
- 4 scallions, trimmed and chopped
- 7 ounces canned green chilies, diced
- 1 ounce black olives, sliced
- ½ cup nonfat plain yogurt
- ½ cup reduced fat cheddar cheese, shredded



Preheat oven to 350°. Saute beef 4-5 minutes or until browned. Discard any drippings. Remove from heat. Arrange ⅓ of tortillas in the bottom of an 8 x 12 inch baking dish. Layer with ⅓ of each of the remaining ingredients. Cover mixture with ⅓ of the tortillas and half of each of the remaining ingredients. Repeat with remaining tortillas, meat, scallion, chilies, olives and yogurt. Top with tomatoes and sprinkle with remaining cheese. Bake 35-40 minutes or until mixture is bubbling.

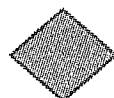


Black Beans & Rice - *Mexican Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1 cup vegetable or chicken broth
- 1 cup water
- 1 cup rice
- 1 lb canned black beans, drained
- 1 tbsp butter or margarine

Combine stock and water in saucepan and bring to a boil over high heat. Stir in rice and return to a boil. Immediately reduce heat to low. Cover saucepan and simmer 15 minutes. Stir in beans. Cover and simmer another 5-8 minutes or until rice is tender and liquid is absorbed. Remove from heat and let stand 5 minutes. Add butter/margarine and fluff with a fork before serving.

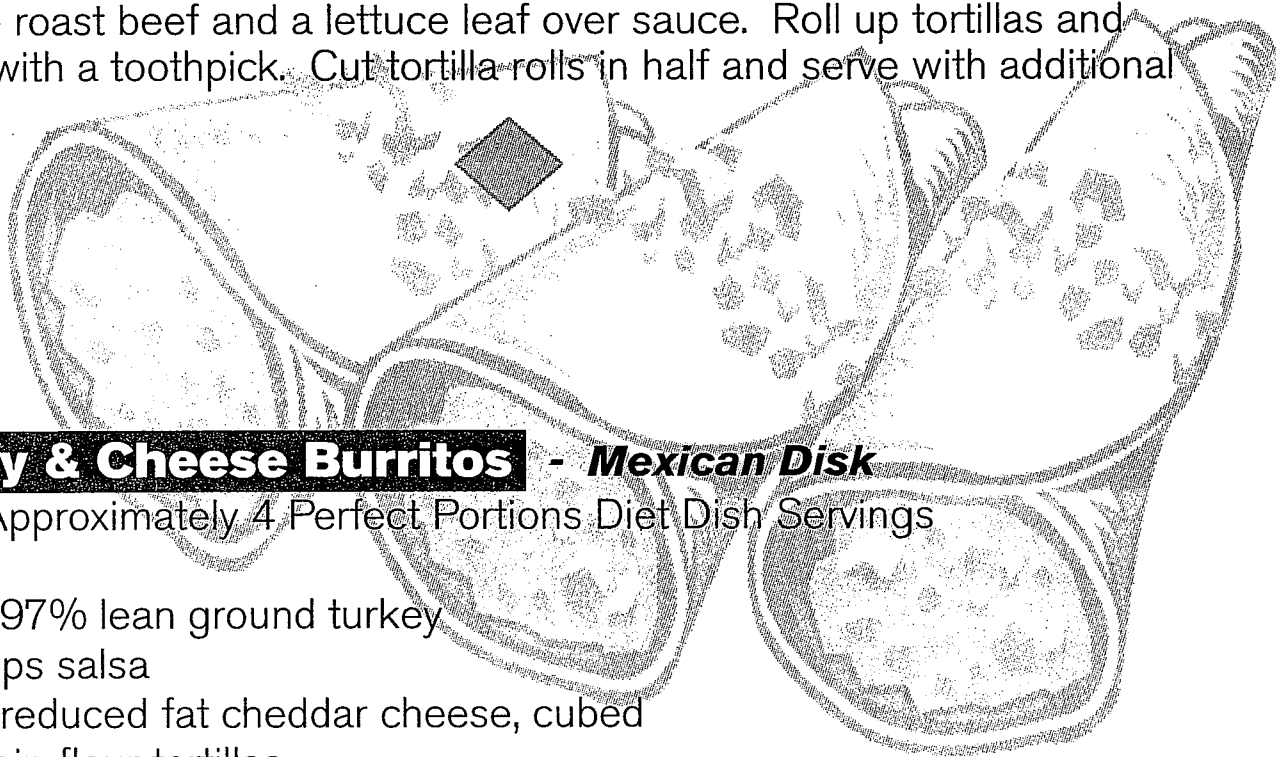


Mexican Beef Roll-ups - *Mexican Disk*

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 3¼ tbsp nonfat sour cream
- 1 tbsp plus 2 tsp nonfat mayonnaise
- 1¼ tbsp hot salsa (additional for serving)
- 6-8" plain flour tortillas
- 6 ounces cooked roast beef, sliced
- 6 large lettuce leaves
- toothpicks

Combine sour cream, dressing and salsa in a bowl. Spread over tortillas. Arrange roast beef and a lettuce leaf over sauce. Roll up tortillas and secure with a toothpick. Cut tortilla rolls in half and serve with additional salsa.



Turkey & Cheese Burritos - *Mexican Disk*

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- ½ lb 97% lean ground turkey
- 1¼ cups salsa
- ½ lb reduced fat cheddar cheese, cubed
- 6-8" plain flour tortillas
- 2 cups lettuce, chopped
- 2 medium tomatoes, chopped
- ½ cup ripe olives, sliced

Heat a heavy nonstick skillet over medium high heat. Cook turkey 6 - 8 minutes or until done. Stir in salsa and cheese. Cook until melted. Spoon about ½ cup meat mixture in center of each tortilla. Top with a portion of lettuce, tomato and olives. Fold bottom edge up over filling. Fold sides to the center, overlapping edges.



Chicken Tortillas - *Mexican Disk*

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 6-8" plain flour tortillas
- 2 tsp olive oil
- $\frac{3}{4}$ lb boneless skinless chicken breast, cut into $\frac{1}{2}$ " cubes
- $\frac{1}{2}$ lb onion, chopped
- 1 clove garlic, minced
- $\frac{3}{4}$ lb canned crushed tomatoes
- 3 ounces green chilies, chopped
- 2 tbsp cilantro or parsley, minced
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp oregano
- 1 cup water
- 1 tbsp lime juice
- $\frac{1}{2}$ cup salsa

Heat oil in a heavy nonstick skillet over medium high heat. Saute chicken 8-10 minutes or until browned. Add onion and garlic. Saute an additional 2-3 minutes. Stir in next 6 ingredients, increase heat to high and bring to a boil. Cover skillet and reduce heat to low. Simmer 20 minutes or until chicken is tender. Stir in lime juice. Serve chicken wrapped in warm tortillas with salsa.



Mexican Pizza - *Mexican Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1-10" thin pizza crust, baked
- 2 tsp olive oil
- 1 cup salsa
- 4 ounces canned green chilies, chopped
- 2 tbsp cilantro, chopped
- $\frac{1}{2}$ lb 97% lean ground turkey
- 1 cup reduced fat monterey jack cheese, shredded



Preheat oven to 450°. Place pizza crust on a baking sheet or stone and brush with oil. Spread salsa, then remaining ingredients. Bake 10 -12 minutes, until cheese is melted and crust is golden.



Chicken with Mustard & Herbs - *Pork & Poultry Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1/2 boneless, skinless chicken breast
- 1/2 tbsp herb seasoning
- 1 tsp lemon pepper
- 1/8 cup spicy brown mustard
- nonfat vegetable spray

Spray nonstick skillet with a nonfat vegetable spray. In small bowl, combine pepper, herb seasoning and mustard. On medium heat, cook chicken in skillet. Coat top of chicken with 1/2 of mixture. Turn when browned, coat chicken with remaining mixture. Cook until done. (Approximately 10 minutes).

Oven Fried Chicken - *Pork & Poultry Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

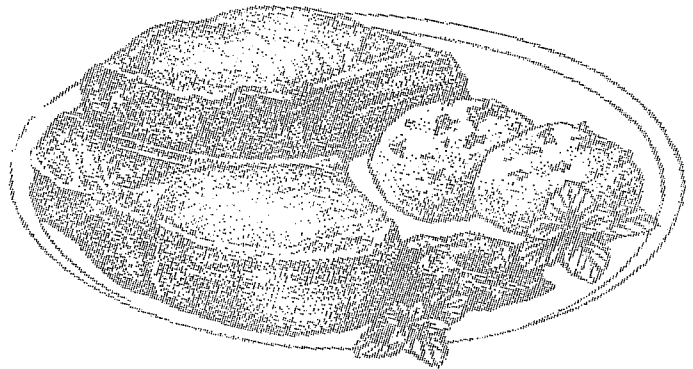
- 1/2 lb boneless, skinless chicken breast
- 1/4 tsp salt (optional)
- 1/2 tsp ground pepper
- 1/4 cup nonfat plain yogurt or fat free mayonnaise
- 2 tbsp parmesan cheese (lite)
- 1 tsp italian seasoning mix
- 3/4 cup bran flakes or corn flakes
- 1/4 cup corn meal
- nonfat vegetable spray

Preheat oven to 400°. Lightly coat an 11x13 inch baking dish with nonfat vegetable spray. In pie pan, combine cheese, italian seasoning mix, pepper, bran flakes, corn meal and salt (optional). Set aside. In small bowl, combine yogurt or mayonnaise with lemon juice. Pat chicken dry and dip into yogurt/lemon mixture and then roll in bran flake/seasoning mixture. Coat both sides of chicken. Arrange in baking dish. Spray the tops with the nonfat vegetable spray. Bake 30-35 minutes or until cooked through.

Pork Chops with Mushrooms - Pork & Poultry Disk

Yield: Approximately 3 Perfect Portions Diet Dish Servings

1/2 lb center cut pork chops, trimmed of visible fat
1/8 tsp ground black pepper
1/8 tsp garlic, minced
1/2 cup sliced mushrooms, fresh
1/4 cup fat-free sour cream
1/8 tsp onion powder
1/2 tsp parsley, dried
1/2 tbsp water
nonfat vegetable spray



Coat large nonstick skillet with nonfat vegetable spray. Sprinkle pork chops with garlic, pepper and onion powder. On medium heat, cook chops for 1 minute on each side, drain any fat. Add mushrooms and water, cover and cook 10 minutes. Stir in the sour cream and heat through, do not boil. Garnish with parsley.



“*The important thing is this; to be able at any moment to give up what we are - for what we can become. -Charles Dubious*”

Dijon Tuna Steaks - *Seafood Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1/2 lb tuna steaks
- 1 tbsp lemon juice
- 1 egg white
- 1 tbsp dijon mustard
- 1 tbsp green onions, chopped with tops
- nonfat vegetable spray



Set oven to broil. Lightly coat broiler pan with nonfat vegetable spray. Sprinkle steaks with pepper. Place steaks in pan and brush with lemon juice. Broil about 4" from heat about 5 minutes, turn. Broil 3 to 5 minutes more until steaks are golden brown and flaky.



Orange Roughy with Tarragon - *Seafood Disk*

Yield: Approximately 3 Perfect Portions Diet Dish Servings

- 1/2 lb orange roughy fillets
- 1/2 tbsp lemon juice
- dash tarragon leaves
- dash paprika
- nonfat vegetable spray

Tarragon Sauce:

- 1/4 cup plain nonfat yogurt
- 1/2 tbsp fat-free mayonnaise
- dash tarragon leaves



To make sauce; heat ingredients over medium heat in small saucepan, do not boil. Set oven to broil. Lightly coat broiler pan with nonfat vegetable spray. Place fish in broiler pan and broil 4 to 5 inches from heat. Cook 5 to 6 minutes or until fish is flaky. Pour sauce over fish fillets before serving.



Baked Fish with Mustard Sauce - *Seafood Disk*

Yield: Approximately 4 Perfect Portions Diet Dish Servings

- 2 fish fillets, 5 oz each, sole or flounder
- 1/8 cup fat-free ranch dressing
- 2 tsp yellow mustard
- 1 1/2 tbsp nonfat plain yogurt

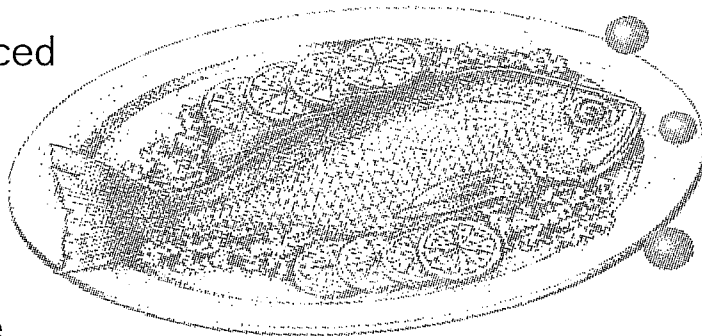
Preheat oven to 400°. Rinse and pat fish dry, then arrange in baking dish. Mix dressing, mustard and yogurt together and spread evenly over fish. Bake approximately 10 minutes or until flaky.



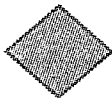
Baked Snapper & Tomato - *Seafood Disk*

Yield: Approximately 5 Perfect Portions Diet Dish Servings

- 3/4 lb red snapper
- 1/2 medium red or green pepper, diced
- 1 tsp parsley
- 1/2 tsp lemon juice
- 1/2 tsp cayenne red pepper
- 1/2 medium onion, diced
- 1/2 clove garlic
- 1/2 cup canned tomatoes with juice
- nonfat vegetable spray



Preheat oven to 350°. Lightly coat a 9 x 11 inch baking dish with a nonfat vegetable spray. In a saucepan, mix pepper, parsley, cayenne pepper, onion, garlic and tomatoes. Cook until onions are transparent and peppers are browned. Spread snapper in pan and sprinkle with lemon juice. Pour mixture over snapper and bake covered for 20 minutes or until flaky.

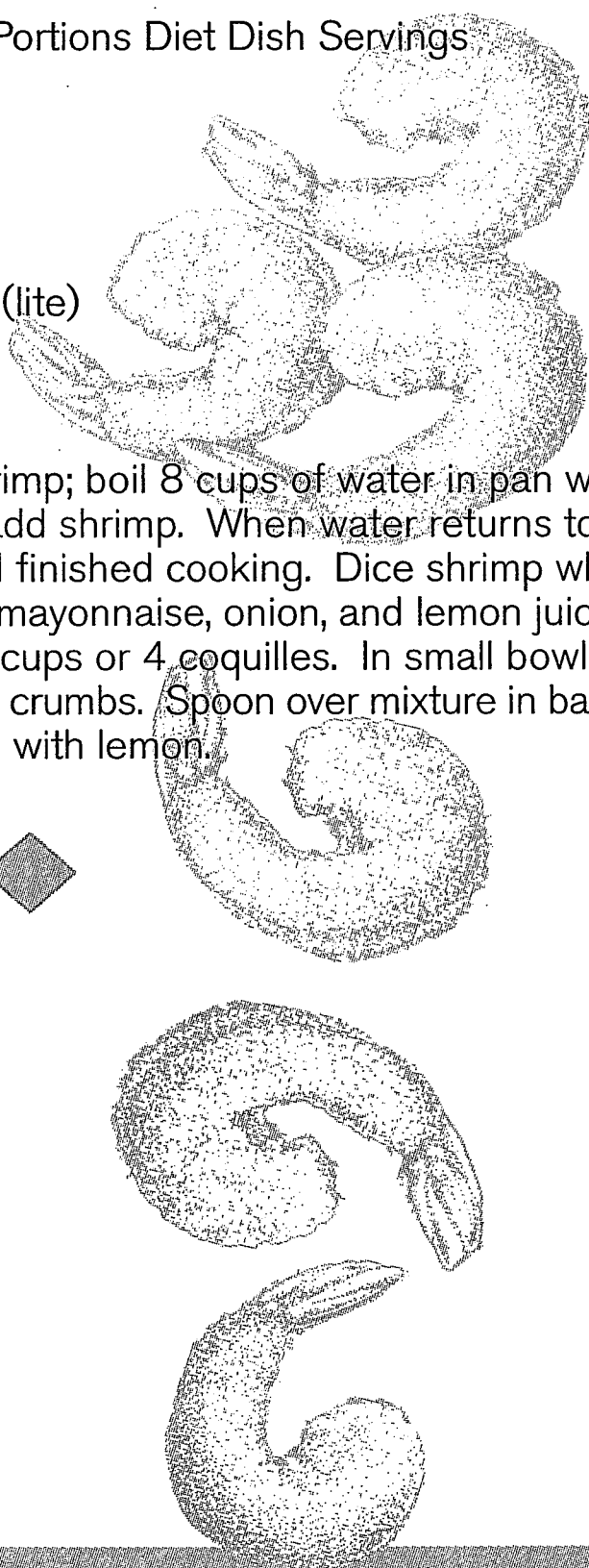


Quick Shrimp Coquille - **Seafood Disk**

Yield: Approximately 3-4 Perfect Portions Diet Dish Servings

- 1/2 lb shrimp, cooked
- 1/4 cup fat-free mayonnaise
- 1/8 cup green onion, thinly sliced
- 1 tbsp parsley
- 1 tbsp parmesan cheese, grated (lite)
- 1/2 tbsp bread crumbs
- 2 tsp lemon juice

Preheat oven to 400°. To cook shrimp; boil 8 cups of water in pan with a lid. When water is at a full boil, add shrimp. When water returns to a full boil, shrimp should be pink and finished cooking. Dice shrimp when cooled. In large bowl, mix shrimp, mayonnaise, onion, and lemon juice. Place mixture in 4 to 6 oz custard cups or 4 coquilles. In small bowl, combine cheese, parsley and bread crumbs. Spoon over mixture in baking dishes. Bake 15 minutes. Garnish with lemon.

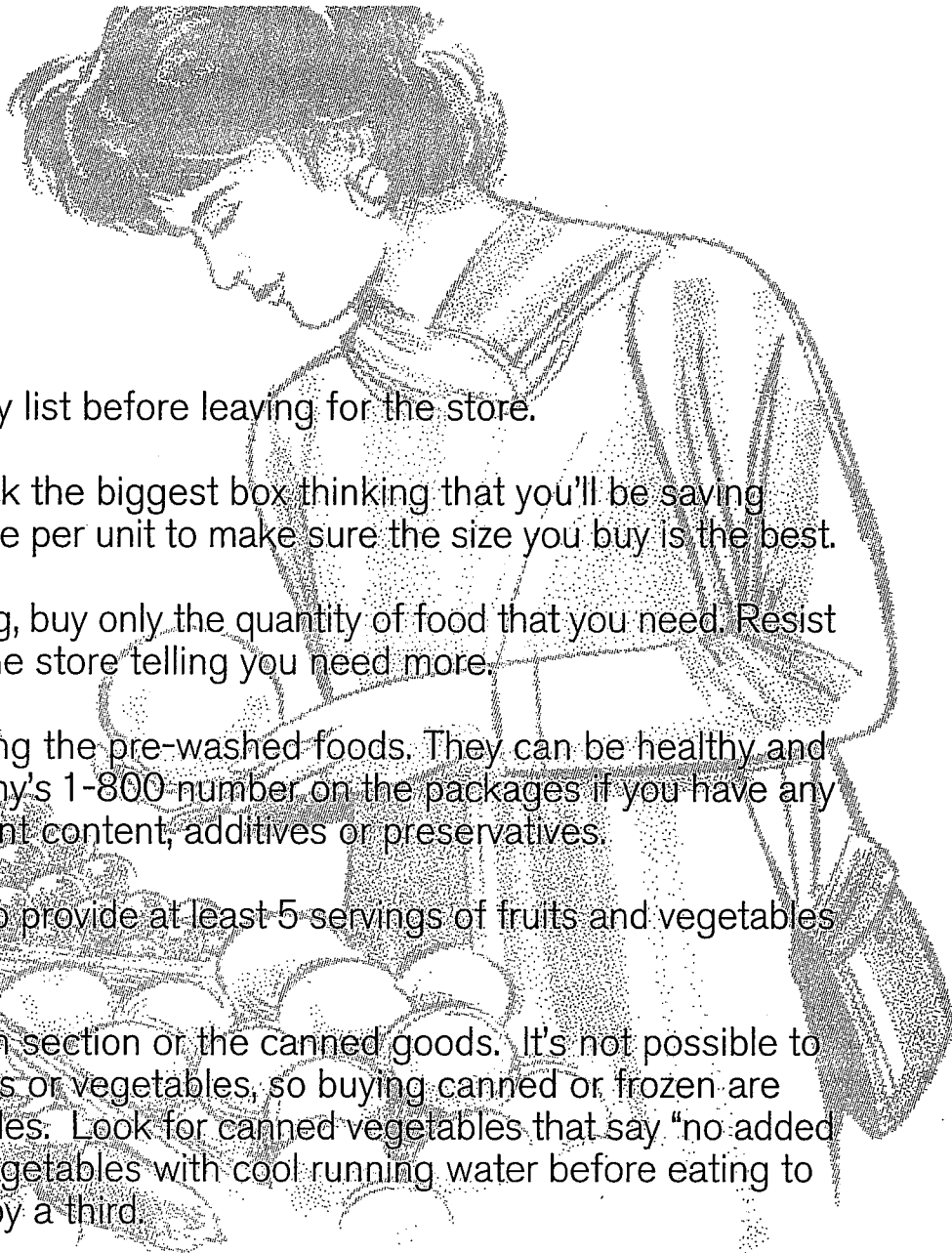


“Don't wait for your ship to come in - swim out to it! There is an island of opportunity in the middle of every difficulty.”

10 HEALTHY HABITS

1. **Don't eliminate - just moderate.** You don't have to completely eliminate your favorite foods like cookies or ice cream - just watch the frequency and be aware of how much you're putting in your mouth. An extra 100 calories each day can turn into 10 pounds of body fat in one year. When you indulge in sweets - enjoy each bite.
2. **No calorie counting.** Focus on the good nutrition you're eating with the Perfect Portions Weight Loss System and don't be obsessed with counting fat grams, weighing food or counting calories.
3. **Be a portion expert.** After a month on the Perfect Portions Weight Loss System you will be able to "eye ball" a portion size. This will help you keep your calories in balance.
4. **Eat early - eat often.** Try to eat most of your meals before nighttime. This will give you time to include any physical activity you may need to burn off the calories. As a general rule, you should try to eat something every three or four hours, this will keep your blood sugar stable and keep your energy levels high.
5. **The scale is deceiving.** The true gauge of your healthy lifestyle is the way you will feel and the way your clothes are fitting. The scale can also be deceiving while you start an exercise program because muscle weighs more than fat, and you will be putting on lean muscle tissue when you start to exercise. Limit weigh-ins to NO MORE than once a week.
6. **Begin each day with a healthy breakfast.** Start with an energizing meal filled with whole grains, lean protein, fruit, and low-fat milk. Studies have shown that people who eat breakfast generally eat less fat and fewer calories throughout the day.
7. **When you eat - just EAT.** Try not to watch TV or have other distractions that can lead to mindless eating. Those extra calories will add up.
8. **A fruit a day . . .** Put fresh or dried fruit, and vegetables in your purse, briefcase or gym bag. These types of snacks all travel very well and will help you make controlled choices throughout your day.
9. **More is not always better.** When buying items such as chips, sweets or candy, try not to choose the biggest package. If the portion is smaller, chances are you'll eat less.
10. **Out of sight-out of mind.** Fill your Perfect Portions dish and then bring it to the table. If there are serving bowls left on the table, chances are this makes the second helping too easy to be reached. Leave the serving bowls on the stove or countertop out of sight.

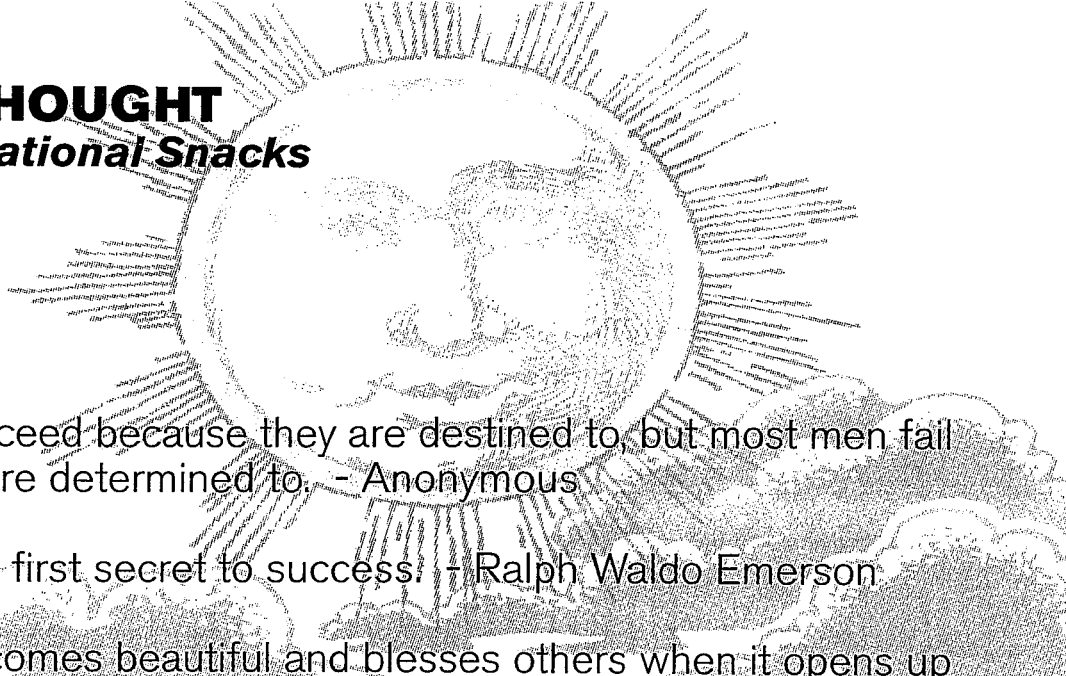
10 GROCERY AISLE TRICKS



1. Always make a grocery list before leaving for the store.
2. Don't automatically pick the biggest box thinking that you'll be saving money. Check the price per unit to make sure the size you buy is the best.
3. When grocery shopping, buy only the quantity of food that you need. Resist the selling tactics of the store telling you need more.
4. Save time by purchasing the pre-washed foods. They can be healthy and quick. Use the company's 1-800 number on the packages if you have any questions about nutrient content, additives or preservatives.
5. Buy enough produce to provide at least 5 servings of fruits and vegetables a day.
6. Make use of the frozen section or the canned goods. It's not possible to always have fresh fruits or vegetables, so buying canned or frozen are better than no vegetables. Look for canned vegetables that say "no added salt" or rinse off the vegetables with cool running water before eating to decrease the sodium by a third.
7. Think color. The more colorful your grocery cart - the healthier you'll be. Dark green, orange, and red fruits and vegetables are traditionally known for their antioxidants, anticancer nutrients. Choose spinach, broccoli, carrots, sweet potatoes, red pepper, tomato, tangerine, strawberries, apricot and cantaloupe.
8. If you have a choice, always choose the products marked "whole wheat" as the first ingredient. This will automatically increase your fiber intake.
9. If choosing processed meats, select lunch meats with less than 3 grams of fat per ounce (or at least 95% fat-free).
10. Eggs - cellant. Try the eggs substitutes found in the dairy section. They will cut all of the cholesterol and fat you'd be eating if you had real eggs - and they also taste great.

FOOD FOR THOUGHT

- Motivational Snacks

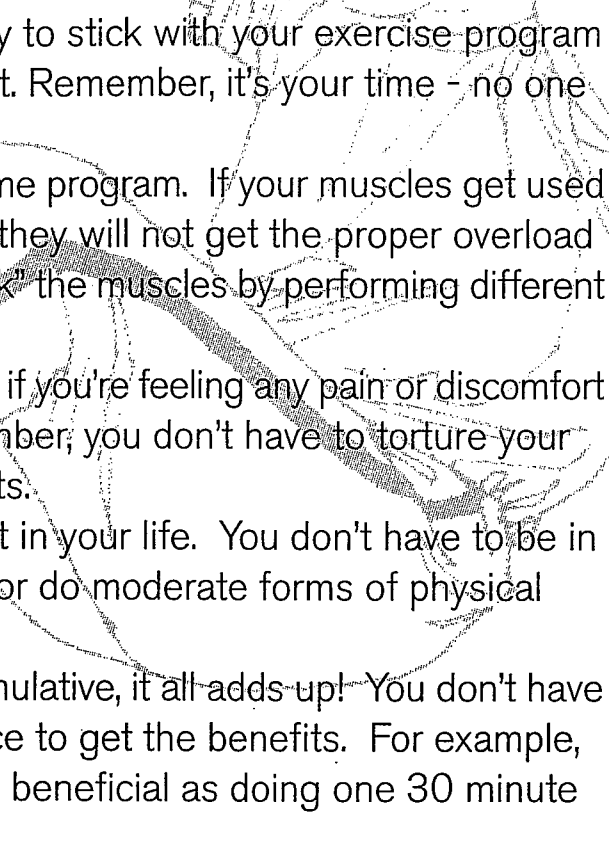
- 
1. Some men succeed because they are destined to, but most men fail because they are determined to. - Anonymous
 2. Self trust is the first secret to success! - Ralph Waldo Emerson
 3. A rose only becomes beautiful and blesses others when it opens up and blooms. It's greatest tragedy is to stay in a tight closed bud, never fulfilling its potential. - Anonymous
 4. Tis a lesson you should heed: Try, try again; if at first you don't succeed, Try, try again; then your courage should appear, for if you will persevere, you will conquer, never fear; Try, try again.
- W.E. Hickson
 5. Wise living consists perhaps less in acquiring good habits than in acquiring as few habits as possible. - Eric Hoffer
 6. Aim at the sun, and you may not reach it; but your arrow will fly higher than if aimed at an object on a level with yourself.
- Joel Hawes
 7. Believe in yourself! Have faith in your abilities without a humble, but reasonable confidence in your own powers you can't be successful or happy ... Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding.
- Norman Vincent Peale
 8. I can give you a six word formula for success; think things through - then follow through! - Edward Vernon Rickenbacker
 9. An obstacle is something you see when you take your eyes off your goal. - Anonymous.
 10. If you think you can win, you can win. Faith is necessary to victory.
- William Hazlit

WEIGHT LOSS STRATEGIES

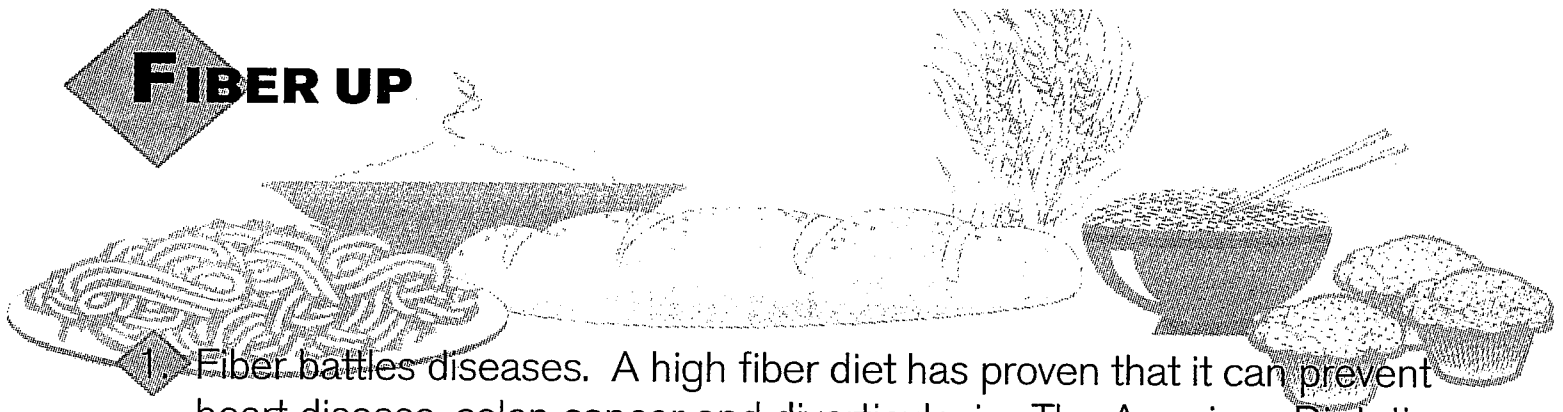
A black and white line drawing of a woman in profile, running towards the right. She is wearing a long-sleeved top and pants. The drawing is positioned behind the list of strategies, with some parts of the list overlapping it.

1. Set realistic goals remembering that you must eat to lose weight. The key to permanent weight loss is losing it slowly, no more than 2 pounds per week. This will better ensure it stays off.
2. Follow the principles of the PERFECT PORTIONS; balance, moderation and variety. This program will ensure that you're receiving all the right ingredients for better health.
3. Exercise. Staying active and fit is important to weight loss because you can gain lean muscle which increases the calories you burn each minute of the day. Your reward is burning more fat. More muscle = less fat!
4. Social support. Surround yourself by positive people who are generally happy for you that you have devoted yourself to a healthy lifestyle.
5. Focus on health rather than appearance. A natural tendency is to want to be thin or skinny - this may not always be the best for our bodies. A fit body is someone who is healthy and strong. You will become self empowered and have a greater satisfaction of life if your goal is to be fit.
6. Your self confidence and self esteem will begin to grow as you slowly unwind a lifetime worth of unhealthy habits while intertwining your new, healthier eating style for the rest of your life.
7. Control the binge eating. By using your PERFECT PORTIONS Weight Loss System correctly, you will be able to control the habit of eating unwanted, empty calories. Your foods will be in the correct proportions to stabilize glucose levels, keeping you satisfied.
8. Make a list of the reasons why you want to lose weight. Go back to this list whenever you're feeling discouraged to help reinforce your goals.
9. Look at your body in the mirror at least once a day, focusing especially on the parts of your body you DO LIKE. Note and appreciate how these parts of your body add to your overall sense of well being.
10. Stand, walk, and smile like a person at goal weight - who's feeling terrific about him or herself. Getting fit and healthy is a journey, stay positive - always!

EXERCISE

- 
1. Make a schedule. You're more likely to stick with your exercise program if you have a consistent time to do it. Remember, it's your time - no one gets it but you!
 2. Be creative. Don't always do the same program. If your muscles get used to doing the same thing everyday - they will not get the proper overload to progress. It's a good idea to "shock" the muscles by performing different routines.
 3. Train don't strain! Listen to your body, if you're feeling any pain or discomfort - stop doing the movement. Remember, you don't have to torture your body for it to respond and get results.
 4. You can start exercising at any point in your life. You don't have to be in great shape to walk for 10 minutes or do moderate forms of physical activity.
 5. It's well documented, exercise is cumulative, it all adds up! You don't have to do all your physical activity at once to get the benefits. For example, three 10 minute segments is just as beneficial as doing one 30 minute segment.
 6. Exercise should be easy and fun. When it's fun, it leads to long term success because you'll be consistent, and consistency beats infrequent exercise every time.
 7. By age 70, the average female has lost about 30% of her bone mass. Frequent exercise, especially strength training, will stave off osteoporosis and build up bone density.
 8. For every year you age past 20, your body will lose 1/2 pound of muscle. For every year you age past 20, you gain 1/2 to 1 pound of fat. This trend can be reversed if you are physically active. Remember, exercise increases lean muscle tissue which burns more calories and decreases body fat.
 9. Take the talk test. If you can sing a whole song without taking a breath, you're not working hard enough. If you can't string 3 or 4 words together comfortably, you're working too hard - slow the pace!
 10. Every little bit helps. Everyday activities also burn extra calories. In 10 minutes . . . scrubbing floors = 70 calories, gardening = 85 calories, food shopping = 40 calories, house cleaning = 40 calories, dancing = 70 calories.

FIBER UP

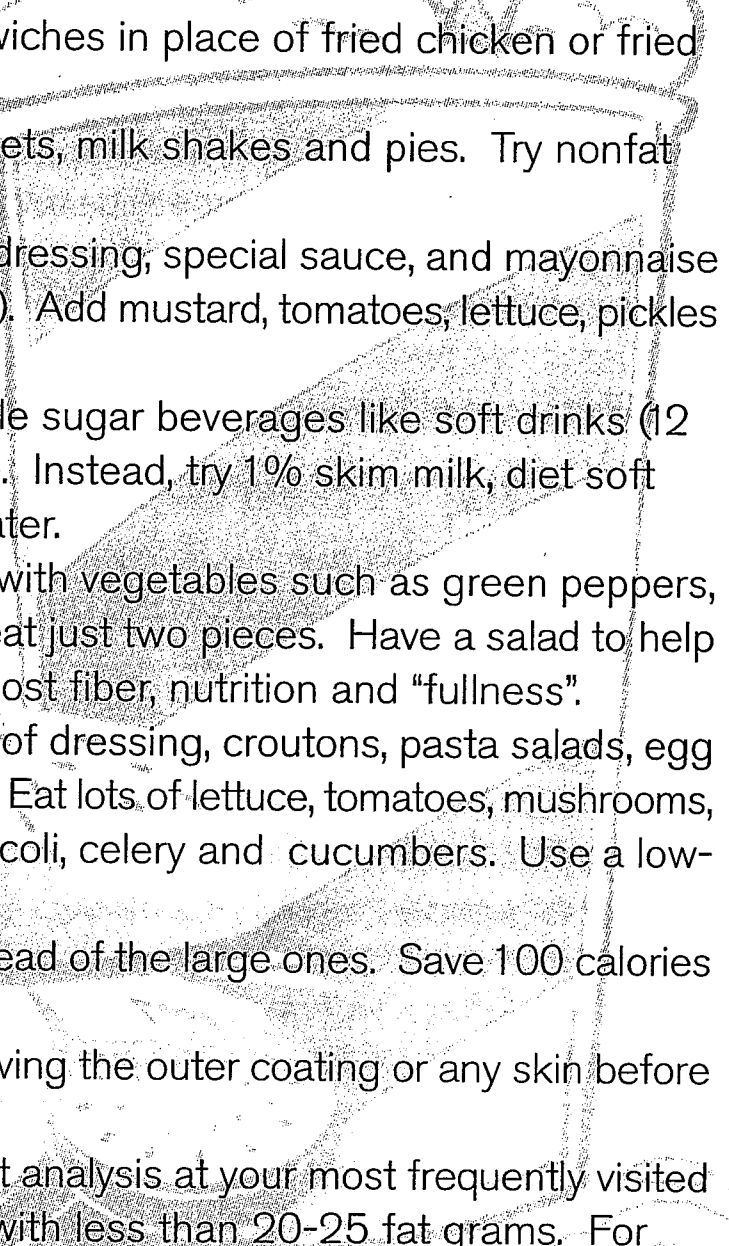


1. Fiber battles diseases. A high fiber diet has proven that it can prevent heart disease, colon cancer and diverticulosis. The American Dietetic Association recommends 20-35 grams of fiber per day. Your PERFECT PORTIONS DIET DISH if followed correctly, supports this amount.
2. Beans and grains are the best providers. Dietary fiber is plant matter we cannot digest. Whole grains and legumes give us the most fiber per dietary serving. Fruits and vegetables are also very good sources.
3. Fiber fills you up. High fiber foods take longer to chew and digest, increasing your satisfaction of the food. Fiber-full foods are a natural appetite suppressant, because they take up more room in your stomach than other foods.
4. More fiber - more water. To keep fiber moving through the digestive track it requires you to drink more water. 8 glasses a day would be great.
5. Cooking won't harm fiber. You don't have to worry if you cook your fruits or your vegetables, you still receive the benefits of the fiber.
6. Don't eat too much. Just like always, too much of a good thing is not good. If you consume over 50 grams of fiber per day you may experience diarrhea, bloating and the interference of your body's absorption of iron, zinc and other minerals.
7. It lowers the "bad" cholesterol. Studies have shown that soluble fiber (dissolves in water) lowers the LDL cholesterol, which could possibly reduce the risk for heart disease.
8. The food sources that are high in fiber are also very high in other nutrients; fruits and vegetables are loaded with antioxidants and whole grains are a great source of Vitamin E and folacin, all are known for their anticancer activities in the body.
9. Fiber makes you absorb less calories. For each gram of fiber that you consume, you absorb approximately 7 fewer calories from food.
10. Fiber helps you stay regular. The insoluble fiber found in whole grain breads and cereals, and many fruits and vegetables binds with water to help waste move out of the body smoothly.

RESTAURANT SAVVY

1. Stay away from thick, creamy sauces and stick to ones that are thin and stock based. Avoid hollandaise, bearnaise, or anything that sounds like gravy. Choose red pasta sauces over white.
2. Choose entrees which are steamed, poached, broiled, roasted, baked, or cooked in their own juices. Fish is almost always the best choice. Watch out for breaded, fried or sauteed foods.
3. Select darkest greens when available and add a variety of vegetables. When eating a salad - choose the darkest leaf lettuce such as spinach as opposed to iceberg, which has very little nutritional value.
4. Baked potatoes are great topped with steamed vegetables, picante sauce, jalapenos, lemon juice and pepper, nonfat plain yogurt, steak sauce, or cut up meat.
5. Split the entree in half and ask for a side salad. If alone, ask for the entree to be divided in half and packaged in a carryout before it comes to the table.
6. Gain the edge on hunger by starting with a broth-based soup, fruit, raw vegetables, unbuttered bread, or a light seafood appetizer like shrimp cocktail.
7. Instead of having a main meal - it's okay to order 2 healthy appetizers in one sitting. This can provide a healthy advantage as the portions are smaller and you have a variety of nutritious choices. Don't stuff yourself; as your stomach expands, so does your appetite.
8. Avoid buffet style restaurants. Eating "just a little" of 12 different foods turns into a lot of food. Practicing control over your environment - will often times lend itself to your success.
9. If you know where you're going to eat - call ahead and see what's on their menu. Have an idea in your mind of what you're going to eat, and then ask for it on the phone. This will help you plan accordingly and make healthier choices.
10. Keep good company. Talking more and eating less will ensure that you'll enjoy your meal without overindulging.

FAST FOOD FIX

- 
1. Order grilled chicken sandwiches in place of fried chicken or fried fish sandwiches.
 2. Set a limit on desserts, sweets, milk shakes and pies. Try nonfat frozen yogurt for dessert.
 3. To reduce fat calories, omit dressing, special sauce, and mayonnaise (1 tablespoon = 100 calories). Add mustard, tomatoes, lettuce, pickles and onions.
 4. Avoid the high calorie, simple sugar beverages like soft drinks (12 or more calories per ounce). Instead, try 1% skim milk, diet soft drinks, fruit juices, tea or water.
 5. Order a small cheese pizza with vegetables such as green peppers, onions or mushrooms, and eat just two pieces. Have a salad to help satisfy your appetite and boost fiber, nutrition and "fullness".
 6. At salad bars, limit amounts of dressing, croutons, pasta salads, egg yolk, cheese, nuts and seeds. Eat lots of lettuce, tomatoes, mushrooms, green peppers, carrots, broccoli, celery and cucumbers. Use a low-calorie dressing.
 7. Order small hamburgers instead of the large ones. Save 100 calories by holding the cheese.
 8. Cut down on the fat by removing the outer coating or any skin before eating fried chicken.
 9. Ask for a copy of the nutrient analysis at your most frequently visited restaurants. Select a meal with less than 20-25 fat grams. For example; choose a grilled chicken sandwich without mayo (8 grams) and a regular order of fries (12 grams) or have a small hamburger (10 grams) and skip the fries.
 10. Always carry a fresh piece of fruit with you to curb your mental hunger, and give you the control you need to make healthy food choices.

Perfect Portions

Weight Loss System

DINING SMART CARD

Use this card whenever dining out to help make smart food selections.

FOODS TO AVOID

•• All you can eat menus ••

1. Alfredo sauce
2. Au gratin
3. Bearnaise sauce
4. Breaded
5. Butter oil or cream sauce
6. Cheese sauce
7. Crispy
8. Fried - deep or battered
9. Gravies
10. Hollandaise sauce
11. Jumbo, extra large

FAST FOODS

•• No Mayo based sauces and hold the cheese ••

1. Baked potatoes
2. Chicken sandwich - grilled
3. Chili - bowl
4. French fries - small
5. Hamburgers - single
6. Milkshake - lowfat, small
7. Pizza - 2 slices of 10" traditional tossed crust
8. Roast beef sandwich
9. Vegetable or grilled chicken salad - 1/2 packet of dressing
10. Turkey sandwich
11. Yogurt - frozen with fruit topping
12. Wrap - turkey or chicken

ITALIAN

1. Chicken marsala
2. Italian bread - 2 pieces
3. Minestrone soup
4. Pasta in marinara sauce
5. Pasta in clam sauce red or white
6. Pasta primavera
7. Pizza - thin crust or slices vegetable topped
8. Seafood - any grilled
9. Ravioli - spinach or ricotta cheese
10. Vegetarian lasagna
11. Veal scallopini
12. Wedding soup

MEXICAN

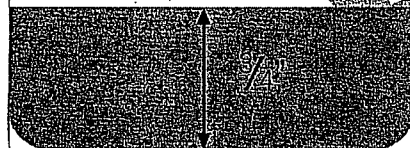
•• Avoid sour cream, guacamole, extra cheese, and fried nacho chips or shells ••

1. Bean burrito
2. Beans and rice
3. Ceviche (fish in lime juice)
4. Chicken burrito
5. Chicken fajitas
6. Enchilada - chicken
7. Grilled chicken or shrimp
8. Refried beans - no added oil
9. Taco
10. Salsa as dip
11. Shrimp dishes
12. Tortilla - soft, flour

DINING SMART CARD

Instructions for 3 ounce meat servings.

- ◆ Your meat selection should be approximately the dimensions of this card 2 1/8" x 3 3/8" plus the 3/4" depth indicated by the grey area below.
- ◆ Hold the card upright to find the correct thickness of your meat portion.



BREAKFAST

•• Limit butter/margarine to 1 pat ••

1. Bagel
2. Buttermilk pancakes
3. Canadian bacon
4. Eggs - 2
5. Egg substitutes
6. French toast
7. Fruits - any
8. Ham
9. Oatmeal
10. Skim or 1% milk
11. Turkey sausage
12. Waffle with fruit

BEEF/PORK

•• Cut off all visible fat and hold the gravy ••

1. Eye of round
2. Flank steak
3. Ham
4. Liver
5. Lowfat beef deli meat
6. Port tenderloin chop
7. Pork roast
8. Roast beef
9. Sirloin
10. Steak kabob
11. T-bone steak

CHICKEN/TURKEY/SEAFOOD

•• No skin on Meat ••
•• No cream, oil, or butter toppings on seafood ••

1. Chicken or turkey breast
2. Chicken stir fry
3. Atlantic baked cod
4. Crab
5. Filet of sole
6. Halibut
7. Lobster tail - broiled
8. Orange roughy
9. Salmon - poached
10. Scallops
11. Shrimp
12. Tuna

CHINESE**••No Tempura or Breadings••**

1. Chicken with vegetables
2. Chow mein
3. Chop suey
4. Dumplings - steamed
5. Hunan chicken or seafood
6. Moo goo gui pan
7. Pepper steak
8. Rice - steamed or brown
9. Stir fry - seafood or chicken
10. Szechuan chicken or seafood
11. Wonton soup

DESSERTS / SPECIAL OCCASION**•• Split another dessert ••**

1. Angel food cake
2. Candy bars - 2 fun size
3. Cake - frosted 2.5 X 2.5
4. Cookies (2) - 2.5 Diameter
5. Candy - hard
6. Fresh fruits
7. Hershey Kisses - 6
8. Jello
9. Pudding
10. Sherbet
11. Yogurt - lowfat - frozen
12. Popsicle, fudge bar, pudding pops - sugar free
13. Popcorn - 2 cups