

MENU

Day 1

Power Smoothie
Salsa Salad with Tortilla Chips
Meatloaf Muffins with Zucchini Noodles

Day 2

Huevos Rancheros Scramble
Meatloaf & Zucchini Noodles
Shrimp & Vegetable Quinoa

Day 3

Blueberry Ginger Almond Oats
Shrimp Tacos
Flank Steak Chimichurri with Grilled Vegetables

Day 4

Power Smoothie
Thai Beef Salad
Asian Turkey Over Quinoa

Day 5

Huevos Rancheros Scramble
Lettuce Wraps
Chili Stew

Day 6

Blueberry Ginger Almond Oats
Watermelon Quinoa
Veggie Tostadas

PREP GUIDE**For the week:**

- 9 cups cooked quinoa prepared according to package directions
- 8 eggs, hard boiled
- 5-6" fresh ginger, grated (¼ cup)
- 6 limes, zested & juiced (¾ cup lime juice, 3 Tablespoons lime zest)

Day 1

- 2 cups diced watermelon
- 2 cucumbers diced (4 cups)
- 8 carrots, shredded (2½ cups)
- 4 ears corn, kernels (3 cups)
- 2 red onions, chopped (2 cups)
- 4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
- 2 red or green bell peppers, chopped (2 cups)
- 8 large zucchini, into noodles or very thin strips
- 4 corn tortillas, cut in wedges and crisped in oven

Day 2

- 2 mangoes, peeled & diced (2 cups)
- 1½ red onions, chopped (1½ cups)
- 3 red or green bell peppers, chopped (3 cups)
- ½ large zucchini, chopped (1 cup)
- 3 carrots, chopped (1½ cups)

Day 3

- Make chimichurri * *see Day 3 for recipe*
- 4 zucchini, sliced lengthwise
- 4 red or green bell peppers, into large chunks
- 2 cups chopped lettuce (½ head iceberg or romaine)
- 2 mangoes, peeled & diced (2 cups)

Day 4

- 2 cucumbers, sliced (4 cups)
- 2 red or green bell peppers, sliced (2 cups)
- 2 carrots, shredded (¾ cup)
- 4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
- 1 red onion, chopped (1 cup)
- 2 zucchini, diced (4 cups)
- 2 mangoes, sliced (2 cups)

(continued)

Day 5

- 1½ red onions, diced (1½ cups)
- 2 red or green bell pepper, diced (2 cups)
- 2 red or green bell peppers, sliced thin (2 cups)
- ½ large zucchini, chopped (1 cup)
- 2 cucumbers, sliced thin (4 cups)
- 2 carrots, shredded (¾ cup)
- 1 head lettuce, separated into large leaves
- 2 ears corn, kernels (1½ cups)
- 2 mangoes, peeled & diced (2 cups)

Day 6

- 4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
- 1 cucumber, diced (2 cups)
- 4 cups diced watermelon
- 1 red onion, sliced (1 cup)
- 2 ears corn, kernels (1½ cups)
- 2 mangoes, peeled & sliced (2 cups)

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
ground turkey	5 pounds	2-1/2 lbs	1-1/4 lbs	25	
shrimp	2 pounds	1 pound	1/2 pound	20	<i>peeled & deveined</i>
flank steak	3-1/2 lbs	1-3/4 lbs	3/4 pound	21	
Fruits & Vegetables					
	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes for 4 servings
	Qty				
bananas	6	3	2	3	
blueberries	7 pints	4 pints	2 pints	14	
cucumber	9	5	3	9	
avocado	8	4	2	8	
tomatoes	20	10	5	15	
carrots	15	8	4	3	
corn	8 ears	4 ears	2 ears	4	
red onion	7	4	2	7	
cilantro	5 bunches	3 bunches	2 bunches	7.5	
limes	9	5	3	4.5	
iceberg or romaine	4 heads	2 heads	1 head	8	
red or green bell peppers	15	8	4	15	
zucchini	16	8	4	16	
fresh ginger	5-6"	3-4"	2-3"	4	<i>need 4 Tablespoons grated</i>
watermelon	1 medium	1 small	1 small	3	
mango	10	5	3	10	
fresh mint	2 bunches	1 bunch	1 bunch	3	
Misc.					
	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
small corn tortillas	12	6	3	3	
feta cheese	7 ounces	4 ounces	2 ounces	6	
quinoa	4-1/2 cups	2-1/4 cups	1-1/4 cups	5	
cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon	1	
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	1	
soy sauce	4 Tablespoons	2 Tablespoons	1 Tablespoon	2	
PANTRY INGREDIENTS					
Olive Oil	1-1/4 cups	2/3 cup	1/3 cup		
balsamic vinegar	2 Tablespoons	1 Tablespoon	1/2 Tblspn		
almond milk	112 fl oz	56 fl oz	28 fl oz		
Dijon mustard					
Garlic cloves	14 cloves	7 cloves	4 cloves		
Herbes de Provence	2 teaspoons	1 teaspoon	1/2 teaspoon		
eggs	26	13	7		
cumin	1-1/4 tsp	3/4 teaspoon	1/2 teaspoon		
cayenne	dash	pinch	pinch		
paprika					
chicken broth					
quinoa					
tomato paste	3 Tablespoons	1-1/2 Tblspns	2-1/4 tsp		
oregano					
kosher salt	3 teaspoons	1-1/2 tsp	3/4 tsp		
black pepper	2-1/2 teaspoons	1-1/4 tsp	3/4 tsp		
nuts: sliced almonds	1-1/2 cups	3/4 cup	1/3 cup		
canned beans: black beans	8 (15 oz) cans	4 (15 oz) cans	2 (15 oz) cans		
raw old fashioned oats	4-1/2 cups	2-1/4 cups	1-1/4 cups		

■ Each recipe makes four servings ■ All nutrition information is for one serving ■

■ DAY ONE ■

BREAKFAST: POWER SMOOTHIE

3 bananas
1 pint blueberries (2 cups)
1 cucumber, peeled
1 avocado, peeled & pitted
3 cups almond milk
3 cups ice

Blend together. Serve along with a side of boiled eggs.

4 eggs, hardboiled, sliced

Smoothie: 230 kcal, 3g Protein, 39g Carb, 100mg Sodium, 8g Fiber, 0mg Cholesterol, 9g Fat, 0.5g Saturated, 21g Sugar, 25% Calcium, 10% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY ONE ■

LUNCH: SALSA SALAD WITH TORTILLA CHIPS (CAN BE MADE AHEAD)

For salsa

2 (15 ounce) cans black beans, rinsed and drained
8 tomatoes, diced (6 cups)
2 cucumbers, diced (4 cups)
4 carrots, shredded (1½ cups)
4 ears corn, kernels (3 cups)
1 red onion, chopped (1 cup)
1 cup chopped cilantro
¼ cup lime juice
2 Tablespoons olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper

For salad

4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
1 avocado, sliced
4 small corn tortillas, cut in wedges, crisped in oven

1. Toss all salsa ingredients together. **Save one third for Lunch Day #3.**
2. Serve on lettuce with avocado slices and tortilla chips

Salsa Salad with Chips: 470 kcal, 16g Protein, 80g Carb, 160mg Sodium, 18g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 19g Sugar, 15% Calcium, 25% Iron

■ DAY ONE ■

DINNER: MEATLOAF MUFFINS WITH ZUCCHINI NOODLES

1½ Tablespoons olive oil
1 red onion, chopped (1 cup)
2 red or green bell peppers, chopped (2 cups)
4 cloves garlic, minced
4 carrots, shredded (1½ cups)
2 Tablespoons tomato paste
2 teaspoons Herbes de Provence
½ teaspoon kosher salt
¼ teaspoon black pepper
2½ pounds ground turkey
2 ounces crumbled feta cheese (½ cup)
2 eggs
½ cup ground raw old fashioned oats

2 Tablespoons olive oil
8 large zucchini, into noodles or very thin strips
Dash of kosher salt and pepper

2 cups diced watermelon
1 pint blueberries (2 cups)

1. Heat oven to 400°F.
2. Heat a medium skillet over medium heat and add olive oil. When oil is hot add onion, bell peppers, garlic, and carrots and cook for 4-5 minutes. Add in tomato paste, Herbes, salt, and pepper and stir to combine. Let cool slightly and combine with turkey, feta, eggs, and oats.
3. Scoop into greased muffin tins and bake for about 20-25 minutes. **Save half for Lunch Day #2.**
4. Meanwhile, heat a large non-stick skillet over high heat and in batches add oil and zucchini; cook for only about 1-2 minutes to *slightly* cook the zucchini. Repeat with remaining ingredients. **Save half for Lunch Day #2.**
5. Serve muffins with zucchini noodles and a side of fruit.

Meatloaf Muffins: 300 kcal, 34g Protein, 10g Carb, 370mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 5g Sugar, 4% Calcium, 10% Iron

Zucchini Noodles: 90kcal, 4g Protein, 10g Carb, 60mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 7g Sugar, 6% Calcium, 6% Iron
Melon and Blueberries: 50kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 11g Sugar, 2% Calcium, 4% Iron

■ DAY TWO ■

BREAKFAST: HUEVOS RANCHEROS SCRAMBLE

1 Tablespoon olive oil
½ red onion, chopped (½ cup)
1 red or green bell pepper, chopped (1 cup)
½ large zucchini, chopped (1 cup)
½ (15 ounce) can black beans, drained and rinsed
8 eggs, beaten
dash of kosher salt and black pepper
2 tomatoes, chopped (1½ cups)
¼ cup chopped cilantro
1-ounce feta cheese (¼ cup)
1 lime, sliced

2 mangoes, peeled and diced
1 pint blueberries (2 cups)

Heat a large non-stick skillet over medium heat and add oil. Add onion, bell pepper, and zucchini and cook for about 4 minutes. Add in black beans and eggs and scramble as they cook. Season with salt and pepper. Top with tomato, cilantro, feta, and slice of lime. Serve with mangoes and blueberries.

Rancheros Scramble: 280kcal, 18g Protein, 19g Carb, 240mg Sodium, 5g Fiber, 435mg Cholesterol, 15g Fat, 4.5g Saturated, 4g Sugar, 10% Calcium, 15% Iron

Blueberries and Mango: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 23g Sugar, 0% Calcium, 2% Iron

■ DAY TWO ■

LUNCH: MEATLOAF & ZUCCHINI NOODLES

Meatloaf muffins, crumbled, warmed **from Dinner Day #1*
Zucchini noodles, warmed **from Dinner Day #1*

Served crumbled meatloaf over zucchini noodles.

Meatloaf Muffins: 300 kcal, 34g Protein, 10g Carb, 370mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 5g Sugar, 4% Calcium, 10% Iron

Zucchini Noodles: 90kcal, 4g Protein, 10g Carb, 60mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 7g Sugar, 6% Calcium, 6% Iron

■ DAY TWO ■

DINNER: SHRIMP & VEGETABLE QUINOA

1½ Tablespoons olive oil
1 red onion, chopped (1 cup)
4 cloves garlic, minced
2 pounds shrimp, peeled and deveined
¼ teaspoon kosher salt
Dash of black pepper
3 carrots, chopped (1½ cup)
2 red or green bell peppers, chopped (2 cups)
2 tomatoes, chopped (1½ cups)
3 cups cooked quinoa * **see prep guide**
½ cup sliced almonds

1. Heat a large skillet over medium-high heat and add olive oil, onion, garlic, shrimp, salt, and pepper. Cook until shrimp is just cooked through, about 4 minutes. ***Depending on the size of your skillet, it may be best to divide ingredients and do in two batches.*** Remove from pan **saving half of shrimp for Lunch Day #3.**
2. Return pan to medium heat and add carrots, bell peppers, and tomatoes and cook for about 4-5 minutes. Add in quinoa then return shrimp to pan and stir to combine. Add almonds just before serving.

Shrimp & Vegetable Quinoa: 420 kcal, 27g Protein, 49g Carb, 690mg Sodium, 14g Fiber, 145mg Cholesterol, 14g Fat, 1.5g Saturated, 10g Sugar, 15% Calcium, 20% Iron

■ DAY THREE ■

BREAKFAST: BLUEBERRY GINGER ALMOND OATS

2 cups raw old fashioned oats
4 cups almond milk
1 teaspoon grated ginger
1 teaspoon cinnamon, optional
1 teaspoon vanilla, optional
1 pint blueberries (2 cups)

¼ cup toasted almonds

Combine all ingredients except almonds the night before (in individual containers if desired). Put in refrigerator overnight. Top with almonds before serving.

Blueberry Ginger Oats: 280 kcal, 8g Protein, 42g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 10g Sugar, 30% Calcium, 15% Iron

■ DAY THREE ■

LUNCH: SHRIMP TACOS

1 pound cooked shrimp **from Dinner Day #2*
3 cups salsa **from Lunch Day #1*
1 avocado, sliced
8 corn tortillas, warmed if desired

Layer shrimp, salsa, and avocado in tortillas.

Shrimp Tacos: 450 kcal, 23g Protein, 64g Carb, 620mg Sodium, 13g Fiber, 120mg Cholesterol, 14g Fat, 1.5g Saturated, 12g Sugar, 10% Calcium, 15% Iron

■ DAY THREE ■

DINNER: FLANK STEAK CHIMICHURRI with GRILLED VEGETABLES & SALAD*For chimichurri*

1½ cups chopped cilantro
3 Tablespoons olive oil
¼ cup lime juice
1½ Tablespoons lime zest
Water for desired consistency
Dash of kosher salt and pepper
Dash of cayenne or red pepper flakes

For flank steak

3½ pounds flank steak
½ teaspoon kosher salt
½ teaspoon black pepper

For grilled veggies

4 zucchini, sliced lengthwise
4 red or green bell peppers, into large chunks
1 Tablespoon olive or grapeseed oil
¼ teaspoon kosher salt
Dash of black pepper

For salad

2 cups chopped lettuce (your choice)
1 avocado, diced
2 mangoes, diced (2 cups)
1 Tablespoon olive oil
1 Tablespoon lime juice
pinch of kosher salt

1. Combine chimichurri ingredients and set aside, **saving ½ for Lunch Day 4.**
2. Heat an outdoor grill to high (steak can also be cooked indoors in a stovetop grill pan).
3. Season steak with salt and pepper and cook on grill for about 3-4 minutes per side. **Save 2 pounds for Lunch Day #4 and Dinner Day #5.** Let meat rest while veggies are on the grill.
4. Toss veggies with oil, salt, and pepper and put on grill for about 4-7 minutes (or cook in 400° oven for 10-15 minutes). **Save half the veggies for Dinner Day #6.**
5. For salad combine lettuce, avocado, and mango in a serving bowl; drizzle with oil, lime juice, and salt before serving.
6. Slice steak and serve with chimichurri, veggies, and salad.

Flank Steak Chimichurri: 320 kcal, 37g Protein, 0g Carb, 220mg Sodium, 0g Fiber, 115mg Cholesterol, 18g Fat, 5g Saturated, 0g Sugar, 6% Calcium, 15% Iron

Grilled Vegetables: 45kcal, 2g Protein, 6g Carb, 80mg Sodium, 2g Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 4g Sugar, 2% Calcium, 4% Iron

Salad: 170kcal, 0g Protein 22g Carb, 40mg Sodium, 4g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 16g Sugar, 2% Calcium, 4% Iron

■ DAY FOUR ■

BREAKFAST: POWER SMOOTHIE

3 bananas
1 pint blueberries (2 cups)
1 cucumber, peeled
1 avocado, peeled & pitted
3 cups almond milk
3 cups ice

Blend together. Serve along with a side of boiled eggs.

4 eggs, hardboiled, sliced

Smoothie: 230 kcal, 3g Protein, 39g Carb, 100mg Sodium, 8g Fiber, 0mg Cholesterol, 9g Fat, 0.5g Saturated, 21g Sugar, 25% Calcium, 10% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY FOUR ■

LUNCH: THAI BEEF SALAD

1 pound flank steak, cooked and sliced * *from Dinner Day 3*
2 cucumbers, sliced (4 cups)
2 red or green bell peppers, sliced (2 cups)
2 carrots, shredded (2/3 cup)
4 cups chopped lettuce (1 head iceberg or 3/4 head romaine)
1 Tablespoon low-sodium soy sauce
2 Tablespoons lime juice
1/2 cup chimichurri * *from Dinner Day 3*
1/4 cup chopped mint
1 avocado, sliced

2 mangoes, sliced

Toss all ingredients except mango together. Serve with a side of mango.

Thai Beef Salad: 340kcal, 22g Protein, 23g Carb, 420mg Sodium, 7g Fiber, 60mg Cholesterol, 18g Fat, 3.5g Saturated, 14g Sugar, 10% Calcium, 20% Iron

Mango: 70kcal, 0g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium 0% Iron

■ DAY FOUR ■

DINNER: ASIAN TURKEY OVER QUINOA

1½ Tablespoons olive oil
1 red onion, chopped (1 cup)
4 cloves garlic, chopped
3 Tablespoons grated ginger
2½ pounds ground turkey
2 (15 oz) cans organic black beans drained and rinsed
3 Tablespoon low-sodium soy sauce
Dash of cumin
¼ teaspoon black pepper
2 zucchini, diced (4 cups)
3 cups cooked quinoa, warmed **see prep guide*

1. Heat a large skillet over medium-high heat and add oil.
2. When oil is hot, add onion, garlic, and ginger and cook for 1 minute then add turkey and crumble as it cooks. Add beans, soy sauce, cumin, and pepper. **Set aside half the turkey mixture for Lunch Day #5.**
3. Add zucchini to remaining turkey and cook for about 4 minutes.
4. Serve over warmed quinoa.

Asian Turkey Over Quinoa: 500kcal, 44g Protein, 50g Carb, 360mg Sodium, 10g Fiber, 75mg Cholesterol, 14g Fat, 2g Saturated, 5g Sugar, 10% Calcium, 30% Iron

■ DAY FIVE ■

BREAKFAST: HUEVOS RANCHEROS SCRAMBLE

- 1 Tablespoon olive oil
- ½ red onion, diced (½ cup)
- 1 red or green bell pepper, diced (1 cup)
- ½ large zucchini, chopped (1 cup)
- ½ (15 ounce) can black beans, drained and rinsed
- 8 eggs, beaten
- Dash of kosher salt and black pepper
- 2 tomatoes, chopped (1½ cups)
- ¼ cup chopped cilantro
- 1-ounce feta cheese (¼ cup)
- 1 lime, sliced

- 2 mangoes, peeled and diced
- 2 cups fresh blueberries.

Heat a large non-stick skillet over medium heat and add oil. Add onion, bell pepper, and zucchini and cook for about 4 minutes. Add in black beans and eggs and scramble as they cook. Season with salt and pepper. Top with tomato, cilantro, feta, and slice of lime. Serve with mango and blueberries.

Rancheros Scramble: 280kcal, 18g Protein, 19g Carb, 240mg Sodium, 5g Fiber, 435mg Cholesterol, 15g Fat, 4.5g Saturated, 4g Sugar, 10% Calcium, 15% Iron

Blueberries and Mango: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 23g Sugar, 0% Calcium. 2% Iron

■ DAY FIVE ■

LUNCH: LETTUCE WRAPS

- 1 pound cooked turkey **from Dinner Day #4*
- 1 (15 oz) can organic black beans, drained and rinsed
- 2 red or green bell peppers, sliced thin (2 cups)
- 2 cucumbers, sliced thin (4 cups)
- 2 carrots, shredded (¾ cup)
- ¼ cup chopped cilantro
- ¼ cup chopped mint
- 2 Tablespoons lime juice
- ¼ cup sliced almonds

- 1 head lettuce, separated into large leaves

Combine filling ingredients and serve in lettuce leaves.

Lettuce Wraps: 350kcal, 32g Protein, 28g Carb, 280mg Sodium, 9g Fiber, 55mg Cholesterol, 12g Fat, 1.5g Saturated, 7g Sugar, 10% Calcium. 20% Iron

■ DAY FIVE ■

DINNER: CHILI STEW

1 Tablespoon olive oil
1 red onion, diced (1 cup)
2 cloves garlic, minced
1 red or green bell pepper, diced (1 cup)
1 pound cooked flank steak, diced * *from Dinner Day 3*
¼ teaspoon kosher salt
Dash of black pepper
1 teaspoon cumin
1 Tablespoon tomato paste
2 ears corn, kernels (1½ cups)
1 (15 ounce) can black beans, drained & rinsed
4 tomatoes, chopped (3 cups)
½ -1 cup water (to reach desired consistency)
½ cup chopped cilantro
1 avocado, diced

1. Heat a large pot over medium heat and add oil.
2. When oil is hot, add onion, garlic, and bell pepper and cook for 2 minutes. Add steak, salt, pepper, cumin, tomato paste, corn, beans, tomatoes, and water. Bring to a simmer for at least 10 minutes. Garnish with cilantro and avocado.

Chili Stew: 460kcal, 28g Protein, 52g Carb, 380mg Sodium, 11g Fiber, 60mg Cholesterol, 17g Fat, 3.5g Saturated, 14g Sugar, 10% Calcium, 25% Iron

■ DAY SIX ■

BREAKFAST: BLUEBERRY GINGER ALMOND OATS

2 cups raw old fashioned oats
4 cups almond milk
1 teaspoon grated ginger
1 teaspoon cinnamon, optional
1 teaspoon vanilla, optional
1 pint blueberries (2 cups)

¼ cup toasted almonds

Combine all ingredients except almonds the night before (in individual containers if desired). Put in refrigerator overnight. Top with almonds before serving.

Blueberry Ginger Oats: 280 kcal, 8g Protein, 42g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 10g Sugar, 30% Calcium, 15% Iron

■ DAY SIX ■

LUNCH: WATERMELON QUINOA

4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
2 tomatoes, diced (1½ cups)
1 cucumber, diced (2 cups)
4 cups diced watermelon
3 cups cooked quinoa * *see prep guide*
¼ cup sliced almonds
1 ounce crumbled feta cheese (¼ cup)
1 avocado, diced
¼ cup chopped mint
2 Tablespoons balsamic vinegar
1 Tablespoon olive oil
dash of kosher salt and black pepper

Gently toss ingredients together.

Watermelon Quinoa: 410 kcal, 12g Protein, 54g Carb, 190mg Sodium, 10g Fiber, 5mg Cholesterol, 18g Fat, 2.5g Saturated, 16g Sugar, 15% Calcium, 25% Iron

■ DAY SIX ■

DINNER: VEGGIE TOSTADAS

- 1 Tablespoon olive oil
 - 1 red onion, sliced (1 cup)
 - 2 ears corn, kernels (1½ cups)
 - Grilled veggies **from Dinner Day #3*
 - 1 (15 ounce) can black beans, rinsed and drained
 - ½ cup chopped cilantro
 - 8 corn tortillas, crisped in oven
 - 2 ounces crumbled feta cheese (½ cup)
 - 1 lime, wedged
- 2 mangoes, sliced

1. Heat a large skillet over medium high heat and add oil, onions, and corn; cook for 3-4 minutes. Add grilled veggies and beans and cook until warmed. Turn off heat and add cilantro.
2. Serve on tortillas with feta, a wedge of lime, and a side of sliced mango.

Veggie Tostadas: 460 kcal, 18g Protein, 75g Carb, 370mg Sodium, 16g Fiber, 10mg Cholesterol, 14g Fat, 2.5g Saturated, 16g Sugar, 15% Calcium, 15% Iron

Mango: 70kcal, 0g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 17mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron