

Sample Week

Day 1

Crunchy Ranch Chicken (68)

side salad
strawberries
whole wheat roll



Carb Choices 2

Amount Per Serving	
Calories	281.2
Calories From Fat (13%)	36.73
% Daily Value	
Total Fat 4.18g	6%
Saturated Fat 1.17g	6%
Cholesterol 69.07mg	23%
Sodium 846.19mg	35%
Potassium 607.85mg	17%
Total Carbohydrates 29.73g	10%
Fiber 4.82g	19%
Sugar 6.94g	
Protein 30.77g	62%
MyPoints 5 MyPoints Plus 7	

Day 2

Rotini Beef Stroganoff (88)

Baby Glazed Carrots (118)
pineapple



Carb Choices 3.5

Amount Per Serving	
Calories	409.78
Calories From Fat (24%)	96.81
% Daily Value	
Total Fat 10.77g	17%
Saturated Fat 3.35g	17%
Cholesterol 48.3mg	16%
Sodium 331.52mg	14%
Potassium 904.28mg	26%
Total Carbohydrates 57.67g	19%
Fiber 4.4g	18%
Sugar 26.29g	
Protein 21.46g	43%
MyPoints 8 MyPoints Plus 10	

Day 3

Crock Pot Fajitas (67)

grapes



Carb Choices 2.5

Amount Per Serving	
Calories	259.4
Calories From Fat (12%)	32.28
% Daily Value	
Total Fat 3.65g	6%
Saturated Fat 0.91g	5%
Cholesterol 43.85mg	15%
Sodium 265.55mg	11%
Potassium 423.01mg	12%
Total Carbohydrates 35.15g	12%
Fiber 2.54g	10%
Sugar 14.97g	
Protein 21.42g	43%
MyPoints 5 MyPoints Plus 7	

Day 4

Creamy Potatoes & Ham (66)

peas
whole wheat bread



Carb Choices 2.5

Amount Per Serving	
Calories	263.61
Calories From Fat (13%)	35.55
% Daily Value	
Total Fat 3.98g	6%
Saturated Fat 1.32g	7%
Cholesterol 15.84mg	5%
Sodium 672.13mg	28%
Potassium 550.26mg	16%
Total Carbohydrates 39.25g	13%
Fiber 7.68g	31%
Sugar 6.03g	
Protein 17.93g	36%
MyPoints 5 MyPoints Plus 6	

Recipes for Sample Week

Crunchy Ranch Chicken

1/3 cup cornflake crumbs
3 Tbsp grated parmesan cheese (reduced fat)
1 pkg dry ranch dressing mix
1 lb boneless skinless chicken breasts
2 (1 second) sprays of butter flavored cooking spray

In a shallow dish combine cornflakes, grated parmesan cheese, and ranch dressing mix. Dip chicken on both sides in mixture and place in a greased 9x13 inch pan. Spray chicken with butter flavored cooking spray. Bake at 425° F for 30 minutes or until chicken is no longer pink.

Makes 4 servings. Carb Choices .5



Nutrition Facts

Serving size: 1/4 of a recipe (4.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	174.41
Calories From Fat (13%)	22.49
% Daily Value	
Total Fat 2.49g	4%
Saturated Fat 0.91g	5%
Cholesterol 69.07mg	23%
Sodium 707.83mg	29%
Potassium 299.32mg	9%
Total Carbohydrates 8.04g	3%
Fiber 0.21g	<1%
Sugar 0.3g	
Protein 27.25g	55%
MyPoints 3.65 MyPoints Plus 4.02	

Rotini Beef Stroganoff

1 lb lean ground beef
½ cup onion, chopped
1 cup fresh mushrooms, chopped
1 can 98% fat free cream of mushroom soup
⅓ cup 1% milk
1 Tbsp garlic powder
½ tsp pepper
2 cup rotini pasta

Cook rotini according to directions on box. Brown ground beef, onion, and mushrooms together until ground beef is no longer pink, drain. Stir in cooked noodles, soup, milk, garlic powder, and pepper. Keep stirring until all the noodles are covered with soup mixture. Let simmer on low for 15 minutes, stirring occasionally.

Makes 6 servings. Carb Choices 2



Nutrition Facts

Serving size: 1/6 of a recipe (6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	270.43
Calories From Fat (26%)	69.62
% Daily Value	
Total Fat 7.68g	12%
Saturated Fat 2.82g	14%
Cholesterol 48.3mg	16%
Sodium 251.91mg	10%
Potassium 541.54mg	15%
Total Carbohydrates 28.59g	10%
Fiber 1.61g	6%
Sugar 1.93g	
Protein 20.31g	41%
MyPoints 5.73 MyPoints Plus 6.99	

Glazed Baby Carrots

2 cups baby carrots
1 Tbsp brown sugar
1 Tbsp margarine

Boil carrots in a sauce pan of water. Boil for 10 minutes or until carrots are at your desired tenderness. Drain water. Stir brown sugar and margarine with carrots until margarine is melted.

Makes 4 servings. Carb Choices .5



Nutrition Facts

Serving size: 1/4 of a recipe (2.5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	64.65
Calories From Fat (41%)	26.36
% Daily Value	
Total Fat 2.99g	5%
Saturated Fat 0.52g	3%
Cholesterol 0mg	0%
Sodium 78.36mg	3%
Potassium 210.85mg	6%
Total Carbohydrates 9.53g	3%
Fiber 1.79g	7%
Sugar 6.37g	
Protein 0.63g	1%
MyPoints 1.18	

Crock Pot Fajitas

½ cup bottled lime juice
½ tsp oregano
½ tsp pepper
2 cloves garlic, minced
1 lb boneless skinless breast tenderloins
1 (10oz) pkg frozen pepper strips
6 flour tortillas

Combine lime juice, seasonings, and chicken in your crock pot. Cook on low 6-8 hours or high 3-4 hours. Add peppers 20 minutes prior to serving. (If you forget to put the peppers in the crock pot prior to serving, you can heat them in the microwave instead.) Serve on tortillas.

Makes 6 servings. Carb Choices 1.5



Nutrition Facts

Serving size: 1/6 of a recipe (6.2 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	204.2
Calories From Fat (15%)	31.21
	% Daily Value
Total Fat 3.52g	5%
Saturated Fat 0.87g	4%
Cholesterol 43.85mg	15%
Sodium 263.95mg	11%
Potassium 270.21mg	8%
Total Carbohydrates 20.67g	7%
Fiber 1.82g	7%
Sugar 2.59g	
Protein 20.84g	42%
MyPoints 4.01 MyPoints Plus 5.11	

Creamy Potatoes and Ham

2 cups ham, diced
1 can 98% fat free cream of mushroom soup
1 (32oz) package frozen hash browns, cubed
1 cup colby jack cheese (lowfat)
½ cup onion, chopped
½ cup water

Mix hash browns, ham, onion and cheese together and place in a greased 9x13 inch pan. Mix soup and water together and pour over top of hash brown mixture. Bake uncovered at 375°F for 45-60 minutes or until the potatoes are tender. (This can also be made in your crock pot. Mix all ingredients together in your crock pot and cook on low 3-4 hours.)

Makes 12 servings. Carb Choices .5



Nutrition Facts

Serving size: 1/12 of a recipe (5.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	132.05
Calories From Fat (19%)	25.31
	% Daily Value
Total Fat 2.83g	4%
Saturated Fat 1.07g	5%
Cholesterol 15.84mg	5%
Sodium 482.37mg	20%
Potassium 392.82mg	11%
Total Carbohydrates 16.28g	5%
Fiber 1.38g	6%
Sugar 0.75g	
Protein 10.18g	20%
MyPoints 2.6 MyPoints Plus 2.6	

Grocery List for Sample Week

Day 1 – Crunchy Ranch Chicken

1/3 cup cornflake crumbs
 3 Tbsp grated parmesan cheese (reduced fat)
 1 pkg dry ranch dressing mix
 1 lb boneless skinless chicken breasts
 butter flavored cooking spray
 strawberries
 romaine lettuce for a side salad
 whole wheat dinner rolls

Day 2 – Rotini Beef Stroganoff

1 lb lean ground beef
 1/2 cup onion, chopped
 1 cup fresh mushrooms, chopped
 1 can 98% fat free cream of mushroom soup
 1/3 cup 1% milk
 1 Tbsp garlic powder
 1/2 tsp pepper
 2 cup rotini pasta
 pineapple

Glazed Baby Carrots

2 cups baby carrots
 1 Tbsp brown sugar
 1 Tbsp margarine

Day 3 – Crock Pot Fajitas

1/2 cup bottled lime juice
 1/2 tsp oregano
 1/2 tsp pepper
 2 cloves garlic, minced
 1 lb boneless skinless breast tenderloins
 1 (10oz) pkg frozen pepper strips
 6 flour tortillas
 grapes

Day 4 – Creamy Potatoes & Ham

2 cups ham, diced
 1 can 98% fat free cream of mushroom soup
 1 (32oz) package frozen hash browns, cubed
 1 cup colby jack cheese (lowfat)
 1/2 cup onion, chopped
 frozen peas
 whole wheat bread

Day 1	
Crunchy Ranch Chicken (68)	
side salad	
strawberries	
whole wheat roll	
Carb Choices 2	
Amount Per Serving	
Calories	281.2
Calories From Fat (13%)	36.73
% Daily Value	
Total Fat 4.18g	6%
Saturated Fat 1.17g	6%
Cholesterol 69.07mg	23%
Sodium 846.19mg	35%
Potassium 607.85mg	17%
Total Carbohydrates 29.73g	10%
Fiber 4.82g	19%
Sugar 6.94g	
Protein 30.77g	62%
MyPoints 5	MyPoints Plus 7

Page Number of Recipe

Diabetic Friendly

Heart Healthy

Carb Choices are determined by taking the total Carbohydrates/15g Recommended Carb Choices is 3 to 4 choices or less per meal for diabetics.

MyPoints are figured by the following equation:
 MyPoints = (Calories/50) + (Fat/12)
 + (Fiber/-5) + (Saturated Fat/0).

MyPoints Plus I added to this meal planner in January 2011
 MyPoints Plus = (Fat/3.9) + (Fiber/35) + (Protein/10.9) + (Carbs/9.2)