



Day Three

Breakfast: Avocado toast

Melt 1 or 2 slices of part-skim Swiss cheese onto 1 or 2 slices of sprouted, whole-grain toast. Mash up $\frac{1}{4}$ cup of ripe avocado with sliced tomato and parsley. Top toast with avocado mash and a pinch of salt and pepper. Enjoy with an orange or half of a grapefruit.

Lunch: Salmon salad

Load up a bowl with 2 handfuls of arugula. Top with half of a roasted acorn squash and 3 ounces of canned or grilled salmon, plus a generous handful of pomegranate seeds and another handful of cooked white beans. Dress with 1 tablespoon of balsamic vinaigrette.

Snack: A golf-ball-size helping of hummus with baby carrots, jicama or sliced red pepper.

Dinner: Zucchini noodles and pasta with turkey meatballs or grilled tempeh

Mix a generous handful of cooked pasta with a generous handful of zoodles (zucchini noodles), sauteed in 1 tablespoon of olive oil for 2 minutes over high heat. Top with 4 turkey meatballs, 1 cup of sauteed or steamed cauliflower, 1 cup of sauteed or steamed broccoli and $\frac{1}{2}$ cup of low-sugar marinara pasta sauce.

Day Four

Breakfast: Veggie omelet

Coat a skillet with 1 tablespoon of olive oil, heat to medium, then pour in 2 beaten eggs. Add a fistful of raw spinach, plus $\frac{1}{4}$ cup each of sliced artichoke hearts and chopped mushrooms (sauteed in 1 teaspoon of olive oil), and cook, flipping in half once the eggs are set.

Lunch: Open-faced turkey sandwich

Toast a slice of whole-grain bread and spread with 2 small spoonfuls of Dijon mustard. Top with 2 or 3 slices of turkey, half of a sliced apple and a fistful of arugula.

Snack: Peanut butter spread over a banana and frozen.

Dinner: Tuna niçoise salad

Put 2 handfuls of arugula in a bowl and top with a can of drained tuna, a handful of cherry tomatoes, 1 small potato (boiled and sliced thin), a palm-size amount of olives, and fresh-squeezed lemon juice to taste.

QUICK TIP

Make takeout work for you. Get your favorite indulgent takeout order, but also order a hefty vegetable dish. Cut the two dishes in half, and either share or save the other half for leftovers. "One [half] is your favorite dish, like orange chicken, and one [half] is a healthy dish, like steamed vegetables," Young says.



Day Five

Breakfast: Whole-grain waffle

Toast 1 frozen whole-grain waffle and spread a spoonful of almond butter on it. Top with 1 cup of sliced strawberries.

Snack: Cored and halved apple, baked at 350 degrees for 10 minutes with cinnamon, vanilla and nutmeg to taste, plus 1 tablespoon of walnuts.

Dinner: Skirt steak or tempeh

Grill a deck-of-cards-size piece of steak or tempeh. Toss $\frac{1}{2}$ cup of sweet potatoes (cut into dice-size cubes) with 1 tablespoon of olive oil and roast in a 400-degree oven. Then serve with a handful of kale leaves massaged with 1 tablespoon of olive oil and a sprinkle of salt, plus a tablespoon of dried cranberries. Serve next to your grilled protein.

Lunch: Butternut-squash soup with barley and walnut salad

Warm up a coffee-mug-size amount of low-sodium butternut-squash soup in the microwave or on the stovetop. (Look for the kind with little to no added sugar.) Serve it with 2 handfuls of salad greens topped with $\frac{1}{2}$ cup of cooked barley, 2 tablespoons of chopped walnuts and a squeeze of lemon, plus a tablespoon of olive oil and your favorite vinegar.

QUICK TIP

Think of your grocery shopping cart like your plate: half full of fruits and vegetables. Start your shopping in the produce section, so you can visualize buying a half-cart full of your "freebies," or the limitless fruits and veggies you can eat. Nonstarchy vegetables are best, followed by fruits, which are higher in sugar. Try not to go overboard on starchy vegetables such as sweet potatoes or corn.

