

## Day 1

Breakfast: 1 frozen whole grain waffle with ½ cup fresh or frozen (thawed) berries, 1 tablespoon maple syrup, ½ cup cottage cheese and 2 Tablespoon raw pecans

Snack:

1 small pear and 1 string cheese

Lunch: Tofu Pita. 1 whole wheat (or gluten free) pita, 4 ounces baked tofu, 1 Tablespoon sunflower seed kernels, 1 Tablespoon dressing of choice, ½ cup shredded carrots and ½ cup shredded Romaine lettuce. Serve with 1 apple.

Snack: 1 tablespoon of almond butter or peanut butter and 1 or 2 brown rice cakes

Dinner: Ginger Chicken Stir-Fry. Ingredients: 4 ounces boneless skinless chicken breast (you can cook one breast and save half for lunch tomorrow) cut into small 1 inch pieces, 1 tablespoon sesame oil

¼ cup sliced onion, 1 clove garlic and 1 tablespoon fresh minced ginger, ½ cup chopped green cabbage and ½ cup chopped or sliced zucchini. Combine sesame oil with garlic, ginger, and onion in a wok or large skillet, heat for 2 to 3 minutes on medium high, then add chicken and cook until almost cooked through. Add cabbage and zucchini and a little water or broth and simmer until chicken is fully cooked and veggies tender. Serve with ½ cup cooked brown rice.

## Day 2

Breakfast: Southwestern Egg Scramble. Ingredients: 1 whole egg plus 2 egg whites, ¼ cup black beans rinsed and drained, 2 tablespoons salsa or diced tomatoes, 1 tablespoon shredded Monterey jack or cheddar cheese, 1 whole wheat (or low carb) tortilla (or 2 corn tortillas). In a skillet over med. Heat, scramble eggs, black beans and salsa together. Fill tortilla and top with cheese. Serve with ½ grapefruit.

Snack: 6 ounces nonfat yogurt, 1 kiwi

Lunch: Polynesian Chicken Salad. Toss together 4 ounces cooked chicken (either leftover from last night or try Valley Fresh White Chicken, drained and cut into chunks), ¼ cup chopped celery, ¼ cup chopped pineapple, 1 tablespoon shredded carrots, 1 tablespoon slivered almonds or chopped peanuts, 1 tablespoon each plain yogurt and reduced fat mayonnaise, ¼ teaspoon curry powder, ¼ teaspoon fresh lemon or lime juice, dash of salt and/or pepper to taste. Serve over a bed of leaf lettuce (Romaine or Butter works great) or wrap it up in 1 whole wheat (or gluten free) tortilla. Eat alongside 1 cup grapes.

Snack: 2 tablespoons hummus and 1 small whole wheat (or gluten free) pita, 10 baby carrots

Dinner: Whole wheat (or gluten free) Penne Pasta with Broccoli and Pancetta.

Ingredients: 1 cup whole wheat (or gluten free) penne (uncooked), 1 cup chopped broccoli florets, 1 ounce pancetta or 1 slice bacon chopped, 1 tablespoon diced onion, 1 teaspoon minced garlic, 1/3 cup diced tomatoes and 1 tablespoon low sodium chicken or



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veggie broth. Cook penne until almost done, add broccoli and cook about 3 more minutes, drain and return to pan. In another small pan coated with cooking oil spray, sauté pancetta, garlic, and onion for 5 minutes. Add tomatoes with broth and simmer another few minutes. Add sauce to pasta and top with ½ ounce shredded Asiago or Parmesan cheese.

## Day 3

**Breakfast:** Steel cut oat breakfast. ¼ cup steel cut oats, cooked in cup water for 20 to 30 minutes. Add a few dashes of cinnamon, 1 tablespoon chopped walnuts, and ½ chopped apple (or stir in ¼ cup applesauce). Serve with ½ cup lowfat cottage cheese

**Snack:** 1 hard boiled egg with ½ red bell pepper, 1 string cheese and 1 cup berries

**Lunch:** Black Bean and Pesto Pita. Use ½ cup cooked black beans (should be remaining from yesterdays breakfast), 1 tablespoon pesto (homemade or premade), 1 cup baby spinach leaves, ½ cup chopped tomatoes, ¼ cup onion (optional), 1 small whole wheat (or gluten free) pita or tortilla. You can wrap everything together in the tortilla or pile it into a pita.

**Snack:** 20-ounce skim cappuccino, chai or Energy Bar (about 200 calories or less)

**Dinner:** Grilled or broiled salmon (4 ounces) brushed with olive oil, a squeeze of lemon, a sprinkle of dill weed and a light dash of salt and pepper. Serve with ½ cup cooked quinoa or barley and sautéed kale (1 cup or more). For quick and easy kale, rinse well, chop and steam about 4 or 5 minutes. Then drizzle with 1 teaspoon olive oil and a dash of your favorite herb seasonings.

## Day 4

**Breakfast:** French Toast: 2 slices whole grain bread, 1 egg, 2 tablespoon low fat milk, ¼ teaspoon cinnamon, 1 tablespoon oats, cooking spray, 1 tablespoon real maple syrup, 1 tablespoon slivered almonds. Whisk together eggs, milk, cinnamon, and oats. Heat skillet over medium-high. Dip both sides of bread in egg batter and cook on skillet – about 2 minutes each side. Top with maple syrup and almonds.

**Snack:** ½ cup cottage cheese with 10 baby carrots (or carrot sticks from 2 large carrots)

**Lunch:** Spinach Strawberry Salad with Hazelnuts. For dressing whisk together 2 teaspoons olive oil, 1 tablespoon fresh lemon juice, 1 teaspoon Dijon mustard, 1 dash salt and fresh ground pepper, 1 teaspoon honey, or agave. For salad, toss together 2 cups fresh spinach, 1/4 cup fresh sliced organic strawberries, 2 ounces cooked chicken or baked tofu, and 1 tablespoon chopped hazelnuts.

**Snack:** 1 pear or peach (in season) and 15 whole grain (gluten free) crackers

**Dinner:**

Pork Chops with Roasted Red Pepper Sauce\*, 1 cup steamed cauliflower and ½ cup cooked brown rice



## Day 5

**Breakfast:** Veggie Breakfast scramble. Ingredients: 1 egg plus 2 egg whites, 1 cup chopped spinach, dash of salt and pepper and 2 tablespoon salsa if desired. Scramble all ingredients together in nonstick skillet (or skillet coating with cooking oil spray). Serve with ½ grapefruit and 1 piece whole grain bread toasted, 1 tsp. butter and/or jam if desired.

**Snack:** 6 ounce nonfat yogurt with ½ cup berries and 1 tablespoon slivered almonds or ground nuts of choice

**Lunch:** Turkey Cheddar Apple Wrap. 5 thin slices deli turkey (about 2 ounces), 1 teaspoon mustard (or more to taste), 1 slice reduced fat cheddar cheese, 2-3 lettuce leaves, ½ medium apple, sliced thin, 2 slices whole-grain bread or 1 whole wheat (or gluten free) (low carb) tortilla. Spread mustard on bread or tortilla, layer with turkey, cheese, apple and lettuce (or save apple for the side).

**Snack:** Snack bar or mix1

**Dinner:** 4 ounce halibut filet (or other white fish) – lightly brushed with olive oil, a squeeze of fresh lemon and a dash of salt and pepper. Broil or grill to desired doneness. Serve with ½ cup cooked barley or quinoa and 10 asparagus spears.

## Day 6

**Breakfast:** 1 whole grain waffle topped with 1 cup chopped kiwi (about 2 kiwi) and ½ cup low-fat plain yogurt mixed with 1 tablespoon chopped walnuts.

**Snack:** Power smoothie made with ½ cup nonfat milk, ½ cup water, ice cubes, 1 scoop protein powder, ½ banana, 1 tablespoon ground flax and 1 teaspoon peanut butter.

**Lunch:** Superfood salad with wild smoked salmon, berries, pecans, 2 cups mixed greens, 3 ounces smoked (or baked) wild salmon, ½ cup fresh berries, 1 tablespoon chopped pecans and 1 tablespoon honey mustard dressing.

**Snack:** 3 tablespoon hummus plus one rice cake and ½ of a sliced red pepper (save the rest for dinner)

**Dinner:** Chicken fajitas\*

## Day 7

**Breakfast:** Steel cut oats (1/4 cup uncooked) with chopped apple, cinnamon, 1 teaspoon brown sugar and 1 tablespoon chopped walnuts. Serve with 1/2 cup cottage cheese.

**Snack:** 2 kiwi fruit with 15 raw cashews or almonds

**Lunch:** 1 cup Lentil Soup\* or chili (homemade or organic, low sodium canned) and 1 small Low carb whole wheat or gluten free tortilla, with 2 tablespoon shredded cheddar and/or jack cheese melted (either in microwave or on a nonstick skillet). Serve with 1 small mixed greens salad with 1 tablespoon light Italian dressing.

**Snack:** 2 ounces deli turkey meat plus 1 string cheese and 2 plums

**Dinner:** Whole Grain Pizza\* – you deserve it!! You can buy a premade crust or make your own



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## Pork Chops with Roasted Red Bell Pepper Sauce

Serves 4

### Ingredients:

- 4 boneless pork chops, 1-inch thick
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 tablespoon soy sauce (we like to use wheat-free tamari)
- 1 teaspoon chopped fresh rosemary
- 2 cups roasted red pepper
- 1/4 cup feta cheese
- 1/4 tablespoon garlic powder

For marinade, in a small bowl combine olive oil, garlic, soy sauce, rosemary, and a dash of salt and pepper. Place pork chops in a 1-gallon self-sealing plastic bag; pour marinade over chops, seal bag. Marinate in the refrigerator for 6-8 hours or overnight.

To prepare sauce combine red bell pepper, feta cheese, and garlic powder in a blender and blend until smooth. If needed, add a tablespoon of water.

Place chops on a medium-hot grill, lower grill hood and grill for 4-5 minutes. Turn chops and grill for 4-5 minutes more, until chops are just done. Serve chops with roasted red pepper sauce.

Per Serving: 305 Calories; 21g Fat; 23g Protein; 5g Carb; 1g Fiber



## Chicken Fajitas

- 3 to 4 ounces skinless boneless chicken breast halves
- 1 teaspoon olive oil
- 1/4 teaspoon garlic powder (or 1/2 clove minced)
- 1/4 cup sliced onion
- 1/4 medium red bell pepper, seeded and thinly sliced
- 1/4 medium green bell pepper, seeded and thinly sliced
- A dash or two of the following spices: chili powder, oregano, cinnamon, cumin, thyme, cayenne pepper
- 2 tablespoon low sodium chicken broth
- 2 corn tortillas, warmed, ¼ avocado sliced, salsa
- 1 cup mixed greens
- 2 tablespoon diced tomatoes
- 2 teaspoons light Italian salad dressing

Cut chicken into thin strips. Add olive oil to a non-stick skillet and heat over high heat. Add garlic, onion, and peppers and sauté until almost tender - about 5 minutes. Add spices (chili powder through cayenne pepper) and continue to sauté another minute. Add chicken and stir fry another 2 minutes, then add broth and bring to a low boil. Cook an additional five minutes until chicken is fully cooked. Lower heat and cover to keep warm.

Serve with 2 corn tortillas, salsa, and 2 slices avocado.



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## Whole Grain Pizza

Serves about 5 (cut pizza into 10 slices, serving size is 2 slices)

- 1 cup very warm water (110° to 120°F)
- 1 teaspoon yeast
- 1/2 teaspoon sea salt
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1 1/2 cups all-purpose flour (or Gluten free flour mix)
- 1 1/2 cups whole wheat flour (or gluten free flour mix)
- 1 teaspoon cornmeal
- 2 – 3 tablespoon marinara sauce
- 1 tablespoon olive oil
- 1/2 cup fontina cheese, shredded
- 1/2 cup mozzarella cheese
- 2 tablespoon Romano and/or Parmesan cheese
- 1/2 medium onion, thinly sliced
- 1 medium chicken sausage link, sliced\*\*
- 1/2 medium red bell pepper, seeded and chopped
- 1/2 cup porcini mushrooms, chopped (shiitake mushrooms also work great)

We like to prepare the crust using a stand mixer, food processor or breadmaker. It simplifies the kneading process tremendously. Warm the bowl of the mixer with warm water then add your water with the yeast and whisk together lightly. Add olive oil, salt, and honey, stir briefly and allow to sit about 5 minutes. Add the all-purpose flour and 1 cup of whole wheat (or gluten free) flour to the yeast mixture. Then, attach the mixer bowl and the dough "hook" attachment to the mixer and mix on a low setting (we use setting #2) for about a minute. Add remaining 1/2 cup flour and mix until the dough comes away from the sides of the mixing bowl and sort of sticks around the dough hook. Remove dough from bowl and hook and then briefly knead dough on lightly floured surface until smooth and elastic, about a minute or so. Place in an oiled bowl, cover and let rise for 30 to 50 minutes.

Roll out dough to desired size and thickness. Sprinkle with cornmeal and brush with olive oil. Top with desired amount of marinara, tomato sauce or pizza sauce. Sprinkle evenly with different cheeses.

Add toppings of choice. For this pizza we sauté onions until they are caramelized (in about a teaspoon of olive oil in a large nonstick skillet). We let the onions sauté about 5



minutes and then added the chopped bell pepper, sausage and mushroom until they were all softened and slightly browned.

Preheat oven and pizza baking stone (or cookie sheet) at 450°F. Cook your pizza for about 15 minutes or until the crust is lightly browned.

\*\*For the chicken sausage we like to remove the exterior casing and then slice or crumble the sausage and precook it prior to putting it on the pizza.

Per Serving: 448 Calories; 14g Fat; 18g Protein; 65g Carb; 7g Fiber



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## Shopping List/Pantry Items

### Fruits and Veggies

leaf lettuce (Romaine or Butter works great)

1 bunch baby spinach leaves,

kale

mixed greens

lemons or lemon juice

garlic

fresh ginger

2 onions

fresh rosemary

3 red peppers, 1 med green pepper

1 avocado

carrots

3 tomatoes

½ head green cabbage,

1 zucchini

small cauliflower

broccoli florets,

1 celery stalk

10 asparagus spears

1/2 cup porcini or shiitake mushrooms

2.5 cup fresh or frozen (thawed) berries

1 small pear

3 apples

1 grapefruit

5 kiwi

¼ cup chopped pineapple,

small bunch of organic grapes

2 Plums

1 banana

1/4 cup fresh sliced strawberries,

2 peaches

### Dry Goods and Nuts

whole wheat pita, & whole-grain bread (or gluten free bread)

whole wheat (or gluten free) (or low carb) tortillas & corn tortillas

15 whole grain (or gluten free) crackers & brown rice cakes

1 cup whole wheat (or brown rice) penne (uncooked),



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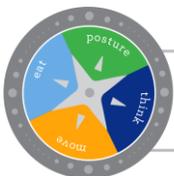
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quinoa  
barley  
brown rice  
oats & Steel cut oats  
cooking spray,  
1 teaspoon brown sugar  
maple syrup  
1 tablespoon chopped walnuts  
cashews or almonds  
chopped hazelnuts  
raw pecans  
slivered almonds or chopped peanuts  
sunflower seed kernels  
mustard  
lime juice  
olive oil  
soy sauce (we like to use wheat-free tamari)  
sesame oil  
Dijon mustard  
honey, or agave  
yeast  
all-purpose flour  
whole wheat (or gluten free) flour  
cornmeal  
ground flax  
honey mustard and a light Italian salad dressing  
salsa  
reduced fat mayonnaise  
1 tablespoon of almond butter or peanut butter  
spices: chili powder, oregano, cinnamon, cumin, thyme, cayenne pepper, dill weed, garlic powder, curry powder, sea salt, pepper  
Snack bar or mix1  
20-ounce skim cappuccino, chai or Energy Bar (about 200 calories or less  
protein powder

## Canned Goods

1 can black beans  
2 cups roasted red pepper  
1 cup Lentil soup or chili (we always recommend organic and low sodium when possible)  
2 – 3 tablespoon marinara sauce



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1 tablespoon low sodium chicken or veggie broth

Dairy and Refrigerated Goods/Frozen

2 frozen whole grain waffle

nonfat plain yogurt

hummus

lowfat milk

2 cups cottage cheese

3 string cheese

shredded Monterey jack or cheddar cheese

shredded Asiago, Romano and/ or Parmesan cheese.

feta cheese

1 slice reduced fat cheddar cheese

1/2 cup fontina cheese, shredded

1/2 cup mozzarella cheese

Meat, Poultry and Fish

4 ounces baked tofu

10 ounces boneless skinless chicken breast

Whole eggs & egg whites

4 boneless pork chops, 1-inch thick

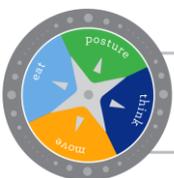
4 ounces thin slices deli turkey

4 ounce halibut filet (or other white fish)

1 ounce pancetta or 1 slice bacon

3 ounces smoked (or baked) wild salmon

chicken and/or turkey sausage for pizza (optional)



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