

Smoothie Diet

Days 1-5, 3 smoothies, 2 C snacks

Days 6-10, 2 smoothies, 2 C snacks, 1 S meals

Days 11-15, 1 smoothie, 2 C snacks, 2 S meals

Your going to have 3 smoothies a day.

Please use 1/3 more ingredients than listed below.

1 each of the following.

Pls have 2 snacks a day. 1 between each smoothie.

Snacks are "C"runchie! (i.e. Cut veggies with 10 almonds or one fruit with edible skin with 10 almonds or 3 (no more than 100 cal) whole grain crackers (must have at least 5 grams of fiber per 100 cal) with 1 tablespoon of peanut butter.

White Smoothie

Makes 1 serving

Be sure to leave the skin on the apple for the added fiber. It's a good idea to buy a couple of extra bananas and throw them in the freezer for future smoothies.

Technique Tip: Smoothies blend faster if you add both the fruit and the liquid or yogurt at the same time. If you like your drinks thinner, feel free to add ice cubes or cold water.

5 raw almonds

1 red apple, with skin

1 small banana, frozen and cut into chunks

3/4 cup nonfat plain Greek yogurt

1/2 cup nonfat milk

1/2 teaspoon ground cinnamon, or to taste

In blender or food processor, blend almonds until finely ground. Add remaining ingredients; blend until of desired consistency.

Nutritional Info

Calories: 325 / Total Fat: 3.7 gr / Fiber: 8 gr / Protein: 19 gr

Red Smoothie

Makes 1 serving

Although nothing beats fresh berries for a snack, reach for frozen fruit to make frosty smoothies year-round. Feel free to mix up your berry choices--strawberries and blackberries work just as well. Make sure to use *ground* flaxseed rather than whole flaxseed.

Make-ahead tip: Pour smoothie into a shaker bottle. Store in the refrigerator until ready to serve. Add ice as desired and shake well before serving.

1 cup raspberries, frozen
1/4 cup blueberries, frozen
1/2 orange
1 scoop vanilla whey powder
1 tablespoon ground flaxseed
1/2 cup to 1 cup of cold water

In blender or food processor, blend all ingredients until of desired consistency.

Nutritional Info

Calories: 271

Total Fat: 5 grams

Fiber: 11 grams

Protein: 27 grams

Green Smoothie

Serves 1

A spinach smoothie is a great way to add leafy greens to your diet. Here, spinach is paired with sweet grapes and pears, creamy yogurt and avocado and a splash of lime juice. For best flavor, select a ripe pear for this recipe.

Storage tip: Since you are only using part of the avocado, carve out a slice to use, then tightly wrap the remaining avocado in plastic wrap and refrigerate until you need it again.

2 cups spinach leaves, packed
1 ripe pear, unpeeled and chopped
15 green or red grapes
3/4 cup nonfat plain Greek yogurt
2 tablespoons avocado
1-2 tablespoons fresh lime juice, as desired
Water or almond milk as base.

In blender or food processor, blend all ingredients until of desired consistency.

Nutritional Info

Calories: 275

Total Fat: 5.7 grams

Fiber: 9.2 grams

Protein: 20.2 grams

SNACKS

2 Fat Free Kraft Cheese slices + 3 Kavli
Goldenrye Crispbread
- 50 calories, 0g fiber, 8g protein
- 90 calories, 6g fiber, 3g protein

2 Light laughing Cow Cheese triangles + 5
Grissol Multigrain Melba Toast Crackers
- 70 calories, 0g fiber, 5g protein
- 100 calories, 5g fiber, 2g protein

16 slices Yves Veggie Pepperoni + 5 large
iceberg lettuce leaves + 3/4 cup salsa
- 70 calories, 0g fiber, 14g protein
- 10 calories, 1g fiber, 1g protein

- 55 calories, 4g fiber, 3g protein

3 Yves Veggie Ham Slices + 4 Original Finn
Crisp Crackers + 1 tbsp mustard

- 75 calories, 0g fiber, 12g protein

- 80 calories, 5g fiber, 3g protein

- 10 calories, 0g fiber, 0g protein

5 med. stalks Celery + 1 tbsp peanut butter

- 50 calories, 5g fiber, 3g protein

- 105 calories, 1g fiber, 4g protein

2 Whole grain Ryvita crackers + 3 tbsp
hummus

- 70 calories, 4g fiber, 2g protein

- 70 calories, 2g fiber, 3g protein

1 med sized Apple + 3 sliced turkey

- 95 calories, 5g fiber, 0g protein

- 60 calories, 0g fiber, 11g protein

1 med Pear + 2 oz sliced lean Extra LEAN
Roast Beef

- 95 calories, 5g fiber, 1g protein

- 70 calories, 0g fiber, 13g protein

1 whole Cucumber + 3 oz smoked salmon
+ 1 med sized tomato

- 45 calories, 2g fiber, 2g protein

- 100 calories, 0g fiber, 16g protein

- 20 calories, 2g fiber, 1g protein

3 Finn Crisp Crackers + 1tbsp almond butter

- 60 calories, 3g fiber, 2g protein

- 95 calories, 2g fiber, 3g protein

-they are to be Crunchy. Therefore "C" snacks with a protein.

-C can be for cut veggies (any veggie...i.e. Carrots, cauliflower, broccoli, celery, zucchini, etc)

Or

-cut fruit (must have edible skin...except grapes...i.e. Apples, pears, peaches, plums, etc)....

Or

-(hi fiber) Crackers (i.e. was a, finncrisps, ryveka, etc....must have greater than 5 grams of fiber per 100 calories

** you must have a protein with each. (except for edamame, hi protein cereal, or snack bars)

**proteins include:

-dips (made from non fat greek yogurt and onion or ranch soup mix) or hummus/bean dip.

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2/3 cup raspberries + 8 oz Fat Free Greek yogurt

- 170 calories, 23g protein, 6g fiber

4 slices Finn Crisp Crackers + 2 slices Kraft fat free cheese

- 170 calories, 18g protein, 5g fiber

1/2 cup fat free cottage cheese + 1/2 cup fiber
one cereal + 1/4 cup blueberries
- 160 calories, 15g protein, 15g fiber

3 oz fat free Greek yogurt + 1/3 tbsp natural
peanut butter + medium sized gala apple
- 160 calories, 10g protein, 6g fiber

3 slices turkey breast + 3 slices Ryvita crackers
+ 1 tsp mustard
- 153 calories, 14g protein, 5g fiber

1 large bosc pear + 1 low fat cheese stick
- 170 calories, 9g protein, 4g fiber

3/4 cup edamame
- 143 calories, 13g protein, 6g fiber

3 oz Lean Roast Beef + 1.5 red bell peppers
- 155 calories, 19g protein, 4.5g fiber

1 small Starbucks skimmed latte + 1 cup snap
peas
- 182 calories, 14g protein, 4g fiber

Yves Deli Turkey slices + 1 tsp mustard + 1 cup
carrots chopped
- 146 calories, 17g protein, 6 fiber

Yves Veggie Chicken Burger parry + 2 medium
sized dill pickles + 1 tbsp ketchup + 2 large
iceberg lettuce leaves
- 148 calories, 16g protein, 4g fiber

Jessica Weekend Snack with Smoothie Diet

5 med. stalks Celery + 1 tbsp peanut butter

- 50 calories, 5g fiber, 3g protein

- 105 calories, 1g fiber, 4g protein

2 Whole grain Ryvita crackers + 3 tbsp hummus

- 70 calories, 4g fiber, 2g protein

- 70 calories, 2g fiber, 3g protein

1 med sized Apple + 3 sliced turkey

- 95 calories, 5g fiber, 0g protein

- 60 calories, 0g fiber, 11g protein

The Simpson/Johnson Household

Monday 7-30

Breakfast

Egg white Omelette / Tomatoes / Basil / Zucchini / Red Onions (3)
Sour Dough Toast (1)

Lunch for 5

Entrée

Chicken Satay / Peanut Sauce (5)
Shredded Cabbage / Citrus-Sesame (2)
Seared Asparagus / Tarragon (1)
Eric's Protein / Whipped Chick peas / Pesto (3)

Snack

Grilled Vegetables Kebabs / Green Sauce

Dinner for 2

Entrée

Shrimp and Soba Noodles / Mediterranean Style / Tomatoes / Olives (5)
Red Onions and Spinach (2)

Dessert

Raspberry / Peach Cobbler (4)

Simpson / Johnson Household

Menu's /

Monday 8-6

Breakfast

Cranberry Maple Oatmeal (6)

Lunch for 5

Entrée

Grilled Chicken Sandwich (6)
Organic Greens / Lite Dressing (2)
Eric / Vegan-Grain Stew

Snack

Cheesy Corn Crisps (3)

Dinner for 2

Entrée

Grilled Flank Steak & Onions(7)
Eric / Roast Market Fish
Ginger Broccoli (2)

Dessert

Peach Cobbler (4)

Simpson / Johnson Household

Menu's /

Tuesday 8-7

Breakfast

Quinoa Apple Breakfast Cereal(5)

Lunch for 5

Entrée

Seared Shrimp/ Corn Tomato Salad (6)

Organic Greens / Lite Dressing (2)

Eric / Soba Noodle-Asian Broth / Vegetables

Snack

Sliced Apples and Cheese (3)

Dinner for 2

Entrée

Sesame Seared Tuna (6)

Roast Potatoes (2)

Seasonal Vegetable Dish (0)

Eric / Vegetarian

Dessert

Grill Peaches (4)

Simpson / Johnson Household

Menu's /

Thursday 8-9

Breakfast

French Toast with Sprouted Grain Bread (6pts)
Salted Watermelon

Lunch for 5

Entrée

Seared Market White Fish (6pts)
Roasted Potatoes / Red Onions – Rosemary (2 pts)
Seared Asparagus -0-

Snack

Mediterranean Pita Pizza (4 points half pita)

Dinner for 2

Entrée

Jessica - Grilled Turkey Cutlet (6 pts)
Eric- (Vegan) Saigon Tofu & Cellophane Noodles
Broccoli Salad (4pts)

Dessert

Angelic Macarons (2pts each)

Simpson / Johnson Household

Menu's /

Monday 8-13

Breakfast for 4

Buttermilk Blueberry Corn Muffins (8pts)

Lunch for 5

Entrée

Jessica / Peppered Shrimp Skewers (6pts)

Organic Greens Salad

Eric Vegan / Veggie-Broth Noodle Soup

Snack for 4

Zucchini Pizza Bites (4pts)

Dinner for 2

Entrée

Jessica / Linguini / Broccoli / Chicken / Goat Cheese (8 pts)

Eric-M&D/ Linguini / Broccoli / Goat Cheese (Vegan)

Dessert for 2

Cinnamon Flats (4pts)

Simpson / Johnson Household

Menu's

Tuesday 8-14

Breakfast for 4

Potato / Spinach Frittata (5pts)

Lunch for 5

Entrée

Jessica / Jerk-Steak Spring Rolls (7pts)

Organic Greens Salad

Eric Vegan / Veggie Spring Rolls / Soup

Snack for 4

Petite Chic Pea Cakes / Dip Sauce (5pts)

Dinner for 3

Entrée

Jessica / Eric / Stephanie

Seasonal Market Whitfish (8 pts)

Roast Carrots / Asparagus

Dessert for 2

Fresh Fruit / (2pts)

Simpson / Johnson Household

Menu's /

Friday 8-17

Breakfast

Egg / Canadian Bacon / Avocado / Tomato Sandwich (5pts)
Eric / Same (no Bacon)

Lunch for 5

Entrée

Hearty Baked Potato Soup(6pts)
Organic Salad / Dressing (1 point)
Eric / Hearty Vegan Baked Potato Soup

Snack

Mini Chic Pea Cakes / Dip Sauce (4pts)

Dinner for 2

Entrée

Jessica – Sirloin Beef Burger & Vegetables (6 pts)
Eric- (Vegan) Roasted Vegetables / Fresh Hummus

Dessert

Raspberry Oat Bar (2pts each)

Simpson / Johnson Household

Menu's /

Monday 8-20

Breakfast

Fried Tex Mex Style Eggs (6pts)

Lunch for 5

Entrée

Grilled Thai Beef Salad (6pts)
Eric / Miso Soup / Noodles / Tofu / Millet

Snack

Daily Shake Meal (2pts)

Dinner for 2

Entrée

Jessica / Chili Roast Chicken / Potatoes / Broccoli (6 pts)
Eric / (Vegan) Tempeh & Vegetable Stew

Dessert

Chocolate Cake / Marshmallow Frosting (4pts each)

Simpson / Johnson Household

Menu's /

Tuesday 8-21

Breakfast

Breakfast Tostadas (6pts)

Lunch for 5

Entrée

Chicken & Cheddar Panini's (6pts)

Organic Salad

Eric / Ginger-Carrot Broth Soup / Quinoa / Rice Threads

Snack

Green Smoothie (3pts)

Dinner for 2

Entrée

Jessica / Crispy Market Fish / Corn Stuffed Peppers / Asparagus (6 pts)

Eric / (Vegan) Crispy Market Fish / Corn Stuffed Peppers / Asparagus

Dessert

Coconut Mixed Berry Crisp (4pts each)

Simpson / Johnson Household

Menu's /

Thursday 8-23

Breakfast

Eggs / Mexico Potato Hash

Lunch for 5

Entrée

Summer Pasta Salad / Grill Chicken (7 pts)

Eric / Vegan Lunch Soup / Miso Based

Snack

Smoothie (3pts)

Dinner for 2

Entrée

Jessica / Tandoori Chicken and Rice / Broccoli (7 pts)

Eric / (Vegan) Korean Kim Chi Pancake / Tofu Cutlets

Dessert

Chocolate Chip Cookies (4pts)

Simpson / Johnson Household

Menu's /

Friday 8-24

Breakfast

French Toast / Turkey Bacon (7pts)

Lunch for 5

Entrée

Crispy White Fish / Baby Lettuce – Oranges - Pecans (5 pts)

Eric / Same

Snack

Smoothie (2pts)

Dinner for 2

Entrée

Jessica / Beef Stew / Potatoes & Veg (7 pts)

Eric / (Vegan Stew)

Dessert

Berry Crisp (2pts)

Simpson / Johnson Household

Menu's

Monday 8-27

Breakfast

Egg Burrito (6 pts)

Lunch for 5

Entrée

Skewered Chicken & Tabbouleh (mint-parsley flavored grain salad) (6 pts)

Eric / Carrot Ginger Broth / Noodle Threads / Grain

Snack

Smoothie (2pts)

Dinner for 2

Entrée

Jessica / BBQ Chicken / Mac & Cheese / Veg (7 pts)

Eric / (Vegan Stew)

Dessert

Chocolate Chip Cookies (2pts)

Simpson / Johnson Household

Menu's /

Tuesday 8-28

Breakfast

Scramble Eggs / Toast (6 pts)

Lunch for 5

Entrée

Saute Shrimp Scampi / Baked Ziti (7 pts)
Eric / Miso Based Broth / Veggies / Grain

Snack

Smoothie (2pts)

Dinner for 2

Entrée

Jessica / Crispy Market Fish / Double Vegetable (6 pts)
Eric / Same

Dessert

Fresh Fruit (0 pts)

Simpson / Johnson Household

Menu's /

Thursday 8-30

Breakfast

Vegetable Frittata / Toast (6 pts)

Lunch for 5

Entrée

Chicken Panini & Organic Salad (6 pts)
Eric / Miso Based Broth / Veggies / Grain

Snack

Smoothie (2pts)

Dinner for 3

Entrée

Jessica / Brown Sugar Ham / Sweet Potato / Vegetable (7 pts)
Eric / Vegan Stew

Dessert

Berry Cobbler (0 pts)

Simpson / Johnson Household

Menu's

Thursday 8-2

Breakfast

Mexican Potato Hash with Poached Eggs (6)

Lunch for 5

Entrée

Pan Fried Snapper / Gazpacho Salad (7)

For Eric Also

Snack

Melon and Cucumber Salad (3)

Dinner for 2

Entrée

Grilled Lemon Chicken / Potato Salad Primavera (8)

Eric Protein (BBQ Tempeh)

Dessert

Grilled Pineapple Skewers / Honey-Thyme Glaze (4)

Simpson / Johnson Household

Menu's /

Wednesday 8-8

Breakfast /None

Lunch for 15 WW Weigh Inn's

Entrée

Grilled Chicken Satay / Peanut Sauce (4pts)

Roast Vegetable / Green Dressing (2pts)

Red Pepper Hummus (2pts)

Fresh Baked Tortilla Chips (1pts)

Snack

Nectarine & Strawberry Cobbler (2)

Dinner for 2

Entrée

Turkey Chili (5) / Jessica

Vegetarian Chili / Eric

Spinach Casserole (3)

Dessert

Nectarine & Strawberry Cobbler (4)

Simpson / Johnson Household

Menu's /

Friday 10-5

Breakfast

Eric / Egg Burrito

Lunch for 10 WW Weigh Inn's

Entrée

Corn Chowder Soup (4pts) VEGAN
Organic Greens / Goat Cheese & Pears (3pts)
Steamed Green Beans (0pts)
Chicken & Cheese Quesadilla's (4pts each)
Vegetarian Quesadilla's (3pts each)

Dinner for 5

Entrée

Grilled Shrimp / Rice & Broccoli (7pts)

Dessert

Pumpkin Cupcakes (4pts)

Simpson / Johnson Household

Menu's /

Wednesday 9-26

Breakfast

Eric & Tina / Egg Burrito

Lunch for 15 WW Weigh Inn's

Entrée

Chopped Greek Salad (2pts)

Pizza / 1) Spinach-Garlic & Chicken (2pts per piece)

2) Cheese Pizza " "

3) Veggie Pizza " "

Roasted & Steamed Vegetables (2 pts)

Black & White Cupcakes (3pts)

Dinner for 3

Entrée

Jessica / Seared NY Steak / Roast Potatoes / Veg (7pts)

Eric / Vegan Stew

Dessert

Berry Crisp (4pts)

Simpson / Johnson Household

Menu's /

Friday 9-14

Breakfast

Eric / Egg Burrito

Lunch for 10 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Assorted Veggies (2pts each)

Turkey Cheese Burgers / Natures Own Buns (6 pts)

Sweet Pot Chips / Baked

Black Bean-Corn Salsa Lettuce Cups (2pts)

Vegan Burgers

Mango Lemon Sorbet (0pts)

Dinner for 5

Entrée

Jessica / Chicken Pasta (7pts)

Eric / Vegetarian Pasta

Dessert

Brownies (2pts)

Simpson / Johnson Household

Menu's

Wednesday 9-5

Breakfast

Eric / Egg Burrito

Lunch for 10 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Chicken Satay (2pts each)

Steamed Green Beans / Peanut Sauce (2 pts)

Stracciatella Soup / Spinach-garlic-eggwhites-veggie stock

Hummus / Crackers

Dinner for 15

Entrée

Pork Ribs

Pulled BBQ Chicken

Quesadillas / Chicken / Vegetable

Blue Corn Chips

Salsa / Guacamole / Sour Cream / Cilantro / Limes

Spinach Artichoke Dip

South-West Chopped Salad / Ranch & Balsamic

Vegan Sausage

Dessert

Peanut Butter Cookies

Chocolate Chip Cookies

Simpson / Johnson Household

Menu's

Wednesday 8-29

Breakfast

Eric / Egg Burrito

Lunch for 15 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Black Bean Hummus (2pts each)

Steamed Green Beans / Peanut Sauce (2 pts)

Baked Ziti (4 pts)

Beef or Turkey Sliders (4 pts each)

Pickled Vegetables (0 pts)

Dinner for 3

Entrée

Jessica / Coconut Chicken Fingers / Roast Potatoes / Veg (7pts)

Eric / Vegan Stew

Dessert

Chocolate Cake (2pts)

Simpson / Johnson Household

Menu's /

Wednesday 8-22

Breakfast

Eric / Sprouted Granola

Lunch for 15 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Guacamole in Cucumber Cups (2pts each)

Roasted Vegetables (0 pts)

Vegetable Spring Rolls / Mango Chutney

Grilled Chicken Satay / Peanut Sauce (3pts each)

Baked Pita chips

Dinner for 2

Entrée

Jessica / Crispy Chicken & Mashed Potatoes & Veg (8pts)

Eric / Vegan Stew

Dessert

Raspberry Jam Squares / Peanut Butter Crumble (2pts)

Simpson / Johnson Household

Menu's /

Wednesday 8-15

Breakfast

Eric / Sprouted Granola

Lunch for 15 WW Weigh Inn's

Entrée

Roast Sweet Potato Rounds

Asian Style Lettuce Veggie Cups (2pts each)

Zucchini & Olive Pizza Bites (2pts each)

Roasted Vegetables (0 pts)

Green Dipping Sauce (1pt per Tablespoon)

Mahi-Mahi Taco's (4pts each)

Baked Chicken Fingers (3pts each)

Eric / Stracciatella Soup (Vegetarian)

Dinner for 2

Entrée

Jessica / Spanish Style Chicken and Rice (8pts)

Eric / Vegan Stew

Dessert

Mini Chocolate Cakes (6pts each)

Simpson / Johnson Household

Menu's /

Monday 10-8

To Go/ J&S

Snacks

Skinny Buffalo Chicken Potato Skins (2pt each)

Baked Corn and Chicken Cakes (4pts each)

Lunch

OUT

Home

Lunch

Eric / Miso Broth / Veggies

Staff / Chef's Choice

Dinner for 4

Entrée

Eric / Vegan Stew

Jessica & Tina

Market White Fish/Baked Sweet Potato & Zucchini/Tom/Basil (8pts)

Dessert

Chocolate Cake

Simpson / Johnson Household

Menu's /

Thursday 10-4

To Go/ J&S

Snacks

Creamy Peanut Butter Dip / Veggie Sticks (3pt)

Chopped Salad / Ginger Dressing (2pts)

Lunch

Thai Grill Chicken Sandwich (7pts)

Apple Blueberry (4 pts)

Home

Lunch

Eric / Miso Broth / Veggies

Staff / Chef's Choice

Dinner for 6

Entrée

Eric / Vegan Stew

Jessica / Market White Fish / Grilled Vegetables (6pts)