

Day 8

Total Calories: 1215

MORNING SNACK DAY 8: 1/4 CUP ALMONDS (206 calories)

LUNCH DAY 8: ASPARAGUS & ARUGULA SALAD WITH MANDARIN ORANGES, 1 CUP STEAMED OR BOILED SHRIMP (383 calories)





 **Preparation Time:** 20minutes  **Cooking Time:** 0 minutes  **Serves:** 8



Ingredients

1 pound DOLE Asparagus, trimmed, cut into 1-inch pieces and blanched
6 ounces arugula, washed and stemmed
1 can (15 oz.) cannelloni beans, rinsed and drained
1 can (11 oz.) DOLE mandarin oranges, drained
1/2 small red onion, thinly sliced
1/2 cup fat free raspberry dressing

Directions

-  Combine asparagus, arugula, beans, oranges and onions in medium salad bowl
-  Pour dressing over and toss to coat.

Nutrition Information (amount per serving)



Per Serving: 183 calories, 0g fat (0g sat.), 0mg cholesterol, 289mg sodium, 37g carbohydrate (7g dietary fiber, 17g sugars), 9g protein, 21% Vit A, 13% Vit C, 12% calcium, 25% iron, 18% potassium, 29% folate

1 cup steamed or boiled shrimp (per serving)

200cal, 38.42g protein, 3.28g fat

AFTERNOON SNACK DAY 8: 1 CUP DOLE WATERMELON (46 calories)

DINNER DAY 8: PINEAPPLE SALSA CHICKEN, 1 MEDIUM STALK OR 1 1/2 CUPS BROCCOLI AND 1 CUP DOLE SHREDDED RED CABBAGE (370 calories)



🔑 **Preparation Time:** 15 minutes ⌚ **Cooking Time:** 20 minutes ✂ **Serves:** 6



Ingredients

- 6 boneless, skinless chicken breasts
- 2 cups chunked DOLE Tropical Gold pineapple*
- ¼ cup DOLE pineapple juice
- ½ cup finely chopped DOLE red bell pepper
- ¼ cup finely chopped DOLE green bell pepper
- 1 tablespoon chopped DOLE green onion
- 1 teaspoon chopped fresh cilantro or parsley
- 2 teaspoons chopped jalapeño chilies
- * may substitute 1 can (20 oz.) DOLE pineapple chunks, drained

Directions

- 1 Grill or broil chicken 5 to 10 minutes on each side or until chicken is no longer pink in center.
- 2 Combine pineapple chunks, juice, bell peppers, onion, cilantro and chilies in bowl. Serve salsa with grilled or broiled chicken.

Nutrition Information (amount per serving)



Per Serving: 295 calories, 3g fat (1g sat.), 137 mg cholesterol, 155 mg sodium, 9g carbohydrate (1g dietary fiber, 7g sugars), 55 g protein, 4% Vit A, 64% Vit C, 4% calcium, 11% iron, 20% potassium, 6% folate

1 medium stalk or 1 ½ cups broccoli and 1 cup Dole shredded red cabbage (per serving) 75 calories

Day 9

Total Calories: 1239

MORNING SNACK DAY 9: DOLE FRUIT BOWL (80 calories)

LUNCH DAY 9: CHILLED WATERMELON SOUP, 6 OZ BONELESS, STEAMED OR POACHED SALMON (327 calories)



 **Preparation Time:** 15minutes  **Cooking Time:** 0 minutes  **Serves:** 6



Ingredients

- 1/4 cup rice wine vinegar
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey
- 4 cups watermelon, cut into chunks
- 1 cup DOLE® Tropical Gold pineapple, cut into chunks
- 1 cup DOLE mango, cut into chunks
- 1/4 teaspoon red pepper sauce
- 1 tablespoon finely chopped fresh cilantro leaves
- 1 tablespoon finely chopped fresh mint leaves
- Opt. fresh mint sprigs

Directions

- 1 COMBINE vinegar, lemon juice, honey, watermelon, pineapple, mango and red pepper sauce in blender or food processor container.
- 2 COVER; blend until smooth about 1 to 2 minutes.
- 3 POUR into bowls and stir in chopped cilantro and mint. Garnish with fresh mint sprigs if desired.

Nutrition Information (amount per serving)



Per Serving: 80 calories, 1g fat (1g sat.), 0mg cholesterol, 5mg sodium, 21g carbohydrate (2g dietary fiber, 16g sugars), 1g protein, 17% vitamin A, 46% vitamin C, 3% calcium, 10% iron, 6% potassium, 3% folate

6 oz boneless, steamed or poached salmon (per serving)

211Cal, 40.2g protein, 4.33g fat



AFTERNOON SNACK DAY 9: 1/2 CUP ALMONDS (412 calories)

DINNER DAY 9: PORTOBELLO SPINACH STRATA (210 calories)



 **Preparation Time:** 15minutes  **Cooking Time:** 45minutes  **Serves:** 8



Ingredients

- 2 teaspoons olive oil
- 3/4 cup chopped DOLE onion
- 1/2 cup chopped red bell peppers
- 2 cloves garlic, finely chopped
- 1/2 teaspoon dried oregano leaves, crushed
- 6 ounces DOLE baby Portobello mushrooms
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 ounces DOLE baby spinach
- 1-1/2 cups liquid egg substitute
- 2/3 cup soy milk
- 6 cups cubed wheat bread, divided

Directions

- 1 HEAT oil in large skillet over medium-high heat. Add onion, bell pepper, garlic and oregano. Cook 3 to 4 minutes, stirring occasionally.
- 2 ADD mushrooms, salt and pepper, cook 3 minutes longer.
- 3 STIR in spinach; cook 3 minutes.
- 4 COMBINE egg substitute and soy milk; set aside.
- 5 COAT 8" x 8" baking dish with cooking spray. Layer one-half of the bread cubes in bottom of dish. Top with half the spinach mixture. Repeat for one more layer.
- 6 POUR egg mixture over spinach mixture. Cover; refrigerate 8 hours or overnight.
- 7 BAKE at 350 degrees F 45 minutes or until lightly browned and firm. Cool slightly and serve.

Nutrition Information (amount per serving)



Per Serving: 210 calories, 5g fat (1g sat; 0g trans fat), 0mg cholesterol, 510mg sodium, 28g carbohydrate (5g dietary fiber, 5g sugar), 14g protein, 50% vitamin A, 25% vitamin C, 15% calcium, 20% iron, 16% potassium, 20% folate.

Day 10

Total Calories: 1200

**MORNING SNACK DAY 10: 1 DOLE APPLE PLUS 2 DOLE KIWIFRUIT
(162 calories)**

**LUNCH DAY 10: SLIM STRAWBERRY CHEF'S SALAD WITH BABY
POTATOES (405 calories)**



 Preparation Time: 3 minutes  Cooking Time: 0 minutes  Serves: 4



Ingredients

- 2/3 cup nonfat light sour cream substitute
- 1/4 cup red wine vinegar
- 2 green onions, sliced
- 2 to 3 teaspoons hot-sweet mustard
- Salt and pepper, to taste
- Butter lettuce leaves
- 2 pint baskets California strawberries, stemmed
- 2 cups assorted fresh fruit pieces (select from grapefruit segments, pineapple chunks, orange and kiwi slices)
- 8 slices (1 ounce each) lean turkey
- 1/2 cup alfalfa sprouts

Directions

- 1 In small bowl whisk sour cream substitute, vinegar, onions and mustard
- 2 Season mixture with salt and pepper. Set aside.
- 3 To assemble salad, line four dinner plates with lettuce.
- 4 Top with fruits, turkey and sprouts, dividing equally
- 5 Serve with dressing on the side.

Nutrition Information (amount per serving)



194 calories, 22g protein; 3g fat; 23g carbohydrate; 39mg cholesterol; 174mg sodium

5 baby potatoes boiled with peel (per serving)

211 Calories

AFTERNOON SNACK DAY 10: DOLE FRUIT BOWL (80 calories)

DINNER DAY 10: EASY BARBECUE KABOBS WITH 1 1/3 CUP DOLE SNOW PEAS (343 calories)



 **Preparation Time:** 15minutes  **Cooking Time:** 15minutes  **Serves:** 4



Ingredients

- 1 can (20 oz.) DOLE® pineapple chunks, drained
 - 1/3 cup bottled barbecue sauce
 - 1 pound boneless, skinless chicken breasts, cubed or jumbo shrimp, peeled and de-veined
 - 1 DOLE green or red bell peppers, cut into cubes
 - 1 zucchini, sliced
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Directions

- 1 Drain pineapple chunks; reserve 2 tablespoons juice.
- 2 Stir together reserved juice and barbecue sauce in small bowl; set aside.
- 3 Thread pineapple chunks, chicken (or shrimp), bell pepper and zucchini onto skewers. Brush with barbecue sauce.
- 4 Grill or broil kabobs 10 to 15 minutes or until chicken is no longer pink (shrimp is pink in color), while turning and brushing occasionally with barbecue sauce.
- 5 Discard any remaining barbecue sauce.

Nutrition Information (amount per serving)



278 calories, 5g fat (1g Sat.), 96mg cholesterol, 258 mg sodium, 22g carbohydrates (2g dietary fiber, 189 sugar), 37g protein, 22% Vit A, 126% Vit C, 4% Calcium, 11% Iron, 18% Potassium, 7% Folate.

1 1/3 cup DOLE snow peas plus 8 DOLE baby carrots (per serving)

65 Calories

Day 11
Total Calories: 1212

MORNING SNACK DAY 11: 1 1/4 CUP DOLE FRESH FROZEN MANGO CHUNKS (150 calories)

LUNCH DAY 11: BLACK LENTIL SOUP (319 calories)



 **Preparation Time:** 10minutes  **Cooking Time:** 25minutes  **Serves:** 4

Ingredients

1 tablespoon olive oil
1-1/2 cups black lentils
1/2 cup onion diced
1/2 cup carrots diced
1/2 cup celery diced
4 cups vegetable broth
2 tablespoons cilantro
1/2 teaspoon black pepper
1/2 teaspoon ground cumin

Directions

- 1 HEAT oil in a 4 to 5 quart heavy saucepan over moderately high heat until hot but not smoking.
- 2 SAUTE onion, stirring, until golden, about 5 minutes.
- 3 ADD carrots, celery, cumin and salt and saute, stirring, for 2 minutes.
- 4 ADD lentils and broth.
- 5 SIMMER uncovered, stirring occasionally, until lentils are tender, about 20 minutes. Add water if additional liquid is needed.

Nutrition Information (amount per serving)



Per Serving: 319 calories, 4g fat (0.5g sat.), 0mg cholesterol, 540mg sodium, 158g carbohydrate (36g dietary fiber, 9g sugars), 50g protein, 20% Vit A, 90% Vit C, 30% calcium, 60% iron, 97% potassium, 250% folate

AFTERNOON SNACK DAY 11: 1 DOLE APPLE (72 calories)

DINNER DAY 11: GRILLED COD & FRUIT SALAD PLUS A LARGE RED BELL PEPPER (461 calories)



 **Preparation Time:** 30minutes  **Cooking Time:** 20minutes  **Serves:** 4



Ingredients

- 1 cup DOLE pineapple juice or pineapple-orange juice
- 2 tablespoons lemon juice
- 2 garlic cloves, finely chopped, or 1/2 teaspoon garlic powder
- 1-1/2 pounds cod, cut to make 4 steaks
- 1 fresh DOLE Tropical Gold pineapple
- 1 bag (10 oz.) DOLE Romano salad
- 2 cups sliced DOLE strawberries
- 3/4 cup fat free or lowfat lemon or plain yogurt

Directions

- 1 COMBINE pineapple juice, lemon juice and garlic in large, shallow, non-metallic dish. Add fish; turn to coat both sides. Cover and marinate 15 minutes in refrigerator.
- 2 TWIST crown from pineapple. Cut pineapple into quarters lengthwise; cut each quarter in half to make 8 spears. Core pineapple; cut fruit from shell.
- 3 GRILL or broil fish and pineapple, brushing occasionally with marinade, 5 to 10 minutes on each side or until fish flakes easily with fork and pineapple is lightly browned. Cut fish into chunks. Discard any remaining marinade.
- 4 TOSS lettuce mixture and crisp noodles from salad bag with strawberries and fish in large bowl. Divide salad onto 4 serving plates. Arrange pineapple spears around salad.
- 5 STIR yogurt and dressing from packet until blended in small bowl. Drizzle dressing over salad.

Nutrition Information (amount per serving)



Per Serving: 410 calories, 10g fat (1.5g sat, 0g trans), 75mg cholesterol, 530mg sodium, 44g carbohydrate (5g dietary fiber, 30g sugars), 36g protein, 8% vit A, 200% vit C, 15% calcium, 10% iron, 33% potassium, 13% folate

1 Large Red Bell Pepper (per serving)

51 calories

Day 12

Total Calories: 1280

MORNING SNACK DAY 12: 8 DOLE BABY CARROTS (30 calories)

LUNCH DAY 12: TURKEY, AVOCADO & CHEESE WRAP (590 calories)



 **Preparation Time:** 20minutes  **Cooking Time:** 0 minutes  **Serves:** 4



Ingredients

4 fat-free whole wheat tortillas, burrito size
2 cups DOLE Hearts of Romaine salad divided
1lb cooked turkey breast, chopped and divided
1 DOLE avocado, diced and divided
1 tomato, chopped and divided
½ cup low-fat shredded cheddar cheese, divided

Directions

- 1 Warm tortilla in a large nonstick skillet or griddle coated with cooking spray.
- 2 Layer one-quarter romaine, turkey, avocado, tomato and cheese on tortilla.
- 3 Fold in sides and roll up. Repeat for each wrap.

Nutrition Information (amount per serving)



310 calories, 7g fat (1g sat.), 40mg cholesterol, 1332mg sodium, 41g carbohydrate, 30g protein

AFTERNOON SNACK DAY 12: DOLE FRUIT BOWL (80 calories)

DINNER DAY 12: CREAMY SHRIMP & SPINACH STEW (370 calories)




 **Preparation Time:** 5 minutes  **Cooking Time:** 25 minutes  **Serves:** 4



Ingredients

- 8 ounces fresh or frozen small shrimp, peeled & de-veined
 - 1 cup fresh mushrooms, sliced
 - 1/2 cup onion, chopped
 - 1 clove garlic, minced
 - 2 tablespoons margarine or butter
 - 3 tablespoons all-purpose flour
 - 1 bay leaf
 - 1/8 teaspoon ground nutmeg
 - 1/8 teaspoon pepper
 - 1 can vegetable or chicken broth (14-1/2 ounces)
 - 1 cup non-fat milk
 - 2 cups torn fresh spinach
 - 3/4 cup low-fat Gruyere cheese, shredded (approx. 3 oz.)
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Directions

-  Thaw shrimp, if frozen, and rinse; set aside.
-  In a medium saucepan cook mushrooms, onion, and garlic in margarine or butter until tender. Stir in flour, bay leaf, nutmeg and pepper. Add vegetable or chicken broth and half-and-half, light cream, or milk all at once. Cook and stir until mixture is thickened and bubbly.
-  Add shrimp. Cook for 2 minutes more. Add spinach and Gruyere cheese. Cook and stir until spinach wilts and cheese melts. Remove and discard bay leaf.

Nutrition Information (amount per serving)



Nutrition Facts per serving: 370 cal., 22g total fat (10g sat. fat), 135mg chol., 965mg sodium, 22g carbo., 2g fiber, 22g protein.

Day 13

Total Calories: 1260

MORNING SNACK DAY 13: 1 DOLE GRAPEFRUIT (80 calories)

LUNCH DAY 13: CREAMY LEEK & ARTICHOKE SOUP PLUS BAKED POTATO AND 1/2 MEDIUM ROASTED CHICKEN BREAST (290 calories)








 **Preparation Time:** 10minutes  **Cooking Time:** 25minutes  **Serves:** 6

Ingredients

- 1 tablespoon extra virgin olive oil
 - 3/4 pound artichoke hearts, canned or frozen
 - 1 pound leeks, sliced
 - 1-1/2 teaspoon fresh garlic, minced
 - 2 cups vegetable broth
 - 2 cups fat-free, non-dairy liquid creamer
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Directions

-  In a large soup kettle, sauté artichokes, leeks and garlic in the olive oil until soft.
-  Add vegetable broth and fat-free, non-dairy creamer to sautéed vegetables.
-  Reduce heat and simmer for 10 minutes
-  Transfer soup to a food processor or blender or use immersion blender and process until smooth. Simmer an additional 10 minutes.
-  Garnish each serving with fresh leeks and chicory if desired.

Nutrition Information (amount per serving)



Per Serving: 120 calories, 2.5g fat (0g sat, 0g trans), 0mg cholesterol, 370 mg sodium, 24g carbohydrate (4g dietary fiber, 2g sugars), 3g protein, 6% vitamin A, 15% vitamin C, 4% calcium, 10% iron, 12% potassium, 10% folate

1 small baked potato (per serving)

170 calories

1/2 medium roasted chicken breast (per serving)

141Cal, 26.45g protein, 3.04g fat

AFTERNOON SNACK DAY 13: 2 SLICES DOLE PINEAPPLE (84 calories)

DINNER DAY 13: QUINOA WITH DRIED CRANBERRIES, APRICOTS & PECANS PLUS 1/2 CUP BLACK BEANS (455 calories)



 **Preparation Time:** 5 minutes  **Cooking Time:** 15 minutes  **Serves:** 6



Ingredients

- 2 cups vegetable broth or water
 - 1 cup quinoa
 - Pinch of salt
 - 1/4 cup dried cranberries
 - 1/4 cup dried apricots
 - 2 tablespoons minced fresh thyme leaves
 - 1/4 cup finely chopped toasted pecans
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Directions

- 1** In a medium saucepan, bring the broth to a boil. Add the quinoa and salt. Reduce heat to low, cover, and simmer for 12 to 15 minutes, until all the liquid is absorbed.
- 2** Stir the cranberries, apricots and thyme into the hot quinoa.
- 3** Top with pecans and serve hot or cold.
- 4** Note: To toast the pecans, put them in a small skillet over medium-high heat and stir frequently or 2 to 3 minutes, until lightly browned. Immediately transfer the nuts to a small dish and cool.

Nutrition Information (amount per serving)



Per Serving: 177 calories, 5g fat (< 1g sat fat), 28g carbohydrates, 5g protein, 3g dietary fiber, 156mg sodium

1/2 cup black beans

278 calories

Day 14

Total Calories: 1354

MORNING SNACK DAY 14: DOLE FRUIT BOWL (80 calories)

LUNCH DAY 14: GRAPEFRUIT SALAD, 6OZ BAKED SOLE (518 calories)



 **Preparation Time:** 25minutes  **Cooking Time:** 0 minutes  **Serves:** 6



Ingredients

- 1 can (20 oz.) DOLE® pineapple chunks
 - 1 bag (9 oz.) DOLE Baby Spinach Salad Blends or any variety
 - 1 tablespoon orange peel, grated
 - 1 pink or red grapefruit, peeled, sectioned and sliced
 - 1 cup DOLE red onion, halved and sliced
 - 1 cup nuts, chopped and toasted
 - 1/2 cup feta cheese, crumbled
 - 2 tablespoons vegetable oil
 - 2 tablespoons balsamic or red wine vinegar
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Directions

- 1 Drain pineapple chunks;
- 2 Reserve ¼ cup juice.
- 3 Combine pineapple chunks, salad blend, sliced grapefruit, onion, nuts and cheese in large serving bowl;
- 4 Set aside.
- 5 Stir together reserved juice, orange peel, oil and vinegar in small bowl.
- 6 Pour over salad just before serving; toss to coat evenly.

Nutrition Information (amount per serving)



Per Serving: 292 calories, 20g fat (4g sat.), 11mg cholesterol, 145mg sodium, 26g carbs (4g dietary fiber, 19g sugars), 6g protein; 20% Vit A, 46% Vit C, 12% calcium, 7% iron, 8% potassium, 9% folate.

6 ounces baked sole

226cal, 37.42g protein, 7.35g fat

AFTERNOON SNACK DAY 14: 1/4 CUP ALMONDS (206 calories)

DINNER DAY 14: TURKISH CHICKEN WITH SPICED DATES (340 calories)







 **Preparation Time:** minutes  **Cooking Time:** minutes  **Serves:** 4



Ingredients

- 4 boneless, skinless chicken breasts (or 1 lb. turkey breast slices)
 - Vegetable or olive oil cooking spray
 - 1 low-sodium chicken broth
 - 1/2 onion, chopped
 - 1 bag (8 oz.) chopped dates
 - 8 dried apricot halves, chopped
 - 2 apricot or peach fruit spread
 - 1/2 ground cinnamon
 - Parsley sprigs
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Directions

-  Coat a large skillet with non-stick cooking spray. Cook poultry over medium heat about 5 minutes on each side (less for turkey slices) or until poultry is no longer pink.
-  Remove from heat; cover and keep warm.
-  To the skillet, add broth, onion, dates and apricots. Bring to boil, stirring occasionally. Reduce heat to low; cook until liquid is reduced by half (about 8-10 minutes).
-  Stir apricot spread and cinnamon into sauce until blended; spoon over poultry. Garnish with parsley. Serve immediately with grilled root vegetables.

Nutrition Information (amount per serving)



Per serving -- main dish: Calories: 340, Fat (g): 4, Sat. Fat (g): 1, Cholesterol (mg): 82, Fiber (g): 5, Sodium (mg): 90